

Swartz Creek
AREA SENIOR CENTER

SEPTEMBER 2023 NEWS
VOLUME 23, 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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Eileen Frazier

efrazier@lpicommunities.com

(800) 477-4574 x6309



UPCOMING EVENTS

DO YOU HAVE concerns about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**Friday, September 22 thru
November 3, 2023
1:30pm – 2:30pm**

This program emphasizes practical strategies to manage falls.

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**RSVP by
September 15th**



Horizon
Physical Therapy

**How to get
rid of Low
Back Pain**

**Wednesday,
September 27th
at 1:00 pm**

A GUIDE TO RELIEVING LOW BACK PAIN. EXPERIENCE AN INFORMATIVE TALK AND LIVE DEMONSTRATION, WHERE YOU'LL DISCOVER THE LATEST TREATMENT FOR LOW BACK PAIN.

RSVP by September 20th

**SAVE
THE DATE!**

**ANNUAL
HEALTH FAIR
OCTOBER 19TH**

**LADIES HARVEST
BRUNCH
OCTOBER 25TH**

**MORE INFO WILL BE
AVAILABLE IN
OCTOBER
NEWSLETTER**

Fall

**GREETING CARD MAKING
FRIDAY, SEPTEMBER 15TH
AT 1:00 PM**

Join Linda Evans as she teaches you the art of card making. Create 3-5 beautiful autumn inspired greeting cards. All supplies are provided!

\$5
per person

payment due at time of registration

**BALANCE &
ENDURANCE**

**MONDAY, SEPTEMBER 18TH
AT 12:30 PM**

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

UPCOMING EVENTS



SEPTEMBER BINGO

THURSDAY, SEPTEMBER 14TH AT 10:00 AM
PRESENTED BY OAKSTREET HEALTH
NO RSVP REQUIRED

THURSDAY, SEPTEMBER 21ST AT 10:00 AM
PRESENTED BY MOLINA
NO RSVP REQUIRED

iPhone Basics

Wednesday,
September 20th
at 1:00 pm

Ryan with the
Genesee
District Library

Settings

Photos

Helpful Features

RSVP by
September 13th

Chair Massages

Friday, September 15th

We will be taking appointments for 10-minute sessions provided by Lacey from Fenton Massage Co. Take this time to relax and unwind with a massage!

60 and older:

\$7.00 per 10 minutes

Under 60:

\$10.00 per 10 minutes



presented by the
Genesee District Library

COOKING WITH MING

With Professional Chef:
Ming Louie

Thursday,
September 21st
at 2:00 pm

Learn to cook delicious Gnocchi, a traditional Italian dish made of small dumplings.

RSVP by September 14th

AGING IN PLACE

Wednesday,
September 13th
at 1:00 pm

with
TruBlue

Learn ways to keep you safe in your home longer, allowing you to have a higher sense of independence with age! TruBlue will discuss different updates you can make to your home that makes it more accessible.

RSVP by
September 6th



UPCOMING EVENTS

Join Hamilton Health Group

Vaccine Hesitancy

**Monday,
September 25th
at 1:00 pm**

Still feeling hesitant about getting your COVID-19 or Influenza vaccines? Join Hamilton Community Network's outreach nurse for a presentation on the vaccines. Get your questions answered from a trusted health professional!



RSVP by September 18th



Alzheimer's Informational Group

**Thursday, September 28th
at 1:30 pm**

Caring for a loved one with Alzheimer's requires lots of support. Caregivers and those with Alzheimer's are welcome to attend this informational support group hosted by Promedica and Nurse Practitioner Colleen Sabatine.

RSVP by September 21st

MEMORY & COGNITION

**MONDAY,
SEPTEMBER 11TH
AT 1:00 PM**



COGNITION REFERS TO THE MENTAL PROCESS OF GAINING KNOWLEDGE AND COMPREHENSION SUCH AS THINKING, REMEMBERING AND PROBLEM SOLVING. MEMORY ALLOWS PEOPLE TO ENCODE, STORE AND RETRIEVE INFORMATION.

