



Swartz Creek

AREA SENIOR CENTER

SEPTEMBER 2024 NEWS

VOLUME 24, ISSUE 9



"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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FEATURING REHAB TO HOME
Physical, Occupational & Speech Therapy Services

LONG-TERM SKILLED NURSING

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8750 E. Monroe Rd., Durand

•••Direct 989-288-3166 • www.durandscr.com•••

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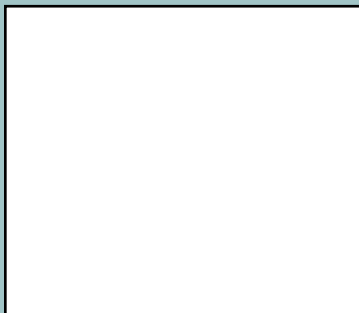
They allow us to print this bulletin. Thank you!

YOUR HEALTH. AMD URGENT CARE is our PASSION.

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810-564-7995
www.amdurgentcare.com

Clio, Davison, Fenton, Swartz Creek



SUPPORT OUR ADVERTISERS!

Woodhaven Senior Community

"Where Seniors Love to Live"

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

www.woodhavensenior.com



UPCOMING EVENTS



Experience the Walk With Ease Program
Arthritis Foundation Certified.
Doctor Recommended



The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease. Participants are encouraged to walk 10 to 35 minutes at least three times per week.

During the six-week program, participants will:

- Understand the basics about arthritis and the relationship between arthritis, exercise, and easing pain.
- Exercise safely and comfortably.
- Use methods to make walking fun.
- Make a personal walking plan with realistic goals for improved fitness.
- Learn tips and resources to help them overcome barriers and continue to be physically active.
- Learn about other programs and resources that can help them maintain their walking and try other physical activity.

If you are interested in joining us as we walk our way to health, register at the front desk or call 810-635-4122!

Walk with Ease starts on Wednesday, September 4 - October 9 from 1:00 - 2:00 PM

Swartz Creek Senior Center

We will have a short educational session at 1PM and then an opportunity to walk with the group to exercise using the tips and resources from 1:30 - 2:00 PM For more information: Liz Williams, josalts@msu.edu or 810.244-8511

Walk With Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident my ability to walk easily without making my arthritis worse."
— Walk With Ease participant

SPONSORS:
This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

RSVP by August 28th



Bingo!

Thursday, September 5th
at 10:00 AM

White Elephant Bingo, bring a wrapped prize either from your home or buy it for less than \$10.

Thursday, September 12th
at 10:00 AM

Presented by OakStreet Health

NO RSVP REQUIRED



LET'S SHOWER THE

Bride-To-Bee

Join us for a bridal shower brunch honoring

Holly Burgess

Friday, September 13th at 10:30 AM

Holly has found who she was meant to be with, now she is only a couple months away from her wedding day!

We will have a brunch with menu items such as chicken salad, biscuits and gravy, fruit salad, breakfast casserole and more.

We will be creating a cookbook for Holly and request your favorite recipes to add.

When you RSVP please request a Recipe card!

Seats are limited, please RSVP by September 6th



Grandparents Day LUNCH

A celebration for all you do as grandparents!

Tuesday, September 10th
AT NOON

MENU
WHITE CHICKEN CHILI
STEAMED CARROT
CORN BAKE
SALAD
REFRESHMENTS & DESSERT

Lunch provided by GCCARD
\$3 donation requested if you are 60 or older
\$6 fee if you
Please RSVP by are under 60 or live outside of Genesee County
Please RSVP by September 3rd

UPCOMING EVENTS

ARTHRITIS EXERCISE FOR CAREGIVERS & LOVED ONES LIVING WITH EARLY STAGE DEMENTIA/ALZHEIMER'S

EXERCISE OUR BODY & MIND WHILE SITTING IN A CHAIR PRACTICING SIT-BALANCE, COORDINATION & FLEXIBILITY!

