

SWARTZ CREEK AREA SENIOR CENTER

**AUGUST
2021 NEWS**

VOLUME 21, ISSUE 8



**"If people sat outside and looked at the stars
each night, I'll bet they'd live a lot differently."
- Bill Watterson**

"This program and/or service is partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work."





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15-0694

CELEBRATE GOOD TIMES!!

JAMMERMAN PRESENTS: A NEIL DIAMOND TRIBUTE

When: 5:30pm - 7:00pm • Wednesday, August 11th, 2021

Swartz Creek Area Senior Center

RSVP by calling: 810-635-4122

Jerry Ammerman and his wife of 46 years Diane (Di) grew up in Swartz Creek, MI and both graduated from Swartz Creek High. They lived here for over 40 years until they sold their house in 2003, bought a big RV and hit the roads. Ten years ago, they started a karaoke show in Florida, but instead of karaoke, everyone wanted Jerry to sing! From there, Jerry and Di fell in love with performing! They have since performed at Coconuts in Key Largo, Shakey's Pizza in Miami, Georgia, South Carolina, Indiana, and Pennsylvania. They have done many Holiday Rambler RV Club rally's, and performed at HR state rally's in Florida, Georgia, South Carolina, and Pennsylvania. they had the honor of performing at the National Rally at the Elkhart Indiana Fairgrounds in 2013. Jerry has also performed on the Carnival Cruise ship legend series as Garth Brooks and Frank Sinatra.



Jerry and Di do all kinds of music! This time around, they are putting on a Neil Diamond Tribute! They have jokes, crowd participation skits, sometimes magic, and great music. Dancing is always encouraged! Requests are always welcome. Di plays the music, Jerry does the vocals and everyone has a great time!

HEART TO HEART HOSPICE LUNCHEON

"Volunteers do not necessarily have the time; they just have the heart."

— Elizabeth Andrew



When: Wednesday, August 25th, 2021 at 12:00pm

Where: Swartz Creek Area Senior Center

RSVP by: Tuesday, August 17th to 810 - 635 - 4122

Join us for a discussion on the value of volunteering in the field of hospice! A sub sandwich lunch and conversation provided by Heart to Heart hospice group.

Upcoming Events/Information

Hearing Screenings

Wednesday, August 25th, 2021

PROVIDED BY: YOUR HEARING SOLUTION

Offered at the Center once a month.

Call the Center to make an appointment

- Do you often have to ask others to repeat themselves?
- Do others complain to you that the TV is too loud?
- Do you hear, but not always understand?

Free hearing evaluation available at the senior center.

* Hearing aid cleaning and adjustments at no charge.

* Fees apply for battery replacement.

Watercolor Painting Class

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

When: CANCELLED FOR MONTH OF AUGUST

Join Peggy Mattson as she teaches you how to paint with watercolors. Supplies are not provided. Ask for a sample copy of painting, an outline sketch, and supply list when signing up for the class.

Advanced sign up is required. Payment is required at the time of sign up.

RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!

STILL LIFE PENCIL DRAWING

Cost (2 Sessions): \$10

When: Thursday, August 19th and 26th from 1:00pm - 3:00pm

Where: Swartz Creek Senior Center

Join Peggy Mattson as she teaches you how to draw with Pencil. Supplies are not provided.

You will need a #2 Pencil, white paper and a gum eraser for this class.

Advanced sign up is required. Payment is required at the time of sign up.

RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!

TECHNOLOGY ASSISTANCE

Every other week on Friday there will be two one hour technology assistance appointments available at the Swartz Creek Senior Center. These appointments are generously provided by the Disability Network. Please call the senior center to reserve a spot: **(810) 635-4122**.

You will be asked to tell us what device and specific issue you need assistance with.

When: These appointments will be available from 1:00pm-3:00pm on August 13th and August 27th

Legal Services

Provided by Legal Services of Eastern Michigan

Where: Swartz Creek Area Senior Center 8095 Civic Drive, Swartz Creek

When: Appointments available on the 3rd Wednesday of each month.

To schedule an appointment, see staff at the center or call 635-4122.

DO NOT OFFER: Trusts, Criminal Matters, Personal Injury, Financial or Business Advice.

