

# SWARTZ CREEK AREA SENIOR CENTER

APRIL  
2021 NEWS

VOLUME 21, ISSUE 4



*The Best Time for New Beginnings is Now!*

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







# — YOUR — HEARING SOLUTION

- Hearing Evaluations
- Repairs
- Cleaning & Service

Over 10 Years  
with the  
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Senior Center

**(810) 733-5300**  
www.Hearing-Solution.com



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**Flint Township Senior Living at Genesee Gardens**

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**(810) 720-4159 ext. 2**

**www.geneseegardens.com**

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## Courtyard Manor

Assisted Living: Memory Care



**Our Home is Your Home, Your Family is Our Family**

- Specializing in Memory Care • Risk Free Deposit
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Jackie Casemore, Manager • cymcasemore@yahoo.com

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**ADVERTISE  
HERE** to reach the  
senior market



**Call (800) 477-4574**

## Walsh Insurance Agency

*For all your Health Insurance needs*

**Turning 65 soon? Confused by Medicare?**

*We specialize in Michigan Medicare Solutions.*

**Contact: Amy Walsh**

**Office: (248) 432-0511 | Cell: (248) 207-7488**

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15-0694

**\*\*What is advertised in this newsletter is subject to change. Please call to check whether or not the event/service you wish to attend is still being held. Thank you for your patience as we navigate through these unprecedented times.\*\***

### SCASC Procedural Details

**Screening Station:** Participants will not be allowed in the building if they have been ill within a two week span. Any participant that exhibits any type of symptoms will be asked to leave and will not be allowed to return without clearance from their doctor. Before your scheduled activity, please stop at the front desk. There you will need to read the health checklist before you can continue your activity. A thermometer is on hand if you'd like your temperature taken.

**Masks:** Please be sure to be wearing your mask properly before entering building. **NO MASK, NO ENTRANCE, NO EXCEPTION!**

**My Senior Center Sign In:** Please use the My Senior Center Scanner and Touch Screen to sign in. After you are signed in it is recommended to use hand sanitizer.

**Restrooms:** Restrooms are one stall. There will be an 'X' outside of the door to signify you have to wait for a vacancy.

**Computer Room:** The computer room will remain closed until further notice.

**Coffee Counter:** The coffee counter is closed until further notice.

**Water Fountains:** Closed until further notice. Water bottles available to exercise participants upon request.

**Transportation:** The van is in operation, but limited to 1 person riding at a time. Riders must be healthy and have no symptoms to be eligible for transportation. The driver area is partitioned with clear plastic so the driver and passenger are not exposed to one another.

### Class Sign Up

**Yoga:** You can call the Friday the week before classes to sign up for ONE class the following week, Monday, Tuesday or Thursday.

**All Other Classes:** You must call to sign up for class the day before it occurs. You can call the day of to see if any openings are available.

**\*\*The center will only be hosting services/classes advertised in this newsletter. If you have any questions concerning these procedures or services/classes, please call the center between the hours of 9:00am and 4:00pm Monday-Friday at 810 635 4122.\*\***





## Hearing Screenings

Wednesday, April 28th, 2021

**PROVIDED BY: YOUR HEARING SOLUTION**

Offered at the Center once a month.

Call the Center to make an appointment

- Do you often have to ask others to repeat themselves?
- Do others complain to you that the TV is too loud?
- Do you hear, but not always understand?

Free hearing evaluation available at the senior center.

\* Hearing aid cleaning and adjustments at no charge.

\* Fees apply for battery replacement.

### 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.

### 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.

### STAY CONNECTED: Join Us on Our Website and Social Media!

Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way to do that is by following our Facebook page or webpage. Check out the Swartz Creek Senior Center website (<https://myscasc.org>)! You can find the latest updates and even download the monthly newsletter! You can also hop over to Facebook and search Swartz Creek Area Senior Center to find us. We share center updates, posts from local agencies, and posts from the Genesee County Office of Senior Services. Make sure you like our page before you leave to get the most recent updates!

