

SWARTZ CREEK AREA SENIOR CENTER

APRIL
2019 NEWS

| VOLUME 19, ISSUE 4



Coney Dog/Sloppy Joe Lunch

Thursday, April 11th
11:00 a.m.—2:00 p.m.
\$7.00 Donation per person
Carry-Out Available

Menu
Coney Dog or Sloppy Joe
Chips/Pickle
Beverage
Dessert

Fundraiser: Bake Sale!

Thursday, April 11th,
9:00 a.m. - 6:00 p.m.

Cookies, brownies, and other goodies are packaged in small portions so there is something for everyone. Items are sold by donations.



“STAY ACTIVE & INFORMED AT THE SENIOR CENTER”

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

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HOME SECURITY TEAM



Upcoming Events

Legal Services

Provided by Legal Services of Eastern Michigan

Where: Swartz Creek Area Senior Center 8095 Civic Drive, Swartz Creek, MI 48473

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

To schedule an appointment, see staff at the center or call (810)-635-4122.

Services Include:

- Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Employment Issues, Public Benefits, Wills, Durable Power-of-Attorney for Finances, Durable Power-of-Attorney for Healthcare, Medicaid Planning, Social Security, Income Tax Issues, Nursing Home Issues.

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

SWARTZ CREEK AREA SENIOR CENTER 2019 ELECTION - BOARD OF TRUSTEES

Absentee Ballots will be available for the 2019 Board of Trustee elections. An application must be completed and returned to the senior center by April 12th, 2019. 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 26th, 2019.



ARE YOU INTERESTED IN A BEGINNER LINE DANCING CLASS?

Planned for Thursdays at 5:15 p.m.

Class will begin April 4th!

Class is \$2.00 per session or use your punch card.



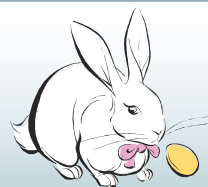
American Red Cross Preparedness Presentation

The ARC is offering a free preparedness presentation to the community to help our residents be prepared in the event of a natural disaster.

When: April 17th, 2019 @ 2:00pm

Where: Swartz Creek Area Senior Center

RSVP by: April 10th, 2019 @ 635-4122



EASTER LUNCHEON

WHEN: April 18th, 2019

RSVP DEADLINE:

April 5th, 2019. Call 635-4122

MENU

Bone in Chicken Breast,
Mashed Potatoes w/ Gravy,
Green Beans, Buttermilk
Biscuit, Homemade
Brownie, Golden Apple, and
Margarine and Milk.

CENTER CLOSED ON APRIL 19TH!!!



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.

Elder Abuse Seminar

Where: Swartz Creek Senior Center **When:** May 13th, 2019

Time: 1:00pm **Open to the Public!**

RSVP by: May 6th @ 635- 4122

Join us as we discuss the following topics affecting Seniors in your community:

- Types of Elder Abuse
- Indicators of a Victim of Elder Abuse
- Indicators of a Perpetrator of Elder Abuse
- Current Scams targeted at Seniors
- Who to call if you Suspect Abuse
- How The Elder Abuse Task Force Victim Services Division is Here to Help You

This Services to Victims of Elder Abuse Project is supported by Crime Victim Assistance Grant

Upcoming Events

Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, April 3rd 2019 at 10:00am

Facilitated by Swank Home Assisted Living
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.



Watercolor Painting Class

Thursday, April, 4th, 11th, 2019

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

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.**



Still Life Pencil Drawing

Thursday, April 18th and 25th, 2019 at 1:00pm.

Cost (2 Sessions): \$10

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 kneaded or white eraser for this class.**



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.

When: Wednesday, April 17th, 2019 at 11:00am

Where: Swartz Creek Senior Center



Hearing Screenings

April 24th, 2019

Provided by Fluke Hearing

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.

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, April 12th and 26th, 2019

Time: 6:00 p.m.—8:30 p.m.

Cost: \$5.00

Must be 50 or older.

Pizza, Pop, Water and Snacks will be available for purchase during the dance.



Upcoming Events

April Class Cancellations

- All exercise classes canceled April 11th except basic line dancing!
- April 18th: Yoga AM, Tai Chi, Toning, Yoga w/ Props.



