

Swartz Creek Senior Center

Programs & Services

Fitness

All fitness classes are FREE!

Zumba

Wednesday, 9:30-10:30 am

Instructor: Linda Dyball

For active older adults who are looking for a fitness program consisting of dance and aerobic exercise routines performed to popular, mainly Latin American, music.

Basic Line Dancing

Monday, 3:00 - 4:00 pm

Instructor: Darci

Beginners class to learn the basics of Line Dancing, no partner needed. Good for physical and mental well being.

Improved Line Dancing

Monday, 10:00-11:00 am

Instructor: Debbie Williams

Medium impact dance exercise class to improve your existing skills, no partner needed. Good for your mental and physical health.

Intermediate Line Dancing

Wednesday, 3:00-4:30 pm

Instructor: Debbie Williams

Medium impact dance exercise class to improve your existing skills, no partner needed. Good for your mental and physical health.

Beginner Yoga

Monday, 8:45-9:45 am

Instructor: Katrina Smeets

Katrina will slow it down and explain proper positioning to get you more comfortable with yoga poses. 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

Tuesday & Thursday, 8:45-9:45 am

Instructor: Katrina Smeets

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!

Toning

Tuesday & Thursday, 11:00 am- Noon

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 am

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!

Arthritis Exercise- FREE

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.

Games

All group games are free unless noted.

Don't know how to play any of these games, interested in learning how? Our best advice is to join us at the center and give them a try! There are many friendly people eager to teach you how to play!

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. Score points by forming melds of between 3-7 cards.

Mahjong

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. The first person to match a hand of 14 tiles and thus "call mahjong" ends the game, whereupon tiles are scored and a winner is declared.

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. In the five-handed Euchre, each player competes against all other players. Five-Handed Euchre is played essentially the same as Euchre with the game cycling through hands which consist of dealing, bidding, playing the hand and then scoring the hand until an ending to the game can be determined.

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 (shows the same number of dots) the end of the domino it is adjacent to. Unless the tile is a double, the tile can be placed square in any one of the three directions as long as the two matching sides are touching fully.

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.

Arts & Crafts

Free unless noted.

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.

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

Will return in the Fall

\$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.

Services

Legal Services of Eastern Michigan (LSEM)

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

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

Assistance for Veterans

Available at the Senior Center the first Wednesday of each month. 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 to meet with you to provide information on benefits and to assist in completing applications for benefits. Be sure to ask for a list of information to bring when you schedule your appointment.

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.

Senior Dining by GCCARD

Meals are served Monday - Friday at 12:00 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.)

Lunches will be served everyday between 12 and 12:30 pm

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!



“This program and/or service is partially funded by Genesee County senior Millage Funds. Your tax dollars are at work.”

