



# Swartz Creek

AREA SENIOR CENTER

**APRIL 2024 NEWS**

**VOLUME 24, 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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15-0694



# UPCOMING EVENTS

*Yum!*

## SLOPPY JOE & CONEY DOG LUNCH

THURSDAY, APRIL 18TH  
11:00 AM - 1:00 PM

- CONEY DOG OR SLOPPY JOE
- CHIPS
- PICKLES
- DESSERT
- BEVERAGES

**\$8**

per person  
at the door



## Bake Sale

Thursday, April 18th  
11:00 am to 4:00 pm

Cookies, brownies, cupcakes, and lots more. There really is something for everyone!

Items are sold by your donations!



## SELF DEFENSE

FRIDAY, APRIL 5TH AT 11:00 PM

Experienced Instructors from J D Fitness will teach practical techniques tailored to the unique needs and abilities of older adults. From simple yet effective moves to situational awareness, our goal is to equip seniors with the knowledge and skills to stay safe in any situation. Learning self-defense can boost confidence, improve balance and coordination, and provide a sense of empowerment. It's an opportunity for seniors to take control of their personal safety and live life to the fullest.

RSVP by April 1st

**\$3**

PER PERSON



MICHIGAN STATE UNIVERSITY Extension

## SLEEP Sleep Education for Everyone

Are you tired? Burned out? Do you consider yourself a "good" sleeper?

Join us for a six week series to learn ways to help you improve your sleep.

### WHEN:

Every Thursday,  
April 11 - May 23

1:30 - 2:15 PM  
(No class on 4/25)

### WHERE:

Swartz Creek Senior Center

### SIGN UP:

Register at front desk  
or call 810-635-4122

### Presenter:

Liz Williams  
josaitis@msu.edu



During six (45 minute) sessions we will share information that can help you improve how much and/or how well you are sleeping. Each week you will be given a sleep challenge to try, so you can track the effectiveness of changing your sleep behaviors.

6 Sessions (45 minutes each)  
DESCRIPTIONS:

- Week 1- Sleep Basics
- Week 2- Sleep Hygiene
- Week 3- Control Therapy
- Week 4- Mindfulness
- Week 5- Physical Activity
- Week 6- Sleep Myths

MSU is an affirmative action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

## MaxWell Therapy, LLC Balance & Endurance

Monday, April 29th  
at 12:30 pm

JOIN MAXWELL FOR THIS MONTHLY CLASS TO INCREASE YOUR CONFIDENCE IN BALANCE!

## Vertigo Seminar

Monday, April 15th  
at 1:00 pm

Unlock the secrets of vertigo and its impact on your balance and daily life at our educational class. Join us for an enlightening session that empowers you with knowledge and practical strategies to navigate life with confidence.

RSVP by April 8th



## Thinking of You Card Making

Friday, April 19th from  
1:00-3:00 pm

**\$5**  
per person

Join Linda Evans to learn the art of card making. Nothing feels better than knowing someone is keeping you in their thoughts and the best way to show your loved ones is with a handmade card. Leave class with 3-5 hand made cards. Please bring your own adhesive and scissors if able.



# UPCOMING EVENTS

WE INVITE YOU TO OUR

## Spring LADIES BRUNCH

WEDNESDAY | **1st** | 10:30 AM  
2024

**MENU**  
CHICKEN SALAD CROISSANTS  
MINI QUISCH  
A VARIETY OF DANISHES  
FRUIT SALAD  
DESERT  
AND MORE!

**\$5**  
per person

ORANGE JULIUS BAR PROVIDED BY  
LEA ANNE WITH CENTERWELL HOME  
HEALTH!

PREPAY BY APRIL 24TH

*See you there!*

## WHITE ELEPHANT BINGO

THURSDAY, APRIL 4TH 10:00-11:30 AM

This is our fun twist on Bingo, you bring a wrapped item, something you don't want in your house anymore, and bring it as a prize. When you win a bingo these

## BINGO WITH SWANK

THURSDAY, APRIL 11TH 10:00-11:30 AM

Enjoy a fun game of bingo with Kori from Swank Assisted Living! Prizes provided by Swank Assisted Living.

