

Swartz Creek
AREA SENIOR CENTER

JANUARY 2023 NEWS

VOLUME 23, ISSUE 1



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



UPCOMING EVENTS

Happy New Year!

It's Almost Tax Season!



AARP Tax-Aide: IRS Certified Tax Counselors will be providing tax services at the Swartz Creek Senior Center.

The Center will begin scheduling appointments on

January 3rd, 2023 at 9:00 am.

Please do not call before this date.

Services will be available by appointment only. More information will be available at the time the center begins taking appointments.



Bingo!

Thursday, January 12th
Presented by Oakstreet Health

Thursday, January 19th
Presented by Genesee Gardens

Thursday, January 26th
Presented by Landings of Genesee valley

Enjoy playing Bingo with friends and maybe win a fun prize!



Brrrrr... IT'S HERE!

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

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



HAPPY 2023 new year

We will be **closed**
January 2nd in celebration of
the New Year.

UPCOMING EVENTS

COMING THIS MONTH!

New exercise program coming to the center!

Basic Line Dancing
Mondays at 3:00 pm
Starting January 9th

- **Instructed by Darci**
- Darci will teach you the basics of how to line dance. Synchronized steps put to music to create a group dance, no partner required.
- \$2.00 a class or \$20 for punch card

Thursday, January 19th & 26th

PENCIL DRAWING

Taught by the amazing Peggy Mattson. She will teach you to draw, all you need is a #2 pencil, white paper, and an eraser.

\$10 fee for 2 sessions



SENIOR

Listening Circle

A safe space to talk about any concern that is on your heart and mind. Feel heard and listen to others sharing their experiences.

**Monday,
January 16th**



Crimestoppers of Flint & Genesee County

The mission of Crime Stoppers is to partner with law enforcement, the media, and the community to help solve and prevent crime.

Crime Stoppers is an avenue for citizens to provide information to law enforcement anonymously.

Led by Julie Lopez, Director of Crime Stopper Flint & Genesee County and Regional Director of Crime Stoppers USA. After the murder of her father-in-law, she has experienced firsthand how the trauma of a crime impacts victims and their families.

Learn what crime stoppers is, what they do for victims' families, and how to stay safe in your community.

**Wednesday, January 18th
at 1:00 pm
RSVP by January 11th**

UPCOMING EVENTS



Senior Winter Games is Back!
 Registration from Monday, November 7th to
 Thursday, January 12th
 Cost: \$12.00 per person
 Includes: T-Shirt, Unlimited Events, Opening
 ceremony with entertainment, and Closing
 banquet Luncheon

2023 EVENTS:

PIE EATING, BOWLING, JIGSAW PUZZLE, SPADES, SOFTBALL TOSS, BOCCIE BALL,
 SOCCER FREE KICK, YAHTZEE, HAND KNEE AND FOOT, SHUFFLEBOARD, SENIOR
 GRAND PRIX, RECREATIONAL PING PONG, FRISBEE TOSS, LADDER GOLF, FITNESS
 WALK, PICKLEBALL, EUCHRE, FREE THROW, SUDUKO, BAKING, POOL, CRIBBAGE,
 PINOCHLE, LINE DANCING, MEXICAN TRAIN DOMINOES, SPELLING BEE, ARTS &
 CRAFTS, NAME THAT SONG, DARTS, BEAN BAG TOSS, COMPETITIVE TABLE
 TENNIS, & MINIATURE GOLF

GRIEF SUPPORT GROUP

Wednesday, January 18th at 11:00 am
 Presented by Jessica from ProMedica Hospice
 Grief is a part of the human experience, so don't do it alone.
 Talk through your feelings of grief with others.

ATTENTION

Members

Our center has hired a company to sand and refinish our Activity Room floor!

This keeps our beautiful wood flooring looking fresh and keeps it smooth for exercising and dancing.

Due to this there will be a Friday and Monday that exercise will be cancelled in January.

This date is TBD so please keep a look out on our Website, Facebook, and signs around the center.

We appreciate your continuous patience as we have been doing renovations to keep our center a welcoming environment for you! Thank you!

GET SMART ABOUT NEW VEHICLE TECHNOLOGY


	Forward Collision Warnings & AEB		Adaptive Cruise Control		Reverse Safety Technologies
	Blind Spot Warnings		Lane Departure Warnings		Drowsy Driver Alerts
	Featured Technologies		Additional Technologies		Future of Transportation

Stay up to date with an AARP Smart DriveTEK workshop

Smart DriveTEK is a 90 minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Register today and tell a friend– it's FREE

