

SWARTZ CREEK AREA SENIOR CENTER

**NOVEMBER
2019 NEWS**

| **VOLUME 19, ISSUE 11**



Pancake Breakfast

Where: Swartz Creek Area Senior Center

Saturday, November 16th, 2019

8:00 a.m. — 10:00 a.m.

\$5.00 Donation per Person

Bring your family and friends to join us as our volunteers cook up pancakes, sausage, and scrambled eggs. Orange juice and coffee will also be served.



“STAY ACTIVE & INFORMED AT THE SENIOR CENTER”

“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

Information

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, Decaf Coffee and 2-Liter Bottles of Pop are always appreciated.

Marie Ramick
Bill and Ann Gray
Mary O' Neil
Jeanne and Roy Beville

Thank you for your generous donations to our Senior Center!



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!



Woodcarvers Wanted!

Calling all woodcarvers! Every Tuesday at 1:00pm at the Swartz Creek Senior Center our woodcarving group meets. They are looking for more people to join in! So, if you enjoy woodcarving, bring your tools and project to the Swartz Creek Senior Center!



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 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.

Book Club

When: November 26th, 2019 @4:00pm

Where: Swartz Creek Area Senior Center

Book: Educated

Author: Tara Westover

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

New participants are always welcome!



Class Cancellations

**November 26th: AM Yoga, Beg. Tai Chi, Yoga w/Props and Toning are cancelled

**All classes are canceled November 28th and 29th due to the center being closed.



Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Wednesday, November 6th 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.

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,
November 20th, 2019 at
11:00am

Where: Swartz Creek Senior
Center



Hearing Screenings

November 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.

Watercolor Painting Class

When: November 7th and 14th
(All one class costing 10 dollars)

Time: 1:00 p.m.—3:00 p.m.

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.



Memorial Donations

A memorial donation was made in memory of Melvin Johnson by:

Darnin & Tracey Neioman
Patricia Moffit
John & Jan Kreger
Larry & Sharon Cummings
Deanna Anderson



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: November 8th and 22nd

Time: 6:00 p.m.—8:30 p.m.

Cost: \$5.00

Must be 50 or older.

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

Upcoming Events/Information

OPEN ENROLLMENT

Michigan Medicare/Medicaid Assistance Program (MMAP)

A volunteer MMAP Counselor can provide free services to help you:

- Understand Medicare & Medicaid.
- Compare or enroll in Medicare Prescription Drug Coverage.

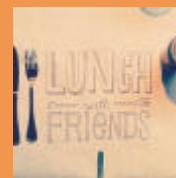
Wednesday, November 20th

Lunch and Learn with Professional Hearing

Where: Swartz Creek Area Senior Center

When: November 12th @ 12:00pm
RSVP by November 5th by calling
810-635-4122

Professional Hearing provides hearing tests once a month at our Senior Center and has recently undergone new management and moved to the downtown Swartz Creek Area. Join them for pizza, salad and refresh-



SNOW BIRDS!

Stop in and see us before you head to warmer climates. BE COUNTED! Our funding depends on it. Talk to staff for more information!



Euchre Tournament

Time: Doors open at 6:00 p.m.

Start Playing at 6:30 p.m.

Cost: \$5.00 per person

When: November 9th, 2019



Turkey Raffle!

It's that time again! We will be raffling off a farm fresh turkey (at least 14 pounds!) the month of November. Tickets can be purchased in the front office for \$1.00! The lucky winner will be chosen during our Thanksgiving Luncheon on November 26th. Winner does not need to be present to win. If you would like to join us for the luncheon, please call the office and RSVP by November 8th! (License Number: X02202)



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.

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.

NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday



1
11:00 Arthritis Exercise
Noon Lunch— Grilled
Chicken Fillets
1:30 Diabetes Path
CENTER CLOSSES
4:00PM
NO EVENING ACTIVITIES

4
8:45 Beginner Yoga
10:00 Imp. Beg. Line Dancing
Noon Lunch— Cheese Ravioli
12:30 Pinochle
1:00 Crochet
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 Beginners Tai Chi
10:00 Knitting
11:00 Toning
Noon Lunch— HM Corn Chow-
der
12:30 Mah-Jongg
1:00 Wood Carving
2:30 Yoga w/ Props
3:45 Yoga
6:30 5-Handed Euchre
6:00 Dominoes

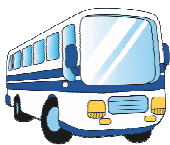
6
Veterans Appointments
9:30 Zumba
10:00 Alzheimer Support Group
Noon Lunch— New Orleans
Chicken Stir Fry
2:30 Sassy Exercise
3:45 Introduction to Tai Chi
5:00 Int. Line Dancing
6:00 Mah-Jongg
6:30 Setback

7
8:45 Yoga
10:00 Intermediate Tai Chi
11:00 Toning Exercise
Noon Lunch— HM Salisbury
Steak
12:30 Pinochle
1:00 Watercolor Class
2:30 Yoga with Props
3:45 Yoga
5:15 Basic Line Dancing
6:30 Pinochle
6:30 Euchre

8
11:00 Arthritis Exercise
Noon Lunch— Beef &
Black Bean Taco Salad
1:30 Diabetes Path
CENTER CLOSSES
4:00PM - 5:45 PM
6:00 Dance

<p>11</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing NO LUNCH 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 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 Beginners Tai Chi 10:00 Knitting 11:00 Toning Lunch & Learn w/ Professional Hearing 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre</p>	<p>13</p> <p>9:30 Zumba 10:00 Board Meeting 12:00 Lunch - Cobb Salad 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>14</p> <p>8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch – Roasted Chicken Leg Quarters 12:30 Pinochle 1:00 Watercolor Class 2:30 Yoga with Props 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle</p> 	<p>15</p> <p>11:00 Arthritis Exercise Noon Lunch— Chili w/ Ground Beef 1:30 Diabetes Path CENTER CLOSES 4:00PM NO EVENING ACTIVITIES</p>
<p>18</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Bean Soup 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 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 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch— HM Chicken Marsala 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes</p>	<p>20</p> <p>Legal Services by Appointment 9:30 Zumba 11:00 Grief Support Group Noon Lunch— Beef Stew w/ Vegetables 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>21</p> <p>8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch – Fiesta Chicken w/ Onions & Peppers 12:30 Pinochle 2:30 Yoga with Props 3:45 Yoga 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>22</p> <p>10:00 Family Memories 11:00 Arthritis Exercise Noon Lunch— Antipasto Salad 1:30 Diabetes Path CENTER CLOSES 4:00PM - 5:45 PM 6:00 Dance</p>
<p>25</p> <p>8:45 Beginner Yoga 10:00 Imp. Beg. Line Dancing Noon Lunch— Pork Chop 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>26</p> <p>Yoga Canceled Beginners Tai Chi Canceled 10:00 Knitting Toning Canceled Noon - Thanksgiving Dinner 12:30 Mah-Jongg 1:00 Wood Carving Yoga w/ Props Canceled 3:45 Yoga 6:30 5-Handed Euchre 6:00 Dominoes</p>	<p>27</p> <p>Hearing Appointments 9:30 Zumba Noon Lunch— Turkey Pot Roast 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p> 	<p>28</p>  <p>Happy Thanksgiving</p>	<p>29</p> 

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 Wednesdays. This trip alternates

FOOD PANTRY — (Monthly)

Round-trip transportation from your home to the Swartz

Creek Community

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

Provided by Genesee County Community Action Resource Department (GCCARD)

Special Lunches/Lunch Updates!

GCCARD has recently started offering specialty lunches scheduled twice a month at our Senior Center. Each month we will have a special advertisement for the chosen days of the month. An RSVP date will also be noted. To join us, you just need to call the center by the RSVP date in question! Lunch cost is the same guidelines as for regular lunches stated above. Check for this star icon on the lunch calendar to pick out those days!



Also, you may have noticed an “HM” next to some of the lunches offered on the menu. On Tuesdays and Thursdays of each week (unless otherwise noted) there will be a Homemade “HM” meal offered at our center provided by GCCARD. Meals are still being offered five days a week. Join us!

