



Swartz Creek
AREA SENIOR CENTER

October 2026 Newsletter
Volume 26, Issue 10



HOLIDAY RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com



Bring this coupon in for a free meal & gift with your tour!

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15 Area Locations

www.bentleymanorafc.com



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Roger L. Sharp
MANAGER & FOUNDER

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www.sharpfuneralhomes.com

Marsh Monument Co.

Memories Designed for All Times

Timeless since 1931

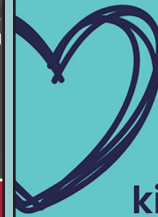
Home Appointments Upon Request

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Appointments Available**

Open Monday - Friday

8966 E. Lansing Rd. | 4496 S. Center Rd.
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Grace Bible Fellowship

Swartz Creek

9061 Miller Rd.

Suite #15

Swartz Creek, MI



...the preaching of
Jesus Christ
according to the
revelation of the
mystery...

Romans 16:25

www.gracegospelbelievers.com



Sunday 11am

Wednesday 5:30pm

(4pm winter hours)

Phone: 810-444-0670

assignphillong@yahoo.com

"rightly dividing the word
of truth" 2 Timothy 2:15

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Swartz Creek Senior Center Swartz Creek, MI

15-0694

Upcoming Events

Pop-Up FARMERS MARKET



Join us weekly for our pop-up markets featuring locally grown produce from Family First Farms and weekly "special guests" vendors!

THURSDAYS 11:00 AM- 2:00 PM
JUNE 4TH-OCTOBER 8TH

Swartz Creek Area Senior Center

FEATURED FARMER

FAMILY FIRST FARMS



Becca Kunz
Soaps & More!



PAYMENT METHODS ACCEPTED:



Everyone welcome!

More information:
8095 Civic Dr.
Swartz Creek, MI 48473
810-635-4122

POP-UP MARKETS OCTOBER SCHEDULE



THURSDAY, OCTOBER 1ST 11:00 AM - 2:00 PM

FAMILY FIRST FARMS AND NEYMAN FARMS
FRESH PRODUCE, GRANOLA, BAKED GOODS, EGGS, APPLE BUTTER, VANILLA, AND MORE!

THURSDAY, OCTOBER 8TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS AND DESCHEPPER FARMS LLC
FRESH PRODUCE, BEEF, PORK, CHICKEN, TALLOW, MILLED FLOURS, APPLE CIDER VINEGAR, AND MORE!

We would like to send a huge thank you to our local farmers and vendors who put their hard work and dedication into providing locally grown produce and more to our community. We would also like to thank MSU Extension for making this possible and including us in this project.

Thank you to everyone who came out and supported these great people, we hope to see you next year!

Membership Renewal Day

Friday, October 2nd
10:00 AM to 12:00 PM

Are you a member who needs to renew your membership or someone who is looking to join? Come take a look around our center and learn about the many activities we provide! Enjoy new company and refreshments, raffles, sneak peeks at future events, and more.

Requirements to become a member:

- Be 50 years or older
- Fill out or update a participation form to be put on file.



- New member gifts
- First look at future events
- Suggestion box
- Raffle prizes
- Donuts & Apple Cider

HEALTH FAIR & VACCINE CLINIC

SWARTZ CREEK
SENIOR CENTER

Thursday, October 15th
from 9:00 AM to 12:00 PM

JOIN US FOR:

- A variety of health & wellness vendors
- Vaccine Clinic with Kroger Pharmacy
- FREE chair massages
- Door prizes
- and more!

VACCINES AVAILABLE INCLUDE:
FLU, COVID 19, PNEUMONIA,
RSV, TDAP, SHINGLES,
HEPATITIS, MMR, AND MORE.

PLEASE BRING YOUR
PRESCRIPTION INSURANCE
CARD!

Everyone Welcome!



Upcoming Events

SWARTZ CREEK SENIOR CENTER

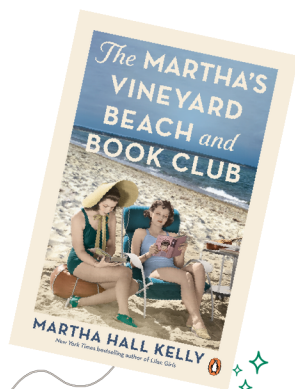
BOOK CLUB

Let's dive into our monthly reading and share great discussions. See you there!

