

Swartz Creek  
AREA SENIOR CENTER

**AUGUST 2023 NEWS**  
**VOLUME 23, ISSUE 8**



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



**HOLIDAY**  
RETIREMENT

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4495 Calkins Road, Flint Twp., MI 48532

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# UPCOMING EVENTS

**BB**

**YOU ARE INVITED**

# ANNUAL LUAAU!

## Dinner

**TUESDAY, AUGUST 9TH**  
5:00-7:00 PM

Live Performance by  
**JAMMERMAN**

**Menu**  
Pulled Pork  
Chicken Breast  
Mac & Cheese  
Baked Beans  
Mashed Potatoes  
Assorted Salad

**\$3**  
per person

Prepay by August 3rd  
**CATERED BY FAMOUS DAUES**

## TAKE THE PATH TO BETTER HEALTH

You are invited to participate in a FREE 6-week workshop

**Tuesdays, August 8th-  
September 19th**

**2:00-3:30 pm**

**No class September 5th**



### Get on the Diabetes PATH

Diabetes Personal Action Towards Health (PATH) is designed to help people living with Type 2 Diabetes and their support system live a healthier life.

In this workshop you can:

- Manage everyday activities by making an action plan
- Avoid Complications
- Learn to balance your blood sugar.
- Improve your communication with your loved ones and care providers.
- manage symptoms and decrease stress
- Improve your overall health and increase energy

RSVP by August 3rd



### Chair Massages

**Friday,  
August 18th**

We will be taking appointments for 10-minute sessions provided by Lacey from Fenton Massage Co.

#### PRICING

60 or older: \$7.00

Under 60: \$10.00

Payment is due at time of registration.

## THE SAINTS & SINNERS REVISITED



**AUGUST 17TH,  
2023**

**Thursday  
2:00-3:30 PM**

RSVP BY AUGUST 10TH

HAVE A ROCKIN GOOD TIME WITH THIS LIVE PERFORMANCE OF A VARIETY OF 'OLDIES'

### Card Making with Linda Evans

**\$5**  
per person

**Friday, August 18th at 1:00 pm**

Join Linda as she shows you the art of card making! You will leave the class not only with beautiful cards for all occasions, but inspiration!

RSVP by August 11th

Payment is due at time of registration

## UPCOMING EVENTS

# Coffee Hour

With Mayor  
David Krueger

Friday, August 25th  
at 10:00 am

Enjoy a fresh cup of coffee with the Mayor of Swartz Creek. He will talk about some of the major plans to come in Swartz Creek and will have time for questions!

RSVP by August 18th



The Swartz Creek Area Senior Center would like to Thank Phillip Bracey for 18 years of service to our center as a Trustee on our Board. We appreciate your dedication to the betterment of our center.

Thank you!

## Swallowing Difficulties



Monday, August 14th at 1:00 pm

Swallowing problems, or dysphagia, are very common as people age, and are associated with significant negative outcomes, including weight loss, pneumonia, dehydration, shortened life expectancy, reduced quality of life, and increased caregiver burden. During this workshop, we will discuss the complex process of swallowing in normal circumstances and with healthy aging, and the best practices in treating dysphagia in older adults.

RSVP by August 7th



## Chronic Disease Management

Monday, August 28th at 1:00 pm

Also known as palliative care, this advanced management can help focus on the comfort, dignity, and quality of life through pain relief and prevention for you or your loved one. This is an individualized care plan that works with lifesaving treatment.

Do you know your options?

RSVP by August 21st

## Depression & Aging

Friday, August 4th at 1:00 pm

Join The Medical Team while they discuss the connections between aging and symptoms of depression. Why it is important to find support and where to find it.

