



Swartz Creek

AREA SENIOR CENTER

OCTOBER 2024 NEWS

VOLUME 24, ISSUE 10



"This program and/or service is partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work."



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!

**DURAND
SENIOR CARE &
REHAB CENTER**



5-STAR RATING

FEATURING REHAB TO HOME
Physical, Occupational & Speech Therapy Services

LONG-TERM SKILLED NURSING

Memory & Respite Care

8750 E. Monroe Rd., Durand

Direct 989-288-3166 • www.durandscr.com

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Admissions 24 Hours a Day/7 Days a Week

**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

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Clio, Davison, Fenton, Swartz Creek



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Senior Community

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Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505

www.woodhavensenior.com



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0694

UPCOMING EVENTS

Annual Health Fair

Thursday, October 17th
9:00 am to Noon

Join us during our annual health fair, where you can meet a variety of vendors including veteran, legal, hospice, caregivers, and more! They will provide you information regarding the services they can provide for you or a loved one!

Vaccination Clinic

Available from 9:00 am to Noon

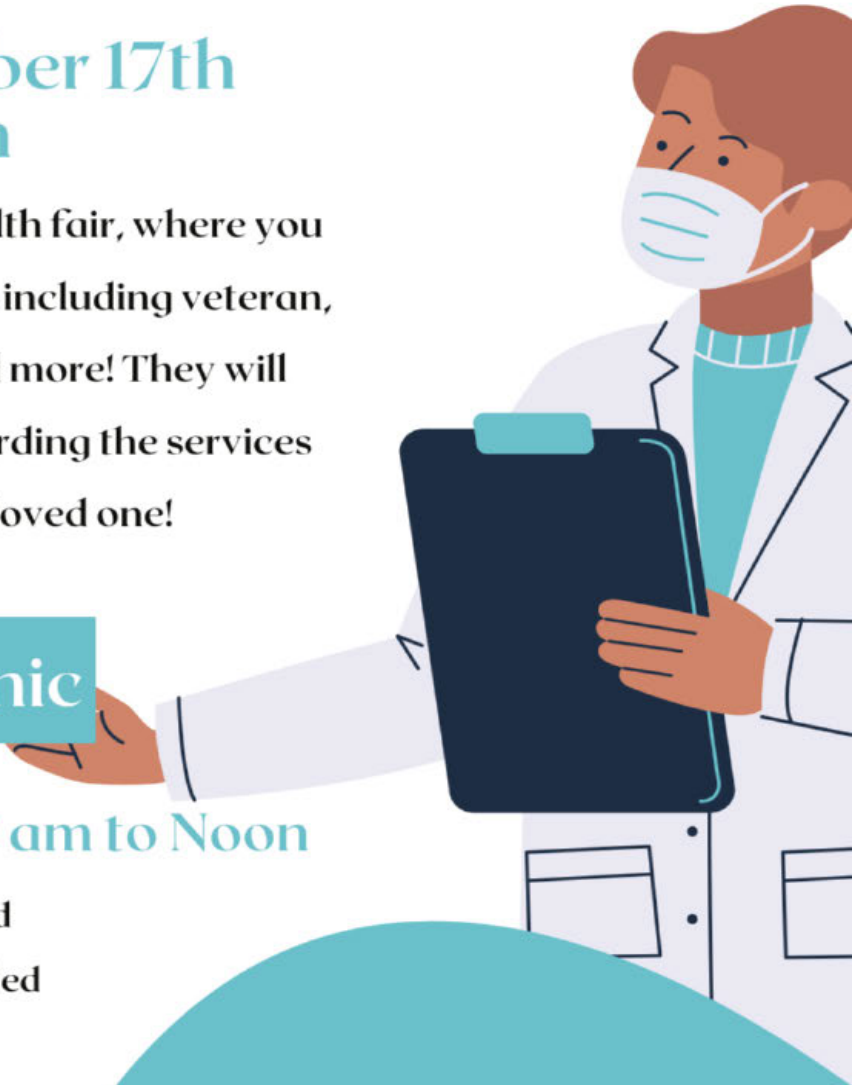
Flu, Covid 19 24/25 Booster, and Hepatitis B vaccinations provided by Genesee County Health Department.

