



Swartz Creek

AREA SENIOR CENTER



December 2025 News

Volume 25, Issue 12



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**



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...

Cable & Wi-Fi

Admissions 24 Hours a Day/7 Days a Week

Bentley
MANOR

810-547-1763

Adult Foster Care and Assisted Living

Established 1990

Clio • Mt. Morris • Montrose • Flint
15 Area Locations

www.bentleymanorafc.com



CALL TO SCHEDULE A VIRTUAL TOUR!

THRIVE
LOCALLY

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Let's put your
back pain behind you.

NEUROLOGICAL CENTER

HURLEY

NEVER MISS
OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



SUPPORT OUR
ADVERTISERS!



Woodhaven
Senior Community

"Where Seniors Love to Live"

5201 Woodhaven Ct.
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

Christmas Spirit Week!

We will be hosting our annual Christmas Spirit Week once again! This is a fun filled week with an activity and dress theme every day. Participate in the activity and/or dress in the theme to be entered in a week long raffle! This means you could have 10 entries to win a raffle worth \$50! Raffles will be drawn on Friday during Reindeer Games, you do not have to be present to win!

RSVP by December 1st while spots are available!

Monday, December 8th

Dress Theme: Christmas PJs

10:30 AM Cookie Decorating- join us to decorate 6-10 Christmas cookies to take home!

Tuesday, December 9th

Dress Theme: Twinkle Tuesday (where something that lights up!)

10:30 AM Ornament Decorating- join us to create 3-5 ornaments, all supplies included!

Wednesday, December 10th

Dress Theme: Red or Green

1:30 PM Oh Christmas Tea- join us for a holiday themed tea with tea sandwiches, finger foods, and tea of course! **\$5 per person**

Thursday, December 11th

Dress Theme: Santas Workshop (dress as Santa, reindeer, elves, or Mrs. Claus)

10:00 AM - 2:00 PM Hot Cocoa Bar (No RSVP required)

1:30 PM Classic Holiday Duet Concert- Mister Tim joins forces with classical vocalist Pia Williams in this enchanting tribute to the holiday favorites.

Friday, December 11th

Dress Theme: Ugly Christmas sweater

1:30 PM Reindeer Games- compete in minute to win it games to win prizes and laugh your antlers off!

Thank you to our Spirit Week Sponsors: Elga Credit Union, Symphony of Linden, The Medical Team, American House, Centerwell Home Health, and Oakstreet Health

Upcoming Events

Field Trips

Mystery Dinner #1

Tuesday, December 2nd at 5:00- 8:00 PM

\$5 per person at time of sign up

Join us for a dinner at a mystery restaurant. We make the reservations and provide transportation. Dinner is on you! This restaurant average dinner is between \$20-30

Mystery Dinner #2

Tuesday, December 9th at 5:00- 8:00 PM

\$5 per person at time of sign up

Join us for a dinner at a mystery restaurant. We make the reservations and provide transportation. Dinner is on you! This restaurant average dinner is between \$25-45

Pine Knob Christmas Lights & Hot Cocoa

Wednesday, December 10th at 6:00-9:00 PM

\$5 per person at time of sign up

Join us for a magical ride through the drive through lights at DTE. We will also provide a hot cocoa and cookie for your travels!

The Doo Wop Project

Friday, December 12th at 7:00- 9:30 PM

\$30 per person at time of sign up

The dynamic Broadway stars of The Doo Wop Project are on a mission to put Doo Wop on everyone's playlist! With their smokin' hot band, they capture and deliver the classic sounds of the guys who, back in the day, harmonized with each other on stoops. Enjoy the Christmas Classics at the Capitol Theatre!



Mystery Dinner #3

Tuesday, December 16th at 5:00- 8:00 PM

\$5 per person at time of sign up

Join us for a dinner at a mystery restaurant. We make the reservations and provide transportation. Dinner is on you! This restaurant average dinner is between \$15-25

Christmas at Crossroads Village

Wednesday, December 17th at 5:00-8:00 PM

\$30 per person at time of sign up

The most magical time of year at Crossroads, enjoy the lights, shopping, shows, and a train ride included in your admission!

Bronners Christmas Wonderland

Monday, December 22nd at 9:00 AM- 11:00 AM

\$5 per person at time of sign up

Take a trip to Bronners in Frankenmuth shop for ornaments and Christmas decorations.

