

Swartz Creek
AREA SENIOR CENTER

MAY 2024 NEWS
VOLUME 24, 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

(810) 720-4159 ext. 2

www.geneseegardens.com



5-STAR RATING

FEATURING REHAB TO HOME
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Jackie Casemore, Manager • cymcasemore@yahoo.com

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Adult Foster Care and Assisted Living

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HURLEY MEDICAL CENTER

VIRTUAL URGENT CARE



Hurley Virtual Urgen+ Care

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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M-F: 10AM-8PM, SAT & SUN: 10AM-6PM

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Clio, Davison, Fenton, Swartz Creek

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

15-0694

UPCOMING EVENTS

MAY BINGO!

No RSVP Required!

Thursday, May 2nd @ 10:00 am

White Elephant Bingo, bring a wrapped item to offer as a prize!

Thursday, May 9th @ 10:00 am

Presented by Oakstreet Health

Thursday, May 16th @ 10:00 am

Presented by Realtor, Judy Cox

HEATING & COOLING

Q & A

WEDNESDAY, MAY 8TH

1:30-2:30 PM



Kallas was started in 1990 and has been family owned and operated since. They love to be involved in our community and participate in many community events each year.

Topics will include:

- 25C Tax Credit Unit Qualifications for 2024
- Difference between a heat pump and an AC unit
- Ac Maintenance and tips for energy efficiency
- Benefits of a UV Light

RSVP by May 1st

Mother's Day Lunch

Friday, May 10th at Noon

Preregistration is required

Menu

Baked Herb Pork Chop
Green Bean Casserole
Sweet Corn
Salad
and Dessert!

Join us to celebrate the mothers in our lives!

Provided by GCCARD

\$3.00 donation requested for those 60 and older
\$6.00 fee for those under 60 and/or live outside of Genesee County

10 WARNING SIGNS OF HEARING LOSS

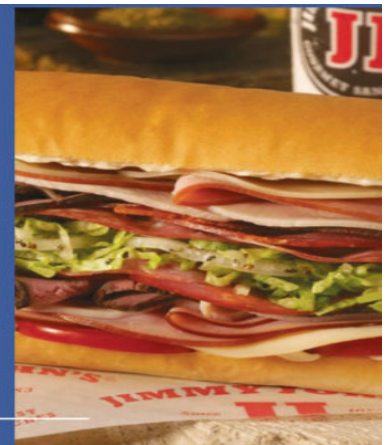
LUNCH & LEARN WITH BELTONE

MONDAY, MAY 6TH AT NOON

TOPICS INCLUDED:

- UNDERSTAND HOW WE HEAR AND THE SIGNS OF HEARING LOSS
- THE CAUSES OF HEARING LOSS
- RISKS ASSOCIATED WITH LIVING WITH UNTREATED HEARING LOSS, INCLUDING FALLING AND DEMENTIA
- AVAILABLE SOLUTIONS

RSVP BY MAY 1ST



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

BINGO & Brunch

Monetary Donations Accepted at the door, all proceeds will go toward **The Longest Day benefiting the Alzheimer's Association.** Presented by American House Senior Living.

EVENT DETAILS:

FRIDAY, MAY 3RD
10:00 - 11:30 AM
RSVP BY APRIL 29TH



BALANCE & ENDURANCE

Monday, May 20th at 12:30 PM

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



HEADACHES & PHYSICAL THERAPY

Monday, May 13th at 1:00 pm

Headaches are a common ailment that can significantly impact daily life, causing pain, discomfort. In this class, we'll explore how physical therapy techniques can help alleviate headache symptoms and improve overall quality of life. Physical therapy for headaches focuses on addressing underlying musculoskeletal issues, improving posture, promoting relaxation, and reducing stress—all of which can contribute to headache development and severity.

RSVP by May 6th

UPCOMING EVENTS

Spring Card Making

Friday, May 17th from 1:00-3:00 PM
\$5.00 per person

Join Linda Evans to make Spring greeting cards you can use to greet friends and family. Make and take 3-5 greeting cards! Please bring your own scissors and adhesive if able.

Prepayment is required by May 10th

THE BETTER BUSINESS BUREAU PRESENTS THE RED FLAGS OF FRAUD

THURSDAY, MAY 30TH
AT 1:30 PM

According to the latest BBB® Scam Tracker Risk Report, adults aged 65 or older are at a greater risk of being targeted for home improvement, online purchase and investment/cryptocurrency scams compared to other age groups. In partnership with FINRA Investor Education Foundation, Better Business Bureau® Serving Eastern Michigan and the Upper Peninsula is working to educate older adults about the latest scams, and ways to avoid becoming a victim. RSVP by May 23rd



FROM BROADWAY, WITH LOVE

Friday, May 10th | 1:30 PM

Gemini performs well-loved songs from musicals such as Oklahoma!, The Fantasticks, The Music Man, The Sound of Music, Fiddler on the Roof, and Oliver! Sponsored by the Genesee District Library

RSVP by May 3rd

Book Club!

