

# SWARTZ CREEK AREA SENIOR CENTER

**AUGUST 2022  
NEWS**

**VOLUME 22, ISSUE 8**



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



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RETIREMENT

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15-0694



# Luau

Wednesday,  
August 17th at 5:30 PM

**\$15.00 Pre-paid by  
Wednesday, August 10th**

Join us at the Swartz Creek Senior Center to enjoy live music and good food! We will be enjoying a Festive meal while Jerry and Di Ammerman, Swartz creek native musicians perform! Song requests are always welcome!

Menu

Pulled Pork  
Sweet & Sour Meatballs  
Assorted Salads  
Dessert!

# UPCOMING EVENTS

## HEARING SCREENING

Tuesday, August 30th, 2022

Provided by: Your Hearing Solutions  
Offered at our center once a month.  
Call 810-635-4122 to make your  
appointment

FREE Hearing evaluation and hearing aid  
cleaning and adjustments (fees apply for  
battery replacement)

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?

## Water Color Class

Thursday, August 4th and 11th  
Cost: \$10 for two sessions

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.

PAYMENT IS REQUIRED AT TIME OF SIGN UP.  
RESERVATIONS ARE NOT GUARENTEED UNTIL  
PAYMENT IS RECIEVED

## Still Life Pencil Drawing

Thursday, August 18th & 25th

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

Where: Swartz Creek Senior Center  
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 gum eraser for this  
class.

PAYMENT IS REQUIRED AT TIME OF  
SIGN UP. RESERVATIONS ARE NOT  
GUARENTEED UNTIL PAYMENT IS  
RECIEVED



## BINGO with Oak Street Health

When: Thursday, August 11th at  
10:00 AM

Where: Swartz Creek Senior Center

RSVP by: Thursday, August 4th  
@ 810-635-4122

Have some fun and maybe even win a  
prize!

## BINGO with Genesee Gardens

When: Thursday, August 18th, at  
10:00 AM

Where: Swartz Creek Senior Center

RSVP by: Thursday, August 11th  
@ 810-635-4122

## Friday Night Dances

The Senior Center is hosting  
bi-monthly dances on Friday nights.  
No need to sign up, just pay at the  
door! Must be 50 and older  
to attend!

Friday, August 12th and 26th

Time: 6:00–8:00 pm

Cost: \$5.00 at door

Bring a snack to  
share,  
but please  
remember to  
clean up after  
yourself!

50/50 Raffle  
Available!

Music  
provided by  
Jim Hedrich!



## UPCOMING EVENTS

# Stress Less with Mindfulness

TUESDAYS, AUGUST 2ND-30TH  
2:00-3:00 PM  
RSVP BY JULY 29TH

Mindfulness means paying attention to the present moment without judgement. Research has shown that practicing mindfulness is effective in reducing stress related symptoms such as worry, depression, and physical tension.



MICHIGAN STATE  
UNIVERSITY  
EXTENSION

### 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



## Garden Guru

Fridays from 1:00-2:30 pm

### RSVP by: Wednesday, July 27th

**August 5th: House Plant Propagation**  
Learn how to propagate house plants and special care of indoor plants. Take home house plant starters!

**August 12th: Herbal Companion Planting**

Plant a small herb garden and learn which plants benefit from being partnered together. Take home potted herb seeds!

**August 19th: Herbal Skin Care and Gifts**

Learn which herbs have benefit to your skin and aromatherapy. Create your own sugar scrub and other herbal samples!

GENESEE  
COUNTY  
PARKS

\$10  
for  
series

## Senior Listening Circle

MONDAY, AUGUST 1ST & 15TH

1:00 - 2:00 PM

Join Genesee Health System at our new Senior Listening Circle. This is a place to talk, to be heard, to listen and support others, to learn ways to increase mental/physical health, and to access resources in the community. This group will be meeting twice a month on the first and third Monday at 1:00pm. Let us know you plan to join us! Call the center to sign up. 810-635-4122

## Senior Day at the Genesee County Fair

Tuesday, August 23 (9:00 am to 2:00 pm)

Parking & Admission are FREE

Shuttle Bus service available from/to parking lot



### Schedule in the Community Tent

9:00 am- FREE Donuts & Coffee (while supplies last)

9:00 am to Noon- Visit with Vendors from Genesee County senior Services

9:00 am to Noon- FREE Fun Entertainment

Entertainment schedule:

D.J. John Davis throughout the morning

10:00 am- Shades of the King an Elvis Tribute

11:00 am- Ol' Blue Eyes is Back a Sinatra Tribute

Lunch- bring a sack lunch or purchase food at the Genesee County fair. Shaded tables and chairs are available in the Community Tent, eat lunch and enjoy entertainment. Cool water is available in the tent while supplies last

Noon- Scavenger Hunt (get Your Team Together- up to 4 per team) Prizes for the winning team!