**Payment is due at time of sign up while spots are available.
You may only sign up for one of Mystery Dinners!**

Movie Night

with Dennis Ferrara



THIS MONTH'S MOVIE:

**The Day
the Earth
Stood Still**

**Thursday, December 18th
at 6:00 PM**

Please bring a snack to share! RSVP to save your seat!



YOU ARE INVITED TO

CHRISTMAS LUNCH

MENU

GLAZED PORK LOIN
ROASTED VEGGIES
CANDIED YAMS
APPLE CRISP

PROVIDED BY GCCARD
60 OR OLDER: \$3
UNDER 60 OR LIVE OUTSIDE
GENESEE COUNTY: \$6

THURSDAY,
DECEMBER

18

AT 12:15 PM



RSVP BY DECEMBER 4TH

Swartz Creek Area Senior Center

TRIPS

All Shook Up The Musical

Showing at Meadow Brook Theatre

Wednesday, January 14th, 2026

\$99.00 per person

Round Trip transportation, free time
and lunch on own at Great lakes

Crossing and tickets to see All Shook Up
the Musical at Meadow Brook Theatre.

Prepay by 12/5/25

Firekeepers Casino

Wednesday, April 29th, 2026

\$48.00

Round trip motor coach transportation to
Battle Creek, MI,

4 hours of gaming at Firekeepers Casino , each
person to get back \$25 in gaming and \$5 in food
from the casino!

Prepay by 4/13/26

Holy Toledo! Glass City Tour

Wednesday, February 4th, 2026

\$89.00 per person

Round trip to Toledo, OH, guided tour of
Rosary Cathedral, group lunch at Original
Tony Packo's, and a self guided tour of the
Glass Pavillion. First come-first serve Glass
blowing demos available.

Prepay by 1/13/26

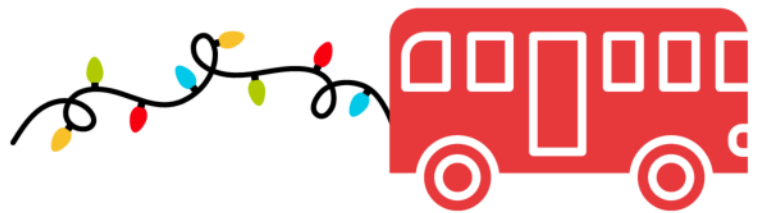
Genitti's Dinner Theatre

Wednesday, April 15th, 2026

\$99.00

Round trip to Northville, a 7 course meal at
Genitti's including wedding soup, antipasto
salad, pasta, baked chicken, and much more.
Interactive comedy show to follow your meal!

Prepay by 3/24/26



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 GURANTEED
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



LEARN ABOUT

- Meal planning tips
- Surveying your kitchen
- Grocery Shopping Tips
- Food storage charts and tips
- Food prep, cooking tips, recipe reduction
- Transforming leftovers
- Recipes for one or two

RSVP by December 1st

BRACELET MAKING

FRIDAY, DECEMBER 5TH
AT 1:00 PM

FRIDAY, DECEMBER 19TH
AT 11:00 AM

\$5 per person

Create a beautiful, beaded bracelet,
all supplies and instruction are
included!

Card Making

Friday, December 19th
at 1:30 PM

Join Linda Evans to create 4 beautiful
handmade cards! All supplies are
included, please bring your own
scissors and adhesive if able.

\$5
per person

PRESENTED BY
MAXWELL THERAPY

ASK A PHYSICAL THERAPIST

MONDAY, DECEMBER 8TH
AT 1:30 PM

Join physical therapist with
Maxwell Therapy to ask your
questions about topics that are
important to you. This session will
also help determine the topics we
host seminars on in 2026!

TOPICS TO CONSIDER:

- ☒ Chronic Joint Pain
- ☒ Risk of Injury
- ☒ Arthritis

RSVP BY
DECEMBER 3RD



MEDICARE INFORMATION TABLE

Tuesday, December 2nd
from 10:00 AM - 12:00 PM

Molina will be providing a Medicare/Medicaid information table for anyone
to stop by for open enrollment hand outs or ask their questions.

IT'S COMING!

TAX SEASON

AARP VOLUNTEERS PROVIDE FREE TAX SERVICES AT OUR CENTER
ANNUALLY FROM FEBRUARY-APRIL.

WE WILL BEGIN TAKING APPOINTMENTS ON
MONDAY, JANUARY 5TH AT 9:00 AM

APPOINTMENTS GO FAST SO
PLEASE MARK THIS DATE DOWN
TO CALL OR COME IN PERSON TO
SET UP YOUR DATE!