TUESDAY, MAY 28TH
AT 3:15 PM

THE FUNNY THING ABOUT NORMAN FOREMAN
BY JULIETTA HENDERSON

CHAIR Massages

Friday, May 24th

Unwind and relax with Lacey, from Fenton Massage Co. She is here monthly to provide 10-minute chair massage appointments to relax the tension in your upper body.

PRICES

60 and older: \$5 per 10 minutes
Under 60: \$10 per 10 minutes

QUESTION OF THE MONTH

WITH *Mrs. Creek*



OUR NEXT QUESTION IS:
How did you learn about our senior center?

Last Month's Question was:
What programs and/or events would you like to see at our center?

Your Answers:

- Drums Alive/Senior Beats
- Sewing/Quilting
- LCR dice game
- Wii Games
- Seminars/support groups for memory loss
- More seminars regarding scams

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

Digital Couponing

WITH RYAN FROM
GENESEE DISTRICT LIBRARY

WEDNESDAY, MAY 29TH

1:00-2:00 PM

WITH MANY BUSINESSES SWITCHING TO DIGITAL COUPONS, SAVING MONEY CAN BE MORE DIFFICULT THAN EVER. THIS PRESENTATION WILL HELP EQUIP YOU WITH THE SKILLS TO USE DIGITAL COUPONS AT KROGER, MEIJER, AND SAVE MONEY ON PRESCRIPTION DRUGS WITH GOODRX.

RSVP VALID UNTIL MAY 22ND

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.

FREE
GIFT

VAAA
Valley Area
Agency On Aging
Answers, Action & Advocacy
for All Things Senior

TO-GO
LUNCH
PROVIDED
on a first come
first serve basis.

Senior Power Day 2024

Wednesday, May 22, 2024

9:00 a.m. - 2:00 p.m.

Crossroads Village
6140 Bray Rd., Flint

Tickets \$5.00

Available at your local Senior Center in
Genessee, Lapeer and Shiawassee Counties

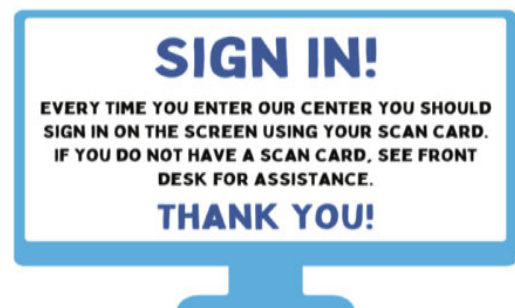
For information about ticket purchase locations,
please call (810) 239-7671 or visit
<https://valleyareaaging.org/resources/senior-centers/>

***Ticket includes Lunch, Train Ride, Resources,
and Legislative updates that affect
Seniors and Caregivers.***

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!



MAY

Monday

Tuesday

Wednesday

Thursday

Friday

Cancellations

Zumba— May 1st
Sassy Exercise— May 1st
Arthritis Exercise: May 24th
We are Closed: May 27th

<p>8:45 Beginner Yoga w/ Katrina 10:00 Age Friendly Wellness Council 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon— Beltone Loss Lunch & Learn No GCCARD Lunch 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/ Machelie</p>	<p>6</p> <p>Holland Tulip Trip Departs 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— Chef Salad 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>7</p>	<p>8</p> <p>9:00 Zumba 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Chinese Pepper Steak 1:30 Heating & Cooling Questions with Kallas 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>9</p> <p>8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch— Breaded Chicken Sandwich 1:30 SLEEP 6:00 Euchre 6:00 Pinochle</p>	<p>10</p> <p>11:00 Arthritis Exercise 12:00 Mothers Day Lunch 1:30 From Broadway, with Love</p>
<p>8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— Ravioli w/ Beef & Sauce 1:00 Crochet Group 1:00 Maxwell Seminar: Headaches 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 6:00 Yoga w/ Machelie</p>	<p>13</p> <p>9:00 Zumba 11:00 Grief Support Group 11:30 Sassy Exercise Noon Lunch— HM Beef Chili 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>14</p> <p>8:45 Yoga w/ Machelie 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Toning Noon Lunch— Maple Glazed Chicken 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>15</p> <p>Legal Services 9:00 Zumba 11:00 Grief Support Group 11:30 Sassy Exercise Noon Lunch— HM Beef Chili 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>16</p> <p>8:45 Yoga w/ Amy 10:00 Bingo 10:00 Tai Chi 11:00 Toning Noon Lunch— Chicken & Penne Alfredo 1:00 Pencil Drawing 1:30 SLEEP 6:00 Euchre 6:00 Pinochle</p>	<p>17</p> <p>Hearing Screening by Appt 11:00 Arthritis Exercise Noon Lunch— Glazed Ham Steak 1:00 Spring Card Making</p>
<p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch— Tangerine Chicken 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>1</p> <p>9:00 Zumba cancelled 10:30 Ladies Brunch 11:30 Sassy Exercise cancelled Noon Lunch— Tangerine Chicken 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>2</p> <p>8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 White Elephant Bingo 11:00 Toning Noon Lunch— Meatloaf w/ Gravy 1:30 SLEEP 6:00 Euchre 6:00 Pinochle</p>	<p>3</p> <p>10:00 Visually Impaired Support Group 10:00 Bingo & Brunch 11:00 Arthritis Exercise Noon Lunch— Pub Burger w/ Cheese</p>		

