

Swartz Creek

AREA SENIOR CENTER

NOVEMBER 2023 NEWS

VOLUME 23, ISSUE 11



"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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UPCOMING EVENTS



SWARTZ CREEK AREA SENIOR CENTER

Thanks Giving

LUNCH PROVIDED BY GCCARD
**Tuesday, November 21st
at Noon**

Menu	
Turkey Breast	\$3.00 donation suggested for those in Genesee County 60 or older.
Mashed Potatoes	\$6.00 fee for those under 60 or living outside Genesee County
Green Bean Casserole	
Mac & Cheese	
& Dessert	



**RSVP by Nov 9th
while seats are available**



— SWARTZ CREEK AREA —
SENIOR CENTER

JAZZCAT TRIO

NOVEMBER 6th

Join us as the Jazzcat Trio performs crafted arrangements from the Great American Songbook. You'll want to sing along! Refreshments provided!

1:00-2:00 PM

Sponsored by Swartz Creek Perkins Library, Genesee District Library!

RSVP BY NOV 2ND



PRESENTED BY COMMIT TO FIT

HOLIDAY MEAL

Prep



**TUESDAY, NOVEMBER 14TH
AT 1:30 PM**

Learn about healthy meal planning, healthy recipes, tips to reduce sugar, test tasty recipes and more!

RSVP by November 7th



REC-CONNECT

Rec-Connect is a 6 week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations. No experience necessary!

**WEDNESDAYS, NOV 1ST- DEC 6TH
1:30-2:30 PM**

RSVP BY OCT 27TH



Thank you
Sheila!

Sheila Keen will be retiring from our Board of Trustees this year. Our staff and fellow board members would like to recognize her for the commitment she has to our board and senior center. Sheila, your support to our center is greatly appreciated!



UPCOMING EVENTS

Chronic Disease Management **McLAREN HEALTH CARE**

Thursday, October 2nd at 2:00 pm

This type of health management helps focus on comfort, dignity, and quality of life through pain relief and prevention for you or a loved one. Do you know your options of care?

RSVP by Oct 27th



Christmas CARD MAKING

JOIN US!

NOVEMBER 10TH 1PM - 3PM

JOIN LINDA EVANS AS SHE TEACHES YOU HOW TO MAKE HAND MADE CHRISTMAS CARDS. LEAVE WITH A SENSE OF INSPIRATION AND 3-5 HOMEMADE CHRISTMAS CARDS!

\$5
AT TIME OF SIGN UP

We are Closed!

Thursday, November 23rd
Friday, November 24th

to celebrate the Thanksgiving Holiday!



Vaccine Hesitancy Lunch & Learn

Friday, November 10th
at 11:30 am

Come have lunch with us and learn the facts about vaccinations. A representative from the Greater Flint Health Coalition will discuss the different types of vaccines, how they work, and which are recommended for older adults.

Menu includes pizza, salad, and dessert!

RSVP by Nov 3rd



PRESENTED BY EDWARD JONES

OUTSMART the Scammers

Thursday, November 9th
at 2:00 pm

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. While no one is immune, there are steps you can take to Outsmart the Scammers.

Join us for this presentation and learn about the following strategies:

- How to spot certain red flags that may indicate a fraudulent encounter
- Resources you can turn to in the event you or a loved one is targeted
- Steps you can take now to help protect yourself and your loved one

RSVP BY NOV 2ND



November BINGO

THURSDAY, NOVEMBER 9TH

AT 10:00 AM

presented by Oakstreet Health

FRIDAY, NOVEMBER 10TH

AT 10:00 AM

presented by Diversity Insurance

THURSDAY, NOVEMBER 16TH

AT 10:00 AM

presented by Molina Health

FRIDAY, NOVEMBER 17TH

AT 10:00 AM

presented by Genesee Gardens

NO RSVP REQUIRED

UPCOMING EVENTS



MOBILE SECRETARY OF STATE

Our Services

- ✓ Renew driver's License or ID
- ✓ First-time Michigan ID
- ✓ Transfer Title
- ✓ Apply for/renew Disability placard

Thursday, November 2nd
10 am to 3 pm

The Secretary of State Mobile Office will be here to provide services to our members to process their needed transactions!

Schedule your appointment while spots are available

810-635-4122

Hospice 101

THE MEDICAL TEAM



Wednesday, November 15th
at 1:00 pm

Join a Registered Nurse from The Medical Team to discuss the works and ways of Hospice care. When you need it, what that process looks like, and how treatment is given.

RSVP by November 8th

Chair Massages

Friday, November 17th
by appointment

Sit back and relax for a while with Lacey from Fenton Massage Co. for a 10-minute chair massage.

60 or older: \$5.00
Under 60: \$10.00



YOUR HEALTH IS OUR PRIORITY

THURSDAY, NOVEMBER 16TH
AT 2:30 PM

Join Dr. Kaleb McElwee of HealthQuest here at our center to learn why spinal health is vital to your overall health and wellbeing.

