

Swartz Creek
AREA SENIOR CENTER

MARCH 2024 NEWS
VOLUME 24, 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



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Video chat with a care provider when you're home, at work, or on the go. This service is for patients who have minor medical conditions.

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15-0694

UPCOMING EVENTS

EASTER LUNCH

THURSDAY, MARCH 28TH
AT 12:00 PM

Menu

Lemon & Herb Chicken Breast
Green Bean Casserole
Roasted Veggies
Cheesy Potatos
Garlic Rolls
Dessert & Refreshments

RSVP BY MARCH 7TH

\$3.00 per person
suggested donation if 60 or older and live in Genesee County
\$6.00 per person
If under 60 or live outside Genesee County

Chair Massages

Friday, March 8th
by appointment

Enjoy 10-minute chair massages with
Lacey from Fenton Massage Co.
60 or older: \$5 per 10 minutes
Under 60: \$10 per 10 minutes

New Class Alert!

Yoga with Machelle

Mondays from 6:00- 7:00 PM
beginning on March 11th

Zumba with Kimberly

Wednesdays from 5:00- 6:00 PM
beginning on March 6th



DANNY PAUL GRAND OL' OPRY

THURSDAY, MARCH 14TH
AT 1:30 PM

DANNY PAUL, MICHIGAN COUNTRY
MUSIC HALL OF FAME SINCE 2005,
WILL ENTERTAIN AUDIENCES WITH HIS
CLASSIC COUNTRY VOCALS.
ENJOY A SALUTE TO THE
GRAND OL OPRY!

RSVP BY MARCH 7TH



QUESTION OF THE MONTH

WITH *Mrs. Creek*



Have you tried a new
class at our center and
what were your
thoughts?

Your Answers

"I attended the Beginners Cardio
with Darci and it was a great class"

"I played Horse Race last week,
for the 1st time. It's a lot of fun!"

"I really enjoy Betty's Grocery
Bag Crochet class on Tuesday's"

How to participate: Answer the question below to share your thoughts
with us, your answer could be included in our Newsletter and/or on
Facebook!

**What is your favorite activity at our
center and why?**

To answer either call us at 810-635-4122, email us at
swartzcreekseniorcenter@gmail.com, or find our question box in our
lobby. Your responses will be anonymous.

UPCOMING EVENTS

WHITE ELEPHANT *Bingo*

Thursday, March 7th
at 10:00 am

Presented by Symphony of Linden and YOU!
Bring an item from your home that you would like to part with, wrap it up, and bring it in to give as a prize. If your item is left at the end you must take it home. Every first Thursday of the month!

BINGO

THURSDAY, MARCH 14TH
AT 10:00 AM

Presented by Oak Street Health
NO RSVP REQUIRED!

T-shirt Sale



Happening
Now!

Short and long sleeve T-shirts and Crew neck sweaters available in Red or Grey in sizes S-3XL!
Sale begins Thursday, January 25th and ends on Friday, March 15th!



Short Sleeve T-shirt

S, M, L, XL 2XL & 3XL
\$13 **\$15**

Long Sleeve T-shirt

S, M, L, XL 2XL & 3XL
\$15 **\$17**

Crewneck Sweater

S, M, L, XL 2XL & 3XL
\$20 **\$22**



EASTER *Card Making*

Friday, March 15th | 1:00-3:00 PM

Learn the art of handmade cards with Linda Evans. Nothing feels better than sending and receiving a card you know was from the heart. Prepayment is required for registration!

Pencil Drawing

Thursday, March 28th
at 1:00-3:00 pm

Amazing artist, Peggy Mattson, is offering this FREE class to learn pencil drawing. No prior knowledge required!
For more information and to RSVP call us at 810-635-4122



Five Wishes: Advanced Care Planning

Friday, March 22nd at 1:00 pm
RSVP March 15th

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



UPCOMING EVENTS

Age Friendly Wellness Council

Will continue every 1st Monday of the month.

Do you wish to improve your health and the health of other seniors?
Do you have unmet health needs?
Do you wish there were more resources for seniors?

Refreshments provided at meetings!

- Participate in monthly meetings of the Age-Friendly Wellness Council.
- Identify the health challenges of our membership.
- Offer advice regarding resources that are needed.
- Share recommendations to improve the healthcare services provided to our community.