F I G N O T I B U U B T A K W O R M I J  
 P C S W Q E B H A Y O V P T P Z D M U J  
 W L O N C I L N L S Y T R Q S A Y B K J  
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 I F A P D V M T N D O U O O M M F N X V  
 N W O S B D D U S F F S O N C S O S N F

April, Baseball, Bunny, Butterfly, Easter, Eggs, Green, Hatch, Melt, Polliwog, Puddles, Rain, Robin, Rainbow, Spring, Tadpole, Thaw, Warming

## Information/Upcoming Events

# Grief Support Group

Heartland Hospice provides, at no charge, on-going grief support for anyone who has experienced the death of a loved one. Our purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

Where: VIA ZOOM (Call center to have ZOOM link sent to you)

When: Wednesday, April 21st, 2021 at 11:00am

**\*\*Please call the day before to register for the support group.**

### Legal Services

Provided by Legal Services of Eastern Michigan

**Where:** Swartz Creek Area Senior Center 8095 Civic Drive, Swartz Creek

**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.

### 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!



### ARE YOU INTERESTED IN BEGINNERS LINE DANCING.....?!?

- Classes will begin in May if there is enough interest!
- Sign up today by calling the center at 810-635-4122
- Class is \$2.00 per class or use your punch card.



## Coney Dog/Sloppy Joe Lunch

Coming this May!!

A To-Go style version of your favorite luncheon! Keep an eye out in the May issue for more information!!!

### Menu

Coney Dog or Sloppy Joe  
Chips/Pickle  
Beverage  
Dessert



## BEGINNER FAMILY MEMORIES CLASS

Would you be interested in a Beginner Family Memories class? Call the Swartz Creek Senior Center and let us know!

Call 810-635 4122!

### Board Meeting Notice

The next board meeting will be Wednesday, April 14th, 2021. The public can join the board meeting via Zoom. Contact the center if you need the link!

**\*\*What is advertised in this newsletter is subject to change. Please call to check whether or not the event/service you wish to attend is still being held. Thank you for your patience as we navigate through these unprecedented times.\*\***

# APRIL

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**\*\*PLEASE DO NOT COME MORE THAN FIVE MINUTES BEFORE CLASS/ EVENT BEGINS\*\***  
**THANK YOU!!!**

## EASTER LUNCHEON

### MENU

HM Chicken and Spinach Lasagna  
Glazed Carrot Rounds  
Roasted Squash  
Strawberry Applesauce  
Garlic Roll  
100% Fruit Juice



**WHEN: April 1st, 2021**

**RSVP DEADLINE:**

**March 22nd, 2021.  
Call: 810-635-4122**

<p>8:45 Yoga 10:00 Imp. Beginning Line Dancing 11:30 Sassy Exercise Noon Lunch - Cheese Tortellini w/ Meat Sauce 1:00 Crochet Group</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch – Antipasto Salad w/ Pepperoni</p>	<p><b>Taxes by Appointment</b> <b>Veteran Services by Appt.</b> 9:30 Zumba 11:30 Sassy Exercise Noon Lunch—HM Beef Burrito 3:00 Line Dance</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch— HM Veal Parmesan</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning <b>NOON EASTER LUNCHEON</b></p>
<p><b>Yoga Canceled</b> 10:00 Imp. Beginning Line Dancing 11:30 Sassy Exercise Noon Lunch - Asian Chicken Bowl 1:00 Crochet Group</p>	<p><b>Yoga Canceled</b> 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch – HM Swedish Meatballs</p>	<p><b>Taxes by Appointment</b> 9:30 Zumba <b>10:30 Board Meeting</b> 11:30 Sassy Exercise Noon Lunch— Ham &amp; Turkey Sub 3:00 Line Dance</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch— HM Chicken Noodle Soup</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch— Turkey Burger w/ Cheese <b>1:30 Matter of Balance</b></p>
<p><b>Yoga Canceled</b> 10:00 Imp. Beginning Line Dancing 11:30 Sassy Exercise Noon Lunch - Asian Chicken Bowl 1:00 Crochet Group</p>	<p><b>Yoga Canceled</b> 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch – HM Swedish Meatballs</p>	<p><b>Taxes by Appointment</b> 9:30 Zumba <b>10:30 Board Meeting</b> 11:30 Sassy Exercise Noon Lunch— Ham &amp; Turkey Sub 3:00 Line Dance</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch— HM Chicken Noodle Soup</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch— Fish Tacos <b>1:30 Matter of Balance</b></p>



