

Swartz Creek
AREA SENIOR CENTER

AUGUST 2024 NEWS
VOLUME 24, ISSUE 8



"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

(810) 720-4159 ext. 2

www.geneseegardens.com



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Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505

www.woodhavensenior.com



UPCOMING EVENTS

HULA ON OVER FOR A

Luau

Thursday, August 15th

5:00-7:00 PM

ENJOY A TOTALLY TROPICAL PERFORMANCE BY JAMMERMAN, THIS DINAMIC DUO. JERRY AND DI TRAVEL AND PERFORM FOR VARIOUS EVENTS ACROSS THE COUNTRY. WE WILL BE PROVIDING A DELICIOUS HAWIIAN MENU FOR YOU TO ENJOY!

MENU

HAWIIAN CHICKEN
PULLED PORK W/
MANGO SALSA
HAWIIAN RICE
FRUIT
COLESLAW
ROLLS & BUTTER
COCONUT CAKE
MACADAMIA COOKIES
HIBISCUS LEMONADE

Margarita Mocktail Bar provided by CenterWell Home Health!

\$8
PER PERSON AT TIME OF SIGN UP

Navigating Healthcare Lunch & Learn

Thursday, August 1st
at Noon

What does it mean to navigate healthcare?



It is the ability to navigate the healthcare system when life happens. To the hospital, rehabilitation, to back home, which healthcare services are available to you? Most importantly, you should prepare yourself prior to the "event" that forces you into this system.

Menu

Beef Stroganoff
Veggie Blend
Succotash
Fruit

Lunch provided by GCCARD
\$3.00 donation requested for those 60 and older
\$6.00 fee for those under 60 and/or live outside of Genesee County

Presented by McLaren Health Management Group

RSVP by July 26th

ESTATE PLANNING SEMINAR

with Seth Neblock,
Senior Law Advocate
Legal Services of Eastern Michigan



Thursday, August 8th
at 1:30 PM

Topics Include:

- Wills vs Trusts
- Power of Attorney
- Lady Bird Deeds
- Potential Elder Abuse
- How to protect the assets you leave behind
- Making your wishes about healthcare decisions known to your family
- the importance of naming a POA

Please RSVP by August 1st



MOBILE SECRETARY OF STATE

Our Services

- ✓ Renew driver's License or ID
- ✓ First-time Michigan ID
- ✓ Transfer Title
- ✓ Apply for/renew Disability placard
- ✓ And much more!

Friday, August 30th
10:00 am to 3:00 pm

The Secretary of State Mobile Office will be here to provide services to our members to process their needed transactions!

Schedule your appointment while spots are available
Walk ins are welcome!

810-635-4122

UPCOMING EVENTS

SENIOR ASTRONOMERS

w/ Bob Kren

Come join Bob as he meets with seniors across the county to discuss their shared passion for astronomy. Meetings take place the third Wednesday of each month @ 10:00 a.m. See schedule below:

- Swartz Creek Area Senior Center August 21st
- Grand Blanc Senior Center September 18th
- Davison Senior Center October 16th
- Flushing Area Senior Center November 20th

Members will also schedule dates for evening observations!

PRESENTED BY EDWARD JONES

OUTSMART the Scammers

Monday, August 26th
at 1:30 PM

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 one

RSVP BY AUG 19



AUGUST BINGO

THURSDAY, AUGUST 1ST
White Elephant Bingo- please bring with you a wrapped prize, either an item from your home or a bought item less than \$10

THURSDAY, AUGUST 8TH
Presented by Gentiva

THURSDAY, AUGUST 15TH
Presented by Symphony of Linden

Maxwell
Physical
Therapy

STAY SAFE, LIFT SMART

Monday, August 12th
at 1:00 PM

Join Max Well Therapy for a specialized class on Proper Lifting Form, tailored specifically for seniors.

What You'll Learn:

- Fundamentals of Safe Lifting
- Correct Techniques
- Posture and Alignment
- Practical Applications
- Injury Prevention
- Ergonomic Tips

RSVP by August 5th

BALANCE & ENDURANCE

Monday, August 26th at 12:30 PM

Put your balance into practice with Maxwell. With a mixture of balance education and chair exercises.
No RSVP required

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.