Monday, March 4th at 10:00 am
Monday, April 1st at 10:00 am
Monday, May 6th at 10:00 am
Monday, June 3rd at 10:00 am
NO MEETING IN JULY
Monday, August 5th at 10:00 am
Monday, September 9th at 10:00 am
Monday, October 7th at 10:00 am
NO MEETING IN DECEMBER

DEMENTIA CAREGIVING

Are you caring for a person with memory loss?



Learn how to:

- Understand basic information about dementia
- Communicate more effectively with someone who has dementia
- Recognize the stages of dementia
- Provide meaningful daily activities based on your loved one's interest and abilities
- Better understand and address behaviors
- Create a positive caregiving environment
- Learn strategies for self-care
- Build your network of support

Mondays at 1:30- 3:00 pm: March 11th to 25th

RSVP by Monday, March 4th

MaxWell Therapy, LLC Balance & Endurance

Monday, March 25th at 12:30 pm

JOIN MAXWELL FOR THIS MONTHLY CLASS TO INCREASE YOUR CONFIDENCE IN BALANCE!

Neuropathy

Monday, March 4th at 1:00 pm

IF YOU'RE EXPERIENCING PAIN, TINGLING, NUMBNESS, OR BURNING SENSATIONS IN YOUR HANDS AND/OR FEET, AND IF DIABETIC NEUROPATHY IS AFFECTING YOUR BALANCE DUE TO A LACK OF SENSATION, MAX WELL THERAPY HAS SOLUTIONS FOR YOU. WITH YEARS OF SUCCESSFUL NEUROPATHY TREATMENT, WE ARE EAGER TO SHARE OPTIONS THAT CAN REDUCE YOUR SYMPTOMS AND ENHANCE YOUR OVERALL BALANCE.

RSVP by February 28th

Steps to Safety

PREVENT FIRE AND FALLS AT HOME

Brought to you by GFWC Swartz Creek Womens Club, Swartz Creek Fire Department and EMS Professionals. This program is centered around 16 safety messages designed to deliver key fire and fall messages and connect residents to community resources.



Thursday, March 21st
at 1:30 PM

RSVP by March 14th

MARCH









Monday

Tuesday

Wednesday

Thursday

Friday

 <p>4</p> <p>8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 10:00 Age Friendly Wellness Council 11:30 Sassy Exercise Noon Lunch— Smothered Pork Chop 1:00 Crochet Group 1:00 Horse Race 1:00 Maxwell Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	 <p>5</p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— Spaghetti & Meatballs 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p>	 <p>6</p> <p>11:30 Sassy Exercise Noon Lunch— Cobb Salad 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> <p style="text-align: center;"></p>	 <p>7</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 White Elephant Bingo 11:00 Toning Noon Lunch— Miss Donna's Oven Fried Chicken 1:30-6:00 Blood Drive 6:00 Euchre 6:00 Pinochle</p>	<p>8</p> <p>Chair Massages by Appt 11:00 Arthritis Exercise Noon Lunch— Korean Beef Bowl w/ Rice</p> <p style="text-align: center;"></p>
<p>11</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— Roasted Turkey 1:00 Crochet Group 1:00 Horse Race 1:30 Dementia Caregiving 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 6:00 Yoga w/ Machelle</p>	<p>12</p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— Meatball Sub 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>13</p> <p>10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Chicken Alfredo 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> <p style="text-align: center;"></p>	<p>14</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch— BBQ Pulled Pork 1:30 Danny Paul Concert 6:00 Euchre 6:00 Pinochle</p>	<p>15</p> <p>Hearing Screening by Appt 11:00 Arthritis Exercise Noon Lunch— Pecan Crusted Tilapia 1:00 Easter Card Making</p> <p style="text-align: center;"></p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>18</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— Western Frittata 1:00 Crochet Group 1:00 Horse Race 1:30 Dementia Caregiving 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 6:00 Yoga w/ Machelles</p>	<p>19</p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— Stuffed Peppers 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>20</p> <p>Legal Services 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— Boneless BBQ Riblet 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> 	<p>21</p> <p>8:45 Yoga w/ Amy 10:00 Tai Chi 11:00 Toning Noon Lunch— Chicken Salad Sandwich 1:30 Steps to Safety 6:00 Euchre 6:00 Pinochle</p> 	<p>22</p> <p>11:00 Arthritis Exercise Noon Lunch— Artisan Mac & Cheese 1:00 Advanced Care: 5 Wishes</p> 
<p>25</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— Beef Goulash 12:30 Balance & Endurance 1:00 Crochet Group 1:00 Horse Race 1:30 Dementia Caregiving 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 6:00 Yoga w/ Machelles</p>	<p>26</p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— White Chicken Chili 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p> 	<p>27</p> <p>Veterans Services by Appt. 11:30 Sassy Exercise Noon Lunch— Beef Fajitas 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> 	<p>28</p> <p>8:45 Yoga cancelled 10:00 Tai Chi cancelled 11:00 Toning cancelled 12:00 Easter Lunch 6:00 Euchre 6:00 Pinochle</p>	<p>29</p> <p>We are CLOSED!</p> 

