

♥

Swartz Creek

AREA SENIOR CENTER

FEBRUARY 2025 NEWS ♥

VOLUME 25, ISSUE 2



HOLIDAY RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com

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

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SENIOR CARE &
REHAB CENTER



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Physical, Occupational & Speech Therapy Services

LONG-TERM SKILLED NURSING

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Adult Foster Care and Assisted Living

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15 Area Locations

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Senior Community

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15-0694

UPCOMING EVENTS

Please Join us

Valentine's Day Lunch

*You're invited to enjoy a great meal and
good company to celebrate valentine's Day!*

**FEB
14TH**

\$3 requested if
over 60
\$6 requested if
under 60 and/or
outside of
Genesee County

**12:15
PM**

MENU

*Citrus Glazed Salmon
Pineapple Brown Rice
Veggie Blend
Salad
Mixed Fruit
Dessert*

RSVP by February 7th

UPCOMING EVENTS

FEBRUARY BINGO

*Thursday, February 6th
at 10:00 am*

WHITE ELEPHANT BINGO- BRING A WRAPPED PRIZE
FROM YOUR HOME OR BOUGHT FOR LESS THAN \$10

*Thursday, February 15th
at 10:00 am*

PRESENTED BY ARGENTINE CARE

*Thursday, February 27th
at 10:00 am*

PRESENTED BY CORSO CARE

No RSVP required

Presented by Corso Care

Hospice 101

What you need to know when you need it!

**Monday,
February 3rd at
1:30 PM**

PRESENTED BY THE GENESEE
DISTRICT LIBRARY

DANNY PAUL

**THURSDAY, FEBRUARY 20TH
AT 1:30 PM**

Classic Country performer Danny Paul has opened
for several Nashville artists including George Jones,
Boxcar Willie, and Blake Shelton.

RSVP by February 13th

Flint Genealogy Society

START YOUR FAMILY TREE

**Monday,
February 17th
at 1:30 PM**

Join Della from the
Flint Genealogy
Society for this
beginner genealogy
class. She will discuss
how to get started
creating your family
tree, how to track last
names, and where to
do your research.

About Us

As originally conceived
in 1956, the purpose of
the Flint Genealogical
Society is to encourage,
aid and share research
information. We strive
to promote and educate
others interested in
genealogy, and to
procure, preserve,
publish and distribute
both genealogical and
historical materials.

RSVP by February 10th

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

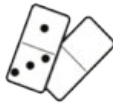
Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

New Time!

Dominoes

Tuesday, 3:15- 5:30 pm

Each time a player places a domino on the table 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.



UPCOMING EVENTS

TURNING 65

Thursday,
February 6th
at 6:00 PM

What we will discuss:

- Medicare coverage
- Wealth solutions to retire with peace of mind
- How to better enjoy your retirement

