

Swartz Creek
AREA SENIOR CENTER

JUNE 2023 NEWS
VOLUME 23, ISSUE 6



"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



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Physical, Occupational & Speech Therapy Services
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Transportation Provided for Activities Outside the Community

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8240 Miller Rd. • Swartz Creek • www.courtyardmanor.com

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15-0694

UPCOMING EVENTS



MICHIGAN STATE UNIVERSITY Extension

SLEEP Sleep Education for Everyone

Wednesdays
June 7th-July
19th
1:00-1:45 pm
No class July 5th



During six sessions we will share information that can help you improve how much and how well you are sleeping. Each week you will be given a sleep challenge to try, so you can track the effectiveness of your sleep behaviors.

6 Sessions (45 minutes each)
DESCRIPTIONS:

- Week 1- Sleep Basics
- Week 2- Sleep Hygiene
- Week 3- Control Therapy
- Week 4- Mindfulness
- Week 5- Physical Activity
- Week 6- Sleep Myths

Are you tired?
Burned out?
Can't seem to fall
and stay asleep?

RSVP by May 31st



SUMMER SPIRIT WEEK

July 10th-14th

Enjoy a week full of classic summer activities and themes!
All events will be free and include flower pot painting, live band, lemonade, bingo, and a picnic!
Participate in the events or theme of the day to be entered into a fun raffle with prizes worth \$50+

More info to come, keep an eye out in our July newsletter, center, Facebook, and website!

COFFEE HOUR

with

State Rep.

Jasper Martus



FRIDAY, JUNE 16TH AT 10:00 AM

State Rep. Jasper Martus is serving his first term representing the 69th House District, which comprises Flushing, Flint, Mount Morris, Swartz Creek and Montrose.

Rep. Martus believes in the importance of representing the people he serves. His family and faith have instilled a commitment to helping others.

Join him for a question-and-answer session and enjoy a hot cup of coffee!

RSVP by June 9th

NO RSVP REQUIRED!

BINGO!

Thursday, June 22nd
at 10:00 am

Presented by Asension PACE

UPCOMING EVENTS

ICE CREAM Social

TUESDAY | JUNE 27TH
6:00-7:00 PM

COME ENJOY A DELICIOUS ICE CREAM SOCIAL, BRING YOUR FRIENDS AND ENJOY A SCOOP WITH YOUR FAVORITE TOPPINGS. THE BEST PART IS WE ARE SUPPORTING OUR LOCAL FOOD PANTRY! ALL MONETARY OR NON PARISHABLE DONATIONS WILL BE DONATED TO THE SWARTZ CREEK FOOD PANTRY.



Back Pain

Monday, June 12th
from 1:00-2:00 pm

1. Do you have pain when you sit or drive for long periods of time?
2. Do you experience pain, numbness, or tingling into your groin, or down your leg?
3. Does your back ever "go out" if you move the wrong way?
4. Are you afraid your pain will get worse if you don't do anything about it?

If you have answered **YES** to any of the above questions...the Lower Back Pain and Sciatica Workshop may be a life changing event for you

RSVP by June 5th

9 Mistakes to Avoid For the 2nd Half of Life

Thursday,
June 22nd
2:00-4:00 pm



Highlights Include:

- implications of the Affordable Care Act on long term planning
- What estate planning documents are essential to protect you and your family
- Paying for long term care and how to avoid having you life saving wiped out
- How these economic and political times make it imperative to plan ahead

RSVP by June 15th

NUTRITION

AS WE AGE

MONDAY, JUNE 26TH
1:00 -2:30 PM

RSVP BY JUNE 19TH

This seminar presented by VAAA and Silver Sneakers discusses:

- Identifying the components of a healthy, balanced diet.
- Describes how nutrition affects optimal aging.
- Explains the relationship between nutrition, exercise, and stress management in maintaining overall health.
- Make health and nutrition decisions geared towards optimal aging.

