

Swartz Creek  
AREA SENIOR CENTER

**JULY 2023 NEWS**  
**VOLUME 23, ISSUE 7**



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



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## UPCOMING EVENTS

### Nurse Chat: Alzheimer's Disease

**Friday, July 21st  
at 1:00 pm**

The Medical Team will be at our center discussing Alzheimer's Disease, an overview of causes and effects, how to cope, and potential treatments.

**RSVP by July 14th**



## Hand Therapy

**Monday, July 10th at 1:00 pm**

Did you know that your hands are one of the most important parts of your body? They perform millions of functions everyday without us even realizing it.

In this workshop, provided by Max Well Therapy, LLC, we will be focusing on the benefits of Hand Therapy, what it is, and when you need it. At the end of the workshop there will be time for a few to have a free consultation with the therapist. Together we can finally learn why your hands are always in pain. See you at the Workshop!



**RSVP by July 5th**

## Chair Massage

Rest your body and relax  
your mind

Once a month, Lacey from Fenton Massage Co. will be here at our center. We will offer 10-minute appointments.

During this appointment Lacey will help relieve tension in your upper body. Just take this time to relax and take a break!

### Pricing

60 years or older: \$7.00  
Under 60: \$10.00

Advanced payment and  
sign up required!

**Friday, July 21st**

## COUNTRY HOEDOWN

**Friday, July 28th  
at 1:00 pm**

Enjoy country music performed by Jammerman that will make you tap your toes and dance til the cows come home! Refreshments provided!

**RSVP by July 21st**



## UPCOMING EVENTS

SCASC PRESENTS

# SUMMER SPIRIT Week

**Monday, July 10th** - Flower Power  
10:00-11:00 am Flower Pot Painting  
Sponsored by Sharp Funeral Home

**Tuesday, July 11th** - Summer Shades  
1:00-3:00 pm Blue Cat Band & Lemonade Stand  
Band starts at 2:00 pm  
Sponsored by Genesee District Library and  
Ascension PACE

**Wednesday, July 12th** - Pink Flamingo  
2:00-3:00 pm Ice Cream Social  
Sponsored by Swank Assisted Living  
and Feather N Fin

**Thursday, July 13th** - Decades Day  
10:00-11:00 am BINGO!  
Sponsored by Oak Street Health

**Friday, July 14th** - Beach Day  
12:00-3:00 pm Picnic  
Sponsored by Woodhaven Senior Living  
Menu: Hamburgers and Hotdogs, chips,  
Assorted salad, and dessert!

RSVP for all events is July 5th

# UPCOMING EVENTS

## THE Details

After a very successful Holiday Spirit week this past December, we will be holding our first Summer Spirit Week!

Here's how it works: Everyday has a special event and a special dress theme, if you participate in an event and/or theme, you will be entered into a raffle with 3 possible summer prize baskets to win (drawn at the picnic, you do not need to be present to win)! Raffle Basket Sponsors: Ascension PACE, Springvale Assisted Living, and The Medical Team! All events are free and have generously been sponsored by organizations and businesses in our community.

The Themes explained:

**Monday- Flower Power**  
wear your favorite flower print outfit.

**Tuesday- Summer Shades**  
This will be the only acceptable time to wear sun glasses indoors, so rock them!

**Wednesday- Pink Flamingo**  
Wear your favorite pink outfit, maybe even a boa?

**Thursday- Decades Day**  
Wear a classic outfit from your favorite era. Poodle skirts, track suites, bell bottoms, the options are endless!

**Friday- Beach Day**  
Wear what you would for a picnic on the beach. Sunhat, sunglasses, sundress, Hawaiian shirt, or even floaties.  
Just remember, no shirt, no pants, no shoes, NO SERVICE!  
Best Dressed contest judged and sponsored by CenterWell Home Health

So, please join us for this fun filled week and spread the word!  
Questions? Call us at 810-635-4122



## MEDICARE 101

THURSDAY, JULY 6TH AT 10:00 AM

Presented by Molina Healthcare:

Have questions about Medicare?  
Andre Jones will be here to answer Medicare questions.

RSVP BY JUNE 29TH

Monday, July 24th at 1:00 pm

## ESTATE PLANNING SEMINAR

Seth Neblock, Senior Law Advocate  
Legal Services of Eastern Michigan



Come join us for light refreshments as Seth shares:

- How to protect the assets you leave behind
- Ensuring your family does not encounter unforeseen legal challenges
- Making your wishes about healthcare decisions known to your loved ones
- The importance of legally naming guardians so the decision is not left up to the courts