WANTED

Baked Goods & Volunteer Helpers

To donate Baked Goods, please call the Senior Center by Thursday, April 4th to sign up and let us know what you plan to bake. Your baked goods and a list of ingredients need to be dropped off at the Center before 7:00 p.m. on Wednesday, April 10th.

- Cookies, brownies, candies, and other small items sell best when they are packaged in zipper bags of 2 or 6 items.

We need volunteers to help at the Bake Sale or Coney Lunch, please sign up by Thursday, April 4th.

Tour and Lunch @ Caretel

When: Tuesday May 7th, 2019



Caretel Inns will be picking seniors up from Swartz Creek Senior Center at 11:00am to tour their facility in Linden!

Schedule:

11:30am: Lunch @ Caretel; 12:30pm: Tour Caretel (with Questions and Answers); 1:30pm - Attend Healthy Exercise ; 3:00pm - Return to Swartz Creek Senior Center.

Space is limited! Call the center at 810-635-4122 today to RSVP! Deadline to register is April 19th.

Coffee Hour w/ Representative Cherry

Join us at the senior center on **May 20th, 2019**

@ 6:00pm for a Coffee Hour with Representative John Cherry.

Call to RSVP at the center by May 13th @ 635-4122!



AARP DRIVER'S TRAINING

When: May 28th and 29th, 2019

Time: 9:00am-1:00pm

Where: Swartz Creek Senior Center

Cost: 15 Dollars for AARP Members; 20 Dollars for Non-AARP Members

Sign up at the center by May 20th, 2019! Call 635-4122 to RSVP. Payment required for sign up. Checks should be made out to AARP Driver Safety.

Matter of Balance

When: April 17th, 2019 – June 12th, 2019 from 10:45am—12:45pm (No class May 22nd)

Where: Swartz Creek Senior Center

RSVP: April 10th, 2019 by calling 810-635-4122 (space is limited).

Classes are conducted over eight sessions, meeting once a week, two hours per session.

Genesee Gardens Luncheon

When: May 15th, 2019 @ 12:00pm

Where: Swartz Creek Area Senior Center

RSVP by: May 6th, 2019 @ 635-4122

Join us for a luncheon to learn more about Genesee Gardens and what they offer!

Maxwell Therapy: KNEE PAIN SEMINAR

When: May 8th, 2019 @ 1:00pm

Where: The Swartz Creek Senior Center

RSVP by: May 1st, 2019 @ 635-4122

1. Do you suffer with knee pain when you are walking or standing?
2. Do you have trouble going up and down stairs?
3. Are you looking to avoid Invasive Knee Surgery or expensive injections? If you have answered **YES** to any of the above questions...the Knee Pain Workshop may be a life changing event for 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 condition.

The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantity are limited. Call the center for availability.

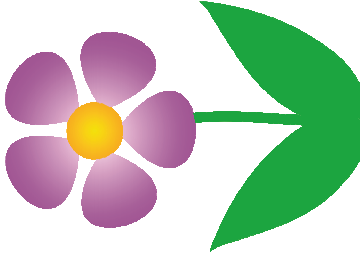


Mission

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.

Programs and/or services are fully or partially funded by Genesee County Millage Funds. Your tax dollars at work.

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Roast Beef 12:30 Pinochle 1:00 Crochet 1:15 Roll & Release 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance	2 8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— Pub Burger 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage	3 Taxes by Appointment 8:30 Firekeepers Casino Trip 9:30 Zumba 10:00 Alzheimer Support Group Noon Lunch— Chicken Parmesan 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback	4 8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch— Beef & Bean Burrito 12:30 Pinochle 1:00 Watercolor Class 1:15 Yoga with Props 2:30 Roll & Release 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	5 Taxes by Appointment 11:00 Arthritis Exercise Noon Lunch— Baked Fish 1:30 Tools for Caregivers CENTER CLOSURES 4:00PM NO EVENING ACTIVITIES
8 8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Salisbury Steak 12:30 Pinochle 1:00 Crochet 1:15 Roll & Release 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance	9 8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— Baked Chicken Breast 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage	10 Taxes by Appointment 9:30 Zumba 10:00 Board Meeting Noon Lunch— Philly Sub Sandwich 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback	11 All Morning Exercise Classes Cancelled 9:00—6:00 Bake Sale 11:00—2:00 Bake Sale/ Coney Lunch Yoga with Props CANCELLED Roll & Release CANCELLED Yoga CANCELLED 12:30 Pinochle 1:00 Watercolor Class 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	12 Taxes by Appointment 11:00 Arthritis Exercise 12:00 Genesee Gardens Luncheon CENTER CLOSURES 4:00PM - 5:45 PM 6:00 Dance