RSVP by August 1st



## UPCOMING EVENTS



### 10 WARNING SIGNS OF HEARING LOSS

LUNCH & LEARN

JIMMY JOHNS

Presented by Beltone:

- Understand How we hear
- 10 warning signs of hearing loss
- the causes of hearing loss and how it affects the person
- risks associated with untreated hearing loss, including dementia and falling
- available solutions

**THURSDAY, AUGUST 31ST AT NOON**

RSVP BY AUGUST 24TH

## GIVE THE GIFT OF LIFE

### BLOOD DRIVE

THURSDAY,  
**AUGUST 3RD**

1:30 PM TO 6:00 PM  
BY APPOINTMENT  
must be 17 years or older to donate.

SWARTZ CREEK AREA  
SENIOR CENTER  
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CREEK, MI 48473



Scan the QR code or email  
swartzcreekseiorcenter@gmail.com to make your  
appointment! Your donation is greatly appreciated!  
Questions? Contact Holly Burgess at 810-635-4122

## SELF DEFENSE



**THURSDAY, AUGUST 10TH  
AT 2:00 PM**

Join us to talk about personal safety. Protecting yourself, your property and identity. We will discuss situation awareness and not making yourself more vulnerable to perpetrators.

**DON'T BE A VICTIM!**

RSVP BY AUGUST 3RD



## AUGUST BINGO

THURSDAY,  
AUGUST 3RD

PRESENTED BY  
AMERICAN HOUSE

THURSDAY,  
AUGUST 24TH

PRESENTED BY  
GENESSEE GARDENS

# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>8:45 Yoga w/ Machelle 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch— Chicken &amp; Penne Alfredo 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p><b>2</b></p> <p><b>Veteran Services</b> 9:30 Zumba 11:30 Sassy Exercise Noon Lunch— Meatloaf w/ Gravy 3:00 Intermediate Line Dance 6:00 Setback</p>	<p><b>3</b></p> <p>8:45 Yoga w/ Machelle 10:00 Tai Chi <b>10:00 BINGO!</b> 11:00 Toning Noon Lunch - HM Beef Stroganoff <b>1:30-6:00 Blood Drive by Appt</b> 6:00 Euchre 6:30 Pinochle</p>	<p><b>4</b></p> <p><b>11:00 Arthritis Exercise cancelled</b> Noon Lunch— Chicken Caesar Salad <b>1:00 Nurse Chat: Depression &amp; Aging</b></p>
<p><b>7</b></p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— BBQ Pulled Chicken Sandwich 1:00 Crochet Group 1:45 Stretch &amp; Balance 3:00 Basic Line Dancing 5:00 Hand, Knee &amp; Foot</p>	<p><b>8</b></p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch— Mini Beef Tacos 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre <b>2:00 DPATH</b> 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p><b>9</b></p> <p><b>9:30 Zumba cancelled</b> <b>10:00 Board Meeting</b> 11:30 Sassy Exercise Noon Lunch— Turkey Polish Sausage <b>3:00 Intermediate Line Dance cancelled</b> <b>5:00-7:00 Luau</b> 6:00 Setback</p>	<p><b>10</b></p> <p>8:45 Yoga w/ Machelle 10:00 Tai Chi <b>10:00 Self Defense Seminar</b> 11:00 Toning Noon Lunch— BBQ Chicken Thighs 6:00 Euchre 6:30 Pinochle</p>	<p><b>11</b></p> <p><b>11:00 Arthritis Exercise cancelled</b> Noon Lunch— Turkey Burger w/ Cheese</p>
<p><b>14</b></p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Boneless Rib in Sauce 1:00 Crochet Group <b>1:00 Max Well Memory Seminar</b> 1:45 Stretch &amp; Balance 3:00 Basic Line Dancing 5:00 Hand, Knee &amp; Foot</p>	<p><b>15</b></p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Spaghetti &amp; Meatballs 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre <b>2:00 DPATH</b> 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p><b>16</b></p> <p><b>Legal Services</b> 9:30 Zumba <b>11:00 Grief Support</b> 11:30 Sassy Exercise Noon Lunch— Smothered Fried Chicken 3:00 Intermediate Line Dance 6:00 Setback</p>	<p><b>17</b></p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 11:00 Toning Noon Lunch— Sloppy Joe <b>2:00 The Saints &amp; Sinners Revisited concert</b> 6:00 Euchre 6:30 Pinochle</p>	<p><b>18</b></p> <p>11:00 Arthritis Exercise Noon Lunch— Mac &amp; Cheese <b>1:00-2:00 Chair Massages</b> <b>1:00 Card Making</b></p>

