



Swartz Creek

AREA SENIOR CENTER

OCTOBER 2023 NEWS

VOLUME 23, 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



FEATURING REHAB TO HOME
Physical, Occupational & Speech Therapy Services
LONG-TERM SKILLED NURSING
Memory & Respite Care
8750 E. Monroe Rd., Durand
•••Direct 989-288-3166 • www.durandscr.com•••
Cable & Wi-Fi
Admissions 24 Hours a Day/7 Days a Week

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

Lockwood Senior Living HOME sweet HOME

Choose from our many services that enable you to feel at home:

Culinary Dining • Personal Laundry Housekeeping • Activities • Salon
Burton 810.744.9400

Courtyard Manor Assisted Living, Memory Care



Our Home is Your Home, Your Family is Our Family

• Specializing in Memory Care • Risk Free Deposit
Transportation Provided for Activities Outside the Community

Jackie Casemore, Manager • cymcasemore@yahoo.com

810-630-1063

8240 Miller Rd. • Swartz Creek • www.courtyardmanor.com



Adult Foster Care and Assisted Living

Established 1990

Clio • Mt. Morris • Montrose • Flint
15 Area Locations

www.bentleymanorafc.com



Urgent Repair Program for Genesee County Homeowners!

Roof / Well / Septic / Furnace Only

Call (810) 257-3010 or online at www.gcmpc.org



CALL TO SCHEDULE A VIRTUAL TOUR!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



FREE AD DESIGN with purchase of this space

CALL 800-477-4574

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Eileen Frazier

efrazier@lpicommunities.com

(800) 477-4574 x6309



UPCOMING EVENTS

Annual Health Fair

Thursday, October 19th
9:00 am to Noon

Join us during our annual health fair, where you can meet a variety of vendors including veteran, legal, hospice, caregivers, and more! They will provide you information regarding the services they can provide for you or a loved one!

Vaccination Clinic

Available from 9:00 am to Noon

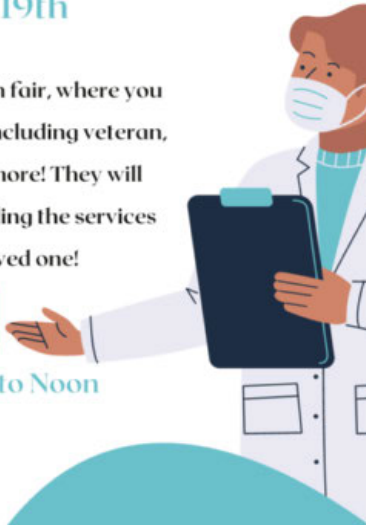
Flu, Covid 19, and Pneumonia vaccinations provided by Genesee County Health Department.

Cost: Covered by Medicare and most insurances.

Check with your insurance providers regarding coverage.

**FREE ADMISSION!
PUBLIC WELCOME!**

Questions? Call us at 810-635-4122



Lunch provided by
GCCARD

**Oct
30**

Monster Munch

at 12:00 pm

Beef Ghoulish
Salad
Carrots and Spinach
Corn Bread
Peaches
Dessert!

**RSVP
Oct
24**

Join us for a spooktacular lunch party! Dress for the occasion if you choose, bring a friend or meet someone new!

60 or older living in Genesee County: \$3.00 per meal
Under 60 or living outside Genesee County: \$6.00 per meal

LADIES AUTUMN Brunch

**OCTOBER 25TH
AT 10:30 AM**

You are formally invited to join us for a ladies only Autumn brunch. The menu will include a variety of finger foods, pastries, refreshment bar, and more! Bring your girlfriends and enjoy all this event has to offer. Please prepay by October 18th while seats are available.

Orange Julius Bar provided by Lea Anne with CenterWell Home Health!

\$3.00 per person
Prepaid by October 18th



MEMBERSHIP Renewal Day

**Friday, October 13th
10:30 am - 12:00 pm**

- Cider & Donut Bar
- Raffle prizes
- New member gifts
- First look at future events
- Chance to voice your suggestions

Are you a member who needs to renew your membership or someone who is looking to join? Come take a look around our center, enjoy a cider and donut bar, get sneak peeks of upcoming events, and more!



UPCOMING EVENTS



OCTOBER *Bingo*



THURSDAY, OCTOBER 5TH

10:00 AM
PRESENTED BY AMERICAN HOUSE

THURSDAY, OCTOBER 12TH

10:00 AM
PRESENTED BY SPRINGVALE

THURSDAY, OCTOBER 26TH

10:00 AM
PRESENTED BY MOLINA



MEDICARE 101

WEDNESDAY, OCTOBER 4TH
AT 1:00 PM

Presented by Molina Healthcare:
Have questions about Medicare?
**Andre Jones will be here to answer
Medicare questions.**

RSVP BY OCTOBER 2ND

AARP SmarTEK Driver workshop.