RSVP by July 17th

## July Bingo!

Thursday, July 20th at 10:00 am  
Presented by Molina Health Care

Thursday, July 27th at 10:00 am  
Presented by Springvale  
Assisted Living

# JULY

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Center Closed!</b></p>	 <p><b>Center Closed!</b></p>	<p><b>Veteran Services</b>            9:30 Zumba            11:30 Sassy Exercise            Noon Lunch— Grilled Chicken Sandwich            3:00 Intermediate Line Dance            6:00 Setback</p>	<p>8:45 Yoga w/ Katrina            10:00 Tai Chi  <b>10:00 Medicare 101</b>            11:00 Toning            Noon Lunch - Polish Sausage            6:00 Euchre            6:30 Pinochle</p>	<p>11:00 Arthritis Exercise            Noon Lunch— Ravioli w/ Shrimp &amp; Sauce</p>
<p><b>10</b>            8:45 Beginner Yoga w/ Machelles            10:00 Improved Line Dancing  <b>10:00 Flower Pot Painting</b>            11:30 Sassy Exercise            Noon Lunch— Meatball Sub w/ cheese            1:00 Crochet Group  <b>1:00 Max Well Hand Therapy</b>            1:45 Stretch &amp; Balance            3:00 Basic Line Dancing            5:00 Hand, Knee &amp; Foot</p>  	<p><b>11</b>            8:45 Yoga w/ Machelles            10:00 Knitting Group            10:00 Tai Chi            11:00 Toning            Noon Lunch— Chef Salad            12:30 Mah-Jongg            1:00 Wood Carving            1:00 Euchre  <b>2:00 Blue Cat Band &amp; Lemonade Stand</b>            4:30 Dominoes            6:00 5-Handed Euchre</p> 	<p><b>12</b>            9:30 Zumba  <b>10:00 Board Meeting</b>            11:30 Sassy Exercise            Noon Lunch— Tangerine Chicken w/ Rice  <b>1:00 SLEEP</b>  <b>2:00-3:00 Ice Cream Social</b>            3:00 Intermediate Line Dance            6:00 Setback</p> 	<p><b>13</b>            8:45 Yoga w/ Machelles            10:00 Tai Chi  <b>10:00 Summer Bingo</b>            11:00 Toning            Noon Lunch— HM Sloppy Joes            6:00 Euchre            6:30 Pinochle</p> 	<p><b>14</b>  <b>11:00 Arthritis Exercise cancelled</b>  <b>12:00-3:00 Picnic</b>            Noon Lunch— Chinese Pepper Steak w/ Rice</p> 
<p><b>17</b>            8:45 Beginner Yoga w/ Katrina            10:00 Improved Line Dancing            11:30 Sassy Exercise            Noon Lunch - Honey Glazed Chicken Breasts            1:00 Crochet Group  <b>12:30 Max Well Balance &amp; Endurance</b>            1:45 Stretch &amp; Balance            3:00 Basic Line Dancing            5:00 Hand, Knee &amp; Foot</p>	<p><b>18</b>            8:45 Yoga w/ Katrina            10:00 Knitting Group            10:00 Tai Chi            11:00 Toning            Noon Lunch - Turkey Tetrazzini            12:30 Mah-Jongg            1:00 Wood Carving            1:00 Euchre            4:30 Dominoes            6:00 5-Handed Euchre</p>	<p><b>19</b>  <b>Dow Gardens Departs</b>  <b>Legal Services</b>  <b>9:30 Zumba cancelled</b>  <b>11:00 Grief Support</b>            11:30 Sassy Exercise            Noon Lunch— Pub Burger w/ cheese  <b>1:00 SLEEP</b>            3:00 Intermediate Line Dance            6:00 Setback</p>	<p><b>20</b>            8:45 Yoga w/ Machelles            10:00 Tai Chi  <b>10:00 Bingo!</b>            11:00 Toning            Noon Lunch— Turkey &amp; Cheese Sub            6:00 Euchre            6:30 Pinochle</p>	<p><b>21</b>            11:00 Arthritis Exercise            Noon Lunch— Mac &amp; Cheese  <b>1:00 Nurse Chat: Alzheimer's</b>  <b>1:00-2:00 Chair Messages</b></p>

## Monday

**24**  
 8:45 Beginner Yoga w/ Katrina  
 10:00 Improved Line Dancing  
 11:30 Sassy Exercise  
 Noon Lunch — Chicken Salad Sandwich  
**1:00 Estate Planning Seminar**  
 1:00 Crochet Group  
 1:45 Stretch & Balance  
 3:00 Basic Line Dancing  
 5:00 Hand, Knee & Foot

## Tuesday

**25**  
**Hearing Screening**  
 8:45 Yoga w/ Katrina  
 10:00 Knitting Group  
 10:00 Tai Chi  
 11:00 Toning  
 Noon Lunch — BBQ Pulled Pork  
 12:30 Mah-Jongg  
 1:00 Wood Carving  
 1:00 Euchre  
 4:30 Dominoes  
 6:00 5-Handed Euchre

