

Swartz Creek

AREA SENIOR CENTER

JULY 2024 NEWS

VOLUME 24, ISSUE 7



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



HOLIDAY
RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com



Bring this coupon in for a free meal & gift with your tour!



5-STAR RATING

FEATURING REHAB TO HOME
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•••Direct 989-288-3166 • www.durandscr.com•••

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Admissions 24 Hours a Day/7 Days a Week

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Clio, Davison, Fenton, Swartz Creek

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"Where Seniors Love to Live"

5201 Woodhaven Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505

www.woodhavensenior.com



YOU ARE INVITED TO
**SUMMER
PICNIC**

Friday, July 19th
at Noon

\$3

per person
at time of
sign up

Menu

Sloppy Joes
Assorted Salads
Mac & Cheese
Watermelon
Dessert

PARTICIPATE IN A WEEK LONG RAFFLE FOR A
CHANCE TO WIN A SUMMER THEMED GIFT BASKET.
GO TO THE CALENDER SECTION TO SEE HOW TO
ENTER!

RSVP BY JULY 12TH

UPCOMING EVENTS

Sock Hop

Wednesday, July 17th
at 1:00 pm

Enjoy the entertainment from the amazing Jammerman as he performs the classics from the 50s and 60s.

We will be collecting donations for the women and children who receive services from the YWCA of Greater Flint. these include:

- Socks and Underwear
- Combs and Brushes
- Toothbrushes and Toothpaste
- Gift cards for Gas
- Monetary donations



The YWCA of Greater Flint provides a safehouse, housing 32 individuals (women and children), Sexual Assault Forensic Exam Room, they provide Advocates to help survivors through legal steps and the trauma with that, and they also offer specialty programs regarding sexual assault and racism.

RSVP by July 10th

Alzheimer's & Dementia

UNDERSTANDING ALZHEIMER'S & DEMENTIA

LEARN THE DIFFERENCE BETWEEN ALZHEIMER'S AND DEMENTIA, ALZHEIMER'S STAGES AND RISK FACTORS, CURRENT RESEARCH AND AVAILABLE TREATMENTS AND WAYS THE ALZHEIMER'S ASSOCIATION CAN HELP. PRESENTED BY THE ALZHEIMER'S ASSOCIATION

Friday, July 12th at 1:00 PM

RSVP by July 8th

Bracelet Making

Join Joann as she walks you through the art of Bracelet Making. During the class you will be able to make a bracelet that fits your style or make one as a gift! Due to high demand, we will be having 2 sessions a month. A participant cannot sign up for both sessions.

Wednesday, July 10th
At 1:00 PM

\$5
per person

RSVP by July 3rd

Wednesday, July 24th
At 1:00 PM

\$5
per person

RSVP by July 17th

Lunch WITH THE COMMISSIONER

Friday, July 26th
at Noon

Enjoy a delicious lunch of Homeboys BBQ with the current 8th District Commissioner, Dale Weighill. During this casual lunch there will be time for Dale to update you on what is happening in our district and for you to ask him questions.



RSVP by July 19th

Chair Massages

Take a minute to relax and relieve tension with Lacey from fenton Massage Co.

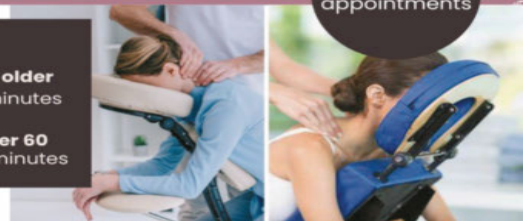
Friday, July 12th

10 minute appointments

Prices

if you're 60 or older
\$5.00 per 10 minutes

if you are under 60
\$10.00 per 10 minutes



Coffee Hour

Monday, July 22nd
at 10:00 am

WITH THE YWCA OF GREATER FLINT



The YWCA Greater Flint is on a mission to eliminate racism and empower women. We do this through our Safehouse, housing for 32 individuals (women and children), SANE Room (sexual assault forensic exam room), Specially trained Advocates to help our survivors and more. Meet with Theresa, Development Director, to discuss all of the programs available and how you can help!
RSVP by July 15th

PROGRAMS & EVENTS

Hand, Knee, and Foot

Monday, 5:00- 8:15 pm

Similar to a card game named 'Canasta' the main difference is the number of cards that players need in order to start playing. Score more points than the other teams within four hands.

