

SWARTZ CREEK AREA SENIOR CENTER

APRIL 2022
NEWS

VOLUME 22, ISSUE 4



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



HOLIDAY RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

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www.genessegardens.com

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to place an ad today!
efrazier@lpicommunities.com
or (800) 477-4574 x6309



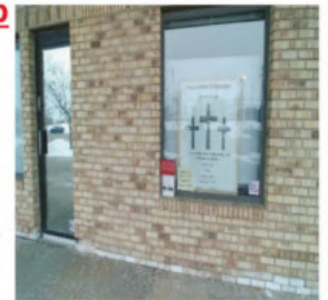
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Swartz Creek, MI



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STUDY**
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Jesus Christ
according to the
revelation of the
mystery...
Romans 16:25
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Sunday 11am
Wednesday 5:30pm
(4pm winter hours)
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assignphillong@yahoo.com
"rightly dividing the word
of truth" 2 Timothy 2:15



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15-0694

Events



FREE NUTRITION EDUCATION PROGRAM

Fresh Conversations

Fresh Conversations is a free nutrition education program designed to support healthy aging and independence. Gather with other Genesee County Residents aged 60 and older to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent.

DATE: THURSDAY, APRIL 7 - JUNE 9 (WEEKLY)

TIME: 1:30 PM - 3:00 PM

LOCATION: SWARTZ CREEK SENIOR CENTER



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.



PLEASE RSVP
FOR THIS
CLASS BY
CALLING THE
SWARTZ
CREEK SENIOR
CENTER AT
810 635 4122.

THANK YOU!

Practical Approaches to Dementia

The three part, 90 Minute sessions are held once a week and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. Topics in the three -week class include: Brain Behaviors, Specific Activities for Persons with Dementia, Basics of Dementia, Changing in Thinking Patterns, and Communication Strategies for Caregivers.

Dates

Part 1: Tuesday, April 19th

Part 2: Tuesday, April 26th

Part 3: Tuesday, May 3rd

Time: 1:00pm - 2:30pm

Location: Swartz Creek Senior Center

Cost: FREE

RSVP: 810-635-4122

Support Group for Caregivers Caring for Loved Ones with Memory Loss

This Support Group provides caregivers:

WHEN: Wednesday, CANCELLED UNTIL FURTHER NOTICE

Facilitated by the Alzheimer's Association

- 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.

BOOK CLUB

Next Meeting: Tuesday, April 26th @ 3:00pm

Are you looking for an opportunity to connect with others who enjoy reading as much as you do?

New participants are always welcome!

Book: The Collector's Daughter

Author: Author- Gill Paul



UPCOMING EVENTS/RIDDLES

Hearing Screenings

Tuesday, April 26th, 2022

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: Thursday, April 7th & April 14th

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

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

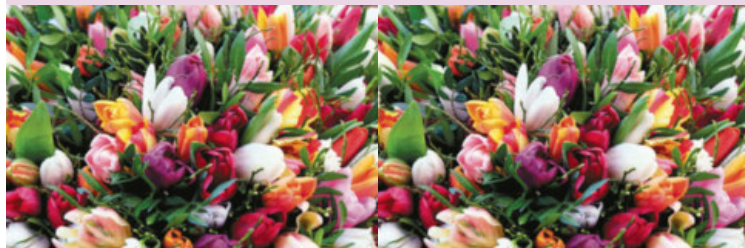
When: Thursday, April 21st & April 28th

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!



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, April 20th, 2022 @ 11:00 am



Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!
Must be 50 and older to attend!

Dates: Friday, April 1st & April 22nd

Time: 6:00 p.m.—8:00 p.m.

Cost: \$5.00 at door



50/50 RAFFLE AVAILABLE

Coffee and Water available!

****Music provided by Jim Hedrich!**

Bring a snack to share, but please remember to clean up after yourself!

EASTER LUNCHEON

WHEN: Thursday, APRIL 14TH @ 12:00PM

RSVP BY: Friday, APRIL 1ST, 2022, BEFORE noon

Provided by GCCARD. 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.

- * Suggested Donation is \$3.00
- * Persons under age 60: \$6.00
- * Persons of all ages who reside outside Genesee County: \$6.00

MENU

HM Chicken & Spinach
Lasagna
Glazed Carrot Rounds
Roasted Squash
Strawberry Applesauce
Garlic Roll & Margarine
100% Fruit Juice



UPCOMING EVENTS/RIDDLE

Mexican Fiesta Lunch!

Join us for a Mexican Fiesta Luncheon provided by Genesee Gardens! They will provide a festive menu including tacos!



When: Friday, May 6th, 2022
@ 12:30pm

RSVP by: Monday, May 2nd, 2022
@ 810-635-4122

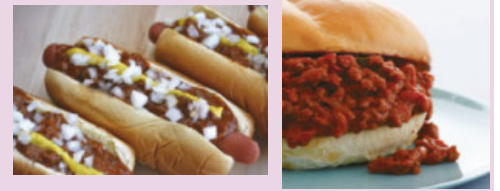
Coney Dog/Sloppy Joe Lunch!

