

Swartz Creek

AREA SENIOR CENTER

May 2026 Newsletter

Volume 26, Issue 5



HOLIDAY
RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

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www.geneseegardens.com



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15-0694

Upcoming Events

PASTEL & PEARLS

Ladies Brunch

**THURSDAY, MAY 14TH
AT 10:30 AM**

MENU

CHICKEN SALAD
CROISSANTS
BISCUITS & GRAVY
QUISHE
FRUIT SALAD
DESSERT & MORE!

LEA ANNE'S
MOCKTAIL BAR
PRESENTED BY
CENTERWELL
HOME HEALTH

 **CenterWell**
Home Health

MAKE YOUR OWN
BOUQUET BAR!

**\$5 PER PERSON
DUE AT TIME OF
SIGN UP**



SENIOR POWER DAY!

Tickets: \$5.00 per person

Includes: To-Go Lunch*, Train Ride, Resources, Legislative Updates
Tickets are available at your local senior center, VAAA Office, Genesee County Parks Office, and can be purchased on the day of the event*.

Wednesday, May 20, 2026

9:00am - 2:00pm
Crossroads Village
6140 Bray Rd. Flint, MI



RIDE WITH US!

Swartz Creek Area Senior Center


Depart: 9:00 AM
Return: 2:00 PM

RSVP by calling us at 810-635-4122



Genesee County Sheriffs Department Presents

GENESEE COUNTY ELDER ABUSE TASK FORCE



Friday, May 29th at 1:30 PM

Join the Genesee County Elder Abuse Task Force to learn how their department protects vulnerable seniors in our county every day. The warning signs of elder abuse, what to do if you witness abuse, what to do if you are a victim of financial, medical, or physical abuse.

RSVP by May 22nd



MOBILE SECRETARY OF STATE

Our Services

- ✓ Renew driver's License or ID
- ✓ First-time Michigan ID
- ✓ Transfer Title
- ✓ Apply for/renew Disability placard

**Friday, May 29th
10:00 AM to 2:00 PM**

The Secretary of State Mobile Office will be here to provide services to our members to process their needed transactions!

Schedule your appointment while spots are available

810-635-4122

Upcoming Events

Bingo!

THURSDAY, MAY 7TH
AT 10:00 AM

WHITE ELEPHANT BINGO- PLEASE BRING A WRAPPED PRIZE EITHER PRELOVED OR NEW ITEM THAT IS \$10 OR LESS

THURSDAY, MAY 14TH
AT 10:00 AM

PRESENTED BY OAKSTREET HEALTH

THURSDAY, MAY 21ST
AT 10:00 AM

PRESENTED BY ABSOLUTE HOME HEALTH AND HOSPICE

THURSDAY, MAY 28TH
AT 10:00 AM
WITH LAKYRA

GENESEE DISTRICT
LIBRARY PRESENTED

MARY & JERRY BROOKS

Praised for their beautiful harmonies, this acoustic duo has been entertaining since the '90s, drawing from their extensive repertoire of American pop, rock, country, and folk music.

THURSDAY, MAY 21ST
AT 1:30 PM

RSVP by May 14th

Jay E Jacobs Catering

French Puff Pastries

Simply using Store bought pastry sheets, filling them, garnishing them, and making them look like a million dollars!

MONDAY, MAY 11TH
AT 1:30 PM

\$25
PER PERSON

Bracelet Making

Friday, May 8th at 1:00 PM

Friday, May 15th 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 while spots are available.

Pencil Drawing

Thursday, April 14th & 28th 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

Card Making

Friday, May 22nd 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!

Prepay while spots are available.

\$7
per person

Swartz Creek Area Senior Center

TRIPS

Detroit Princess Luncheon Cruise

Thursday, July 23rd, 2026

\$120.00 per person

9:00 AM- 4:00 PM

Round trip transportation to Detroit, Cruise on the Detroit Princess River Boat, buffet on board the boat, and musical entertainment while you cruise.

Prepay by 6/15/26

Diamond Jack Detroit River Cruise

Wednesday, August 26th, 2026

\$120.00 per person

10:00 AM- 6:00 PM

Round trip motor coach transportation to Detroit, lunch at Sindbad's Restaurant, 1.5 hour narrated river cruise on board the Diamond Jack.

Prepay by 7/22/26

St. Sabbas Monastery & Royal Tea

Tuesday, September 8th, 2026

\$140.00 per person

9:15 AM- 4:15 PM

Round trip motor coach transportation, Tour St. Sabbas Monastery, Free time in the expanded Monastery Gardens, Tea Luncheon at The Royal Eagle located at St. Sabbas.