Mahjonn

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.

CHAIR MASSAGE

Take a minute to relax and relieve tension with Lacey from Fenton Massage Co.

Friday, August 9th

Prices

If you're 60 or older
\$5.00 per 10 minutes

If you are under 60
\$10.00 per 10 minutes

10 minute appointments



BEACHY Card Making

FRIDAY, AUGUST 16TH
\$5 AT TIME OF SIGN UP

Join Linda Evans as she leads you through the art of card making. Create 3-5 beautifully beachy cards that you can use to make a loved ones day!



UPCOMING EVENTS

Bracelet Making

Join Joann as she walks you through the art of Bracelet Making. During the class you will be able to make a bracelet that fits your style or make one as a gift! Due to high demand, we will be having 2 sessions a month. A participant cannot sign up for both sessions.

Wednesday,
August 14th
At 1:00 PM

\$5
per person

RSVP by August 7th

Wednesday,
August 28th
At 1:00 PM

\$5
per person

RSVP by August 21st



THURSDAY, AUGUST 1ST AT 1:30 PM

Experienced Instructors from **Heian Karate Do** 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.

\$5

PER PERSON

RSVP by July 25th

CELLO SOLO



- LIVE PERFORMANCE -

LIZ COLLINS

THURSDAY, AUGUST 22ND AT 2:00 PM

Liz Collins has about 20 years of experience as a classical and contemporary cellist. Her musical history includes playing four years at Flushing High School, twelve years at Swartz Creek Community Church, Flint Youth Symphony for several years. She was accepted to join Michigan Youth Symphony in Ann Arbor. She has played at Art in the Park in Swartz Creek as well as the annual meeting of the Kiwanis group for several years. She also has taught Cello and beginner violin and viola since she was just 15 years old. Join us to enjoy her live performance at our center!

RSVP BY AUGUST 15TH



THE CARE TEAM Lunch & Learn

Monday, August 26th at Noon

Join in on a discussion and lunch about Skilled Home Health, Hospice and healthcare services that can come right to where you call home

Primary Topics

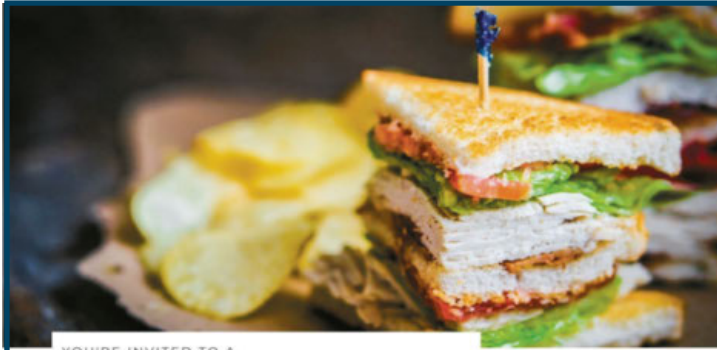
- What is Home Health and Hospice
- Benefits of Services
- Primary Qualifications
- Bridge Program

We will be providing Lunch with Italia Gardens!



RSVP by August 19th

UPCOMING EVENTS



YOU'RE INVITED TO A

Peace of Mind Lunch & Learn

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us for a complimentary lunch and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.

WE WILL DISCUSS

- Cremation & Burials
- Traditional Funerals
- Veteran Benefits
- Payment Plans
- Pre-arrangements

Monday, August 12th at Noon

Swartz Creek Senior Center
8095 Civic Drive
Swartz Creek, MI 48473

RSVP by August 5th

PRESENTED BY



The Medical Team Presents

SYMPTOMS OF STROKE

**Monday, August 19th
at 1:00 PM**

Presented by a nurse with The Medical Team, learn to detect the signs of a stroke and how to think F.A.S.T, it could save a life!
RSVP by August 12th

EFFECTIVE COMMUNICATION

With the Alzheimer's Association

FRIDAY, AUGUST 23RD AT 1:00 PM

Learn how:

- Dementia effects communication
- Tips on how to communicate well with family and friends with Alzheimer's
- How you can best communicate with your or your family members healthcare professionals about your experiences

RSVP by August 16th

COFFEE HOUR

Tranquility Estates

Friday, August 23rd at 10:00 AM

About Us:

Tranquility Estates is an Independent Living community in Grand Blanc that's goal is to embrace and enhance their senior residents independence.