<p>15</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch—Artisan Mac & Cheese 12:30 Pinochle 1:00 Crochet 1:15 Roll & Release 2:30 Sassy Exercise 4:00 Beg. Ballroom Dancing 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>16</p> <p>8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Tangerine Chicken 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage</p>	<p>17</p> <p>Legal Services by appointment Taxes by Appointment 9:30 Zumba 10:45 Matter of Balance 11:00 Grief Support Group Noon Lunch – BBQ Pulled Pork Sandwich 2:00 Red Cross Presentation 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg</p>	<p>18</p> <p>All Morning Exercise Classes Cancelled 12:00 Easter Lunch 12:30 Pinochle 1:00 Pencil Drawing Class Roll & Release CANCELLED 2:30 Roll & Release 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>19</p> <p>CENTER CLOSED</p> 			
<p>22</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch – Grilled Chicken Breast 12:30 Pinochle 1:00 Crochet 1:15 Roll & Release 2:30 Sassy Exercise 4:00 Beg. Ballroom Dancing 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>23</p> <p>8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— Pork Chop w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage</p>	<p>24</p> <p>Hearing Screenings by Apt. 9:30 Zumba 10:45 Matter of Balance Noon Lunch— Chicken Tenders 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>25</p> <p>8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch – BBQ Boneless Rib 12:30 Pinochle 1:15 Yoga with Props 1:00 Pencil Drawing Class 2:30 Roll & Release 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>26</p> <p>Food Pantry 11:00 Arthritis Exercise Noon Lunch— Turkey Polish CENTER CLOSES 4:00PM - 5:45 PM 6:00 Dance</p>			
<p>29</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch – Turkey Pot Roast 12:30 Pinochle 1:00 Crochet 1:15 Roll & Release 2:30 Sassy Exercise 4:00 Beg. Ballroom Dancing 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>		<p>30</p> <p>8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch– Sloppy Joe 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 4:00 Book Club 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage</p>		<p>BOOK CLUB Next Meeting will be Tuesday, April 30th, 2019 @ 4:00pm Book: Lilac Girls by Martha Hall Kelly Are you looking for an opportunity to connect with others who enjoy reading as much as you do? New participants are always welcome!</p> 		<p>Euchre Tournament When: Saturday, April 13th, 2019 Where: Swartz Creek Senior Center 8095 Civic Dr. Swartz Creek Doors Open: 6:00 p.m. Starts: 6:30 p.m. Cost: \$5 Public Welcome – 18 years and up Refreshments Available</p> 	

Travel Opportunities

Like What You See? Want to Learn More About These Awesome Trips?

Come on up to the Swartz Creek Area Senior Center to check out the informational flyers we have for each of these trips. Grab some to share with your friends and family to let them in on all the fun! Come and adventure with us!

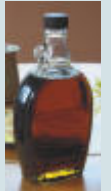
Sunday, April 28th,
2019

Cost: \$38

Deadline: April
10th, 2019

Shepherd Maple Syrup Festival/Soaring Eagle Casino

It's time again for our trip to **Shepherd, MI** where we will be enjoying a delicious Pancake Breakfast at the **Maple Syrup Festival**, then we'll be off to the casino in **Mt. Pleasant, MI** for an afternoon of gaming.



Father Solanus Casey Center

Wednesday, May 15th, 2019 : Cost: \$68

Father Solanus Casey spoke in a soft and quiet voice to all who came to him for help. Pilgrimages to the Solanus Casey Center lead the pilgrim to discover that we are all capable of living a faith-filled life. After our visit to the Solanus Casey Center stop, we'll head over to Ste. Anne's de Detroit. Ste. Anne Parish de Detroit is the second-oldest continuously-operating parish in the United States, and our church boasts soaring neo-Gothic architecture and the oldest stained glass windows in the city of Detroit. Ste. Anne is also the final resting place of Father Gabriel Richard, a man with an unparalleled legacy in the city and state.