Prepay by 8/5/26

Sunrise Side Lighthouse Tour

Thursday, September 17th, 2026

\$99.00 per person

7:30 AM- 5:30 PM

- Round trip motor coach transportation to Northeast Michigan, lunch on own (off menu) at Big Boy (East Tawas), tour of Sturgeon Point Lighthouse, tour of Tawas Point Lighthouse.

Prepay by 8/14/26

Thunder Bay Elk Viewing & Meal

Tuesday, October 6th, 2026

\$230.00 per person

8:00 AM- 7:00 PM

Round trip motor coach transportation to Hillman, MI. Horse drawn carriage through the Elk Preserve, Elk Viewing during peak season. A 5-course gourmet meal and wine tasting.

Prepay by 9/2/26

Detroit Iconic Building & City Tour

Wednesday, November 4th, 2026

\$115.00 per person

8:00 AM- 4:30 PM

Round trip transportation to Detroit, step-on guided tour of Detroit, tour of The Guardian Building, Fisher Building, then lunch at Slows Bar BQ in Corktown.

Prepay by 9/30/26

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

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



LUNCH WITH

Commissioner
★ Dale Weighill ★

JOIN OUR COUNTY
COMMISSIONER FOR A
SLICE OF PIZZA AND
COUNTY UPDATES!



FRIDAY,
MAY 15TH
AT 12:00 PM



RSVP BY MAY 8TH



ANKLE & FOOT PAIN TREATMENT & ORTHOTICS



Monday, May 18th at 1:30 PM



Led by our experienced therapists, this session will provide valuable insights into the causes of ankle and foot pain, prevention techniques, and treatment options available to help you regain mobility and improve your quality of life.

RSVP May 11th

Consultations to follow:
Meet with Maxwell Therapy Physical Therapist to discuss your specific needs!

Stretch It Out DEMO CLASS

THURSDAY, MAY 7th AT 3:00 PM

Join Darci for an adaptive stretching class. This class is a great way to learn how to safely stretch and warm up your body for any activity. Stretches are standing and/or seated. No need to get down on the ground!



INSTRUCTOR: DARCI

Kevin Collins with Genesee District Library

ONLINE SCAMS

Wednesday, May 20th at 1:30 PM

Join Kevin to learn about Online Scams, how to detect and avoid them, why they're so common, newest tactic, and more!

RSVP by May 13th



HEARING LOSS 101 WITH AUDIONOVA

Friday, May 15th at 1:30 PM

Join hearing specialists with Audionova to learn about the risks and treatment of hearing loss.

RSVP BY MAY 8TH



NACHO BAR/CHIPS & SALSA/TACOS

FRIDAY
MAY 8TH 12:15 PM

\$8 PER PERSON

Join us for good food and company!
Prepay by May 1st



Upcoming Events

Connection
Between physical health and brain health. Importance of diet, sleep, and exercise!

Resources
For the Alzheimer's Association, online resources, and more!

Supporting Brain Health
FRIDAY, MAY 1ST
AT 1:30 PM

Action Plan
Create a personalized action plan to better your brain health.

Tour of the Brain
Alzheimer's Association information on the functions of the brain.

RSVP BY APRIL 27TH

Chair Massages

Friday, May 22nd

Price
60 or older: \$7
Under 60: \$10




10-MINUTE UPPER BODY MASSAGE WITH MARSHALA

BOOK CLUB

THURSDAY, MAY 28TH AT 3:00 PM

It's never a bad time to pick up a good book. Join us in reading this month's book and come in for discussion. You must borrow or purchase your own copy and read prior to the discussion.

MIDNIGHT LIBRARY BY MATT HAIG



Watercolor Painting

Monday, May 4th
at 1:30 PM

\$20 per person



All supplies and instruction provided by Janis!

QUILLING

with Annette

Friday, May 1st at 1:00 PM
Intro to Quilling: \$10 per person
Come and learn the basics of quilling, a beautiful paper art!

Friday, May 8th at 1:00 PM
Tools & Technique: \$10 per person
Whether you're a beginner or a little more experienced, learn about proper use of tools and new techniques you can add to your practice.

