



Swartz Creek

AREA SENIOR CENTER

July 2026 Newsletter

Volume 26, Issue 7



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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**Adult Foster Care
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Get 24-Hour Protection From a Name You Can Trust

- Burglary
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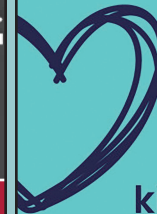
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**Evening & Weekend
Appointments Available**
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989-288-5336 | 810-744-2754

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No act of
kindness is
ever wasted

Grace Bible Fellowship

Swartz Creek

9061 Miller Rd.

Suite #15

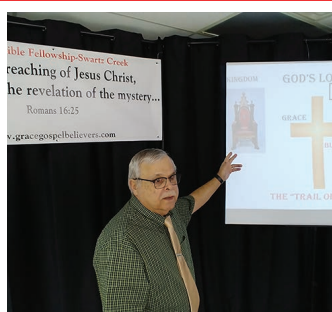
Swartz Creek, MI



...the preaching of
Jesus Christ
according to the
revelation of the
mystery...

Romans 16:25

www.gracegospelbelievers.com



Sunday 11am

Wednesday 5:30pm
(4pm winter hours)

Phone: 810-444-0670

assignphillong@yahoo.com

"rightly dividing the word
of truth" 2 Timothy 2:15

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Swartz Creek Senior Center Swartz Creek, MI

15-0694

Upcoming Events

Pop-Up FARMERS MARKET



Join us weekly for our pop-up markets featuring locally grown produce from Family First Farms and weekly "special guests" vendors!

THURSDAYS 11:00 AM- 2:00 PM
JUNE 4TH-OCTOBER 8TH

Swartz Creek Area Senior Center

FEATURED FARMER

FAMILY FIRST FARMS



PAYMENT METHODS ACCEPTED:



Everyone welcome!

More information:
 8095 Civic Dr.
 Swartz Creek, MI 48473
 810-635-4122

POP-UP MARKETS JULY SCHEDULE



THURSDAY, JULY 2ND 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & SUZY Q'S
 CABBAGE, SWISS CHARD, BEETS, RADISH, EGGS, AND A VARIETY OF HONEY AND HONEY PRODUCTS.

THURSDAY, JULY 7TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS, COPPER PENNY, & THE LEMON DROP
 CABBAGE, SWISS CHARD, BEETS, RADISH, EGGS, JELLY & JAM, CANNED PRODUCE, BAKED GOODS, AND SPECIALTY LEMONADES.

THURSDAY, JULY 16TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & FREEDOM LANE FARMS
 CABBAGE, SWISS CHARD, BEETS, RADISH, EGGS, HOMEMADE TALLOW SOAP, WHIPPED TALLOW LOTION, AND PERSONAL BUNDT CAKES

THURSDAY, JULY 23RD 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & DRY FREIGHTER FARMS
 CABBAGE, SWISS CHARD, BEETS, RADISH, AND EGGS.

THURSDAY, JULY 30TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & SUNSET ACRES
 CABBAGE, SWISS CHARD, BEETS, RADISH, EGGS, BEEF, PORK, FLOWERS, AND WOOL PRODUCTS.



Sponsored by Genesee District Library

Flint Master Singers Americas 250th

Enjoy a fabulous performance by the Flint Master Singers, singing all the patriotic songs in rich harmonies.

Thursday, July 16th at 1:30 PM

RSVP by July 9th



Floats with The Care Team

Friday, July 31st at 1:30 PM

Join Julia from The Care Team for rootbeer floats while she answers your questions about in-home care options. RSVP by July 24th



FIELD TRIPS

Blakes Lavender Festival

Friday, July 10th from 10:00 AM - 2:00 PM
 \$20 per person- includes transportation and tickets for Blake Farms Lavender Festival. 200+ vendors, lunch options, lavender picking, crafts and exercise demos.

Mystery Dinner #1

Tuesday, July 14th from 5:00 PM-7:30 PM
 \$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$25-35 per person

Davison Farmers Market & Menards

Wednesday, July 22nd from 9:30 AM - 1:30 PM
 \$5 per person- includes transportation to Menards in Davison for shopping, then to the Davison Farmer's Market for lunch on own and shopping.

For Mar Nature Park- Backyard Birding

Friday, July 24th from 9:30 AM - 1:30 PM
 \$15 per person- includes transportation to For Mar Nature Park, group adventure to the tree house where you will learn to spot and identify common backyard birds, learn to create a bird feeder for home. Pack lunch is provided!

