

Swartz Creek
AREA SENIOR CENTER

JUNE 2024 NEWS
VOLUME 24, 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

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As one of the largest outpatient mental health clinics in Michigan, Hurley Mental Health Associates offers highly skilled, culturally diverse professionals who are available to help individuals and families of all ages and abilities in a non-judgmental and caring manner.

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15-0694

UPCOMING EVENTS

June Bingo!

Thursday, June 6th at 10:00 am

White Elephant Bingo presented by
Symphony Care Network.

Participants should bring a slightly used item that
you find around your house or a new gift under
\$10.

Thursday, June 20th at 10:00 am

Presented by Argentine Care Center

Thursday, June 27th at 10:00 am

Presented by Amani Grace Homecare

Navigating Healthcare

Wednesday, June 26th at 1:30 PM

*What does it mean to
navigate healthcare?*

It is the ability to navigate the
healthcare system when life happens.
To the hospital, rehabilitation, to back
home, which healthcare services are
available to you? Most importantly,
you should prepare yourself prior to
the "event" that forces you into this
system.



Presented by McLaren Health
Management Group

RSVP by June 19th

KEYS TO LIFELONG MOBILITY

Friday, June 14th
at 1:00 pm

Discussion will include:

- How health problems impact driving ability
- How and when to start a conversation with an aging loved one
- Driving self-assessment tools
- Resources to local transportation agencies

Presented by Patricia,
Health Education Specialist,
and Program Coordinator
of the Michigan Aging
Driver Program
RSVP by June 7th

SMART 911

MONDAY,
JUNE 3RD AT
1:00 PM



Presented by
Genesee County 911

Join Genesee County 911 to discuss their new Smart911 technology designed to send local emergency information to you more effectively and to help emergency dispatchers assist you better in case of emergency by already listing an emergency contact, allergies, and other health concerns they can know before even arriving to you.

RSVP by May 29th

BALANCE ASSESSMENT DAY!

Sponsored by Primary Prevention Physiotherapy in
collaboration with the University of Michigan-Flint
Department of Physical Therapy.



FRIDAY, JUNE 7TH
10:00 AM - 2:00 PM



PRIMARY PREVENTION PHYSIOTHERAPY

The assessment will take approximately one hour and includes a score interpretation, recommendations and education consultation. Completion of a Pre-Assessment Questionnaire is required prior to participation. All abilities are welcome.

Falls represent one of the biggest threats to the health and functional independence of older adults. Unfortunately, falls are common among older adults and often result in debilitating fractures.

Participate in standardized tests that measure multiple dimensions of balance. Learn about preventative measures to help reduce falls. Balance and mobility training is crucial to keeping older adults active, healthy, and functional!

ADVANCED
REGISTRATION REQUIRED
BY JUNE 3RD

SWARTZ CREEK AREA SENIOR CENTER

810-635-4122

SHOULDER PAIN

Monday, June 10th at 1:00 pm

Are you or someone you know struggling with shoulder pain? Join our expert-led class to discover effective solutions and regain mobility and comfort in your daily life. Through interactive discussions and practical demonstrations, you'll learn a range of therapeutic exercises and techniques tailored to alleviate pain, improve strength, and enhance flexibility in the shoulder area.

RSVP by June 3rd

BALANCE & ENDURANCE

Monday, June 24th at 12:30 PM



Join Maxwell Therapy for this monthly exercise series to improve your confidence in your balance! No RSVP required!

UPCOMING EVENTS

Bracelet Making

Wednesday, June 12th
at 1:00 PM

\$5
per person

Join Joan to make beautiful, beaded bracelets. All supplies are included, and no previous experience required.

Prepayment required by June 5th



Guy Louis AMERICAN MUSIC TOUR



American music contributes blues, ragtime, jazz, soul, rock n' roll, rap and more to the world stage, including classical with Aaron Copland and indigenous Native Music.

**Thursday, June 13
@ 1:30pm**

RSVP by June 6th

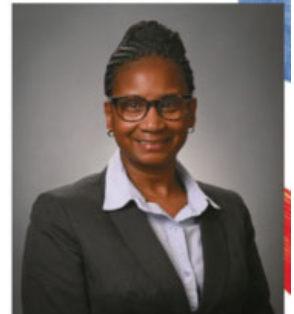
MEET THE CANDIDATE

**MONDAY, JUNE 17TH
AT 1:00 PM**

MARY HOOD

RUNNING FOR CIRCUIT COURT JUDGE

Mary has been an attorney for 33 years and was a staff attorney for the Legal Services of Eastern Michigan. Her priorities include community engagement, juvenile mental health, community safety, and equal justice for all. Join her for a casual question and answer meeting. RSVP by June 10th



Father's Day Lunch

THURSDAY, JUNE 13TH

AT NOON

Menu

- Boneless BBQ Rib
- Cole Slaw
- Riviera Blend
- Salad
- Dessert

Lunch presented by GCCARD
\$3.00 donation for those 60 and older who reside in Genesee County
\$6.00 fee for those under 60 and/or live outside the county
RSVP by June 6th

