



Swartz Creek

AREA SENIOR CENTER



MAY 2025 NEWS

VOLUME 25, ISSUE 5



HOLIDAY RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com

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15-0694

UPCOMING EVENTS

You are formally invited to our

Ladies Brunch

Thursday, May 15th at 10:30 AM

Menu

Chicken Salad Croissants
Biscuits & Gravy
Breakfast Casserole
Fruit Salad
Dessert & More!

Orange Dreamsicle
Bar provided by
Centerwell Home
Health

Prepay by May 8th

\$5
per person

Urinary Tract Infections Matter!

MONDAY, MAY 12TH
AT 10:00 AM

Presented by CorsoCare. A UTI is an infection of the urinary track, bladder, and kidneys, while common and treatable, UTIs can effect seniors in a greater way.

Join us to learn:

- Signs and symptoms of a UTI
- Risk factors for a UTI
- How UTIs can cause confusion

RSVP BY MAY 5TH

SAFE DRIVING

Friday, May 2nd at 1:30 PM

Presented by Patricia, Aging Driver Specialist with the State of Michigan

As we age, we all experience changes that may affect the way we drive, learn about the ways to stay active and safe behind the wheel, along with the signs of when it may be time to turn in the keys.



RSVP by April 25th

May Bingo!

Thursday, May 1st at 10:00 AM
White Elephant Bingo: please bring a wrapped, preloved item from your home or purchase an item under \$10

Thursday, May 8th at 10:00 AM
Presented by Oakstreet Health

Friday, May 9th at 10:00 AM
Presented by LaVigne

Thursday, May 29th at 10:00 AM
Presented by A & D Hospice

Presented by
Bedrock Benefit Solutions

MEDICARE/MEDICAID COUNSELING

FREE COUNSEL FROM ANDRE JONES TO DISCUSS:

- Your current Medicare/Medicaid plans
- Advice on plans for the future
- Discuss additional/supplemental plans

MAKE YOUR APPOINTMENT TODAY

FRIDAY, MAY 23RD

CALL US AT 810-635-4122

UPCOMING EVENTS

PRESENTED BY CORSOCARE
AND CENTERWELL HOME
HEALTH

Building awareness and
understanding of those
who experience
dementia



Interactive Dementia Tour

Friday, May 30th at 1:30-3:00 PM

The Virtual Dementia Tour temporarily alters participants' physical & sensory abilities using adaptive equipment, while trying to complete daily tasks. It is a great opportunity to build awareness and empathy for those caring or living with someone on this unique journey.

RSVP by May 23rd

CHAIR MESSAGES

Friday, May 9th
by appointment

Lacey from Fenton Massage Co. provides chair massages monthly. These upper body massages can help relieve tension and leave you feeling relaxed!

PRICES

60 years or older: \$5 per
10-minute session

Under 60: \$10 per 10-
minute session



BOOK CLUB

THURSDAY, MAY 29TH
AT 3:00 PM

Join us for our monthly book club! Acquire your copy of the monthly read and come discuss your thoughts with our group.

The Missing Sapphire of Zangrabar
by Steve Higgs



LUNCH WITH THE COMMISSIONER

FRIDAY, MAY 23RD AT NOON



GET UPDATES AND ASK YOUR IMPORTANT QUESTIONS!

COMMISSIONER
DALE WEIGHILL

Enzo's Pizza,
Breadsticks,
and Salad

RSVP BY MAY 16TH

Bingo & Brunch

Thursday, May 22nd
10:00-11:30 AM

Enjoy brunch and a fun game of bingo,
presented by American House Grand Blanc.
Monetary donations will be collected to
benefit the Alzheimer's Association, The
Longest Day, fundraiser!



RSVP by May 15th



Swartz Creek Area Senior Center

TRIPS

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

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

St. Sabbas A Royal Tea Luncheon

Tuesday, September 9th, 2025

\$105.00 per person

Round trip to St. Sabbas Monastery, tour of their gardens, Tea Luncheon at the Royal Eagle, and shop for tasty treats at Sanders Chocolates & Ice Cream.

Prepay by 8/11/25

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

Soaring 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

Kellogg Manor Luncheon & Air Zoo

Tuesday, November 18th, 2025

\$125.00 per person

Round trip to Kalamazoo, guided tour of Kellogg Manor, lunch at Kellogg Manor, Admission to the Air Zoo.