Upcoming Events

Lavigne Home for Compassionate Care

Monday,
December 15th at 1:30 PM

Lavigne Home for Compassionate Care is a non-profit agency that provides end-of-life care and support for the terminally ill. They want to share with us their mission, ways we can help, and give information for those that may need it for a loved one.

RSVP by December 8th



Exercise Paused for the Holidays!

During the holiday season, we take a break for our exercise classes to allow all the time for you and our instructors to enjoy time with family!

There will be no exercise classes:

Wednesday, December 17th-

Thursday, January 1st

Classes will resume on Monday, January 2nd



Exclusive Book Signing

MEET THE AUTHORS!

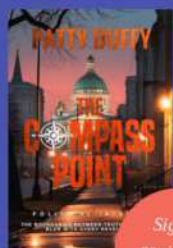
Wednesday, December 17th at 1:30 PM

Join us to meet two wonderful authors, hear them speak about their writing process, their stories, and more!

The Compass Point by Patty Duffy
"A novel that explores belief and spans continents, *The Compass Point* confronts the deception that divides a volatile world"

Silver Lady: Travels Along The River Road by Susan Sage
"As the looming shadow of civil war threatens society, Cassie's journey along the river becomes a transformative odyssey filled the magic, mystery, and self discovery"

RSVP by December 10th



Signed
copies for
sale!

Christmas Giving

NOTHING FEELS BETTER THAN HELPING A FAMILY IN NEED THIS HOLIDAY SEASON. WE WILL BE COLLECTING FOR TWO ORGANIZATIONS TO HELP CHILDREN HAVE A MAGICAL CHRISTMAS.

TOYS FOR TOTS- COLLECTION BOX LOCATED IN OUR LOBBY FOR NEW TOYS

OLD NEWS BOYS- MONETARY DONATIONS COLLECTED BY STAFF TO GO TOWARDS OLD NEWS BOYS CHRISTMAS PRESENT AND/OR JACKET PROGRAM

DONATIONS WILL BE COLLECTED UNTIL DECEMBER 11TH



WE WILL BE CLOSED

December 24th, 25th,
& 26th
December 31st and
January 1st

HAPPY HOLIDAYS!

DECEMBER Bingo

THURSDAY, DECEMBER 4TH
AT 10:00 AM

White Elephant Bingo, please bring a wrapped gift to bring as a prize. Either something preloved from your home or a new item under \$10

THURSDAY, DECEMBER 11TH
AT 10:00 AM

Presented by Marli by American Benefit Group

NO RSVP REQUIRED



Monday

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

Tuesday

Mystery Dinner #1
8:45 Yoga w/ Katrina
10:00 Knitting Group
10:00-12:00 Medicare Info Table
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:15 Toning
12:15 GGCARD Lunch
12:30 Mah-Jongg
1:00 Chair Zumba
1:00 Wood Carving
1:30 Euchre
2:30 Beginner Cardo
3:15 Dominoes
6:00 5-Handed Euchre

8

8:45 Beginner Yoga w/ Katrina
10:00 Improved Line Dancing
10:00 Visually Impaired Support Group
10:30 Cookie Decorating
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:00 Crochet Group
1:00 Horse Race
1:30 Ask a Therapist
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot



15

8:45 Beginner Yoga w/ Katrina
10:00 Improved Line Dancing
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:00 Crochet Group
1:00 Horse Race
1:30 LaVigne Home Seminar
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot

Wednesday

Turkeyville Trip
10:00-11:00 Blood Pressure Screenings
10:30 Harvest Brunch
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:30 TOPS
3:00 Intermediate Line Dance
6:00 Setback

10

Pine Knob Christmas Trip
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:30 Oh Christmas Tea
3:00 Intermediate Line Dance
6:00 Setback



17

Christmas at Crossroads Trip
9:30 Alzheimer's Support Group
11:00 Grief Support Group
11:15 Sassy Exercise cancelled
12:15 GGCARD Lunch
1:30 Meet the Authors
3:00 Intermediate Line Dance cancelled
6:00 Setback

Thursday

8:45 Yoga w/ Katrina
10:00 Tai Chi
10:00 White Elephant Bingo
11:15 Toning
12:15 GGCARD Lunch
1:30 Cooking for One
3:00 Zumba
6:00 Euchre

