

# SWARTZ CREEK AREA SENIOR CENTER

SEPTEMBER 2022  
NEWS

VOLUME 22, ISSUE 9



*"This program and/or service is partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work."*



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RETIREMENT

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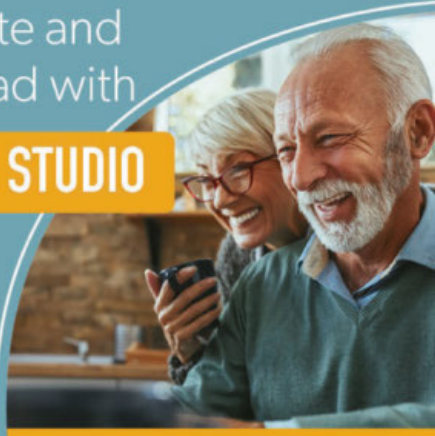
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## UPCOMING EVENTS

# Firekeepers Bus Trip

Presented by: Swartz Creek Senior Center

October 19th

**\$52.00 per person**

**Get back \$20 in FREE Play and \$5 in Food Credit**

### Trip Includes:

- Round Trip motor coach transportation to Battle Creek, MI
- 4 hours of gaming at the casino
- each person gets back \$20 in FREE play and \$5 in food credit from the casino

### Itinerary:

8:30 am- Depart from Swartz Creek Senior Center  
10:00 am to 2:00 pm- Firekeepers Casino  
3:30 pm- Return to Swartz Creek Senior Center

### Full Payment Due Upon Sign-Up - Registration Deadline: 10-02-22

- Limit 28 seats
  - Must wear mask on bus. Casino only requires masks for those that are unvaccinated.
  - Must be at least 50 years of age and will need a valid ID (Must bring with you to get incentive)
  - Limit (1) casino incentive package per person
  - No refunds after 10-02-22
  - Must arrive on the bus to get the casino incentive
  - Casino Incentives subject to change without notice
  - Senior Center Health Form must be on file or completed at the time of sign up.
  - See back of flyer for the Refund Policy.
- For reservations, please contact the Center at 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.**

**Thank you.**

# UPCOMING EVENTS

## Watercolor Class

**\$10 for 2 sessions**

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.

Thursday, September 1st & 8th at 1:00 pm

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



## BINGO with American House

When: Thursday, September 1st at 10:00 AM

Where: Swartz Creek Senior Center

RSVP by: Thursday, August 29th



Join us to experience the

## World-Renowned Virtual Dementia Tour

September 30th from 1:00 to 4:00 pm

Experience what it's like to live with dementia by walking in their shoes. This life-changing simulation teaches us how to provide better care.

Sign up is first come, first serve basis

Open to caregivers and community members.

Call 810-635-4122 to make your appointment



**VAAA**  
Valley Area Agency On Aging

## BINGO with Genesee Gardens

When: Thursday, September 29th at 10:00 AM

Where: Swartz Creek Senior Center

RSVP by: Monday, September 26th



## THROW BACK DANCE

Friday, September 30th

**\$5.00 at the door!**

Enjoy the music and memories from the 50s, 60s, and 70s!

Dress your best in your favorite era!

Water and Coffee are provided. Bring your own snacks and desserts to share!

Please read our snack policy when deciding what to bring.

**Creek, Rattle, and Roll**  
at the Swartz Creek Senior Center!

## 9 Mistakes to Avoid For the Second Half of Life

Tuesday, September 13th at 2:30 pm  
RSVP by Tuesday, September 6th

### HIGHLIGHTS INCLUDE:

- Implications of the Affordable care act on long term planning
- What estate planning documents are essential to protect you and your family
- Paying for long-term care and how to avoid having your life savings wiped out
- How these economic and political times make it imperative to plan ahead

**MANNORLAWGROUP**  
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## UPCOMING EVENTS

# Attention!

OUR CENTER IS GETTING A FRESH COAT OF PAINT!

From September 15th to 23rd all activities will be **cancelled** unless otherwise noted! We are sorry for the inconvenience!

## Nurse Chat Infection Prevention



Wednesday, September 7th at 1:00 pm

RSVP by: August 31st

Join Sara Taylor, RN, in an hour long seminar to discuss ways to prevent infection during this flu and cold season. Now more than ever, it is important to know tactics to prevent illness and what to do if you get sick.



## Book CLUB

Tuesday,  
September 27th  
at 3:00 pm

Greenwich Park A Novel  
by Katherine Faulkner



**Class Cancellations**  
**All Activities—**  
**September 15th-23rd**  
**(unless otherwise noted)**

## Journey Towards Healing Workshop

Loving and grieving are two sides of the same coin. We cannot experience one without the other. If we love deeply, we will grieve deeply. Our journey in life, even after loss, is about spending this coin. learning to invest in others is one of the keys to experience healing from the intense pain of losing someone we love.