Monday, October 2nd
at 10:00 am



Smart DriverTEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend—it's FREE!

RSVP by September 27th

Peace of Mind

Lunch & Learn
by Sharp Funeral Home

Monday, October 23rd
12:00-1:30 pm

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

RSVP by October 16th

Magic Show

Cameron Zvara

THURSDAY, OCTOBER 26TH
AT 1:30 PM

Be amazed by this variety show filled with magic, comedy, juggling, stunts, music, and tons of audience participation. Great show for all ages!

FREE!
RSVP BY
OCT 19TH



UPCOMING EVENTS



Secretary of State
www.Michigan.gov/sos

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

HALLOWEEN CARD MAKING

OCTOBER 13
1:00-3:00 PM



JOIN LINDA EVANS TO LEARN THE SPOOKY ART OF GREETING CARDS. TAKE HOME 3-5 CARDS OF YOUR OWN.

\$5 PER PERSON

PRE PAY BY
OCT 6TH

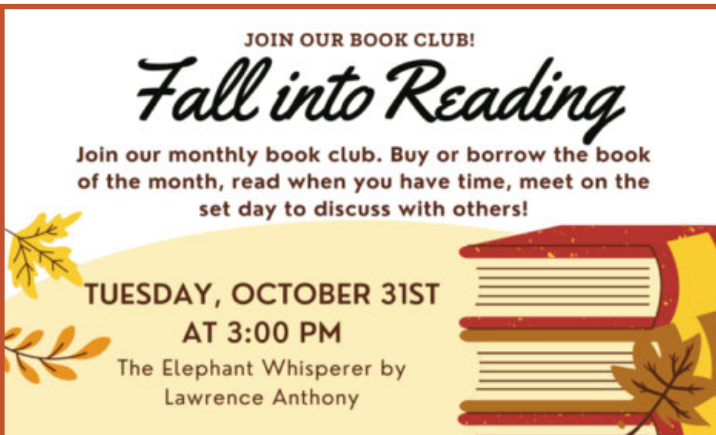
JOIN OUR BOOK CLUB!

Fall into Reading

Join our monthly book club. Buy or borrow the book of the month, read when you have time, meet on the set day to discuss with others!

TUESDAY, OCTOBER 31ST
AT 3:00 PM

The Elephant Whisperer by Lawrence Anthony



FENTON MESSAGE CO
PRESENTS

CHAIR MASSAGES

FRIDAY, OCTOBER 20TH

10 MINUTE APPOINTMENTS AVAILABLE

PRICING:
60 OR OLDER \$7.00
UNDER 60 \$10.00



MAXWELL THERAPY FLEXIBILITY

Monday, October 9th at 1:00 pm
RSVP by October 2nd

Information unavailable at time of submission.

Please call or visit center for more information!



OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

2
 8:45 Beginner Yoga
 10:00 Improved Line Dancing
10:00 SmartTEK Driving
 11:30 Sassy Exercise
 Noon Lunch - Country Style
 Chicken w/ Gravy
 1:00 Crochet Group
 1:45 Stretch & Balance
 3:00 Basic Line Dancing

3
8:45 Yoga cancelled
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch— Chicken Salad Sandwich
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 4:30 Dominoes
 6:00 5-Handed Euchre

4
 9:30 Zumba
 11:30 Sassy Exercise
 Noon Lunch— Salisbury Steak
1:00 Medicare 101
 3:00 Intermediate Line Dance
 6:00 Setback

5
8:45 Yoga cancelled
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch— Turkey & Cheese
 Sub
5:45 Savvy Caregiver
 6:00 Euchre
 6:30 Pinochle

6
10:00 Visually Impaired Support Group
 11:00 Arthritis Exercise
 Noon Lunch— Santa Fe Salad w/ Chicken
1:30 Matter of Balance

9
8:45 Beginner Yoga cancelled
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch - BBQ Pulled Pork
 1:00 Crochet Group
1:00 Max Well Seminar
 1:45 Stretch & Balance
 3:00 Basic Line Dancing

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

11
 9:30 Zumba
10:00 Board Meeting
 11:30 Sassy Exercise
 Noon Lunch— Creole Steak in Sauce
 3:00 Intermediate Line Dance
 6:00 Setback

12
8:45 Yoga cancelled
 10:00 Tai Chi
10:00 Bingo
 11:00 Toning
 Noon Lunch— Pork Chop w/
 Apples
5:45 Savvy Caregiver
 6:00 Euchre
 6:30 Pinochle

