

Swartz Creek  
AREA SENIOR CENTER

**MARCH 2023 NEWS**  
**VOLUME 23, ISSUE 3**



*"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](http://www.geneseegardens.com)



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8240 Miller Rd. • Swartz Creek • [www.courtyardmanor.com](http://www.courtyardmanor.com)

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15-0694

## UPCOMING EVENTS



### Classic COUNTRY

Thursday, March 16th at 1:30 pm

RSVP by March 9th

Danny Paul is a talented classic country/gospel singer born and raised in Flint, MI. Paul grew up singing church choir and this started his dream.

Danny has had many highlights in his career such as his place in the "Michigan Country Music Hall of Fame" and his appearance broadcast live from Nashville Tennessee "Midnight Jamboree". Danny has performed throughout the country at various fairs, festivals, and casinos.

# T-shirt Sale

Accepting forms until

March 10th



Short and long sleeve T-shirts and Crew neck sweaters available in Blue or Grey in sizes S-3XL!

Available at our center while supplies last and/or fill out an order form!

## Leaves & Trees

Genesee County parks and For-Mar Nature park presents this 3 week program designed to connect you to the roots beneath you!

March 10th 1:00 -2:30 pm

Identifying tree parts and their functions

March 17th 1:00 -2:30 pm

Identification of different trees, with and without leaves

March 21st 1:00 -2:30 pm

Tips and tricks for Maple Sugaring

Pre-pay by March 3rd

payment is due at time of registration.

GENESEE  
COUNTY  
PARKS 

\$10



## UPCOMING EVENTS



Physical • Occupational • Speech • Massage

### Joint Protection

Monday, March 13th at 1:00 pm  
RSVP by March 6th

What are the benefits of joint protection? Research has shown that joint protection can help to reduce pain and make everyday activities easier. Many people with arthritis, previous hand injuries or general wear-and-tear from age and employment, also say that they have less stiffness in the morning, decreased pain and fewer flare-ups when they use these techniques regularly.

### Balance and Endurance Class

Monday, March 20th at 1:00 pm  
RSVP by March 13th

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.

### Hospice Education Lunch & Learn

Thursday, March 9th, 11:15 am - 1:30 pm

RSVP by March 2nd

Presented by Harmonycares Hospice

**11:15 am- Shopping for a Funeral Home: Tips to save money-** Discover how to save money when searching for final arrangements with funeral homes. Each participant will leave with a Michigan Funeral facts booklet.

**Lunch will be provided between seminars!**

**12:30 pm- Overcoming Common Myths of Hospice Care-** "Does hospice mean i give up on life?" "Who pays the hospice bills?" "Is hospice only for the last days of life?" This work shop addresses all of the common myths and questions about hospice care.



Thursday, March 9th at 10:00 am  
Presented by Oak Street Health

Thursday, March 16th at 10:00 am  
Presented by Genesee Gardens

No RSVP required!

## UPCOMING EVENTS

### DURABLE MEDICAL POWER OF ATTORNEY

**Do you know one?  
Do you know what it is?**

**Thursday,  
March 23rd at  
10:00 am**

RSVP by  
March 16th

With:

**CeCe, Social Worker**

 **PROMEDICA**

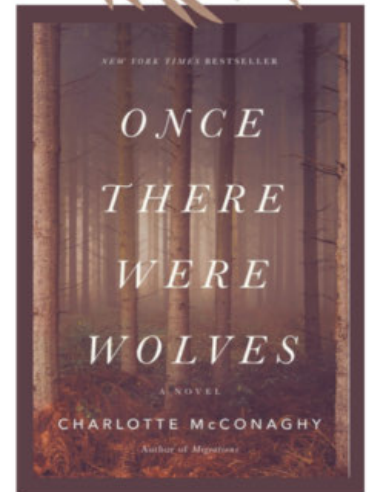
ProMedica Social Worker will be here to help answer questions and explain why everyone should have one ready so your medical wishes can be carried out by someone you trust when you are unable to make those decisions yourself.

## BOOK CLUB



**Tuesday,  
March 28th  
at 3:00 pm**

Please obtain your own copy and read before attending book club! We can't wait to meet you!



"THE UNFORGETTABLE STORY OF A WOMAN DESPERATE TO SAVE THE CREATURES SHE LOVES—IF SHE ISN'T CONSUMED BY A WILD THAT WAS ONCE HER REFUGE"

### *Easter Card Making*

**Friday, March 31st  
1:00-3:00 pm  
RSVP by March 24th**

**\$5.00 per person**

Send your favorite people hand made Easter cards! With our talented instructor Linda Evans, anyone can create beautiful hand made cards!



**FIREKEEPERS**  
CASINO • HOTEL  
BATTLE CREEK

**FIREKEEPERS CASINO BUS TRIP  
Wednesday, April 19th, 2023**

Trip includes round trip transportation to Battle Creek, MI. 4 hours of gaming at Firekeepers Casino, and each person receives \$30 back in gaming and \$5 in food credit!