UPCOMING EVENTS




**Greg
Nagy**

Acoustic
Concert

 Thursday, June 15th

2:00-3:00 pm

Sponsored by Genesee District Library

A multi-faceted artist in the most classic sense, his songwriting, singing, and guitar playing beautifully reveal Nagy's personalized music refreshingly and honestly infused with elements of soul, r&b, rock, and gospel.

So unique and impressive was his debut release, *Walk That Fine Thin Line*, that it earned Nagy a prestigious Best New Artist debut nomination from the Blues Foundation in Memphis, as well as favorable reviews from hard-to-please critics at top media outlets like *Down Beat*, *All About Jazz*, *Blues Revue*, *Chicago Tribune*, *Detroit Free Press*, etc.

RSVP by June 8th 

Swartz Creek Senior Center 2023-2024 Election- Board of Trustees

Voting period will take place
Monday, June 5th through Friday, June 9th
between 10:00 am to 7:00 pm

- Eligible voters will be seniors 50 and older who live in Swartz Creek Area School District or Gaines Township
- Must be a member of the Swartz Creek Center on or before April 21st, 2023.

Annual Membership Meeting

Tuesday, June 13th 6:00-7:00 pm

Open to Public

The new Board of Trustees for the 2023-2024 fiscal year will be announced. Refreshments provided!


McLaren
HEALTH MANAGEMENT
GROUP



Chronic Disease Managment

Monday, June 5th 1:00-2:00 pm


Also known as palliative care, this advanced management can help focus on the comfort, dignity, and quality of life through pain relief and prevention for you or your loved one. This is an individualized care plan that works with lifesaving treatment.

Do you know your options?

RSVP by June 1st


**Free
Exercise
Classes!**

ALL EXERCISE CLASSES
WILL BE FREE UNTIL
FURTHER NOTICE!

 THIS IS THE PERFECT TIME
TO TRY SOMETHIGN NEW
THIS SUMMER!