Mystery Dinner #2

Tuesday, July 28th from 5:00 PM-7:30 PM
 \$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$20-30 per person

Thrifting Thursday in Fenton

Thursday, July 30th from 9:00 AM- 1:30 PM
 \$5 per person- includes transportation to Community Threads, Goodwill, and My Sister and Me Consignment in Fenton with time to shop!

No refunds available for Blakes Lavender Festival or For Mar!

Upcoming Events



July Bingo!

Thursday, July 2nd at 10:00 AM
White Elephant Bingo
Please bring a wrapped item that is preloved or new under \$10.

Thursday, July 9th at 10:00 AM
Presented by Oakstreet Health

Thursday, July 30th at 1:00 PM
Presented by PACE

No RSVP required

Painting with Janis

Monday, July 20th at 1:30 PM
\$20 per person at time of sign up.
All supplies and instruction included!
RSVP by July 13th



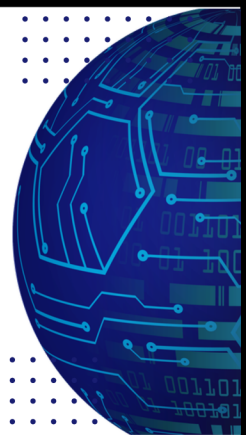
Presented by Kevin Collins- Genesee District Library

WHAT IS AI?

Wednesday, July 22nd at 1:30 PM

Join Kevin to discuss the question "What is AI?"
How does it work, how to detect when something online is made with AI, the pros and cons of AI, how AI is used for scams, and more!


RSVP by July 15th




Ahoy Mates! Summer Spirit Week



Join us for a week of swashbuckling fun on the high seas. This Summer Spirit Week will have a dress theme daily and a variety of activities to enjoy. Every theme and activity you participate in will enter you into a week long raffle to win a summer themed basket worth \$100 sponsored by American House. RSVP is required for the events below.

Monday, July 13 th	Tuesday, July 14 th	Wednesday, July 15 th	Thursday, July 16 th	Friday, July 17 th
<u>Dress Theme</u> Stripes Wear anything striped.	<u>Dress Theme</u> Gold Show off your plunder wear something gold.	<u>Dress Theme</u> Parate Bring your birdy friend wear parates or bring a stuffed one!	<u>Dress Theme</u> Pirate Crew Wear your best pirate outfit. A captains hat, hook, or eye patch.	<u>Dress Theme</u> High Seas Wear any shade of blue!
<u>Picnic Menu</u>  <ul style="list-style-type: none"> Cannon Balls Salty Dogs Golden Nuggets Chicken Crustations Shark-cuterie Board Fish & Chips Swords <p><u>Note: food names here don't necessarily represent what it actually is!</u></p>		10:00 AM Crafters Cove Create your own sea shell picture frame. All supplies included! Sponsored by: Advisacare	10:00 AM X Marks the Spot Come up with a crew of 4 people, including one captian (driver). Follow clues to find your treasure!	12:00 PM Pirates Picnic Enjoy a Pirates celebration with great food and company! Menu listed to the left. Sponsored by Edward Jones

Swartz Creek Area Senior Center

TRIPS

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

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

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

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

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

Soaring Eagle Casino Fundraiser Trip

Monday, September 28th, 2026

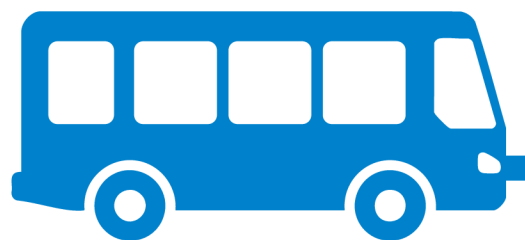
\$60.00 per person

9:00 AM- 7:00 PM

Round trip motor coach transportation to Mt. Pleasant, 5.5 hours of gaming at Soaring Eagle Casino, get back \$20 in free play and 15,000 bonus points, visit Uncle John's Cider Mill. This is a FUNDRAISER for the Swartz Creek Senior Center, we receive \$55 per person, \$1,340 if we fill the bus!

Prepay by 9/11/26

NEW



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

Sushi Rolls

WITH JAY E JACOBS CATERING



\$25
PER PERSON

MONDAY, JULY 13TH AT 1:30 PM

Join Jay to learn the art of California Rolls. Participants take what they make and keep their sushi mat so they can make them at home.