Cost: Covered by Medicare and most insurances. Check with your insurance providers regarding coverage.

**FREE ADMISSION!
PUBLIC WELCOME!**

Refreshments Provided!

Questions? Call us at 810-635-4122



UPCOMING EVENTS

* CARD MAKING *

Friday, October 18th
at 1:00 PM



Join Linda as she teaches you the art of card making. She will provide supplies and walk you through 3-5 cards for you to take home!

→ Please bring your own adhesive and scissors if able



\$5
PER
PERSON



LUNCH WITH THE COMMISSIONER

Dale Weighill

DISTRICT # 8

Friday, October 25th at Noon

Join our commissioner for a slice of Jets pizza and hear about the updates in our district along with time to have a question-and-answer session!

RSVP BY OCTOBER 18TH

Membership Renewal Day

Friday, October 11th
10:30 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
- Have a participation form on file



- New member gifts
- First look at future events
- Suggestion box
- Raffle Prizes
- Refreshments

Swartz Creek Area Senior Center
8095 Civic Dr.
Swartz Creek, MI 48473

810-635-4122

AdvisaCare
Home Health & Hospice

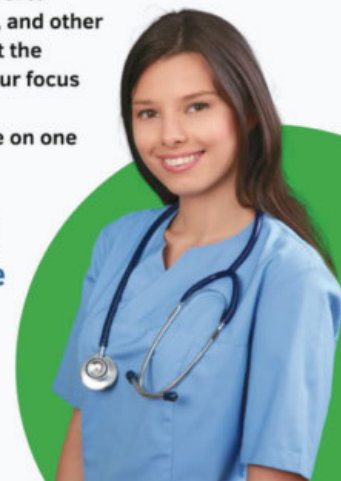
HOSPICE IS A PLAN FOR LIVING!

Monday, October 21st
at 1:30 PM

"We were established in 1997 to provide healthcare personnel to hospitals, nursing facilities, and other medical entities throughout the country. As time went on, our focus shifted from facility-based staffing to personalized one on one care at home."

Join us to discuss
how to guarantee
you or a loved one
receives the best
care at the best
time!

RSVP by October 14th



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- 2:30 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, 1:00- 3:00 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.

Dominoes

Tuesday, 4:30 pm-6:30 pm

Each time a player places a domino on the table in Mexican Train, it must conform to normal domino play. i.e. The domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches.

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!



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

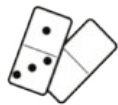
Tuesday, 10:00-11:30 am

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.

Wood Carving

Tuesday, 1:00-3:00 pm

Wood carving is a form of working wood by means of a cutting tool. A chisel or knife are usual tools: the chisel can be tapped with a wooden mallet. The result is a wooden figure, or the sculptural ornamentation of a wooden object.



CONGREGATE MEALS ARE BACK!

Beginning on
Tuesday, October 1st

What does this mean?
We will have daily lunches served Monday- Friday at 12:15 PM.
These lunches will be served by staff from a pan style to enjoy with others. There will be no take out option.

COME JOIN US!

LUNCH PROVIDED BY GCCARD

\$3 Donation requested if you are 60 years or older

\$6 fee if you are under 60 and/or live outside Genesee County

Swartz Creek Senior Center
8095 Civic Dr.
Swartz Creek, MI 48473

Please call by the day before, before noon to RSVP
810-635-4122

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.

UPCOMING EVENTS



FOR CAREGIVERS AND LOVED ONES
LIVING WITH EARLY-STAGE
DEMENTIA/ALZHEIMERS

ARTHRITIS EXERCISE

**MONDAY,
OCTOBER 7TH
FROM 12:45-
1:30 PM**

• **EXERCISE YOUR BODY
AND MIND!**

Chair exercises designed to have fun while practicing sit-balance, coordination, and flexibility!