ARTFUL CODGERS

Join the Artful Codgers, as they embark on monthly creative adventures! This month's adventure is **jewelry making!**

Friday, August 20th, 2020: 2:30pm - 3:30pm

Join Sandy Ezell & Anette Buza for an afternoon of fun and creativity as we go through various small and simple projects each month. **All materials provided!**

Participants must RSVP in person at the Swartz Creek Senior Center by the Monday before classes are held.

Classes will be held the third Friday of the month unless otherwise noted. Projects, which will change month to month, will be completed and ready to take home at the end of class.

Classes are \$15.00 dollars each.



Grief Support Group

Heartland Hospice provides, at no charge, on-going grief support for anyone who has experienced the death of a loved one. Our purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

Where: Swartz Creek Senior Center / **When:** Wednesday, August 18th, 2021 at 11:00am

****Please call the day before to register for the support group.**

Information/Upcoming Events

STAY CONNECTED: Join Us on Our Website and Social Media!

Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way to do that is by following our Facebook page or webpage. Check out the Swartz Creek Senior Center website (<https://myscasc.org>)! You can find the latest updates and even download the monthly newsletter! You can also hop over to Facebook and search Swartz Creek Area Senior Center to find us. We share center updates, posts from local agencies, and posts from the Genesee County Office of Senior Services. Make sure you like our page before you leave to get the most recent updates!

DOUBLE UP FOOD BUCKS

Do you have a bridge card? If you do, you can double the amount you have been awarded. When you use your bridge card, Double Up matches your amount in fruit and vegetable dollar for dollar up to 20 dollars a day. How do I sign up for Double Up Food Bucks? You may apply at the Flint Farmers market or any participating location. You must have a valid Bridge Card and Government issued ID with you when you apply. Here are some of the places which accept

Double Up Food Bucks: Flint and City of Grand Blanc Farmers Markets, Flint Fresh Mobile Market, Hutchinson Neighborhood Market, Landmark Food Center, Longhorn Meat Market, Mr. B's, The Local Grocer, and VG's. Don't lose out of food dollars! Register Soon!



Loan Closet

Our center loans donated medical equipment such as wheelchairs, walkers, bedside commodes, bath seats, canes and crutches to seniors in need. Please call the center if you need to borrow an item. We also accept donations of these items in good and sanitized condition.



We appreciate donations made to our Loan closet or to our Incontinence Supplies!

Incontinence Supplies

The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantity are limited.



Call the center for availability.



Support Group for Caregivers



This Support Group provides caregivers:

- An opportunity to gain support from others who are caring for a loved one with progressive memory loss.
- Information on how to cope.
- A listening ear and answers to questions about the diagnosis and its consequences.
- A connection to vital community resources.



alzheimer's association®

Caring for Loved Ones with Memory Loss

Wednesday, August 4th, 10:00 a.m.