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p>8:45 Beginner Yoga w/ Katrina          10:00 Improved Line Dancing          11:30 Sassy Exercise          Noon Lunch — BBQ Boneless Chicken Wings  <b>12:30 Max Well Balance &amp; Endurance</b>          1:00 Crochet Group          1:45 Stretch &amp; Balance          3:00 Basic Line Dancing          5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga w/ Machelie          10:00 Knitting Group          10:00 Tai Chi          11:00 Toning          Noon Lunch — Chicken &amp; Cheese Fajitas          12:30 Mah-Jongg          1:00 Wood Carving          1:00 Euchre  <b>2:00 DPATH</b>          4:30 Dominoes          6:00 5-Handed Euchre</p>	<p>9:30 Zumba          11:30 Sassy Exercise          Noon Lunch — Pork Chop w/ Gravy          3:00 Intermediate Line Dance          6:00 Setback</p>	<p><b>Detroit Princess Trip Departs</b>          8:45 Yoga w/ Machelie          10:00 Tai Chi  <b>10:00 Bingo!</b>          11:00 Toning          Noon Lunch — Pepper Steak w/ Midori blend Veggies          6:00 Euchre          6:30 Pinochle</p>	<p><b>10:00 Coffee Hour w/ Mayor</b>          11:00 Arthritis Exercise          Noon Lunch — Fish Tacos w/ Roasted corn Salsa</p>
<p>8:45 Beginner Yoga w/ Katrina          10:00 Improved Line Dancing          11:30 Sassy Exercise          Noon Lunch — Pork Burger w/ Hickory Sauce          1:00 Crochet Group  <b>1:00 McLaren Seminar</b>          1:45 Stretch &amp; Balance          3:00 Basic Line Dancing          5:00 Hand, Knee &amp; Foot</p>	<p><b>Hearing Screening</b>          8:45 Yoga w/ Katrina          10:00 Knitting Group          10:00 Tai Chi          11:00 Toning          Noon Lunch — HM Beef Goulash          12:30 Mah-Jongg          1:00 Wood Carving          1:00 Euchre  <b>2:00 DPATH</b>          4:30 Dominoes          6:00 5-Handed Euchre</p>	<p><b>Advanced Care appts</b>          9:30 Zumba          11:30 Sassy Exercise          Noon Lunch — Chicken Tenders          3:00 Intermediate Line Dance          6:00 Setback</p>	<p>8:45 Yoga w/ Katrina          10:00 Tai Chi          11:00 Toning  <b>12:00 Lunch &amp; Learn: Hearing Loss</b>          Noon Lunch — Open face Turkey Sandwich          6:00 Euchre          6:30 Pinochle</p>	<p><b>Mission</b>          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.</p>

## Board Meeting Notice

The next board meeting will be held on Wednesday, August 9th at 10:00 am

## The 10 Rules of a Heart-healthy Diet

1. Balance your calorie intake with physical activity
2. Eat a variety of fruits and vegetables
3. Choose whole-grain foods and products
4. Choose healthy proteins
5. Use liquid plant oils instead of tropical oils
6. Choose minimally processed foods
7. Minimize your intake of foods and drinks with added sugars
8. Choose or prepare foods with little or no salt
9. Limit alcohol consumption; if you don't drink, don't start
10. Use these guidelines wherever you dine