Deadline: April 24th, 2019



Discover Sagatuck

Wednesday, June 19th, 2019
Cost: \$95

Deadline: May 29th, 2019



Creation Museum & Ark Encounter

July 23rd & 24th, 2019
Cost: 294 PP Double
\$389 PP Single

Deadline: May 23rd, 2019



Firekeepers Casino

Wednesday, August 7th, 2019
Cost: \$40

Deadline: July 22nd, 2019



Purple Rose Theatre— Welcome to Paradise

Wednesday, August 14th, 2019
Cost: \$94

Deadline: August 8th, 2019



Detroit Princess Riverboat

Thursday, September 5th, 2019

Cost: \$80

Deadline: July 29th, 2019



Travel/Donation Information

Like What You See? Want to Learn More About These Awesome Trips?

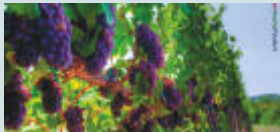
Come on up to the Swartz Creek Area Senior Center to check out the informational flyers detailing each of these trips. Grab some to share with your friends and family to let them in on all the fun! Come and adventure with us!

Cell Block 7 with Sandhill Crane Vineyards

Tuesday October 8th, 2019

Cost: \$72

Deadline: September 17th, 2019



Little River Casino Overnight with Soaring Eagle Casino

October 14th & 15th, 2019

Cost: \$119 PP Double

\$179 PP Single

Deadline: September 9th, 2019



Detroit Institute of Arts

Tuesday, November 5th, 2019



Cost: \$57

Deadline: October 4th, 2019

Firekeepers Casino & Christmas Lights

Wednesday, December 4, 2019

Cost: \$55

Deadline: November 18,



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.

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.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Cold Drink Cups, Bowls, Dessert Plates, Hard Candy, Tissues, Bathroom Tissue, Hand Soap, Regular & Decaf Coffee and 2-Liter Bottles of Pop are always appreciated.

Supplies were received in February by:

Jeanne and Roy Beville

Peggy Urick

Rene Gagnon

Audrey Ames

Peggy Ewing

Thank you for your generous donations to our Senior Center!

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)

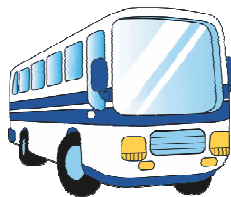
Round-trip transportation from your home to attend lunch at the center.

SHOPPING — (Weekly)

Round-trip transportation from your home in the early afternoon 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.



Assistance for Veterans

Available at the Senior Center
Call (810) 635-4122 for an Appointment

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.

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, sex, 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 Veterans Wall of Honor Project

Swartz Creek Community Schools I partnering with the Genesee County Department of Veterans Services, VFW, American Legion, AMVETS, and other local organizations to create a Wall of Honor at the Cage Community Center to honor all Swartz Creek community veterans and community members presently serving in the United States Military.

Mission

To Recognize, honor and support the past present veteran population in our Swartz Creek Community for their courageous service.

To Apply

Applications may be obtained at:

- Swartz Creek Senior Center
- Swartz Creek Cage Community Center
- Swartz Creek VFW or AMVETS

Join us for Lunch!

Provided by Genesee County Community Action Resource Department (GCCARD)

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 \$2.00 donation per meal is requested for anyone 60 years and older and anyone under 60 years of age or living outside Genesee County it is \$3.50.



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For ad info. call 1-800-477-4574 • www.4lpi.com



15-0694

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

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Bailey Wright, Asst. Director

Marianne Campbell, Staff Asst.

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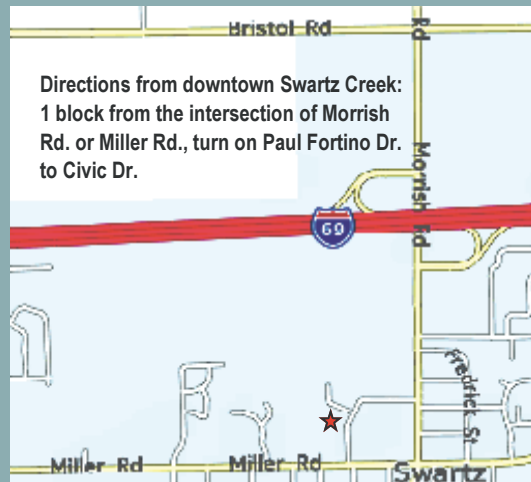
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Swartz Creek Area Senior Center
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Swartz Creek, MI 48473