Mahjonn

Tuesday, 12:30- 2:30 pm

Mahjong is always played with four players seated around a table. Tiles are shuffled, dice are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin.



Euchre

Tuesday, 1:00- 3:00 pm

Thursday, 6:00- 8:15 pm

The goal of the game is to win at least three tricks. If the side that fixed the trump fails to get three tricks, it is said to be "euchred." Winning all five tricks is called a "march."

5- Handed Euchre

Tuesday, 6:00 pm-8:15 pm

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

Dominoes

Tuesday, 4:30 pm-6:30 pm

Each time a player places a domino on the table in Mexican Train, it must conform to normal domino play. i.e. The domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches.



Setback

Wednesday, 6:00- 8:15 pm

A trick taking game similar to Spades. 2-8 players play either individually or in teams. Each player is dealt six cards, usually by dealing three at a time. Players first bid or pass, with the lowest possible bid being "2." If everyone passes, the dealer must bid "2." Whoever wins the bid starts the first trick. Whatever suit they play is trump for that round. Play proceeds as in most other trick-taking games (Spades, for example).



Pinochle

Thursday, 6:30 - 8:15 pm

A card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks.

Horse Race

Monday: 1:00-3:00 pm

This game uses a board, dice, cards, and nickels that will make you feel like you're at the horse races. Strategically move your horse across the "track" the fastest, while trying not to lose all your nickels to the pot!

Crochet

Monday, 1:00-2:30 pm

A needlework technique performed using a crochet hook plus fiber or other similar material. Most typically, this material is yarn or crochet thread. A very relaxing activity that is good for the mind.



Grocery Bag Crochet

Tuesday, 10:00-11:30 am

Instructor: Betty Binder

Bring with you 10 plastic grocery bags, a pair of scissors, and a large crochet needle. This is a great way to recycle plastic and create something more useful like a sturdy bag, mat, and more!

Knitting

Tuesday, 10:00-11:30 am

The knitting process basically involves continuously interlinking or knotting a series of loops of yarn using needles. A very relaxing activity that is good for the mind.

Wood Carving

Tuesday, 1:00-3:00 pm

Wood carving is a form of working wood by means of a cutting tool. A chisel or knife are usual tools: the chisel can be tapped with a wooden mallet. The result is a wooden figure, or the sculptural ornamentation of a wooden object.

A vertical poster for a 'Summer Card Making' event. The background is white with colorful floral patterns on the sides. The text is in a mix of fonts, including a large, decorative script for the title. The event is on Friday, July 19th at 1:00 PM, for \$5 per person at the time of sign up. It is led by Linda Evans. The poster encourages joining Linda to learn the art of card making and create beautiful beachy cards.

Summer Card Making
with Linda Evans
Friday, July 19th at 1:00 PM
\$5 per person
at time of sign up
Join Linda as she leads you through the art of card making. Create 3-5 beautifully beachy cards that you can use to make a loved ones day!

A vertical poster for 'Senior Project Fresh Coupons'. The background is dark green with a white script font for the title. Below the title is an orange button that says 'MAKE YOUR APPOINTMENT TODAY!'. The text describes the Senior Farmers' Market Nutrition Program, which provides \$25 value per person in coupons for fresh fruits and vegetables. The program is for low-income seniors aged 60 or older in Genesee County. Contact information is provided at the bottom.

Senior Project Fresh Coupons
MAKE YOUR APPOINTMENT TODAY!
The Senior Farmers' Market Nutrition Program will once again be providing coupons at our center (\$25 value per person) for the purchase of fresh fruits and vegetables grown in Michigan at local farmers' markets.
This program is for low-income seniors aged 60 or older who reside in Genesee County.
To make your appointment or see if you qualify, call us at 810-635-4122

UPCOMING EVENTS

LUNCH WITH THE CANDIDATE: JOE KARLICHEK

Monday, July 15th at Noon

Joe Karlichek currently serves as the Mayor of Flushing, a position he was first elected to in 2019 on a platform of "small, safe and clean"; where qualities of the city are maintained through strengthened public safety, diligent maintenance of infrastructure, strict budget adherence and appearance of the city.

Joe Karlichek is running for 8th District Commissioner.