RSVP BY OCTOBER 1ST



HALLOWEEN LUNCH

OCTOBER 31ST AT NOON

MENU
COUNTRY STYLE CHICKEN
WITH GRAVY
STEAMED BROCCOLI
ROASTED VEGGIES
SALAD
& TREATS

Wear your most
spookily creative
costumes to be
entered to win a
costume contest!

RSVP BY OCTOBER 24TH
LUNCH IS PROVIDED BY GCCARD
A \$3 DONATION IS REQUESTED
THERE IS A \$6 FEE IF YOU ARE UNDER 60 OR LIVE OUTSIDE OF
GENESEE COUNTY

**WALLED
LAKE FAMILY
FOOT CARE**

PODIATRY CARE

Dr. Gold, DPM
provides treatment for
common foot problems
conveniently at our center!

**Wednesday,
October 9th**
by appointment!

Please call to make an
appointment

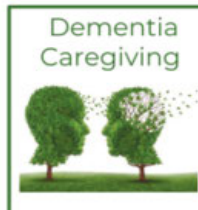
810-635-4122



They accept Medicare,
most Medicare Advantage
Plans, Straight Medicaid
insurance.

Please sign up by October 2nd

ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?



Attend an in-person workshop series for help!

This Dementia Caregiving workshop is
3-session program for those caring for a
person with dementia or Alzheimer's. It
assists with reducing caregiving stress by
providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities Better understand and address dementia-related behaviors create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support

DEMENTIA CAREGIVING WORKSHOP

Swartz Creek Area Senior Center
8095 Civic Dr.

Swartz Creek, MI 48473


October 10 - 24, 2024

5:30pm - 7:00pm


Please RSVP to Swartz Creek Area Senior Center at (810) 635-4122

This workshop is available in part through funding from the Older American's Act
and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports

UPCOMING EVENTS



COFFEE HOUR



Attend this question-and-answer session with our State Representative.

**MONDAY
OCTOBER 14TH
10:00 AM**

WITH JASPER MARTUS

COFFEE HOUR WITH NU LIFE

**MONDAY, OCTOBER 21ST
AT 10:00 AM**

Nu Life medical provides non-surgical treatment options for patients who suffer from chronic knee and shoulder pain! They will be here to discuss the treatment options they offer and how to discuss options with your doctor!

RSVP BY OCTOBER 14TH

STAY SAFE THIS

Winter

**MONDAY, OCTOBER 14TH
AT 1:30 PM**

Stay safe this winter with our Winter Safety Class at Max Well Therapy.

- Preventing Slips and Falls
- Proper Footwear
- Cold Weather Safety
- Winter Driving Tips
- Home Safety
- Emergency Preparedness



RSVP by October 7th



OCTOBER BINGO!

**Thursday, October 3rd
at 10:00 AM**

WHITE ELEPHANT BINGO, BRING A WRAPPED ITEM FROM YOUR HOME OR A BOUGHT GIFT UNDER \$10 TO GIVE AS A PRIZE!

**Thursday, October 10th
at 10:00 AM**

PRESENTED BY JUDY COX, REALTOR

NO RSVP REQUIRED



JOHN CHERRY *Lunch & Learn*

**Friday, October 18th
at Noon**

Get an update from our Senator about the issues important to you!

Menu: Breaded Fish, Au Gratin Potatoes, Cole Slaw, Potato Roll, and refreshments!