Topics will include:

- ✓ The differences between Independent Living and Assisted Living
- ✓ The benefits of moving into an Independent Living facility
- ✓ What special services Independent Livings and specifically Tranquility Estates provide

Please RSVP by August 16th

COME TO JOIN

Cooking with Ming

**Thursday, August 29th
at 1:30 PM**

GDL's favorite chef, Chef Ming Louie, will show you how to make a delicious Hawaiian Chicken Long Rice, a favorite of locals in Hawaii. Flavorful and light.

RSVP BY AUGUST 22ND



Monday

AUGUST

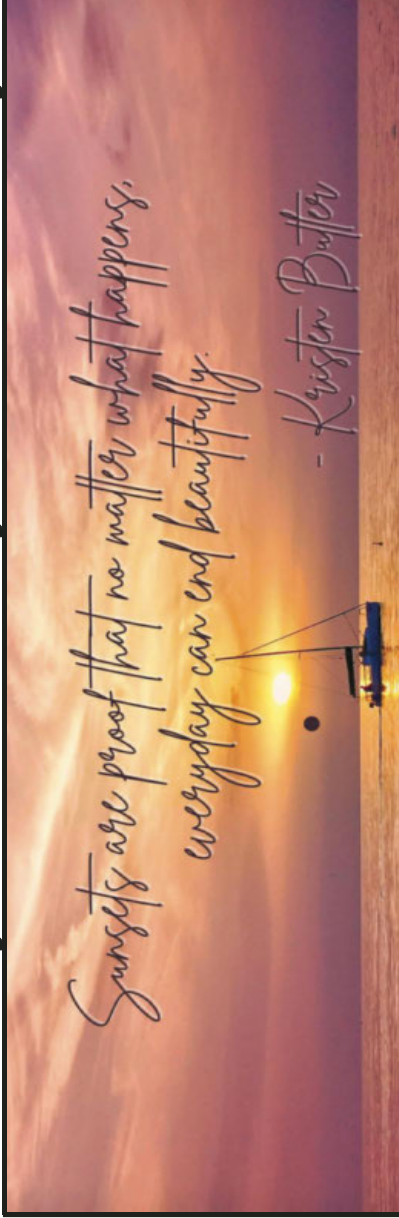


Tuesday

Wednesday

Thursday

Friday



<p>5</p> <p>10:00 Age Friendly Wellness Council 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise 12:00 GCCARD Lunch 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/ Machelle</p>	<p>6</p> <p>Put in Bay Trip Departs 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning 12:00 GCCARD Lunch 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>7</p> <p>Advanced Care Directives by Appt 9:00 Zumba 11:30 Sassy Exercise 12:00 GCCARD Lunch 12:30 Diabetes PATH 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>8</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:00 Toning 12:00 GCCARD Lunch 1:30 Legal Services of Eastern Michigan Seminar 6:00 Euchre 6:00 Pinochle</p>	<p>9</p> <p>Chair Massages by Appt. 11:00 Arthritis Exercise Cancelled 12:00 GCCARD Lunch</p>
<p>12</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise 12:00 Peace of Mind Lunch & Learn NO GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:00 Maxwell Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 6:00 Yoga w/ Machelle</p>	<p>13</p> <p>8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning 12:00 GCCARD Lunch 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>14</p> <p>9:00 Zumba 10:00 Board Meeting 11:30 Sassy Exercise 12:00 GCCARD Lunch 12:30 Diabetes PATH 1:00 Bracelet Making 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>15</p> <p>8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo 11:00 Toning 12:00 GCCARD Lunch 5:00 Luau 6:00 Euchre 6:00 Pinochle</p>	<p>16</p> <p>Hearing Screening by Appt 11:00 Arthritis Exercise cancelled 12:00 GCCARD Lunch 1:00 Card Making</p>
<p>2</p> <p>10:00 Visually & Hearing Impaired Support Group 11:00 Arthritis Exercise 12:00 GCCARD Lunch</p>	<p>1</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 White elephant Bingo 11:00 Toning 12:00 Navigating Healthcare Lunch & Learn NO GCCARD Lunch 1:30 Self Defense Class 6:00 Euchre 6:00 Pinochle</p>			

