

# SWARTZ CREEK AREA SENIOR CENTER

**MAY 2022  
NEWS**

**VOLUME 22, ISSUE 5**



*"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

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## Grace Bible Fellowship

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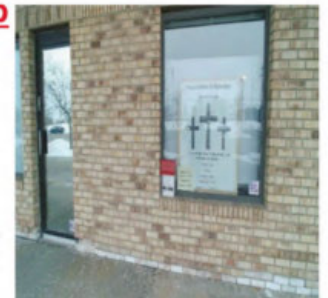
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Wednesday 5:30pm  
(4pm winter hours)

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"rightly dividing the word  
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## Events

# Mexican Fiesta Lunch!

**When: Friday, May 6th, 2022 @ 12:30pm**

**RSVP by: Monday, May 2nd, 2022**

**Join us for a Mexican Fiesta  
Luncheon provided by Genesee  
Gardens!**

### Menu:

- ⇒ Nacho Chips w/ Cheese, Salsa, Pico De Gallo & Sour Cream
- ⇒ Mexican Corn Salad
- ⇒ Chicken Enchiladas w/ Rice & Refried Beans
- ⇒ Tres Leches Cake



# Coney Dog/Sloppy Joe Fundraiser

**When: Thursday May 19th from 11:00am—2:00pm**

**Where: Swartz Creek Area Senior Center**

### Cost:

**Pre-pay - \$7.00 (By May 16th)**

**Pay at Door - \$8.00**

**PUBLIC WELCOME!**

Our Luncheon is Back! We welcome you to eat in or take out this year!  
You can pre-pay for your meal ahead of time for \$7.00. Or you can pay \$8.00 the day of the lunch at the door.

### Menu

**Coney Dog or Sloppy Joe  
Chips/Pickle  
Water Bottle  
Dessert**



## Seniors in the Know

Learning how to protect your assets  
from scams.

**When: Monday, May 16th,  
10:30am**

**Sign up by: Thursday, May 12th**

**This one hour educational  
seminar is provided by Chase Bank.**



## Swartz Creek Area Senior Center 2022-2023 Board of Trustees Election

**VOTE:** Voting will take place Tuesday,  
May 31st— June 3rd  
**TIME:** 10:00am—7:00pm., each day.  
Candidate list will be posed on  
Monday, May 2nd

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 22, 2022





## UPCOMING EVENTS

# Hearing Screenings

**Tuesday, May 31st, 2022**

**PROVIDED BY: YOUR HEARING SOLUTION**

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**

**When: Thursday, May 5th & 12th**

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 GUARANTEED UNTIL PAYMENT IS RECEIVED!**



## STILL LIFE PENCIL DRAWING

**Time: 1:00 p.m.—3:00 p.m.**

**Cost (2 Sessions): \$10**

**When: Thursday, May 19th & 26th, 2022**

**Where: Swartz Creek Senior Center**

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.**

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



The Senior Center  
will be closed for  
Memorial Day,  
Monday, May 30th



## 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**

**When: Wednesday, May 18th,  
@ 11:00 am**



## Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!  
**Must be 50 and older to attend!**

**Dates: Friday, May 6th & 20th**

**Time: 6:00 p.m.—8:00 p.m.**

**Cost: \$5.00 at door**

**50/50 RAFFLE AVAILABLE**

**Coffee and Water available!**

**Bring a snack to share, but please remember to  
clean up after yourself!**



**\*\*Music  
provided by  
Jim Hedrich!**

## 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.

**DO NOT OFFER: Trusts, Criminal Matters, Personal  
Injury, Financial or Business Advice.**

## UPCOMING EVENTS

### Lunch-n-Learn: Overcoming the Common Myths of Hospice Care & Shopping For a Funeral Home: Tips for Saving Money

**When: Tuesday, May 17th at 12:00 PM**



#### Grief and Loss Community Education provided by Grace Hospice

Come join us at the Swartz Creek Senior Center for a special Double Feature Lunch and Learn with Grace Hospice! The Rev. Steve Gonzales will present the workshop Shopping for a Funeral Home and their Branch RN/Administrator will present the workshop Overcoming Myths of Hospice. **Call (810-635-4122) or sign up at the center in person by May 13<sup>th</sup>, 2022.** Seating is limited so make sure to claim your spot soon!

**Overcoming Common Hospice Myths:** Presenter will discuss and educate regarding common myths about hospice in our society. The discussion will include the benefits of hospice and the barriers created by mis-perceptions which lead to many people not receiving the care they are entitled and eligible to receive.

**Shopping for a Funeral Home: Tips For Saving Money:** We don't like to think about it. But eventually we'll need to make funeral home arrangements either for our loved one or ourselves. Come to this workshop and discover your Federal Trade Commission Rights and how to save money when making final arrangements with a funeral home. Important information for veterans will be discussed. Each participant will receive the state of Michigan's Funeral Facts booklet.

