



Swartz Creek

AREA SENIOR CENTER



DECEMBER 2022 NEWS



VOLUME 22, ISSUE 12



"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



FEATURING REHAB TO HOME
Physical, Occupational & Speech Therapy Services
LONG-TERM SKILLED NURSING
Memory & Respite Care
8750 E. Monroe Rd., Durand
•••Direct 989-288-3166 • www.durandscr.com•••
Cable & Wi-Fi
Admissions 24 Hours a Day/7 Days a Week

Bring this coupon in for a free meal & gift with your tour!

Lockwood Senior Living

Supportive • Caring • Independent Living

Burton

810.744.9400



Genesee

810.733.8900

Courtyard Manor

Assisted Living, Memory Care



Our Home is Your Home, Your Family is Our Family

• Specializing in Memory Care • Risk Free Deposit
Transportation Provided for Activities Outside the Community

Jackie Casemore, Manager • cymcasemore@yahoo.com

810-630-1063

8240 Miller Rd. • Swartz Creek • www.courtyardmanor.com



Adult Foster Care and Assisted Living

Established 1990

Clio • Mt. Morris • Montrose • Flint
15 Area Locations

www.bentleymanorafc.com



Urgent Repair Program for Genesee County Homeowners!

Roof / Well / Septic / Furnace Only

Call (810) 257-3010 or online
at www.gcmpc.org



GENESEE COUNTY
METROPOLITAN PLANNING
COMMISSION

CALL TO SCHEDULE A VIRTUAL TOUR!

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Eileen Frazier

efrazier@lpicommunities.com

(800) 477-4574 x6309



4-D-5-5

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

15-0694

UPCOMING EVENTS

Holiday Spirit Week



December
12th

Santa vs. Grinch

Wear Red for team Santa or Green for team Grinch.

1:00 pm

We will be playing the Grinch movie while decorating cookies! Take what you make! Supplies will be sponsored by **American House of Grand Blanc**

13th

Toasty Tuesday

Baby it's cold outside! Rock your winter hats, scarves, or mittens.

10 am - 2 pm

Hot Cocoa bar is open and stocked with toppings!
Sponsored by **Ascension Living PACE Michigan**

14th

Holiday Stockings

Wear your favorite holiday themed socks!

1:00 pm

Gingerbread house building! Kits are provided by the center. **RSVP by December 9th**

15th

Holiday Headwear

Pull out your festive Santa hats, elf hats, headbands, bows, get creative!

10:00 am

Holiday themed Bingo! **Sponsored by Bristol Hospice**

16th

Ugly Sweater Day

Wear your ugliest holiday sweater!

9 am - 10 am

Enjoy a holiday Pancake Breakfast! \$5.00 at the door.

RSVP by Dec. 12th

Ugliest sweater will win a \$50.00 gift card!
Sponsored by Genesee Gardens



Every day that you participate in the theme, you will be entered into a raffle drawing for a chance to win a **gift basket sponsored by ProMedica!** Participation in any of the spirit week activities gets you a bonus ticket! That means you could have the opportunity to submit 10 tickets! Drawing will take place after breakfast. You do not have to be present to win!

Thank you to all of our generous sponsors! We truly value your continued support of our programs!

UPCOMING EVENTS

Meal Planning & Healthy Holiday Tips



Join Commit to Fit from the Greater Flint Health Coalition to enjoy tips for a healthier holiday season!

Thursday, December 8th from 1:00-3:00pm



This class session will include:

- Healthy Meal Planning
- Healthy Recipes
- Tips to Reduce Sugar
- Recipe Tasting & More!



RSVP by Monday, December 5th

GREATER FLINT HEALTH COALITION

Bingo



December 1st
at 10:00 am
presented by
American
House

December 8th
at 10:00 am
presented by
Oak Street
Health

LISTENING circle

Where you can feel heard, this support group is designed for anyone to come talk about any struggle they have. Call Ahead to RSVP.

Monday, December
5th & 19th
1:00- 2:00 pm



It's Almost Tax Season!



AARP Tax-Aide: IRS Certified Tax Counselors will be providing tax services at the Swartz Creek Senior Center.

The Center will begin scheduling appointments on **January 3rd, 2023.**

Please do not call before this date.

Services will be available by appointment only. More information will be available at the time the center begins taking appointments.

WISHING YOU A
Merry
Christmas
AND A HAPPY NEW YEAR

OUR CENTER IS CLOSED ON
December 23rd, 26th, & 30th

EXERCISE PROGRAMS ARE CANCELLED

December 19th-30th
will resume as normal on Jan 3rd

UPCOMING EVENTS

BOOK CLUB

Tuesday, December 20th
at 3:00 pm

Read any
Christmas Book
of your choice
to discuss!