## Coffee Hour

WITH JOSEPH KARLICHEK

Thursday, April 25th  
at 10:00 am

Joe currently serves as the Mayor of Flushing, a position he was first elected to in 2019 on the platform of "small, safe & clean". Appointed Chairman of Genesee County Small Cities & Villages and a member on the Genesee County 9-1-1 Executive Board. Joe is married to Melissa and has three daughters. Joe is beginning his campaign for Genesee County Commissioner. Please RSVP by April 18th

## WANTED!!! BAKERS & VOLUNTEERS

TO DONATE BAKED GOOD FOR THE BAKE SALE, PLEASE LET THE CENTER KNOW BY APRIL 11TH WHAT YOU PLAN TO BAKE.

YOUR BAKED GOODS AND A LIST OF INGREDIENTS MUST BE DROPPED OFF BY 7:00 PM ON APRIL 17TH.

VOLUNTEERS TO HELP WITH CONEY LUNCH OR BAKE SALE MUST LET US KNOW BY APRIL 11TH

**AARP**

**NEW CARS  
KEEP  
GETTING  
SMARTER.**

**AARP Smart DriverTEK**

**Wednesday, April 3rd  
from 10:00-11:30 AM**

**RSVP by March 27th**

**Staying in the know has never been easier.  
Attend a FREE AARP Smart DriverTEK workshop near you.**

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 increase your confidence behind the wheel. Register today and tell a friend—it's FREE!

## QUESTION OF THE MONTH

WITH *Mrs. Creek*



OUR NEXT QUESTION IS:  
**What programs and/or events would you like to see at our center?**

To answer either call us at 810-655-4122, email us at [swartzcreekseniorcenter@gmail.com](mailto:swartzcreekseniorcenter@gmail.com), or find our question box in our lobby. Your responses will be anonymous.

Last Month's Question was:  
**What is your favorite activity at our center and why?**

### Your Answers:

I enjoy Darci's classes, she is a great teacher who modifies the exercises based on the different needs of those participating. My favorite activity is card making. I love being creative and having beautiful cards to share.

I love to start my day by attending Yoga. The instructors are amazing & I get a little social time too. It puts me in such a great mood.

I enjoy the Friday arthritis exercise class. It's perfect for me, and Abby makes it more interesting by doing different types of exercise each week.

I love our Tuesday trips to the grocery store. I don't drive, anymore, and it is my only way to get out & buy groceries. It's always an enjoyable trip to the store.

*Euchre of course!*

# PROGRAMS & EVENTS

All programs are FREE unless noted otherwise.

## Basic Line Dancing

Monday, 3:00-4:00 PM

Instructor: Darci

Beginners class to learn the basic steps in line dancing, no partner needed. Good for your mind and to get you moving!

## Improved Line Dancing

Monday, 10:00-11:00 am

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills, no partner needed. Good for the body and mind!

## Intermediate Line Dancing

Wednesday, 3:00-4:00 pm

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills from intermediate, no partner needed. Good for the body and mind!

## Yoga AM

Monday, Tuesday, Thursday, 8:45-9:45 am

Instructor: Katrina Smeets

Substitute: Amy Cross

Yoga is a series of postures linked with movement that will open and cleanse the body, strengthen and lengthen your muscles, calm and open your mind. Make sure to bring your mat and water!

## Yoga PM

Monday, 6:00-7:00 pm

Instructor: Machel 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, 11:00 am-12:00 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, 11:30 am- 12:30 pm

Instructor: Darci

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance.



## Stretch & Balance

Monday, 1:45-2:45 pm

Instructor: Darci

Are you afraid of falling? Darci's class will help improve your balance with fun stretches and exercises that gain back your confidence!

## Beginner Cardio

Tuesday: 2:30-3:30 pm

Instructor: Darci

This class mixes techniques of steps, arm movements, and a sprinkle of dancing to create a perfect intro to cardio. Utilizing weight to increase strength and get your heart pumping!

## Zumba AM

Wednesday, 9:00-10:00 am

Instructor: Linda Dyball

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.



## Zumba PM

Wednesday, 5:00-6:00 pm

Instructor: Kimberly Worchal-Smith

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

## 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.

**BOOK CLUB**  
*Dive into a good book!*

Tuesday, April 30th at 3:15 PM

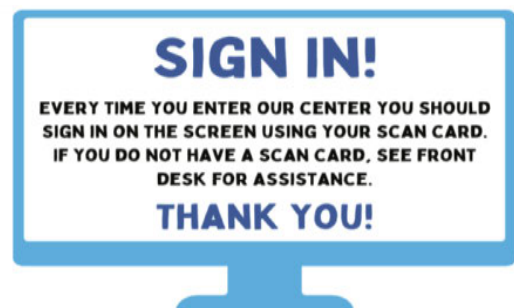
Obtain this month's read either at the library or purchase your own copy. Enjoy the read, and then meet with us to discuss your thoughts!