Lunch is provided by GCCARD
A \$3 donation is required if you are 60 or older
A \$6 fee is required if you are under 60 and/or live outside of Genesee County

October



Monday


Tuesday

Wednesday

Thursday

Friday

	<p>1</p> <p>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 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>2</p> <p>9:00 Zumba cancelled 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:00 Walk with Ease 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>3</p> <p>8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 White Elephant Bingo 11:15 Toning 12:15 GCCARD Lunch 1:30 Self Defense Class 6:00 Euchre</p>	<p>4</p> <p>10:00 Visually & Hearing Impaired Support Group 11:00 Arthritis Exercise 12:15 GCCARD Lunch</p>
<p>7</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Age Friendly Wellness Council 10:00 Improved Line Dancing 11:30 Sassy Exercise 12:15 GCCARD Lunch 12:45 Dementia Arthritis Exercise 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8</p> <p>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 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>9</p> <p>Podiatry Services by Appt 9:00 Zumba cancelled 10:00 Board Meeting 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:00 Walk with Ease 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>10</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:15 Toning 12:15 GCCARD Lunch 5:30 Dementia Caregivers Workshop 6:00 Euchre</p>	<p>11</p> <p>10:00-12:00 Membership Renewal Day! 11:00 Arthritis Exercise Cancelled 12:15 GCCARD Lunch</p>
<p>14</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 10:00 Coffee Hour with Jasper Martus 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Maxwell Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>15</p> <p>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 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>16</p> <p>Legal Services by Appt 9:00 Zumba cancelled 9:30 Alzheimer's Support Group 11:00 Grief Support Group 11:30 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>17</p> <p>8:45 Yoga cancelled 10:00 Tai Chi cancelled 10:00 Health Fair! 11:15 Toning cancelled 12:15 GCCARD Lunch 5:30 Dementia Caregivers Workshop 6:00 Euchre</p>	<p>18</p> <p>Hearing Screening by Appt 11:00 Arthritis Exercise 12:30 Lunch and Learn with John Cherry- GCCARD 1:00 Card Making</p>

Monday	Tuesday	Wednesday	Thursday	Friday
21 8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 10:00 Coffee Hour with Nu Life 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Hospice 101 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	22 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 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre	23 9:00 Zumba cancelled 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:30 Alzheimer's Association Research Update 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	24 8:45 Yoga w/ Katrina 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:30 The Boogie Woogie Kid 5:30 Dementia Caregivers Workshop 6:00 Euchre	25 10:00 Coffee Hour with Pharma Care 11:00 Arthritis Exercise 12:00 Lunch with the Commissioner No GCCARD Lunch
28 8:45 Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise 12:15 GCCARD Lunch 12:30 Balance & Endurance 1:00 Crochet Group 1:00 Horse Race 1:30 The Importance of Trees 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	29 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 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 3:15 Book Club 4:30 Dominoes 6:00 5-Handed Euchre	30 9:00 Zumba cancelled 11:30 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	31 8:45 Yoga w/ Katrina 10:00 Tai Chi 11:15 Toning 12:00 Halloween Lunch- GCCARD 6:00 Euchre	

Board Meeting Notice

The next board meeting
will be held on Wednesday,
October 9th at 10:00 am



Mission

The purpose of the Swartz Creek Area 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.



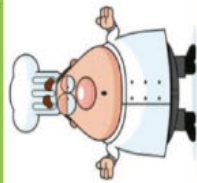





Class Cancellations


Arthritis Exercise- October 11th
 Zumba AM- October 2nd, 9th, 16th,
 23rd, & 30th
 Yoga- October 17th
 Tai Chi- October 17th
 Toning- October 17th