Monday

8:45 Beginner Yoga w/ Amy
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 12:00 GCCARD Lunch
 1:00 Crochet Group
 1:00 Horse Race
1:00 Signs of Stroke Nurse Chat
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Katrina

19

Tuesday

8:45 Yoga cancelled
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:00 Toning
 12:00 GCCARD Lunch
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 2:30 Beginner Cardio
 4:30 Dominoes
 6:00 5-Handed Euchre

20

Wednesday

9:00 Zumba
9:30 Alzheimer's Support Group
10:00 Senior Astronomers
11:00 Grief Support Group
 11:30 Sassy Exercise
 12:00 GCCARD Lunch
12:30 Diabetes PATH
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

21

Thursday

8:45 Yoga w/ Amy
 10:00 Tai Chi
 11:00 Toning
 12:00 GCCARD Lunch
2:00 Liz Collins Cello Solo
 6:00 Euchre
 6:00 Pinochle

22

Friday

10:00 Coffee Hour with Tranquility Independent Living
 11:00 Arthritis Exercise
 12:00 GCCARD Lunch
1:00 Alzheimer's association-Effective Communication

23

8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
12:00 Lunch & Learn with The Care Team
NO GCCARD LUNCH
12:30 Balance & Endurance
 1:00 Crochet Group
 1:00 Horse Race
1:30 Scamming Seminar
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Katrina

26

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

27

Saugatuck Trip Departs
Legal services by Appt
 9:00 Zumba
 11:30 Sassy Exercise
 12:00 GCCARD Lunch
12:30 Diabetes PATH
1:00 Bracelet Making
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

28

8:45 Yoga w/ Amy
 10:00 Tai Chi
 11:00 Toning
 12:00 GCCARD Lunch
1:30 Cooking with Ming
 6:00 Euchre
 6:00 Pinochle

29

10:00-3:00 Mobile Secretary of State
 11:00 Arthritis Exercise
 12:00 GCCARD Lunch

30

Board Meeting Notice

The next board meeting
 will be held on Wednesday,
 August 14th 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.

