

Swartz Creek Senior Center

Program Descriptions

Fitness

All exercise and dance programs are \$2.00 a session unless noted.

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

Thursday, 5:15-6:15 pm

Instructor: Pat Hughes

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.

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, 5:00-6:00 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 & Thursday, 12:30 pm

Wednesday, 5:30 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

Thursday, 6:30-8:45 pm

Tuesday, 1:00-3:00 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, 6:30-8:30 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

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, 6:30 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 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.

Watercolor Class- \$10 for 2 sessions

Thursday, 1:00 - 3:00 p.m. (1st & 2nd Thursday of each month)

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. Payment is required at the time of sign up.**

Pencil Drawing Class- \$10 for 2 sessions

Thursday, 1:00 - 3:00 p.m. (3rd & 4th Thursday of each month)

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. **Advanced sign up is required. Payment is required at the time of sign up.**



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