**Thursday, October 29th
at 3:00 PM**

Martha's Vineyard Beach & Book Club
by Martha Hall Kelly

The center does not provide copies of the book, please visit your local library or purchase your own copy!



APPOINTMENTS WITH MARLI & ASHLEY

OPEN ENROLLMENT APPOINTMENTS

Get your questions answered about enrolling for Medicare, supplemental plans, and the changes to Medicare this year.

**FRIDAY, OCTOBER 16TH &
FRIDAY, OCTOBER 30TH
BY APPOINTMENT**

**CALL TO MAKE YOUR APPOINTMENT
WHILE SPOTS ARE AVAILABLE!**



LET'S TALK BACK PAIN!

Monday, October 5th at 1:30 PM

PRESENTED BY OPTIMAL PHYSICAL THERAPY:

- Causes of chronic back pain
- Exercises and stretches to help with pain
- Importance of posture
- When to get help

Stay after class for a one on one consultation with Optimal Physical Therapist for FREE!

RSVP BY OCTOBER 1ST



You're invited to our Halloween celebration:

**Friday, October 30th
12:15 PM**

MENU

Beef Ghoulish
Zombie Finger Carrots
Spooky Spinach
Corn Bread
Dessert

Lunch provided by GCCARD. \$3 donation requested for anyone 60 or older. \$6 for anyone under 60 or living outside Genesee County.

RSVP by October 23rd

PRESENTED BY TIM MESSLER

VITAMINS

what's on the label?

**MONDAY, OCTOBER 12TH
AT 1:30 PM**

An overview of how vitamins function, classification, and specific roles of these essential micro-nutrients. The overview will also cover Supplements and Drug Interactions. Fat-Soluble vs Water-Soluble vitamins, RDA vs ODA and much more.



RSVP BY OCTOBER 5TH

EDWARD JONES OUTSMART THE SCAMMERS

**Monday, October 19th
at 1:30 PM**

- Spot the red flags
- Resources for victims
- Steps to protect yourself

RSVP by October 12th



Swartz Creek Area Senior Center

TRIPS

The Great Gatsby- A New Musical

Tuesday, November 17th, 2026

\$145.00 per person

3:00 PM- 12:15 AM

Round trip transportation to Detroit, free time for a meal in Greektown District, main floor tickets to see "The Great Gatsby" at the Fisher Theatre.

Prepay by 10/6/26

Genitti's Luncheon Holiday Show & Walk

Tuesday, December 1st, 2026

\$119.00 per person

10:00 AM- 5:30 PM

Round trip motor coach transportation to Northville, MI, 7-course Italian luncheon, interactive holiday comedy show, and finally a holiday walk at Meadow Brook Hall.

Prepay by 10/27/26

Cornwell's Turkeyville- Taste of Broadway

Friday, March 5th, 2027

\$124.00 per person

9:30 AM- 5:30 PM

Round trip motor coach transportation to Marshall, a 4-course journey of food and song, admission to the show "A Taste of Broadway" featuring music from Beauty & the Beast, Waitress, Jekyll & Hyde, and Kiss Me Kate, the enjoy free time to shop at Cornwell's Gift Shop.

Prepay by 2/3/27

new!



FIELD TRIPS

Mystery Dinner #1

Tuesday, October 13th from 5:00 PM-7:30 PM

\$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$25-35 per person

Almar Orchard & Farm Store Trip

Friday, October 23rd from 9:30 AM to 12:00 PM

\$5 per person- includes transportation Almar Orchard & Farm Store with free time to shop fresh apple cider, a variety of apples, honey, and baked goods. Self-guided tour of the orchard grounds and farm.

Mystery Dinner #2

Tuesday, October 27th from 5:00 PM-7:30 PM

\$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$20-30 per person

Meadowbrook Dinner & Creature From the Black Lagoon

Friday, October 30th from 5:00 PM to 10:00 PM

\$80 per person- includes transportation to Meadowbrook Hall, 3-course meal of fall greens salad, oven-roasted chicken with brown butter gnocchi, maple acorn squash, and Dutch apple pie for dessert served in the historic dining room. Following dinner, you will enjoy the showing of Creature From the Black Lagoon (1954). There is no better way to spend Halloween eve!

Refunds are not available for Meadowbrook Dinner & Movie.

Travel Policy

We encourage you and your friends over age 50 to join us on any of our trips. All participants must have an updated "Participation Form" on file at the time of sign-up.