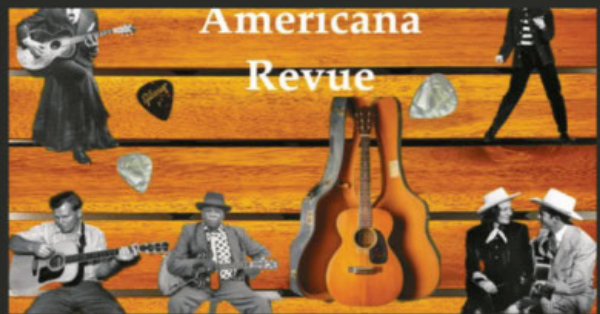
Join him in a casual presentation and question-and-answer session.

RSVP BY JULY 8TH

DAN RIPKE AMERICANA REVUE

PREPARE TO BE TRANSPORTED TO A WORLD WHERE SIX STRINGS CAN TELL STORIES, CONVEY EMOTIONS, AND IGNITE THE SOUL.

DAN RIPKE'S GUITAR PERFORMANCE IS A CAPTIVATING EXPLORATION OF THE INSTRUMENT'S POTENTIAL TO WEAVE MELODIES THAT RESONATE DEEP WITHIN THE HEARTS OF LISTENERS.



THURSDAY

JULY 25TH

1:30 PM

RSVP BY JULY 18TH

Five Wishes: Advanced Care Planning

Monday, July 22nd at 1:30 PM

RSVP by July 15th

Join a Social Worker from The Medical Team Hospice to discuss what the Five Wishes are and how to legally document your choices for medical treatment comfort and care.



COFFEE HOUR WITH INNOVATIVE TECHNOLOGY SOLUTIONS

FRIDAY, JULY 26TH AT 10:00 AM

Innovative Technology Solutions is a small business located in Flushing, MI providing residential and commercial security systems and camera solutions. ITS has a full line of security services to protect you inside and outside of your home, including our medical pendant solution.



RSVP BY JULY 19TH

Learn about:

- Medical Alert Technology
- How Medical alert services work
- Why you should have security in and outside your home



7960 Grand River Ave
Brighton, MI 48114
47720 Grand River Ave,
Novi, MI 48374

LUNCH & LEARN

HOW TO AGE IN PLACE:

TIPS AND TOOLS TO KEEP YOU IN CONTROL OF YOUR FUTURE

What Real Estate has to do with helping you live out your Retirement Dreams with Peace of Mind.



KRISTA DAVIES
REMERICA UNITED REALTY

REALTOR AND
SENIORS REAL ESTATE SPECIALIST
810-923-2182

Monday, July 29th

12:00 PM - 1:00 PM

RSVP by July 22nd

Join us for Lunch!

Register Now! Senior Center office at (810) 635-4122

UPCOMING EVENTS

**Maxwell
Physical
Therapy**

KNEE PAIN RELIEF

Monday, July 8th at 1:00 PM

Through a blend of informative presentations and hands-on demonstrations, you'll learn evidence-based techniques for managing knee pain, enhancing joint stability, and promoting healthy movement patterns. We'll cover a range of topics, including therapeutic exercises, stretches, and functional activities tailored to your specific needs and goals.

RSVP by July 1st

BALANCE & ENDURANCE

Monday, July 22nd at 12:30 PM

Put your balance into practice with Maxwell. With a mixture of balance education and chair exercises.

No RSVP required

Crime Prevention with Metro

**MONDAY,
JULY 22ND
AT NOON**



Our Mission

SPEAKER:

Ryan Ortiz

Officer at Metro Police Authority

**FREE
LUNCH
PROVIDED!**

RSVP BY
JULY 15TH

The Metro Police Authority of Genesee County proactively promotes and delivers efficient, sustainable quality public safety services through community engagement, excellence, accountability and integrity.

Topics include:

- Crime Mapping
- Burglary/Crime Prevention
- Security tips for inside and outside the home
- Fraud tips
- Vehicle tips



ALZHEIMER'S ASSOCIATION

Caregiver Support Group

Presented by:

Alzheimer's Association

Michigan

**Third Wednesday of the month
9:30 - 10:30 a.m.**

Swartz Creek Senior Center

Beginning on

Wednesday, July 17th

Douglas Lobdell
dmlobdell@alz.org

Visit alz.org/gmc to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org

COME EAT LUNCH WITH US!

In preparation for the return of Congregate meals, we will have eat in only meals twice a month. Come join us, bring a friend, and see what it is all about!