Please note: Carnival rides are not free

# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>8:45 Beginner Yoga            10:00 Improved Line Dancing            11:30 Sassy Exercise            Noon Lunch - Turkey Sandwich            1:00 Crochet Group  <b>1:00 Senior Listening Circle</b>  <b>2:30 Rec-Connect</b>            5:00 Hand, Knee &amp; Foot</p>	<p><b>2</b></p> <p>8:45 Yoga            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 Stress Less w/ Mindfulness</b>            4:30 Dominoes            6:30 5-Handed Euchre</p>	<p><b>3</b></p> <p><b>Veterans Services by Appt.</b>            9:30 Zumba            11:30 Sassy Exercise            Noon Lunch— Turkey Polish Sausage            3:00 Intermediate Line Dance            5:30 Mah-Jongg            6:30 Setback</p>	<p><b>4</b></p> <p>8:45 Yoga            10:00 Tai Chi            11:00 Toning            Noon Lunch - BBQ Chicken Thighs            12:30 Afternoon Mah-Jongg  <b>1:00 Watercolor Class</b>            5:15 Basic Line Dancing            6:30 Pinochle            6:30 Euchre</p>	<p><b>5</b></p> <p><b>Technology Appt.</b>            11:00 Arthritis Exercise            Noon Lunch— Pork Burger w/ Hickory Sauce  <b>1:00 Garden Guru</b>  <b>CENTER CLOSSES</b>  <b>4:00PM NO EVENING</b></p>
<p><b>8</b></p> <p>8:45 Beginner Yoga            10:00 Improved Line Dancing            11:30 Sassy Exercise            Noon Lunch - Boneless Rib in Sauce            1:00 Crochet Group            5:00 Hand, Knee &amp; Foot</p>	<p><b>9</b></p> <p>8:45 Yoga            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  <b>2:00 Stress Less w/ Mindfulness</b>            4:30 Dominoes            6:30 5-Handed Euchre</p>	<p><b>10</b></p> <p>9:30 Zumba  <b>10:00 Board Meeting</b>            11:30 Sassy Exercise            Noon Lunch— Meatloaf w/ Gravy            3:00 Intermediate Line Dance            5:30 Mah-Jongg            6:30 Setback</p>	<p><b>11</b></p> <p><b>8:45 Yoga Canceled</b>  <b>10:00 Bingo with Genesee Gardens</b>            10:00 Tai Chi            11:00 Toning            Noon Lunch - Beef Stroganoff            12:30 Afternoon Mah-Jongg  <b>1:00 Watercolor Class</b>            5:15 Basic Line Dancing            6:30 Pinochle            6:30 Euchre</p>	<p><b>12</b></p> <p>11:00 Arthritis Exercise            Noon Lunch— Chicken Caesar Salad  <b>1:00 Garden Guru</b>  <b>CENTER CLOSSES</b>  <b>4:00—5:45 PM</b>  <b>6:00 DANCE</b></p>
<p><b>15</b></p> <p>8:45 Beginner Yoga            10:00 Improved Line Dancing            11:30 Sassy Exercise            Noon Lunch - BBQ Pulled Chicken Sandwich            1:00 Crochet Group  <b>1:00 Senior Listening Circle</b>            5:00 Hand, Knee &amp; Foot</p>	<p><b>16</b></p> <p>8:45 Yoga            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 Stress Less w/ Mindfulness</b>            4:30 Dominoes            6:30 5-Handed Euchre</p>	<p><b>17</b></p> <p><b>Legal Services by Appt.</b>            9:30 Zumba            11:30 Sassy Exercise            Noon Lunch— Smothered Fried Chicken  <b>3:00 Intermediate Line Dance Canceled</b>            5:30 Mah-Jongg  <b>5:30 Luau w/ Jammerman</b>            6:30 Setback</p>	<p><b>18</b></p> <p><b>8:45 Yoga Canceled</b>  <b>10:00 Bingo with Oak Street Health</b>            10:00 Tai Chi            11:00 Toning            Noon Lunch - Sloppy Joe            12:30 Afternoon Mah-Jongg  <b>1:00 Pencil Drawing Class</b>            5:15 Basic Line Dancing            6:30 Pinochle            6:30 Euchre</p>	<p><b>19</b></p> <p>11:00 Arthritis Exercise            Noon Lunch— Mac &amp; Cheese  <b>1:00 Garden Guru</b>  <b>CENTER CLOSSES</b>  <b>4:00PM NO EVENING</b></p>