Facilitated by the Alzheimer's Association

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Open Face Turkey Sandwich 12:30 Pinochle 1:00 Crochet Group 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>3</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Beef & Bean Burrito 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>	<p>4</p> <p>Veteran Services Appointments 9:30 Zumba 10:00 Alzheimer's Support Group 11:30 Sassy Exercise Noon Lunch— Turkey Polish Sausage 3:00 Intermediate Line Dance 6:00 Mah-Jongg 6:30 Setback</p>	<p>5</p> <p>Yoga Cancelled 10:00 Tai Chi 11:00 Toning Noon Lunch— HM Stuffed Pepper Soup 1:00 Family Memories 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>6</p> <p>11:00 Arthritis Exercise Noon Lunch— Chicken Caesar Salad w/Romaine CENTER CLOSES 4:00PM NO EVENING</p>
<p>9</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Boneless Rib in Sauce 12:30 Pinochle 1:00 Crochet Group 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>10</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – HM Chicken & Penne Alfredo 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>	<p>11</p> <p>9:30 Zumba 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Breaded Turkey Patty 3:00 Intermediate Line Dance 5:30 JAMMERMAN: NEIL DIAMOND TRIBUTE 6:00 Mah-Jongg 6:30 Setback</p>	<p>12</p> <p>Yoga Cancelled 10:00 Tai Chi 11:00 Toning Noon Lunch - HM Beef Stroganoff 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>13</p> <p>Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch— Pork Burger w/Hickory Sauce ACTIVITIES CENTER CLOSES 4:00PM - 5:45 PM 6:00 Dance</p>
<p>16</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - BBQ Pulled Chicken Sandwich 12:30 Pinochle 1:00 Crochet Group 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>17</p> <p>Yoga Cancelled 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – HM Spaghetti & Meatballs 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>	<p>18</p> <p>Legal Services by Appt. 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— Smothered Fried Chicken 3:00 Intermediate Line Dance 6:00 Mah-Jongg 6:30 Setback</p>	<p>19</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning 12:00 Lunch— Sloppy Joe 1:00 Pencil Drawing Class 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>20</p> <p>11:00 Arthritis Exercise Noon Lunch— Macaroni & Cheese 2:00 Grace Hospice Seminar 2:30 Artful Codgers CENTER CLOSES 4:00PM NO EVENING</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>23</p> <p>Beginner Yoga Cancelled</p> <p>10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - BBQ Boneless Chicken Wings 12:30 Pinochle 1:00 Crochet Group 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>24</p> <p>Yoga Cancelled</p> <p>10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch – HM Chicken & Cheese Fajitas 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>	<p>25</p> <p>Hearing Screenings by Appt.</p> <p>9:30 Zumba 11:30 Sassy Exercise Noon Heart to Heart Hospice Luncheon 3:00 Intermediate Line Dance 6:00 Mah-Jongg 6:30 Setback</p>	<p>26</p> <p>Yoga Cancelled</p> <p>10:00 Tai Chi 11:00 Toning 12:00 Lunch— HM Philly Steak w/Cheese 1:00 Pencil Drawing Class 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>27</p> <p>Technology Classes by Appointment</p> <p>11:00 Arthritis Exercise Noon Lunch— Fish Taco w/Pico CENTER CLOSES 4:00PM - 5:45 PM 6:00 Dance</p>
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<p>30</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Pub Burger w/Cheese 12:30 Pinochle 1:00 Crochet Group 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>31</p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch – Crispy Chicken Salad 12:30 Mah-Jongg 1:00 Wood Carving 6:00 Dominoes 6:30 5-Handed Euchre</p>
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Board Meeting Notice

The next board meeting will be at
 10:00am on
 Wednesday,
 August 11th,
 2021



NOTICE OF FOOD POLICY CHANGE

The only food/meals allowed on site will be those prepared by the senior center staff for events or the daily lunch program hosted by GCCARD. We will no longer be allowing food and meals prepared outside the center on site. Thank you for your understanding.



SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Cold Drink Cups, Tissues, Bathroom Tissue, Hand Soap, and **Coffee** are always appreciated. Thank you for your generous donations to our Senior Center!



Special thanks this month to: Mary Ann Vandenberg and Florence Hunt

Riddles/Information

GRACE HOSPICE Presents: Shopping for a Funeral Home: Tips for Saving Money

We don't like to think about it and so we put it off. But we will all make funeral home arrangements at some point. The question is when and where? There are BENEFITS of making funeral home arrangements before you die . . . you'll save money by not making such important decisions while under duress. You and your children will have peace of mind and you will be freed to enjoy your 'golden years' having taken care of these important arrangements.

Come to this 1-hour workshop and you will learn . . . How to save \$\$\$ in funeral costs, your rights under the Federal Trade Commission's Funeral Rule, the ABCs of Caskets, Embalming, Burial Vaults, Liners, etc., different types of funeral services and associated costs, important considerations when pre-paying, veteran burial and memorial benefits.

In addition you will receive a General Price List worksheet and a list of helpful federal and state phone numbers.

Speaker: Rev. Steve Gonzales Grace Hospice Flint, MI

When: August 20, 2021, at 2:00 pm

Where: 8095 Civic Dr., Swartz Creek Senior Center

RSVP: Email sgonzales@ghospice.com & bzaporski@myscasc.org and indicate "Swartz Creek Senior Center"

Cost: There is no cost for those who register



Here's a Riddle (or Two) for You....

Riddle 1: What is cut on a table, but is never eaten?

Riddle 2: What can travel all around the world without leaving its corner?