Thursday, July 11th at Noon

Stuffed Peppers
Sliced Beets
Cauliflower
Roll



Tuesday, July 23rd at Noon

BBQ Pulled Pork
Cole Slaw
Baked Beans
Roll



**LUNCH
PROVIDED BY
GCCARD**

**\$3 DONATION
FOR THOSE 60
AND OLDER**

**\$6 FOR THOSE
UNDER 60
AND/OR WHO
LIVE OUTSIDE
GENESEE
COUNTY**

**CALL US AT
810-635-4122
BY NOON THE
DAY BEFORE
TO SAVE YOUR
SEAT!**



Monday

8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch— Pub Burger w/ Cheese
 1:00 Crochet Group
 1:00 Horse Race
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
6:00 Yoga w/ Machel cancelled

8:45 Beginner Yoga w/ Machel
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch— Meatball Sub w/ Cheese
 1:00 Crochet Group
 1:00 Horse Race
1:00 Knee Pain Seminar
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Machel



Tuesday

8:45 Yoga cancelled
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Ravioli w/ Chicken & Sauce
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 2:30 Beginner Cardio
 4:30 Dominoes
 6:00 5-Handed Euchre

8:45 Yoga w/ Machel
 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
 2:30 Beginner Cardio
 4:30 Dominoes
 6:00 5-Handed Euchre



Wednesday

9:00 Zumba
 11:30 Sassy Exercise
 Noon Lunch— Polish Sausage
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

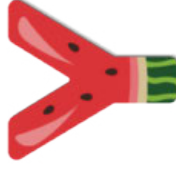
9:00 Zumba
10:00 Board Meeting
 11:30 Sassy Exercise
 Noon Lunch— Tangerine Chicken w/ Rice
1:00 Bracelet Making
1:30 Smartphone Photography
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback



Thursday

4th July Independence Day
We are Closed!

8:45 Yoga w/ Amy
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch— Stuffed Peppers
 6:00 Euchre
 6:00 Pinochle



Friday

5th July Independence Day
We are Closed!

8:45 Yoga w/ Amy
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch— Stuffed Peppers
 6:00 Euchre
 6:00 Pinochle



15

8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
12:00 Lunch with the Candidate
 1:00 Crochet Group
 1:00 Horse Race
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Machel



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8:45 Yoga w/ Katrina
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Turkey Tetrazzini
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 2:30 Beginner Cardio
 4:30 Dominoes
 6:00 5-Handed Euchre



17

Legal Services
 9:00 Zumba
9:30 Alzheimer's Support Group
11:00 Grief Support Group
 11:30 Sassy Exercise
 Noon Lunch— Chef's Choice
1:00 Sock Hop
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback



18

8:45 Yoga w/ Katrina
 10:00 Tai Chi
10:00 White Elephant Bingo
 11:00 Toning
 Noon Lunch— Turkey & Cheese Sub
 6:00 Euchre
 6:00 Pinochle



19

Hearing Screening by Appt
11:00 Arthritis Exercise cancelled
12:00 Summer Picnic
NO GCCARD Lunch
 1:00 Card Making



Monday

8:45 Beginner Yoga w/ Amy
 10:00 Improved Line Dancing
10:00 Coffee Hour: YWCA
 11:30 Sassy Exercise
12:00 Crime Prevention Lunch & Learn
NO GCCARD LUNCH
12:30 Balance & Endurance
 1:00 Crochet Group
 1:00 Horse Race
1:30 5 Wishes Seminar
 1:45 Stretch & Balance
 3:00 Basic Line Dancing

Tuesday

8:45 Yoga w/ Machelle
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— BBQ Pulled Pork
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 2:30 Beginner Cardio
 4:30 Dominoes
 6:00 5-Handed Euchre

Wednesday

Mackinac Island Trip
Veteran Service by Appt.
 9:00 Zumba
 11:30 Sassy Exercise
 Noon Lunch— Fiesta Lime Chicken
12:30 Diabetes PATH
1:00 Bracelet Making
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

Thursday

8:45 Yoga w/ Amy
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch— Philly Chicken w/ Cheese
1:30 Dan Ripke Concert
 6:00 Euchre
 6:00 Pinochle

Friday

10:00 Coffee Hour: ITS
 11:00 Arthritis Exercise
12:00 Lunch w/ Commissioner
NO GCCARD LUNCH

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SUMMER RAFFLE



Participate in a weeklong raffle drawing by showing your summer spirit! Everyday during July 15th- 19th there will be a dress theme. Follow the theme to be entered to win!