**SMALL GREAT THINGS**  
BY JODI PICOULT

## SIGN IN!

EVERY TIME YOU ENTER OUR CENTER YOU SHOULD SIGN IN ON THE SCREEN USING YOUR SCAN CARD. IF YOU DO NOT HAVE A SCAN CARD, SEE FRONT DESK FOR ASSISTANCE.

**THANK YOU!**







# A P

# R

# I L






## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>1</b></p> <p>8:45 Beginner Yoga w/ Katrina  10:00 Improved Line Dancing  <b>10:00 Age Friendly Wellness Council</b>  11:30 Sassy Exercise  Noon Lunch— Turkey Burger w/ Cheese  1:00 Crochet Group  1:00 Horse Race  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot  6:00 Yoga w/ Machelle</p>	<p><b>2</b></p> <p>8:45 Yoga w/ Katrina  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:00 Toning  Noon Lunch— Antipasto Salad w/ Pepperoni  12:30 Mah-Jongg  1:00 Wood Carving  1:00 Euchre  2:30 Beginner Cardio  4:30 Dominoes  6:00 5-Handed Euchre</p>	<p><b>3</b></p> <p>9:00 Zumba  <b>10:00 Smart Driver TEK</b>  11:30 Sassy Exercise  Noon Lunch— Country Style Chicken  3:00 Intermediate Line Dance  5:00 Zumba w/ Kimberley  6:00 Setback</p> <p style="text-align: center;"> Taxes by appt.</p>	<p><b>4</b></p> <p>8:45 Yoga w/ Katrina  10:00 Tai Chi  <b>10:00 White Elephant Bingo</b>  11:00 Toning  Noon Lunch— HM Creamy Tortellini  Oven Fried Chicken  6:00 Euchre  6:00 Pinochle</p>	<p><b>5</b></p> <p><b>10:00 Visually Impaired Support Group cancelled</b>  <b>11:00 Arthritis Exercise cancelled</b>  <b>11:00 Self Defense</b>  Noon Lunch— Chef's Choice</p> <p style="text-align: center;"> Taxes by appt.</p>
<p><b>8</b></p> <p>8:45 Beginner Yoga w/ Amy  10:00 Improved Line Dancing  11:30 Sassy Exercise  Noon Lunch— Asian Chicken Bowl  1:00 Crochet Group  1:00 Horse Race  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot  <b>6:00 Yoga w/ Machelle cancelled</b></p>	<p><b>9</b></p> <p><b>8:45 Yoga cancelled</b>  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:00 Toning  Noon Lunch— HM Chicken Parmesan  12:30 Mah-Jongg  1:00 Wood Carving  1:00 Euchre  2:30 Beginner Cardio  4:30 Dominoes  6:00 5-Handed Euchre</p>	<p><b>10</b></p> <p>9:00 Zumba  <b>10:00 Board Meeting</b>  11:30 Sassy Exercise  Noon Lunch— Ham &amp; Turkey Sub  3:00 Intermediate Line Dance  5:00 Zumba w/ Kimberley  6:00 Setback</p> <p style="text-align: center;"> Taxes by appt.</p>	<p><b>11</b></p> <p>8:45 Yoga w/ Katrina  10:00 Tai Chi  <b>10:00 Bingo</b>  11:00 Toning  Noon Lunch—BBQ Chicken Wings  <b>1:30 SLEEP</b>  6:00 Euchre  6:00 Pinochle</p>	<p><b>12</b></p> <p><b>Chair Massages by Appt.</b>  11:00 Arthritis Exercise  Noon Lunch— HM Mac &amp; Cheese</p> <p style="text-align: center;"> Taxes by appt.</p>
<p><b>15</b></p> <p><b>Detroit Then &amp; Now Bus Departs</b>  8:45 Beginner Yoga w/ Amy  10:00 Improved Line Dancing  11:30 Sassy Exercise  Noon Lunch— Italian Breaded Chicken Breast  1:00 Crochet Group  1:00 Horse Race  <b>1:00 Vertigo Seminar</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot  6:00 Yoga w/ Machelle</p>	<p><b>16</b></p> <p><b>8:45 Yoga cancelled</b>  10:00 Knitting Group  10:00 Grocery Bag Crochet  10:00 Tai Chi  11:00 Toning  Noon Lunch— Turkey Tetrazzini  12:30 Mah-Jongg  1:00 Wood Carving  1:00 Euchre  2:30 Beginner Cardio  4:30 Dominoes  6:00 5-Handed Euchre</p>	<p><b>17</b></p> <p><b>Legal Services</b>  9:00 Zumba  <b>11:00 Grief Support Group</b>  11:30 Sassy Exercise  Noon Lunch— Swedish Meatballs  3:00 Intermediate Line Dance  5:00 Zumba w/ Kimberley  6:00 Setback</p>	<p><b>18</b></p> <p><b>8:45 Yoga cancelled</b>  <b>10:00 Tai Chi cancelled</b>  <b>11:00-1:00 Coney &amp; Sloppy Joe Lunch</b>  <b>11:00-4:00 Bake Sale</b>  <b>11:00 Toning cancelled</b>  Noon Lunch— HM Chicken Salad Sandwich  <b>1:00 Pencil Drawing</b>  <b>1:30 SLEEP</b>  6:00 Euchre  6:00 Pinochle</p>	<p><b>19</b></p> <p><b>Hearing Screening by Appt</b>  11:00 Arthritis Exercise  Noon Lunch— Fish Taco w/ Fresh Corn Salsa  <b>1:00 Thinking of You Card Making</b></p>