AS WE AGE, OUR MEMORY AND COGNITIVE FUNCTIONS TEND TO DECLINE. DURING THIS WORKSHOP WE WILL DISCUSS HOW MEMORY AND COGNITION DIRECTLY IMPACTS US AND THINGS YOU CAN DO TO PROTECT OR MAXIMIZE YOUR COGNITIVE ABILITIES.

RSVP BY SEPTEMBER 6TH

Are you caring for a loved one with memory loss?

Savvy Caregiver



If you are an active caregiver of a family member or friend with dementia living at home, this workshop will help you gain special skills and knowledge you will need to be successful

**Thursdays, October 5th
to November 9th
5:45-7:45 pm**

This seminar will:

help you understand the impact of dementia, learn skills to manage daily life, communicate more effectively, and take care of you!

**RSVP by
September 28th**

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p></p> <p></p> <p>4</p> <p></p> <p>WE ARE CLOSED!</p> <p>11</p> <p>8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Pulled BBQ Sandwich 1:00 Crochet Group 1:00 Max Well Memory Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8:45 Yoga w/ Katrina 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 4:30 Dominoes 6:00 5-Handed Euchre</p> <p>5</p> <p>12</p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - White Chicken Chili 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:00 DPATH 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>Veteran Service Appts 9:30 Zumba 11:30 Sassy Exercise Noon Lunch—Oven Fried Chicken 3:00 Intermediate Line Dance 6:00 Setback</p> <p>6</p> <p>13</p> <p>9:30 Zumba 10:00 Board Meeting 11:30 Sassy Exercise Noon Lunch— Pub Burger w/ Cheese 1:00 Aging in Place 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>8:45 Yoga w/ Machelle 10:00 Tai Chi 11:00 Toning Noon Lunch—Peppered Beef Steak w/ Gravy 6:00 Euchre 6:30 Pinochle</p> <p>7</p> <p>14</p> <p>8:45 Yoga cancelled 10:00 Tai Chi 10:00 Bingo! 11:00 Toning Noon Lunch—Chicken Breast 6:00 Euchre 6:30 Pinochle</p>	<p>11:00 Arthritis Exercise cancelled Noon Lunch— Meatball Sub</p> <p>1</p> <p>15</p> <p>11:00 Arthritis Exercise cancelled Noon Lunch— Baked Fish w/ Sauce 1:00-2:00 Chair Massages</p>
<p>11:00 Arthritis Exercise cancelled Noon Lunch— Meatball Sub</p> <p>1</p>	<p>11:00 Arthritis Exercise cancelled Noon Lunch— Chicken Marsala</p> <p>8</p>	<p>11:00 Arthritis Exercise cancelled Noon Lunch— Baked Fish w/ Sauce 1:00-2:00 Chair Massages</p> <p>15</p>		

Monday

Tuesday

Wednesday

Thursday

Friday

<p>18</p> <p>8:45 Beginner Yoga cancelled 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — Beef Fajitas 12:30 Max Well Balance & Endurance 1:00 Crochet Group 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>19</p> <p>8:45 Yoga cancelled 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch — Creamy Turkey & Rice soup Fajitas 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:00 DPATH 4:30 Dominoes</p>	<p>20</p> <p>Toledo Zoo Trip Departs Legal Service Appt 9:30 Zumba 11:00 Grief Support 11:30 Sassy Exercise Noon Lunch — Chicken & Dumplings 1:00 iPhone Basics 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>21</p> <p>8:45 Yoga cancelled 10:00 Tai Chi 10:00 Bingo! 11:00 Toning Noon Lunch — Antipasto Salad 2:00 Cooking with Ming 6:00 Euchre 6:30 Pinochle</p>	<p>22</p> <p>11:00 Arthritis Exercise Noon Lunch — Artisan Mac & Cheese 1:30 Matter of Balance</p>
<p>25</p> <p>8:45 Beginner Yoga cancelled 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch — Chicken Parmesan 1:00 Crochet Group 1:00 Vaccine Hesitancy Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>26</p> <p>Hearing Screening 8:45 Yoga cancelled 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 3:00 Book Club 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>27</p> <p>Advanced Care appts 9:30 Zumba 11:30 Sassy Exercise Noon Lunch — Turkey Tetrazzini 1:00 Low Back Pain Seminar 3:00 Intermediate Line Dance 6:00 Setback</p>	<p>28</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 11:00 Toning Noon Lunch — Sloppy Joe 1:30 Promedica— Alzheimer's Info Group 6:00 Euchre 6:30 Pinochle</p>	<p>29</p> <p>11:00 Arthritis Exercise Noon Lunch — Sweet & Sour Chicken 1:30 Matter of Balance</p>