Prepay by April 27th



MAY FIELD TRIPS

MYSTERY DINNER #1
Tuesday, May 5th
5:00- 7:30 PM
\$5 per person
Enjoy reservations at a dinner location of our choice. We set up the seating and the ride. Dinners range: \$30-40

MYSTERY DINNER #2
Tuesday, May 12th
5:00- 7:30 PM
\$5 per person
Enjoy reservations at a dinner location of our choice. We set up the seating and the ride. Dinners range: \$25-35

WOJOS GREENHOUSE
Friday, May 22nd
9:00 AM- 1:00 PM
\$5 per person
Take a trip to Wojos in Ortonville. Get your veggie plants, flowers, or garden decor while you're there!

HORROCKS MARKET
Friday, May 29th
9:00 AM- 2:00 PM
\$7 per person
Take a trip to Lansing to shop at Horrocks Market! Fresh produce, sweets, cheese, jams, plants, and more!
Lunch options available there!

PREPAY WHILE AVAILABLE!

May

Monday

Tuesday

Wednesday

Thursday

Friday



Senior Project Fresh

Online Applications open Friday, May 1st

The program provides participants free nutrition education and \$25 in benefits that can be exchanged for fresh fruits, vegetables, and honey sold at local farmers' markets and roadside stands. The program runs from May 1 to October 31 each year. **Search "Senior Project Fresh" on Michigan.gov** to see eligibility guidelines and application instructions. If you need assistance please let us know!



Pop-Up Market Info Session

Thursday, May 7th at 1:30 PM

This summer, we are excited to be hosting weekly Pop-Up Farmers Markets with fresh produce provided by a local farmer, along with other vendors monthly. Come learn about the markets, meet our farmer to discuss produce he will be selling, and how to apply for Senior Project Fresh if eligible. **RSVP by May 1st**

1

9:30 Drums Alive
11:00 Arthritis Exercise cancelled
 1:00 Intro to Quilling
 1:30 Supporting Brain Health

4

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 Watercolor with Janis
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot

5

8:45 Yoga w/ Machelie
 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
 1:00 Wood Carving
 1:30 Euchre
 2:30 Beginner Cardio
 3:15 Dominoes
5:00 Mystery Dinner #1 Departs
 6:00 5-Handed Euchre

6

11:15 Sassy Exercise
 12:15 GGCARD Lunch
1:30 Healthy Eating
 3:00 Intermediate Line Dance
 5:15 Strength & Cardio
 6:00 Setback

7

8:45 Yoga w/ Katrina
 10:00 Tai Chi
10:00 White Elephant Bingo
 11:15 Toning
 12:15 GGCARD Lunch
 1:00 Samba
1:30 Market Info Session
3:00 Stretch It Out Demo
 6:00 Euchre

8

9:30 Drums Alive cancelled
11:00 Arthritis Exercise cancelled
12:15 Ocho De Mayo FIESTA!!!
 1:00 Quilling Tools & Techniques
 1:30 Bracelet Making

11

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

12

8:45 Yoga w/ Machelie
 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
 1:00 Wood Carving
 1:30 Euchre
 2:30 Beginner Cardio
 3:15 Dominoes
5:00 Mystery Dinner #2 Departs
 6:00 5-Handed Euchre

13


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

14

8:45 Yoga cancelled
10:00 Tai Chi cancelled
10:00 Bingo
10:30 Ladies Brunch
11:15 Toning cancelled
12:15 GGCARD Lunch cancelled
 1:00 Samba
1:30 Pencil Drawing
 6:00 Euchre

15

9:30 Drums Alive
 11:00 Arthritis Exercise
12:00 Lunch with the Commissioner
12:15 GCCARD Lunch Cancelled
1:00 Bracelet Making
1:30 Audionova Seminar

| | | | | |
|---|--|--|---|--|
| <p>18</p> <p>8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 11:15 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>19</p> <p>Eastern Market Trip 8:45 Yoga cancelled 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 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre</p> | <p>20</p> <p>Senior Power Day at the Fair! Legal Services by Appt 9:30 Grief Support Group 11:00 Alzheimer's Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Online Scams 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback</p> | <p>21</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 1:30 GDL Concert 6:00 Euchre</p> | <p>22</p> <p>Chair Massage by Appt 9:00 Wojos Greenhouse Trip Departs 9:30 Drums Alive cancelled 11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 1:30 Card Making</p> |
| <p>25</p>  <p>We are closed!</p> | <p>26</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 Chair Zumba 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre</p> | <p>27</p> <p>Veteran Services by Appt 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback</p> | <p>28</p> <p>8:45 Yoga w/ Katrina 10:00 Bingo 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 1:30 Pencil Drawing 3:00 Book Club 6:00 Euchre</p> | <p>29</p> <p>9:00 Horrocks Market Trip Departs 9:30 Drums Alive 10:00-2:00 Mobile Secretary of State 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:30 Elder Abuse Task Force</p> |