Prepay by 10/27/25

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

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.**

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

UPCOMING EVENTS



MICHIGAN STATE UNIVERSITY Extension

Cooking for One

WHEN

Thursdays:
1:30pm - 3:00pm

Dates:

May 8 -
June 12

RSVP by May 1st



INSTRUCTOR

Nicole Lehr
Community Nutrition



Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of six lessons, you will:

- Learn ways to make cooking for one simple & affordable
- Discuss helpful tips & tricks to making healthy choices, like eating well & being active
- Watch cooking demonstrations & taste-test recipes in every class

#SNAPedWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. Delivered by MSU Extension.

Genesee County Legal Resource Center

Monday, May 5th at 1:30 PM

Join Rachel Hawrylo, Director of the Genesee County Legal Resource Center to learn how the center helps our community!

Open to the public, the law library provides resources available onsite. Computers and Self-Help Center staff (called "navigators") help visitors find information and court forms on the website and answer basic questions about court procedures.

RSVP by May 2nd

REC-CONNECT™

FREE PHYSICAL FITNESS DEMO CLASSES!

Date: Wednesdays, May 28 - July 2, 2025

Time: 1:00 - 2:00pm

Location: Swartz Creek Senior Center

Rec-Connect™ is a 6-week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations. No experience necessary!

- Chair Bingo
- Chair Yoga
- Strength Bands
- Chair Aerobics & More!



This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.

RSVP by May 21st

WALLED LAKE FAMILY FOOT CARE

PODIATRY CARE

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

Monday, May 5th by appointment!

Please call to make an appointment

810-635-4122

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

Please call by April 28th



DEMENTIA CONVERSATIONS

FRIDAY, MAY 9TH AT 1:30 PM

Presented by the Alzheimer's Association

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

TOPICS COVERED

- Driving
- Doctor's Appt.
- Legal Planning
- Financial Planning
- and More!

RSVP BY MAY 2ND



UPCOMING EVENTS

Gardening and protecting your joints

Presented by Maxwell Therapy

Monday, May 12th
at 1:30 PM

Gardening is a fulfilling and therapeutic activity, but it can take a toll on your joints if proper precautions aren't taken

Learn about:

- Ergonomic Gardening
- Adaptive Tools
- Warm up exercises
- Joint saving strategies



RSVP by May 5th

Secretary of State
www.Michigan.gov/sos

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 30th
10 am to 2 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

Memory Coneflower Painting With Janis

MONDAY, MAY 19TH
AT 1:30 PM

PLEASE PRE-PAY BY MAY 12TH



Learn to Paint this beautiful 10x20 painting. All supplies for painting included. Please bring old jewelry to decorate the center of flower.

\$15 PER PERSON

INCLUDE TOOLS AND MATERIALS



Card Making

Friday, May 16th
at 1:30 PM

Join Linda for her monthly card making class. All supplies are provided for you to make and take 3-5 beautiful cards!

\$5 per person
at time of registration
Prepay by May 9th



A & D Home Hospice

HOW HOSPICE HELPS WITH GRIEF

Friday, May 16th at 1:30 PM

What you will learn:

- How Hospice groups can help families with grieving process
- Support groups available
- Community resources