Grief Support Group

Wednesday, December 21st
at 11:00 am

A safe place to discuss your experiences through the grieving process. Listen to others and learn from them what helpful healing tools they have used.

hosted by
Jessica from
ProMedica
Hospice



Senior Winter Games is Back!

Registration from Monday, November 7th to

Thursday, January 12th

Cost: \$12.00 per person

Includes: T-Shirt, Unlimited Events, Opening ceremony with entertainment, and Closing banquet Luncheon

2023 EVENTS:

PIE EATING, BOWLING, JIGSAW PUZZLE, SPADES, SOFTBALL TOSS, BOCCIE BALL, SOCCER FREE KICK, YAHTZEE, HAND KNEE AND FOOT, SHUFFLEBOARD, SENIOR GRAND PRIX, RECREATIONAL PING PONG, FRISBEE TOSS, LADDER GOLF, FITNESS WALK, PICKLEBALL, EUCHRE, FREE THROW, SUDUKO, BAKING, POOL, CRIBBAGE, PINOCHLE, LINE DANCING, MEXICAN TRAIN DOMINOES, SPELLING BEE, ARTS & CRAFTS, NAME THAT SONG, DARTS, BEAN BAG TOSS, COMPETITIVE TABLE TENNIS, & MINIATURE GOLF

Senior Winter Games of Genesee County is in need of seniors who are willing to volunteer to assist at event sites. **If you are interested in volunteering**, please contact Misty Moen at the Grand Blanc Senior Center, (810) 695-3202.



DECEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

Cancellations

All Exercise Classes: December 19th-30th
Zumba: December 7th



<p>5</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Baked Chicken Breasts w/ veggies 1:00 Senior Listening Circle 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>6</p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Chef's Choice 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p>7</p> <p>Veteran Services Appts. 9:30 Zumba cancelled 11:30 Sassy Exercise Noon Lunch—Lasagna w/ Beef 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>8</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Bingo! 11:00 Toning Noon Lunch—Beef Dippers w/ Gravy 12:30 Afternoon Mah-Jongg 1:00 Holiday Meal Prep 6:30 Pinochle 6:30 Euchre</p>	<p>9</p> <p>11:00 Arthritis Exercise Noon Lunch— Baked Fish CENTER CLOSSES 4:00 PM</p>
<p>12</p> <p>Santa Vs. Grinch day (see pg 1) 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch—Chicken & Cheese Enchiladas 1:00 Cookie Decorating 1:00 Crochet Group 5:00 Hand, Knee & Foot</p>	<p>13</p> <p>Toasty Tuesday (see pg 1) 8:45 Yoga 10:00 Knitting Group 10:00-2:00 Hot Cocoa Bar 10:00 Tai Chi 11:00 Toning Noon Lunch - Pot Pie 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p>14</p> <p>Holiday Stockings (see pg 1) 9:30 Zumba 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch—Chicken & Penne Alfredo 1:00 Ginger Bread House Building 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>15</p> <p>Holiday Headwear (see pg 1) 8:45 Yoga 10:00 Tai Chi 10:00 Holiday Bingo 11:00 Toning Noon Lunch - Stuffed Green Pepper 12:30 Afternoon Mah-Jongg 6:30 Pinochle 6:30 Euchre</p>	<p>16</p> <p>Ugly Sweater Day (see pg 1) Technology Appt. 9:00-10:00 Pancake Breakfast 11:00 Arthritis Exercise Noon Lunch— Antipasto Salad CENTER CLOSSES 4:00—5:45 PM</p>
<p>2</p> <p>Technology Appts. 11:00 Arthritis Exercise Noon Lunch— Ham Steak w/ Pineapples CENTER CLOSSES 4:00—5:45 PM</p> <p>6:00 DANCE</p>	<p>1</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Bingo! 11:00 Toning Noon Lunch - BBQ Chicken Thighs 12:30 Afternoon Mah-Jongg 6:30 Pinochle 6:30 Euchre</p>	<p>7</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Bingo! 11:00 Toning Noon Lunch—Beef Dippers w/ Gravy 12:30 Afternoon Mah-Jongg 1:00 Holiday Meal Prep 6:30 Pinochle 6:30 Euchre</p>	<p>8</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Bingo! 11:00 Toning Noon Lunch—Beef Dippers w/ Gravy 12:30 Afternoon Mah-Jongg 1:00 Holiday Meal Prep 6:30 Pinochle 6:30 Euchre</p>	<p>2</p> <p>Technology Appts. 11:00 Arthritis Exercise Noon Lunch— Ham Steak w/ Pineapples CENTER CLOSSES 4:00—5:45 PM</p> <p>6:00 DANCE</p>



Monday

19

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

Tuesday

20

8:45 Yoga cancelled
 10:00 Knitting Group
 10:00 Tai Chi cancelled
 11:00 Toning cancelled
 Noon Lunch - Christmas Lunch
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 3:00 Book Club
 4:30 Dominoes
 6:30 5-Handed Euchre

