

APRIL 2023 NEWS VOLUME 23, ISSUE 4







RETIREMENT

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UPCOMING EVENTS

Partner Stretch Workshop

Wednesday, April 5th at 12:45 pm

In this workshop you and your partner will work together to create stretches that increase your personal range of motion and flexibility. Instructor Katrina will assist you and a partner in performing these poses correctly and safely.





You have the power to Outsmart the Scammers

Wednesday, April 26th 1:00 PM

RSVP by April 19th

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. While no one is immune, there are steps you can take to Outsmart the Scammers.

Join us for this presentation and learn about the following strategies:

- How to spot certain red flags that may indicate a fraudulent encounter
- Resources you can turn to in the event you or a loved one is targeted
- Steps you can take now to help protect yourself and your loved ones



Physical • Occupational • Speech • Massage

Energy Conservation

Monday, April 10th at 1:00 pm RSVP by April 3rd

Energy conservation is a means of adapting the way you carry out your day-to-day activities, at work, rest and play. It also allows you to assess and adapt the environment in which you conduct these activities. Everything we do from waking up to going to bed is classed as an activity and uses some form of energy. In this seminar, you will find out how you spend your time and energy. Learn to improve your quality of life, by conserving your energy for the activities you "like to do" as well as those you "have to do", within a safe and well-structured environment.





About the book- Hope This Finds You is a collection of letters from a friend, exploring your wild and precious life beside you. Here are the memories, celebrations, and joy and ache of living. Each section of the book allows the reader to find a place to escape, to laugh, to think for a while, or simply sit and wonder.

About the author- David was a humor columnist for the Flint journal and has written for Runners World. David and his wife Suzanne raised their family in Flushing, and are very active in their community.

UPCOMING EVENTS





Thursday, April 6th at Noon RSVP by March 24th

MENU

- Lemon & Herb Chicken Breasts
- Glazed Carrot Rounds
- · Roasted Veggies
- Garlic Rolls
- Dessert

60 years and older and/or Genesee County residents we request a \$3.00 donation Under 60 and/or not residents of Genesee County we request a \$6.00 donation

BUILDING BACKYARD HABITAT

For-Mar Nature Preserve



Friday, April 14th at 1:00 pm Friday, April 21st at 1:00 pm Friday, April 28th at 1:00 pm

For-Mar Nature Preserve is home to a variety of wildlife species. Take a journey with
For-Mar naturalist through Michigan's native,
animal kingdom. Learn how to make your own
backyard a place wildlife wants to visit!

\$10 per person prepay by April 6th

Balance and Endurance Class

Monday, April 17th at 1:00 pm RSVP by April 10th

Class is Every 3rd Monday of the month!

This monthly class is designed to reduce the fear of falling and increase activity levels of older adults. For older adults who have a fear of falling, have fallen in the past, restrict their activities due to a fear of falling, and are interested in improving flexibility, balance and strength. Participants will set their own goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance.

BIRTHDAY CARD MAKING

FRIDAY, APRIL 21ST 1:00 PM

PREPAY BY APRIL 14TH

Learn to make special, handmade cards with Linda Evans! You can always use a good birthday card. All supplies are included, bring your own scissors and adhesive if able.

\$5 PER PERSON

UPCOMING EVENTS



AARP SmarTEK Driver workshop.

Monday, May 1st at 10:30 am

RSVP by April 24th

Smart DriverTEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE!



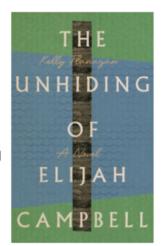
Thursday, April 6th at 10:00 am



Book Club

Tuesday, April 25th at 3:00 pm

The Unhiding of Elijah
Campbell is about
understanding backwards.
Elijah's urge, going back
to childhood, to hide his
emotions was so strong
he couldn't even unhide
from himself. It wasn't until
he explored his past that
he began to understand
the baggage he brought
with him.



No RSVP required. Please obtain your own copy and read before arriving to book club!