RSVP by May 9th



Monday

Tuesday

Wednesday

Thursday

Friday

<div>FREE Document Shredding Event for Genesee County Senior Citizens</div> <div></div> <div>Bring your bag filled with your confidential documents for on-site paper shredding and recycling</div> <div>Medication take back will also be available on site!</div>		<div>Thursday, May 1st 10AM- 1PM</div> <div>Mundy Miracle Commons- Presented by the Mundy Senior & Enrichment Center. 1286 W Hill Rd Flint, MI 48507</div> <div>Wednesday, June 25th 10AM- 1PM</div> <div>Riverview park- Presented by the Flushing Area Senior Center. 230 S Cherry St. Flushing, MI 48473</div> <div>Thursday, September 25th 10AM- 1PM</div> <div>Swartz Creek Area Senior Center 8095 Civic Dr. Swartz creek, MI 48473</div>	<div>1</div> <div>8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 White Elephant Bingo! 11:15 Toning 12:15 GCCARD Lunch 6:00 Euchre</div>	<div>2</div> <div>11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 1:30 Safe Driving</div>
<div>5</div> <div>Podiatry Services by Appt 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Legal Resource Center 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</div>	<div>6</div> <div>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</div>	<div>7</div> <div>9:00 Zumba 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Mindful Sleep 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</div>	<div>8</div> <div>Holland/Saugatuck Trip Departs 8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:15 Toning 12:15 GCCARD Lunch 1:30 Cooking for One 6:00 Euchre</div>	<div>9</div> <div>Chair Massages by Appt 10:00 Bingo! 11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 1:30 Dementia Conversations</div>
<div>12</div> <div>8:45 Beginner Yoga w/ Machelie 10:00 Urinary Tract Infections 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</div>	<div>13</div> <div>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</div>	<div>14</div> <div>9:00 Zumba 10:00 Board Meeting 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Mindful Sleep 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly cancelled 6:00 Setback</div>	<div>15</div> <div>8:45 Yoga cancelled 10:00 Tai Chi cancelled 10:30 Ladies Brunch 11:15 Toning cancelled 1:30 Cooking for One 6:00 Euchre</div>	<div>16</div> <div>11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 1:30 Card Making 1:30 Grief with Hospice</div>

Monday**Tuesday****Wednesday****Thursday****Friday**

19 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 1:30 Painting with Janis 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	20 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	21 9:30 Alzheimer's Support Group 9:00 Zumba 11:00 Grief Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Mindful Sleep 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	22 8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo & Brunch 12:15 GCCARD Lunch 1:30 Cooking for One 6:00 Euchre	23 Hearing Screening by Appt Medicare Counseling by Appt 11:00 Arthritis Exercise cancelled 12:15 Lunch with the Commissioner 12:15 GCCARD Lunch Cancelled
26  MEMORIAL DAY WE ARE CLOSED!	27 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre	28 Legal Services by Appt Veteran Services by Appt 9:00 Zumba 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 ReConnect 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	29 8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo! 11:15 Toning 12:15 GCCARD Lunch 1:30 Cooking for One 3:00 Book Club 6:00 Euchre	30 10:00– 2:00 Mobile Secretary of State 11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 1:30 Interactive Dementia

Board Meeting Notice

**The next board meeting
will be held on Wednesday,
May 14th 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: May 2nd, 9th,
16th, 23rd, & 30th
Zumba PM: May 14th
All Exercise: May 15th
We are closed: May 26th**

CONGREGATE MEAL MENU - MAY 2025

Menu Subject to Change Based on Product Availability and Quality Standards

			<div>1</div> <div> Tangarine Chicken 4 oz Shrimp Fried Rice 4 oz Winter Blend Veggies 4 oz Pineapple Tidbits 4 oz Margarine Flatbread 100% Fruit Juice </div>	<div>2</div> <div> Breaded Chicken Sandwich Diced Potatoes 4 oz Vegetable Blend 4 oz Applesauce 4 oz Wheat Bun Margarine Milk </div> 
<div>5</div> <div> Beef Tacos w/HM Pico 2 ea Corn & Black Beans 4 oz Diced Peaches 4 oz Soft Tortilla-2 Margarine Milk </div> 	<div>6</div> <div> Chef Salad w/Egg & Tomatoes Ham, Turkey & Cheese 3 oz Cole Slaw 4 oz Fruit Salad 4 oz Flatbread Dressing 100% Fruit Juice </div>	<div>7</div> <div> 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 </div>	<div>8</div> <div> 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 </div>	<div>9</div> <div> Baked Herb Pork Chop Green Bean Casserole 4 oz Sweet Corn 4 oz Potato Roll Mixed Fruit Cup Margarine Milk </div>
<div>12</div> <div> Ravioli W/Beef & Sauce Roasted Brussel Sprouts 4 oz Steamed Cauliflower 4 oz Potato Roll Margarine Fresh Pear Milk </div>	<div>13</div> <div> Maple-Glazed Chicken w/ Roasted Sweet Potatoes & Broccoli Blend Baby Carrots 4 oz Garlic Bread Mandarin Oranges 4 oz Margarine 100% Fruit Juice </div>	<div>14</div> <div> HM Beef Chili 8 oz Chuck Wagon Blend 4 oz Italian Vegetables 4 oz Peaches 4 oz Corn Muffin Margarine Milk </div> 	<div>15</div> <div> Ladies Brunch! GCCARD Lunch cancelled </div>	<div>16</div> <div> Salisbury Steak w/gravy Mixed Greens 4 oz Mashed Potatoes 4 oz Corn Bread Fruit Salad Margarine Milk </div>
<div>19</div> <div> Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets 4 oz Crunchy Bread Stick Fresh Orange Margarine Milk </div>	<div>20</div> <div> Roast Beef Slice Veggie Blend 4 oz Roasted Potatoes 4 oz Wheat Roll Pears 4 oz Margarine 100% Fruit Juice </div>	<div>21</div> <div> Chef's </div> 	<div>22</div> <div> Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Choice Tortilla Shell Fruit Cocktail Caesar Salad Dressing 100% Fruit Juice Cookie of the Month </div> 	<div>23</div> <div> 12:00 Lunch with the Commissioner GCCARD Lunch cancelled </div>
<div>26</div> <div>  </div>	<div>27</div> <div> Sweet & Sour Chicken Wings-3 French Cut Green Beans 4 oz Diced Carrots 4 oz Mango & Papaya Bread Stick Margarine Milk </div>	<div>28</div> <div> HM Sloppy Joes 3 oz Cauliflower 4 oz Fresh Apple WG Bun Margarine Milk </div>	<div>29</div> <div> Meatloaf w/Gravy Mashed Potatoes 4 oz Sweet Peas 4 oz Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice </div>	<div>30</div> <div> Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard Milk </div> 