When: September 9th, 2024 and October 7th, 2024
Time: 12:45pm – 1:30pm

Call To Register: 810-635-4122
Limited Class Size



Century 21 Coffee Hour

Friday, September 6th
at 10:00 AM



- Certified Senior Real Estate Specialists (SRES): Agents with special training to understand the needs and challenges of senior clients
- Insurance Advisors
- Identity Theft Protection Services
- Professional Organizers
- Senior Move Managers
- Estate Sale Services



**Kyle Raup &
Lyndsie Cook**
REAL ESTATE AGENTS
RSVP by August 30th

SELF DEFENSE SERIES

specially designed for seniors!



THURSDAYS



1:30 PM- 2:30 PM

Only
\$20

for the 4-week series!

SEPTEMBER 5TH- OCTOBER 3RD
NO CLASS ON SEPTEMBER 19TH

SIMPLE, DIRECT, EFFECTIVE & REPEATABLE TECHNIQUES TO INCREASE SURVIVABILITY MENTALLY AND PHYSICALLY, THROUGH BOTH SOFT AND HARD SKILLS, TO NAVIGATE VIOLENT AND NONVIOLENT CONFRONTATIONS.

Pre pay by August 29th

PAIN MANAGEMENT

with Maxwell Therapy

MONDAY, SEPTEMBER 9TH
AT 1:00 PM

What you will learn:

- Understanding Pain
- Pain Relief Techniques
- Exercise and Movement
- Mind-Body Connection
- Lifestyle Adjustments
- Personalized Strategies

RSVP BY SEPTEMBER 3RD

PROGRAMS & EVENTS

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.

Mahjonn

Tuesday, 12:30- 2:30 pm

Mahjonn 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.



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.

Dominoes

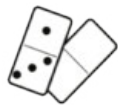
Tuesday, 4:30 pm-6:30 pm

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.

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).



Horse Race

Monday: 1:00-3:00 pm

This game uses a board, dice, cards, and nickels that will make you feel like you're at the horse races. Strategically move your horse across the "track" the fastest, while trying not to lose all your nickels to the pot!



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.



Grocery Bag Crochet

Tuesday, 10:00-11:30 am

Instructor: Betty Binder

Bring with you 10 plastic grocery bags, a pair of scissors, and a large crochet needle. This is a great way to recycle plastic and create something more useful like a sturdy bag, mat, and more!

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.



Senior Resource Fair!

Here because we care!

We invite you to the annual Genesee County Commission on Aging Senior Resource Fair! This is a great opportunity to learn more about 50+ services, programs, and community resources available for senior citizens in Genesee County.

- ✓ FREE boxed lunches
- ✓ County Health Department Vaccinations
- ✓ Shuttles available to the Sloan Museum, Flint Institute of Arts, Flint Institute of Music, and the Longway Planetarium
- ✓ Free Admission for Genesee County residents to the above locations

Wednesday, September 25th

🕒 11:30 AM to 2:00 PM

📍 Gloria Coles Flint Public Library and Cultural Center
1026 E Kearsley St.
Flint, MI 48503

FREE to the Public!

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.

UPCOMING EVENTS

Don't Allow Alzheimer's or Dementia To Devastate Your Family and Finances!

Please join us for this important upcoming session:

- What steps should you take when a loved one is diagnosed with Dementia?
- Community resources, professionals, and caregiver tips
- Answers to top questions about legal, tax, financial, and care
- How Dementia can "Devastate" your savings Medicaid eligibility rules and government benefits that are available to pay for care

Thursday, September 12th | 1:30 PM

Attorney Kelli King-Penner, CDP

Robert D. Mannor, CELA, CDP

Author of You're Not Alone: Living with Dementia
Host of Advice From Your Advocates Podcast



BRIGHTON

2000 Grand River Annex, Suite 100
Brighton, MI 48114
Phone: 810-295-2020

GRAND BLANC

8226 S Saginaw St, Ste A
Grand Blanc, MI 48439
Phone: 810-694-9000

ROCHESTER HILLS

805 Oakwood Rd, Suite 125
Rochester, MI 48307
Phone: 248-605-3908

KNEE CARE:

EMPOWER YOUR JOINTS FOR A PAIN-FREE LIFE

Dr. Jerome Adams, PT, DPT

Wednesday, September 25th at 3:00 PM

RSVP by September 18th

HORIZON
physical therapy and rehabilitation

Genesee County
Sherriff's Department

THE GRACE TEAM

COFFEE HOUR

Join us to learn about their services:

- Provide direct service to elder abuse victims
- Educate citizens who may come into contact with potential victims
- Make referrals to appropriate agencies and services according to needs

**THURSDAY, SEPTEMBER 19TH
AT 10:00 AM**

RSVP by September 12th

CHAIR MASSAGE

Take a minute to relax and relieve tension with Lacey from Fenton Massage Co.