RSVP by February 3rd

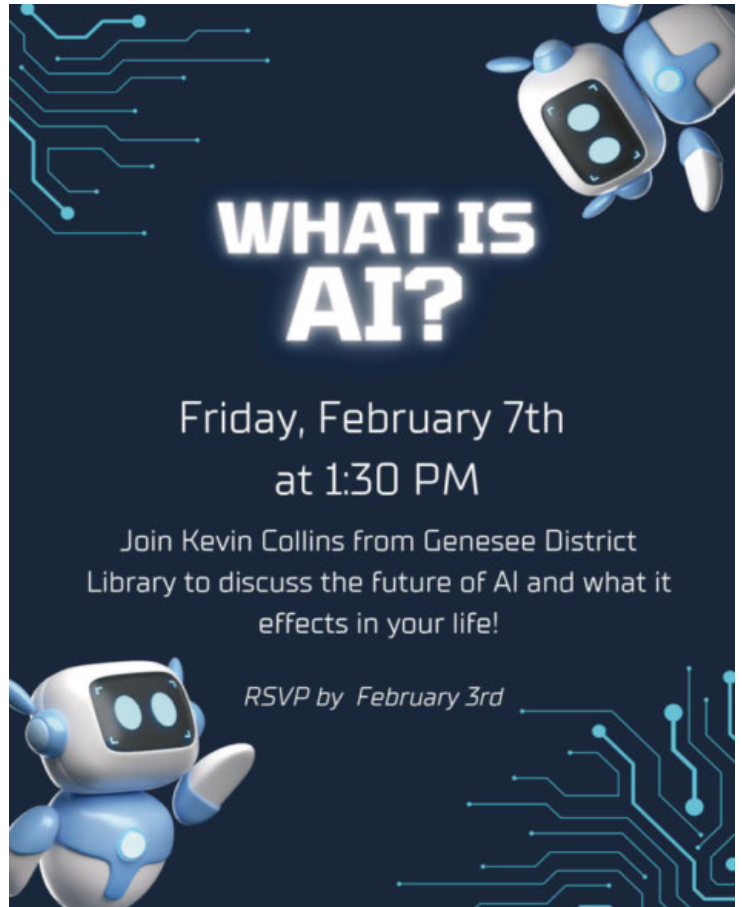


WHAT IS AI?

Friday, February 7th
at 1:30 PM

Join Kevin Collins from Genesee District Library to discuss the future of AI and what it effects in your life!

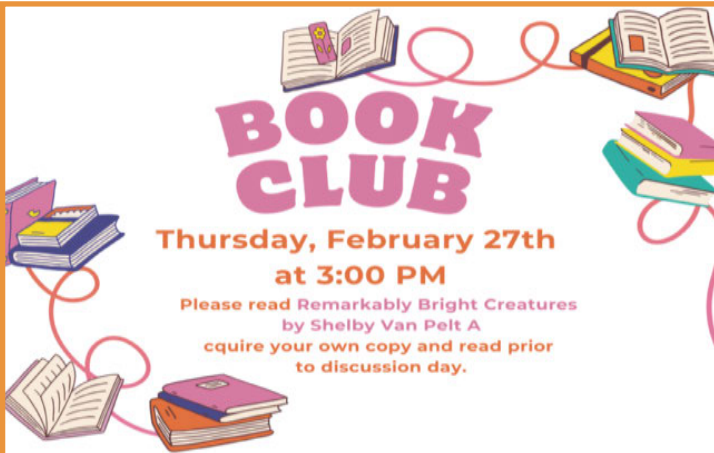
RSVP by February 3rd



BOOK CLUB

Thursday, February 27th
at 3:00 PM

Please read *Remarkably Bright Creatures*
by Shelby Van Pelt A
cquire your own copy and read prior
to discussion day.



CHAIR MASSAGES

Friday,
February 14th

Therapeutic massage can
help improve your overall
mood and mental well-being.

Over 60: \$5 for
10-minutes
Under 60: \$10 per
10-minutes



Pre pay by February 7th

Our Services

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

Schedule your
appointment while
spots are available
Walk ins are welcome!

Secretary of State
www.Michigan.gov/sos

MOBILE SECRETARY OF STATE

Friday, February 28th
10:00 am to 3:00 pm

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

810-635-4122

UPCOMING EVENTS

STAY STRONG IN THE NEW YEAR: BALANCE, STRENGTH & POSTURE

**MONDAY, FEBRUARY 10TH
AT 1:30 PM**

Through simple exercises and practical tips, you'll learn:

- Balance Techniques to prevent falls and improve coordination.
- Strength-Building Moves to maintain muscle and make everyday tasks easier.
- Posture Tips to reduce aches, improve mobility, and stand tall with confidence.

RSVP by February 3rd

MEDICARE/ MEDICAID WITH MARLI

**THURSDAY,
FEBRUARY 13TH**

**THURSDAY,
FEBRUARY 20TH**

Please give the center a call at 810-635-4122 for your appointment!