Wednesday

21

Legal Services by Appt.
 9:30 Zumba cancelled
 11:30 Sassy Exercise cancelled
 11:00 Grief Support Group
 Noon Lunch—Salisbury Steak in Broth
 3:00 Intermediate Line Dance cancelled
 5:30 Mah-Jongg
 6:30 Setback

Thursday

22

8:45 Yoga cancelled
 10:00 Tai Chi cancelled
 11:00 Toning cancelled
 Noon Lunch - Chicken Parmesan
 12:30 Afternoon Mah-Jongg
 6:30 Pinochle
 6:30 Euchre

Friday

23

26



27

Hearing Screening Appts.
 8:45 Yoga cancelled
 10:00 Knitting Group
 10:00 Tai Chi cancelled
 11:00 Toning cancelled
 Noon Lunch - Country Style Chicken
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 4:30 Dominoes
 6:30 5-Handed Euchre

28

9:30 Zumba cancelled
 11:30 Sassy Exercise cancelled
 Noon Lunch—Steak Fajitas
 3:00 Intermediate Line Dance cancelled
 5:30 Mah-Jongg
 6:30 Setback

29

8:45 Yoga cancelled
 10:00 Tai Chi cancelled
 11:00 Toning cancelled
 Noon Lunch - Mac & Cheese
 12:30 Afternoon Mah-Jongg
 6:30 Pinochle
 6:30 Euchre

30



Board Meeting Notice

The next board meeting will be held on Wednesday, December 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.



UPCOMING EVENTS



JOIN US FOR A
CHRISTMAS LUNCH

TUESDAY,
DECEMBER

20TH

AT NOON

RSVP BY
DECEMBER

2ND

MENU

GLAZED PORK LOIN
ROASTED VEGGIES
CANDIED YAMS
APPLE CRISPS
WHEAT ROLLS
HOLIDAY BROWNIES

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.

Suggested Donation is \$3.00

Persons under age 60: \$6.00

Persons of all ages who reside outside Genesee County: \$6.00

INFORMATION

Helpful Contacts

Valley Area Agency on Aging 810-239-7671
Adult Protective Services 855-444-3911
Alzheimer's Association 800-780-4163
Department of Veterans Services 810-257-3068
Elder Abuse Hotline 810-257-3422
GCCARD Weatherization Program 810-762-4918
Genesee County Sheriff Department Protective Services 810-257-3210
Genesee County Veterans Information Center 810-257-3068
Health Department Free Exams 810-237-4570
Legal Hotline for Seniors 800-347-5297
Legal Services of Eastern Michigan 800-322-4512
Meals on Wheels 810-239-7671
Michigan Medicare/Medicaid Assistance 800-803-7174
Michigan Offices of Services to the Aging 517-373-8230
Social Security Administration 800-772-1213
Statewide Services of Hearing Impaired 810-239-3112

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.

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!

Attention Snow Birds!



Brrr... It's Coming

Before venturing out in bad weather, be sure to call the center at 810-635-4122 or tune in to the TV station- ABC Channel 12. You can also check our Facebook page and website for updates concerning our center!

Please note that The Swartz Creek Area Senior Center's decision to close during inclement weather is independent of the school district or other senior centers.



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.

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.

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)

Class Cancellations

All Exercise Classes: December 19th-30th
Zumba: December 7th

Swartz Creek Area Senior Citizens, Inc.: Funding Sources

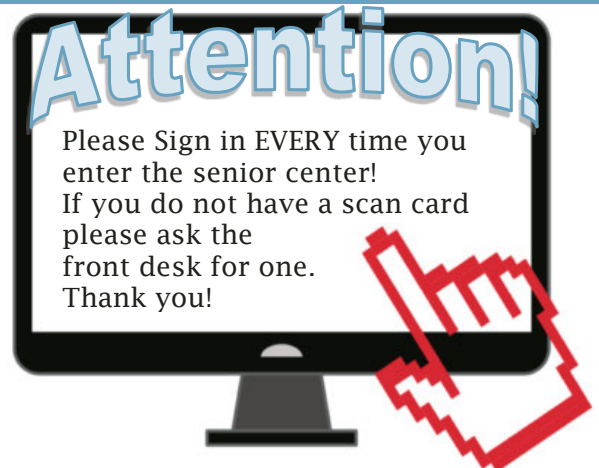
- ◆ Genesee County Senior Millage
- ◆ Community Development monies from the City of Swartz Creek, The Village of Gaines, & Gaines Twp.
- ◆ Senior fundraising
- ◆ Donations from individuals and community groups.

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!



 People Helping People Thrive!