Monday, July 15th: **Hawaiian Shirt**
 Tuesday, July 16th: **Sunglasses**
 Wednesday, July 17th: **Crazy Socks**
 Thursday, July 18th: **Sunshine Yellow**
 Friday, July 19th: **Beach Day!**

Bonus Ticket: if you bring in a donation for the YWCA during this week! See Sock Hop ad for item list.

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9:00 Zumba
 11:30 Sassy Exercise
 Noon Lunch— BBQ Chicken Legs
12:30 Diabetes PATH
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

30

8:45 Yoga w/ Katrina
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Steak Fajitas
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 2:30 Beginner Cardio
 4:30 Dominoes
 6:00 5-Handed Euchre

29

8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
12:00 Aging in Place Lunch & Learn
NO GCCARD LUNCH
 1:00 Crochet Group
 1:00 Horse Race
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Katrina

Board Meeting Notice

The next board meeting will be held on Wednesday, July 10th 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.

Class Cancellations

We are Closed— July 4th & 5th
 Arthritis Exercise— July 12th & 19th
 Yoga PM— Monday, July 1st
 Yoga AM— Tuesday, July 2nd

UPCOMING EVENTS

SENIOR ASTRONOMERS

w/ Bob Kren

Come join Bob as he meets with seniors across the county to discuss their shared passion for astronomy. Meetings take place the third Wednesday of each month @ 10:00 a.m. See schedule below:

- Clio Senior Center July 17th
- Swartz Creek Area Senior Center August 21st
- Grand Blanc Senior Center September 18th
- Davison Senior Center October 16th
- Flushing Area Senior Center November 20th

Members will also schedule dates for evening observations!



TAKE THE PATH TO BETTER HEALTH

You are invited to participate in a free 6-week workshop

Learn to manage your ongoing health condition, so you can improve your health and feel better!

Chronic Disease Self-management Program

Diabetes PATH (Personal Action Towards Health) is designed to help people living with Type 2 Diabetes and their support system live a healthier life. In this workshop, YOU can:

- Manage everyday activities by making an action plan
- Avoid Complications
- Learn to balance your blood sugar
- Improve you communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy!

UPCOMING DIABETES PATH WORKSHOPS

Swartz Creek Senior Center

Wednesdays: July 24th, 31st 12:30pm - 3pm
Wednesdays: August 7th, 14th, 21st, 28th 12:30pm - 3pm

RSVP by July 17th



Ryan presents

SMARTPHONE PHOTOGRAPHY

WEDNESDAY, JULY 10TH
AT 1:30 PM

YOU PROBABLY TAKE PHOTOS WITH YOUR PHONE ALL OF THE TIME, BUT HOW WELL DO YOU REALLY KNOW YOUR PHONE'S CAMERA? LEARN ABOUT ALL OF THE FEATURES THAT YOU DIDN'T KNOW YOUR PHONE HAD THAT CAN TAKE YOUR PHOTOS TO THE NEXT LEVEL!

RSVP BY JULY 3RD

JULY BINGO!

Thursday, July 11th at 10:00 am

Presented by Oak Street Health

Thursday, July 18th at 10:00 am

White Elephant Bingo

Please bring a prize wrapped up that is an item from your home you no longer want or an item that cost less than \$10

Thursday, July 25th at 10:00 am

Presented by Judy Cox, Realtor

NO RSVP
REQUIRED

TRIPS

TRIPS



Detroit Princess

Thursday, September 5th, 2024

\$110.00 Per Person

Enjoy this cruise from Hart Plaza to the Ambassador Bridge, pass Belle Isle and relax on the dock. For lunch, a bountiful buffet with musical entertainment.

Deadline: 7/24/24



Experience Detroit Zoo

Wednesday, September 18th, 2024

\$99.00 Per Person

Join us for a trip to enjoy the Detroit Zoo! Have lunch at Sign of the Beef carver and spend about 4 hours of self-touring the exhibits. Deadline: 8/26/24

Genitti's Luncheon

Wednesday, December 4th, 2024

\$110.00 Per Person

Enjoy a 7 course luncheon including homemade pasta, antipasto salad, baked chicken, and much more. After the meal head to the interactive comedy show. After Genitti's, we'll be heading to Meadow Brook Hall for a Holiday walk. Deadline: 11/04/24

For more information about any of the trips we offer, please stop by our center for a full itinerary or give us a call at 810-635-4122. Thank you!