JUNE

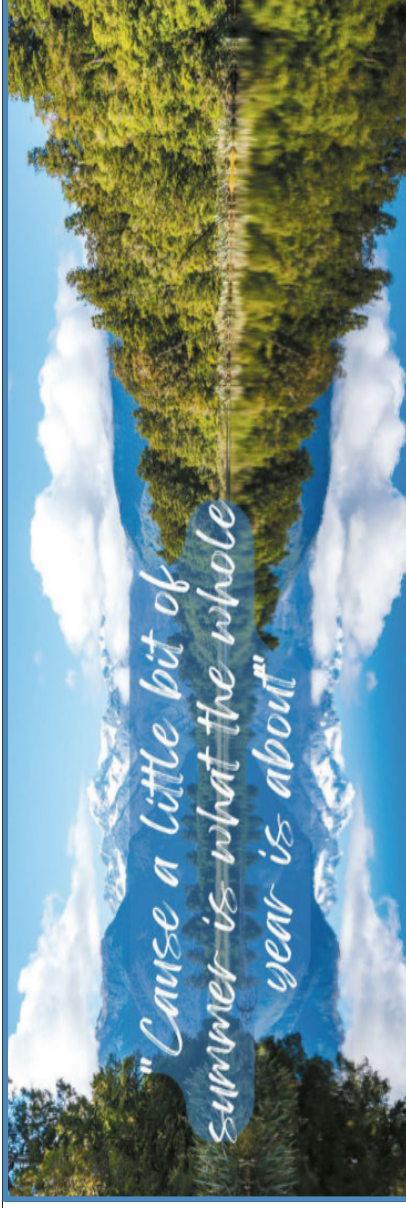
Monday

Tuesday

Wednesday

Thursday

Friday



<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch—Italian Sub with potato salad 1:00 Crochet Group 1:00 Chronic Disease Management 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot Board of Trustees Election Voting 10:00—7:00</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch— Chicken Tacos with Pico 12:30 Mah-Jongg 1:00 Rec-Connect 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre Board of Trustees Election Voting 10:00—7:00</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Sweet & Sour meatballs 6:00 Euchre 6:30 Pinochle</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Boneless BBQ Ribs 6:00 Euchre 6:30 Pinochle</p>	<p>11:00 Arthritis Exercise Noon Lunch— BBQ Chicken Thighs</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Breaded Chicken Breasts 1:00 Crochet Group 1:00 Max Well Back Pain 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Ravioli w/ beef sauce 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre 6:00 Membership Meeting</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef & Broccoli Lo Mein 2:00 Greg Nagy Acoustic Concert 6:00 Euchre 6:30 Pinochle</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Boneless BBQ Ribs 6:00 Euchre 6:30 Pinochle</p>	<p>11:00 Arthritis Exercise Noon Lunch— Creole Steak</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Breaded Chicken Breasts 1:00 Crochet Group 1:00 Max Well Back Pain 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch— Grilled Chicken salad 1:00 SLEEP 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef & Broccoli Lo Mein 2:00 Greg Nagy Acoustic Concert 6:00 Euchre 6:30 Pinochle</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Boneless BBQ Ribs 6:00 Euchre 6:30 Pinochle</p>	<p>11:00 Arthritis Exercise Noon Lunch— Creole Steak</p>
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<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Breaded Chicken Breasts 1:00 Crochet Group 1:00 Max Well Back Pain 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch— Grilled Chicken salad 1:00 SLEEP 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef & Broccoli Lo Mein 2:00 Greg Nagy Acoustic Concert 6:00 Euchre 6:30 Pinochle</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Boneless BBQ Ribs 6:00 Euchre 6:30 Pinochle</p>	<p>11:00 Arthritis Exercise Noon Lunch— Creole Steak</p>

Monday**Tuesday****Wednesday****Thursday****Friday**

19 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — No GCCARD Lunch 1:00 Max Well Balance & Endurance 1:00 Crochet Group 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	20 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Sloppy Joes 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre	21 Legal Services 8:00 Shipshewana Trip Departs 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch — BBQ Pulled Pork 1:00 SLEEP 3:00 Intermediate Line Dance 6:00 Setback	22 8:45 Yoga 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch — HM Spanish Rice with Beef 2:00 Manor Law: 2nd Half of Life Seminar 6:00 Euchre 6:30 Pinochle	23 11:00 Arthritis Exercise cancelled Noon Lunch — White Cheddar Mac & Cheese
26 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — Grilled Turkey Burger 1:00 Nutrition as We Age 1:00 Crochet Group 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	27 Hearing Screenings 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - HM Goulash 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre 6:00 Ice Cream Social	28 9:30 Zumba cancelled 11:30 Sassy Exercise Noon Lunch — Asian Chicken Bowl 1:00 SLEEP 3:00 Intermediate Line Dance 6:00 Setback	29 8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch — Chicken Tenderloin 6:00 Euchre 6:30 Pinochle	30 11:00 Arthritis Exercise Noon Lunch — Philly Steak w/ Cheese

Board Meeting Notice

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

Cancellations

**Arthritis Exercise— Friday,
June 23rd**

**Zumba— Wednesday,
June 28th**

TRIPS



Dow Gardens & The Longest Canopy Walk

Wednesday, July 19th, 2023

This trip includes round trip transportation to Midland, MI. Admission and self-guided Tour of Dow Gardens and Tour of Whiting Forest- Longest Canopy Walk. A Buffet Luncheon at Krzysiak's House Restaurant in Bay City.

Bus departs at 10:30 am and returns at 6:00 pm.

payment due at time of registration:

Deadline is 06-26-23

\$85 per person



A Jukebox for the Algonquin

Wednesday, July 26th

A World premiere by Paul Stroili

Directed by Suzi Regan

At a senior living community, a small group of residents decide they're not quite ready to go. These residents hatch a plot to prove aging is not a New York state of mind. A serious comedy about sex, drugs, and rocking chairs. this trip includes round transportation from the center to

Purple Rose Theatre in Chelsea, MI.