Board Meeting Notice

The next board meeting will be held on Wednesday, May 13th 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

Arthritis Exercise: May 1st
Yoga: May 19th
All Exercise Classes: May 8th, May 14th, and May 22nd
We are Closed: May 25th

CONGREGATE MEAL MENU - MAY 2026

Menu Subject to Change Based on Product Availability and Quality Standards

| | | | | |
|---|--|---|---|---|
|  |  |  |  | <p>1</p> <p>Tangarine Chicken 4 oz Shrimp Fried Rice 4 oz Winter Blend Veggies 4 oz Pineapple Tidbits 4 oz Margarine Flatbread Milk</p> |
| <p>4</p> <p>Beef Tacos w/HM Pico 2 ea Corn & Black Beans 4 oz Diced Peaches 4 oz Soft Tortilla-2 Margarine Milk</p>  | <p>5</p> <p>Breaded Chicken Sandwich Diced Potatoes 4 oz Vegetable Blend 4 oz Applesauce 4 oz Wheat Bun Margarine 100% Fruit Juice</p>  | <p>6</p> <p>Chinese Pepper Steak 4 oz Sicilian Veggie Blend 4 oz Succotash 4 oz Fruit Cocktail 4 oz Brown Rice 3 oz Wheat Roll Margarine Milk</p> | <p>7</p> <p>Pub Burger w/Cheese Leaf Lettuce & Sliced Tomato Cole Slaw 4 oz Ranch Potato Wedges Fruit Salad 4 oz Whole Wheat Bun Margarine 100% Fruit Juice</p> | <p>8</p> <p>Swartz Creek Senior Center</p>  <p>Ocho De Mayo!!! Prepay by May 1st</p> |
| <p>11</p> <p>Ravioli W/Beef & Sauce Roasted Brussel Sprouts 4 oz Steamed Cauliflower 4 oz Potato Roll Margarine Fresh Pear Milk</p> | <p>12</p> <p>Maple-Glazed Chicken w/ Roasted Sweet Potatoes & Broccoli Blend Baby Carrots 4 oz Garlic Bread Mandarin Oranges 4 oz Margarine 100% Fruit Juice</p> | <p>13</p> <p>HM Beef Chili 8 oz Chuck Wagon Blend 4 oz Italian Vegetables 4 oz Peaches 4 oz Corn Muffin Margarine Milk</p>  | <p>14</p> <p>Swartz Creek Senior Center</p>  <p>Ladies Brunch Prepay while spots are available!</p> | <p>15</p> <p>Salisbury Steak w/gravy Mixed Greens 4 oz Mashed Potatoes 4 oz Corn Bread Fruit Salad Margarine Milk</p> |
| <p>18</p> <p>Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets 4 oz Crunchy Bread Stick Fresh Orange Margarine Milk</p> | <p>19</p> <p>Chef Salad w/Egg & Tomatoes Ham, Turkey & Cheese 3 oz Cole Slaw 4 oz Fruit Salad 4 oz Flatbread Dressing 100% Fruit Juice</p> | <p>20</p> <p>Choice</p>  | <p>21</p> <p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard 100% Fruit Juice Cookie of the Month</p>  | <p>22</p> <p>HM Spaghetti & Meatballs Steamed Broccoli 4 oz Italian Veggie Blend 4 oz Garlic Bread Cinnamon Applesauce Margarine Milk</p> |
| <p>29</p>  | <p>26</p> <p>BBQ Chicken Wings-3 Southern Green Beans 4 oz Diced Carrots 4 oz Mango & Papaya Corn Bread Margarine 100% Fruit Juice</p> | <p>27</p> <p>HM Sloppy Joes 3 oz Cauliflower 4 oz Fresh Apple WG Bun Margarine Milk</p> | <p>28</p> <p>Meatloaf w/Gravy Mashed Potatoes 4 oz Sweet Peas 4 oz Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice</p> | <p>29</p> <p>Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Tortilla Shell Fruit Cocktail Caesar Salad Dressing Milk</p>  |

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

Mahjongg 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, 1:00-5:00 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.

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, beginning at 9:00 AM.

Example: You can sign up for a May event on April 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.