Senior Dining by GCCARD

Meals are served Monday- Friday at 12:15 PM here at the center. Reservations must be made by Noon the day before, for Mondays, you must call by the Friday before.

Call the center at 810-635-4122 (Note: meals for special events may require up to two weeks advance reservation). Persons residing in Genesee County who are 60 and older, and their spouse regardless of age, are eligible for a free meal. Donations are always appreciated.

Requested donation is \$3.00

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



Join us for
LUNCHEON!

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- 5:30 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.

In Memory of *Susan Butler*

We are sad to announce the passing of our dear friend and dedicated board member, Susan. She will be greatly missed at our center by our staff, board, and friends. Please keep her friends and family in your thoughts during this time of loss.

Swartz Creek Center
Staff and Board of Trustees

Memorial Donations

We have received the following donations in memory of Susan:

Kathy & Richard VanDette

Thank you for your donation
to our center!

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.

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, 11:15 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

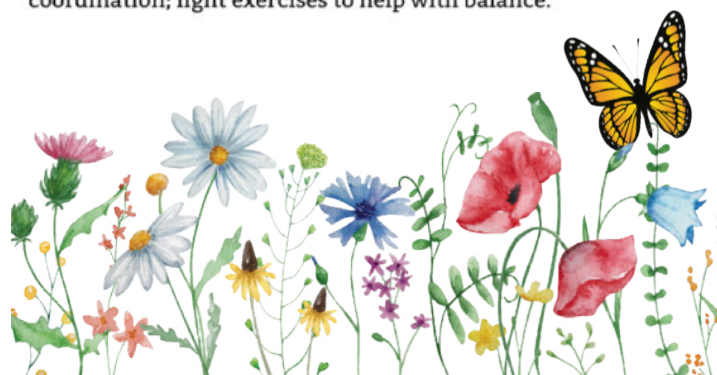
A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination.

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.



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

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

This class combines Zumba, a Latin style dance, with modern cardio to achieve a fun, heart pumping, class. This is a great class for beginners who want the activity of Zumba, but with a fun twist!



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, May 28th 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, May 23rd by appointment

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

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

PROVIDED BY CARDINAL HEARING



Transportation

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

Will return in August, date TBA

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 struggled you share.