In Memory of Mary Follen

Feel no guilt in laughter, she knows how much you care
Feel no sorrow in a smile that she's not here to share
You cannot grieve forever, she would not want you to
She'd hope that you can carry on, the way you always do
So talk about the good times and the ways you showed you cared
The days you spent together, all the happiness you shared
Let memories surrond you. A word someone may say
Will suddenly recapture a time, an hour, a day
That brings her back as clearly as though she were still here
And fills you with the feelings that she is always near
For if you keep these moments, you will never be apart
And she will live forever locked safe within your heart

Donations were received in memory of Mary Follen by

Jackie Baumchem James & Sandra Johnson Dennis & Dolore Christensen Ken & Linda Klungle Westshore Lending Team

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Swedish meatballs 1:00 Crochet Group 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch— Turkey Burger w/ cheese 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre	Veteran Services Appts. 9:30 Zumba cancelled 11:30 Sassy Exercise Noon Lunch— Antipasto Salad w/ Pepperoni 12:45 Partner Stretch Workshop 3:00 Intermediate Line Dance 6:00 Setback	8:45 Yoga cancelled 10:00 Tai Chi cancelled 10:00 BINGO 11:00 Toning cancelled Noon Lunch - Easter Lunch! 12:30 Afternoon Mah-Jongg 6:00 Euchre 6:30 Pinochle	CENTER IS CLOSEDI
8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Asian Chicken Bowl 1:00 Crochet Group 1:00 Max Well Energy Conservation 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch— HM Chicken Parmesan 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre	9:30 Zumba 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Ham & Turkey Sub 3:00 Intermediate Line Dance 6:00 Setback	8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - BBQ Chicken Wings 12:30 Afternoon Mah-Jongg 1:00 Author Meet & Greet 6:00 Euchre 6:30 Pinochle	11:00 Arthritis Exercise Noon Lunch— HM Beef & Bean Burrito 1:00 ForMar Backyard Habitat
8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Italian Breaded Chicken Breast 1:00 Crochet Group 1:00 Max Well Balance & Endurance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Turkey Tetrazzini 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre	Legal Services 8:30 Firekeepers Casino Bus Trip departs 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— Spaghetti & meatballs 3:00 Intermediate Line Dance 6:00 Setback	8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - HM Chicken Salad Sandwich 12:30 Afternoon Mah-Jongg 6:00 Euchre 6:30 Pinochle	11:00 Arthritis Exercise Noon Lunch– HM Mac & Cheese 1:00 ForMar Backyard Habitat 1:00 Birthday Card Making

24	. 25	26	27	28
8:45 Beginner Yoga	Hearing Screenings	9:30 Zumba	8:45 Yoga	
10:00 Improved Line Dancing	8:45 Yoga	11:30 Sassy Exercise	10:00 Tai Chi	11:00 Arthritis Exercise
11:30 Sassy Exercise	10:00 Knitting Group	Noon Lunch— Turkey Polish Dog	11:00 Toning	Noon Lunch— Fish Taco w/ fresh
Noon Lunch— Ham & Cheese	10:00 Tai Chi	1:00 Outsmart the scammers	Noon Lunch— Stuffed Peppers	corn salsa
Frittata	11:00 Toning	3:00 Intermediate Line Dance	12:30 Afternoon Mah-Jongg	1:00 ForMar Backyard Habitat
1:00 Crochet Group	Noon Lunch - Salisbury Steak	6:00 Setback	6:00 Euchre	
3:00 Basic Line Dancing	12:30 Mah-Jongg		6:30 Pinochle	
5:00 Hand, Knee & Foot	1:00 Wood Carving			
	1:00 Euchre			
	3:00 Book Club			
	4:30 Dominoes			
	6:00 5-Handed Euchre			

Friday

Thursday

Wednesday

Tuesday

Monday

hoppy Easter to you!

April 5th – Zumba April 6th – No Exercise

Board Meeting Notice

The next board meeting will be held on Wednesday, April 12th at 10:00 am

Mission

The purpose of the Swartz Creek Area Senior Citizens, Inc. shall be to identify and meet the needs of senior citizens. This is achieved through programs designed to provide services in the areas of information and referral, education, nutrition, health screening, the arts, recreation, personal growth, leadership development, self-worth, and community involvement.