Bus leaves the center at 8:30 am and returns at 3:30 pm.

**Full payment is due upon sign up: Registration  
deadline is 04-02-23**

**\$54 per person**

# MARCH

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Cancellations

**Zumba – March 1st, 8th, 15th, 22nd, & 29th**  
**Arthritis Exercise – March 31st**  
**Yoga – March 28th**

<p>8:45 Beginner Yoga          10:00 Improved Line Dancing          11:30 Sassy Exercise          Noon Lunch - Smothered Pork Chop          1:00 Crochet Group          3:00 Basic Line Dancing          5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga          10:00 Knitting Group          10:00 Tai Chi          11:00 Toning          Noon Lunch— Beef Goulash          1:00 Wood Carving          1:00 Euchre          4:30 Dominoes          6:30 5-Handed Euchre</p>	<p><b>Veteran Services Appts.</b>  <b>9:30 Zumba cancelled</b>          11:30 Sassy Exercise          Noon Lunch— BBQ Pulled Pork          3:00 Intermediate Line Dance          5:30 Mah-Jongg          6:30 Setback</p> 	<p>8:45 Yoga          10:00 Tai Chi          11:00 Toning          Noon Lunch - Chicken Alfredo          12:30 Afternoon Mah-Jongg          6:30 Pinochle          6:30 Euchre</p>	<p>11:00 Arthritis Exercise          Noon Lunch— Pub Burger w/ Cheese</p> 
<p>8:45 Beginner Yoga          10:00 Improved Line Dancing          11:30 Sassy Exercise          Noon Lunch - Roasted Turkey &amp; Gravy          1:00 Crochet Group  <b>1:00 Maxwell Therapy Joint Protection</b>          3:00 Basic Line Dancing          5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga          10:00 Knitting Group          10:00 Tai Chi          11:00 Toning          Noon Lunch - Meatball Sub          12:30 Mah-Jongg          1:00 Wood Carving          1:00 Euchre          4:30 Dominoes          6:30 5-Handed Euchre</p>	<p><b>Legal Services</b>  <b>9:30 Zumba cancelled</b>          11:30 Sassy Exercise          Noon Lunch— Chicken Fried Steak w/ Gravy          3:00 Intermediate Line Dance  <b>3:00 Grief Support</b>          5:30 Mah-Jongg          6:30 Setback</p> 	<p>8:45 Yoga          10:00 Tai Chi  <b>10:00 Bingo!</b>          11:00 Toning  <b>11:15 Lunch &amp; Learn Hospice</b>          Noon Lunch - Miss Donna's Oven Fried Chicken          12:30 Afternoon Mah-Jongg          6:30 Pinochle          6:30 Euchre</p>	<p>11:00 Arthritis Exercise          Noon Lunch— Korean Beef Bowl w/ Rice  <b>1:00 pm Trees &amp; Leaves by ForMar</b></p> 
<p>8:45 Beginner Yoga          10:00 Improved Line Dancing          11:30 Sassy Exercise          Noon Lunch - Roasted Turkey &amp; Gravy          1:00 Crochet Group  <b>1:00 Maxwell Therapy Joint Protection</b>          3:00 Basic Line Dancing          5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga          10:00 Knitting Group          10:00 Tai Chi          11:00 Toning          Noon Lunch - Meatball Sub          12:30 Mah-Jongg          1:00 Wood Carving          1:00 Euchre          4:30 Dominoes          6:30 5-Handed Euchre</p>	<p><b>Legal Services</b>  <b>9:30 Zumba cancelled</b>          11:30 Sassy Exercise          Noon Lunch— Chicken Fried Steak w/ Gravy          3:00 Intermediate Line Dance  <b>3:00 Grief Support</b>          5:30 Mah-Jongg          6:30 Setback</p> 	<p>8:45 Yoga          10:00 Tai Chi  <b>10:00 Bingo!</b>          11:00 Toning          Noon Lunch - Stuffed Peppers          12:30 Afternoon Mah-Jongg  <b>1:30 Class Country Concert</b>          6:30 Pinochle          6:30 Euchre</p>	<p>11:00 Arthritis Exercise          Noon Lunch— Pecan Crusted Tilapia  <b>1:00 pm Trees &amp; Leaves by ForMar</b></p> 