QUESTION OF THE MONTH WITH Mrs. Creek



OUR NEXT QUESTION IS:
What special event would you like to see us put on?

Last Month's Question was:
What bus trips would you like to see us do?

Your Answers:
Shipshewana in Indiana
Kayaking in the U.P
Dow Gardens in Midland
Broadway in Detroit
Broadway in Kalamazoo

To answer either call us at 810-635-4122, email us at swartzcreekseiorcenter@gmail.com, or find our question box in our lobby.

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.**

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 bene-

HAPPY 4TH OF JULY!

WE ARE CLOSED

THURSDAY, JULY 4TH
FRIDAY, JULY 5TH

PROGRAMS & EVENTS

All programs are FREE unless noted otherwise.

Basic Line Dancing

Monday, 3:00-4:00 PM

Instructor: Darci

Beginners class to learn the basic steps in line dancing, no partner needed. Good for your mind and to get you moving!

Improved Line Dancing

Monday, 10:00-11:00 am

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills, no partner needed. Good for the body and mind!

Intermediate Line Dancing

Wednesday, 3:00-4:00 pm

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills from intermediate, no partner needed. Good for the body and mind!

Yoga AM

Monday, Tuesday, Thursday, 8:45-9:45 am

Instructor: Katrina Smeets

Substitute: Amy Cross

Yoga is a series of postures linked with movement that will open and cleanse the body, strengthen and lengthen your muscles, calm and open your mind. Make sure to bring your mat and water!

Yoga PM

Monday, 6:00-7:00 pm

Instructor: Machel Duprey

Yoga is a series of postures linked with movement that will open and cleanse the body, strengthen and lengthen your muscles, calm and open your mind. Make sure to bring your mat and water!

Stretching & Toning

Tuesday & Thursday, 11:00 am-12:00 pm

Instructor: Darci

This class includes weights, bands and music to keep your heart rate up while toning the whole body. Bring a fun attitude, you don't need to be experienced for this class. If you question whether you can stand through the class, don't worry, you can sit in a chair for these exercises too!

Tai Chi

Tuesday & Thursday, 10:00-11:00 am

Instructor: Darci

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination.

Sassy Exercise

Monday & Wednesday, 11:30 am- 12:30 pm

Instructor: Darci

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance.

Stretch & Balance

Monday, 1:45-2:45 pm

Instructor: Darci

Are you afraid of falling? Darci's class will help improve your balance with fun stretches and exercises that gain back your confidence!

Beginner Cardio

Tuesday: 2:30-3:30 pm

Instructor: Darci

This class mixes techniques of steps, arm movements, and a sprinkle of dancing to create a perfect intro to cardio. Utilizing weight to increase strength and get your heart pumping!

Zumba AM

Wednesday, 9:00-10:00 am

Instructor: Linda Dyball

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

Zumba PM

Wednesday, 5:00-6:00 pm

Instructor: Kimberly Worchal-Smith

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

Arthritis Exercise

Friday, 11:00 am- Noon

Instructor: Abbie Marrs

The Arthritis Foundation Exercise program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include, gentle range of motion exercises that are suitable for every fitness level.

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.

SUPPLY DONATIONS

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

Thank you for your generous donations to our Senior Center!



INFORMATION

Legal Services of Eastern Michigan (LSEM)

Wednesday, July 17th by appointment

Available at the Senior Center the 3rd Wednesday of each month. Free Legal Services are available at the Senior Center by appointment for seniors over age 60 regardless of income. Services Include:

- Estate Planning
- Wills Power-of-Attorney
- Advance Directives
- Medicaid Planning
- Public Benefits
- Housing Complaints
- Consumer Issues



Hearing Screenings

Friday, July 19th by appointment

Offered at the Center once a month. Free hearing evaluation available at the senior center.

- Hearing aid cleaning and adjustments at no charge.
- Fees apply for battery replacement.

PROVIDED BY YOUR HEARING SOLUTION



Transportation

Group transportation is also available to Meijer or Kroger once a week. Food Pantry once a month. Available to seniors living in the Swartz Creek School District.

Michigan Medicare/Medicaid Assistance Program

A volunteer MMAP Counselor can provide free services to help you: Understand Medicare & Medicaid. Compare or enroll in Medicare Prescription drug coverage. Review & compare Medicare Supplemental insurance options. Call the Center today at 810-635-4122 to make your appointment.