Monday, January 9th RSVP by
 10:30am to 12:00pm January 4th

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 10:30 Smartek Driving Seminar 11:30 Sassy Exercise Noon Lunch - Sweet & Sour Meatballs 1:00 Crochet Group 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>3</p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Chicken Cacciatore 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p>4</p> <p>Veteran Services Appts. 9:30 Zumba cancelled 11:30 Sassy Exercise Noon Lunch— Liver & Onions w/ Gravy 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>5</p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Pork Chops w/ Mushrooms 12:30 Afternoon Mah-Jongg 1:00 Watercolor Class 6:30 Pinochle 6:30 Euchre</p>	<p>6</p> <p>11:00 Arthritis Exercise Noon Lunch — BBQ Chicken Tenders CENTER CLOSES 4:00 PM</p>
<p>9</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 10:30 Smartek Driving Seminar 11:30 Sassy Exercise Noon Lunch - Sweet & Sour Meatballs 1:00 Crochet Group 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>10</p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch—Chicken Caesar Wrap 1:00 Wood Carving 1:00 Learning Kitchen 1:00 Euchre 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p>11</p> <p>9:30 Zumba cancelled 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Open-Face Pot Roast 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>12</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch - HM Chili 12:30 Afternoon Mah-Jongg 1:00 Watercolor Class 6:30 Pinochle 6:30 Euchre</p>	<p>13</p> <p>11:00 Arthritis Exercise Noon Lunch— Grilled Chicken Breast 1:00-3:00 Card Making CENTER CLOSES 4:00 PM</p>
<p>16</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Lunch & Learn 1:00 Crochet Group 1:00 Senior Listening Circle 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>17</p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Mexican Chicken 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Learning Kitchen 1:00 Euchre 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p>18</p> <p>Legal Services 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— Creole Steak 1:00 Crime Stoppers 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>19</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch - Beef Fajitas 12:30 Afternoon Mah-Jongg 1:00 Pencil Drawing Class 6:30 Pinochle 6:30 Euchre</p>	<p>20</p> <p>11:00 Arthritis Exercise Noon Lunch — Crispy Fish Taco CENTER CLOSES 4:00 PM</p>

Monday**23**

8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch—Ham, Bacon & Cheese
 Frittatas
 1:00 Crochet Group
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot

Tuesday**24**

8:45 Yoga
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch - Chicken Salad
 Croissant
 12:30 Mah-Jongg
1:00 Learning Kitchen
 1:00 Wood Carving
 1:00 Euchre
 4:30 Dominoes
 6:30 5-Handed Euchre

Wednesday**25**

9:30 Zumba cancelled
 11:30 Sassy Exercise
 Noon Lunch— Roasted Chicken
 Breasts
 3:00 Intermediate Line Dance
 5:30 Mah-Jongg
 6:30 Setback

Thursday**26**

8:45 Yoga
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch—Turkey Burger
 w/ Cheese
 12:30 Afternoon Mah-Jongg
1:00 Pencil Drawing Class
 6:30 Pinochle
 6:30 Euchre

Friday**27**

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

**CENTER CLOSSES
 4:00 PM**

30

8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch—HM Goulash
 1:00 Crochet Group
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot

31

Hearing Screening Appts.
 8:45 Yoga
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch - Sloppy Joes
 12:30 Mah-Jongg
1:00 Learning Kitchen
 1:00 Wood Carving
 1:00 Euchre
 4:30 Dominoes
 6:30 5-Handed Euchre

Cancellations

Zumba— January 4th, 11th, & 25th
 Arthritis Exercise— January 27th



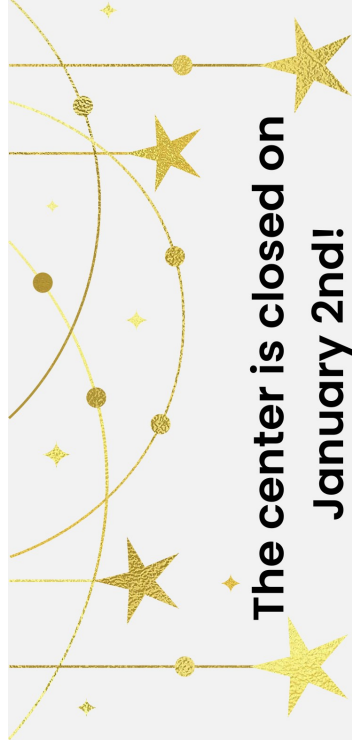
Board Meeting Notice

**The next board meeting
 will be held on Wednesday,
 January 11th 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.

**The center is closed on
 January 2nd!
 See you next year!**



UPCOMING EVENTS

Presented by:



LUNCH & LEARN



Baked Potato Bar

Come and join Mindi and learn
**Fall Prevention &
Intervention with Fall
Screening**

**Monday, January 16th
at Noon**



VALENTINE CARD MAKING

Join Linda Evans as she teaches you the art of card making! What better way to show your love than a handmade Valentines Day card?! All supplies are provided, and no experience is needed!