Memory Café

Monday, June 17th at 10:00 am

- Learn how elements of thought impact the brain with the progression of dementia
- Participate in 15 minutes of chair exercises
- Enjoy refreshments and social time with other care partners and persons living with dementia

RSVP by June 10th with Abbie Mars
(VAAA) 810-600-0633



alzheimer's association[®] HEALTHY LIVING

Friday, June 28th
at 1:00 PM



COME AND DISCUSS:

What research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

RSVP by June 21st

PROGRAMS & EVENTS

SWARTZ CREEK AREA SENIOR CENTER

ICE CREAM SOCIAL

TUESDAY, JUNE 18TH

FROM 6:00 TO 7:00 PM



PUBLIC WELCOME

COME IN AND ENJOY A DELICIOUS SCOOP OF ICE CREAM TO BENEFIT THE SWARTZ CREEK FOOD PANTRY! WE WILL BE COLLECTING MONETARY DONATIONS ALONG WITH NON PARISHABLE FOOD ITEMS.

Mary Kay Pampering

Wednesday,
June 5th at 1:30 pm

Join Lynn Spencer, Mary Kay Sales Director for 29 years, for this pampering event. She will be discussing skin care and personalizing products to fit your needs, with time to test the products for yourself. She will follow that with a touch of glamour for those who would like it! RSVP by May 29th



Fenton Massage Co.

Chair Massages

Friday, June 14th

Sit back and relax with Lacey for a 10-minute chair massage!

Prices

If you are 60 and older: \$5.00
Under 60: \$10.00



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.

Card Making

One Friday a month, 1:00-3:00 pm

\$5 per person at time of registration

Join Instructor, Linda Evans, as she assists you in creating beautiful, hand made cards. Themes vary month to month, including Birthday, Thinking of you, Holiday, and thank you. All supplies are included, bring your own scissors and adhesive.



Pencil Drawing

The 3rd & 4th Friday of every month

Instructor: Peggy Mattson

Join Peggy as she teaches you the basics of pencil drawing. Please RSVP and request a supplies list.



COFFEE HOUR WITH MTA

FRIDAY, JUNE 28TH
AT 10:00 AM



JOIN STEPHANIE CONFER, DIRECTOR OF COMMUNICATIONS AT MTA

MTA (MASS TRANSPORTATION AUTHORITY) OPERATES THE LARGEST FLEET OF AUTOMOBILES IN OUR COUNTY. MTA PROVIDES MANY PROGRAMS TO BE COST EFFECTIVE AND ACCESSIBLE FOR EVERYONE. FIND OUT HOW MTA CAN BE OF USE TO YOU OR ANYONE YOU KNOW NOW OR IN THE FUTURE.

RSVP by June 21st



J

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N

E



Monday

Tuesday

Wednesday

Thursday

Friday

8:45 Beginner Yoga w/ Katrina
10:00 Age Friendly Wellness Council
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch— HIM Goulash
 1:00 Crochet Group
 1:00 Horse Race
1:00 Smart 911
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Machelle



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



9:00 Zumba
 11:30 Sassy Exercise
 Noon Lunch— Philly Steak w/ Cheese
1:30 Mary Kay Pampering
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback



8:45 Yoga w/ Katrina
 10:00 Tai Chi
10:00 White Elephant Bingo
 11:00 Toning
 Noon Lunch— Sweet & Sour
 Meatballs
 6:00 Euchre
 6:00 Pinochle



10:00 Visually Impaired Support Group
10:00-2:00 Balance Assessment Day
11:00 Arthritis Exercise cancelled
 Noon Lunch— Oven Fried Fish



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

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



9:00 Zumba
10:00 Board Meeting
 11:30 Sassy Exercise
 Noon Lunch— Chef's choice
1:00 Bracelet Making
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

8:45 Yoga w/ Katrina
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— **Father's Day Lunch**
1:30 Guy Louis Concert
 6:00 Euchre
 6:00 Pinochle

Chair Massages by Appt.
 11:00 Arthritis Exercise
 Noon Lunch— Creole Steak
1:00 Keys to Lifelong Mobility

8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
10:00 Memory Cafe
 11:30 Sassy Exercise
 Noon Lunch— Breaded Chicken Breast
 1:00 Crochet Group
 1:00 Horse Race
1:00 Meet the Candidate— Mary Hood
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Machelle

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

Legal Services
 9:00 Zumba
11:00 Grief Support Group
 11:30 Sassy Exercise
NO GCCARD Lunch
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

8:45 Yoga w/ Katrina
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch— Grilled Chicken Salad
1:00 Pencil Drawing
 6:00 Euchre
 6:00 Pinochle

Hearing Screening by Appt
 11:00 Arthritis Exercise
 Noon Lunch— BBQ Chicken
 Thighs
1:00 Card Making

Monday

24

8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch— HM Beef & Broccoli
 Lo Mein
12:30 Balance & Endurance
 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

Tuesday

25

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

Wednesday

26

9:00 Zumba
 11:30 Sassy Exercise
 Noon Lunch— BBQ Pulled Pork
1:30 Navigating Healthcare
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback



Thursday

27

Taste of Michigan Trip Departs
 8:45 Yoga w/ Katrina
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch— HM Spanish
 Rice w/ Beef
1:00 Pencil Drawing
 6:00 Euchre
 6:00 Pinochle

Friday

28

10:00 Coffee Hour with MTA
 11:00 Arthritis Exercise
 Noon Lunch— White Cheddar
 Mac & Cheese
1:00 Alzheimer's Healthy Living

- ◆ 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.