## Monday

22

8:45 Beginner Yoga  
 10:00 Improved Line Dancing  
 11:30 Sassy Exercise  
 Noon Lunch - BBQ Boneless Chicken Wings  
 1:00 Crochet Group  
 5:00 Hand, Knee & Foot

## Tuesday

23

8:45 Yoga  
 10:00 Knitting Group  
 10:00 Tai Chi  
 11:00 Toning  
 Noon Lunch - Chicken & Cheese Fajitas  
 12:30 Mah-Jongg  
 1:00 Wood Carving  
 1:00 Euchre  
**2:00 Stress Less w/ Mindfulness**  
 4:30 Dominoes  
 6:30 5-Handed Euchre

## Wednesday

24

**9:30 Zumba Cancelled**  
 11:30 Sassy Exercise  
 Noon Lunch— Pork Chop w/ Gravy  
 3:00 Intermediate Line Dance  
 5:30 Mah-Jongg  
 6:30 Setback

## Thursday

25

8:45 Yoga  
 10:00 Tai Chi  
 11:00 Toning  
 Noon Lunch - Pepper Steak w/ Asian Blend Veggies  
 12:30 Afternoon Mah-Jongg  
**1:00 Pencil Drawing Class**  
 5:15 Basic Line Dancing  
 6:30 Pinochle  
 6:30 Euchre

## Friday

26

**Technology Appt.**  
 11:00 Arthritis Exercise  
 Noon Lunch— Fish Taco w/ Pico  
  
**CENTER CLOSSES**  
**4:00—5:45 PM**  
  
 6:00 DANCE

29

8:45 Beginner Yoga  
 10:00 Improved Line Dancing  
 11:30 Sassy Exercise  
 Noon Lunch - Turkey Burger w/ Cheese  
 1:00 Crochet Group  
 5:00 Hand, Knee & Foot

30

**Hearing Screening by Appt.**  
 8:45 Yoga  
 10:00 Knitting Group  
 10:00 Tai Chi  
 11:00 Toning  
**11:00 How We Grieve Seminar**  
 Noon Lunch - Beef Goulash  
 12:30 Mah-Jongg  
 1:00 Wood Carving  
 1:00 Euchre  
**2:00 Stress Less w/ Mindfulness**  
 4:30 Dominoes  
 6:30 5-Handed Euchre

31

9:30 Zumba  
 11:30 Sassy Exercise  
 Noon Lunch— Chicken Tenders  
 3:00 Intermediate Line Dance  
 5:30 Mah-Jongg  
 6:30 Setback  
**Advance Care Directive Appts**

# CLASS CANCELLATIONS

Yoga- August 11th & 18th  
 Zumba- August 24th  
 Line Dance- August 17th

## Board Meeting Notice

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

## SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Paper Towel, Clorox wipes, Tissues, Bathroom Tissue, Hand Soap and hard candy are always appreciated  
**Thank you for your generous donations to our Senior Center!**

# MEMORIAL PAGE

## In Loving Memory of Jane Harwood

**Linens and laundry flutter softly in the breeze**

**And sweet laughter comes from beneath the willow tree**

**Curled up in comfort, held tight on your lap**

**Drifting to dreams while you let me nap**

**Dreams of sweet cinnamon rolls made just right**

**And thoughts of cookies that get better with each bite**

**Family game nights with food, fun, and spoons**

**Memories flood me as we gather this June**

**A hug for each sadness, a kiss for each tear**

**It's hard to believe that you're no longer here**

**But I promise you this, wherever you are**

**Although we can't hold you, you'll never be far**

**You loved us just right, taught us to be good**

**We'll never forget you and I don't think we could**

**We'll think of you daily, though it may bring pain**

**Through good times and bad, through  
sunshine and rain**

**Our Grandmother, Mother, Sister, Wife, and  
dearest friend**

**Our love for you, dear Jane, will never end**

**-Kyle S. Harwood**

## HOW WE GRIEVE THE DEAD IN AMERICA AND WHY IT MATTERS

Come and explore....

How grieving has changed over time and why it matters, how funerals, memorials and celebrations of life impact grieving, and How properly grieving enables us to move forward in life.

Speaker Rev. Steve Gonzales  
Grace Hospice Flint, MI

Tuesday, August 30th at 11:00 am

RSVP by: August 23rd

### Memorial Donations

A memorial donation was made by Gwen Brown Lee in memory of Jane Harwood.