RSVP BY NOV 9TH



Low Back Pain & Neck Pain

Increased movement from the summer can irritate your spin. This can cause low back pain to increase. Neck pain and headaches often stem from the spine.

Arthritis Help

Change in Atmospheric pressure can increase symptoms caused by arthritis. Learn how to manage and improve your symptoms as we head into the winter months.

Chiropractic Care

Chiropractic care is the CDC's #1 recommendation for holistic healing of chronic pain. Learn how it can benefit you and your whole family.



It's the month of Giving!

We will be collecting donations for the Swartz Creek Community Food Pantry from **November 6th through November 10th**. We will accept nonperishable food donations during this time. The food pantry is requesting canned cranberry sauce, stuffing, canned fruits/veggies, and cereal.

Attention Snowbirds!

Before you head down south, don't forget to come visit us before you leave! Scan your card to assist us in our yearly count.

November

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Happy Thanksgiving</i></p> <p>8:45 Beginner Yoga cancelled 10:00 Wellness Council 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Cheese Ravioli w/ Sauce 1:00 Crochet Group 1:00 Jazz Cat Trio 1:45 Stretch & Balance cancelled 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch— Fiesta Chicken w/ Onions & Peppers 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>9:30 Zumba 11:30 Sassy Exercise Noon Lunch— Cobb Salad 1:30 Rec Connect 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga cancelled 10:00 Tai Chi 10:00-3:00 Mobile Secretary of State appointments 11:00 Toning Noon Lunch— Baked Mostaccioli w/ Meat Sauce 2:00 Chronic Disease management 5:45 Savvy Caregiver 6:00 Euchre 6:30 Pinochle</p>	<p>10:00 Visually Impaired Support Group 11:00 Arthritis Exercise Noon Lunch— Honey Glazed Chicken Fillet 1:30 Matter of Balance</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - New Orleans Chicken Stir Fry 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga cancelled 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Pub Burger w/ Cheese 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 1:30 Holiday Meal prep 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>Legal Services 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— Italian Wedding Soup 1:00 Hospice 101 1:30 Rec Connect 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga 10:00 Bingo 10:00 Tai Chi 11:00 Toning Noon Lunch— Chicken Fajitas 2:30 Chiropractic Health seminar 6:00 Euchre 6:30 Pinochle</p>	<p>10:00 Bingo 11:00 Arthritis Exercise Cancelled 11:30 Vaccine Hesitancy Lunch & Learn Noon Lunch— No GCCARD Lunch 1:00 Card Making Class</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - New Orleans Chicken Stir Fry 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga cancelled 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Pub Burger w/ Cheese 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 1:30 Holiday Meal prep 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>Legal Services 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch— Italian Wedding Soup 1:00 Hospice 101 1:30 Rec Connect 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga 10:00 Bingo 10:00 Tai Chi 11:00 Toning Noon Lunch— Chicken Fajitas 2:30 Chiropractic Health seminar 6:00 Euchre 6:30 Pinochle</p>	<p>10:00 Bingo 11:00 Arthritis Exercise Cancelled 11:30 Vaccine Hesitancy Lunch & Learn Noon Lunch— No GCCARD Lunch 1:00 Card Making Class</p>

Monday**Tuesday****Wednesday****Thursday****Friday**

<p>20</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — Swedish Meatballs 12:30 Balance & Endurance 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>21</p> <p>8:45 Yoga cancelled 10:00 Knitting Group 10:00 Tai Chi cancelled 11:00 Toning cancelled 12:00 Thanksgiving Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>22</p> <p>9:30 Zumba 11:30 Sassy Exercise Noon Lunch — Crispy Chicken Salad 1:30 Rec Connect 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>23</p> <p>WE ARE CLOSED!</p> <p><i>Thanks Giving</i></p>	<p>24</p> <p>WE ARE CLOSED!</p> 
<p>27</p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — Chili w/ Ground Beef 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>28</p> <p>Hearing Screening 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch — Creamy Turkey & Wild Rice Soup 1:00 Wood Carving 1:00 Euchre 3:00 Book Club 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>29</p> <p>Advanced Care Appts 9:30 Zumba 11:30 Sassy Exercise Noon Lunch — HM Beef & Bean Burritos 1:30 Rec Connect 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>30</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 Reduce, Reuse, Recycle 11:00 Toning Noon Lunch — Philly Chicken w/ Cheese 1:30 Digital Library 6:00 Euchre 6:30 Pinochle</p>	

Board Meeting Notice

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

Cancellations

Arthritis Exercise – November 10th
Yoga – November 2nd, 6th, 14th, & 21st
Stretch & Balance – November 6th
Tai Chi – November 21st
Toning – November 21st

UPCOMING EVENTS/TRIPS



REDUCE, REUSE, RECYCLE

THURSDAY, NOVEMBER 30TH AT 10:00 AM

LEARN HOW TO PROPERLY REUSE, REDUCE, AND RECYCLE WITH THE GENESEE COUNTY METROPOLITAN PLANNING COMMISSION. YOU WILL LEARN WHAT CAN AND CAN'T BE RECYCLED, WHERE YOU CAN RECYCLE ITEMS LIKE PAINT AND BATTERIES, AND HOW TO REUSE AND REDUCE YOUR WASTE.