YOU MUST EITHER SIGN UP AND PAY AT CENTER OR SEND A CHECK IN. RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!

Trip Cancellation Policy: All cancellations incur a \$15 administrative fee which is deducted from any refund due to the member. Refund of the balance will be paid only if your seat can be canceled with the tour company. During inclement weather, if the tour company providing the trip does not cancel, the traveler will not be entitled to any refund. Some trips have policies unique to that trip, so be sure to read the policy details on the back of individual trip flyer. Stop by or call the Senior Center for trip details and the complete Travel Policy. We ask that you be considerate of other trip guests by not wearing perfume or colognes.

Upcoming Events

Presented by Cheryl Lopez

Senior Scam Awareness

Wednesday, October 7th at 1:30 PM

Join Cheryl Lopez, an assistant Genesee County Prosecutor, for an important presentation designed to help seniors recognize scams before they become victims. As an experienced prosecutor, she will share real-world examples, common warning signs, and practical steps you can take to protect yourself, your money, and your personal information.

RSVP by Oct 1st



PAINTING WITH JANIS

\$20
per person

This month: Watercolor fall wreath

**Monday,
October 26th
at 1:30 PM**

Join Janis to learn:

The fundamentals of watercolor painting on canvas. Create this beautiful fall wreath with step-by-step instruction and all supplies included.

Prepay by September 8th



Safe Drivers: Keys to Lifelong Mobility

Wednesday, October 14th at 1:30 PM

Presented by Patricia, Aging Driver Specialist.

Driving is a skill you've spent a lifetime on. It's one that requires good physical and mental abilities, and quick reactions. As we age, we experience changes that can change the way we drive. But you don't have to compromise your independence or mobility – there are smart options for safe drivers as they age. In this important class, you will learn how to:

- Stay active and safe behind the wheel
- Decide when it may be time to transition to non-driving
- Find alternative transportation options

RSVP by October 7th

Safe Drivers
Smart Options
Keys to Lifelong Mobility
- michigan.gov/agingdrive -



Pencil Drawing

Thursday, October 22nd & 29th at 1:30 PM

Join Peggy, local artist to learn the basics of pencil drawing. This is a 2 part class and she will work as a group and one on one to help you achieve your vision!

WHAT YOU'LL NEED:

- Drawing Paper
- Drawing Pencils 2B, 4B
- White Eraser
- Paper Stamps
- Ruler
- An example of what you want to draw

RSVP to save your seat!



Card Making

Friday, October 16th at 1:30 PM

Join Linda Evans to create 4 beautifully handmade greeting cards. All supplies included. Bring your own glue and/or scissors if able!

\$7
per person

Prepayment due at time of sign up

CHAIR MASSAGES

Take a moment to relax and release tension with Marshala. 10-minute chair massage appointments twice a month.

**FRIDAY, OCTOBER 9TH
FRIDAY, OCTOBER 23RD**

Prepay at time of sign up

\$10
PER PERSON
APPOINTMENT



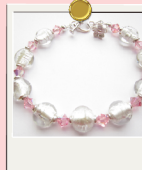
BRACELET MAKING

Friday, October 9th at 1:00 PM

Friday, October 23rd at 1:00 PM

\$5 PER PERSON- PER CLASS

JOIN JOANN TO CREATE A ONE OF A KIND GLASS BEAD BRACELET. ALL SUPPLIES AND INSTRUCTION INCLUDED!
PREPAY AT TIME OF SIGN UP



Upcoming Events



ALZIMERS ASSOCIATION
PRESENTS

LIVING WITH ALZHEIMERS: FOR EARLY-STAGE CAREGIVERS

In the early stage of Alzheimer's disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help?

Hear from other caregivers, care partners, and learn tips to help cope with this new diagnosis.



**Friday, October 16th
at 1:30 PM**

RSVP by October 12th

BALLROOM Dance Lesson

with Cassandra Justice

\$5
PER PERSON

**WEDNESDAY, OCTOBER 21ST
AT 12:30 PM**

This hour-long group session with instructor, Cassandra, will go over the basics of Ballroom and partner dancing, give participants a taste of two incredibly fun Ballroom dances (the Foxtrot and the Rumba), and give everyone an incredibly fun time learning a new skill while making new friends! No partner or experience is necessary, just bring yourself and a willingness to learn and have a good time!