A memorial donation was made by Richard and Genevieve Smith in memory of Jane Harwood

A memorial donation was made by Judith Sutter in memory of Jane Harwood

A memorial donation was made by Janet Hodge in memory of Jane O'Brien

A memorial donation was made by JoAnn Lubiato in memory of John Havrilla



## UPCOMING EVENTS

# Join us for Lunch!

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 \$3.00 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 years of age or living outside Genesee County is a \$6.00 charge.**

Provided by Genesee County Community Action Resource Department (GCCARD)

## TECHNOLOGY ASSISTANCE APPOINTMENTS

Every other week on Friday there will be two one hour technology assistance appointments available at the Swartz Creek Senior Center. These appointments are generously provided by the Disability Network. Please call the senior center to reserve a spot: **(810) 635-4122**. You will be asked to tell us what device and specific issue you need assistance with.

**When: Friday, August 5th & 26th**  
**1:00pm - 3:00pm**

### **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. Thank you.**

## ADVANCE CARE PLANNING

**Planning in Advance for Future Healthcare Choices**

**Wednesday, August 31st**

- 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?

Tommie Franklin RN, the ACP facilitator, will be at our center the last Wednesday of every month for appointments to discuss Advance Care Planning. Call today to get your appointment at our center  
810-635-4122.



## **Firekeepers Bus Trip**

Presented by: Swartz Creek Senior Center

October 19th

**\$52.00 per person**

**Get back \$20 in FREE Play and \$5 in Food Credit**

Trip Includes:

- Round Trip motor coach transportation to Battle Creek, MI
- 4 hours of gaming at the casino
- each person gets back \$20 in FREE play and \$5 in food credit from the casino

Itinerary:

8:30 am- Depart from Swartz Creek Senior Center  
10:00 am to 2:00 pm- Firekeepers Casino  
3:30 pm- Return to Swartz Creek Senior Center

**Full Payment Due Upon Sign-Up - Registration Deadline: 10-02-22**

- Limit 28 seats
- Must wear mask on bus. Casino only requires masks for those that are unvaccinated.
- Must be at least 50 years of age and will need a valid ID (Must bring with you to get incentive)
- Limit (1) casino incentive package per person
- No refunds after 10-02-22
- Must arrive on the bus to get the casino incentive
- Casino Incentives subject to change without notice
- Senior Center Health Form must be on file or completed at the time of sign up.

**For reservations, please contact the Center at 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 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 on Tuesdays (subject to change). 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.

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

## 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.

## Legal Services

**Provided by Legal Services of Eastern Michigan**

**Where:** Swartz Creek Area Senior Center

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

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

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

### 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.

# Attention!

Please Sign in EVERY time you enter the senior center! If you do not have a scan card please ask the front desk for one. Thank you!

# Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? Carrie, Service Officer, with the Genesee County Department of Veterans Services Office is available for appointments at the Senior Center one day per month. During your appointment, 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.

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[www.swankassistedliving.com](http://www.swankassistedliving.com)

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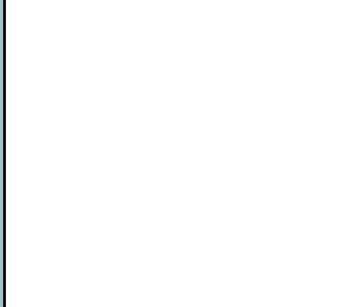


**Woodhaven Senior Community**

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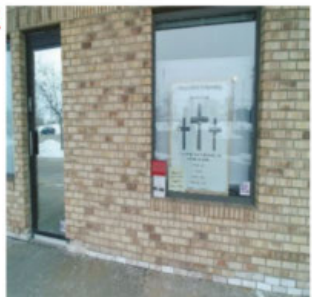
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# SWARTZ CREEK AREA SENIOR CENTER

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

**Facebook:** Swartz Creek Area Senior Center

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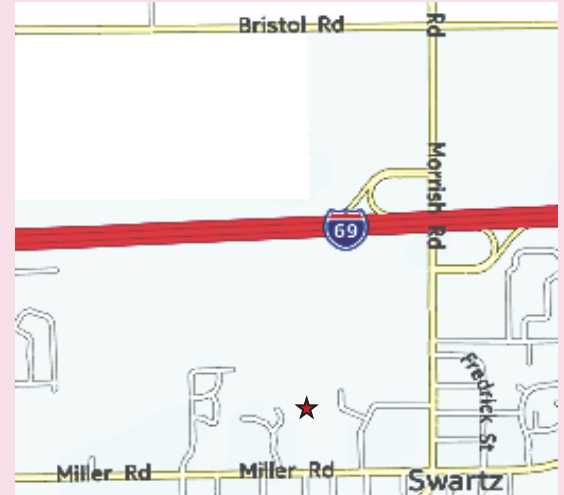
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Directions from downtown Swartz Creek:  
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



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