RSVP BY NOV 22ND



Balance & Endurance

Monday, Nov 20th
at 12:30

This class will help decrease your fear of falling by teaching you a variety of techniques and exercises that build your confidence and balance.

Senior Winter Games

February 5th - February 29th

PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES, CHECKERS, SCRABBLE, YAHTZEE, HAND KNEE FOOT, SHUFFLEBOARD, COMPETITIVE TABLE TENNIS, RECREATIONAL PING PONG, CRIBBAGE, PINOCHLE, SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL, MINIATURE GOLF, LINE DANCING, MEXICAN TRAIN DOMINOES, SPELLING BEE, ARTS & CRAFTS, NAME THAT SONG, POOL, FRISBEE TOSS AND LADDER GOLF

Registration begins November 13th and ends on January 11th
\$12.00 per person
 Includes: T-shirt, unlimited events, opening ceremony, and closing banquet luncheon

Digital Library



WITH YOUR LIBRARY CARD, YOU HAVE ACCESS TO MANY RESOURCES SUCH AS E-BOOKS, AUDIOBOOKS, MUSIC, AND MOVIES ALL ON YOUR PHONE, TABLET, OR COMPUTER. YOU CAN ALSO ACCESS RESOURCES LIKE CONSUMER REPORTS, ANCESTRY ONLINE, AND EVEN FREE ACCESS TO PARKS AND MUSEUMS ACROSS THE STATE. LEARN HOW TO ACCESS ALL OF THIS AND MORE!

THURSDAY,
NOVEMBER 30TH
AT 1:30 PM

PRESENTED BY RYAN AT THE
GENESEE DISTRICT LIBRARY



RSVP BY NOV 22ND

Before venturing out in bad weather, be sure to call the center at 810-635-4122 or tune in to the TV station- ABC Channel 12. You can also check our Facebook page and website for updates concerning our center.

Please note that the Swartz Creek Area Senior Center decision to close during inclement weather is independent of the school district or other senior centers.

INFORMATION



Age-Friendly Wellness Council

Participants Needed

First Monday of every month at 10:00 am
starting November 6th

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?

OUR CENTER IS LOOKING FOR INDIVIDUALS TO:

- 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

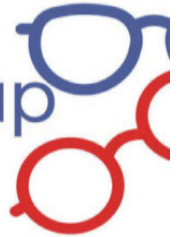
If interested contact Holly Burgess
or Barbara McCallum

Visually Impaired Support Group

1st Friday of each month
Friday, November 3rd
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



ADVANCED CARE PLANNING

Planning in advance for
future healthcare choices!

Appointments available to talk
with Tommie Franklin, RN, at
our center.
810-635-4122



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 Mary O'Neil for your
generous donations to our Senior Center!**

Hearing Screening

Tuesday, November 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.

BOOK CLUB

TUESDAY, NOVEMBER 28TH
AT 3:00 PM

Join us for book club!
Read *The Lincoln Highway* by
Amor Towles before this date and
discuss the story with the group.



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!

810-635-4122



INFORMATION

Free TRANSPORTATION

Transportation services available to seniors residing within the Swartz Creek School District on Tuesday's. Contact the senior center for the complete schedule.

Shopping weekly

Round trip from your home on Tuesdays. This trip alternates between Meijer and Kroger each week.

Food pantry monthly

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



Let's do Lunch!

Meals are served eat in OR take out!
Monday-Friday at 12:00 pm.

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
Anyone under 60 or living outside Genesee County is a \$6 donation.

Lunches provided by GCCARD



Class Cancellations

Arthritis Exercise– November 10th
Yoga– November 2nd, 6th, 14th, & 21st
Stretch & Balance– November 6th
Tai Chi– November 21st
Toning– November 21st

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.

Please Sign In!

Every time you enter our Senior Center! To request a scan card or for assistance, let the front desk know!



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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

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

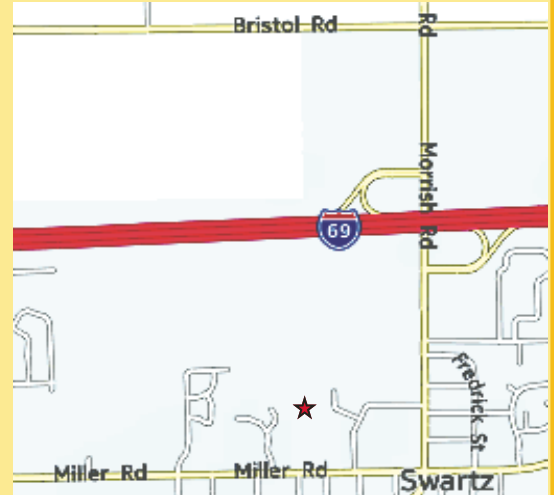
STAFF

Barbara McCallum, Director

Holly Burgess, Program Coord.

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation



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