Come and learn to:

- Understand your grief and how to move forward in life
- Recognize symptoms of depression vs. grief
- Enjoy anniversaries and holidays with some practical ideas

**Tuesday, September 27th at 11:00 am**  
**RSVP by: September 20th**

Speaker: Rev. Steve Gonzales Grace Hospice Flint, MI

# SEPTEMBER

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Cancellations

**All Activities—  
September 15th - 23rd  
(unless otherwise noted)**



<p><b>5</b></p> <p><b>Happy Labor Day!</b></p> <p><b>CENTER IS CLOSED</b></p>	<p><b>6</b></p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Pork Chop w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre <b>2:00 Stress less w/ Mindfulness</b> 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p><b>7</b></p> <p>9:30 Zumba 11:30 Sassy Exercise Noon Lunch— Oven Fried Chicken <b>1:00 Nurse Chat</b> 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p><b>8</b></p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Peppered Beef Steak w/ Gravy 12:30 Afternoon Mah-Jongg <b>1:00 Watercolor Class</b> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p><b>9</b></p> <p>11:00 Arthritis Exercise Noon Lunch— Chicken Marsala</p> <p><b>CENTER CLOSSES 4:00—5:45 PM</b></p> <p><b>6:00 DANCE</b></p>
<p><b>12</b></p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Pulled BBQ Chicken 1:00 Crochet Group 5:00 Hand, Knee &amp; Foot</p>	<p><b>13</b></p> <p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Chefs Choice! 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre <b>2:30 9 Mistakes to Avoid Seminar</b> 4:30 Dominoes 6:30 5-Handed Euchre</p>	<p><b>14</b></p> <p>9:30 Zumba <b>10:00 Board Meeting</b> 11:30 Sassy Exercise Noon Lunch— White Chicken Chili 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p><b>15</b></p> <p><b>NO ACTIVITIES DUE TO PAINTING PROJECT</b></p> <p>Noon Lunch - Chicken Breast</p>	<p><b>16</b></p> <p><b>NO ACTIVITIES DUE TO PAINTING PROJECT</b></p> <p>Noon Lunch - Baked Fish w/ Sauce</p> <p><b>CENTER CLOSSES 4:00PM NO EVENING</b></p>
<p><b>1</b></p> <p>8:45 Yoga 10:00 Tai Chi <b>10:00 Bingo</b> 11:00 Toning Noon Lunch - Creamy turkey &amp; Wild rice Soup 12:30 Afternoon Mah-Jongg <b>1:00 Watercolor Class</b> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p><b>2</b></p> <p>11:00 Arthritis Exercise Noon Lunch— Meatball Sub</p> <p><b>CENTER CLOSSES 4:00PM NO EVENING</b></p>			

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>19</p> <p><b>NO ACTIVITIES DUE TO PAINTING PROJECT</b></p> <p>Noon Lunch - Antipasto Salad w/ Pepperoni  <b>1:00 Senior Listening Circle</b></p>	<p>20</p> <p><b>NO ACTIVITIES DUE TO PAINTING PROJECT</b></p> <p>Noon Lunch - Pub Burger w/ Cheese</p>	<p>21</p> <p><b>Legal Services by Appt.</b></p> <p><b>NO ACTIVITIES DUE TO PAINTING PROJECT</b></p> <p>Noon Lunch - Chicken and Dumplings</p>	<p>22</p> <p><b>NO ACTIVITIES DUE TO PAINTING PROJECT</b></p> <p>Noon Lunch - Beef Fajitas</p>	<p>23</p> <p><b>NO ACTIVITIES DUE TO PAINTING PROJECT</b></p> <p>Noon Lunch –Artisan Macaroni and Cheese  <b>CENTER CLOSES 4:00 pm</b></p>
<p>26</p> <p>8:45 Beginner Yoga            10:00 Improved Line Dancing            11:30 Sassy Exercise            Noon Lunch - Chicken Parmesan w/ Spaghetti            1:00 Crochet Group            5:00 Hand, Knee &amp; Foot</p>	<p>27</p> <p><b>Hearing Screening by Appt.</b></p> <p>8:45 Yoga            10:00 Knitting Group            10:00 Tai Chi            11:00 Toning  <b>11:00 Journey Toward Healing Seminar</b>            Noon Lunch - Chefs choice!            12:30 Mah-Jongg            1:00 Wood Carving            1:00 Euchre  <b>3:00 Book Club</b>            4:30 Dominoes            6:30 5-Handed Euchre</p>	<p>28</p> <p><b>Advance Care Appt.</b></p> <p>9:30 Zumba            11:30 Sassy Exercise            Noon Lunch —Turkey Tetrazzini            3:00 Intermediate Line Dance            5:30 Mah-Jongg            6:30 Setback</p>	<p>29</p> <p>8:45 Yoga            10:00 Tai Chi  <b>10:00 Bingo w/ Genesee Gardens</b>            11:00 Toning            Noon Lunch—Sloppy Joe            12:30 Afternoon Mah-Jongg            5:15 Basic Line Dancing            6:30 Pinochle            6:30 Euchre</p>	<p>30</p> <p>11:00 Arthritis Exercise            Noon Lunch— Sweet and Sour Chicken  <b>1:00 Virtual Dementia Tour Appts</b>  <b>CENTER CLOSES 4:00 pm—5:45 pm</b>  <b>6:00 Throw Back DANCE</b></p>

**Board Meeting Notice**

**The next board meeting will be held on Wednesday, September 14th 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.