Class Cancellations

Arthritis Exercise – August 9th & 16th
 Yoga AM – August 13th & 20th



CONGREGATE MEAL MENU - AUGUST 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Swartz Creek Area Senior Center NO GCCARD Lunch Navigating Healthcare Lunch & Learn RSVP by calling 810-635-4122</p>	<p>Swartz Creek Area Senior Center NO GCCARD Lunch Navigating Healthcare Lunch & Learn RSVP by calling 810-635-4122</p>
<p>5 BBQ Pulled Chicken Sandwich Italian Blend Vegetables Scalloped Potatoes Diced pears Burger Bun Margarine Milk</p>	<p>6 CONGREGATE STYLE HM Mini Beef Tacos 3 oz. Mexican Rice 4 oz. Chuck Wagon 4 oz. Pineapple Tidbits 4 oz. Tortilla Shell (2) 100% Fruit Juice</p> <p style="text-align: center;"><i>IT'S ALL ABOUT THE TACOS!</i></p> <p style="text-align: center;"></p>	<p>7 Turkey Polish Sausage Veggie Blend Potatoe Wedges Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk</p> <p style="text-align: center;"></p>	<p>8 BBQ Chicken Thighs Southern Style Green Beans Key West veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice</p>	<p>9 Turkey Burger w/Cheese Broccoli Florets Mixed Vegetables Whole Wheat Bun Tropical Fruit Salad Milk</p> <p style="text-align: center;"></p>
<p>12 HM Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice</p> <p>Swartz Creek Area Senior Center NO GCCARD Lunch Peace of Mind Lunch & Learn RSVP by calling 810-635-4122</p>	<p>13 HM Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice</p> <p style="text-align: center;"></p>	<p>14 Smothered Fried Chicken Really?! Green Beans Mashed Potatoes Corn Muffin Mandarin Orange Margarine Milk</p>	<p>15 Sloppy Joe Rosemary Potatoes Winter Blend Vegetables Wheat Bun Golden Apple Margarine 100% Fruit Juice Birthday Cake</p>	<p>16 Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll Margarine Milk</p> <p style="text-align: center;"></p>
<p>19 HM Boneless Chicken Wings Whole Kneel Corn Roasted Sweet Potatoes Potato Roll Sliced Peaches Margarine Milk</p> <p>Swartz Creek Area Senior Center NO GCCARD Lunch Lunch & Learn with The Care Team RSVP by calling 810-635-4122</p>	<p>20 HM Chicken & Cheese Fajitas Refried Beans Spanish Rice with Corn Tortilla Shell Mango & Papaya 100% Fruit Juice Taco Sauce pkt</p> <p style="text-align: center;"></p>	<p>21 Chef's Choice</p> <p style="text-align: center;"></p>	<p>22 CONGREGATE STYLE Pepper Steak w/Veggies 4 oz. Asian Rice Blend 4 oz. Succotash Veggie Blend 4 oz. Wheat Roll Tropical Fruit Salad 4 oz. Margarine 100% Fruit Juice Spokie of The Month Turkey Sandwich</p>	<p>23 Fish Taco w/ Roasted Corn Salsa Scalloped Potatoes Cole Slaw Mixed Fruit Salad Tortilla shell Lemon Juice pk Milk</p> <p style="text-align: center;"></p>
<p>26 Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Ketchup 100% Fruit Juice</p> <p>Swartz Creek Area Senior Center NO GCCARD Lunch Lunch & Learn with The Care Team RSVP by calling 810-635-4122</p>	<p>27 Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Ketchup 100% Fruit Juice</p>	<p>28 HM Beef Goulash Cauliflower Scandanavian Blend Veggies Garlic Roll Fresh Orange Margarine Milk</p>	<p>29 Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast Margarine 100% Fruit Juice</p>	<p>30 HM Chicken & Penne Alfredo French Green Beans Diced Carrots Fruit Cocktail Baked Bread Stick Margarine Milk</p>

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**

Join us for
LUNCH!

TRIPS

TRIPS



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**



Genitti's Luncheon

Wednesday, December 4th, 2024

\$110.00 Per Person

Enjoy a 7 course luncheon including homemade pasta, antipasto salad, baked chicken, and much more. After the meal head to the interactive comedy show. After Genitti's, we'll be heading to Meadow Brook Hall for a Holiday walk. **Deadline: 11/04/24**

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!



SENIOR DAY AT THE GENESEE COUNTY FAIR

Wednesday, August 21st

Schedule of Events:

Tent opens at 9:00 a.m.

Vendor Fair 9:00 a.m. - 12:00 p.m.

Coffee and Donuts 9:00 a.m. - 12:00 p.m.

Ol' Blue Eyes Performance 10:00 a.m.

Shades of the King Performance 11:00 a.m.

Scavenger Hunt throughout the Fairgrounds
12:00 p.m. (Senior Teams of 4)

FREE Ice Cream 1:30 p.m. (Seniors ONLY)

Please Note:

Fair Rides and Food are NOT free.



On behalf of the Genesee County Board of Commissioners, it is my honor to reaffirm our commitment to the senior citizen community of Genesee County. We are dedicated to not only maintaining but also enhancing the quality of programs and services tailored specifically to senior residents.

We recognize the invaluable contributions that our seniors have made and continue to make in our communities. In gratitude and respect, we consider it our responsibility to ensure that you have access to high-level services that support your health and happiness. From healthcare assistance and nutritional programs to recreational activities and community engagement opportunities, we are fully committed to ensuring healthy, safe and livable communities.

Through our Department of Senior Services, we are always exploring new and creative ways to improve and expand the services we offer. To achieve this, we need your invaluable insight to guide our efforts in creating a dynamic and supportive environment for all seniors.