13
10:30-12:00 Membership Renewal
11:00 Arthritis Exercise cancelled
 Noon Lunch— Sweet & Sour Meatballs
1:00 Card Making Class
1:30 Matter of Balance

16
Legal Services
 8:45 Beginner Yoga
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 Noon Lunch - Meatloaf w/ Gravy
 1:00 Crochet Group
12:30 Balance & Endurance
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot

17
Fall Color Cruise Departs
 8:45 Yoga
 10:00 Knitting Group
 10:00 Tai Chi
 11:00 Toning
 Noon Lunch - Chicken Caesar Salad
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 4:30 Dominoes
 6:00 5-Handed Euchre

18
 9:30 Zumba
11:00 Grief Support
 11:30 Sassy Exercise
 Noon Lunch— Chefs Choice
3:00 Intermediate Line Dance cancelled
 6:00 Setback

19
8:45 Yoga cancelled
9:00– 12:00 Health Fair & Vaccine Clinic
10:00 Tai Chi cancelled
11:00 Toning cancelled
 Noon Lunch— Chicken Parmesan Sandwich
5:45 Savvy Caregiver
 6:00 Euchre
 6:30 Pinochle

20
 11:00 Arthritis Exercise
 Noon Lunch— Crusted Fish
1:00 Chair Massage by appt
1:30 Matter of Balance

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

23 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — Bean Soup w/ Turkey ham 12:00 Sharp Lunch & Learn 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	24 8:45 Yoga cancelled 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 4:30 Dominoes 6:00 5-Handed Euchre	25 Advanced Care Appts 9:30 Zumba cancelled 10:30 Fall Harvest Brunch 11:30 Sassy Exercise cancelled Noon Lunch — Sloppy Joes 3:00 Intermediate Line Dance 6:00 Setback	26 8:45 Yoga cancelled 10:00 Tai Chi 10:00 Bingo 11:00 Toning Noon Lunch — Chicken & Noodles 1:30 Cameron Z Magic Show 5:45 Sassy Caregiver 6:00 Euchre 6:30 Pinochle	27 11:00 Arthritis Exercise Noon Lunch — Breaded Turkey Sandwich 1:30 Matter of Balance
<h1>Happy Halloween</h1> 				

Board Meeting Notice

**The next board meeting
will be held on Wednesday,
October 11th 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—October 13th
Line Dance— October 18th
All Exercise—October 19th
Zumba— October 25th
Sassy Exercise— October 25th
Yoga— October 3rd, 5th, 9th, 10th, 12th, 19th, 24th, & 26th

UPCOMING EVENTS/TRIPS



Fall Art & Craft Fair

Hosted by GFWC Swartz Creek Women's Club

Saturday, October 21st, 2023

From 9:00 am to 4:00 pm

- Free Parking and Admission
- A Variety of Vendors
- Lunch & Bake Sale!

Cornerstone Baptist Church
6273 Miller Rd. Swartz Creek, MI 48473

MAX WELL THERAPY BALANCE & ENDURANCE

Monday, October 16th
at 12:30 pm

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



OPEN ENROLLMENT

MICHIGAN MEDICARE MEDICAID ASSISTANCE PROGRAM (MMAP)

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

Make an appointment now!
810-635-4122

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.**

INFORMATION



VISUALLY IMPAIRED SUPPORT GROUP

For residents of Genesee County
age 60 or older

**1ST FRIDAY OF EACH MONTH
STARTING OCTOBER 6TH AT 10 AM**

LED BY SABRINA SIZEMORE, LLMSW

Questions? Call 810-285-3582

ADVANCE CARE PLANNING

PLANNING IN ADVANCE FOR
FUTURE HEALTHCARE CHOICES

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

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 for your generous donations
to our Senior Center!**

Hearing Screening

Tuesday, October 31st

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.

Veteran Assistance

Are you a veteran over 60 or the spouse,
widow, or widower of a veteran?

The Genesee County Department of
Veterans Services Office can help provide
information on benefit programs and
assist you in completing applications for
veteran benefits.

Call for more information at 810-635-4122

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—October 13th
Line Dance— October 18th
All Exercise—October 19th
Zumba— October 25th
Sassy Exercise— October 25th
Yoga— October 3rd, 5th, 9th, 10th, 12th, 19th, 24th, & 26th

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!

Everytime you enter
our senior center!
To request a scan card or
assistance let the front desk know!



People Helping People Thrive!