## BOOK CLUB

**Tuesday, May 31st @ 3:00pm**

Are you looking for an opportunity to connect with others who enjoy reading as much as you do?  
**New participants are always welcome!**

**Book: Where I Come**

**Author: Rick Bragg**



## TECHNOLOGY ASSISTANCE APPOINTMENTS

Every other week on Friday there will be two one hour technology assistance appointments available at the Swartz Creek Senior Center. These appointments are generously provided by the Disability Network. Please call the senior center to reserve a spot: **(810) 635-4122**. You will be asked to tell us what device and specific issue you need assistance with.

**When: Friday, May 6th & 20th,  
1:00pm - 3:00pm**

## CLASS CANCELLATIONS

**ALL MORNING EXERCISE CLASSES ARE CANCELLED ON  
THURSDAY, MAY 19th, 2022**

**Yoga: May 2nd, 3rd, 5th, 16th, 17th, 19th, and 23rd, 30th**

**Line Dancing: May 2nd, 4th & 30th**

**Arthritis Exercise: May 13th**

**Center Closed: Monday, May 30th—All Classes Canceled**

## LUNCH AND LEARN WITH PLYMOUTH PHYSICAL THERAPY: HIP & KNEE PAIN

**When: Wednesday, May 25th 12:00 PM**

**Where: Swartz Creek Senior Center**

**RSVP by: Friday, May 20th  
@ 810-635-4122**

Join Dr. Rick Bastarache,  
MSPT, DPT as he  
discusses Hip & Knee Pain  
and answers questions you  
may have!



# MAY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <del>8:45 Beginner Yoga-Canceled</del> <del>10:00 Improved Line Dancing-Canceled</del> 11:30 Sassy Exercise Noon Lunch - Baked BBQ Chicken Wings 1:00 Crochet Group 5:00 Hand, Knee & Foot	<b>3</b> <del>8:45 Yoga-Canceled</del> 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - Meatloaf w/ Gravy 12:30 Mah-Jongg <del>1:00 Practical Approaches to Dementia</del> 1:00 Wood Carving 1:00 Euchre 5:30 Dominoes 6:30 5-Handed Euchre	<b>4</b> Veteran Services by Appt. 9:30 Zumba 11:30 Sassy Exercise Noon Lunch - Pub Burger w/ Cheese <del>3:00 Intermediate Line Dance-Canceled</del> 5:30 Mah-Jongg 6:30 Setback	<b>5</b> <del>8:45 Yoga-Canceled</del> 10:00 Tai Chi 11:00 Toning Noon Lunch - Chicken Enchiladas 12:30 Afternoon Mah-Jongg <del>1:00 Watercolor Class</del> <del>1:30 Fresh Conversations</del> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	<b>6</b> Technology Classes by Appointment 11:00 Arthritis Exercise Noon Mexican Fiesta provided by Genesee Gardens CENTER CLOS 4:00PM - 5:45 PM 6:00 Dance
<b>9</b> 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Chinese Pepper Steak 1:00 Crochet Group 5:00 Hand, Knee & Foot	<b>10</b> 8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - Breaded Chicken Sandwich 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 5:30 Dominoes 6:30 5-Handed Euchre	<b>11</b> 9:30 Zumba <del>10:30 Board Meeting</del> 11:30 Sassy Exercise Noon Lunch - Baked Herb Pork Chop 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	<b>12</b> 8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Chicken Pastry Pie 12:30 Afternoon Mah-Jongg <del>1:00 Watercolor Class</del> <del>1:30 Fresh Conversations</del> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	<b>13</b> <del>11:00 Arthritis Exercise Canceled</del> Noon Lunch - Ravioli w/ Beef & Sauce CENTER CLOS 4:00PM NO EVENING
<b>16</b> <del>8:45 Beginner Yoga-Canceled</del> 10:00 Improved Line Dancing 10:30 Seniors in the Know - Scam Seminar 11:30 Sassy Exercise Noon Lunch - Maple - Glazed Chicken 1:00 Crochet Group 5:00 Hand, Knee & Foot	<b>17</b> <del>8:45 Yoga-Canceled</del> 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch & Learn - Shopping for A funeral Home 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 5:30 Dominoes 6:30 5-Handed Euchre	<b>18</b> Legal Services by Appt. 9:30 Zumba <del>11:00 Grief Support</del> 11:30 Sassy Exercise Noon Lunch - Chicken Cordon Bleu Casserole 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	<b>19</b> Yoga Cancelled Tai Chi Cancelled Toning Cancelled 11:00 am - 2:00 pm - Coney Dog/Sloppy Joe Lunch Fundraiser 12:30 Afternoon Mah-Jongg <del>1:00 Pencil Drawing Class</del> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	<b>20</b> Technology Classes by Appointment 11:00 Arthritis Exercise Noon Lunch - Tangerine Chicken 2:00 Matter of Balance CENTER CLOS 4:00PM - 5:45 PM 6:00 Dance