11

Hearing Screening Appt
8:45 Yoga w/ Katrina
10:00 Tai Chi
10:00-2:00 Hot Cocoa Bar
10:00 Bingo
11:15 Toning
12:15 GGCARD Lunch
1:30 Classic Holiday Duets Concert
3:00 Zumba
6:00 Euchre



18

Legal Services by appt
Miracle on 34th Street Trip
8:45 Yoga cancelled
10:00 Tai Chi cancelled
11:15 Toning cancelled
12:15 Christmas Lunch
3:00 Zumba cancelled
6:00 Euchre
6:00 Movie Night

Friday

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

12

The Doo Wop Project Trip
9:30 Drums Alive cancelled
11:00 Arthritis Exercise cancelled
12:15 GGCARD Lunch
1:30 Reindeer Games



19

9:30 Drums Alive cancelled
11:00 Arthritis Exercise cancelled
11:00 Bracelet Making
12:15 GGCARD Lunch
1:30 Card Making



December

22 Bronners Christmas Wonderland 8:45 Beginner Yoga cancelled 10:00 Improved Line Dancing cancelled 11:15 Sassy Exercise cancelled 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance cancelled 3:00 Basic Line Dancing cancelled 5:00 Hand, Knee & Foot	23 8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi cancelled 11:15 Toning cancelled 12:15 GGCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba cancelled 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio cancelled 3:15 Dominoes 6:00 5-Handed Euchre	24 	25 MERRY CHRISTMAS <i>We are closed!</i>	26
29 8:45 Beginner Yoga cancelled 10:00 Improved Line Dancing cancelled 11:15 Sassy Exercise cancelled 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance cancelled 3:00 Basic Line Dancing cancelled 5:00 Hand, Knee & Foot	30 8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi cancelled 11:15 Toning cancelled 12:15 GGCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba cancelled 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio cancelled 3:15 Dominoes 6:00 5-Handed Euchre	31  <i>We are closed!</i>	EVERYDAY FLU PREVENTION  <p>It is Flu season and there are everyday actions you can take to prevent illness:</p> <ul style="list-style-type: none"> • Avoid close contact with people who are sick. • While sick, limit contact with others as much as possible to keep from infecting them. • Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands. • Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub. • Avoid touching your eyes, nose and mouth. Germs spread this way. • Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu. 	

Board Meeting Notice

The next board meeting will be held on Wednesday, January 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

Drums Alive: December 12th
Arthritis Exercise: December 12th
No Exercise: December 17th - January 1st
We are Closed: December 24th, 25th, 26th, & 31st

Congregate December Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
1 BBQ Chicken Thighs Roasted Brussel Sprouts Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll Margarine-1 ea Milk	2 Meatloaf w/gravy Redskin potatoes-4 oz Sweet Peas-4 oz Fresh Apple-1 ea Corn Bread Margarine 100% Fruit Juice-4 oz	3  HM Lasagna Soup Steamed Broccoli Baby Carrots Garlic Stick Margarine Deluxe Fruit Salad Milk	4 BBQ Pork Burger Potato Wedges Green Beans Fruit Cocktail-4 oz WG Bun Margarine 100% Fruit Juice	5 Baked Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw -4 oz Potato Roll Mixed Fruit-4 oz Margarine Milk
8  Beef Tacos Spanish Rice Roasted Mexi Corn Diced Peaches Tortilla Shells (2) Milk	9 HM Beef Stew w/Peas, Carrots, Potatoes Italian Green Beans Fresh Apple margarine Biscuit 100% Fruit Juice	10 HM Chicken Chili Steamed Broccoli Diced Carrots (4 oz) Fresh Pear 1 ct) Bread Stick(1 ct) Margarine (1 ct) Milk	11 HM Stuffed Green Pepper Vegetable Blend-4 oz Steamed Cauliflower-4 oz Pineapple Chunks-4 oz WG Crackers Margarine 100% Fruit Juice-4 oz 	12 Salisbury Steak in gravy Steamed Spinach-4 oz Corn-4 oz Diced Peaches-4 oz Multi - Grain Roll Margarine Milk
15 Chicken Parmesan-1 ea Steamed Spaghetti-2 oz Veggie Blend Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Pears-4 oz Milk	16  HM Chicken Salad 3 Bean Salad Fresh Baby Carrots Sliced croissant Ranch Dressing Cup Cantelope & honeydew 100% Fruit Juice	17 Antipasto Salad w/ Ham, Pepperoni & Salami Fresh Broccoli w/dip Sliced Pears-4 oz Wheat Roll Salad Dressing Milk	18 CHRISTMAS LUNCHEON Glazed Pork Loin Roasted Veggie Medley Candied Yams Apple Crisp Wheat Roll & Margarine 100% Fruit Juice 	19 Country Style Chicken Sweet Peas Diced Potatoes Dinner Roll Margarine Applesauce Milk
22 Steak Fajitas Chuck Wagon Veggies Cilantro Lime Rice Tortilla Shell Margarine-1 ct Pineapple Cup Milk	23 HM Chicken Salad 3 Bean Salad Fresh Baby Carrots Sliced croissant Ranch Dressing Cup Cantelope & honeydew 100% Fruit Juice	24 	25 	26
29 Baked Chicken Breasts w/ Stewed Vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Roll Margarine 100% Fruit Juice	30 HM Sloppy Joes Sliced Potatoes w/Peppers & Onions Corn Fresh Apple WG Bun Margarine 100% Fruit Juice	31  	 	