Prepay by October 14th



BINGO!

Thursday, October 1st at 10:00 AM

WHITE ELEPHANT BINGO- PLEASE BRING A WRAPPED PRIZE, EITHER A PRELOVED ITEM FROM HOME OR NEW FOR UNDER \$10

Thursday, October 8th at 10:00 AM
PRESENTED BY CAPTEL CAPTION PHONE SERVICE

Thursday, October 29th at 10:00 AM
PRESENTED BY ST. CROIX HOSPICE

NO RSVP REQUIRED



SELF- DEFENSE *Seminar*

**Wednesday, October 28th
at 1:30 PM**

Seminar Highlights:

- Basic self-defense techniques.
- Situational awareness.
- Mindfulness and movement coordination.
- Safe and enjoyable training environment.



PRESENTED BY: QUIANA POWELL



* **FREE!**

* RSVP by October 21st

Music through the Ages

Performance by Dawn Marie-Mio

**THURSDAY, OCTOBER 8TH
AT 1:30 PM**

Enjoy nostalgic musical tributes to artists like Trisha Yearwood, Dolly Parton, Wynonna Judd, and Patsy Cline.

RSVP BY OCTOBER 1ST





Monday

Tuesday

Wednesday

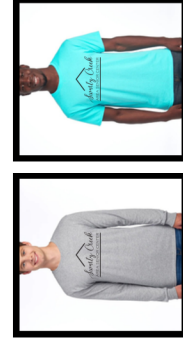
Thursday

Friday



**2026
T-SHIRT
SALE**

Monday, October 5th
to Friday, December 4th
In stock while supplies last
or fill out an order form!



PRICES
SHORT SLEEVE: \$13
LONG SLEEVE: \$15
CREW NECK: \$20
HOODIE: \$20
ZIP UP HOODIE: \$25
**EXTRA CHARGE FOR
2X+ OF \$2**

5
8:45 Beginner Yoga w/ Michelle
10:00 Improved Line Dancing
10:00 Age Friendly Wellness Council
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:00 Crochet Group
1:00 Horse Race
1:30 Back Pain with Optimal
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot

6
8:45 Yoga w/ Michelle
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:15 Toning
12:15 GGCARD Lunch
12:30 Mah-Jongg
1:00 Chair Zumba
1:30 Euchre
2:30 Beginner Cardio
6:00 5-Handed Euchre

7
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:30 Scams with Cheryl Lopez
3:00 Intermediate Line Dance
5:15 Strength & Cardio
6:00 Setback

8:45 Yoga w/ Katrina
10:00 Tai Chi
10:00 White Elephant Bingo
11:15 Toning
12:15 GGCARD Lunch
1:00 Samba
6:00 Euchre

**POP-UP
MARKET
11-2**

8
Hearing Screening by Appt
8:45 Yoga w/ Amy
10:00 Tai Chi
10:00 Bingo!
11:15 Toning
12:15 GGCARD Lunch
1:00 Samba
1:30 Music Through the Ages
6:00 Euchre

**POP-UP
MARKET
11-2**

9
Chair Massage by Appt
9:30 Drums Alive
11:00 Arthritis Exercise
12:15 GGCARD Lunch
1:00 Bracelet Making

12
8:45 Beginner Yoga w/ Michelle
10:00 Improved Line Dancing
10:00 Visually Impaired Support Group
11:00 Hearing Impaired Support Group
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:00 Crochet Group
1:00 Horse Race
1:30 Vitamins with Tim
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot

13
8:45 Yoga w/ Katrina
10:00 Alzheimer's Association
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:00 Grief Support Group
11:15 Toning
12:15 GGCARD Lunch
12:30 Mah-Jongg
1:00 Chair Zumba
1:30 Euchre
2:30 Beginner Cardio
5:00 Mystery Dinner #1
6:00 5-Handed Euchre

14
10:00 Board Meeting
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:30 Safe Driving
3:00 Intermediate Line Dance
5:15 Strength & Cardio
6:00 Setback

15
8:45 Yoga cancelled
**9:00-12:00 Health Fair
& Vaccine Clinic**
10:00 Tai Chi cancelled
11:15 Toning cancelled
12:15 GGCARD Lunch
1:00 Samba
6:00 Euchre

16
Open Enrollment by Appt
9:30 Drums Alive
11:00 Arthritis Exercise
12:15 GGCARD Lunch
1:30 Alzheimer's Seminar
1:30 Card Making