Card Making

**Thursday, February 20th
at 1:30 PM**

\$5 per person
Due at time of sign up

Join Linda Evans to create beautiful greeting cards! Please bring your own adhesive and scissors if able.

Lunch with the Commissioner

**Monday, February 10th
at 12:15 PM**

*Join Commissioner
Dale Weighill for
lunch and hear about the
updates in our county!*

**Pizza and
refreshments!**

**Please RSVP by
February 3rd**

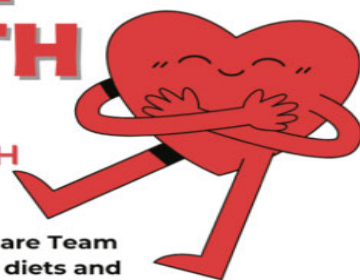


HEART HEALTH

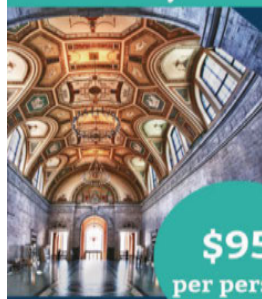
**MONDAY,
FEBRUARY 10TH
AT 10:00 AM**

Join Jessica with The Care Team to discuss heart health diets and exercise that you can implement into your daily routines!

RSVP by February 5th



Trip Deadline Soon!



Detroit Institute of Arts

**Wednesday, March 19th
8:00 AM - 5:00 PM**

- Round trip transportation
- Admission & Tour of DIA
- Lunch at Polonia's Restaurant

**\$95
per person**

Deadline 2/24/25

February

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Age friendly Wellness Council 10:00 Improved Line Dancing 11:15 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</p>	<p>4</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 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre</p>	<p>5</p> <p>11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> <p></p>	<p>6</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 White Elephant Bingo! 11:15 Toning 12:15 GCCARD Lunch 1:30 Fork & The Road 6:00 Euchre 6:00 Turning 65</p>	<p>7</p> <p>10:00 Visually & Hearing Impaired Support Group 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:30 What is AI?</p> <p></p>
<p>10</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 10:00 Heart Health 11:15 Sassy Exercise 12:15 Lunch with the Commissioner 12:15 GCCARD Lunch cancelled 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>11</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 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre</p>	<p>12</p> <p>10:00 Board Meeting 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> <p></p>	<p>13</p> <p>Medicare/Medicaid w/ Marli 8:45 Yoga w/ Katrina 10:00 Bingo! 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:30 Fork & The Road 6:00 Euchre</p>	<p>14</p> <p>Hearing Screening by Appt. Chair Massages by Appt. 11:00 Arthritis Exercise cancelled 12:15 Valentine's Lunch</p> <p></p>
<p>17</p> <p>8:45 Beginner Yoga w/ Machelie 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch cancelled 1:00 Crochet Group 1:00 Horse Race 1:30 Genealogy Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p> <p></p>	<p>18</p> <p>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 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre</p>	<p>19</p> <p>Legal Services by Appt. 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> <p></p>	<p>20</p> <p>Medicare/Medicaid w/ Marli 8:45 Yoga cancelled 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:30 Danny Paul Concert 1:30 Card Making 6:00 Euchre</p>	<p>21</p> <p>11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch</p> <p></p>

Monday

Tuesday

Wednesday

Thursday

Friday

24	8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 12:30 Balance & Endurance 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	25	8:45 Yoga w/ Katrina 10:00 Knitting Group 11:15 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre	26	9:30 Alzheimer's Support Group 11:00 Grief Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	27	8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo! 11:15 Toning 12:15 GCCARD Lunch 3:00 Book Club 6:00 Euchre	28	10:00-3:00 Mobile Secretary of State 11:00 Arthritis Exercise 12:15 GCCARD Lunch
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THERMOSTAT
ANNOUNCEMENT

PLEASE DO NOT
CHANGE OR
TURN OFF THE >>
THERMOSTAT

SEE STAFF TO
ADJUST FOR YOU!