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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>19</b>  <b>Yoga Canceled</b>                  10:00 Imp. Beginning Line Dancing                  11:30 Sassy Exercise                  Noon Lunch— Ham &amp; Cheese                  Frittata                  1:00 Crochet Group  <b>2:00 REAL ID SEMINAR</b></p>	<p><b>20</b>  <b>Yoga Canceled</b>                  10:00 Knitting Group                  10:00 Tai Chi                  11:00 Toning                  Noon Lunch— Open-Face                  Turkey Sandwich</p>	<p><b>21</b>  <b>Legal Services by Appt.</b>                  9:30 Zumba  <b>11:00 Grief Support</b>                  11:30 Sassy Exercise                  Noon Lunch— HM Supreme Pizza                  w/ Sandwich                  3:00 Line Dance</p>	<p><b>22</b>                  8:45 Yoga                  10:00 Tai Chi                  11:00 Toning                  Noon Lunch - HM Chicken                  Salad Sandwich</p>	<p><b>23</b>                  11:00 Arthritis Exercise                  Noon Lunch— HM Mac &amp;                  Cheese  <b>1:30 Matter of Balance</b></p>
<p><b>26</b>                  8:45 Yoga                  10:00 Imp. Beginning Line Dancing                  11:30 Sassy Exercise                  Noon Lunch— Lemon &amp; Herb                  Chicken Breast                  1:00 Crochet Group</p>	<p><b>27</b>                  8:45 Yoga                  10:00 Knitting Group                  10:00 Tai Chi                  11:00 Toning                  Noon Lunch— HM Salisbury                  Steak  <b>2:30 BOOK CLUB</b></p>	<p><b>28</b>  <b>Hearing Appts.</b>                  9:30 Zumba                  11:30 Sassy Exercise                  Noon Lunch— Turkey Polish                  Coney Island                  3:00 Line Dance</p>	<p><b>29</b>                  8:45 Yoga                  10:00 Tai Chi                  11:00 Toning                  Noon Lunch - HM Stuffed                  Peppers</p>	<p><b>30</b>  <b>Arthritis Exercise Canceled</b>                  Noon Lunch— BBQ Chicken                  Wings  <b>Matter of Balance Canceled</b></p>



- You will learn:**
- Is the Michigan REAL ID-compliant driver's license or ID card right for you?
  - How to renew your license or State ID card
  - Veterans Designation on Licenses and ID cards

**PRESENTED BY:**



**Where: Swartz Creek Senior Center**  
**When: Monday, April 19, 2021**  
**2:00pm – 3:00pm**  
**RSVP at: 810-635-4122**  
 Space is limited, masks are required.



## Riddles/Information

### SWARTZ CREEK AREA SENIOR CENTER 2021 ELECTION - BOARD OF TRUSTEES

Absentee Ballots will be available for the 2021 Board of Trustee elections. An application must be completed and returned to the senior center by April 9th, 2021. You may pick up the application at the senior center or call 810-635-4122 and request that an application is mailed to you.

- Eligible voters will be seniors 50 and older who live in the Swartz Creek Area School District or Gaines Twp.
- Voter must be a member of the Swartz Creek Area Senior Center, on/before April 23rd, 2021.



### Incontinence Supplies

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



### Here's a Riddle (or Two) for You....

**Riddle 1:** A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?

**Riddle 2:** You see a boat filled with people, yet there isn't a single person on board. How is that possible?

**Riddle 3:** What does man love more than life, hate more than death or mortal strife; that which contented men desire; the poor have, the rich require; the miser spends, the spendthrift saves, and all men carry to their graves?

**\*\*YOU CAN FIND THE ANSWERS TO THESE RIDDLES AT THE BOTTOM OF THE PAGE LABELED, "INFORMATION/RIDDLE ANSWERS"\*\*\***

## Watercolor Painting Class

**Time: 1:00 p.m.—3:00 p.m.**

**Cost (2 Sessions): \$10**

**When: Thursday, April 1st and 8th**

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 the time of sign up.  
RESERVATIONS ARE NOT GURANTEED UNTIL PAYMENT IS RECEIVED!**

## STILL LIFE PENCIL DRAWING

**Cost (2 Sessions): \$10**

**When: Thursday, April 15th and 22nd from 1:00pm - 3:00pm**

**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.

**Advanced sign up is required. Payment is required at the time of sign up.  
RESERVATIONS ARE NOT GURANTEED UNTIL PAYMENT IS RECEIVED!**

## BOOK CLUB

**Tuesday, April 27th, from 2:30pm—3:30pm**

**RSVP @ 810- 635 - 4122**

**Book: The Indigo Girl  
By: Natasha Boyd**

Are you looking for an opportunity to connect with others who enjoy reading as much as you do? The Book Club meets the last Tuesday of each month to discuss some of your favorite books and authors.

**New participants are always welcome!**





## Information/Riddle Answers

# 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 Wednesdays. This trip alternates between Meijer and Kroger each week.

