Swartz Creek AREA SENIOR CENTER

OCTOBER 2022 NEWS

VOLUME 22, ISSUE 10

"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
Bring this coupon in for a free meal & gift with your tour!

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Roof / Well / Septic / Furnace Only
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GENESEE COUNTY METROPOLITAN PLANNING COMMISSION

UPCOMING EVENTS

40TH ANNIVERSARY CELEBRATION

Pancake Dinner • Live Music• Refreshments • Fun

TUESDAY, OCTOBER 11 /
1:00 PM - 6:00 PM
RSVP BY TUESDAY, OCTOBER 4TH

Cost if attending fundraiser dinner at 5:00 pm
$6 per person pre-pay
$7 per person at the door

SCHEDULE OF EVENTS

Celebrate our centers 40th Anniversary with an evening full of fun, food, and music!

1:00-3:00 pm
Light refreshments of Apple Cider and Cookies. Come see pictures from the past!

2:00-3:00 pm
Live performance by Bryan Dixon playing classic hits by Frank Sinatra, Dean martin, Bobby Dorin, Johnny Cash, The Temptations and more!

5:00-6:30 pm
Attendees will be served a delicious dinner of pancakes, sausage, and scrambled eggs. Coffee, water and apple cider will be served.

UPCOMING EVENTS

Sharp Funeral Homes

SHARP FUNERAL HOME PRESENTS

PEACE OF MIND LUNCH & LEARN

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us for a light meal and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.

WEDNESDAY, OCTOBER 19TH AT 12:00 PM

RSVP by Monday, October 17th

BINGO

WITH OAKSTREET HEALTH

THURSDAY, OCTOBER 13TH AT 10:00 AM

JOIN US FOR BINGO PRESENTED BY OAKSTREET HEALTH. HAVE FUN AND MAYBE WIN A PRIZE!

SENIOR LISTENING CIRCLE

MONDAY, OCTOBER 3RD & 17TH AT 1:00 PM

A place to talk and be heard.
Listen and support others .
Learn ways to increase mental/physical health.
Access resources in the community.

FRIDAY NIGHT DANCES

OCTOBER 7TH & 21ST
6:00-8:00 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 OR DRINK FOR YOURSELF OR TO SHARE IF YOU SO CHOOSE. PLEASE SEE SNACK POLICY IF YOU HAVE ANY QUESTIONS ABOUT WHAT YOU CAN AND CANNOT BRING.

Watercolor CLASS

Thursday, October 6th & 13th
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 GUARENTEED UNTIL PAYMENT IS RECIEVED

STILL LIFE PENCIL DRAWING

$10 for 2 sessions

Thursday, October 20th & 27th
at 1:00 pm

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.