Veteran Services of Genesee County

Wednesday, July 24th by appointment

You can schedule an appointment at the Department of Veterans Services or one of the following designated senior activity centers to assure you are receiving all the benefits you are entitled to.

Swartz Creek Area Senior Center, Flushing Area Senior Center, Grand Blanc Senior Center, Loose Senior Center, Davison Area Senior Center, and Clio Area Senior Center.

Benefits include:

- Disability compensation
- Pension benefits
- Federal Burial benefits
- VA Home loans
- PTSD counseling
- Legal Services
- Transportation

And more!



Senior Dining by GCCARD

Meals are served Monday - Friday at 12:00 pm here at the 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.)

Persons residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

- Requested Donation is \$3.00
- Persons under age 60: \$6.00
- Persons of all ages who reside outside Genesee County: \$6.00

Incontinence Supplies

The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantities are limited. Call the center for availability!

Loan Closet

The Center has donated wheelchairs, walkers, bath chairs, commodes, canes, and more, which are given out free of charge. Quantities are limited. Call the center for availability!

Grief Support Group

Wednesday, July 17th at 11:00 am

Jessica with The Medical Team provides on-going grief support for anyone who has experienced the death of a loved one. Their purpose to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

Visually Impaired Support Group

Friday, August 2nd at 10:00 am

Join Sabrina with the Family Service Agency of Genesee County to discuss the difficulties of being visually impaired and how you can adapt to these changes using new resources and technology. Meet those who understand the struggles you share.



Age Friendly Wellness Council

Monday, August 5th at 10:00 am

Join Lori with the Flint Health Coalition to share the needs and concerns that you, as a senior, have today. She can connect you to resources and make sure that your ideas are brought to light! Breakfast is provided!

Advance Care Planning

Wednesday, July 3rd by appointment

Join Tommy Franklin to discuss your future healthcare choices: What if you become seriously ill or injured? What if you could not speak for yourself? Do you know who would be making decisions regarding your healthcare?



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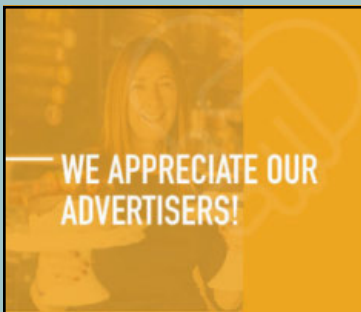


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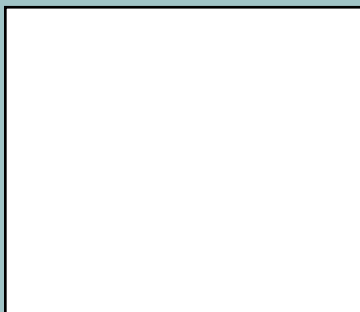


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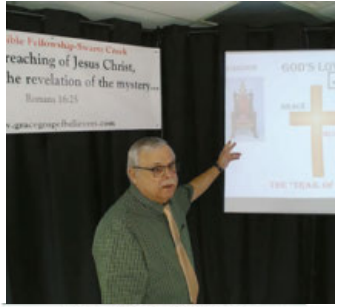
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Swartz Creek Area Senior Center



8095 Civic Drive, Swartz Creek, MI 48473

Office Hours: Monday-Thursday: 9:00 am — 8:00 pm

Friday: 9:00 am — 4:00 pm

Directions from downtown Swartz Creek:
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

Facebook: Swartz Creek Area Senior Center

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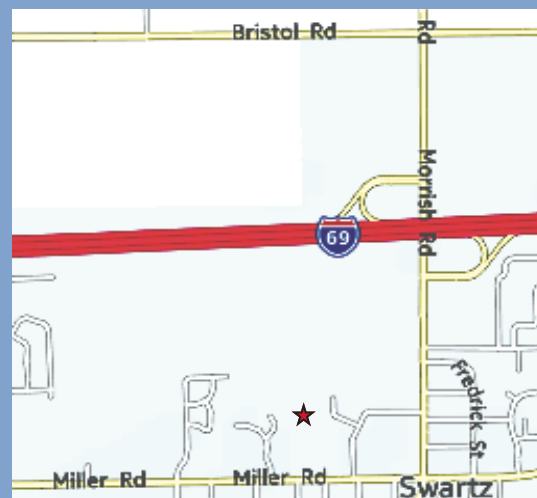
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