Congregate October Meal Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div> <div>Chicken Salad Sandwich 3 oz Italian pasta salad 4 oz Croissant-1 ea 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz</div>	<div>2</div> <div>Salisbury Steak-1 ea Redskin Mashed Potatoes-4 oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice</div>	<div>3</div> <div>Turkey & Cheese Sub-1 ea Lettuce, tomato, onion HM Cucumber Salad 4 oz Steak House Potato Salad-4 oz Diced Pears-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz</div>	<div>4</div> <div>Santa Fe Salad w/ Chicken w/HM Corn & Black Bean Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salad Dressing Milk 8 oz</div> <div></div>	
<div>7</div> <div>BBQ Pulled Pork-3 oz Cole Slaw-4 oz Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz</div>	<div>8</div> <div></div> <div>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 ea 100% Fruit Juice</div>	<div>9</div> <div>Mashed Sweet Potatoes-4 oz Corn Bread & Margarine- 1 ea Pears-4 oz 100% Fruit Juice</div>	<div>10</div> <div>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</div>	
<div>14</div> <div></div> <div>Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice</div>	<div>15</div> <div>Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Sugar Snap Peas Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz</div>	<div>16</div> <div>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</div>	<div>17</div> <div>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 HM Chicken & Noodles Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month</div> <div></div> <div></div>	
<div>21</div> <div>Bean Soup w/ Turkey Ham-8 oz Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin-1 ea Margarine-1 ea Milk 8 oz</div>	<div>22</div> <div>Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice</div>	<div>23</div> <div>HM Sloppy Joes-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz</div> <div></div>	<div>24</div> <div>Swartz Creek Area Senior Center Lunch with the Commissioner Please RSVP by calling 810-635-4122</div>	
<div>28</div> <div>HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk</div> <div></div>	<div>29</div> <div>Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz 100% Fruit Juice</div>	<div>30</div> <div>Boneless BBQ Riblet Veggie Blend-4 oz Cole Slaw-4 oz Sliced Sub Bun Diced Peaches-4 oz Milk</div>	<div>31</div> <div>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</div>	



Senior Dining by GCCARD

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

Reservations must be made by Noon the day before, for Mondays, you must call by the Friday before.

Call the center at 810-635-4122 (Note: meals for special events may require up to two weeks advance reservation).

Persons residing in Genesee County who are 60 and older, and their spouse regardless of age, are eligible for a free meal. Donations are always appreciated.

Requested donation is \$3.00

Persons under 60 or live outside of Genesee County: \$6.00

Dine in ONLY!

Join us for
LUNCH!

UPCOMING EVENTS



alzheimer's association®

Research Update



OCTOBER
23RD
AT 1:30 PM

JOIN THE ALZHEIMER'S ASSOCIATION TO DISCUSS THE LATEST UPDATES ON RESEARCH TOWARDS TREATMENT FOR ALZHEIMER'S DISEASE!

RSVP by October 16th

BOOK CLUB

Tuesday, October 29th
at 3:15 PM

NO RSVP Required

Please read the chosen book prior to discussion:

Lessons in Chemistry
by **Bonnie Garmus**

MATTHEW BALL: THE BOOGIE WOOGIE KID

Thursday, October 24th
at 1:30 PM

The Jazz that made America Dance! - Matthew performs timeless music from the 20's, 30's & 40's with a focus on New Orleans and Swing Dance Era piano styles.

Matthew trained classically at Oakland University with classical pianist Flavio Varani, a graduate of The Paris Conservatory and Manhattan School of Music, who traced his own pedigree of study back to Chopin himself!

RSVP by October 17th

Bracelet Making

Wednesday, October 9th
2 sessions available

Join Joann as she walks you through the art of Bracelet Making. During the class you will be able to make a bracelet that fits your style or make one as a gift! Due to high demand, we will be having 2 sessions a month.

A participant cannot sign up for both sessions. Pre Pay by Oct 2

\$5

per person
at time of sign up

PharmaCare Drugs

Coffee & Conversations

Friday, October 25th
at 10:00 AM

PharmaCare Drugs in Flint is a local pharmacy company that offers a variety of services.

Come join us to learn:

- How to transfer prescriptions with Rite Aids closing
- Importance of knowing information and side effects of medication
- Safety Precautions when disposing of medication
- How to discern medication side effects

RSVP by October 18th

PROGRAMS & EVENTS

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

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, 11:00 am-12:00 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, 11:30 am- 12:30 pm

Instructor: Darci

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance.



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!

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!