Friday, September 20th

Prices

- If you're 60 or older
\$5.00 per 10 minutes
- If you are under 60
\$10.00 per 10 minutes

10 minute appointments

Card Making

**FRIDAY, SEPTEMBER 6TH
AT 1:00 PM**

\$5 PER PERSON
at time of registration

REGISTER BY SEPTEMBER 13TH

UPCOMING EVENTS



**FLINT RIVER
WATERSHED COALITION**
protect • promote • improve



**COFFEE & CONVERSATION
WITH THE FLINT RIVER
WATERSHED COALITION**

**MONDAY, SEPTMEBER 16TH
AT 10:00 AM**

DO YOU KNOW WHERE YOUR DRINKING WATER
COMES FROM?
DO YOU KNOW WHERE IT GOES?
COME AND LEARN ABOUT ALL THINGS "WATER"
IN THIS PRESENTATION BY THE CONSERVATION
DISTRICT AND FLINT RIVER WATERSHED
COALITION.

RSVP BY SEPTEMBER 9TH



Richard Paul
**VARIETY
SHOW**

**THURSDAY, SEPTEMBER 19TH
AT 1:30 PM**

WELCOME TO THE WORLD OF RICHARD PAUL, A
SEASONED ENTERTAINER RENOWNED FOR HIS
VIBRANT CHARACTERS AND EXCEPTIONAL
VENTRILOQUISM TALENTS. WITH A COMMITMENT
TO CLEAN, FAMILY-FRIENDLY COMEDY, RICHARD
PAUL BREATHES LIFE INTO A STAGE FILLED WITH
AN ARRAY OF COLORFUL AND ECCENTRIC
PERSONAS.

PLEASE RSVP BY SEPTEMBER 12TH!

**BOOK
CLUB**

**TUESDAY, SEPTEMBER 24TH
AT 3:15 PM**



**WHEN BREATH BECOMES
AIR BY PAUL KALANITHI**

Book club meets monthly, please acquire your
own copy of the monthly read and read before
the session. No RSVP required!



**Big Brothers Big Sisters
of Greater Flint
Coffee Hour**

**Monday,
Septembner 23rd
at 10:00 AM**



Research Shows **MENTORING
WORKS** when **YOUTH** develop
healthy relationships with caring,
supportive adults, they are
positioned to do well in school and
life, realizing their full potential!



Join us for this Coffee Hour to
learn about the programs we
provide for the youth in the
Greater Flint Area and how you
can show support!

RSVP by September 16th

SEPTEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

2



10:00 Age Friendly Wellness Council
8:45 Beginner Yoga w/ Katrina
10:00 Improved Line Dancing
11:30 Sassy Exercise
12:00 GCCARD Lunch
12:45 Dementia Arthritis Exercise
1:00 Crochet Group
1:00 Pain Management with MaxWell Therapy
1:00 Horse Race
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot
6:00 Yoga w/ Machelle

16

8:45 Beginner Yoga w/ Amy
10:00 Improved Line Dancing
10:00 Flint River Watershed Coalition Coffee Hour
11:30 Sassy Exercise
12:00 GCCARD Lunch
1:00 Crochet Group
1:00 Horse Race
1:00 Dementia Conversations
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot
6:00 Yoga w/ Machelle

3

8:45 Yoga cancelled
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:15 Toning
12:00 GCCARD Lunch
12:30 Mah-Jongg
1:00 Wood Carving
1:00 Euchre
2:30 Beginner Cardio
4:30 Dominoes
6:00 5-Handed Euchre

10

8:45 Yoga w/ Katrina
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:15 Toning
12:00 Grandparents Day Celebration
12:30 Mah-Jongg
1:00 Wood Carving
1:00 Euchre
2:30 Beginner Cardio
4:30 Dominoes
6:00 5-Handed Euchre