Prepay by July 6th


Pencil Drawing

Thursday, July 9th and 23rd 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 Stumps
- Ruler
- An example of what you want to draw



Card Making

Friday, July 10th at 1:30 PM

Join Linda Evans to create your own greeting cards. All supplies are included and you will leave with 4 cards to take home. Please bring your own scissors and glue if able.

Prepay by July 6th

\$7
per person

MEET YOUR LIBRARIAN

MONDAY, JULY 27TH AT 1:30 PM

Join Les, Librarian at the Swartz Creek Perkins Library to talk about all the wonderful programs the library has to offer. What online programs are available, how to request books, how to get a library card if you don't have one already, and more!

RSVP by July 20th

ESTATE PLANNING

WITH NIKOLA LUCIC

FROM LEGAL SERVICES OF EASTERN MICHIGAN

Friday, July 24th at 1:30 PM

*How to protect the assets you leave behind.
*Ensuring your family does not encounter unforeseen legal challenges.
*Making your wishes about healthcare decisions known to your loved ones.
*The importance of naming power of attorney agents so the decision is not left up to the courts.

RSVP by July 17th

TOPICS INCLUDE:

WILLS
VS. TRUSTS

POWER OF
ATTORNEY

LADY BIRD
DEEDS

Presented by Family Service Agency

FSA IN-HOME CARE

Wednesday, July 29th at 1:30 PM

COME TO DISCUSS



- Family Service Agency's many services, including in-home care
- Who qualifies for in home care services
- What is included in their services that aren't just medical

RSVP by July 22nd

Lunch with the Commissioner

Join us to discuss updates regarding our county and ask him the questions that are important to you! He will be providing a pizza, breadstick, and salad lunch for you.

RSVP by July 6th



Dale Weighill,
Genesee County
Commissioner

Upcoming Events

Bracelet Making

Friday, July 10th at 1:00 PM

Friday, July 24th 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 at time of sign up!

Chair Massages

Friday, July 17th
Friday, July 31st

Price

\$10 per person
Due at time of sign up



10-MINUTE UPPER BODY
MASSAGE WITH
MARSHALA

CANCELLATION POLICY

Cancellations for all paid events through the Swartz Creek Senior Center, excluding Route 23 Trips, will be subject to this refund policy.

- Cancellations made a week or more prior to the day of the event are eligible to a full refund. Cancellations made after that week mark will be given no refund.
- Paid amounts may not be transferred to a different event or saved as a "credit".
- Paid reservations can be transferred to a person of your choice, but the senior center will not handle that personal transaction.
- Some field trips may not be eligible to a refund at all if they require the center to purchase tickets or a payment on your behalf has already been made. This will be marked on the marketing material if this is the case.
- Eligible refunds will be made out to you in the form of a check and may take 1-2 business days to complete.

This policy is to ensure money is being properly handled and exchanged between us and our members. We appreciate your understanding!

This policy went into effect for all events June 1st, 2026 and after.



Presented by Optimal Physical Therapy, formerly Maxwell Therapy

TOOLS FOR INDEPENDENCE

Wednesday, July 8th at 1:30 PM

- Ergonomic Cooking Tools
- Posture Awareness
- Strength and Mobility Exercises
- Safe Kitchen Practices

RSVP by July 1st



GENESEE COUNTY
DEPARTMENT OF VETERANS
SERVICES

★ ★ ★

VETERAN BENEFITS PRESENTATION

Have questions about our office? Or benefits you could be entitled to? Attend our presentation with Great Lakes National Cemetery at Swartz Creek Senior Center.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

8095 Civic Dr #2,
Swartz Creek, MI 48473

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



MONDAY

20 JULY 2026

1:30 PM

LIGHT REFRESHMENTS AND
SNACKS PROVIDED!

SENIOR SPOTLIGHT

Dear Friends,

The Genesee County Board of Commissioners is committed to helping residents access services that protect their homes, property, and personal information.

Through the Office of the Genesee County Clerk-Register, Genesee County residents have access to *Property Fraud Alert*, a free and easy-to-use online subscription service that monitors activity within the Clerk-Register's Office. Once enrolled, residents can have their name monitored for recorded documents that may affect their property.

As mortgage fraud and identity theft crimes continue to rise, property owners may not always know right away when suspicious or fraudulent activity has occurred. In some cases, victims are unaware that someone has attempted to use their identity or file documents connected to their home or property.