**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!**

# MEMORIAL PAGE

## SENIOR LISTENING CIRCLE

Monday,  
September 19th  
at 1:00 pm

Join Genesee Health System at our new Senior Listening Circle. This is a place to talk, to be heard, to listen and support others, to learn ways to increase mental/physical health, and to access resources in the community. This group will be meeting twice a month on the first and third Monday at 1:00pm. Let us know you plan to join us! Call the center to sign up. 810-635-4122

## Memorial Donations

A memorial donation was made by Mary O'Neill in memory of Mel Johnson

A memorial donation was made by Jean Herron in memory of Bob Plumb

A memorial donation was made by Roger and Linda Bloss in memory of Bob Plumb

## *In Memory of Bob Plumb*

We cannot express enough gratitude for the service that Bob Plumb provided us at the Swartz Creek Senior Center. From volunteering his time, serving on our board starting as a Trustee in 2013, then becoming Vice President in 2017, and being a friend to many. Bob will be remembered by our staff, board members, and friends as reliant, motivated, and kind hearted. Bob Plumb will be dearly missed here at the center and we send our deepest condolences to Bob's wife (Trudy Plumb), family, and friends.



## INFORMATION

# 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)



## Hearing SCREENINGS

**Tuesday, September 27th  
by Appointment**

Provided by: Your Hearing Solutions  
Offered at our center once a month.  
Call 810-635-4122 to make your appointment

FREE Hearing evaluation and hearing aid cleaning and adjustments (fees apply for battery replacement)

Do you often have to ask others to repeat themselves?  
Do others complain to you that the TV is too loud?  
Do you hear, but not always understand?

## ADVANCE CARE PLANNING

Planning in Advance for Future Healthcare Choices

**Wednesday, September 28th**

- 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.



## ATTENTION

To prevent the spread of Covid 19 in our center here are a few reminders:

- 1.) If you are feeling ill, sneezing, coughing, runny nose, etc. please stay home!
- 2.) If you are not feeling well take a test to determine if it is Covid 19
- 3.) follow CDC guidelines when applicable
- 4.) Please let the center know if you test positive for Covid 19 so we can trace exposure, your information will always remain confidential.

## Medical Nutrition Therapy

### WHAT CAN WE PROVIDE?

- One on one nutrition counseling with a Registered dietician for clients with type 1 and type 2 Diabetes
- Home Visits for comfortable learning environment and privacy
- Personalized Instruction base on the client's nutritional needs.

### BENEFITS OF HEALTHY EATING:

- Proven reduction in A1C, cholesterol and lipid levels.
- Improvement in weight loss outcomes and acceptable BMI

  
Valley Area Agency On Aging

For more information contact:  
Jeannette Brunetti RD  
810-249-6547  
brunettij@valleyaaa.org



**FREE**  
THE WHOLE MONTH OF  
**September**  
EXERCISE & DANCE CLASSES

## 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

### 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.

### 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.

### 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!

## 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.

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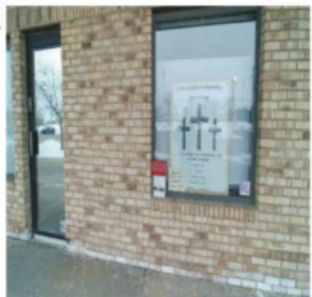


Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

**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)  
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[assignphillong@yahoo.com](mailto:assignphillong@yahoo.com)  
"rightly dividing the word of truth" 2 Timothy 2:15  
[www.gracegospelbelievers.com](http://www.gracegospelbelievers.com)

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Est. 1985

# 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](http://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

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

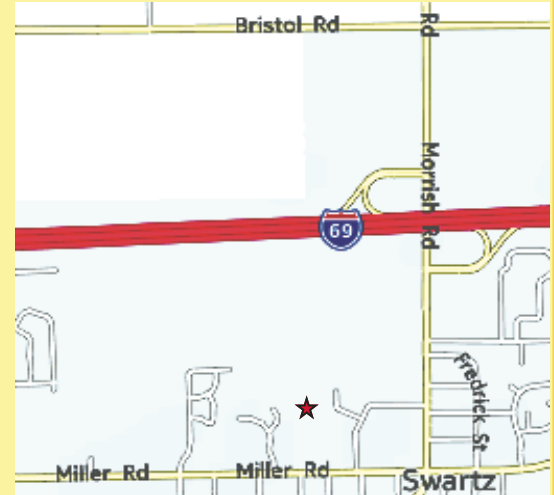
## STAFF

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