17

8:45 Yoga w/ Katrina
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:15 Toning
12:00 GCCARD Lunch
12:30 Mah-Jongg
1:00 Wood Carving
1:00 Euchre
2:30 Beginner Cardio
4:30 Dominoes
6:00 5-Handed Euchre

4

9:00 Zumba
11:30 Sassy Exercise
12:00 GCCARD Lunch
1:00 Walk with Ease
3:00 Intermediate Line Dance
5:00 Zumba w/ Kimberly
6:00 Setback

11

9:00 Zumba
10:00 Board Meeting
11:30 Sassy Exercise
12:00 GCCARD Lunch
1:00 Walk with Ease
1:00 Bracelet Making
3:00 Intermediate Line Dance
5:00 Zumba w/ Kimberly
6:00 Setback

18

Detroit Zoo Trip Departs
Legal Services by Appt
9:00 Zumba
9:30 Alzheimer's Support Group
11:00 Grief Support Group
11:30 Sassy Exercise
12:00 GCCARD Lunch
1:00 Walk with Ease
3:00 Intermediate Line Dance
5:00 Zumba w/ Kimberly
6:00 Setback

5

Detroit Princess Trip Departs
8:45 Yoga w/ Amy
10:00 Tai Chi
10:00 White Elephant Bingo
11:15 Toning
12:00 GCCARD Lunch
1:30 Self Defense Class
6:00 Euchre

12

8:45 Yoga w/ Amy
10:00 Tai Chi
10:00 Bingo
11:15 Toning
12:00 GCCARD Lunch
1:30 Manner Law Seminar
1:30 Self Defense Class
6:00 Euchre

19

8:45 Yoga w/ Amy
10:00 Tai Chi
10:00 Coffee with The Grace Team
11:15 Toning
12:00 GCCARD Lunch
1:30 Richard Paul Variety Show
6:00 Euchre

6

10:00 Visually & Hearing Impaired Support Group
10:00 Coffee Hour with Century 21
11:00 Arthritis Exercise cancelled
12:00 GCCARD Lunch

13

10:30 Bridal Shower
11:00 Arthritis Exercise Cancelled
12:00 GCCARD Lunch

20

Hearing Screening by Appt
11:00 Arthritis Exercise
12:00 GCCARD Lunch
1:00 Card Making

Monday

23

8:45 Beginner Yoga w/ katrina
 10:00 Improved Line Dancing
10:00 Coffee Hour with Big Brother's Big Sister's of greater Flint
 11:30 Sassy Exercise
 12:00 GCCARD Lunch
12:30 Balance & Endurance
 1:00 Crochet Group
 1:00 Horse Race
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Machelie

Tuesday

24

8:45 Yoga w/ Katrina
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:15 Toning
 12:00 GCCARD Lunch
 12:30 Mah-Jongg
 1:00 Wood Carving
 1:00 Euchre
 2:30 Beginner Cardio
3:15 Book Club
 4:30 Dominoes
 6:00 5-Handed Euchre

Wednesday

25

Veteran Services by Appt
 9:00 Zumba
 11:30 Sassy Exercise
 12:00 GCCARD Lunch
1:00 Walk with Ease
 3:00 Intermediate Line Dance
3:00 Knee Pain Seminar
 5:00 Zumba w/ Kimberly
 6:00 Setback

Thursday

26

8:45 Yoga w/ katrina
 10:00 Tai Chi
 11:15 Toning
 12:00 GCCARD Lunch
1:30 Self Defense
 6:00 Euchre

Friday

27

10:00 Coffee Hour with The Care Team
 11:00 Arthritis Exercise
 12:00 GCCARD Lunch
1:00 Fall Prevention with The Medical Team

30

8:45 Beginner Yoga w/ katrina
 10:00 Improved Line Dancing
 11:30 Sassy Exercise
 12:00 GCCARD Lunch
 1:00 Crochet Group
 1:00 Horse Race
 1:45 Stretch & Balance
 3:00 Basic Line Dancing
 5:00 Hand, Knee & Foot
 6:00 Yoga w/ Machelie



Join us for Lunch!