Property Fraud Alert serves as an early warning system. While it does not, by itself, prevent fraud, it can notify property owners when a document is recorded under their name, giving them the opportunity to review the activity and take appropriate action if anything appears suspicious.

Signing up is free and simple. Residents may enroll by visiting PropertyFraudAlert.com. Once you are on the site, you can click on "Michigan" and then "Genesee County."

They will only ask for your name and contact information.

The Board of Commissioners encourages residents to take advantage of this free service as one more way to help protect one of your most important assets: your property.

In service,

Dale K. Weighill



Dale K. Weighill
Commissioner - District 8



810-341-3085



DWeighill@GeneseeCountyMI.gov

AMERICAN JULY

Monday

In memory of
Richard Vandette
Staff and members were saddened to hear of the passing of our good friend Richard. He will be dearly missed by all.

we have received donations in his honor from the following:
Ken & Linda Klungle
Melinda Soper
Jamie Messer
CASC Samba & Hand, Knee, and Foot Members



In memory of
Barbara Coates
a long time member, avid Bingo player, and friend. You will be missed.



Tuesday

Wednesday

11:15 Sassy Exercise
12:15 GCCARD Lunch
3:00 Intermediate Line Dance
5:15 Strength & Cardio
6:00 Setback

Thursday

8:45 Yoga w/ Katrina
10:00 Tai Chi
10:00 White Elephant Bingo
11:15 Toning
12:15 GCCARD Lunch
1:00 Samba
6:00 Euchre



Friday

3
ATH OF July
WE ARE CLOSED!

6

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

7

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
1:30 Euchre
2:30 Beginner Cardio
6:00 5-Handed Euchre

8

10:00 Board Meeting cancelled
11:15 Sassy Exercise
12:15 GCCARD Lunch
1:30 Tools for Independence
3:00 Intermediate Line Dance
5:15 Strength & Cardio
6:00 Setback

9

8:45 Yoga w/ Amy
10:00 Tai Chi
10:00 Bingo
11:15 Toning
12:15 GCCARD Lunch
1:00 Samba
1:30 Pencil Drawing
6:00 Euchre



10

9:30 Drums Alive
10:00 Lavender Festival Trip
11:00 Arthritis Exercise
12:15 GCCARD Lunch cancelled
12:30 Lunch with Commissioner
1:00 Bracelet Making
1:30 Card Making

13

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



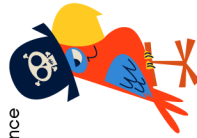
14

8:45 Yoga w/ Katrina
10:00 Alzheimer's Support Group
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:00 Grief Support Group
11:15 Toning
12:15 GCCARD Lunch
12:30 Mah-jongg
1:00 Chair Zumba
1:30 Euchre
2:30 Beginner Cardio
5:00 Mystery Dinner #1
6:00 5-Handed Euchre



15

Legal Services by Appt
10:00 Crafters Cove
11:15 Sassy Exercise
12:15 GCCARD Lunch
3:00 Intermediate Line Dance
5:15 Strength & Cardio
6:00 Setback



16

8:45 Yoga w/ Amy
10:00 Tai Chi
10:00 Scavenger Hunt
11:15 Toning
12:15 GCCARD Lunch
1:00 Samba
1:30 Flint Master Singers
6:00 Euchre



17

Chair Massages by appt
9:30 Drums Alive cancelled
11:00 Arthritis Exercise cancelled
12:15 GCCARD Lunch cancelled
12:15 Pirates Picnic



<p>20</p> <p>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 Veteran Resources 1:30 Painting with Janis 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>21</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 1:30 Euchre 2:30 Beginner Cardio 6:00 5-Handed Euchre</p>	<p>22</p> <p>9:30 Menards & Farmers Market Trip 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 What is AI? 3:00 Line Dance 5:15 Strength & Cardio 6:00 Setback</p>	<p>23</p> <p>Detroit Princess Trip Departs 8:45 Yoga w/ Katrina 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 1:30 Pencil Drawing 6:00 Euchre</p> <p>POP-UP MARKET 11-2</p>	<p>24</p> <p>9:30 Drums Alive 9:30 Forman Nature Park Trip 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Bracelet Making 1:30 Estate Planning</p>
<p>27</p> <p>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 Meet the Librarian 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>28</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 1:30 Euchre 2:30 Beginner Cardio 5:00 Mystery Dinner #2 6:00 5-Handed Euchre</p>	<p>29</p> <p>Veteran Services by Appt 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Family Service Agency 3:00 Line Dance 5:15 Strength & Cardio 6:00 Setback</p>	<p>30</p> <p>8:45 Yoga w/ Katrina 9:00 Thrifting Thursday 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 1:00 Bingo 6:00 Euchre</p> <p>POP-UP MARKET 11-2</p>	<p>31</p> <p>Chair Massage by Appt 9:30 Drums Alive 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:30 Floats with The Care Team</p>

