



Swartz Creek

AREA SENIOR CENTER

NOVEMBER 2022 NEWS

VOLUME 22, 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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www.geneseegardens.com



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efrazier@lpicommunities.com

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15-0694

UPCOMING EVENTS



Senior Winter Games is Back!
Registration from Monday, November 7th to
Thursday, January 12th
Cost: \$12.00 per person
Includes: T-Shirt, Unlimited Events, Opening
ceremony with entertainment, and Closing
banquet Luncheon

2023 EVENTS:

BOWLING, JIGSAW PUZZLE, SPADES, SOFTBALL TOSS, BOCCE BALL,
SOCCER FREE KICK, YAHTZEE, HAND KNEE AND FOOT, SHUFFLEBOARD, SENIOR
GRAND PRIX, RECREATIONAL PING PONG, FRISBEE TOSS, LADDER GOLF, FITNESS
WALK, PICKLEBALL, EUCHRE, FREE THROW, SUDUKO, BAKING, POOL, CRIBBAGE,
PINOCHLE, LINE DANCING, MEXICAN TRAIN DOMINOES, SPELLING BEE, ARTS &
CRAFTS, NAME THAT SONG, DARTS, BEAN BAG TOSS, COMPETITIVE TABLE
TENNIS, & MINIATURE GOLF

UPCOMING EVENTS



Water Color painting class

Thursday, November 3rd & 10th at 1:00 pm

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.

\$10 for 2 sessions

PAYMENT IS REQUIRED AT TIME OF SIGN UP. RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED

BINGO

Thursday, November 3rd
at 10:00 am
Presented by American house

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

Thursday, November 17th
at 10:00 am
Presented by Genesee Gardens

Senior Listening Circle

Monday,
November
7th and 21st
at 1:00 pm

Where you can feel heard, this support group is designed for anyone to come talk about any struggle they have. Call Ahead to RSVP.



November 17th at 1:00 pm

Still Life

Pencil Drawing

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.

\$5 per person

PAYMENT IS REQUIRED AT TIME OF SIGN UP. RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED



CHRISTMAS Card Making

Bring your holiday cheer into the lives of your loved ones through the gift of a hand made card! All supplies will be provided, bring your own scissors and glue if you wish. Please RSVP by November 10th!

FRIDAY, NOVEMBER 18TH 1:00-3:00 PM

\$5.00 PER PERSON DUE AT TIME OF REGISTRATION

UPCOMING EVENTS

Attention Snow Birds!



Before you fly south for the winter, stop in and see us! Whenever you're near by, scan your card!

Thanksgiving Lunch

Tuesday, November 22nd at 12:00 pm

RSVP by Friday, November 4th

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.

Suggested Donation is \$3.00
 Persons under age 60: \$6.00
 Persons of all ages who reside outside Genesee County: \$6.00

Menu

Turkey Breast with Gravy

Mashed Potatoes

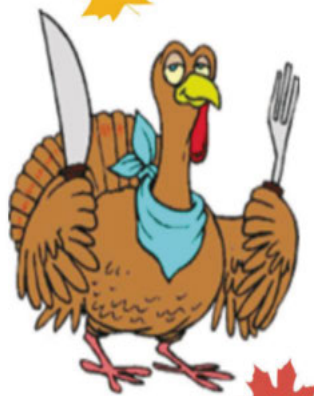
Chef Garey's Famous Green Beans

Mac & Cheese

Cranberry Sauce

Wheat Rolls

Holiday Cookies!



Provided by GCCARD

Book Club

Nov 29th at 3 pm



Miss Benson's Beetle
 By Rachel Joyce

It is 1950. London is still reeling from World War II, and Margery Benson, a schoolteacher and spinster, is trying to get through life, surviving on scraps. One day, she reaches her breaking point, abandoning her job and small existence to set out on an expedition to the other side of the world in search of her childhood obsession: an insect that may or may not exist--the golden beetle of New Caledonia

ATTENTION

The Swartz Creek Area Senior center **does not tolerate** any disrespectful behavior from members toward staff or other members.

We do not allow alcohol on premise or at any event.

Any findings that members are breaking these policies, will be brought to the attention of the board members and director. Thank you.

Friday Night Dances

Friday, November 4th and 18th at 6:00 pm

Join in the fun! Dance the night away with music performed by Jim Hedrich. Water and coffee are provided. You may bring a snack to share or a personal drink if you choose. Please see our snack policy if you have any questions about what to bring.

No alcohol allowed



NOVEMBER

Monday

Our Center will be closed on November 24th & 25th for the Thanksgiving Holiday!