Thank you!

HAPPY
Valentine's Day

CANDY HEART
CUPID KISS
FRIEND SWEET

T R A E H F
S E F U R Y
S Q E I S D
I E E W Q N
K N Y J S A
D I P U C C

Board Meeting Notice

The next board meeting
will be held on Wednesday,
February 12th 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: February
14th & 21st
Yoga: February 20th



Congregate February Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 HM Sloppy Joes-3 oz. Veggie Blend-4 oz. Broccoli Florets-4 oz. Golden Apple WG Bun Margarine Milk	4 HM White Chicken Chili-8 oz Whole Kernel Corn-4 oz. Mini Muffin Pear Cup Margarine 100% Fruit Juice 	5 Turkey Burger w/ Cheese Leaf Lettuce/Sliced Tomato Potato Salad-4 oz. Peas & Carrots-4 oz. Fruit Salad Whole Wheat Bun Mayo & Mustard Milk	6 Sweet & Sour Pork Loin California Blend-4 oz. Rosemary Potatoes-4 oz. Applesauce Dinner Roll Margarine 100% Fruit Juice	7 Chef G's Choice 
10 NO GCCARD Lunch Lunch with the Commissioner RSVP by February 3rd to save your seat!	11 HM Beef Stew-6 oz. w/ Stewed Vegetables Green Beans-4 oz. Warm Peaches-4 oz. Biscuit 100% Fruit Juice	12 Chicken Parm Sandwich Potato wedges-4 oz. Mixed Veggies-4 oz. Diced Pears-4 oz. WG Bun Margarine Milk 	13 Potato Soup w/Ham & Bacon-8 oz. Sweet Corn-4 oz. Corn Muffin Fresh Orange Margarine 100% Fruit Juice Cookie of the Month	14 Citrus Glazed Salmon Pineapple Brown Rice-4 oz. Veggie Blend-4 oz. Mixed Fruit Salad-4 oz. Hawaiian Roll Margarine Milk 
17 	18 Meatloaf w/Gravy Redskin Mashed Potatoes-4 oz. Sweet Green Peas-4 oz. Fresh Apple Multi-Grain Roll Margarine 100% Fruit Juice	19 Tangerine Chicken in Stir fry Vegetables-6 oz. Crinkle Cut Carrots-4 oz. Brown Rice-4 oz. Diced Pineapples-4 oz. Potato Roll Margarine Milk	20 Baked BBQ Chicken Thighs Loaded Potato Salad-4 oz. Southern Green Beans-4 oz. Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake	21 Artisan Mac & Cheese-8 oz Stewed Tomatoes-4 oz Steamed Broccoli-4 oz Potato Roll Margarine Diced Pears-4 oz. Milk 
24 Breaded Chicken Sandwich Diced Potatoes-4 oz. Winter Blend Veggies-4 oz. Apricots-4 oz. Wheat Bun Margarine Milk	25 Chef Salad w/Turkey, Cheese & Eggs-3 oz. Romaine Lettuce-4 oz. Fresh Broccoli Florets-4 oz. Fruit Cocktail-4 oz. Flatbread Half 100% Fruit Juice 	26 HM Goulash-8 oz. Spinach-4 oz. Baby Carrots-4 oz. Fresh Apple Corn Bread Margarine Milk	27 Chicken & Sausage Jambalaya w/Brown Rice Corn Bake-2 oz. Green Beans-4 oz. Diced Peaches-4 oz. 100% Fruit Juice	28 Turkey Tetrazzini-8 oz. Chuck Wagon Veggies-4 oz. Key West Vegetable Blend-4 oz. Strawberry Applesauce Potato roll Milk

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
LUNCHEON!

TRIPS

Firekeepers Casino

Tuesday, April 8th, 2025

\$55.00 per person

Round trip to Battle Creek, 4 hours of gaming at Firekeepers Casino, receive back \$20 in gaming and \$5 in food credit, and extra specials for Senior Day.