Monday

20
 8:45 Beginner Yoga w/ Katrina
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch— Citrus Teriyaki Salmon Bowl
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

21
Horrocks Trip Departs
 8:45 Yoga w/ Katrina
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Roast Beef Slice
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 2:30 Beginner Cardio
 4:30 Dominoes
 6:00 5-Handed Euchre

Wednesday

22
Veterans Services by Appt.
 9:00 Zumba
 11:30 Sassy Exercise
 Noon Lunch— Chef's Choice
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

Thursday

23
 8:45 Yoga w/ Amy
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Chicken Caesar Wrap
1:00 Pencil Drawing
1:30 SLEEP
 6:00 Euchre
 6:00 Pinochle

Friday

24
Chair Massages by Appt.
11:00 Arthritis Exercise cancelled
 Noon Lunch— HM Spaghetti & Meatball

27



WE ARE CLOSED!

28

8:45 Yoga w/ Katrina
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Sweet & Sour Chicken Wings
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 2:30 Beginner Cardio
3:15 Book Club
 4:30 Dominoes

29

9:00 Zumba
 11:30 Sassy Exercise
 Noon Lunch— HM Sloppy Joe
1:00 Digital Couponing
 3:00 Intermediate Line Dance
 5:00 Zumba w/ Kimberly
 6:00 Setback

30

8:45 Yoga w/ Katrina
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— HM Beef Stroganoff
1:30 The Red Flags of Fraud
 6:00 Euchre
 6:00 Pinochle

31

10:00-3:00 Mobile Secretary of State
 11:00 Arthritis Exercise
 Noon Lunch— Turkey Burger w/ Cheese

Board Meeting Notice

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

We are
UN-BEE-LIEVABLY GRATEFUL
 For Our Volunteers!

HELP US THANK OUR VOLUNTEERS FOR ALL THEIR HARD WORK BY DONATING TOWARD OUR APPRECIATION DINNER. EACH DONATION WILL BE REPRESENTED BY FLOWERS, HONEYCOMBS, AND BEES YOU CAN WRITE A THANK YOU NOTE TO OUR VOLUNTEERS.

 \$1
 \$5
 \$10

PROGRAMS & EVENTS

Hand, Knee, and Foot

Monday, 5:00- 8:15 pm

Similar to a card game named 'Canasta' the main difference is the number of cards that players need in order to start playing. Score more points than the other teams within four hands.



Mahjongg

Tuesday, 12:30- 2:30 pm

Mahjong is always played with four players seated around a table. Tiles are shuffled, dice are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin.

Euchre

Tuesday, 1:00- 3:00 pm

Thursday, 6:00- 8:15 pm

The goal of the game is to win at least three tricks. If the side that fixed the trump fails to get three tricks, it is said to be "euchred." Winning all five tricks is called a "march."

5- Handed Euchre

Tuesday, 6:00 pm-8:15 pm

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

Dominoes

Tuesday, 4:30 pm-6:30 pm

Each time a player places a domino on the table in Mexican Train, it must conform to normal domino play. i.e. The domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches.



Setback

Wednesday, 6:00- 8:15 pm

A trick taking game similar to Spades. 2-8 players play either individually or in teams. Each player is dealt six cards, usually by dealing three at a time. Players first bid or pass, with the lowest possible bid being "2." If everyone passes, the dealer must bid "2." Whoever wins the bid starts the first trick. Whatever suit they play is trump for that round. Play proceeds as in most other trick-taking games (Spades, for example).

Pinochle

Thursday, 6:30 - 8:15 pm

A card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks.



Horse Race

Monday: 1:00-3:00 pm

This game uses a board, dice, cards, and nickels that will make you feel like you're at the horse races. Strategically move your horse across the "track" the fastest, while trying not to lose all your nickels to the pot!

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.



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.

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, May 15th 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, May 17th 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, May 22nd 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, May 15th 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, May 3rd 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, May 6th 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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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

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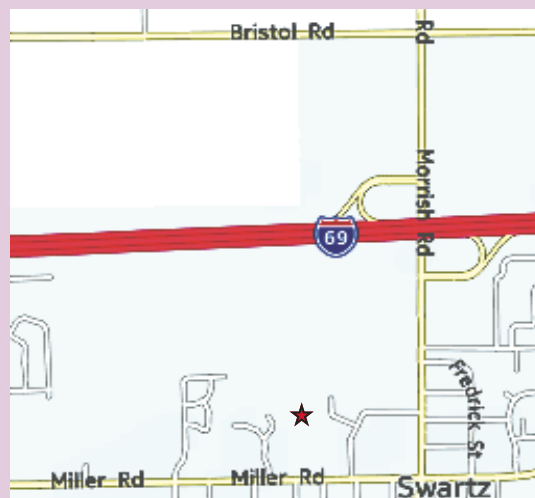
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