Tuesday

8:45 Yoga
10:00 Knitting Group
10:00 Tai Chi
11:00 Toning
Noon Lunch - Philly Chicken & Cheese
12:30 Mah-Jongg
1:00 Wood Carving
1:00 Euchre
4:30 Dominoes
6:30 5-Handed Euchre

Wednesday

Veterans Services Appt.
9:30 Zumba
11:30 Sassy Exercise
Noon Lunch — Cobb Salad
1:30 Cooking for One
3:00 Intermediate Line Dance
5:30 Mah-Jongg
6:30 Setback

Thursday

8:45 Yoga
10:00 Tai Chi
10:00 Bingo!
11:00 Toning
Noon Lunch - Baked Mostaccioli w/ Meat Sauce
12:30 Afternoon Mah-Jongg
1:00 Watercolor Class
6:30 Pinochle
6:30 Euchre

Friday

Technology Appts.
11:00 Arthritis Exercise
Noon Lunch — Honey Glazed Chicken Fillet

**CENTER CLOSSES
4:00—5:45 PM**

6:00 DANCE

7

8:45 Beginner Yoga
10:00 Improved Line Dancing
11:30 Sassy Exercise
Noon Lunch - Cheese Ravioli w/ Sauce
1:00 Senior Listening Circle
1:00 Crochet Group
5:00 Hand, Knee & Foot

8

8:45 Yoga
10:00 Knitting Group
10:00 Tai Chi
11:00 Toning
Noon Lunch - Fiesta Chicken w/ Onion & Peppers
1:00 Wood Carving
1:00 Euchre
4:30 Dominoes
6:30 5-Handed Euchre

9

9:30 Zumba
10:00 Board Meeting
11:30 Sassy Exercise
Noon Lunch — Salisbury Steak w/ Gravy
1:30 Cooking for One
3:00 Intermediate Line Dance
5:30 Mah-Jongg
6:30 Setback

10

8:45 Yoga
10:00 Tai Chi
10:00 Bingo!
11:00 Toning
Noon Lunch - Asian Chicken Burger
12:30 Afternoon Mah-Jongg
1:00 Watercolor Class
6:30 Pinochle
6:30 Euchre

11

10:00 Veterans Day Pinnning
11:00 Arthritis Exercise cancelled
Noon Lunch — **Cancelled**
**CENTER CLOSSES
4:00 PM**

**CENTER CLOSSES
4:00 PM**

14

8:45 Beginner Yoga
10:00 Improved Line Dancing
11:30 Sassy Exercise
Noon Lunch - **Lunch & learn Taco Bar**
1:00 Crochet Group
5:00 Hand, Knee & Foot

15

8:45 Yoga
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
4:30 Dominoes
6:30 5-Handed Euchre

16

Legal Services by Appt.
9:30 Zumba
10:00 Energy Smart Seminar
11:00 Grief Support
11:30 Sassy Exercise
Noon Lunch — Italian Wedding Soup
1:30 Cooking for One
3:00 Intermediate Line Dance
5:30 Mah-Jongg
6:30 Setback

17

8:45 Yoga cancelled
10:00 Tai Chi
10:00 Bingo!
11:00 Toning
Noon Lunch - Chicken Fajitas
12:30 Afternoon Mah-Jongg
1:00 Pencil Drawing Class
6:30 Pinochle
6:30 Euchre

18

Technology Services by Appt.
11:00 Arthritis Exercise
Noon Lunch — Glazed Citrus Salmon
on
1:00— 3:00 Christmas Card Making
**CENTER CLOSSES
4:00—5:45 PM**

6:00 DANCE

Monday

8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch—Crispy Chicken Salad
1:00 Senior Listening Circle
 1:00 Crochet Group
 5:00 Hand, Knee & Foot

Tuesday

8:45 Yoga cancelled
 10:00 Knitting Group
10:00 Tai Chi cancelled
11:00 Toning cancelled
 Noon Lunch - **Thanksgiving Lunch**
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 4:30 Dominoes
 6:30 5-Handed Euchre

Wednesday

23
 9:30 Zumba
 11:30 Sassy Exercise
 Noon Lunch— Swedish Meatballs
1:30 Cooking for One
 3:00 Intermediate Line Dance
 5:30 Mah-Jongg
 6:30 Setback

Thursday



Friday



28
 8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch - Chili w/ Ground Beef
 1:00 Crochet Group
 5:00 Hand, Knee & Foot

29
Hearing Screening Appts.
 8:45 Yoga
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch - Creamy Turkey
 & Wild Rice Soup
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
3:00 Book Club
 4:30 Dominoes
 6:30 5-Handed Euchre

30
Advance Care Appts.
 9:30 Zumba
 11:30 Sassy Exercise
11:30 Nurse Chat: Diabetes
 Noon Lunch— HM Beef & Bean Burrito
 3:00 Intermediate Line Dance
 5:30 Mah-Jongg
 6:30 Setback

Cancellations
 November 11th: Arthritis Exercise
 November 17th: Yoga
 November 22nd: Yoga, Tai Chi, and Toning

Board Meeting Notice

The next board meeting will be held on Wednesday, November 9th 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.