NOVEMBER SPECIAL LUNCH SCHEDULE

November 14th: Roasted Chicken Leg Quarters, Roasted Veggies, Sweet Potatoes, Potato Roll, Cherry Fruit Crisp and Grape Juice.

RSVP by November 6th (635-4122)

November 27th: Turkey Pot Roast, Potatoes, Carrots, Onions, Celery and Peppers, Corn Muffin Top, Cherry Fruit Crisp and Grape Juice.

RSVP by November 19th (635-4122)

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.

Website and Social Media

Check out the Swartz Creek Senior Center website (<https://myscasc.org>)! You can find out about everything happening at the center and even download the monthly newsletter! On Facebook?

So are we! Just search Swartz Creek Area Senior Center to find us. Make sure you like our page to stay up to date on what is happening at the center!



Upcoming Events/Information

Family Memories

When: Friday, November 22nd, 2019

Time: 10:00am

Where: Swartz Creek Area Senior Center

Join Melinda Soper as she teaches participants how to research and document their family history and memories. Eventually, participants will be able to put together a booklet to share with family members.



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.

SWG Volunteers Wanted

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.



Senior Winter Games of Genesee County 2020

Senior Winter Games of Genesee County announces major Sponsors for 2020:

Martha Markley Charitable Trust Administered by Huntington Bank

UAW Region 1-D

HAP

Valley Area Agency on Aging

Genesee County Senior Millage

Genesee County Commission on Aging



Registration

November 4th, 2019 — January 16th, 2020

Games

February 3rd, 2019 — March 3rd, 2020

Opening Ceremony

February 3rd, 2020 1:00 pm
Davison Senior Center
10135 Lapeer Rd., Davison

Closing Ceremony Banquet

Tuesday, March 3rd, 2020
Doors open at 10:00 a.m.
Program begins at 11:00 a.m.
Davison Knights of Columbus Hall
8428 Davison Rd., Davison



Register at your local Senior Center.
Cost: \$12 per person includes Opening Ceremony, registration in as many events as you wish, a Senior Winter Games T-Shirt, and the Closing Ceremony Banquet.

Travel/Information

Firekeepers Casino & Christmas Lights

Wednesday, December 4, 2019

Cost: \$55

Deadline: November 18, 2019

Trip Includes:

- Round Trip Motor Coach Transportation to Battle Creek, MI
- 4 Hours of Gaming at Firekeepers Casino
- Get back \$20 on player's club card & \$5 in Food



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

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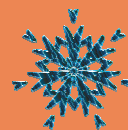
Art for Sale!

Did you know we have artwork for sale in our lounge here at the Swartz Creek Senior Center? We do!! Local Swartz Creek Artist Peggy Mattson has her beautiful artwork on the walls as well as members of the Swartz Creek Art Guild. Come in today to view (and possibly purchase) these amazing works of art!



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.

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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 Zaporski, Asst. Director

Marianne Campbell, Staff

Asst.

Greg Boshaw, Van Driver

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Roger Bloss, President

Bob Plumb, Vice President

Elaine Tucker, Secretary

Phillip Bracey, Treasurer

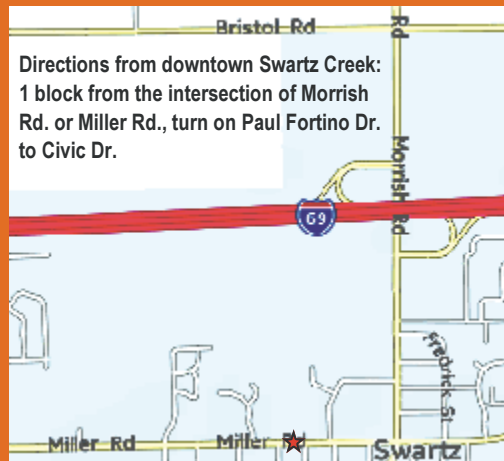
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Swartz Creek Area Senior Center
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Swartz Creek, MI 48473