1
2
9:30 Drums Alive cancelled
10:00 Membership Renewal Day
11:00 Arthritis Exercise cancelled
12:15 GGCARD Lunch

19 8:45 Beginner Yoga w/ Machelie 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Edward Jones Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	20 8:45 Yoga w/ Machelie 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba 1:30 Euchre 2:30 Beginner Cardio 6:00 5-Handed Euchre	21 Legal Services by Appt 11:15 Sassy Exercise 12:15 GCCARD Lunch 12:30 Ballroom Dance 3:00 Line Dance 5:15 Strength & Cardio 6:00 Setback	22 8:45 Yoga w/ Katrina 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 1:30 Pencil Drawing 6:00 Euchre	23 Chair Massage by Appt 9:30 Almar Orchard Trip 9:30 Drums Alive 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Bracelet Making
26 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Painting with Janis 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	27 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:00 Chair Zumba 1:30 Euchre 2:30 Beginner Cardio 5:00 Mystery Dinner #2 6:00 5-Handed Euchre	28 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Self Defense 3:00 Line Dance 5:15 Strength & Cardio 6:00 Setback	29 8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo! 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 1:30 Pencil Drawing 3:00 Book Club 6:00 Euchre	30 Open Enrollment by Appt 9:30 Drums Alive cancelled 11:00 Arthritis Exercise cancelled 12:15 Halloween Lunch 5:00 Meadowbrook Dinner & Movie

Board Meeting Notice

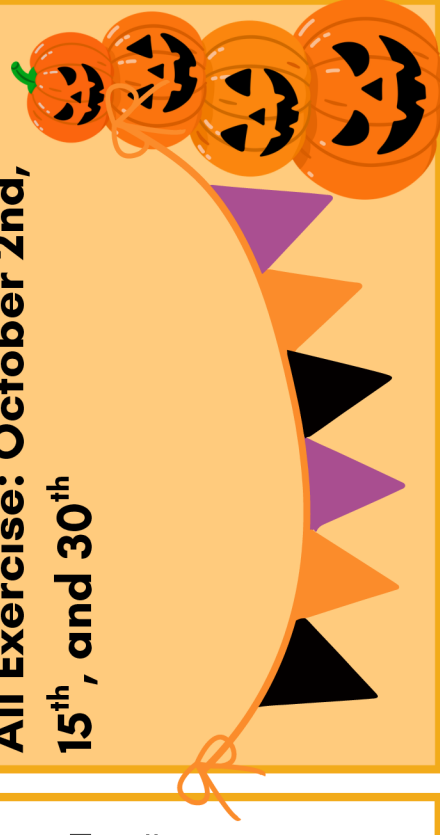
The next board
meeting will be held
on Wednesday,
October 14th
at 10:00 AM

Our Mission

The purpose of the Swartz Creek Senior Citizens, Inc. shall be to identify and meet the needs of senior citizens. This is achieved through programs designed to provide services in the areas of information and referral, education, nutrition, health screening, the arts, recreation, personal growth, leadership development, self-worth, and community involvement.

Class Cancellations

All Exercise: October 2nd,
15th , and 30th



Congregate October Meal Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5 Salisbury Steak-1 ea Redskin Mashed Potatoes-4 oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea Milk 8 oz.	6 Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice	7 HM Broccoli & Cheddar Soup 8 oz Diced Potatoes 4 oz Oyster Crackers Golden Delicious Apple Margarine-1 ct Milk 8 oz. 	8 HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Potatoes-4 oz Corn Bread & Margarine- 1 ea Pears-4 oz 100% Fruit Juice	9 Sweet and Sour Meatballs- 6 ea Brown Rice-3 oz Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz
12 Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce Milk 8 oz 	13 Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Pasta Salad 4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea 100% Fruit Juice	14 Creole Steak w/tomatoes In Sauce European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz	15 HM Chicken Parmesan Sandwich-1 ea. Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake 	16 Citrus Glazed Salmon 1 ea. Lo Mein Noodles Spinach 4 oz. Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz
19 Bean Soup w/ Turkey Ham-8oz Warm Apples-4 oz Corn Muffin-1 ea Margarine-1 ea Milk 8 oz	20 Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	21 HM Sloppy Joes-3 oz Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz 	22 HM Creamy Chicken & Noodles 8 oz Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month 	23 Breaded Chicken Sandwich-1 ea Ranch Potato Wedges-4 oz Macaroni Salad-4 oz Whole Wheat Bun Fresh Orange Milk 8 oz mayo pkt
26 Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz Milk-8 oz	27 Boneless BBQ Riblet Veggie Blend-4 oz Baked Beans-4 oz Sliced Sub Bun Diced Peaches-4 oz 100% Fruit Juice 	28 Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	29 HM Beef Tacos-2 ea Roasted Corn & Black Beans-4 oz Mexican Rice- 4 oz Tortilla Shells-2 Mango & Papaya Cup Taco Sauce Pkt. 100% Fruit Juice	30 HM Beef Ghoulash-8 oz Zombie Finger Carrots-4 oz Spooky Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct Milk 8 oz 