DAYLIGHT SAVINGS TIME ENDS

**SUNDAY,
 NOVEMBER 6TH**



UPCOMING EVENTS



Presented By:



LUNCH & LEARN



Monday,
November 14th at Noon
RSVP by November 7th

Are You Afraid Of Losing Your Mind?

- Signs & Warnings of Dementia
- Risk Factors
- Holistic Interventions
- Practical Preventions
- Understanding The Symptoms.



A Nurse Chat on:

Diabetes

What is diabetes?
Who is at risk?
How is diabetes treated? Community resources for those living with diabetes.
How home health care can assist in diabetic education and management and more

THE MEDICAL TEAM®



Wednesday,
November 30th
at 11:30 am

RSVP by
November 23rd



Join us at the center for a **Veterans Day Pinning** hosted by ProMedica.
Friday, November 11th at 10:00 to 11:00 am
RSVP by November 7th
refreshments of coffee, water, and donuts will be provided

Grief Support Group

Wednesday,
November 16th
at 11:00 am



A safe place to discuss your experiences with grief.

Learn from others about their helpful healing tools.

Hosted by Jessica with ProMedica Hospice

ENERGY SMART SENIORS

PROVIDED BY CONSUMERS ENERGY

WEDNESDAY,
NOV 16TH AT 10 AM
RSVP BY NOV 9TH



LEARN WHERE MICHIGAN ENERGY COMES FROM, HOW IT IS USED IN A TYPICAL HOME, AND HOW TO BE MORE ENERGY EFFICIENT. JOIN US IN LEARNING ABOUT ENERGY SAVING TIPS AND TRICKS AND RECEIVE AN ENERGY SAVING KIT TO TAKE HOME!

The Consumers Energy kit provides 3 LED A-line bulbs, an LED nightlight, and door weatherstripping, high efficiency showerhead, bathroom and kitchen aerators, water pipe insulation and more.



INFORMATION

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.

ADVANCE CARE PLANNING

Planning in Advance for Future Healthcare Choices

Wednesday, November 30th

- What if you become seriously ill or injured?
- What if you could not speak for yourself?
 - Do you know who would be making decisions regarding your healthcare?

Tommie Franklin RN, the ACP facilitator, will be at our center the last Wednesday of every month for appointments to discuss Advance Care Planning. Call today to get your appointment at our center 810-635-4122.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Paper Towel, Clorox wipes, Tissues, Bathroom Tissue, Hand Soap and hard candy are always appreciated!
Thank you for your generous donations to our Senior Center!

Open Enrollment

Michigan Medicare/Medicaid Assistance program (MMAP)



A Volunteer can help you understand Medicare and Medicaid and compare or enroll in Medicare Prescription Drug Coverage.

Call the center at 810-635-4122 to set your appointment!

Brrr... It's Coming

Before venturing out in bad weather, be sure to call the center at 810-635-4122 or tune in to the TV stations- ABC Channel 12 or NBC 25. You can also check our Facebook page and website for updates concerning our center!

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



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.

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

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

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.

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

November 11th: Arthritis Exercise
November 17th: Yoga
November 22nd: Yoga,
Tai Chi, and Toning



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!



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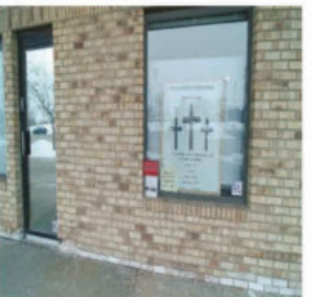
Visit www.mycommunityonline.com

Grace Bible Fellowship
Swartz Creek
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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



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Wednesday 5:30pm (4pm winter hours)
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assignphillong@yahoo.com
"rightly dividing the word of truth" 2 Timothy 2:15

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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

Phil Bracey, Trustee

Sheila Keen, Trustee

Penny Howard, Trustee

Mickie Grandstaff, Trustee

Trudy Plumb, Trustee

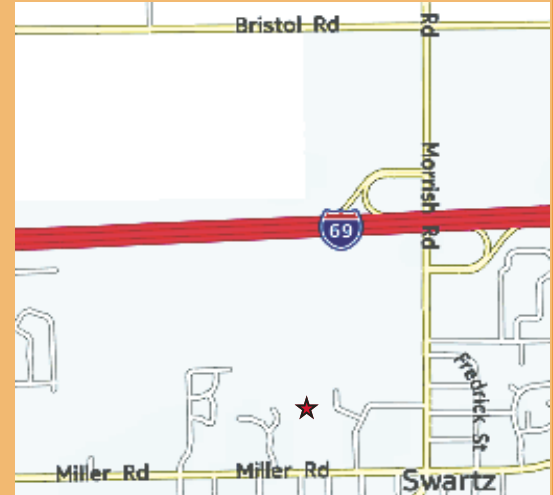
STAFF

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