In preparation for the return of Congregate meals, we will have eat in only meals twice a month. Come join us, bring a friend, meet new people and see what it is all about!

Wednesday, September 4th

Pork Chop with Gravy

Tuesday, September 17th

Sloppy Joe

\$3

recommended donation per meal

Check out the next page for full menu and details!

Fun Fact!

The average Michigander spends about

\$2,288

on eating out a year.

That is about

\$10.72

per meal!

Board Meeting Notice

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

Class Cancellations

We are **CLOSED**: September 2nd
 Yoga AM – September 3rd
 Arthritis Exercise – September 6th
 & September 13th



Congregate September Meal Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>3</p> <p>Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice</p>	<p>4</p> <p>Congregate Style Pork Chop w/gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk</p>	<p>5</p> <p>Peppered Beef Steak w/gravy-1 Roasted Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice</p>	<p>6</p> <p>Creamy Turkey & Wild Rice Soup Sliced Potatoes w/peppers Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk</p>
<p>9</p> <p>Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Peas (4 oz) Milk</p>	<p>10</p> <p>Swartz Creek Senior Center National Grandparents Day Celebration! Please RSVP by calling us at 810-635-4122</p>	<p>11</p> <p>Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple milk</p>	<p>12</p> <p>Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine </p>	<p>13</p> <p>Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk</p>
<p>16</p> <p>Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk</p>	<p>17</p> <p>Congregate Style Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice</p>	<p>18</p> <p>Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk</p>	<p>19</p> <p>Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit 100% fruit juice Cookie of the month </p>	<p>20</p> <p>Chicken Marsala over Rice Pilaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk</p>
<p>23</p> <p>Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk</p>	<p>24</p> <p>Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Applesauce-1 ct 100% Fruit Juice</p>	<p>25</p> <p>Chef's Choice </p>	<p>26</p> <p>Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% fruit juice </p>	<p>27</p> <p>Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk</p>
<p>30</p> <p>Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple milk</p>				

Senior Dining by GCCARD

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

Join us for
LABOR DAY!

UPCOMING EVENTS



THE CARE TEAM *Coffee Hour*

Friday, September 27th
at 10:00 AM

Join in on a discussion about Skilled Home Health, Hospice and healthcare services that can come right to where you call home

Primary Topics

- What is Home Health and Hospice
- Benefits of Services
- Primary Qualifications



RSVP by September 20th

THE MEDICAL TEAM®

FALL PREVENTION

FRIDAY, SEPTEMBER 17TH AT 1:00 PM

Join us with The Medical Team to learn what you can do to prevent falls in and outside your home!

- Medical concerns that increase possibility of fall
- Fall prevention tools
- Keeping your home safe

RSVP BY SEPTEMBER 20TH

Bracelet Making

Wednesday, September 11th

JOIN JOANN TO MAKE A CUSTOM BRACELET THAT YOU DESIGN!

Prepayment required

\$5 PER PERSON

ALZHEIMER'S ASSOCIATION

DEMENTIA CONVERSATIONS

Monday, September 16th
at 1:00 PM

LEARN HOW TO HAVE HONEST AND CARING CONVERSATIONS WHEN SOMEONE BEGINS TO HAVE SIGNS OF DEMENTIA:

- Driving
- Doctor's visits
- Legal planning
- Financial planning

RSVP by September 9th

PROGRAMS & EVENTS

All programs are FREE unless noted otherwise.

Basic Line Dancing

Monday, 3:00-4:00 PM

Instructor: Darci

Beginners class to learn the basic steps in line dancing, no partner needed. Good for your mind and to get you moving!

Improved Line Dancing

Monday, 10:00-11:00 am

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills, no partner needed. Good for the body and mind!

Intermediate Line Dancing

Wednesday, 3:00-4:00 pm

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills from intermediate, no partner needed. Good for the body and mind!

Yoga AM

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

Instructor: Katrina Smeets

Substitute: Amy Cross

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 PM

Monday, 6:00-7:00 pm

Instructor: Mabelle Duprey

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!

Stretching & Toning

Tuesday & Thursday, 11:15 am—12:15 pm

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 pm

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!

Beginner Cardio

Tuesday: 2:30-3:30 pm

Instructor: Darci

This class mixes techniques of steps, arm movements, and a sprinkle of dancing to create a perfect intro to cardio. Utilizing weight to increase strength and get your heart pumping!