Board Meeting Notice

The next board meeting will be held on Wednesday, August 12th 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

We are CLOSED: July 3rd
All Exercise: July 17th



CONGREGATE MEAL MENU - JULY 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Grilled Chicken Sandwich Italian Grinder Wrap Chuck Wagon Vegetables w/ Pepperoni, Salami & Ham Chopped Broccoli WG Bun Mixed Fruit Cup Margarine/Mayo Milk</p>	<p>2</p> <p>Tangerine Chicken w/ Rice HM Stuffed Peppers Sliced Beets Cauliflower Pineapple Tidbits WW Roll Margarine 100% Fruit Juice</p>	<p>3</p> 
<p>6</p> <p>Meatball Sub w/ cheese Sweet Peas Diced Potatoes Sub Bun Fruit Cup Margarine Milk</p>	<p>7</p> <p>Chef Salad w/ Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Pears Wheat Roll Salad Dressing 100% Fruit Juice</p> 	<p>8</p> <p>Tangerine Chicken w/ Rice HM Stuffed Peppers Sliced Beets Cauliflower Pineapple Tidbits WW Roll Margarine 100% Fruit Juice</p>	<p>9</p> <p>Turkey & Cheese Sub HM Antipasto Pasta Salad ChoFresh Cauliflower WG Bun Tropical Fruit Salad Birthday Cake 100% Fruit Juice</p> 	<p>10</p> <p>GCCARD Lunch Cancelled! Lunch with the Commissioner</p>
<p>13</p> <p>Smothered Chicken Breast Lima Beans Mashed Potatoes Corn Muffin Fresh Apple Margarine Milk</p>	<p>14</p> <p>Turkey Tetrazzini Prince Charles Veggie Blend Steamed Broccoli Dinner Roll Pineapples Margarine 100% Fruit Juice</p> 	<p>15</p> <p>Chef's ChoFresh Cauliflower WG Bun Tropical Fruit Salad Birthday Cake 100% Fruit Juice</p>	<p>16</p> <p>Turkey & Cheese Sub HM Antipasto Pasta Salad ChoFresh Cauliflower WG Bun Tropical Fruit Salad Birthday Cake 100% Fruit Juice</p>	<p>17</p> <p>GCCARD Lunch Cancelled! Pirates Picnic</p>
<p>20</p> <p>HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail Milk</p> 	<p>21</p> <p>BBQ Pulled Pork Cole Slaw Baked Beans Wheat Bun Peaches 100% Fruit Juice</p>	<p>22</p> <p>Fiesta Lime Chicken Roasted Corn & Black Bean Diced Potatoes Riviera Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine-Cookie 100% Fruit Juice</p> 	<p>23</p> <p>Philly Chicken w/ Cheese Baked Mac & Cheese Tomatoes & Zucchini Dinner Roll Diced Peaches Margarine Milk</p>	<p>24</p> <p>Oven Fried Fish Baked Mac & Cheese Tomatoes & Zucchini Dinner Roll Diced Peaches Margarine Milk</p>
<p>27</p> <p>HM Deluxe Fried Rice w/ Beef, Chicken, Ham, Shrimp & Peas and Carrots Broccoli Fresh Orange Breadsticks Margarine Milk</p>	<p>28</p> <p>Steak Fajitas Spanish Rice Black Beans Mandarin Oranges Tortilla Shells-2 Sour Cream 100% Fruit Juice</p> 	<p>29</p> <p>BBQ Chicken Legs Potato Salad Southern Green Beans Pineapples Sweet Roll Margarine Milk</p>	<p>30</p> <p>Ravioli w/ Chicken & Sauce Polish Sausage Battered Potatoes Sliced Carrots WG Hotdog Bun Strawberry Applesauce Margarine & Mustard Milk</p> 	<p>31</p> <p>Ravioli w/ Chicken & Sauce Polish Sausage Battered Potatoes Sliced Carrots WG Hotdog Bun Strawberry Applesauce Margarine & Mustard 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 meal. Donations are always appreciated!