## Wednesday

**26**  
**Advanced Care appts**  
**Purple Rose Trip Departs**  
 9:30 Zumba  
 11:30 Sassy Exercise  
 Noon Lunch — Fiesta Lime Chicken  
 3:00 Intermediate Line Dance  
 6:00 Setback

## Thursday

**27**  
 8:45 Yoga w/ Machelles  
 10:00 Tai Chi  
**10:00 Bingo!**  
 11:00 Toning  
 Noon Lunch — Philly Chicken & Cheese  
 6:00 Euchre  
 6:30 Pinochle

## Friday

**28**  
 11:00 Arthritis Exercise  
 Noon Lunch — Oven Fried Fish  
**1:00 Hoedown w/ Jammerman**

**31**  
 8:45 Beginner Yoga w/ Machelles  
 10:00 Improved Line Dancing  
 11:30 Sassy Exercise  
 Noon Lunch — Deluxe Fried Rice  
 1:00 Crochet Group  
 1:45 Stretch & Balance  
 3:00 Basic Line Dancing  
 5:00 Hand, Knee & Foot

**JOIN US FOR LUNCH!**

Come on in for lunch! We offer take home and eat in options. Just call the day before, before noon to place your order!

See last page for more info on lunches

**Senior Day at the FAIR**

**Tuesday, August 22nd**

9:00 am- Free Coffee & Donuts (while supplies last)  
 9:00 am -12:00 pm- Vendor Fair  
 10:00 am- "Old Blue Eyes"  
 11:00 am- "Elvis"  
 12:00- Scavenger Hunt (Teams of 2-4 people)  
 1:30 pm- Free Ice Cream

Rides and Fair Food are not free

## Board Meeting Notice

**The next board meeting will be held on Wednesday, July 12th 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.

## **Cancellations**

**Arthritis Exercise—  
 Friday, July 14th  
 Zumba—  
 Wednesday, July 19th**

# UPCOMING EVENTS/TRIPS



## Detroit Princess Luncheon Cruise Thursday, August 24th, 2023

Detroit Princess Riverboat cruises journey from Hart Plaza past the Ambassador Bridge, just past Belle Isle, with a bountiful lunch menu, it is easy for everyone to find an entree they enjoy! This trip includes a round trip transportation to Detroit, MI. A Cruise on the Detroit Princess Riverboat, A Delicious buffet, and musical entertainment all while you cruise down the river. The bus departs from our center at 9:30 am and returns at 4:30 pm.

Payment is due at time of registration:  
Deadline is 07-18-23



## Toledo Zoo & Aquarium Wednesday, September 20th, 2023

The Toledo Zoo and Aquarium is nationally known for its large exhibits and animal diversity. With its hippoquarium, Arctic Encounter, and Africa! exhibits where you get up-close and personal with the animals. Not to mention the over 178,000-gallon water aquariums. This trip includes transportation to and from Toledo, OH, a lunch at Tony Packo's, and admission to the Toledo Zoo!

Deadline to RSVP: August 27th, 2023

**\$105 per person**

**\$85 per person 60+  
\$110 per person under 60**

### 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 GUARANTEED  
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.**

## ADVANCE CARE PLANNING

PLANNING IN ADVANCE FOR FUTURE HEALTHCARE CHOICES

- What if you become seriously ill or were injured?
- What if you could not speak for yourself?
- Do you know who would be making decisions regarding your healthcare?

Appointments available to talk with Tommie Franklin, RN, at our center.  
810-635-4122



**Your Blood Will Save Someone's Life**

**Thursday, August 3rd**

Blood drive presented by Versiti!  
Call or visit center for more information!



**We will be closed  
July 3rd & July 4th**



## INFORMATION

### Balance and Endurance Class

Monday, June 19th at 12:30 pm  
RSVP by June 12th

Class is Every 3rd Monday of the month!

This monthly class is designed to reduce the fear of falling and increase activity levels of older adults. For older adults who have a fear of falling, have fallen in the past, restrict their activities due to a fear of falling, and are interested in improving flexibility, balance and strength. Participants will set their own goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance.

Please note the time change!!!

### Hearing Screening

Tuesday, July 25th

Provided by: Your Hearing Solution  
Offered by the center once a month. Call 810-635-4122 to make your appointment. FREE hearing evaluations available at the center. FREE hearing aid cleaning and adjustments.

## VETERAN ASSISTANCE

ARE YOU A VETERAN OVER 60 OR THE SPOUSE, WIDOW, OR WIDOWER OF A VETERAN?

JOHN, SERVICE OFFICER, WITH THE GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES OFFICE IS AVAILABLE FOR APPOINTMENTS AT THE SENIOR CENTER ONE DAY PER MONTH.