TRIPS



Shipshewana with Das Dutchman Essenhaus

Wednesday, June 21st, 2023

Payment is due at time of reservation: Deadline is 05-29-23

Welcome to the home of the Midwest's largest flea market!
You can find anything from farm fresh fruit to handcrafted
furniture! The day will be capped off with a family-style
dinner. Trip includes round trip transportation to
Shipshewana, IN, 5 hours at the flea market, and a 3 meat
style dinner at Das Dutchman Essenhaus. Bus departs from
our center at 8:00 am and returns at 9:00 pm.

\$120 per person



A Jukebox for the Algonquin Wednesday, July 26th

A World premiere by Paul Stroili Directed by Suzi Regan

At a senior living community, a small group of residents decide they're not quite ready to go. These residents hatch a plot to prove aging is not a New York state of mind. A serious comedy about sex, drugs, and rocking chairs. this trip includes round transportation from the center to Purple Rose Theatre in Chelsea, MI.

Deadline to RSVP: June 25th, 2023

\$89 per person

Please note that seats fill up quick so it's better to pay sooner than later!



Dow Gardens & The Longest Canopy Walk

Wednesday, July 19th, 2023

This trip includes round trip transportation to Midland, MI. Admission and self-guided Tour of Dow Gardens and Tour of Whiting Forest- Longest Canopy Walk. A Buffet Luncheon at Krzysiak's House Restaurant in Bay City.

Bus departs at 10:30 am and returns at 6:00 pm. payment due at time of registration:

Deadline is 06-26-23

\$85 per person



Detroit Princess Luncheon Cruise

Thursday, August 24th, 2023

Detroit Princess Riverboat cruises journey from hart Plaza past the Ambassador Bridge, just past Belle Isle, with a bountiful lunch menu, it is easy for everyone to find an entree they enjoy! This trip includes a round trip transportation to Detroit, MI. A Cruise on the Detroit Princess Riverboat, A Delicious buffet, and musical entertainment all while you cruise down the river. the bus departs from our center at 9:30 am

and returns at 4:30 pm.
Payment is due at time of registration:
Deadline is 07-18-23

\$105 per person

See Next Page for Travel policy and more -

INFORMATION



Toledo Zoo & Aquarium

Wednesday, September 20th, 2023

The Toledo Zoo and Aquarium is nationally known for its large exhibits and animal diversity. With its hippoaquarium, Artic Encounter, and Africa! exhibits where you get up-close and personal with the animals. Not to mention the over 178,000-gallon water aquariums. This trip includes transportation to and from Toledo, OH, a lunch at Tony Packo's, and admission to the Toledo Zoo!

Deadline to RSVP: August 27th, 2023

\$85 per person 60+ \$110 per person under 60

Hearing Screening

Tuesday, April 25th

Provided by: Your Hearing Solution Offered by the center once a month. Call 810-635-4122 to make your appointment. FREE hearing evaluations available at the center. FREE hearing aid cleaning and adjustments.

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, She 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.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Paper Towel, Clorox wipes, Tissues, Coffee, and Hand Soap are always appreciated!

Thank you for your generous donations to our Senior Center!

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.



TRANSPORTATION

Transportation services available to seniors residing within the Swartz Creek School District. Contact the senior center for the complete schedule.

TRANSPORTATION SERVICES INCLUDE:

SHOPPING WEEKLY

Round trip from your home on Tuesdays. This trip alternates between Meijer and Kroger each week.

FOOD PANTRY MONTHLY

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





A \$3 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 or living outside Genesee County is a \$6 donation.

Provided by Genesee County Community
Action Resource Department (GCCARD)

Class Cancellations

April 5th- Zumba April 6th- No Exercise

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!

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.

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.





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for more information!



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SWARTZ CREEK AREA SENIOR CENTER

8095 Civic Drive, Swartz Creek, MI 48473

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

Friday: 9:00 am — 4:00 pm

Office: (810) 635-4122 **Fax:** (810) 635-9405

Website: www.myscasc.org
Facebook: Swartz Creek Area

Senior Center

STAFF

Barbara McCallum, Director Holly Burgess, Program Coord. Marianne Campbell, Staff Asst. Greg Boshaw, Transportation

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