To answer either call us at
 810-655-4122, email us at swartzcreekseiorcenter@gmail.com,
 or find our question box in our lobby.

IMPORTANT ANNOUNCEMENT

We do our best to keep activities on a schedule. Staff needs time before special events to set up and time between activities to clean up. Participants arriving too early causes issues with this process and can also interrupt other activities.

Therefore, you will be asked to wait in the lobby or in your vehicle until 30 minutes prior to the start of the event you are attending.

Board Meeting Notice

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

Class Cancellations

Arthritis Exercise— June 7th
 Beginner Cardio— June 11th



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 Senior Center 2024-2025 Election- Board of Trustees

Voting period will take place
Monday, June 3rd through Friday, June 9th
between 10:00 am to 7:00 pm and 10:00 am to
4:00 pm on Friday.

- 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 26th

Annual Membership Meeting

Tuesday, June 11th at 6:00 PM

Open to the Public
The new Board of Trustees for the
2024-2025 fiscal year will be announced
along with recap on this past year and
our plans to come at our center!



TRIPS

Taste of Michigan

Thursday, June 27th, 2024

\$104.00 Per Person

Round trip transportation to Michigan's Sunrise Side, Lunch at Iva's Famous Chicken Dinner, and plenty of time to shop at Wilson's Cheese Shoppe, Sherni's Candies, Freakin' Pickles, and enjoy wine tasting at Modern Craft Winery.

Deadline: 6/3/24



Mackinac Island

Wednesday, July 24th, 2024

\$134.00 Per Person

Take a trip to Mackinac Island with us! This trip includes transportation to and from Mackinaw City, round trip Ferry tickets, and lots of free time to explore Mackinac Island. **Deadline: 6/27/24**

Put In Bay

Tuesday, August 6th, 2024

\$184.00 Per Person

Round trip transportation to Put-In-Bay in Ohio, All day private tour train, \$15 lunch voucher, Self-tour of Perry's Monument, Wine tasting, Admission to the Butterfly House and Antique Car Museum, and plenty of time to explore and shop the Island.

Deadline: 7/15/24

Discover Saugatuck

Wednesday, August 28th, 2024

\$99.00 Per Person

Explore the Saugatuck Dunes with an exciting ride along one of the dunes on Lake Michigan, after that, stop for lunch in Downtown Saugatuck! **Deadline: 8/5/24**

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**

The Ausable Fall Color Tour

Thursday, October 10th, 2024

\$130.00 Per Person

Stop at the H & H Bakery, then Modern Craft Winery for wine tasting, then enjoy a 2 hour river cruise on the AuSable River Queen. Our final stop will be at Iva's Chicken Dinners. **Deadline: 9/17/24**

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!



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 benefit persons who are over the age of fifty and reside in Genesee County.

INFORMATION

Legal Services of Eastern Michigan (LSEM)

Wednesday, June 19th 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, June 21st 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, June 19th 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, June 7th 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, June 3rd 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!

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!

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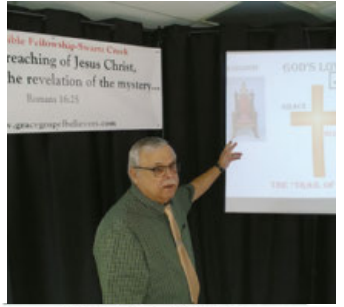
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Fax: (810) 635-9405

Website: www.myscasc.org

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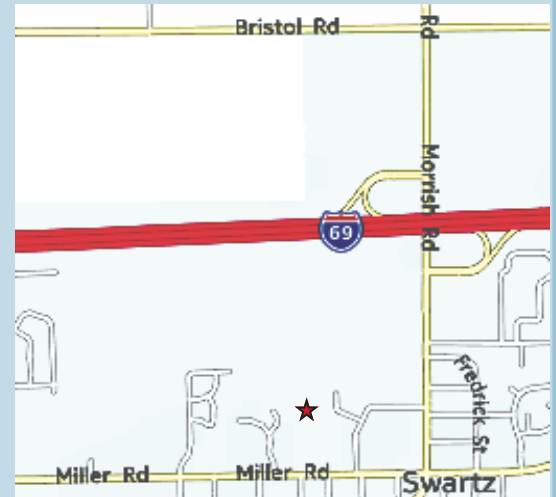
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1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



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