Board Meeting Notice

**The next board meeting
 will be held on Wednesday,
 March 13th 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

**We are Closed: Friday, March 29th
 All Exercise: Thursday, March 28th**



TRIPS

Firekeepers Casino

Wednesday, April 24th, 2024

\$54.00 Per Person

Round trip transportation to and from the Center to Firekeepers Casino. 4 hours of game time, get \$25 back in play and \$5 back in food credit!

Holland Tulip Festival

Tuesday, May 7th, 2024

\$110.00 Per Person

Visit the beautiful tulip festival by visiting Windmill Island Gardens and Nelis Dutch Village. Get \$15 back as a food voucher for The Hungry Dutchman.

Horrocks Farm & Market

Tuesday, May 21st, 2024

\$52.00 Per Person

Round trip transportation to and from Horrocks Market in Lansing. You will have lots of time to shop around and have lunch. Visit the MSU Dairy Store for a scoop of ice cream on the trip home!

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.

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.

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.

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!

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.

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.**

INFORMATION

BLOOD DRIVE



Thursday,
March
7th
1:30 PM -
6:00 PM

Blood Drive

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

Appointments are preferred by
calling 810-635-4122
Walk in are welcome!



SUPPLY DONATIONS

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

Thank you for your generous
donations to our Senior Center!

HEARING SCREENING

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Cardinal Hearing

FREE HEARING EVALUATIONS,
HEARING AID CLEANING AND
ADJUSTMENTS AVAILABLE
MONTHLY AT OUR CENTER!

MAKE YOUR APPOINTMENT!

Call us at 810-635-4122



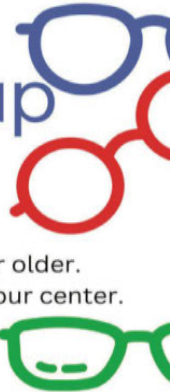
Next appointments available on **Friday, March 15th**

Visually Impaired Support Group

1st Friday of each month
Friday, March 1st
at 10:00 am

For residents of Genesee County age 60 or older.
Led by Sabrina Sizemore, LLMSW, held at our center.

Questions call Sabrina at 810-285-3582



Appointments available VETERAN SERVICES

Genesee County Department of Veterans Services,
(810) 257-3068, will be holding appointments at these
local senior centers to ensure that you get the benefits
you're entitled to. This includes Agent Orange, Burial
Allowance, Disability Compensation, Former POW,
Persian Gulf Veterans, PTSD, and VA Home Loans.

**Swartz Creek Area Senior Center (810) 635-4122

**Flushing Area Senior Center (810) 659-4735

**Grand Blanc Senior Center (810) 695-3202

Loose Senior Center (810) 735-9406

**Davison Senior Center (810) 658-1566

Clio Senior Center (810) 687-7620

(** Appointments available every other month)



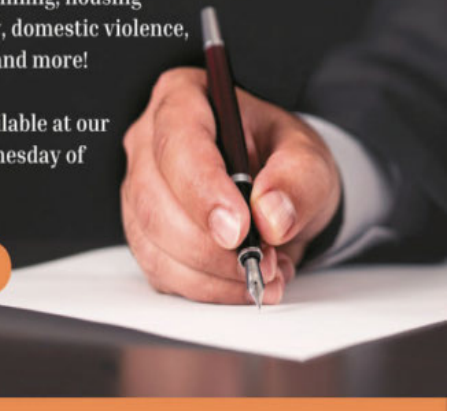
Legal Services

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!

810-635-4122ⁿ



INFORMATION

FREE TRANSPORTATION

Available to seniors residing
in the Swartz Creek School
District every Tuesday,
alternating between
Kroger and Meijer.



Trips to the Food Pantry monthly.
Call us at 810-635-4122 for more
information!



JOIN US FOR LUNCH!

