

SWARTZ CREEK AREA SENIOR CENTER

JUNE
2021 NEWS

VOLUME 21, ISSUE 6



**“In early June the world of leaf and blade and flowers explode,
and every sunset is different.” – John Steinbeck**

“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

****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 is an 'X' outside of the door to signify you have to wait for a vacancy.

Computer Room: Open by appointment only!

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 TWO classes 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.****



Information/Upcoming Events

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!



Brought
to you
by:



**Location: Swartz Creek
Area Senior Center
1:30pm – 3:00pm**

Friday, June 4, 2021
Friday, June 11, 2021
Friday, June 18, 2021
Friday, June 25, 2021
Friday, July 2, 2021
Friday, July 16, 2021
Friday, July 23, 2021

***No class Friday, July 9,
2021***

**Cost for the participant
manual is FREE.
Classes are conducted
over seven sessions,
meeting once a week.**

**To sign up for the
class please call
810-635-4122.
Space is limited.
Masks are required.**

**Many older adults experience concerns
about falling and
restrict their activities. A MATTER OF
BALANCE is an award-winning
program designed to manage falls and
increase activity levels.**

**This program emphasizes practical
strategies to manage falls.**

YOU WILL LEARN TO:

view falls as controllable
set goals for increasing activity
make changes to reduce fall risks at home
exercise to increase strength
and balance

WHO SHOULD ATTEND?

anyone concerned about falls
anyone interested in improving balance, flexibility and strength
anyone who has fallen in the past
anyone who has restricted activities
because of falling concerns

10 Warning Signs of Alzheimer's Seminar

New one-hour program explores common warning signs of Alzheimer's

The Alzheimer's Association® developed the new *10 Warning Signs of Alzheimer's* education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

The free one-hour program:

- Explores typical age-related changes. Describes common signs of Alzheimer's and dementia. Offers tips for how to approach someone about memory concerns. Explains the importance of early detection and benefits of diagnosis. Details possible tests and assessments for the diagnostic process. Identifies helpful Alzheimer's Association resources.

WHEN AND WHERE?: The program will be held **via Zoom on June 29th, 2021 from 2:00pm - 3:00pm.**

Call/email the **24/7 Alzheimer's Association Helpline** at **1-800-272-3900** or **helplinegmc@alz.org** to learn more or sign up.

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Upcoming Events/Information

Hearing Screenings

Wednesday, June 30th, 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.

Watercolor Painting Class

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

When: Thursday, June 3rd and 10th

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 GUARANTEED UNTIL PAYMENT IS RECEIVED!

STILL LIFE PENCIL DRAWING

Cost (2 Sessions): \$10

When: Thursday, June 17th and 24th 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 GUARANTEED UNTIL PAYMENT IS RECEIVED!

TECHNOLOGY ASSISTANCE

Every other week on Friday there will be a few half hour technology assistance appointments available at the Swartz Creek Senior Center. These appointments are generously provided by the Disability Network. Please call the senior center to reserve a spot: **(810) 635-4122**. You will be asked to tell us what device and specific issue you need assistance with.

When: These appointments will be available from 1:00pm-3:00pm on June 4th and June 18th.

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.

BEGINNER FAMILY MEMORIES CLASS

Would you be interested in a **Beginner** Family Memories class? They will be held on the first Thursday of every month.

Call for availability: (810) 635-4122

When: June 3rd, 2021 from 1:00pm - 2:00pm



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: Swartz Creek Senior Center / **When:** Wednesday, June 16th, 2021 at 11:00am

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

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>7</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Antipasto Salad 1:00 Crochet Group</p>	<p>1</p> <p>8:45 Yoga 9:00-4:00 Board of Trustee Voting 9:00-4:00 American House Raffle 10:00 Tai Chi 11:00 Toning Noon Lunch – Chicken Tenderloins 1:00 Wood Carving</p>	<p>2</p> <p>Veteran Services by Appt. 9:00-4:00 Board of Trustee Voting 9:00-4:00 American House Raffle 9:30 Zumba 11:30 Sassy Exercise Noon Lunch - Pork Chop in Gravy 3:00 Intermediate Line Dance</p>	<p>3</p> <p>8:45 Yoga 9:00-4:00 Board of Trustee Voting 9:00-4:00 American House Raffle 10:00 Tai Chi 11:00 Toning Noon Lunch—HM Sweet & Sour Meatballs 1:00 Watercolor Painting Class 1:00 Family Memories 3:00 Basic Line Dancing</p>	<p>4</p> <p>Technology Classes by Appointment 9:00-4:00 Board of Trustee Voting 9:00-4:00 American House Raffle 11:00 Arthritis Exercise Noon Lunch — BBQ Chicken Thigh & Wing 1:30 Matter of Balance</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Breaded Chicken Breast 1:00 Crochet Group</p>	<p>8</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch – Chicken & Rice Burrito w/Pico 1:00 Wood Carving 5:00 Membership Meeting</p>	<p>9</p> <p>9:30 Zumba 10:30 Board Meeting 11:30 Sassy Exercise Noon Lunch— Philly Steak w/ Cheese 3:00 Intermediate Line Dance</p>	<p>10</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Boneless BBQ Rib 1:00 Watercolor Painting Class 3:00 Basic Line Dancing</p>	<p>11</p> <p>11:00 Arthritis Exercise Noon Lunch—HM Chicken & Spinach Lasagna 12:00 Meet and Greet: American House Giveaway 1:30 Matter of Balance</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Breaded Chicken Breast 1:00 Crochet Group</p>	<p>15</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch – Ravioli W/Beef Sauce 1:00 Wood Carving</p>	<p>16</p> <p>Legal Services by Appt. 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— HM Supreme Pizza w/Sausage 3:00 Intermediate Line Dance</p>	<p>17</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning 12:00 Lunch— HM Beef & Broccoli Lo Mein 1:00 Pencil Drawing Class 3:00 Basic Line Dancing</p>	<p>18</p> <p>Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch — Oven Fried Fish 1:30 Matter of Balance</p>