HE CAN PROVIDE INFORMATION ON BENEFIT PROGRAMS AND ASSIST YOU IN COMPLETEING APPLICATIONS FOR VETERAN BENEFITS. PLEASE REQUEST A LIST OF INFORMATION TO BRING WHEN YOU SCHEDULE YOUR APPOINTMENT!

### COUPONS

## Project Fresh

First come,  
first serve

Project fresh is available at the center! The Senior farmers' Market nutrition Program will once again provide coupons (\$25 value per person/county) for the purchase of fresh, nutritious fruits and vegetables grown in Michigan from any authorized farmers' market. For low-income seniors age 60 years and older who reside in Genesee County.

To pick up coupons, call 810-635-4122 to make your appointment



### 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!

## Legal Services

Provided by Legal Services of Eastern Michigan for seniors 60 or older. Offering assistance with Wills, Power of attorney, medicaid planning, housing complaints, family law, domestic violence, nursing home issues, and more!

Appointments are available at our center on the 3rd wednesday of each month.

Schedule today!

810-635-4122



# INFORMATION

## TRANSPORTATION

Transportation services available to seniors residing within the Swartz Creek School District. Contact the senior center for the complete schedule.

### TRANSPORTATION SERVICES INCLUDE:

#### SHOPPING WEEKLY

Round trip from your home on Tuesdays. This trip alternates between Meijer and Kroger each week.

#### FOOD PANTRY MONTHLY

Round trip from your home to the Swartz Creek Community Food Basket.



## 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.

## JOIN US FOR LUNCH!

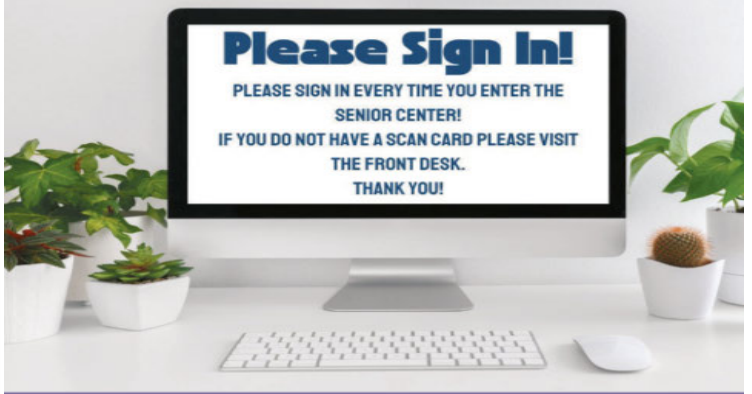
Meals are served eat in or take home Monday-Friday between 12:00- 12:30 pm at the senior center. Reservations must be made by noon the day BEFORE. For Monday reservations, you must reserve on the prior Friday. Call us at 810-635-4122

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— Friday, July 14th**  
**Zumba— Wednesday, July 19th**



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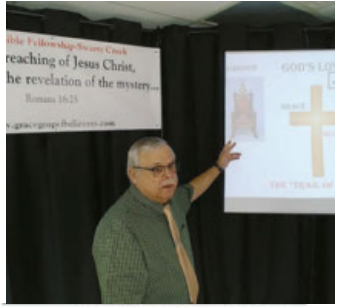
Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

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Swartz Creek, MI



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Romans 16:25  
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Sunday 11am  
Wednesday 5:30pm (4pm winter hours)  
Phone: 810-444-0670  
assignphillong@yahoo.com  
"rightly dividing the word of truth" 2 Timothy 2:15



**Brian Huyck**  
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**35**

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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](http://www.myscasc.org)

Facebook: Swartz Creek Area Senior Center

## STAFF

Barbara McCallum, Director

Holly Burgess, Program Coord.

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation

## BOARD OF TRUSTEES

Roger Bloss, President

Ken Klungle, Vice President

Elaine Tucker, Secretary

Kathy VanDette, Treasurer

Phil Bracey, Trustee

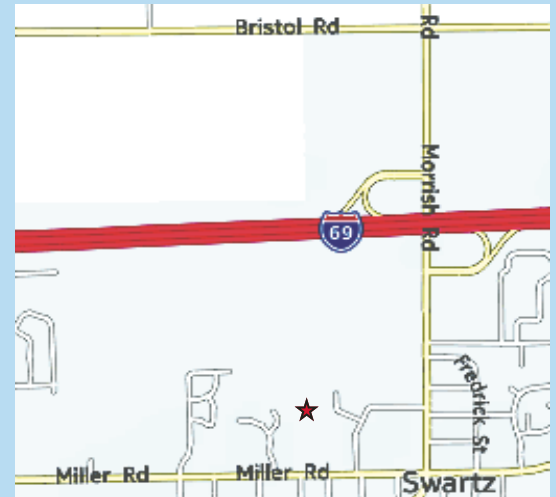
Sheila Keen, Trustee

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.



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