Vibrant Life Senior Living
THE LODGE OF DURAND
8800 Monroe Rd.
Durand

Phn: (989) 288-6561
Cell: (810) 287-3046

vibrantlifeseniorliving.com

We Bring Care Home to You
- Since 1973

 **FREE CARE ASSESSMENT**
by a Licensed Nurse

Home Health Aide and Nursing Care AVAILABLE 24/7

www.helpinghandhealthcare.com
G-8305 S. Saginaw St., Ste. 1, Grand Blanc, MI 48439
800.304.0254

Locally Owned & Operated by the Sharp Family
Michael T. Scully • Roger L. Sharp • Roger L. Sharp II
Jennifer Sharp Scully • Stephanie Sharp Foster

 **Sharp FUNERAL HOMES**
Compassion. Dignity. Respect.



Additional locations in Grand Blanc, Linden and Fenton


Miller Road Chapel
8138 Miller Road
Swartz Creek, MI
Roger L. Sharp
MANAGER & FOUNDER
(810) 635-4411
www.sharpfuneralhomes.com

Call 810.635.3183 for more information!

 **Swank Home ASSISTED LIVING**

- 24 Hour a day care by trained and caring staff
- Assistance with bathing, dressing, and personal care
- Complete health and medication management
- Home-cooked meals, served family style
- All housekeeping and laundry services included
- Weekly Activities: Bingo, Crafts, Yoga, Music

www.swankassistedliving.com
9412 Miller Rd.,
Swartz Creek, MI 48473

 **Woodhaven Senior Community**

"Where Seniors Love to Live"

5201 Woodhaven Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505

www.woodhavensenior.com



 **Swartz FUNERAL HOME AND CREMATION CENTER**

1225 West Hill Road • Flint, MI
810-235-2345 • 810-694-2345
www.swartzfuneralhomeinc.com
Family Owned
Operated By Rick R. Lamb & Family

Genesee Valley Vault Inc.

Proudly supporting our local funeral homes



www.geneseevault.com

Compassionate Care
FROM OUR HEART TO YOURS

 2029 S. Elms Bldg. B, Ste. A
Swartz Creek

(810) 422-9453
www.earthtoearthhospice.com

NEVER MISS OUR NEWSLETTER!


SUBSCRIBE

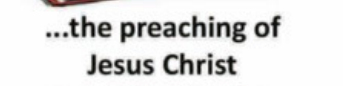
Have our newsletter emailed to you every week.



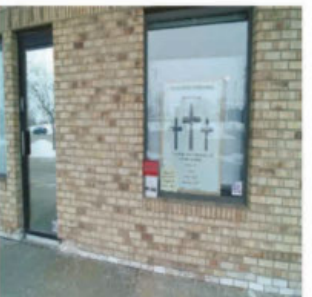
Visit www.mycommunityonline.com

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

 **Bible STUDY**
Join us!



...the preaching of Jesus Christ according to the revelation of the mystery...
Romans 16:25
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

 **H&M Landscaping, L.L.C.**
Est. 1985

Brian Huyck
Owner and Certified Horticulturist

(810) 238-2111
6081 Morrish Road, Swartz Creek, MI 48473
www.HandMLandscaping.com



Creating & Maintaining Distinctive Gardens

- Retaining Walls • Bobcat Services • Brush Hog • Resurface Gravel Driveways
- Brick Pavers • Trees, Shrubs & Flowers • Drainage
- Landscape Design and Installation • Refresh Overgrown Landscape

 **SIMA** MEMBER OF **MNLA**

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

BOARD OF TRUSTEES

Roger Bloss, President

Ken Klungle, Vice President

Elaine Tucker, Secretary

Kathy VanDette, Treasurer

Phil Bracey, Trustee

Sheila Keen, Trustee

Penny Howard, Trustee

Mickie Grandstaff, Trustee

Trudy Plumb, Trustee

STAFF

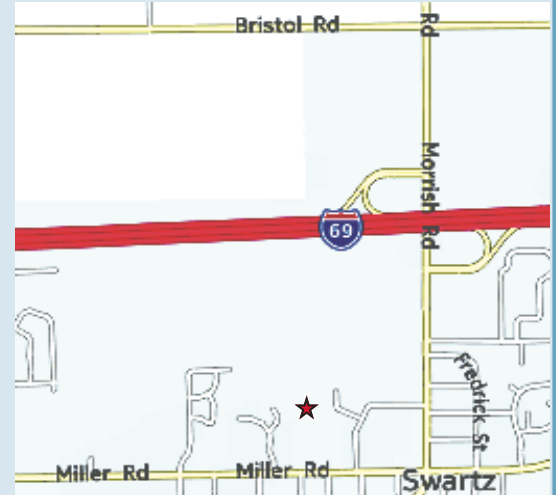
Barbara McCallum, Director

Holly Burgess, Program Coord.

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation

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