Meals are served eat in or take home
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)

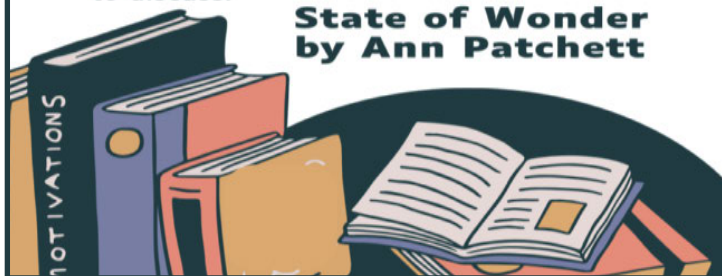
BOOK CLUB

Find Your Next Great Read!

**Tuesday, March 26th
at 3:15 PM**

No RSVP required, find your copy of this
month's book, read through, and join us
to discuss!

**State of Wonder
by Ann Patchett**



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.

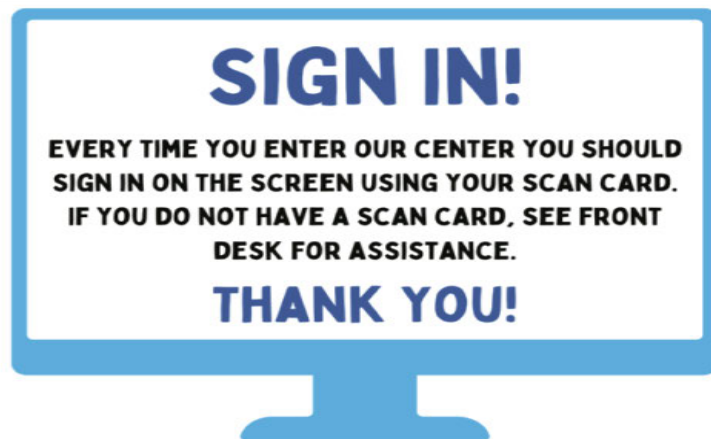
Membership & Participation Guidelines

- ◆ 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.

SIGN IN!

**EVERY TIME YOU ENTER OUR CENTER YOU SHOULD
SIGN IN ON THE SCREEN USING YOUR SCAN CARD.
IF YOU DO NOT HAVE A SCAN CARD, SEE FRONT
DESK FOR ASSISTANCE.**

THANK YOU!



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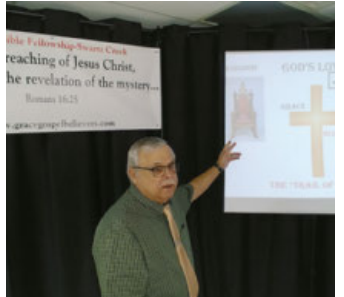
Call: 810-243-1050
gnkniss@trubluehousecare.com
trubluehousecare.com/grand-blanc

Helping Busy Families Free Up Their Time!

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



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
www.gracegospelbelievers.com




Brian Huyck
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- Landscape Design and Installation • Refresh Overgrown Landscape




Est. 1985



Swartz Creek Area Senior Center



8095 Civic Drive, Swartz Creek, MI 48473

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

Friday: 9:00 am — 4:00 pm

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

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

Facebook: Swartz Creek Area Senior Center

BOARD OF TRUSTEES

Roger Bloss, President

Ken Klungle, Vice President

Elaine Tucker, Secretary

Kathy VanDette, Treasurer

Mickie Grandstaff, Trustee

Trudy Plumb, Trustee

Susan Butler, Trustee

Kaye Johnson, Trustee

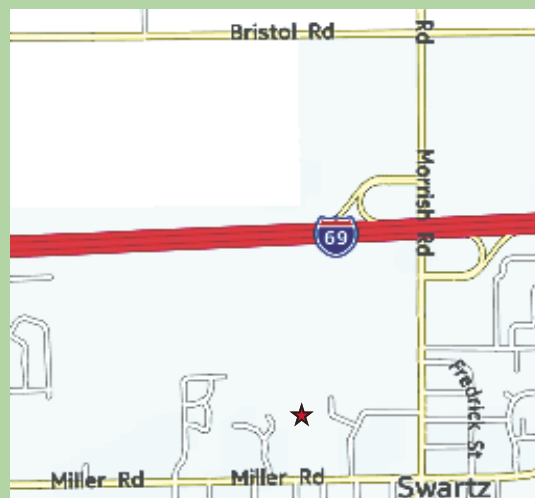
Sandy Martin, Trustee

STAFF

Barbara McCallum, Director

Holly Burgess, Program Coord.

Greg Boshaw, Transportation



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