

SWARTZ CREEK AREA SENIOR CENTER

MARCH
2019 NEWS

| VOLUME 19, ISSUE 3



PUBLIC WELCOME!

Take Out Available!

Pancake Breakfast



Saturday, March 16th, 2019

8:00 a.m. — 10:00 a.m.

\$5.00 Donation per Person

Join us as our volunteers cook up pancakes, sausage & scrambled eggs. Orange juice and coffee will also be served.

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

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15-0694

Upcoming Events

Legal Services

Provided by Legal Services of Eastern Michigan

Where: Swartz Creek Area Senior Center 8095 Civic Drive, Swartz Creek, MI 48473

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

To schedule an appointment, see staff at the center or call (810)-635-4122.

Services Include:

- Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Employment Issues, Public Benefits, Wills, Durable Power-of-Attorney for Finances, Durable Power-of-Attorney for Healthcare, Medicaid Planning, Social Security, Income Tax Issues, Nursing Home Issues.

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



Brr . . . 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 the center!

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

Class Changes

Name Changes for Tai Chi:

Tuesdays @ 10:00am: Beginners Tai Chi

Wednesdays @ 3:45pm: Introduction to Tai Chi

Thursdays @ 10:00am: Intermediate Tai Chi



SPRING FORWARD

Sunday, March 10th, 2019

Don't forget to set your clocks one hour ahead!



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.

Upcoming Events

Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, March 6th 2019 at 10:00am

Facilitated by Swank Home Assisted Living
This Support Group provides caregivers:

- An opportunity to gain support from others who are caring for a loved one with progressive memory loss. Information on how to cope.
- A listening ear and answers to questions about the diagnosis and its consequences.
- A connection to vital community resources.



Watercolor Painting Class

Thursday, March 7th and 14th, 2019

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

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.**



Still Life Pencil Drawing

Thursday, March 21st & 28th, 2019 at 1:00pm.

Cost (2 Sessions): \$10

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 kneaded or white eraser for this class.**



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.

When: Wednesday, March 20th, 2019 at 10:00am

Where: Swartz Creek Senior Center



Hearing Screenings

March 27th, 2019

Provided by Fluke Hearing

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.

Friday Night Dances

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

Dates: Friday, March 1st, 15th & 29th

Time: 6:00 p.m.—8:30 p.m.

Cost: \$5.00

Must be 50 or older.

Pizza, Pop, Water, Snacks and Cookies will be available for purchase during the dance.



Upcoming Events

Elder Abuse Seminar

Where: Swartz Creek Senior Center **When:** March, 11th 2019 **Time:** 1:00pm **RSVP:** by March 4th, 2019
Open to the Public!

Join us as we discuss the following topics affecting Seniors in your community:

- Types of Elder Abuse
 - Indicators of a Victim of Elder Abuse
 - Indicators of a Perpetrator of Elder Abuse
 - Current Scams targeted at Seniors
 - Who to call if you Suspect Abuse
 - How The Elder Abuse Task Force Victim Services Division is Here to Help You
- This Services to Victims of Elder Abuse Project is supported by Crime Victim Assistance Grant**



Annual Bake Sale & Coney Dog / Sloppy Joe Lunch

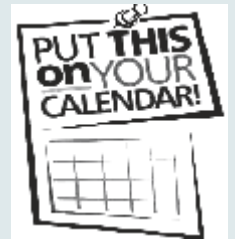
When: Thursday, April 11th, 2019

****Details will be in next month's newsletter****

To donate Baked Goods, please call the Senior Center by Monday, April 8th to sign up and let us know what you plan to bake. Your baked goods and a [list of ingredients](#) need to be dropped off at the Center before 11:00a.m.—2:00p.m. on Wednesday, April 10th.

- Cookies, brownies, candies, and other small items sell best when they are packaged in zipper bags of 2 or 6 items.

We need volunteers to help at the Bake Sale or Coney Lunch!
Sign up by: Thursday, April 4th.