PAYMENT IS REQUIRED AT TIME OF SIGN UP. RESERVATIONS ARE NOT GUARENTEED UNTIL PAYMENT IS RECIEVED

UPCOMING EVENTS

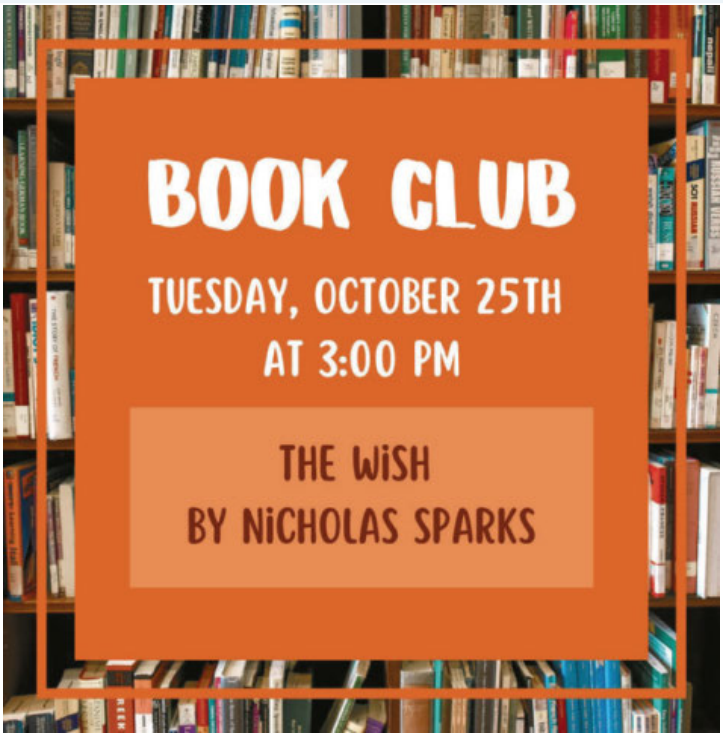
Medicare HAP Seminar

Medicare

It's time for the Medicare Annual Enrollment Period. Join us for an interactive seminar presented by a HAP Medicare expert who will help you learn how to compare coverage options and use this enrollment opportunity to make sure you have the best benefits for your needs. In this hour-long presentation, we will review some Medicare basics to help you understand how it all works. Then, we'll introduce you to the plans that HAP has to offer and show you the benefits available to you. Most of all, you'll leave this presentation with a new, trusted resource for your Medicare decisions.

FRIDAY, OCTOBER 28TH AT 1:00 PM

RSVP BY FRIDAY, OCTOBER 21ST BY CALLING OR VISITING THE CENTER



Cooking for One

MSU Extension

Whether you're living on your own for the first time, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of 6 sessions, you will:

- Learn ways to make cooking for one simple & enjoyable
- Discuss helpful tips & tricks to making healthy choices, like eating well and staying active
- Watch cooking demonstrations & taste test recipes in every meal

Wednesdays:
1:30 to 3:00 PM
October 19th to November 23rd

RSVP by October 12th by calling 810-635-4122

Wednesday, October 19th
at 11:00 am

GREIF SUPPORT GROUP

A safe space to discuss your experiences with grief. Learn from others helpful healing tools.
Hosted by Jessica with ProMedica Hospice

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!

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Country Style Chicken & Gravy **1:00 Senior Listening Circle** 1:00 Crochet Group 5:00 Hand, Knee & Foot	**4** 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef Patty & Gravy 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:30 5-Handed Euchre	**5** **Veterans Services by Appt.** 9:30 Zumba 11:30 Sassy Exercise Noon Lunch— HM Beef Goulash 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	**6** 8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Turkey & Cheese Sub 12:30 Afternoon Mah-Jongg **1:00 Watercolor Class** 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	**7** **Technology Services by Appt.** 11:00 Arthritis Exercise Noon Lunch— Santa Fe Salad w/ Chicken, Beans, & HM Salsa **CENTER CLOSES 4:00—5:45 PM** **6:00 DANCE**
10 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - BBQ Pulled Pork 1:00 Crochet Group 5:00 Hand, Knee & Foot	**11** 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Grilled Chicken Breast 1:00 Wood Carving 1:00 Euchre **1:00 40th Anniversary Celebration** 4:30 Dominoes **5:00 Pancake Dinner** 6:30 5-Handed Euchre	**12** 9:30 Zumba **10:00 Board Meeting** 11:30 Sassy Exercise Noon Lunch— Creole Steak in Sauce 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	**13** 8:45 Yoga 10:00 Tai Chi **10:00 Bingo w/ Oakstreet** 11:00 Toning Noon Lunch - HM Chicken Parmesan Sandwich 12:30 Afternoon Mah-Jongg **1:00 Watercolor Class** 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	**14** 11:00 Arthritis Exercise Noon Lunch— Sweet & Sour Meatballs **CENTER CLOSES 4:00 PM**
17 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Chicken Caesar Salad **1:00 Senior Listening Circle** 1:00 Crochet Group 5:00 Hand, Knee & Foot	**18** 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - HM Meatloaf w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 4:30 Dominoes 6:30 5-Handed Euchre	**19** **Legal Services by Appt.** **9:30 Zumba cancelled** **11:00 Grief Support Group** 11:30 Sassy Exercise **12:00 Sharp Funeral Lunch & Learn** Noon Lunch— Chef's Choice **1:30 Cooking for 1** 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	**20** **8:45 Yoga cancelled** **9:00 to 12:00 Health Fair** **10:00 Tai Chi cancelled** **11:00 Toning cancelled** Noon Lunch - HM Pork Chop w/ Apples 12:30 Afternoon Mah-Jongg **1:00 Pencil Drawing Class** 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	**21** **Technology Services by Appt.** 11:00 Arthritis Exercise Noon Lunch— Crusted Fish **CENTER CLOSES 4:00—5:45 PM** **6:00 DANCE**

