

SWARTZ CREEK AREA SENIOR CENTER

MAY
2020 NEWS

VOLUME 20, ISSUE 5



IMPORTANT ANNOUNCEMENTS

Updated Operating Hours Until Further Notice:

Monday: 9:00am - 1:00pm

Wednesday: 9:00am - 4:00pm

Friday: 9:00am - 4:00pm

Only the essential needs determined by the center will be fulfilled during this time. This could affect any event scheduled in this edition of the newsletter.

Please contact the center during our updated operating hours if you have further questions. Thank you for your patience and please stay safe.

“I wish it need not have happened in my time,” said Frodo.

“So do I,” said Gandalf, “and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us.”

-J.R.R. Tolkein *“Lord of the Rings: The Fellowship of the Ring”*



HOLIDAY
RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.genessegardens.com

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



**WE'RE HIRING
AD SALES EXECUTIVES**



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Eileen Frazier to
place an ad today!
efrazier@lpiseniors.com
or (800) 477-4574 x6309

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500



- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage



Limited Time Offer! Call Today!

855-480-1029

Or visit: www.walkintubinfo.com/save



Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.



◀ Joan Lunden, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

There's no cost to you!

(888) 672-0689

We're paid by our partner communities

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-331-6501



HOME SECURITY TEAM



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0694

Hearing Screenings

**Provided by Professional Hearing
Offered at the Center once a month.
Call the Center to make an appointment**

- Do you often have to ask others to repeat themselves?
- Do others complain to you that the TV is too loud?
- Do you hear, but not always understand?

Free hearing evaluation available at the senior center.
 * Hearing aid cleaning and adjustments at no charge.
 * Fees apply for battery replacement.

Watercolor Painting Class

**Time: 1:00 p.m.—3:00 p.m.
Cost (2 Sessions): \$10**



Join Peggy Mattson as she teaches you how to paint with watercolors. Supplies are not provided. Ask for a sample copy of painting, an outline sketch, and supply list when signing up for the class.

**Advanced sign up is required. Payment is required at the time of sign up.
RESERVATIONS ARE NOT GURANTEED UNTIL PAYMENT IS RECEIVED!**

Support Group for Caregivers

Caring for Loved Ones with Memory Loss

Facilitated by Swank Home Assisted Living.
This Support Group provides caregivers:

- An opportunity to gain support from others who are caring for a loved one with progressive memory loss.
- Information on how to cope.
- A listening ear and answers to questions about the diagnosis and its consequences. A connection to vital community resources.

Grief Support Group

Heartland Hospice provides, at no charge, on-going grief support for anyone who has experienced the death of a loved one. Our purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

Where: Swartz Creek Senior Center

PLEASE REMEMBER...If payment is required, we welcome you to call in your reservation for any of our activities, but until payment is received, we cannot guarantee your spot.



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.

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.

IMPORTANT NOTE CONCERNING EXERCISE CLASSES

All exercise classes cost two dollars per class. You can also choose to purchase a punch card. This card is \$20 dollars and one exercise class is worth one punch on the card. The card holds eleven punches. The Arthritis Exercise class held on Fridays at 11:00am are FREE.

MAY

Monday

Class Cancellations
No Arthritis Exercise May 22nd and 29th.
All classes canceled on May 25th!

Tuesday

CENTER CLOSED MAY 25TH



Wednesday



Thursday

Friday

1
 11:00 Arthritis Exercise
 Noon Lunch TBD
CENTER CLOSSES 4:00PM
NO EVENING ACTIVITIES

4

8:45 Beginner Yoga
 10:00 Improved Line Dancing
 Noon Lunch TBD
 12:30 Pinochle
 1:00 Crochet
 2:30 Sassy Exercise
 4:00 Beg. Ballroom Dance
 5:00 Int. Round Dancing
 5:00 Hand, Knee & Foot
 6:30 Beg. Square Dance

5

8:45 Yoga
 10:00 Beginners Tai Chi
 10:00 Knitting
 11:00 Toning
 Noon Lunch TBD
 12:30 Cardio with Heather
 12:30 Mah-Jongg
 1:00 Wood Carving
 2:30 Yoga w/ Props
 3:30 Dominoes
 3:45 Yoga
 6:30 5-Handed Euchre