Zumba AM- **Breaking beginning in October**

Wednesday, 9:00-10:00 am

Instructor: Linda Dyball

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

Zumba PM

Wednesday, 5:00-6:00 pm

Instructor: Kimberly Worchal-Smith

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.



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.

Swartz Creek Area Senior Citizens, Inc.: Funding Sources

- ◆ Genesee County Senior Millage
- ◆ Community Development monies from the City of Swartz Creek, The Village of Gaines, & 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, Coffee, and Hand Soap are always appreciated!

Thank you for your generous donations to our Senior Center!

INFORMATION

Legal Services of Eastern Michigan (LSEM)

Wednesday, October 16th 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

Friday, October 18th by appointment

Offered at the Center once a month. Free hearing evaluation available at the senior center.

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

PROVIDED BY CARDINAL HEARING



Transportation

Group transportation is also available to Meijer or Kroger once a week. Walmart every week. Food Pantry once a month. Available to seniors living in the Swartz Creek School District.

Michigan Medicare/Medicaid Assistance Program

A volunteer MMAP Counselor can provide free services to help you: Understand Medicare & Medicaid. Compare or enroll in Medicare Prescription drug coverage. Review & compare Medicare Supplemental insurance options. Call the Center today at 810-635-4122 to make your appointment.

Veteran Services of Genesee County

Wednesday, November 27th by 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
- Transportation

And more!



Senior Dining by GCCARD

Meals are served Monday - Friday at 12:00 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

Friday, October 4th 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.

Age Friendly Wellness Council

Monday, October 7th 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

Wednesday, October 16th at 11:00 am

Jessica with The Medical Team provides on-going grief support for anyone who has experienced the death of a loved one. Their purpose to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

Alzheimer's Support Group

Wednesday, October 16th at 9:30 AM

Join Jessica, 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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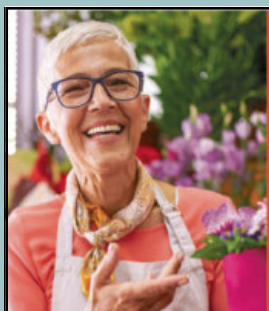
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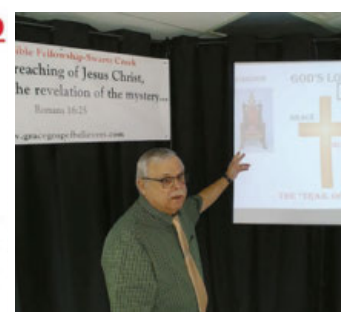
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Swartz Creek Area Senior Center



8095 Civic Drive, Swartz Creek, MI 48473

Office Hours: Monday-Thursday: 9:00 am — 8:00 pm

Friday: 9:00 am — 4:00 pm

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

Facebook: Swartz Creek Area Senior Center

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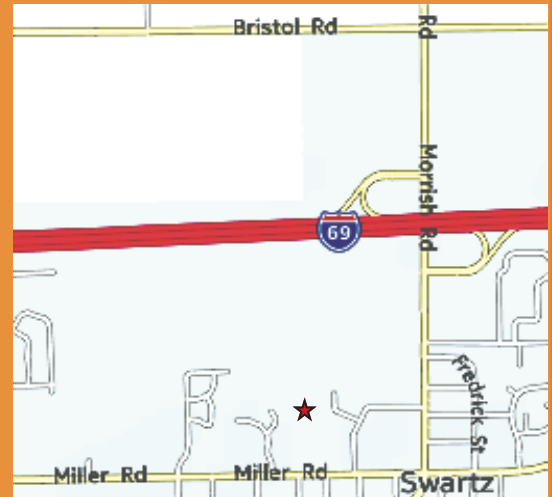
STAFF

Barbara McCallum, Director

Holly Burgess, Program Coord.

Sierra Leonard, Office Asst.

Directions from downtown Swartz Creek:
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



Swartz Creek Area Senior Center
8095 Civic Dr.
Swartz Creek, MI 48473