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — Western Frittata <b>1:00 Maxwell Therapy Balance &amp; Endurance</b> 1:00 Crochet Group 3:00 Basic Line Dancing 5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef stew 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p><b>9:30 Zumba cancelled</b> 11:30 Sassy Exercise Noon Lunch — Boneless BBQ Riblet 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p> 	<p>8:45 Yoga 10:00 Tai Chi <b>10:00 Power of Attorney Seminar</b> 11:00 Toning Noon Lunch — Chicken Salad Sandwich Chicken 12:30 Afternoon Mah-Jongg 6:30 Pinochle 6:30 Euchre</p>	<p>11:00 Arthritis Exercise Noon Lunch — Artisan Mac &amp; Cheese <b>1:00 pm Trees &amp; Leaves by ForMar</b></p> 
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing <b>10:00 Pancake Breakfast</b> 11:30 Sassy Exercise Noon Lunch — Spaghetti &amp; Meatballs 1:00 Crochet Group 3:00 Basic Line Dancing 5:00 Hand, Knee &amp; Foot</p>	<p><b>Hearing Screening Appts.</b> <b>8:45 Yoga cancelled</b> 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - White Chicken Chili 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre <b>3:00 Book Club</b> 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p><b>9:30 Zumba cancelled</b> 11:30 Sassy Exercise Noon Lunch — Salisbury Steak w/ Gravy 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p> 	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch — Beef Fajitas w/ Pepper and Onion 12:30 Afternoon Mah-Jongg 6:30 Pinochle 6:30 Euchre</p>	<p><b>11:00 Arthritis Exercise cancelled</b> Noon Lunch — BBQ Chicken Tenders <b>1:00 Card Making Class</b></p> 

## Board Meeting Notice

The next board meeting will be held on Wednesday, March 8th 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.

Dont forget to

Spring



Sunday

March 12th



Forward!

# TRIPS



## Shipshewana with Das Dutchman Essenhaus Wednesday, June 21st, 2023

Payment is due at time of reservation:  
Deadline is 05-29-23

Welcome to the home of the Midwest's largest flea market! You can find anything from farm fresh fruit to handcrafted furniture! The day will be capped off with a family-style dinner. Trip includes round trip transportation to Shipshewana, IN, 5 hours at the flea market, and a 3 meat style dinner at Das Dutchman Essenhaus. Bus departs from our center at 8:00 am and returns at 9:00 pm.

**\$120 per person**



## 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**

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



## INFORMATION



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

The Toledo Zoo and Aquarium is nationally known for its large exhibits and animal diversity. With its hippoquarium, 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**

### Hearing Screening

**Tuesday, March 28th**

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.

## Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? Carrie, 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, She 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.

### 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**

**Where:** Swartz Creek Area Senior Center

**When:** Appointments available on the 3rd Wednesday of each month.

To schedule an appointment, see staff at the center or call 635-4122.

**THEY OFFER:** Will, Power-of-Attorney, Medicaid planning, housing complaints, family law, domestic violence, nursing home issues, and more!

## INFORMATION

# 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 Tuesdays (subject to change). 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

# 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)

## Class Cancellations

**Zumba— March 1st, 8th, 15th, 22nd, & 29th**

**Arthritis Exercise— March 31st**

**Yoga— March 28th**

## 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.

# Attention!

Please Sign in EVERY time you enter the senior center!  
If you do not have a scan card please ask the front desk for one.  
Thank you!



**People Helping People Thrive!**



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Durand

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**Woodhaven Senior Community**

"Where Seniors Love to Live"

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(810) 230-1070 • Fax (810) 230-2505

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[www.earthtoearthhospice.com](http://www.earthtoearthhospice.com)

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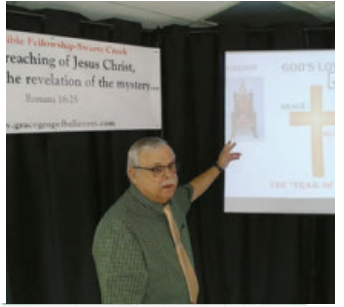
Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

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



**Bible Study**  
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...the preaching of Jesus Christ according to the revelation of the mystery...  
Romans 16:25  
[www.gracegospelbelievers.com](http://www.gracegospelbelievers.com)



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

**Brian Huyck**  
Owner and Certified Horticulturist

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6081 Morrish Road, Swartz Creek, MI 48473  
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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](http://www.myscasc.org)

Facebook: Swartz Creek Area Senior Center

## 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

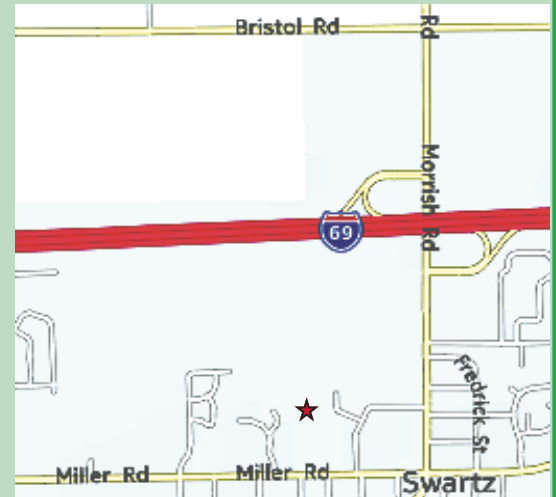
## STAFF

Barbara McCallum, Director

Holly Burgess, Program Coord.

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation



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