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UPCOMING EVENTS

THURSDAY, FEBRUARY 1ST AT 10:00 AM Presented by Oak Street Health

THURSDAY, FEBRUARY 22ND AT 10:00 AM Presented by Swank Assisted Living

HURSE RACE

Every Monday, starting February 5th at 1:00-3:00 PM

This is a game that utilizes dice, cards, and nickels on a playing board. Dice and cards determine on the board how many spaces the horse moves and how many nickels go in the pot.

> We will have change to exchange for bills. Let our office know if you are interested!

Due to state Law, all players must be 60 or older!

PELVIC FLOOR LUNCH & LEARN

Monday, February 5th at 12:00-1:30 pm

Join Pelvic Floor Physical therapist, Brianna, to discuss:

- · The importance of pelvic floor exercises and strength.
- · How your pelvic floor weakness can cause pain
- · How weakness can cause incontinence and digestive problems
- · Different treatment options
- · Exercises to help your pelvic floor muscles.

Menu

Beef Stew Stewed Veggies Green Beans Warm Peaches Salad Dessert!

RSVP by February 1st

MOBILE SECRETARY Our Services OF STATE Renew driver's License or ID

Michigan ID Thursday, February 8th **Transfer Title** 10 am to 3 pm Apply for/renew

The Secretary of State Mobile Office will be here to provide services to our members to process their needed transations!

Schedule your appointment while spots are available

First-time

Disability placard

810-635-4122



DISEASE

NURSE CHAT

FRIDAY, FEBRUARY 9TH AT 1:00 PM

In this seminar, a RN from The Medical Team will be discussing Parkinson's Disease. The symptoms, treatment, and what research is being done. This seminar is not only recommended for those diagnosed, but family and friends to better understand Parkinson's Disease.

RSVP by February 2nd

UPCOMING EVENTS



Lacey, with Fenton Massage Co. is here monthly for 10-minute appointments to help you relax your neck, shoulders, back, and mind.

Prices

\$5.00 per 10-minute for those 60 or older \$10.00 per 10-minute for those under 60







Monday, February 26th at 12:30 pm

JOIN MAXWELL FOR THIS MONTHLY CLASS TO INCREASE YOU CONFIDENCE IN BALANCE!

Neck/Back Pain

Monday, February 12th at 1:00 pm

HAVE YOU BEEN SUFFERING FROM LOW BACK OR NECK PAIN? DO YOU HAVE DIFFICULTIES GETTING UP FROM A SITTING POSITION?

IS IT DIFFICULT TO STAND OR SIT FOR A LONG TIME WITHOUT PAIN?

DO YOU GET FREQUENT HEADACHES?

LET US HELP YOU HELP YOURSELF BY TEACHING YOU SOME EASY TECHNIQUES YOU CAN DO TO START TO FEEL BETTER QUICKLY.

RSVP by February 5th



10 WARNING SIGNS OF HEARING LOSS

Presented by Beltone:

- Understand How we hear
- 10 warning signs of hearing loss
- the causes of hearing loss and how it affects the person
- risks associated with untreated hearing loss, including dementia and falling
- · available solutions

MONDAY, FEBRUARY 19TH AT 1:00 PM RSVP BY FEBRUARY 12TH

FAMILY SERVICES
OF MICHIGAN

RESOURCES WHEN YOU NEED THEM!

Thursday, February 22nd at 1:30 pm





JOIN SABRINA WITH THE FAMILY SERVCES OF MICHIGAN TO DISCUSS RESOURCES FOR THOSE WITH HEARING AND VISUAL IMPAIRMENT.

- NEW SCREENING TECHNOLOGY
- SUPPORT GROUPS AVAILABLE IN OUR COUNTY
- FUNDING ASSISTANCE AVAILABLE

AND MORE!

REFRESHEMENTS PROVIDED!

RSVP BY FEBRUARY 15TH

UPCOMING EVENTS





THE 102ND REGIMENT:

AFRICAN
AMERICAN
TROOPS IN THE
CIVIL WAR

THURSDAY, FEBRUARY 15TH AT 1:30 PM

Join local historian Maurice Imhoff as he takes you on the journey of the brave soldiers of the 102nd Regiment. Hear incredible accounts of individuals being enslaved in the south then becoming soldiers for the Union Army after taking the Underground Railroad to Michigan.