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Monday

Tuesday

Wednesday

Thursday

Friday

<p>21</p> <p>8:45 Beginner Yoga 10:00 Imp. Beginning Line Dancing 11:30 Sassy Exercise Noon Lunch - Grilled Turkey Burger 1:00 Crochet Group</p>	<p>22</p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch – HM Salisbury Steak w/Gravy</p>	<p>23</p> <p>9:30 Zumba 11:30 Sassy Exercise Noon Lunch—BBQ Pork 3:00 Intermediate Line Dance</p>	<p>24</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning 12:00 Lunch—Spanish Rice w/Beef 1:00 Pencil Drawing Class 3:00 Basic Line Dancing</p>	<p>25</p> <p>11:00 Arthritis Exercise Noon Lunch—White Cheddar Mac & Cheese 1:30 Matter of Balance</p>
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Board Meeting Notice



The next board meeting will be at 10:00am, Wednesday, June 9th 2021.

<p>28</p> <p>8:45 Beginner Yoga 10:00 Imp. Beginning Line Dancing 11:30 Sassy Exercise Noon Lunch - Grilled Chicken Salad 1:00 Crochet Group</p>	<p>29</p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch – HM Goulash 1:00 Wood Carving 2:00 10 Warning Signs Seminar</p>	<p>30</p> <p>Hearing Screenings by Appt. 9:30 Zumba 11:30 Sassy Exercise Noon Lunch—Asian Chicken Bowl 3:00 Intermediate Line Dance</p>
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TIME TO FISH!

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

Alewives, Atlantic Salmon, Bass, Bluegill, Brown Trout, Chinook Salmon, Coho Salmon, Crappie, Pumpkinseeds, Rainbow Trout, Sunfish, White Bass Whitefish, Yellow Perch

Riddles/Information

Swartz Creek Area Senior Center 2021

Board of Trustees Election Coming in June!

VOTE: Voting will take place Tuesday, June 1st thru Friday, June 4th, 2021.



TIME: 9:00 a.m. to 4:00 p.m. each day.

Eligible voters will be seniors 50 and older who live in the Swartz Creek Area School District or Gaines Township and have a current membership prior to April 23rd, 2021.

MEMORIAL DONATIONS

A memorial donation was made by Diana Macor in memory of Deloris Parker.



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

Riddle 2: What can't be put in a saucepan?

Riddle 3: Two in a corner, one in a room, zero in a house, but one in a shelter. What is it?

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

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.

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.

Membership Meeting

The annual membership meeting is fast approaching!
Details for the meeting are as follows:

When: June 8th, 2021 at 5:00pm

Who: Open to the public

Where: Swartz Creek Area Senior Center (**OUTSIDE**)

The new Board of Trustees for the 2021-2022 fiscal year will be announced. Call the center to reserve your spot today at (810) 635-4122

****Social distancing and proper mask wearing is required.**



Transportation

Join us for Lunch!

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

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!

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.

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: All the people on the boat are married.

Riddle Two Answer: It's lid

Riddle Three Answer: The letter "r"

Word Search: Summertime Scramble!

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

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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

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

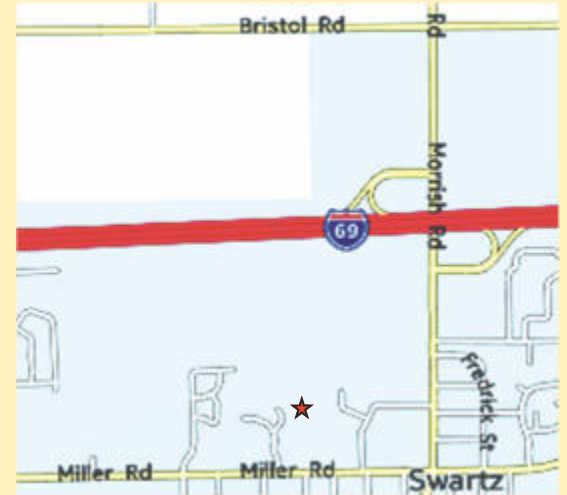
Sheila Keen, Trustee

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