Monday	Tuesday	Wednesday	Thursday	Friday
24 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - HM Bean Soup w/ Turkey 1:00 Crochet Group 5:00 Hand, Knee & Foot	**25** **Hearing Screening by Appt.** 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Beef Teriyaki w/ Rice & Veggies 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre **3:00 Book Club** 4:30 Dominoes	**26** **Advance Care by Appt.** **9:30 Zumba cancelled** 11:30 Sassy Exercise Noon Lunch— HM Sloppy Joes **1:30 Cooking for 1** 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback	**27** 8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - BBQ Chicken 12:30 Afternoon Mah-Jongg **1:00 Pencil Drawing Class** 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre	**28** 11:00 Arthritis Exercise Noon Lunch— Breaded Turkey Sandwich **1:00 Medicare/HAP Seminar** **CENTER CLOSES 4:00 PM**
31 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch -**Halloween Lunch** 1:00 Crochet Group 5:00 Hand, Knee & Foot 				

Cancellations

Zumba: October 19th and 26th
Yoga, Tai Chi, & Toning:
October 20th

HAPPY

Halloween Lunch!

OCTOBER 31, 2022 | 12:00PM

WE'RE MAKING TODAY SPECIAL! WE WILL BE PROVIDING AN EAT IN LUNCH OPTION ONLY IN CELEBRATION OF HALLOWEEN! MAKE SURE TO RSVP BY OCTOBER 28TH BEFORE NOON! LIMITED SEATING (35)

MENU

Hungry Howie's Pizza

Salad

Dessert

Board Meeting Notice

The next board meeting will be held on Wednesday, October 12th 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.

UPCOMING EVENTS

ANNUAL HEALTH FAIR

THURSDAY, OCTOBER 20TH
9:00 AM TO 12:00 PM

Join us during our annual health fair! We will have a variety of vendors that will be providing information on their services for you!

FREE ADMISSION!
PUBLIC WELCOME!

FLU SHOT CLINIC

AVAILABLE FROM
9:00 AM TO 12:00 PM

Flu, Covid 19, and Pneumonia shots provided by the Genesee County Health Department.

Cost: Covered by Medicare and some insurances. Check with your insurance for coverage.

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, October 26th

- 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.

Keep UPDATED

Follow our Facebook Page by searching us (myscasc). Check our website page frequently at www.myscasc.org. This way you can get the most recent updates about our events, cancellations, weekly schedules, and so much more! Don't forget to like and share our post!

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

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

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

Zumba: October 19th and 26th
Yoga, Tai Chi, & Toning:
October 20th

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.

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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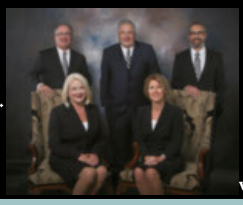

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Roger L. Sharp
Manager & Founder

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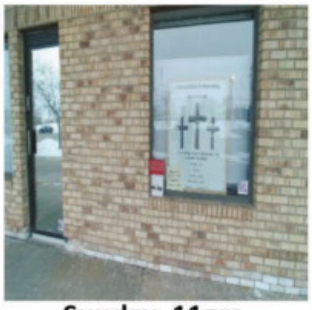

...the preaching of Jesus Christ according to the revelation of the mystery... Romans 16:25

Sunday 11am
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

Office: (810) 635-4122
Fax: (810) 635-9405
Website: www.myscasc.org
Facebook: Swartz Creek Area Senior Center

STAFF

Barbara McCallum, Director
Holly Burgess, Program Coord.
Marianne Campbell, Staff Asst.
Greg Boshaw, Transportation

BOARD OF TRUSTEES

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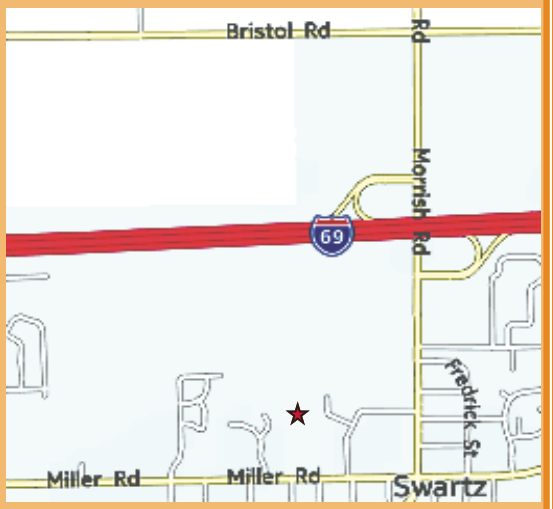
Phil Bracey, Trustee
Sheila Keen, Trustee
Penny Howard, Trustee
Mickie Grandstaff, Trustee
Trudy Plumb, Trustee

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



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