Deadline to RSVP: June 25th, 2023

\$89 per person



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

\$105 per person



Toledo Zoo & Aquarium

Wednesday, September 20th, 2023

The Toledo Zoo and Aquarium is nationally known for its large exhibits and animal diversity. With its hippo-aquarium, Artic 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

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

Please note that seats fill up quick so it's better to pay sooner than later!

See Next Page for Travel policy and more —————>

INFORMATION

Balance and Endurance Class

Monday, June 19th at 1:00 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.

Hearing Screening

Tuesday, June 27th

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!

SUPPLY DONATIONS

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

Thank you for your generous donations to our Senior Center!

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.**

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 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.

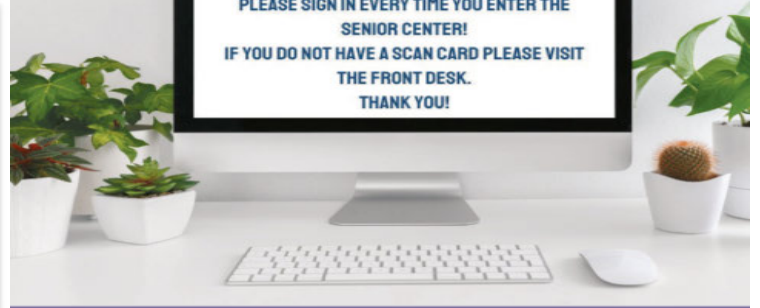
Provided by Genesee County Community Action Resource Department (GCCARD)

Class Cancellations

Arthritis Exercise– Friday, June 23rd
Zumba– Wednesday, June 28th

Please Sign In!

PLEASE SIGN IN EVERY TIME YOU ENTER THE SENIOR CENTER!
IF YOU DO NOT HAVE A SCAN CARD PLEASE VISIT THE FRONT DESK.
THANK YOU!



People Helping People Thrive!



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Have our newsletter emailed to you.



Visit www.mycommunityonline.com

Grace Bible Fellowship
Swartz Creek
9061 Miller Rd.
Suite #15
Swartz Creek, MI

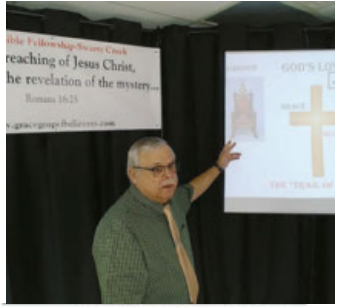


Bible Study Join us!

Sunday 11am
Wednesday 5:30pm (4pm winter hours)
Phone: 810-444-0670
assignphillong@yahoo.com

...the preaching of Jesus Christ according to the revelation of the mystery...
Romans 16:25

www.gracegospelbelievers.com



Bible Fellowship Swartz Creek
teaching of Jesus Christ,
the revelation of the mystery...
Romans 16:25
www.gracegospelbelievers.com



Brian Huyck
Owner and Certified Horticulturist

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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

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

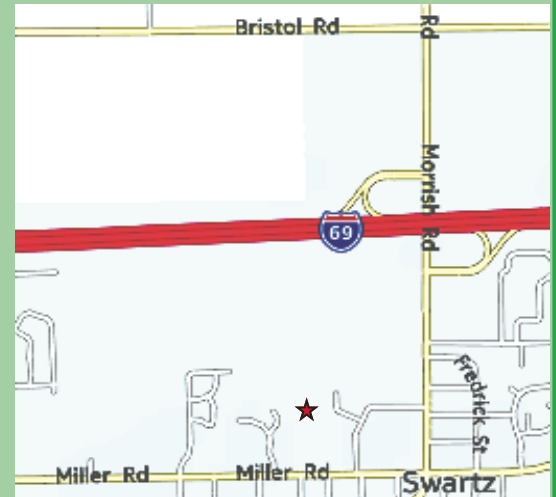
Sheila Keen, Trustee

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