Notary Services

Notary services are available at the Swartz Creek Area Senior Center. This service is free to all Genesee County residents 50 and older. Please call the center at 810-635-4122 to make 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 condition.

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

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.

Programs and/or services are fully or partially funded by Genesee County Millage Funds. Your tax dollars at work.

MARCH

Monday

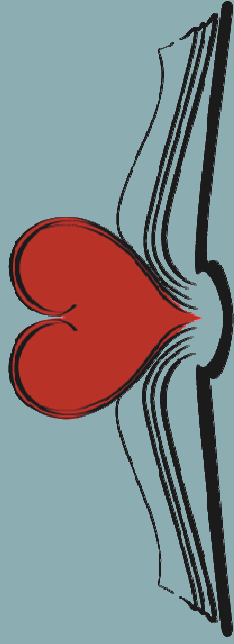
BOOK CLUB

Next Meeting will be Tuesday, March 26th, 2019 @ 4:00pm

Book: Lilac Girls by Martha Hall Kelly

Are you looking for an opportunity to connect with others who enjoy reading as much as you do?

New participants are always welcome!



Tuesday

Euchre Tournament

When: Saturday, March 9th, 2019

Where: Swartz Creek Senior Center 8095 Civic Dr. Swartz Creek

Doors Open: 6:00 p.m.

Starts: 6:30 p.m.

Cost: \$5

Public Welcome – 18 years and up
Refreshments Available



Wednesday

Thursday

Friday

1

Taxes by Appointment

11:00 Arthritis Exercise
Noon Lunch—Baked Mac& Cheese

1:30 Tools for Caregivers

CENTER CLOSÉS
4:00PM - 5:45 PM

6:00 Dance

4

8:45 Beginner Yoga
10:00 Imp. Beg. Line Dancing
Noon Lunch— Chicken Parmesan
12:30 Pinochle
1:00 Crochet
1:15 Roll & Release
2:30 Sassy Exercise
4:00 Beg. Ballroom Dance
5:00 Int. Round Dancing
5:00 Hand, Knee & Foot
6:30 Beg. Square Dance

5

8:45 Yoga
10:00 Tai Chi
10:00 Knitting
11:00 Toning
Noon Lunch— Meat Loaf w/ Tomato Gravy
12:30 Mah-Jongg
1:00 Wood Carving
2:30 Yoga w/ Props
3:45 Yoga
6:30 5-Handed Euchre
6:00 Dominoes
6:30 Cribbage

6

Taxes by Appointment
Veterans Services by Apt.
9:30 Zumba
10:00 Alzheimer Support Group
Noon Lunch— Turkey Burger
2:30 Sassy Exercise
3:45 Beginner Tai Chi
5:00 Int. Line Dancing
6:00 Mah-Jongg
6:30 Setback

7

8:45 Yoga
10:00 Tai Chi
11:00 Toning Exercise
Noon Lunch— Beef Barley Soup
12:30 Pinochle
1:00 Watercolor Class
1:15 Yoga with Props
2:30 Roll & Release
3:45 Yoga
6:30 Pinochle
6:30 Euchre

8

Taxes by Appointment
11:00 Arthritis Exercise
Noon Lunch— Pork Chop
1:30 Tools for Caregivers
CENTER CLOSÉS
4:00PM NO EVENING ACTIVITIES