In Memory of Nancy Hopak

Nancy Hopak has been a member of our center for 10+ years and was an avid card player. Our sympathies go out to her family and friends during this time of loss.

Thank you to the following for their donations
in her memory:
Darrick Salem

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

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.

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, June 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 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, May 11th 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, May 11th 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, June 15th 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, May 20th 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, May 20th 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.



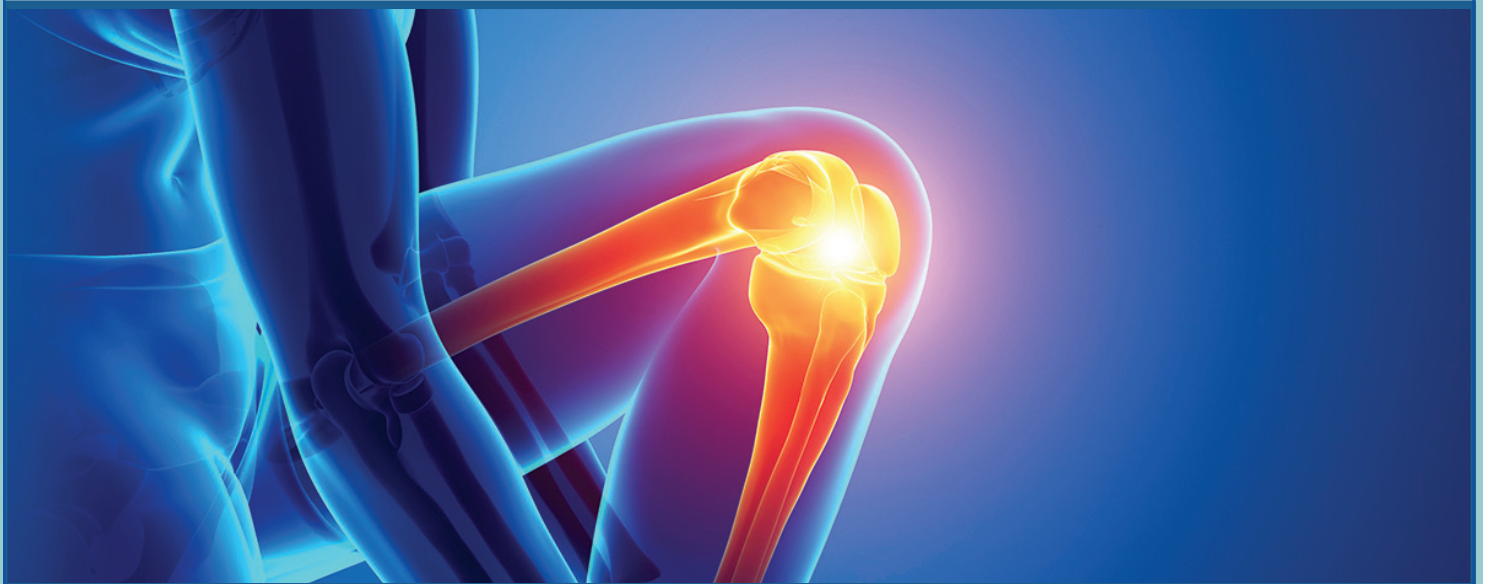
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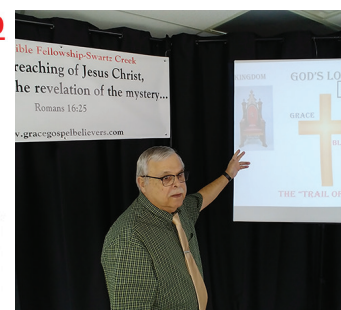
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Swartz Creek Area Senior Center

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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Holly Trickey, Program Coord.

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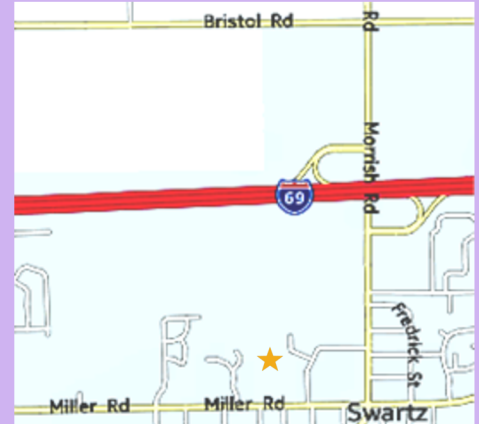
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Swartz Creek Area Senior Center
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Swartz Creek, MI 48473