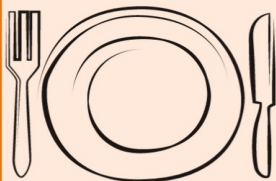
Friday, January 13th
1:00 to 3:00 pm



\$5
per person

Payment is due at time of registration

FREE SIX WEEK NUTRITION EDUCATION PROGRAM

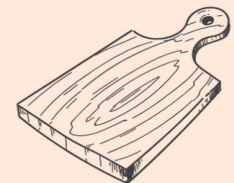


The Learning Kitchen

The Learning Kitchen is an innovative, nutrition education program for Genesee County Residents.

CLASSES INCLUDE:

- Weekly Recipe Tastings
- Weekly Nutrition Topics
- Giveaways
- Physical Activity Demonstrations & more!



Date: Tuesdays, January 10 - February 14, 2023

Time: 1:00 - 2:30pm

Location: Swartz Creek Senior Center



This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.



INFORMATION

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.

Helpful Contacts

Valley Area Agency on Aging 810-239-7671

Adult Protective Services 855-444-3911

Alzheimer's Association 800-780-4163

Department of Veterans Services 810-257-3068

Elder Abuse Hotline 810-257-3422

GCCARD Weatherization Program 810-762-4918

Genesee County Sheriff Department Protective Services 810-257-3210

Genesee County Veterans Information Center 810-257-3068

Health Department Free Exams 810-237-4570

Legal Hotline for Seniors 800-347-5297

Legal Services of Eastern Michigan 800-322-4512

Meals on Wheels 810-239-7671

Michigan Medicare/Medicaid Assistance 800-803-7174

Michigan Offices of Services to the Aging 517-373-8230

Social Security Administration 800-772-1213

Statewide Services of Hearing Impaired 810-239-3112

Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? Carrie, 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, She 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.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Paper Towel, Clorox wipes, Tissues, Bathroom Tissue, Coffee, Hand Soap and hard candy are always appreciated!

Thank you for your generous donations to our Senior Center!

Legal Services

Provided by Legal Services of Eastern Michigan

Where: Swartz Creek Area Senior Center

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.

INFORMATION

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 Tuesdays (subject to change). 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

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.

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)

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

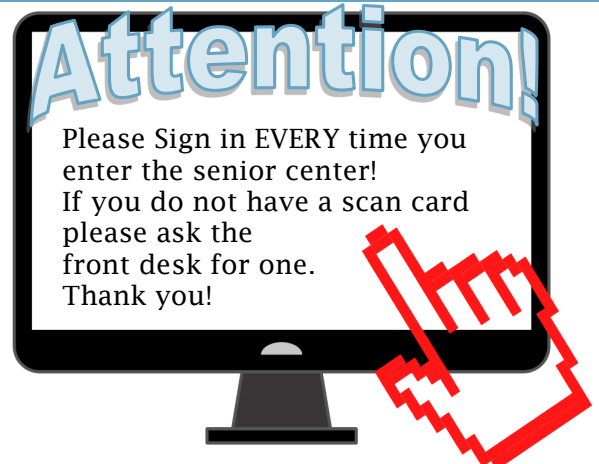
- ◆ Open to all Genesee County residents over age 50.
- ◆ Completion of a "Membership / Participation Form" and update the information annually.
- ◆ A yearly donation of \$10 per person is requested.
- ◆ For more details, request a Membership Handbook.

Class Cancellations

Zumba: January 4th, 11th, & 25th
Arthritis Exercise: January 27th

Attention!

Please Sign in EVERY time you enter the senior center!
If you do not have a scan card please ask the front desk for one.
Thank you!



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

BOARD OF TRUSTEES

Roger Bloss, President

Ken Klungle, Vice President

Elaine Tucker, Secretary

Kathy VanDette, Treasurer

Phil Bracey, Trustee

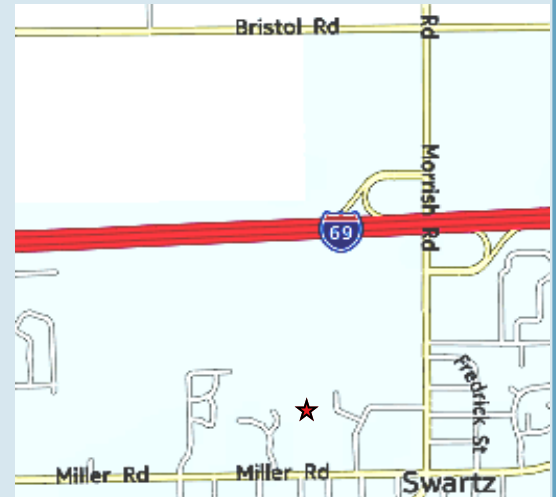
Sheila Keen, Trustee

Penny Howard, Trustee

Mickie Grandstaff, Trustee

Trudy Plumb, 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.



STAFF

Barbara McCallum, Director

Holly Burgess, Program Coord.

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation

Swartz Creek Area Senior Center
8095 Civic Dr.
Swartz Creek, MI 48473