See [www.health.harvard.edu](http://www.health.harvard.edu) for more information

# Cancellations

## Arthritis Exercise—

Friday, August 4th & 11th

## Zumba— Wednesday,

August 9th

## Line Dance— Wednesday,

August 9th

# UPCOMING EVENTS/TRIPS

## 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.**



## Toledo Zoo & Aquarium Wednesday, September 20th, 2023

The Toledo Zoo and Aquarium is nationally known for its large exhibits and animal diversity. With its hippoquarium, 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**

## ADVANCE CARE PLANNING

PLANNING IN ADVANCE FOR FUTURE HEALTHCARE CHOICES

- What if you become seriously ill or were injured?
- What if you could not speak for yourself?
- Do you know who would be making decisions regarding your healthcare?

Appointments available to talk with Tommie Franklin, RN, at our center.  
810-635-4122



## Do you know how to play Bridge?

If you are interested in joining a **NON COMPETATIVE** Bridge card group at our center, give us a call or let staff know!



## Tuesday, August 22nd

- 9:00 am- Free Coffee & Donuts (while supplies last)
- 9:00 am -12:00 pm- Vendor Fair
- 10:00 am- "Old Blue Eyes"
- 11:00 am- "Elvis"
- 12:00- Scavenger Hunt (Teams of 2-4 people)
- 1:30 pm- Free Ice Cream
- Rides and Fair Food are not free





## INFORMATION

### Balance and Endurance Class

Monday, August 21st at 12:30 pm  
RSVP by August 14th

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.

### Hearing Screening

Tuesday, August 29th

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.

## VETERAN ASSISTANCE

ARE YOU A VETERAN OVER 60 OR THE SPOUSE, WIDOW, OR WIDOWER OF A VETERAN?

JOHN, SERVICE OFFICER, WITH THE GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES OFFICE IS AVAILABLE FOR APPOINTMENTS AT THE SENIOR CENTER ONE DAY PER MONTH.

HE CAN PROVIDE INFORMATION ON BENEFIT PROGRAMS AND ASSIST YOU IN COMPLETEING APPLICATIONS FOR VETERAN BENEFITS. PLEASE REQUEST A LIST OF INFORMATION TO BRING WHEN YOU SCHEDULE YOUR APPOINTMENT!

### COUPONS

## Project Fresh

First come, first serve

Project fresh is available at the center! The Senior farmers' Market nutrition Program will once again provide coupons (\$25 value per person/county) for the purchase of fresh, nutritious fruits and vegetables grown in Michigan from any authorized farmers' market. For low-income seniors age 60 years and older who reside in Genesee County.

To pick up coupons, call 810-635-4122 to make your appointment



### 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!

## Legal Services

Provided by Legal Services of Eastern Michigan for seniors 60 or older. Offering assistance with Wills, Power of attorney, medicaid planning, housing complaints, family law, domestic violence, nursing home issues, and more!

Appointments are available at our center on the 3rd wednesday of each month.

Schedule today!

810-635-4122



# INFORMATION

## 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.



## JOIN US FOR LUNCH!

Meals are served eat in or take home Monday–Friday between 12:00– 12:30 pm at the senior center. Reservations must be made by noon the day BEFORE. For Monday reservations, you must reserve on the prior Friday. Call us at 810–635–4122

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

**Arthritis Exercise**– Friday, August 4th & 11th  
**Zumba**– Wednesday, August 9th  
**Line Dance**– Wednesday, August 9th