6

9:30 Zumba
 Noon Lunch TBD
 2:30 Sassy Exercise
 3:45 Introduction to Tai Chi
 5:00 Int. Line Dancing
 6:00 Mah-Jongg
 6:30 Setback

7

8:45 Yoga
 10:00 Intermediate Tai Chi
 11:00 Toning Exercise
 Noon Lunch TBD
 12:30 Pinochle
 2:30 Yoga with Props
 3:45 Yoga
 6:30 Pinochle
 6:30 Euchre

8

11:00 Arthritis Exercise
 Noon Lunch TBD
CENTER CLOSSES 4:00PM
NO EVENING ACTIVITIES

<p>11</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing Noon Lunch TBD 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>12</p> <p>8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch TBD 12:30 Cardio with Heather 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:30 Dominoes 3:45 Yoga 6:30 5-Handed Euchre</p>	<p>13</p> <p>9:30 Zumba Noon Lunch TBD 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>14</p> <p>8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch TBD 12:30 Pinochle 2:30 Yoga with Props 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>15</p> <p>11:00 Arthritis Exercise Noon Lunch TBD</p> <p>CENTER CLOSES 4:00PM NO EVENING ACTIVITIES</p>
<p>18</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing Noon Lunch TBD 12:30 Pinochle 1:00 Crochet 2:30 Sassy Exercise 4:00 Beg. Ballroom Dance 5:00 Int. Round Dancing 5:00 Hand, Knee & Foot 6:30 Beg. Square Dance</p>	<p>19</p> <p>8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch TBD 12:30 Cardio with Heather 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:30 Dominoes 3:45 Yoga 6:30 5-Handed Euchre</p>	<p>20</p> <p>9:30 Zumba Noon Lunch TBD 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>21</p> <p>8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch TBD 12:30 Pinochle 2:30 Yoga with Props 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>22</p> <p>Arthritis Exercise Cancelled Noon Lunch TBD</p> <p>CENTER CLOSES 4:00PM NO EVENING ACTIVITIES</p>
<p>25</p> <p>Happy Memorial Day!</p> 	<p>26</p> <p>8:45 Yoga 10:00 Beginners Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch TBD 12:30 Cardio with Heather 12:30 Mah-Jongg 1:00 Wood Carving 2:30 Yoga w/ Props 3:30 Dominoes 3:45 Yoga 6:30 5-Handed Euchre 6:30 5-Handed Euchre</p>	<p>27</p> <p>9:30 Zumba Noon Lunch TBD 2:30 Sassy Exercise 3:45 Introduction to Tai Chi 5:00 Int. Line Dancing 6:00 Mah-Jongg 6:30 Setback</p>	<p>28</p> <p>8:45 Yoga 10:00 Intermediate Tai Chi 11:00 Toning Exercise Noon Lunch TBD 12:30 Pinochle 2:30 Yoga with Props 3:45 Yoga 6:30 Pinochle 6:30 Euchre</p>	<p>29</p> <p>Arthritis Exercise Cancelled Noon Lunch TBD</p> <p>CENTER CLOSES 4:00PM NO EVENING ACTIVITIES</p>

Still Life Pencil Drawing Class

Cost (2 Sessions): \$10

Join Peggy Mattson as she teaches you how to draw with Pencil. Supplies are not provided. **You will need a #2 Pencil, white paper and a gum eraser for this class.**



STAY CONNECTED

Join Us on Our Website and Social Media!

Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way to do that is by following our Facebook page or webpage. Check out the Swartz Creek Senior Center website (<https://myscasc.org>)! You can find the latest updates and even download the monthly newsletter!

You can also hop over to Facebook and search Swartz Creek Area Senior Center to find us. We share center updates, posts from local agencies, and posts from the Genesee County Office of Senior Services. Make sure you like our page before you leave to get the most recent updates!



Swartz Creek Area Senior Center 2020 Board of Trustees Election Coming in June!

VOTE: Voting will take place Monday, June 1st thru Friday, June 5th, 2019.

TIME: 10:00 a.m. to 7:00 p.m. each day.

Candidate list will be posted on Friday, May 3rd, 2019.