Riddle 3: What has a thumb and four fingers, but is not a hand?

****YOU CAN FIND THE ANSWERS TO THESE RIDDLES AT THE BOTTOM OF THE PAGE LABELED, "INFORMATION/RIDDLE ANSWERS"*****

AMAZON SMILE



Do you shop on Amazon? If so, there is a very simple way your purchases can benefit the Swartz Creek Senior Center.

- 1) Open your internet browser and search for Amazon Smile or go to: <https://smile.amazon.com/ch/38-2416786>
- 2) Sign in and designate Swartz Creek Senior Center as your charity.

Each time you make a purchase, a portion will be donated back to Swartz Creek Senior 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.

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

Class cancellations for August are as follows:

All Watercolor Painting Classes are cancelled for the month of August.

Yoga classes cancelled:
August 5th, 12th, 17th, 23rd, 24th,
and 26th

CANCELLED

Information/Riddle Answers

Transportation

Transportation Services available to seniors residing within the Swartz Creek School District.

Contact the Senior Center for the Complete Schedule. Transportation Policy & Participant Requirements; including deadline dates for sign-up.

Transportation Services Include

LUNCH — (Daily — Monday through Friday)

Round-trip transportation from your home to, attend lunch at the center.

SHOPPING — (Weekly)

Round-trip transportation from your home on Wednesdays. This trip alternates between Meijer and Kroger each week.

FOOD PANTRY — (Monthly)

Round-trip transportation from your home to the Swartz Creek Community Food Basket.

Available at the Senior Center

Call (810) 635-4122 for an Appointment

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.

Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? John Nelson, Service Officer, with the Genesee County Department of Veterans Services Office is available for appointments at the Senior Center one day per month. During your appointment, John can provide information on benefit programs and assist you in completing applications for Veterans benefits. Please request a list of information to bring when you schedule your appointment.

Join us for Lunch!

Meals are served Monday — Friday at 12:00 noon at the senior 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.)

A \$3.00 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 years of age or living outside Genesee County is a \$6.00 charge.

Provided by Genesee County Community Action Resource Department (GCCARD)

ATTENTION ALL PARTICIPANTS!

Please sign-in on My Senior Center **every time** you visit the center.

Our funding depends on it!

If you do not have a Key Tag, please ask for one at the front desk.

Thank you!

Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!

Dates: Friday, August 13th and August 27th

Time: 6:00 p.m.—8:00 p.m.

Cost: \$5.00 at door

**Music provided by Jim Hendrich!

Coffee and Water available!

50/50 RAFFLE AVAILABLE

ANSWER TO RIDDLES

Riddle One Answer: A deck of cards

Riddle Two Answer: A stamp

Riddle Three Answer: A glove



Word Search: August Newsletter

A Q D L S F F Q X S L E N K W F T Z M H O Z S N N
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C I C X B Z N O T Q T A U T H Z A R F K V M T W P

August, Beach, Blueberries, Boating, Bonfires, Camping, Firethorn, Gladiolus, Hibiscus, Humidity, Hydrangea, Muggy, Park, Picnic, Potentilla, Sandals, Sunscreen, Watermelon

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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

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

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

Facebook: Swartz Creek Area Senior Center

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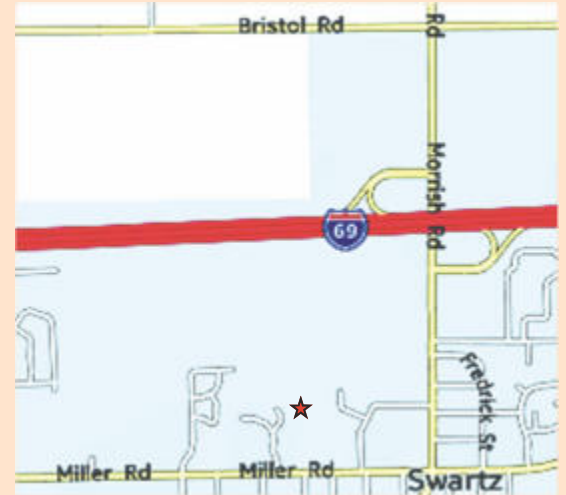
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Swartz Creek, MI 48473