Vibrant Life Senior Living
THE LODGE OF DURAND

8800 Monroe Rd.
Durand

Phn: (989) 288-6561
Cell: (810) 287-3046

vibrantlifeseniorliving.com

We Bring Care Home to You
- Since 1973



FREE CARE ASSESSMENT
by a Licensed Nurse

Home Health Aide and Nursing Care AVAILABLE 24/7

www.helpinghandhealthcare.com

G-8305 S. Saginaw St., Ste. 1, Grand Blanc, MI 48439
800.304.0254

Locally Owned & Operated by the Sharp Family

Michael T. Scully • Roger L. Sharp • Roger L. Sharp II
Jennifer Sharp Scully • Stephanie Sharp Foster



Compassion. Dignity. Respect.



Additional locations in Grand Blanc, Linden and Fenton

Miller Road Chapel
8138 Miller Road
Swartz Creek, MI
Roger L. Sharp
MANAGER & FOUNDER

(810) 635-4411
www.sharpfuneralhomes.com

Call 810.635.3183 today to schedule a HOME TOUR! **\$500 OFF 1st Month**



Swank Home ASSISTED LIVING

www.swankassistedliving.com

- FAMILY OWNED & OPERATED for over 35 years
- Smaller Home with more One-on-One Attention
- 24 hour a day assistance available with personal care, dressing, and bathing
- Complete Health & Medication Management available by On Call Physician
- Home Cooked Meals served Family Style
- Daily Activities: Bingo, Crafts, and Games

9412 Miller Rd., Swartz Creek, MI 48473



Woodhaven Senior Community

"Where Seniors Love to Live"

5201 Woodhaven Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505

www.woodhavensenior.com

Marsh Monument Co.
Memories Designed for All Times
Timeless since 1931

Home Appointments Upon Request
Evening & Weekend Appointments Available
Open Monday - Friday

8966 E. Lansing Rd. Durand • 8a-5p
4496 S. Center Rd. Burton • 10a-5p
989-288-5336 810-744-2754
marshmonumentcompany.com



Swartz FUNERAL HOME AND CREMATION CENTER

1225 West Hill Road • Flint, MI
810-235-2345 • 810-694-2345
www.swartzfuneralhomeinc.com
Family Owned
Operated By Rick R. Lamb & Family

Genesee Valley Vault Inc.

Proudly supporting our local funeral homes



www.geneseevault.com

Compassionate Care
FROM OUR HEART TO YOURS

2029 S. Elms Bldg. B, Ste. A
Swartz Creek



(810) 422-9453
www.earthtoearthshospice.com



TruBlue Total House Care


Helping You Age in Place and Stay in Your Home Longer!

- Improve Lighting • Check Detectors
- Up-Grade Bathrooms • Add Grab-Bars
- Handyman/Carpenter Services
- and so much more!

Call: 810-243-1050
gnkniss@trubluehousecare.com
trubluehousecare.com/grand-blanc


Helping Busy Families Free Up Their Time!

Grace Bible Fellowship Swartz Creek
9061 Miller Rd. Suite #15 Swartz Creek, MI



Bible Study Join us!

Sunday 11am
Wednesday 5:30pm (4pm winter hours)
Phone: 810-444-0670
assignphillong@yahoo.com
"rightly dividing the word of truth" 2 Timothy 2:15
www.gracegospelbelievers.com



Brian Huyck
Owner and Certified Horticulturist

(810) 238-2111
6081 Morrish Road, Swartz Creek, MI 48473
www.HandMLandscaping.com



H&M Landscaping, L.L.C.
Est. 1985

Creating & Maintaining Distinctive Gardens

- Retaining Walls • Bobcat Services • Brush Hog • Resurface Gravel Driveways
- Brick Pavers • Trees, Shrubs & Flowers • Drainage
- Landscape Design and Installation • Refresh Overgrown Landscape



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

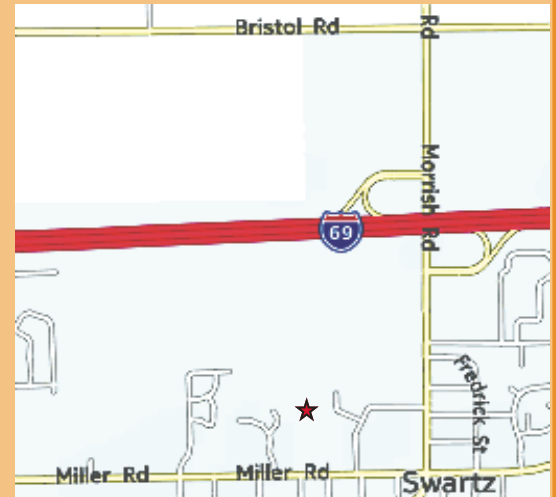
STAFF

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