Coming Thursday, May 19th, 2022!!
Time: 11:00am—2:00pm

Either in person or To-Go style your favorite luncheon! Keep an eye out in the May issue for more information!!!

Menu

Coney Dog or Sloppy Joe
Chips/Pickle
Beverage
Dessert



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

Riddle One: What is the difference between a jeweler and a jailer?

Riddle Two: What has many teeth, but cannot bite?

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

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

TECHNOLOGY ASSISTANCE APPOINTMENTS

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 Friday, April 1st and April 22nd

BINGO WITH OAK STREET HEALTH

Save The Date!

When: Monday, April 11th, 2022 at 10:00 AM

Where: Swartz Creek Senior Center

RSVP by: Thursday, April 7th, 2022 @ 810-635-4122

Join us for Bingo with Oak Street Health!

Have some fun and maybe even win a prize!



ARE YOU INTERESTED IN BEGINNERS LINE DANCING.....?!?

- Classes will begin April 21st, 2022!
- Class is \$2.00 per class or use your punch card.



APRIL

Monday

Tuesday

Wednesday

Thursday

Friday

CLASS CANCELLATIONS


ALL EXERCISE CLASSES ARE CANCELLED ON THURSDAY, APRIL 14TH, 2022

Zumba Class: April 20th

Yoga Class: April 4th, April 14th, April 19th, & April 28th

Arthritis Exercise Class: April 1st, April 15th

CENTER IS CLOSED ON APRIL 15TH, 2022 IN OBSERVANCE OF GOOD FRIDAY.

<p>4</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Cheese Tortellini w/ Meat Sauce 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>5</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Antipasto Salad w/ Pepperoni, Salami, Ham & Cheese 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p>6</p> <p>Taxes by Appointment Veteran Services by Appt. 9:30 Zumba 11:30 Sassy Exercise Noon Lunch— HM Beef & Bean Burrito 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>7</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Swedish Meatballs 12:30 Afternoon Mah-Jongg 1:00 Watercolor Class 1:00 Family Memories 1:30 Fresh Conversations 6:30 Pinochle 6:30 Euchre</p>	<p>8</p> <p>Taxes by Appointment 11:00 Arthritis Exercise Noon Lunch— Turkey Burger w/ Cheese CENTER CLOSES 4:00PM NO EVENING</p>
<p>11</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 10:00 Oak St. Health Bingo 11:30 Sassy Exercise Noon Lunch - Asian Chicken Bowl 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>12</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – HM Veal Parmesan 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p>13</p> <p>Taxes by Appointment 9:30 Zumba 11:30 Sassy Exercise 10:30 Board Meeting Noon Lunch— Ham & Turkey Sub 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>14</p> <p>Yoga Cancelled Tai Chi Cancelled Toning Cancelled 12:00—EASTER LUNCHEON 12:30 Afternoon Mah-Jongg 1:00 Watercolor Class 1:30 Fresh Conversations 6:30 Pinochle 6:30 Euchre</p>	<p>15</p> <p>CENTER CLOSED</p> 

1

Taxes by Appointment
Technology Classes by Appointment
Arthritis Exercise Cancelled
Noon Lunch— BBQ Chicken Wings

CENTER CLOSES
4:00PM - 5:45 PM

6:00 Dance

Monday

Tuesday

Wednesday

Thursday

Friday

<p>18</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Lemon & Herb Chicken Breast 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>19</p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Open-Face Turkey Sandwich 12:30 Mah-Jongg 1:00 Practical Approaches to Dementia 1:00 Wood Carving 1:00 Euchre 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p>20</p> <p>Legal Services by Appt. 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch — HM Supreme Pizza 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>21</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - HM Chicken Salad Sandwich 12:30 Afternoon Mah-Jongg 1:00 Pencil Drawing Class 1:30 Fresh Conversations 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>22</p> <p>Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch — HM Mac & Cheese CENTER CLOSSES 4:00PM - 5:45 PM 6:00 Dance</p>
<p>25</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Ham & Cheese Frittata 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>26</p> <p>Hearing Screenings by Appt. 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Salisbury Steak 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Practical Approaches to Dementia 1:00 Euchre 3:00 Book Club 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p>27</p> <p>9:30 Zumba 11:30 Sassy Exercise Noon Lunch — Turkey Polish Coney Island 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>28</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - HM Stuffed Peppers 12:30 Afternoon Mah-Jongg 1:00 Pencil Drawing Class 1:30 Fresh Conversations 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>29</p> <p>11:00 Arthritis Exercise Noon Lunch — Fish Taco W/ Fresh Corn Salsa CENTER CLOSSES 4:00PM NO EVENING</p>

Board Meeting Notice

The next board meeting will be held on
 Wednesday
 April 13th,
 2022 at
 10:30am



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.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Paper Towel, Clorox, Tissues, Bathroom Tissue, and Hand Soap are always appreciated. **Especially Coffee at this time!**

Thank you for your generous donations to our Senior Center!