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.

Dominoes

Tuesday, 3:15 - 5:15 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.

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 the events.

Example: You can sign up for a December event on November 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

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 & Machel 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

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

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.

Sign Up is required as seats are limited, please call the Monday before class to RSVP.

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

Thursdays, 3:00- 4:00 PM

Instructor: Kimberly Worchal-Smith

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

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.

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, Coffee, and Hand Soap are always appreciated! Thank you for your generous donations to our Senior Center!

Services

Legal Services of Eastern Michigan (LSEM)

Thursday, December 18th by appointment

Available at the Senior Center the 3rd Thursday 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, December 11th by appointment

Offered at the Center on the 2nd Thursday of the 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 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. 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 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!



Blood Pressure Checks

Wednesday, December 3rd from 10:00-11:00 AM

Provided by Corso Care, every first Wednesday of the month. Stop by anytime between 10-11 AM for a quick check!

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, December 8th 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, December 1st 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, December 17th 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.

Alzheimer's Support Group

Wednesday, December 17th 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.



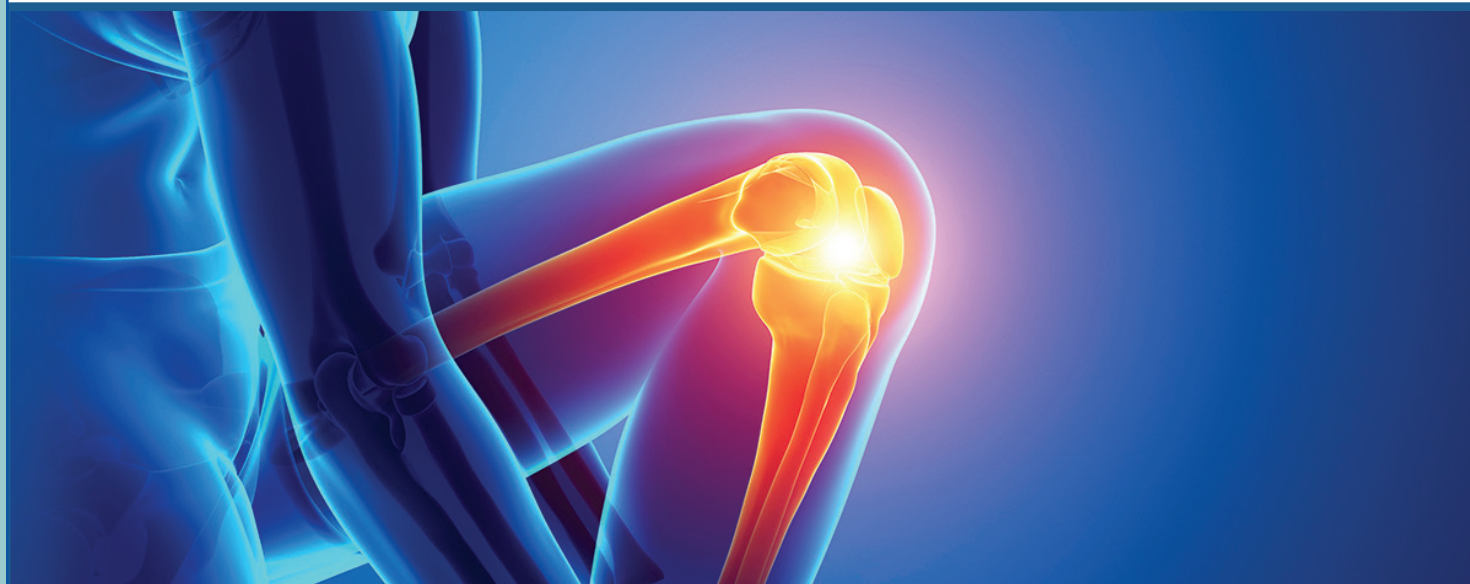
Integrated Vascular
Vein Center *of Michigan*