RSVP BY FEBRUARY 8TH





Thursday, March 7th 1:30 PM -6:00 PM

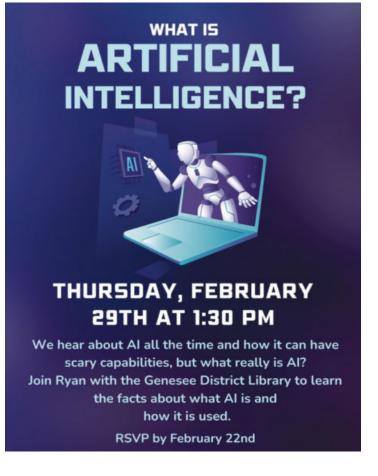
Blood Drive

Swartz Creek Area Senior Center 8095 Civic Dr.

Swartz Creek, MI 48473

Appointments are prefered by calling 810-635-4122
Walk in are welcome!





| Friday | Hearing Screening 10:00 Visually Impaired Support Group 11:00 Arthritis Exercise Noon Lunch — Asian Chicken Bowl | 11:00 Arthritis Exercise Noon Lunch— Chef's Choice 1:00 Chair Massages 1:00 Parkinson's Nurse Chat | 11:00 Arthritis Exercise Noon Lunch– Citrus Glazed Salmon |
|-----------|---|--|---|
| Thursday | 8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch— Turkey Tetrazzini 6:00 Euchre 6:00 Pinochle | 8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00—3:00 Mobile Secretary of State 11:00 Toning Noon Lunch— Pork Loin 6:00 Euchre 6:00 Pinochle | 8:45 Yoga w/ Amy 10:00 Tai Chi 11:00 Toning Noon Lunch— Potato Soup w/ Ham & Bacon 1:00 Pencil Drawing 1:30 The 102nd Regiment 6:00 Euchre 6:00 Pinochle |
| Wednesday | | 7 11:30 Sassy Exercise Noon Lunch— Turkey Burger w/ Cheese 1:30 Fresh Conversations 3:00 Intermediate Line Dance 6:00 Setback | 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Chicken Parm Sandwich 1:30 Fresh Conversations 3:00 Intermediate Line Dance 6:00 Setback |
| Tuesday | HAPPY (afertine's Day | 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch- HM White Chicken Chili 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre | 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning 12:00 Valentine's Day Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre |
| Monday | | 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— HM Beef Stew 12:00 Pelvic Health Lunch & Learn 1:00 Crochet Group 1:00 Crochet Group 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot | 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— Cheese Ravioli w/ Meat Sauce 1:00 Crochet Group 1:00 Maxwell Seminar 1:01 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot |

| 11:00 Arthritis Exercise cancelled Noon Lunch— Artisan Mac & Cheese | Pencil Drawing with Peggy Mattson Thursday, February 15th & February 22nd at 1:00 PM Call us at 810-635-4122 for more information and to RSVP! |
|---|--|
| 8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch— Baked BBQ Chicken Thighs 1:00 Pencil Drawing 1:30 Resources When You Need Them Seminar 6:00 Euchre 6:00 Pinochle | 8:45 Yoga w/ Amy 10:00 Tai Chi 11:00 Toning Noon Lunch- Chicken & Sausage Jambalaya 1:30 What is AI? 6:00 Euchre 6:00 Pinochle |
| Legal Services 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— Tangerine Chicken in Stir Fry Veggies 3:00 Intermediate Line Dance 6:00 Setback 1:30 Resourc Thighs 6:00 Euchre 6:00 Pinochle | 11:30 Sassy Exercise Noon Lunch— HM Goulash 3:00 Intermediate Line Dance 6:00 Setback |
| 8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— Meatloaf w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre | 8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— Chef Salad 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 3:15 Book Club 4:30 Dominoes 6:00 5-Handed Euchre |
| 8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— No GCCARD Lunch 1:00 10 Signs of Hearing Loss 1:00 Horse Race 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot | 8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— Breaded Chicken Sandwich 1:00 Crochet Group 12:30 Balance & Endurance 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot |

Friday

Thursday

Wednesday

Tuesday

Monday

Board Meeting Notice

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

Cameellaffions

Arthritis Exercise - February 23rd

Yoga- February 20th & 27th



DETROIT THEN & NOW TOUR

MONDAY, APRIL 15TH, 2024

EXPERIENCE THE DETROIT THEN AND NOW GUIDED BUS TOUR. FROM UP-AND-COMING RESTURANTS, SCENIC PARKS, BEAUTIFUL ARCHITECTURE, THERE IS SO MUCH TO SEE. VISIT GREEKTOWN, EASTERN MARKET, MIDTOWN, THE BIRTHPLACE OF THE MOSEL T AND MORE!

8:00 AM: DEPART FROM CENTER 10:00 AM-1:00 PM: THEN & NOW TOUR 1:15-2:15 PM: THE ORIGINAL BUDDY'S PIZZA 4:00 PM: RETURN TO CENTER

4:UU PM: RETURN TU CENTER per person

PREPAY BY MARCH 20TH

Firekeepers Casino

Wednesday, April 24th, 2024

\$54 per person

Get back \$25 in free play and \$5 in food credit!

8:30 am: Depart from center 10:00 am-2:00 pm: Firekeepers Casino 3:30 pm: return to

Prepay by April 8th

center







IO:00 am: Depart from Center
II:00 am-2:30 pm: Horrocks Market

II:00 am-2:30 pm: Horrocks Market 2:45 pm-3:45 pm: MSU Dairy Store

Prepay by May 5th

\$52 per person

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.**

INFORMATION



TUESDAY, FEBRUARY 27TH AT 3:15 PM

FIND YOUR NEXT GREAT READ!

How I Got This Way by Patrick McManus

AQUIRE YOUR OWN COPY OF THE BOOK, READ IT, AND DISCUSS WITH THE GROUP!



Before venturing out in to inclement weather, be sure to call the center at 810-635-4122 or tune into ABC Channel 12 or NBC 25. You can also check our Facebook page or website for updates concerning our center.

Please note that the Swatz 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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MAKE YOUR APPOINTMENT!

Call us at 810-635-4122

Visually Impaired Support Grou

1st Friday of each month Friday, February 2nd at 10:00 am



For residents of Genesee County age 60 or older. Led by Sabrina Sizemore, LLMSW, held at our center.

Questions call Sabrina at 810-285-3582



Appointments available VETERAN SERVICES

Genessee County Department of Veterans Services, (810) 257-3068, will be holding appointments at these local senior centers to ensure that you get the benefits you're entitled to. This includes Agent Orange, Burial Allowance, Disability Compensation, Former POW, Persian Gulf Veterans, PTSD, and VA Home Loans.

- **Swartz Creek Area Senior Center (810) 635-4122
- **Flushing Area Senior Center (810) 659-4735
- **Grand Blanc Senior Center (810) 695-3202 Loose Senior Center (810) 735-9406
- **Davison Senior Center (810) 658-1566 Clio Senior Center (810) 687-7620
- (** Appointments available every other month)

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Hard Candy, Clorox wipes, Tissues, Decaf Coffee, and Hand Soap are always appreciated!

Thank you for your generous donations to our Senior Center!



INFORMATION

Transportation Available for seniors residing in the Swartz Creek School District every Tuesday, alternating between Meijer and Kroger.

Call us at 810-635-4122 for more information!

month.

Trips to the Food Pantry every



A \$3 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 or living outside Genesee County is a \$6 donation.

Provided by Genesee County Community Action Resource Department (GCCARD)

Class Cancellations

Arthritis Exercise– February 23rd Yoga– February 20th & 27th







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.

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.



Every time you enter our center you should sign in on the screen using your scan card. If you do not have a scan card, see front desk for assistance.

Thank you!



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Romans 16:25



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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 Holly Burgess, Program Coord. Greg Boshaw, Transportation

BOARD OF TRUSTEES

Roger Bloss, President
Ken Klungle, Vice President
Elaine Tucker, Secretary
Kathy VanDette, Treasurer
Mickie Grandstaff, Trustee
Trudy Plumb, Trustee
Susan Butler, Trustee
Kaye Johnson, Trustee
Sandy Martin, 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.