## INFORMATION/

**FREE  
GIFT**

**VAM**  
**Valley Area  
Agency On Aging**

Answers, Action & Advocacy  
for **All Things Senior**

### Senior Power Day

Wednesday, May 25, 2022  
9:00 a.m. - 2:00 p.m.  
Crossroads Village  
6140 Bray Rd., Flint  
Tickets \$4.00

*Ticket includes, Lunch and Train Ride*



**TRAIN  
RIDES**

**SENIOR  
RESOURCE TENT**



**LUNCH  
PROVIDED**

### MEMORIAL DONATION

A memorial donation was made  
in memory of Jane Harwood by  
**Janet & Richard Parkhurst and  
Arlene O'Brien.**



### AMAZON SMILE

Do you shop on Amazon? If so, there is a very simple way your purchases can benefit the Swartz Creek Senior Center.

- 1) Open your internet browser and search for Amazon Smile or go to:  
<https://smile.amazon.com/ch/38-2416786>
- 2) Sign in and designate Swartz Creek Senior Center as your charity.

Each time you make a purchase, a portion will be donated back to Swartz Creek Senior Center!

### 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.

### **ATTENTION ALL PARTICIPANTS!**

Please sign-in on My Senior Center **every time** you visit the center. Our funding depends on it! If you do not have a Key Tag, please ask for one at the front desk.

Thank you!

### 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!**



### Incontinence Supplies

The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantity are limited. Call the center for availability.





## 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**

### **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.

# 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, 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.



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**This program emphasizes practical strategies to manage falls.**

### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

### **Location: Swartz Creek Area Senior Center**

**2:00pm – 3:00pm**

Friday, May 20, 2022

Friday, May 27, 2022

Friday, June 3, 2022

Friday, June 10, 2022

Friday, June 17, 2022

Friday, June 24, 2022

Friday, July 8, 2022

**\*No class Friday, July 1, 2022\***

**Cost for class: FREE**

Classes are conducted over eight sessions, meeting once a week.

**To sign up for the class please call  
810-635-4122.**

**Space is limited. Masks are required.**



**Paid for with Aging and Adult Services Agency & Valley Area Agency on Aging. If you would like additional information please contact Abbie Mars at the Valley Area Agency on Aging at 810-239-7671, Ext 213.**

## INFORMATION

# 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)**

## **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!

### **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 GUARANTEED 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.**

**Masks must be worn on bus. Casino requires masks for those that are unvaccinated.**



**GET BACK \$20 IN FREE PLAY & \$5 IN FOOD CREDIT !**

**FIREKEEPERS CASINO BUS TRIP  
Wednesday, July 13<sup>th</sup>, 2022**

**Presented By: Swartz Creek Senior Center**

**\$45.00 Per Person**

#### **Trip Includes:**

- Round trip motor coach transportation to Battle Creek, MI
- 4 hours of gaming at Firekeepers Casino
- 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  
10:00 AM to 2:00 PM – Firekeepers Casino  
3:30 PM – Return to Swartz Creek Senior Center

**Full Payment Due Upon Sign-Up - Registration Deadline: 06-26-22**

- Limit 28 seats
- Must wear mask on bus. Casino only requires masks for those that are unvaccinated.
- Must be at least 50 years of age and will need a valid ID (Must bring with you to get incentive)
- Limit (1) casino incentive package per person
- No refunds after 06-26-22
- Must arrive on the bus to get the casino incentive
- Casino Incentives subject to change without notice
- Senior Center Health Form must be on file or completed at the time of sign up.



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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)

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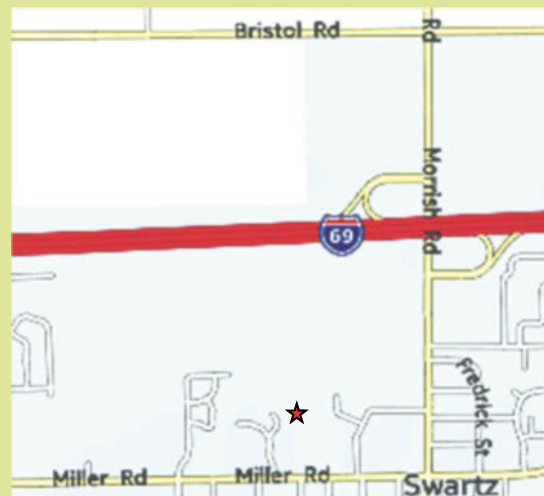
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