Age Friendly Wellness Council

Monday, June 2nd 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 21st 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, May 21st at 9:30 am

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





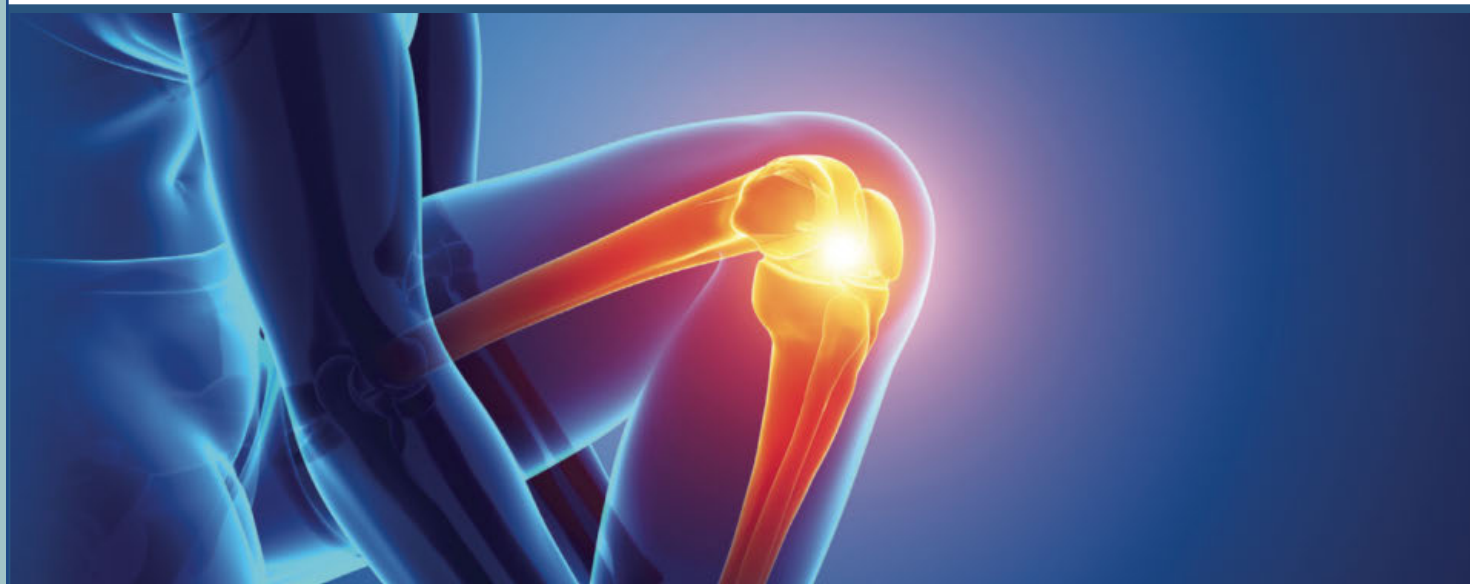
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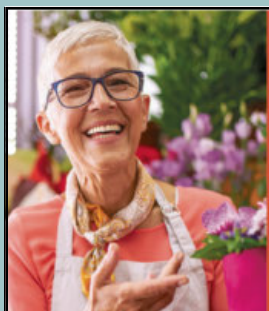
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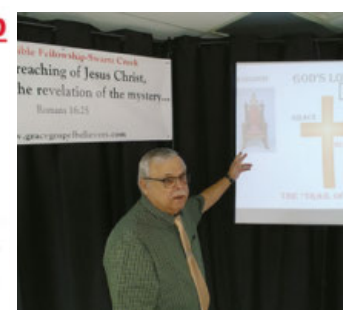
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Swartz Creek Area Senior Center



8095 Civic Drive, Swartz Creek, MI 48473

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

Friday: 9:00 am — 4:00 pm

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

Facebook: Swartz Creek Area Senior Center

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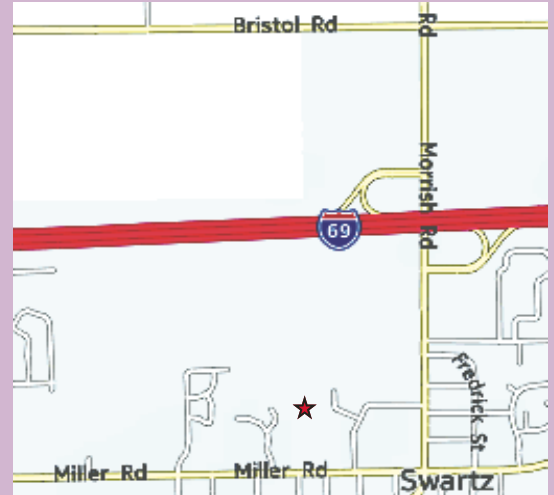
STAFF

Barbara McCallum, Director

Holly Trickey, Program Coord.

Sierra Leonard, Office Asst.

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



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