CHRONIC KNEE PAIN

Ask Us About A New Procedure

Genicular Artery Embolization

- Treatment of Osteoarthritis
- Clinically Proven
- Positive Results
- Performed in Office
- Failed Knee Injections?
- Not ready for Surgery?



Thomas A. Shuster, D.O. • Joseph Paulisin, D.O.

GRAND BLANC

600 Health Park Blvd.,
Ste G

LAPEER

944 Baldwin Rd.,
Ste. D.

810.606.1660 • FlintKneePain.com



WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

Locally Owned & Operated by the Sharp Family

Michael T. Scully • Roger L. Sharp • Roger L. Sharp II
Jennifer Sharp Scully • Stephanie Sharp Foster

Sharp
FUNERAL HOMES

Compassion. Dignity. Respect.

Additional locations in Grand
Blanc, Linden and Fenton



Miller Road Chapel

8138 Miller Road
Swartz Creek, MI

Roger L. Sharp
MANAGER & FOUNDER

(810) 635-4411

www.sharpfuneralhomes.com

Rooms starting at \$4500/month
Call 810.635.3183 today to schedule a private tour



www.swankassistedliving.com

- Smaller home with more one-on-one attention
- FAMILY OWNED & OPERATED for over 35 years
- 24 hour a day assistance available with personal care, dressing, and bathing
- Complete health and medication management available by on-call physician
- Home-cooked meals, served family style
- Daily Activities: Bingo, Crafts, and Games

0412 Miller Rd., Swartz Creek, MI 48473

Marsh Monument Co.

Memories Designed for All Times

Timeless since 1931

Home Appointments Upon Request

**Evening & Weekend
Appointments Available**

Open Monday - Friday

8966 E. Lansing Rd. 4496 S. Center Rd.
Durand • 8a-5p Burton • 10a-5p
989-288-5336 810-744-2754
marshmonumentcompany.com



1225 West Hill Road • Flint, MI

810-235-2345 • 810-694-2345

www.swartzfuneralhomeinc.com

Family Owned

Operated By Rick R. Lamb & Family



**FREE
AD DESIGN**
with purchase
of this space

CALL 800-950-9952

Compassionate Care

FROM OUR HEART TO YOURS



2029 S. Elms
Bldg. B, Ste. A
Swartz Creek

(810) 422-9453

www.earthtoearthhospice.com

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com

Scan to
contact us!

Grace Bible Fellowship

Swartz Creek

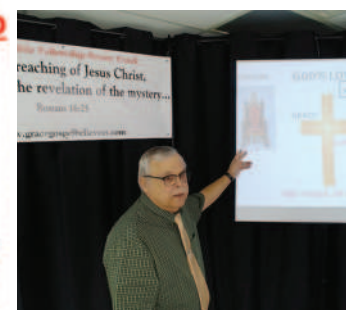
9061 Miller Rd.

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**



Est. 1985

Brian Huyck

Owner and Certified Horticulturist

(810) 238-2111

6081 Morrish Road, Swartz Creek, MI 48473

www.HandMLandscaping.com

Creating & Maintaining Distinctive Gardens

- Retaining Walls • Bobcat Services • Brush Hog • Resurface Gravel Driveways
- Brick Pavers • Trees, Shrubs & Flowers • Drainage
- Landscape Design and Installation • Refresh Overgrown Landscape



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

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

Staff

Barbara McCallum, Director
Holly Trickey, Program Coord.
Ryleigh Rose, Office Asst.

Board of Trustees

Roger Bloss, President
Ken Klungle, Vice President
Elaine Tucker, Secretary
Kathy VanDette, Treasurer
Mickie Grandstaff, Trustee
Kaye Johnson, Trustee
Sandy Martin, Trustee
Betty Binder, Trustee
Julia Asselin, Trustee

One block from the intersection of
Miller rd. or Morrish rd., turn on Paul
Fortino Dr. then Civic Dr.