Eligible voters will be seniors 50 and older who live in the Swartz Creek Area School District or Gaines Township and have a current membership prior to April 16th, 2020.



The Senior Center will be closed for Memorial Day, May 25th, 2020

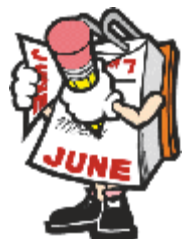


Annual Membership Meeting

June 9th, 2020 at 6:00 p.m.

Open to the Public.

The new Board of Trustees for the fiscal year will be announced.



GREEKTOWN CASINO BUS TRIP

Wednesday, May 27th, 2020

\$43.00 Per Person

Trip Includes: - Round trip motor coach transportation to Detroit, MI - 5 hours of gaming at Greektown Casino - Each person to get back \$15 in gaming and \$5 in food from the casino. Trip Itinerary: 8:30 AM – Depart from Swartz Creek Senior Center 10:30 AM to 3:30 PM – Greektown Casino 5:30 PM – Return to Swartz Creek Senior Center

Registration Deadline: 05-10-20

Travel Information

River Crab Sunset Dinner Cruise

Tuesday, July 21st, 2020

Cost: \$104

Deadline: 06-10-2020

\$104.00 Per Person

Trip Includes: - Round trip motor coach transportation to Port Huron, MI - Cruise on the Huron Lady II to the River Crab Restaurant - 3 Course Dinner at the River Crab Restaurant - Sunset Cruise back to Port Huron

Trip Itinerary: 4:00 PM Depart | 11:00 PM Return – Swartz Creek Senior Center 5:30 PM to 9:30 PM – Huron Lady II Dock

Discover Saugatuck: The Art Coast of Michigan

Wednesday, June 24th, 2020

Trip Itinerary: 8:30 AM Depart | 6:15 PM Return – Swartz Creek Senior Center

Cost: \$104

Deadline: 06-01-2020

Trip Includes: - Round trip motor coach transportation to Saugatuck, MI - Lunch at Coral Gables Restaurant in Saugatuck - Take a trip on the Saugatuck Dune Rides - Free Time in Downtown Saugatuck

Start the day off at Coral Gables Restaurant. Choose between: (Chicken Marsala or Potato Crusted Cod). Then, it's off to take a ride on the Saugatuck Dune Rides. After the Saugatuck Dune rides, we'll be heading back to Downtown Saugatuck.

The Purple Rose Theatre: Paint Night

Wednesday, July 29th, 2020

Cost: \$99

Itinerary: 10:45 AM Depart | 6:15 PM Return – Swartz Creek Senior Center

Five long-time best friends, in great need of a girls' night out, gather for a bachelorette paint-and-sip night at their local art studio. As the wine and paint flow freely, secrets and long-held tensions come to the surface. Attempting to make contact with their inner artists, they confront buried truths about themselves and their relationships, proving that life, like art, rarely turns out exactly as planned.

*Contains adult language & content.

Deadline: 06-23-2020

DETROIT THEN AND NOW TOUR

Thursday, August 13th, 2020

Cost: \$83.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Lunch at Sindbad's Detroit - 3 Hour Then and Now Detroit Narrated Guided Tour Itinerary: 8:00 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Deadline: 07-20-2020

Each Person Select (1) Entree: Broiled Pork Chop, Chicken Parmesan, Icelandic Cod, ½ Cheeseburger, or Chicken Caesar Salad. Up-and-coming restaurants, a do-it-yourself attitude, new hotels and arenas, scenic and social parks, public transit, and a walkable international riverfront are redefining downtown Detroit. Architecture from Albert Kahn and Isamu Noguchi stand surrounded by vibrant districts and outdoor activities. See the city's Greektown, Eastern Market, The District Detroit, Corktown, Midtown and New Center neighborhoods booming with activity. Visit Historic neighborhoods such as Brush Park and Milwaukee Junction, Birth place of the Model "T" and learn about Detroit's colorful automotive history. There is an excitement moving through the city and this is your opportunity to reminisce or see it all for the first time with a fully narrated professionally guided tour.