Suggested Donation is \$3 per person

Person under 60 or outside Genesee County: \$6



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, 1:00-4:00 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.

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 July event on June 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.

SAVE US POSTAGE!

If you're here often, pick up your newsletter at the center rather than having it mailed! Or ask to be moved to the email list. Let us know if you plan to do this. We greatly appreciate it!

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 & Mabelle 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

This class includes weights, bands, and music to create an all inclusive seated exercise program. This is a perfect beginner class to add to your weekly routine. This class also prepares you for other classes such as Stretching and Toning.

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, August 13th by appointment

Offered at the center on the 2nd Thursday of the month, every other 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 available on Tuesdays alternating Kroger and Meijer. 3rd Friday of the month to the Food Pantry. Last Wednesday of the month to Walmart.

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:

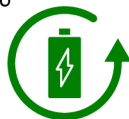
- Disability compensation
- Pension benefits
- Federal Burial benefits
- VA Home loans
- PTSD counseling
- Legal Services
- And More!



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, July 13th 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, July 13th 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, August 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

Tuesday, July 14th at 11:00 am

Chris with Lavigne provides on-going grief support for anyone who has experienced the death of a loved one. **New schedule: 2nd Tuesday of the month!**

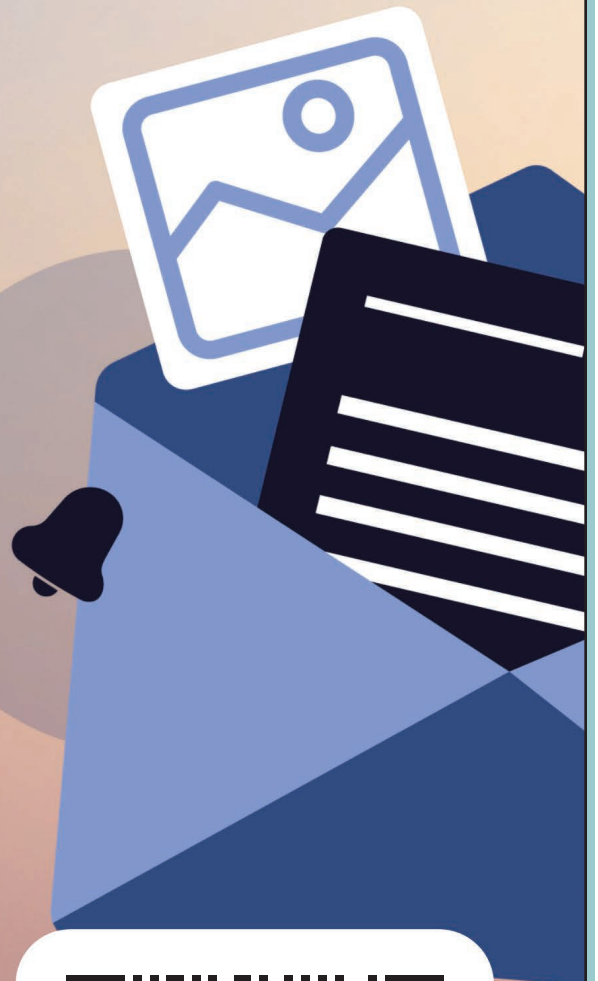
Alzheimer's Support Group

Tuesday, July 14th at 10:00 am

Join Chris, 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. **New schedule: 2nd Tuesday of the month!**

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Swartz Creek Senior Center Swartz Creek, MI

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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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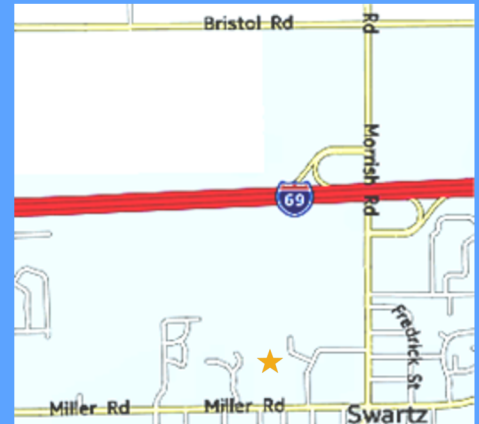
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Fortino Dr. then Civic Dr.



Swartz Creek Area Senior Center
8095 Civic Dr.
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