Audrey Ames, Jane Perrault, & Pauline Wheaton



INFORMATION/RIDDLE ANSWER

**FREE
GIFT**

VAM
**Valley Area
Agency On Aging**

Answers, Action & Advocacy
for **All Things Senior**

Senior Power Day

Wednesday, May 25, 2022
9:00 a.m. - 2:00 p.m.
Crossroads Village
6140 Bray Rd., Flint
Tickets \$4.00

Ticket includes, Lunch and Train Ride



**TRAIN
RIDES**

SENIOR RESOURCE TENT



**LUNCH
PROVIDED**



ANSWER TO RIDDLES

Riddle One Answer: A jeweler sells watches and a jailer watches cells.

Riddle Two Answer: A comb

Riddle Three Answer: A stamp

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.

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!

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.



INFORMATION

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 Tuesdays (subject to change). 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? Carrie, 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)

SWARTZ CREEK SENIOR CENTER 2022-2023 ELECTION - BOARD OF TRUSTEES

Absentee Ballots will be available for the 2022-2023 Board of Trustee elections. An application must be completed and returned to the senior center by April 8th, 2022. You may pick up the application at the senior center or call 810-635-4122 and request that an application is mailed to you.

- Eligible voters will be seniors 50 and older who live in the Swartz Creek Area School District or Gaines Twp.
- Voter must be a member of the Swartz Creek Area Senior Center, on/before April 22nd, 2022.

**CANDIDATE TO BOARD MUST DECLARE INTEREST BY
4:00PM FRIDAY APRIL 22ND!**

**THE CANDIDATE LIST WILL BE POSTED AT THE CENTER
ON MONDAY MAY, 2ND.**

**VOTING PERIODS WILL TAKE PLACE TUESDAY, MAY
31ST THROUGH FRIDAY, JUNE 3RD. VOTING WILL
TAKE PLACE BETWEEN 9:00AM UNTIL 4:00PM.**

Swartz Creek Senior Center Snack Policy

- Snacks are allowed during activities and events. A designated “snack break” needs to be arranged for cleanliness of cards and game pieces. After said “snack break” hands should be washed or sanitized.
- Pizza, Crockpots, Casseroles etc. are not permitted.
- Popcorn is not allowed in senior center.
- Snacks are things such as cookies, chips, crackers, etc.
- Each group is responsible for cleaning up the area used. Courtesy and common sense is appreciated.

We are fortunate to have a nice space for seniors, please treat this space with the respect it deserves.

Board of Trustees (February 9, 2022)



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 GURANTEED 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.



GET BACK \$20 IN FREE PLAY & \$5 IN FOOD CREDIT !

**FIREKEEPERS CASINO BUS TRIP
Wednesday, July 13th, 2022**

Presented By: Swartz Creek Senior Center

\$45.00 Per Person

Trip Includes:

- Round trip motor coach transportation to Battle Creek, MI
- 4 hours of gaming at Firekeepers Casino
- Each person to get back \$20 in gaming and \$5 in food from the casino

Itinerary:

- 8:30 AM – Depart from Swartz Creek Senior Center
- 10:00 AM to 2:00 PM – Firekeepers Casino
- 3:30 PM – Return to Swartz Creek Senior Center

Full Payment Due Upon Sign-Up - Registration Deadline: 06-26-22

- Limit 28 seats
- Must wear mask on bus. Casino only requires masks for those that are unvaccinated.
- Must be at least 50 years of age and will need a valid ID (Must bring with you to get incentive)
- Limit (1) casino incentive package per person
- No refunds after 06-26-22
- Must arrive on the bus to get the casino incentive
- Casino Incentives subject to change without notice
- Senior Center Health Form must be on file or completed at the time of sign up.

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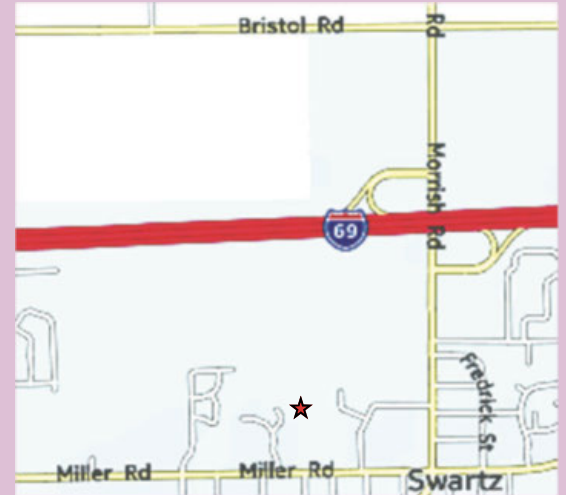
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Swartz Creek Area Senior Center
8095 Civic Dr.
Swartz Creek, MI 48473