Senior Dining by GCCARD

Meals are served **Monday-Friday at 12:15 PM here at the center.**

Reservations must be made by Noon the workday before by calling the center at 810-635-4122 or visiting us in person.

Persons residing in Genesee County who are 60 or older, and their spouse regardless of age, are eligible for a free meals. Donations are always appreciated!
 Suggested Donation is \$3 per person
 Person under 60 or outside Genesee County: \$6

Dine in Only!

Programs & Events

Hand, Knee, and Foot

Monday, 5:00- 8:15 pm

Similar to a card game named 'Canasta' the main difference is the number of cards that players need in order to start playing. Score more points than the other teams within four hands.

Mahjongg

Tuesday, 12:30- 3:00 pm

Mahjong is always played with four players seated around a table. Tiles are shuffled, dice are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin.

Euchre

Tuesday, 1:30- 3:30 pm

Thursday, 6:00- 8:15 pm

The goal of the game is to win at least three tricks. If the side that fixed the trump fails to get three tricks, it is said to be "euchred." Winning all five tricks is called a "march."

5- Handed Euchre

Tuesday, 6:00 pm-8:15 pm

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

Setback

Wednesday, 6:00- 8:15 pm

A trick taking game similar to Spades. 2-8 players play either individually or in teams. Each player is dealt six cards, usually by dealing three at a time. Players first bid or pass, with the lowest possible bid being "2." If everyone passes, the dealer must bid "2." Whoever wins the bid starts the first trick. Whatever suit they play is trump for that round. Play proceeds as in most other trick-taking games (Spades, for example).

Horse Race

Monday: 1:00-3:00 pm

This game uses a board, dice, cards, and nickels that will make you feel like you're at the horse races. Strategically move your horse across the "track" the fastest, while trying not to lose all your nickels to the pot!

Samba

Thursday, 1:00-4:00 PM

Samba is a rummy-style card game, a variation of Canasta, played with three decks where players form melds and sequences to score points.

Crochet

Monday, 1:00-2:30 pm

A needlework technique performed using a crochet hook plus fiber or other similar material. Most typically, this material is yarn or crochet thread. A very relaxing activity that is good for the mind.

Grocery Bag Crochet

Tuesday, 10:00-11:30 am

Instructor: Betty Binder

Bring with you 10 plastic grocery bags, a pair of scissors, and a large crochet needle. This is a great way to recycle plastic and create something more useful like a sturdy bag, mat, and more!

Knitting

Tuesday, 10:00-11:30 am

The knitting process basically involves continuously interlinking or knotting a series of loops of yarn using needles. A very relaxing activity that is good for the mind.



Discrimination Policy

The Swartz Creek Area Senior Center has adopted a policy of non-discrimination in all programs, services and employment. No one shall be excluded on the basis of race, color, national origin sexual orientation, religion, age, marital status, veteran and military status or disability unless required by the eligibility guidelines for services. Inclusiveness is a core value that drives the organization's mission of providing services to benefit persons who are over the age of fifty and reside in Genesee County.

Sign Up Policy

The Swartz Creek Area Senior Center has adopted a policy for our event sign-ups.

Sign-ups for events can be made on the 20th of the month before, beginning at 9:00 AM.

Example: You can sign up for a August event on July 20th. If the 20th lands on a weekend or holiday we are closed, it will be the following business day. Many of the ads have an RSVP by date. This refers to the very last day that you will be able to sign up if spots are still available. If something has a cost, the payment will need to be made at time of sign-up.

SAVE US POSTAGE!

If you're here often, pick up your newsletter at the center rather than having it mailed! Or ask to be moved to the email list. Let us know if you plan to do this. We greatly appreciate it!