FIREKEEPERS CASINO SENIOR DAY BUS TRIP

Tuesday, August 25th, 2020

Cost: \$45.00

Trip Includes: - Round trip motor coach transportation to Battle Creek, MI - 4 hours of gaming at Firekeepers Casino - Tuesday Senior Day Specials (Gaming Bonuses, Food Discounts, and Drawings) - Each person to get back \$20 in gaming and \$5 in food from the casino

Itinerary: 8:30 AM – Depart from Swartz Creek Senior Center 3:30 PM – Return to Swartz Creek Senior Center.

Deadline: 08-09-20

Detroit Princess River Boat Luncheon Cruise

Thursday, September 3rd, 2020

Cost: \$82.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Cruise on the Detroit Princess River Boat - Bountiful Buffet on board the boat - Musical Entertainment all while you Cruise down the River.

Trip Itinerary: 9:30 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Deadline: 07-30-20

Riverboat cruises are generally 2-3 hours long, journeying from Hart Plaza past the Ambassador Bridge, just past to Belle Isle, and back to the dock. The lunch menu features a bountiful buffet including Tender Beef Tips in Gravy, Chicken Piccata, Vegetarian Lasagna, Cheese Tortellini in Pesto Crème Sauce, Mashed Potatoes with Gravy, Mixed Vegetables, assorted chilled salads, rolls, dessert, coffee and iced tea.

Travel Information

Dow Gardens & The Longest Canopy Walk

Wednesday, September 16th, 2020

Cost: \$74.00

Trip Includes: - Round trip motor coach transportation to Midland, MI - Admission and Self Guided Tour of Dow Gardens - Admission and Self Guided Tour of Whiting Forest – Longest Canopy Walk - Lunch at Grand Traverse Pie Company.

Trip Itinerary: 9:15 AM Depart | 5:45 PM Return – Swartz Creek Senior Center

Deadline: 8-24-2020

Menu Selections: Please make upon Sign-up! Entree: Beef Pot Pie or Chicken Pot Pie (Select One) Salad Dressing: Ranch – Italian – Raspberry Vinaigrette (Select One) Dessert: Apple Pie – Blueberry Pie – Cherry Pie (Select One) Discover acres of identified trees, shrubs, herbaceous perennials, and flowers. Stretching just over a quarter of a mile long throughout Whiting Forest, the canopy walk splits off in three directions, each offering a different overlook experience and scenery. The canopy walk is the longest in the country.

Michigan Princess River Boat Luncheon Fall Color Cruise & Uncle John's Cider Mill

Thursday, October 8th, 2020

Cost: \$85.00

Trip Includes: - Round trip motor coach transportation to Lansing, MI - Stop at Uncle John's (Includes: Cider and Donut) - Enjoy a Luncheon Fall Color Cruise on the Michigan Princess Riverboat

Trip Itinerary: 10:00 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Passengers will be invited to their plentiful buffet of roasted turkey, vegetarian lasagna, mashed potatoes and gravy, sweet potato casserole, stuffing, hot vegetables, chilled salads, rolls, dessert, coffee and iced tea. After lunch, wander up to see Captain Chris in the wheelhouse and enjoy the surrounding scenery. Year after year, Uncle John's continues to win awards for both their fresh cider, as well as their fermented Hard Apple Cider.

Deadline: 09-01-20

IRISH HILLS FALL COLOR BUS TOUR

Wednesday, October 21st, 2020

\$80.00

Trip Includes: - Round Trip Motor Coach Transportation to the Irish Hills Admission and Guided Fall Color Tour of Hidden Lake Gardens Description: Video about the Gardens, Conservatory Tour, Walk around the Lake (1 mile paved walk – recommended but not required), Free time to see the Harper Collection of Dwarf & Rare Conifers and Hostas, a visit to the gift shop. - Enjoy a delicious lunch at Evans Street Station Entree selections made upon sign-up. Includes dessert, non-alcoholic beverage service, tax and gratuity. - Free time to explore and shop in Downtown Tecumseh

Trip Itinerary: 8:30 AM Depart | 5:00 PM Return – Swartz Creek Senior Center

Deadline: 09-30-20

Saganing Eagles Landing Casino

Wednesday, November 4th, 2020

\$37.00

Trip Includes: ● Round Trip Motor Coach Transportation to Standish, MI ● 4 Hours of Gaming at Saganing Eagles Landing ● Each Person will get back \$10 in Gaming and a \$5 Food Coupon for the Cafe