Zumba AM

Wednesday, 9:00-10:00 am

Instructor: Linda Dyball

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.



Zumba PM

Wednesday, 5:00-6:00 pm

Instructor: Kimberly Worchal-Smith

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

Arthritis Exercise

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.

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.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Hard Candy, Clorox wipes, Tissues, Toilet Paper, Coffee, and Hand Soap are always appreciated!

Thank you for your generous donations to our Senior Center!

INFORMATION

Legal Services of Eastern Michigan (LSEM)

Wednesday, September 18th appointment

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

Friday, September 20th by appointment

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 CARDINAL HEARING

Transportation

Group transportation is also available to Meijer or Kroger once a week. Walmart every 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.

Veteran Services of Genesee County

Wednesday, September 25th by appointment

You can schedule an appointment at the Department of Veterans Services or one of the following designated senior activity centers to assure you are receiving all the benefits you are entitled to.

Swartz Creek Area Senior Center, Flushing Area Senior Center, Grand Blanc Senior Center, Loose Senior Center, Davison Area Senior Center, and Clio Area Senior Center.

Benefits include:

- Disability compensation
- Pension benefits
- Federal Burial benefits
- VA Home loans
- PTSD counseling
- Legal Services
- Transportation

And more!



Senior Dining by GCCARD

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

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!

Visually Impaired Support Group

Friday, September 6th at 10:00 am

Join Sabrina with the Family Service Agency of Genesee County to discuss the difficulties of being visually impaired and how you can adapt to these changes using new resources and technology. Meet those who understand the struggles you share.

Age Friendly Wellness Council

Monday, September 9th at 10:00 am

Join Lori with the Flint Health Coalition to share the needs and concerns that you, as a senior, have today. She can connect you to resources and make sure that your ideas are brought to light! Breakfast is provided!

Grief Support Group

Wednesday, September 18th at 11:00 am

Jessica with The Medical Team provides on-going grief support for anyone who has experienced the death of a loved one. Their purpose to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

Alzheimer's Support Group

Wednesday, September 18th at 9:30 AM

Join Jessica, trained facilitator with the Alzheimer's Association, for this monthly support group for people living with dementia and their care partners to develop support systems, talk through issues and ways to cope, share feelings, and learn about community resources.



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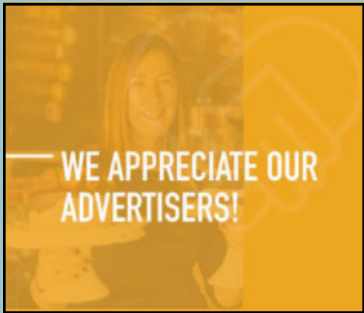


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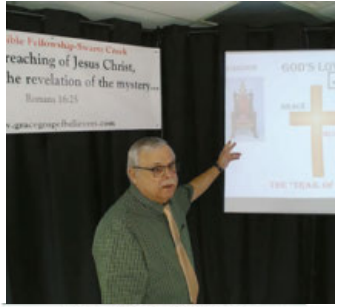
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Swartz Creek Area Senior Center



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.

Sierra Leonard, Office Asst.

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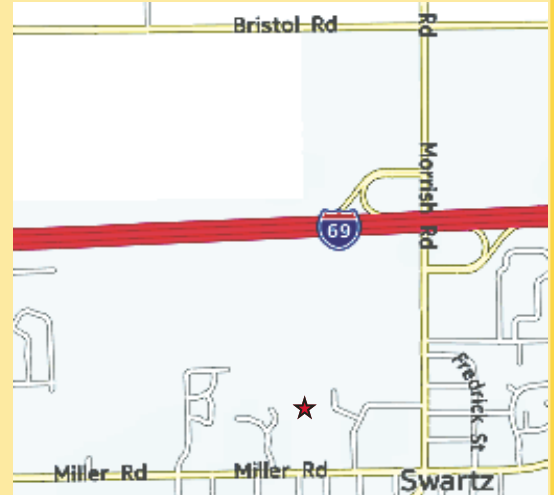
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Directions from downtown Swartz Creek:
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



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