Prepay by 3/24/25



Auto Barons Mansion Tour

Tuesday, April 15th, 2025

\$114.00 per person

Round Trip transportation, guided tour of the Ford House, free time to explore exhibits and shop in the visitor center, catered luncheon at Meadow Brook Hall, and guided tour of Meadow Brook Hall.

Prepay by 3/17/25



Frederik Meijer Gardens & Sculpture Park

Tuesday, April 22nd, 2025

\$89.00

Round trip to Grand Rapids, admission to Butterflies Are Blooming at Frederik Meijer Gardens. free time for lunch at Meijer Cafe and Gift Shop, and admission and self-guided tour of the Gerald R Ford Museum.

Prepay by 3/31/25

Holland Tulip Festival & Saugatuck

Thursday, May 8th, 2025

\$154.00 per person

Round trip to Holland, admission at Veldheer Tulip Gardens, lunch at Coral Gables Restaurant, free time downtown Saugatuck, and ride on the Saugatuck Dune Rides.

Prepay by 3/24/25

Taste of Michigan's Sunrise Side

Thursday, June 19th, 2025

\$119.00 per person

Round trip, stop for breakfast at The Rose City Cafe, dinner at Iva's Famous Chicken Dinner, stop at Fairview Organic Maple Syrup, Amish Creamery, wine tasting at Rose Valley Winery, and stop at Sherni's Candies.

Prepay by 5/28/25



Huron Lady 2 Summer Cruise

Thursday, July 22nd, 2025

\$124.00 per person

Round trip transportation to Port Huron, admission to cruise of Huron Lady 2, and lunch buffet and dessert at Freighters Eatery & Taproom.

Prepay by 6/9/25



Shipshewana Brown Bag Tour

Thursday, September 18th, 2025

\$145.00 per person

Round trip to Shipshewana, IN, a step on guided tour of Shipshewana Amish Backroads, brown bag with Amish goodies, luncheon at Thresher's, shop at an Amish bulk food store, stop at a woodworking shop, Amish bakery, and a leather craftsman shop.

Prepay by 8/26/25

Thunder Bay Elk Viewing

Thursday, October 9th, 2025

\$229.00 per person

Round trip to Hillman, MI. Enjoy a horsedrawn carriage ride through the Elk Preserve to view the beauties of Thunder Bay during peak fall colors and elk season, and a 5-course meal and wine tasting

Prepay by 9/9/25

Souring Eagle Casino

Featuring: Uncle John's Cider Mill

Wednesday, October 22nd, 2025

\$55.00 per person

Round Trip transportation, 4.5 hours of gaming at Soaring Eagle, get back \$20 in gaming, \$10 in food, and \$10 in Bingo Bucks, and a visit to Uncle John's Cider Mill.

Prepay by 10/6/25



Cornwell's Turkeyville : The Naughty List

Wednesday, December 3rd, 2025

\$109.00

Round trip to Marshall, MI. A traditional turkey dinner with all the trimmings, admission to the show "The Naughty List", and free time to shop at Cornwell's Gift Shop.

Prepay by 10/29/25



For further information please visit us to receive a flyer or give us a call at 810-635-4122.

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.**

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, 11:15 AM-12:15 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!**



SERVICES

Legal Services of Eastern Michigan (LSEM)

Wednesday, February 19th by 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, February 14th 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.

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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!



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

Friday, February 7th 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, February 3rd 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, February 26th 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, February 26th 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.