## Monday

22  
 8:45 Beginner Yoga w/ Katrina  
 10:00 Improved Line Dancing  
 11:30 Sassy Exercise  
 Noon Lunch— Ham & Cheese Frittata  
 1:00 Crochet Group  
 1:00 Horse Race  
 1:45 Stretch & Balance  
 3:00 Basic Line Dancing  
 5:00 Hand, Knee & Foot  
 6:00 Yoga w/ Machelles

## Tuesday

23  
 8:45 Yoga w/ Katrina  
 10:00 Knitting Group  
 10:00 Grocery Bag Crochet  
 10:00 Tai Chi  
 11:00 Toning  
 Noon Lunch— Salisbury Steak  
 12:30 Mah-Jongg  
 1:00 Wood Carving  
 1:00 Euchre  
 2:30 Beginner Cardio  
 4:30 Dominoes  
 6:00 5-Handed Euchre

## Wednesday

24  
**Firekeepers Casino Bus Trip**  
 9:00 Zumba  
 11:30 Sassy Exercise  
 Noon Lunch— Turkey Polish Dog  
 3:00 Intermediate Line Dance  
 5:00 Zumba w/ Kimberly  
 6:00 Setback

## Thursday

25  
 8:45 Yoga w/ Katrina  
**10:00 Coffee Hour with Joe**  
 10:00 Tai Chi  
 11:00 Toning  
 Noon Lunch— Chef's Choice  
**1:00 Pencil Drawing**  
 6:00 Euchre  
 6:00 Pinochle

## Friday

26  
 11:00 Arthritis Exercise  
 Noon Lunch— Chipotle Bowl  
 w/ Beef & Beans  
**12:00 Lunch w/ the Commissioner**

29  
 8:45 Beginner Yoga w/ Katrina  
 10:00 Improved Line Dancing  
 11:30 Sassy Exercise  
 Noon Lunch— HM Sloppy Joes  
**12:30 Balance & Endurance**  
 1:00 Crochet Group  
 1:00 Horse Race  
 1:45 Stretch & Balance  
 3:00 Basic Line Dancing  
 5:00 Hand, Knee & Foot  
 6:00 Yoga w/ Machelles

30  
**8:45 Yoga cancelled**  
 10:00 Knitting Group  
 10:00 Grocery Bag Crochet  
 10:00 Tai Chi  
 11:00 Toning  
 Noon Lunch— Italian Grinder Wrap  
 12:30 Mah-Jongg  
 1:00 Wood Carving  
 1:00 Euchre  
 2:30 Beginner Cardio  
**3:15 Book Club**  
 4:30 Dominoes  
 6:00 5-Handed Euchre

*Lunch with the*  
**COMMISSIONER**  
**FRIDAY, APRIL 26TH AT 12:00 PM**  
 Join us for lunch with Dale Weighill, our Genesee County Commissioner, for a laid back, question-and-answer session! RSVP by April 19th

**Menu**  
 Jet's Pizza  
 Salad  
 Refreshments

**Genesee County Commissioner Dale Weighill**




## Board Meeting Notice

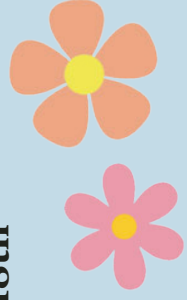
**The next board meeting  
 will be held on Wednesday,  
 April 10th at 10:00 am**

## 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.

## Cancellations

**Yoga AM: April 9th, 16th, & 30th  
 Yoga PM: April 8th  
 Arthritis Exercise: April 5th  
 All Exercise: April 18th**



# 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- 2:30 pm

Mahjong is always played with four players seated around a table. Tiles are shuffled, dice are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin.