<p>11</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch - Beef Sirloin Tips 12:30 Pinochle 1:00 Crochet 1:15 Roll & Release 2:30 Sassy Exercise 4:00 Beg. Ballroom Dancing 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>12</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Turkey Tetrazzini 12:30 Mah-Jongg 1:00 Pencil Drawing 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage</p>	<p>13</p> <p>Taxes by Appointment 9:30 Zumba 10:30 Board Meeting Noon Lunch – Country Style Chicken Patty 2:30 Sassy Exercise 3:45 Beginner Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>14</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Exercise Noon Lunch – New Orleans Stir Fry 12:30 Pinochle 1:00 Watercolor Class 1:15 Yoga with Props 2:30 Roll & Release 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>15</p> <p>Taxes by Appointment 11:00 Arthritis Exercise Noon Lunch - Alaskan Pollock Loin 1:30 Tools for Caregivers</p> <p>CENTER CLOSES 4:00PM - 5:45 PM</p> <p>6:00 Dance</p>
<p>18</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch – Beef Patty in Broth 12:30 Pinochle 1:00 Crochet 1:15 Roll & Release 2:30 Sassy Exercise 4:00 Beg. Ballroom Dancing 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>19</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch– Turkey Polish Sausage 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage</p>	<p>20</p> <p>Taxes by Appointment Legal Services by Appointment 9:30 Zumba 11:00 Grief Support Group Noon Lunch– Pan Baked Chicken Potpie 2:30 Sassy Exercise 3:45 Beginner Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>21</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Exercise Noon Lunch – Beef Steak Chili 12:30 Pinochle 1:15 Yoga with Props 1:00 Pencil Drawing Class 1:30 Manner Law Group Seminar 2:30 Roll & Release 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>22</p> <p>11:00 Arthritis Exercise Noon Lunch– Vegetable Lasagna 1:30 Tools for Caregivers</p> <p>CENTER CLOSES AT 4:00 P.M. No Evening Activities</p>
<p>25</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch – Ravioli 12:30 Pinochle 1:00 Crochet 1:15 Roll & Release 2:30 Sassy Exercise 4:00 Beg. Ballroom Dancing 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>26</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch– Beef Liver w/ Graw 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 4:00 Book Club 6:30 5-Handed Euchre 6:00 Dominoes 6:30 Cribbage</p>	<p>27</p> <p>Taxes by Appointment Hearing Screenings by Apt. 9:30 Zumba Noon Lunch – Chargrilled Chicken Breast 2:30 Sassy Exercise 3:45 Beginner Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>28</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Exercise Noon Lunch– Boneless Rib in BBQ Sauce 12:30 Pinochle 1:00 Pencil Drawing Class 1:15 Yoga with Props 2:30 Roll & Release 2:30 Healthquest Seminar 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>29</p> <p>Taxes by Appointment Noon Lunch - Sloppy Joe 1:30 Tools for Caregivers</p> <p>CENTER CLOSES 4:00PM - 5:45 PM</p> <p>6:00 Dance</p>

Travel Opportunities

Like What You See? Want to Learn More About These Awesome Trips?

Come on up to the Swartz Creek Area Senior Center to check out the informational flyers we have for each of these trips. Grab some to share with your friends and family to let them in on all the fun! Come and adventure with us!

Shepherd Maple Syrup Festival/ Soaring Eagle Casino

Sunday, April 28th, 2019
Cost: \$38

Deadline: April 10th, 2019



Firekeepers Casino

Wednesday, April 3rd, 2019
Cost \$40

Deadline:
March 18th, 2019



Father Solanus Casey Center

Wednesday, May 15th, 2019
Deadline: April 24th, 2019
Cost: \$68

Deadline: April 24th, 2019



Meadow Brook Theatre—Marvelous Wonderettes

Wednesday, May 8th, 2019
Cost: \$99

Deadline: April 1st, 2019



Discover Sagatuck

Wednesday, June 19th, 2019
Cost: \$95

Deadline: May 29th, 2019



Creation Museum & Ark Encounter

July 23rd & 24th, 2019
Cost: 294 PP Double
\$389 PP Single

Deadline: May 23rd, 2019



Firekeepers Casino

Wednesday, August 7th, 2019
Cost: \$40

Deadline: July 22nd, 2019



Purple Rose Theatre— Welcome to Paradise

Wednesday, August 14th, 2019
Cost: \$94

Deadline: August 8th, 2019



Detroit Princess Riverboat

Thursday, September 5th, 2019

Cost: \$80

Deadline: July 29th, 2019



Travel/Donation Information

Like What You See? Want to Learn More About These Awesome Trips?