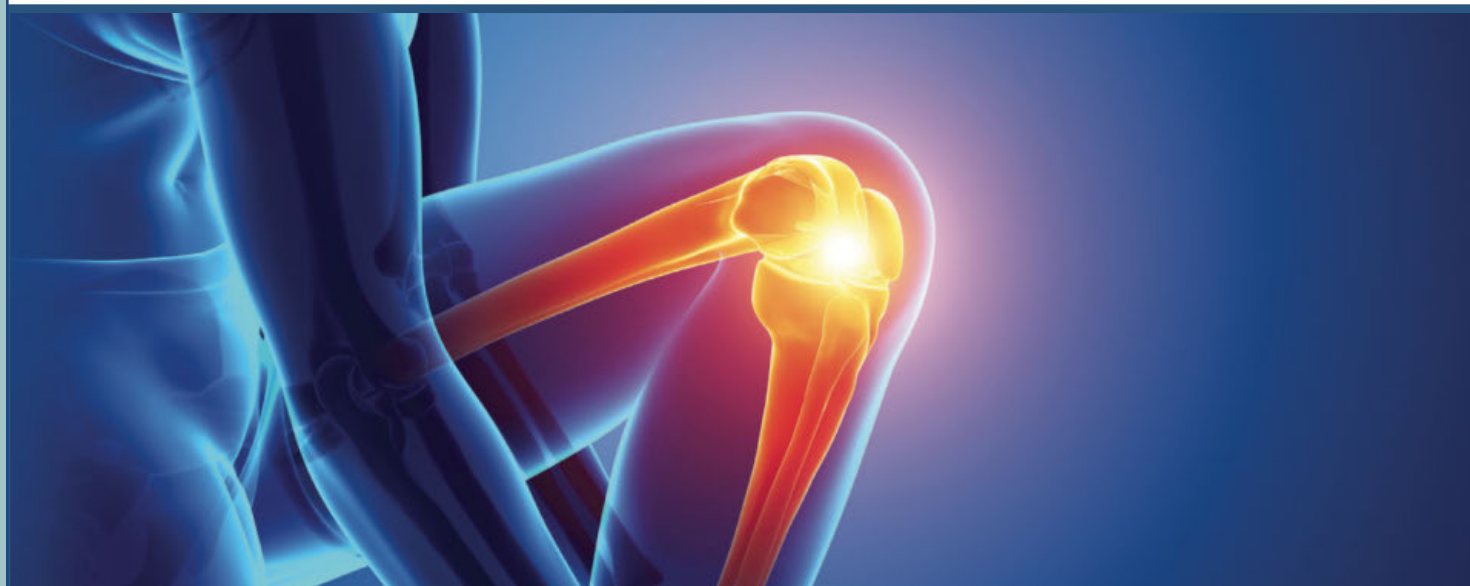
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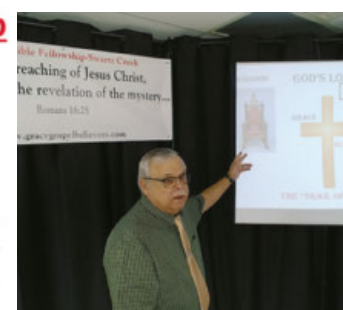
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Swartz Creek Area Senior Center



8095 Civic 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

STAFF

Barbara McCallum, Director

Holly Trickey, Program Coord.

Sierra Leonard, Office Asst.

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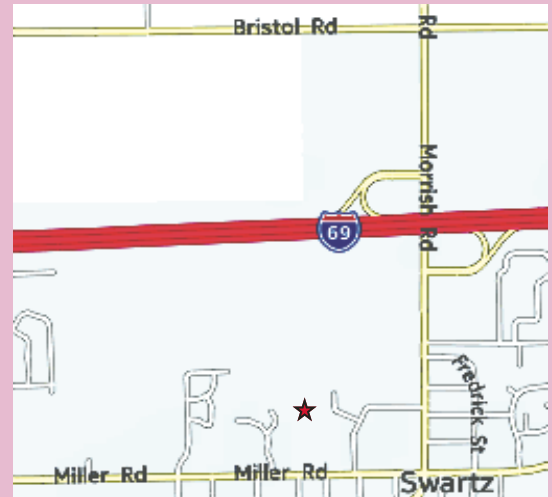
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Directions from downtown Swartz Creek:
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



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