## 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

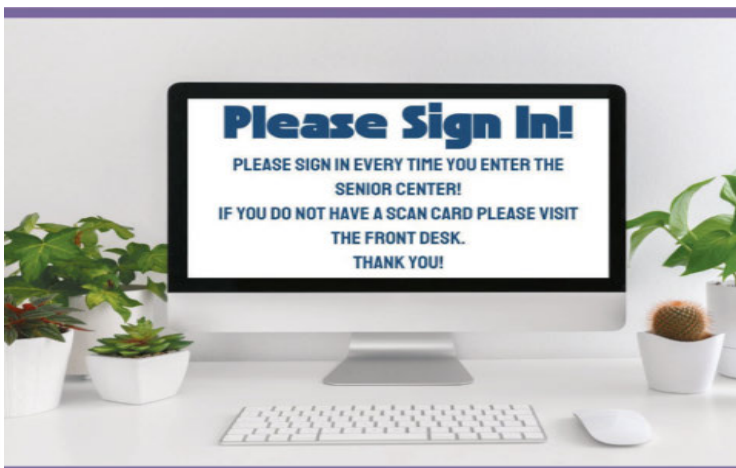
The Swartz Creek Area Senior Center has adopted a policy of non-discrimination in all programs, services and employment. No one shall be excluded on the basis of race, color, national origin sexual orientation, religion, age, marital status, veteran and military status or disability unless required by 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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[www.swankassistedliving.com](http://www.swankassistedliving.com)

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Swartz Creek, MI 48473

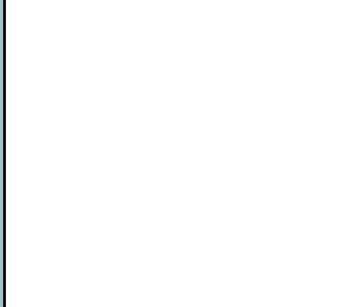


**Woodhaven Senior Community**

"Where Seniors Love to Live"

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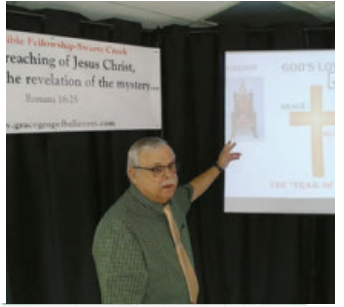
Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

**Grace Bible Fellowship**  
**Swartz Creek**  
9061 Miller Rd.  
Suite #15  
Swartz Creek, MI



**Bible Study**  
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...the preaching of Jesus Christ according to the revelation of the mystery...  
Romans 16:25  
[www.gracegospelbelievers.com](http://www.gracegospelbelievers.com)



Sunday 11am  
Wednesday 5:30pm (4pm winter hours)  
Phone: 810-444-0670  
assignphillong@yahoo.com  
"rightly dividing the word of truth" 2 Timothy 2:15



**Brian Huyck**  
Owner and Certified Horticulturist

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**35**

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Est. 1985

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

**Facebook:** Swartz Creek Area Senior Center

## STAFF

Barbara McCallum, Director

Holly Burgess, Program Coord.

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation

## BOARD OF TRUSTEES

Roger Bloss, President

Ken Klungle, Vice President

Elaine Tucker, Secretary

Kathy VanDette, Treasurer

Sheila Keen, Trustee

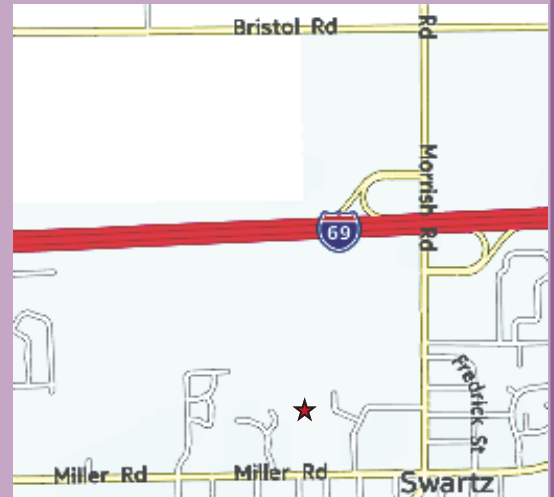
Mickie Grandstaff Trustee

Trudy Plumb, Trustee

Susan Butler, Trustee

Kaye Johnson, Trustee

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



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