#### FOOD PANTRY — (Monthly)

Round-trip transportation from your home to the Swartz Creek Community Food Basket.

Available at the Senior Center

Call (810) 635-4122 for an Appointment

#### 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.

# Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? John Nelson, Service Officer, with the Genesee County Department of Veterans Services Office is available for appointments at the Senior Center one day per month. During your appointment, John can provide information on benefit programs and assist you in completing applications for Veterans benefits. Please request a list of information to bring when you schedule your appointment.

# 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)

## ATTENTION ALL PARTICIPANTS!

Please sign-in on My Senior Center **every time** you visit the center.

Our funding depends on it!

If you do not have a Key Tag, please ask for one at the front desk.

Thank you!

## METRO: Community Development - 2021 Grant Information

Homeowners that meet this program's requirements can receive up to \$10,000 in funding through the Accessibility Modification Program (AMP) to make eligible repairs and modifications to their homes to make it more accessible.

Please contact Metro Community Development and tell them you would like to start an application for AMP.

Call 810-767-4622 Extension 360

## ANSWER TO RIDDLES

**Riddle One Answer:** He was bald.

**Riddle Two Answer:** All the people on the boat are married.

**Riddle Three Answer:** Nothing

## Word Search: Spring Has Sprung!

A F H P M Y L M R X C F R L O K W Q H A  
W I R P O P P Y Y N Z A H A R I E Z L M  
W J H I M N V C H L E T O Z T S S E E I  
Z K J T T P J P J G I C D Q C S G C U T  
H K Y F Y I A U N H X L O P S I E M E S  
V V F I Z S L A Y Z U Z D K E M I U L B  
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A X B A I K C X T S Z Q N Y S C F U L C  
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C B I S T J E S O R M I R P Z A V A X M  
C U P D F O Y P R E W O L F L L E B C A  
M L C D H A G P Q Y N Z M J H R H E Z H

Bellflower, Bluestar, Camellia, Crocus, Daffodil, Dianthus, Forsythia, Freesia, Fritillaria, Geranium, Hyacinths, Hydrangea, Lilac, Lily, Lupine, Pansies, Poppy, Primrose, Rhododendron, Snowdrop, Trillium, Tulips, Violas, Weigela



**People Helping  
People Thrive!**



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[vibrantlifeseniorliving.com](http://vibrantlifeseniorliving.com)

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[www.swankassistedliving.com](http://www.swankassistedliving.com)  
9412 Miller Rd.,  
Swartz Creek, MI 48473



**Woodhaven Senior Community**

Find us on 

5111 Woodlands Ct.  
Flint, Michigan 48532  
(810) 230-1070 • Fax (810) 230-9488  
[www.woodhavensenior.com](http://www.woodhavensenior.com)




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**35**

*Creating & Maintaining Distinctive Gardens*

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- Brick Pavers • Trees, Shrubs & Flowers • Drainage
- Landscape Design and Installation • Refresh Overgrown Landscape

**Est. 1985**





# SWARTZ CREEK AREA SENIOR CENTER

8095 Civic Drive, Swartz Creek, MI 48473

Office Hours: Monday—Friday 8:30am—4:30pm

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

Bailey Zaporski, Asst. Director

Marianne Campbell, Staff Asst.

Greg Boshaw, Van Driver

## BOARD OF TRUSTEES

Roger Bloss, President

Bob Plumb, Vice President

Elaine Tucker, Secretary

Phillip Bracey, Treasurer

Ann Knight, Trustee

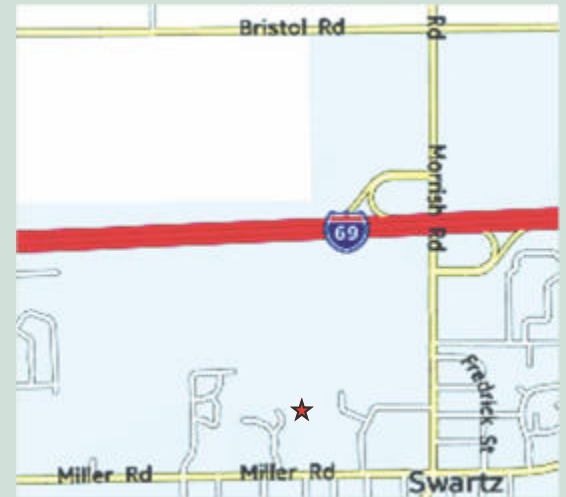
Sheila Keen, Trustee

Kathy VanDette, Trustee

Ken Klungle, Trustee

Susan Butler, 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