Exercise Classes

All programs are FREE unless noted otherwise.

Basic Line Dancing

Monday, 3:00-4:00 PM

Instructor: Darci

Beginners class to learn the basic steps in line dancing, no partner needed. Good for your mind and to get you moving!

Improved Line Dancing

Monday, 10:00-11:00 am

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills, no partner needed. Good for the body and mind!

Intermediate Line Dancing

Wednesday, 3:00-4:00 pm

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills from intermediate, no partner needed. Good for the body and mind!

Yoga AM

Monday, Tuesday, Thursday, 8:45-9:45 am

Instructor: Katrina Smeets

Substitute: Amy Cross & Machele Duprey

Yoga is a series of postures linked with movement that will open and cleanse the body, strengthen and lengthen your muscles, calm and open your mind. Make sure to bring your mat and water!

Stretching & Toning

Tuesday & Thursday, 11:15 am-12:15 pm

Instructor: Darci

This class includes weights, bands and music to keep your heart rate up while toning the whole body. Bring a fun attitude, you don't need to be experienced for this class.

If you question whether you can stand through the class, don't worry, you can sit in a chair for these exercises too!

Tai Chi

Tuesday & Thursday, 10:00-11:00 am

Instructor: Darci

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination.

Sassy Exercise

Monday & Wednesday, 11:15 am- 12:15 pm

Instructor: Darci

This class includes weights, bands, and music to create an all inclusive seated exercise program. This is a perfect beginner class to add to your weekly routine. This class also prepares you for other classes such as Stretching and Toning.

Drums Alive

Fridays, 9:30-10:30 AM

Instructor: Abbie Marrs

Have fun moving and dancing with drum sticks and aerobic ball as a drum. Play along to music in an exciting atmosphere. This can be done standing or in a chair.

No RSVP required, but limited equipment available.

First come, first serve!

Beginner Cardio

Tuesday: 2:30-3:30 pm

Instructor: Darci

This class mixes techniques of steps, arm movements, and a sprinkle of dancing to create a perfect intro to cardio. Utilizing weight to increase strength and get your heart pumping!

Chair Zumba

Tuesdays, 1:00-2:00 PM

Instructor: Kimberly Worchal-Smith

Zumba combines upbeat music with easy to follow chair movement to create a fun health-boosting atmosphere. Great for beginners!

Arthritis Exercise

Friday, 11:00 am- Noon

Instructor: Abbie Marrs

The Arthritis Foundation Exercise program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include, gentle range of motion exercises that are suitable for every fitness level.

Strength & Cardio

Wednesday, 5:15-6:15 pm

Instructor: Michele Corbat

Midweek Move & Strength is designed for participants who are 50+ years old and looking to increase their strength, endurance, and balance skills. A fun, upbeat class that combines strength training and cardio. Participants are asked to bring light dumbbells (1lb - 5lb) and water.

Stretch & Balance

Monday, 1:45-2:45 pm

Instructor: Darci

Are you afraid of falling? Darci's class will help improve your balance with fun stretches and exercises that gain back your confidence!

Swartz Creek Area Senior Citizens, Inc.: Funding Sources

- " Genesee County Senior Millage
- " Community Development monies from the City of Swartz Creek, Clayton Twp, & Gaines Twp.
- " Senior fundraising
- " Donations from individuals and community groups.

Membership & Participation Guidelines

- " Open to all Genesee County residents over age 50.
- " Completion of a "Membership / Participation Form" and update the information annually.
- " A yearly donation of \$10 per person is requested.
- " For more details, request a Membership Handbook.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis.

Donations of Hard Candy, Clorox wipes, Tissues, Toilet Paper, and Coffee are always appreciated!

Thank you for your generous donations to our Senior Center!

Services

Legal Services of Eastern Michigan (LSEM)

Call us at 810-635-4122 for appointment

Available at the Senior Center the 3rd Wednesday of each month. Free Legal Services are available at the Senior Center by appointment for seniors over age 60 regardless of income.

Services Include:

- Estate Planning
- Wills Power-of-Attorney
- Advance Directives
- Medicaid Planning
- Public Benefits
- Housing Complaints
- Consumer Issues



Hearing Screenings

Thursday, October 8th by appointment

Offered at the center on the 2nd Thursday of the month, every other month. Free hearing evaluation available at the senior center.