Trip Itinerary: 8:30 AM Depart | 3:30 PM Return – Swartz Creek Senior Center

Deadline: 10-18-20

Parade Company Studio & Ford Piquette Ave Plant Tour

Wednesday, November 18th, 2020

Only \$88.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Lunch at Sindbad's Restaurant (Make Menu Selections) - Guided Tour of the Parade Company Studio - Guided Tour of Ford Piquette Ave Plant

Trip Itinerary: 8:00 AM Depart | 5:00 PM Return – Swartz Creek Senior Center

Deadline: 10-15-20

Each Person Select (1) Entree: Broiled Pork Chop, Chicken Parmesan, Icelandic Cod, ½ Cheeseburger, or Chicken Caesar Salad - Venture into our magical Parade Land and experience a behind the scenes look at America's Thanksgiving Parade. Learn more about the Parade's fascinating history, explore the 200,000 square-foot story land of floats and see how their award-winning artisans bring them to life. Ford Piquette Ave Plant Tour: Experience the Original Model T Factory Visiting the Piquette Avenue Ford Plant is a unique experience-it's the oldest auto plant open to the public anywhere in the world.

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**

Transportation

Transportation Services available to seniors residing within the Swartz Creek School District.

Contact the Senior Center for the Complete Schedule. Transportation Policy & Participant Requirements; including deadline dates for sign-up.

TRANSPORTATION SERVICES INCLUDE:

LUNCH — (Daily — Monday through Friday)

Round-trip transportation from your home to attend lunch at the center.

SHOPPING — (Weekly)

Round-trip transportation from your home on Wednesdays. This trip alternates between Meijer and Kroger each week.

FOOD PANTRY — (Monthly)

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

Available at the Senior Center
Call (810) 635-4122 for an Appointment

Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? John Nelson, Service Officer, with the Genesee County Department of Veterans Services Office is available for appointments at the Senior Center one day per month. During your appointment, John can provide information on benefit programs and assist you in completing applications for Veterans benefits. Please request a list of information to bring when you schedule your appointment.

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 at 12:00 noon at the senior center. Reservations for Tuesday—Friday **must be made by noon on the day before.**

Reservations for Mondays must be made by noon on the prior Friday. Call the center at (810) 635-4122.

(Note: Meals for special occasions may require up to two weeks advance reservations.)

A \$3.00 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 years of age or living outside Genesee County is a \$6.00 charge.

Provided by Genesee County Community Action Resource Department (GCCARD)

Special Lunches/Lunch Updates!



To join us, you just need to call the center by the RSVP date in question! Lunch cost is the same guidelines as for regular lunches stated above. Check for this star icon on the lunch calendar to pick out those days! Meals are still being offered five days a week. Join us!

****SPECIAL LUNCHES POSTPONED AT THIS TIME.****

COVID 19 NOTES

What are the **symptoms** of COVID-19? Patients with COVID-19 have had mild to severe respiratory illness with symptoms of • fever • cough • shortness of breath

There are **simple everyday preventive actions** to help prevent the spread of respiratory viruses. These include • Avoid close contact with people who are sick. • Avoid touching your eyes, nose, and mouth with unwashed hands. • Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

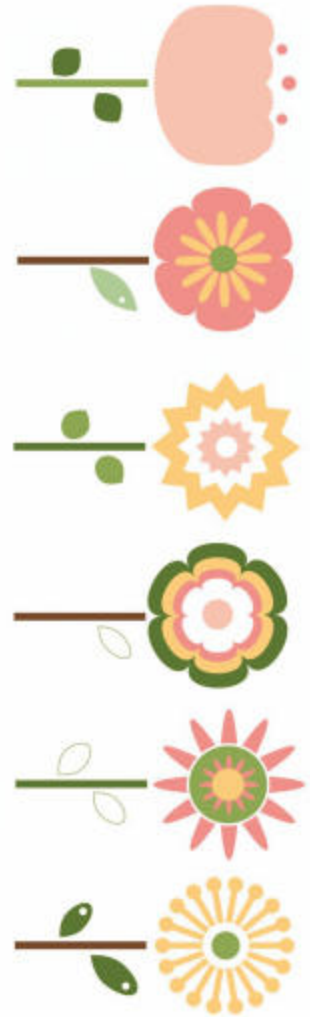
Please stay safe and stay healthy!