The Board was excited to support the Metropolitan Planning Commission's role in providing \$1.6 million in ARPA funds aimed at significant improvements at all 16 senior centers in Genesee County, bringing much-needed facility upgrades, accessibility improvements and beautification.

We invite you to reach out to us with your thoughts, suggestions, and concerns. Your voice is crucial in shaping the future of the programs and services we provide. Together, we can ensure that Genesee County remains a place where seniors can live their lives to the fullest, surrounded by a supportive and caring community.

Thank you for your continued trust in us. We look forward to serving you and making Genesee County an even better place for our senior citizens.

Regards,

James Avery
Chair
Board of Commissioners



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 bene-

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: Mabelle 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.

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.

SUPPLY DONATIONS

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

Thank you for your generous donations to our Senior Center!

INFORMATION

Legal Services of Eastern Michigan (LSEM)

Wednesday, August 28th 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, August 16th 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, September 25th 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!



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!

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

Visually Impaired Support Group

Friday, August 2nd 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 struggle you share.

Age Friendly Wellness Council

Monday, August 5th 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!

Advance Care Planning

Wednesday, August 7th by appointment

Join Tommy Franklin to discuss your future healthcare choices: What if you become seriously ill or injured? What if you could not speak for yourself? Do you know who would be making decisions regarding your healthcare?

Alzheimer's Support Group

Wednesday, August 21st at 9:30 am

Meet with Jessica, a trained Alzheimer's association volunteer, to build a support system with people who understand. In this group caregivers, along with those with Alzheimer's and Dementia can talk through issues and discuss coping skills, share feelings, needs, and concerns, and learn about community resources.

Grief Support Group

Wednesday, August 21st 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 is to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

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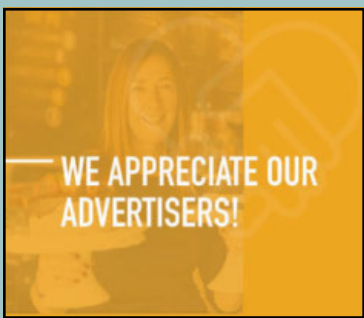


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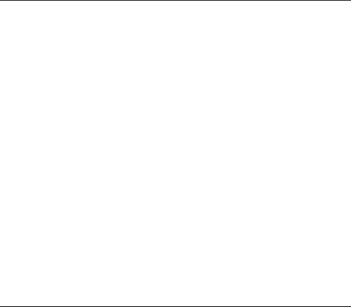
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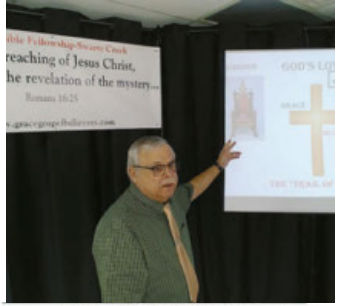
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Swartz Creek Area Senior Center

8095 Civic Drive, Swartz Creek, MI 48473

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

Friday: 9:00 am — 4:00 pm

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.

Sierra Leonard, Office Asst.

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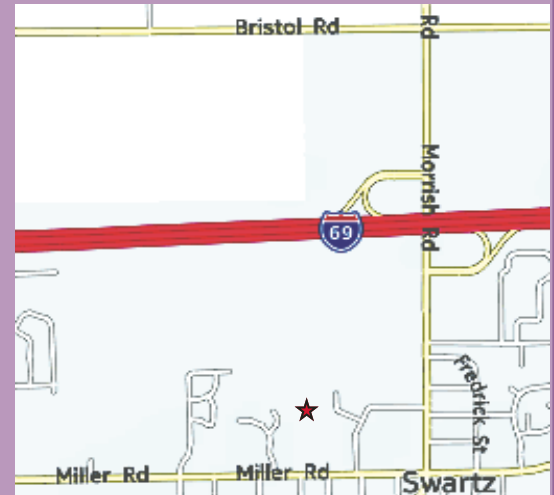
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Directions from downtown Swartz Creek:
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



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