- Hearing aid cleaning and adjustments at no charge.
- Fees apply for battery replacement.

PROVIDED BY BELTONE HEARING SOLUTIONS



Transportation

Group transportation is available on Tuesdays alternating Kroger and Meijer. 3rd Friday of the month to the Food Pantry. Last Wednesday of the month to Walmart.

Available to seniors living in the Swartz Creek School District. We are also offering transportation to and from our daily lunch program, please call in advance for availability.

If you require transportation services that we cannot provide, please contact MTA at 810-767-0100.

Veteran Services of Genesee County

Call us at 810-635-4122 for appointment

You can schedule an appointment at the Department of Veterans Services or one of the following designated senior activity centers to assure you are receiving all the benefits you are entitled to.

Swartz Creek Area Senior Center, Flushing Area Senior Center, Grand Blanc Senior Center, Loose Senior Center, Davison Area Senior Center, and Clio Area Senior Center.

Benefits include:

- Disability compensation
- Pension benefits
- Federal Burial benefits
- VA Home loans
- PTSD counseling
- Legal Services
- And More!



Battery Collections

Daily: Monday-Friday during regular business hours

We're back! We will once again be taking used batteries to recycle. **Please tape both ends of the batteries when donating!**



Senior Dining by GCCARD

Meals are served Monday - Friday at 12:15 pm here at the center. Reservations for Tuesday-Friday must be made by noon on the day before. Reservations for Mondays must be made by noon on the prior Friday. Call the center at 810-635-4122. (Note: meals for special occasions may require up to two weeks advance reservations.)

Persons residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

- Requested Donation is \$3.00
- Persons under age 60: \$6.00
- Persons of all ages who reside outside Genesee County: \$6.00

Incontinence Supplies

The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantities are limited. Call the center for availability!

Loan Closet

The Center has donated wheelchairs, walkers, bath chairs, commodes, canes, and more, which are given out free of charge. Quantities are limited. Call the center for availability!

Visually Impaired Support Group

Monday, October 12th at 10:00 AM

Join Sabrina with the Family Service Agency of Genesee County to discuss the difficulties of being visually impaired and how you can adapt to these changes using new resources and technology. Meet those who understand the struggles you share

Hearing Impaired Support Group

Monday, October 12th at 11:00 AM

Join Sabrina with the Family Service Agency of Genesee County to discuss the difficulties of being hearing impaired and how you can adapt to these changes using new resources and technology. Meet those who understand the struggles you share.

Please give the center notice if you are in need of an interpreter!

Age Friendly Wellness Council

Monday, October 5th at 10:00 am

Join Lori with the Flint Health Coalition to share the needs and concerns that you, as a senior, have today. She can connect you to resources and make sure that your ideas are brought to light! Breakfast is provided!

Grief Support Group

Tuesday, October 13th at 11:00 am

Chris with Lavigne provides on-going grief support for anyone who has experienced the death of a loved one.

Alzheimer's Support Group

Tuesday, October 13th at 10:00 am

Join Chris, trained facilitator with the Alzheimer's Association, for this monthly support group for people living with dementia and their care partners to develop support systems, talk through issues and ways to cope, share feelings, and learn about community resources.

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Swartz Creek Senior Center Swartz Creek, MI

15-0694

Swartz Creek Area Senior Center

8095 Civic Dr. Swartz Creek, MI 48473

Office Hours: Monday-Thursday 9:00 AM - 8:00 PM

Friday 9:00 AM - 4:00 PM



Phone: 810-635-4122

Fax: 810-635-9405

Website: www.myscasc.org

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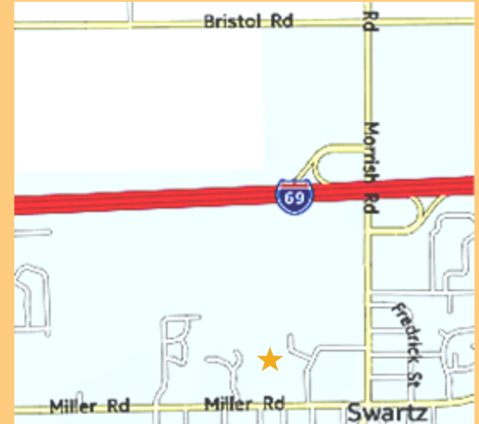
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Swartz Creek Area Senior Center
8095 Civic Dr.
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