## Euchre

Tuesday, 1:00- 3:00 pm

Thursday, 6:00- 8:15 pm

The goal of the game is to win at least three tricks. If the side that fixed the trump fails to get three tricks, it is said to be "euchred." Winning all five tricks is called a "march."

## 5- Handed Euchre

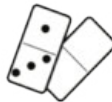
Tuesday, 6:00 pm-8:15 pm

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

## Dominoes

Tuesday, 4:30 pm-6:30 pm

Each time a player places a domino on the table in Mexican Train, it must conform to normal domino play. i.e. The domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches.



## Setback

Wednesday, 6:00- 8:15 pm

A trick taking game similar to Spades. 2-8 players play either individually or in teams. Each player is dealt six cards, usually by dealing three at a time. Players first bid or pass, with the lowest possible bid being "2." If everyone passes, the dealer must bid "2." Whoever wins the bid starts the first trick. Whatever suit they play is trump for that round. Play proceeds as in most other trick-taking games (Spades, for example).

## Pinochle

Thursday, 6:30 - 8:15 pm

A card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks.



## Horse Race

Monday: 1:00-3:00 pm

This game uses a board, dice, cards, and nickels that will make you feel like you're at the horse races. Strategically move your horse across the "track" the fastest, while trying not to lose all your nickels to the pot!

## Crochet

Monday, 1:00-2:30 pm

A needlework technique performed using a crochet hook plus fiber or other similar material. Most typically, this material is yarn or crochet thread. A very relaxing activity that is good for the mind.



## Grocery Bag Crochet

Tuesday, 10:00-11:30 am

Instructor: Betty Binder

Bring with you 10 plastic grocery bags, a pair of scissors, and a large crochet needle. This is a great way to recycle plastic and create something more useful like a sturdy bag, mat, and more!

## Knitting

Tuesday, 10:00-11:30 am

The knitting process basically involves continuously interlinking or knotting a series of loops of yarn using needles. A very relaxing activity that is good for the mind.

## Wood Carving

Tuesday, 1:00-3:00 pm

Wood carving is a form of working wood by means of a cutting tool. A chisel or knife are usual tools: the chisel can be tapped with a wooden mallet. The result is a wooden figure, or the sculptural ornamentation of a wooden object.

## Card Making

One Friday a month, 1:00-3:00 pm

*\$5 per person at time of registration*

Join Instructor, Linda Evans, as she assists you in creating beautiful, hand made cards. Themes vary month to month, including Birthday, Thinking of you, Holiday, and thank you. All supplies are included, bring your own scissors and adhesive.



## Pencil Drawing

The 3rd & 4th Friday of every month

Instructor: Peggy Mattson

Join Peggy as she teaches you the basics of pencil drawing. Please RSVP and request a supplies list.



## 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.



# TRIPS

## Horrocks Farm & Market

Tuesday, May 21st, 2024

\$52.00 Per Person

Round trip transportation to and from Horrocks Market in Lansing. You will have lots of time to shop around and have lunch. Visit the MSU Dairy Store for a scoop of ice cream on the trip home! **Deadline: 5/5/24**

## Taste of Michigan

Thursday, June 27th, 2024

\$104.00 Per Person

Round trip transportation to Michigan's Sunrise Side, Lunch at Iva's Famous Chicken Dinner, and plenty of time to shop at Wilson's Cheese Shoppe, Sherni's Candies, Freakin' Pickles, and enjoy wine tasting at Modern Craft Winery.

**Deadline: 6/3/24**

## Mackinac Island

Wednesday, July 24th, 2024

\$134.00 Per Person

Take a trip to Mackinac Island with us! This trip includes transportation to and from Mackinaw City, round trip Ferry tickets, and lots of free time to explore Mackinac Island. **Deadline: 6/27/24**

## Put In Bay

Tuesday, August 6th, 2024

\$184.00 Per Person

Round trip transportation to Put-In-Bay in Ohio, All day private tour train, \$15 lunch voucher, Self-tour of Perry's Monument, Wine tasting, Admission to the Butterfly House and Antique Car Museum, and plenty of time to explore and shop the Island. **Deadline: 7/15/24**

## Discover Saugatuck

Wednesday, August 28th, 2024

\$99.00 Per Person

Explore the Saugatuck Dunes with an exciting ride along one of the dunes on Lake Michigan, after that, stop for lunch in Downtown Saugatuck! **Deadline: 8/5/24**

## Detroit Princess

Thursday, September 5th, 2024

\$110.00 Per Person

Enjoy this cruise from Hart Plaza to the Ambassador Bridge, pass Belle Isle and relax on the dock. For lunch, a bountiful buffet with musical entertainment.