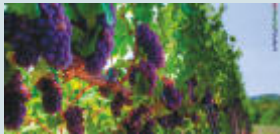
Come on up to the Swartz Creek Area Senior Center to check out the informational flyers detailing each of these trips. Grab some to share with your friends and family to let them in on all the fun! Come and adventure with us!

Cell Block 7 with Sandhill Crane Vineyards

Tuesday October 8th, 2019

Cost: \$72

Deadline: September 17th, 2019



Little River Casino Overnight with Soaring Eagle Casino

October 14th & 15th, 2019

Cost: \$119 PP Double

\$179 PP Single

Deadline: September 9th, 2019



Detroit Institute of Arts

Tuesday, November 5th, 2019



Cost: \$57

Deadline: October 4th, 2019

Firekeepers Casino & Christmas Lights

Wednesday, December 4, 2019

Cost: \$55

Deadline: November 18,



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.

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.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Cold Drink Cups, Bowls, Dessert Plates, Hard Candy, Tissues, Bathroom Tissue, Hand Soap, Regular & Decaf Coffee and 2-Liter Bottles of Pop are always appreciated.

Supplies were received in February by:

Jeanne and Roy Beville
Peggy Urick
Rene Gagnon
Audrey Ames
Peggy Ewing

Thank you for your generous donations to our Senior Center!

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)

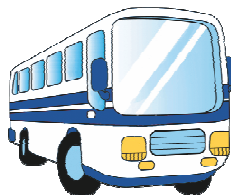
Round-trip transportation from your home to attend lunch at the center.

SHOPPING — (Weekly)

Round-trip transportation from your home in the early afternoon on Mondays. 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.



Assistance for Veterans

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

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.

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, sex, sexual orientation, religion, age, marital status, veteran and military status or disability unless required by the eligibility guidelines for services. Inclusiveness is a core value that drives the organization's mission of providing services to benefit persons who are over the age of fifty and reside in Genesee County.

Swartz Creek Veterans Wall of Honor Project

Swartz Creek Community Schools I partnering with the Genesee County Department of Veterans Services, VFW, American Legion, AMVETS, and other local organizations to create a Wall of Honor at the Cage Community Center to honor all Swartz Creek community veterans and community members presently serving in the United States Military.

Mission

To Recognize, honor and support the past present veteran population in our Swartz Creek Community for their courageous service.

To Apply

Applications may be obtained at:

- Swartz Creek Senior Center
- Swartz Creek Cage Community Center
- Swartz Creek VFW or AMVETS

Join us for Lunch!

Provided by Genesee County Community Action Resource Department (GCCARD)

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 \$2.00 donation per meal is requested for anyone 60 years and older and anyone under 60 years of age or living outside Genesee County it is \$3.50.



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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

Bailey Wright, Asst. Director

Marianne Campbell, Staff Asst.

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Bob Plumb, Vice President

Susan Butler, Secretary

Phillip Bracey, Treasurer

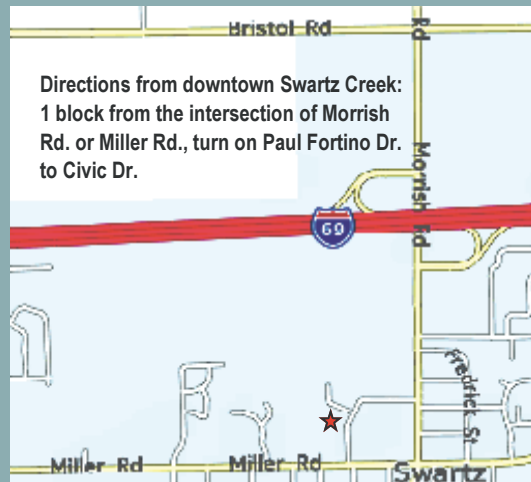
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Swartz Creek Area Senior Center
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Swartz Creek, MI 48473