**You are braver than you believe,
stronger than you seem, and smarter
than you think.**

-Christopher Robin, Winnie the Pooh

SCASC Word Search

B T O N I N G D X G W L E N R
U P I N O C H L E X I A O I O
L S Q U A R E D A N C I N G U
C E O M Y R B U E R T I E P N
K W G O A A O D C A T N D A D
O C G A R H A L T H N U R N D
O A A B L N J R O A R I A C A
B Z A B C S O O I C H E C A N
D R U I T P E R N C R E C K C
A Z N M S E A R I G S E G E I
N G L N B M S A V X G G T U N
C U A U L A T Q B I O V A A G
E R U B G N I V R A C D O O W
T N L G T E H C O R C E V E E
C A R D I O Y E L I A B S L I



BAILEY
BARBARA
BOOKCLUB
CARDIO
CROCHET
DANCE
EUCHRE
GCCARD
LEGALSERVICES
LINEDANCING
LUAU
MAHJONGG
MARIANNE
PANCAKE
PINOCHLE
ROUNDANCING
SETBACK
SQUAREDANCING
TAICHI
TONING
TRANSPORTATION
WATERCOLOR
WOODCARVING
YOGA
ZUMBA

Here is a puzzle to amuse you, while we are apart. We hope the familiar words will remind you of great fun! Good times that have been and you will have again! Until that time, I'll carry this rhyme and let the fun begin! You've finished when the words are gone. None left, not even one! Only then the deed is truly well and done. The only way to be able to finish is to start!

The Lodge of Durand

A VIBRANT LIFE COMMUNITY

People helping people Thrive!

8700 Monroe St. • Durand

(989) 288-6561

www.vibrantlifeseniorliving.com

ROSEHAVEN MANOR



3900 Hammerberg Rd • Flint
(810) 767-3630

Locally Owned & Operated by the Sharp Family

Michael T. Scully • Roger L. Sharp • Roger L. Sharp II

Jennifer Sharp Scully • Stephanie Sharp Foster



Compassion. Dignity. Respect.

Additional locations in
Flint, Linden and Fenton



Miller Road Chapel

8138 Miller Road
Swartz Creek, MI

Roger L. Sharp
MANAGER & FOUNDER

(810) 635-4411

www.sharpfuneralhomes.com



FUNERAL HOME AND
CREMATION CENTER

1225 West Hill Road • Flint, MI
810-235-2345 • 810-694-2345

www.swartzfuneralhomeinc.com

Family Owned

Operated By Rick R. Lamb & Family

GV

GENESEE VALLEY PHYSICAL THERAPY

Providing Physical Therapy
to the Swartz Creek
& Flint Communities

6012 S. Linden Road, Unit 15
Monticello Creek
Swartz Creek, MI 48473

T: 810-655-8244

F: 810-655-2192

www.geneseevalleypt.net

Your Pain is Our Concern

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Compassionate Care

FROM OUR HEART TO YOURS



2029 S. Elms
Bldg. B, Ste. A
Swartz Creek

(810) 422-9453

www.earthtoheartshospice.com



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers



Landscaping, L.L.C.

Est. 1985

Brian Huyck

Owner and Certified Horticulturist

(810) 238-2111

6081 Morrish Road, Swartz Creek, MI 48473

www.HandMLandscaping.com



Creating & Maintaining Distinctive Gardens

- Retaining Walls • Bobcat Services • Brush Hog • Resurface Gravel Driveways
- Brick Pavers • Trees, Shrubs & Flowers • Drainage
- Landscape Design and Installation • Refresh Overgrown Landscape



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0694

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

Bailey Zaporski, Asst. Director

Marianne Campbell, Staff Asst.

Greg Boshaw, Van Driver

BOARD OF TRUSTEES

Roger Bloss, President

Bob Plumb, Vice President

Elaine Tucker, Secretary

Phillip Bracey, Treasurer

Ann Knight, Trustee

Roy Beville, Trustee

Sheila Keen, Trustee

Kathy VanDette, Trustee

Ken Klungle, Trustee



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