**Deadline: 7/24/24**

## Experience Detroit Zoo

Wednesday, September 18th, 2024

\$99.00 Per Person

Join us for a trip to enjoy the Detroit Zoo! Have lunch at Sign of the Beef carver and spend about 4 hours of self-touring the exhibits. **Deadline: 8/26/24**

## The Ausable Fall Color Tour

Thursday, October 10th, 2024

\$130.00 Per Person

Stop at the H & H Bakery, then Modern Craft Winery for wine tasting, then enjoy a 2 hour river cruise on the AuSable River Queen. Our final stop will be at Iva's Chicken Dinners. **Deadline: 9/17/24**

**For more information about any of the trips we offer, please stop by our center for a full itinerary or give us a call at 810-635-4122.**

**Thank you!**



### 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.**

### 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.

# INFORMATION

## Legal Services of Eastern Michigan (LSEM)

**\*Wednesday, April 17th by appointment\***

Available at the Senior Center the 3rd Wednesday of each month. Free Legal Services are available at the Senior Center by appointment for seniors over age 60 regardless of income. Services Include:

- Estate Planning
- Wills Power-of-Attorney
- Advance Directives
- Medicaid Planning
- Public Benefits
- Housing Complaints
- Consumer Issues



## Hearing Screenings

**\*Friday, April 19th by appointment\***

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

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

PROVIDED BY YOUR HEARING SOLUTION



## Transportation

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

## Michigan Medicare/Medicaid Assistance Program

A volunteer MMAP Counselor can provide free services to help you: Understand Medicare & Medicaid. Compare or enroll in Medicare Prescription drug coverage. Review & compare Medicare Supplemental insurance options. Call the Center today at 810-635-4122 to make your appointment.

## Veteran Services of Genesee County

**\*Wednesday, May 22nd by 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
- Transportation

And more!



## Senior Dining by GCCARD

Meals are served Monday - Friday at 12:00 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!

## Grief Support Group

**\*Wednesday, April 17th at 11:00 am\***

Jessica with The Medical Team provides on-going grief support for anyone who has experienced the death of a loved one. Their purpose to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

## Visually Impaired Support Group

**\*Friday, May 3rd 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.

## Age Friendly Wellness Council

**\*Monday, April 1st 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!

## SUPPLY DONATIONS

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

**Thank you for your generous donations to our Senior Center!**



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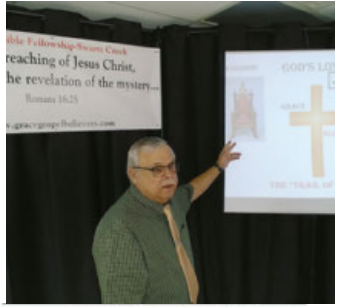
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# Swartz Creek Area Senior Center



8095 Civic Drive, Swartz Creek, MI 48473

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

**Friday: 9:00 am — 4:00 pm**

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](http://www.myscasc.org)

**Facebook:** Swartz Creek Area Senior Center

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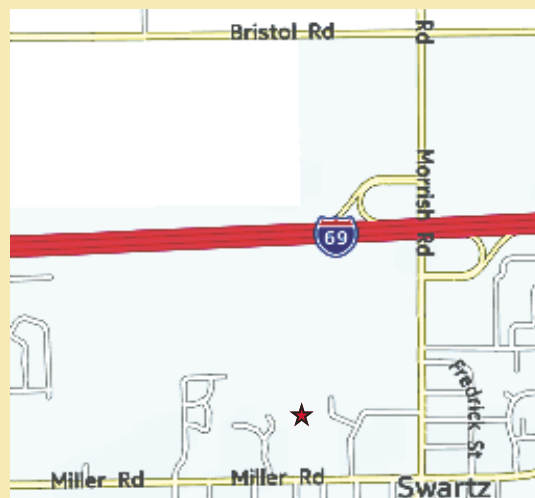
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Holly Burgess, Program Coord.



Swartz Creek Area Senior Center  
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Swartz Creek, MI 48473