Board Meeting Notice

The next board meeting will be held on Wednesday, September 13th 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—
Friday, September 1st & 15th
Yoga— September 14th, 18th,
19th, 21st, 25th, & 26th
Closed— Monday,
September 4th

UPCOMING EVENTS/TRIPS

In Loving Memory of *Arlene O'Brien*

Arlene will be dearly missed at our center. We send our deepest condolences to her friends and family.

Thank you to those who have made donations in her memory.

Jeanne & Roy Beville
Janet & Richard Parkhurst



Michigan Princess River Boat Fall Color Cruise & Uncle Johns Cider Mill

Tuesday, October 17th, 2023

Sign up no later than 09-17-23

Trip includes round trip transportation, stop at Uncle Johns, a Fall color cruise with a full buffet, and performance by Dixieland Jazz Band.

\$110
per person



Genitti's Luncheon Holiday Show!

Wednesday, December
6th, 2023

Sign up no later than 11-14-23

This trip includes round trip transportation, a 7 course italian luncheon, and an interactive Holiday Comedy Show.

\$94
per person



Grief Support Group

Wednesday, September 20th
at 11:00 am

Grief is a difficult process that no one should go through alone. Jessica, from The Medical Team, makes a welcoming and supportive environment to help you in your grieving process.

No RSVP required.

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.**

Happy
Labor
Day!

We are CLOSED
Monday,
September 4th



INFORMATION

GOOD BOOKS, GOOD
CONVERSATION, AND
GOOD COMPANY



BOOK CLUB

Tuesday,
September 26th
at 3:00 pm

PLEASE ACQUIRE AND
READ THE BOOK
THE MEASURE BY
NIKKIE ERLICK
BEFOREHAND

Hearing Screening

Tuesday, September 26th

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?

JOHN, SERVICE OFFICER, WITH THE GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES OFFICE IS AVAILABLE FOR APPOINTMENTS AT THE SENIOR CENTER ONE DAY PER MONTH.

HE CAN PROVIDE INFORMATION ON BENEFIT PROGRAMS AND ASSIST YOU IN COMPLETEING APPLICATIONS FOR VETERAN BENEFITS. PLEASE REQUEST A LIST OF INFORMATION TO BRING WHEN YOU SCHEDULE YOUR APPOINTMENT!

ADVANCE CARE PLANNING

PLANNING IN ADVANCE FOR
FUTURE HEALTHCRE 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!

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

TRANSPORTATION

Transportation services available to seniors residing within the Swartz Creek School District. Contact the senior center for the complete schedule.

TRANSPORTATION SERVICES INCLUDE:

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.



JOIN US FOR LUNCH!

Meals are served eat in or take home Monday–Friday between 12:00– 12:30 pm at the senior center. 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 and anyone under 60 or living outside Genesee County is a \$6 donation.

Provided by Genesee County Community Action Resource Department (GCCARD)

Class Cancellations

Arthritis Exercise– Friday, September 1st & 15th
Yoga– September 14th, 18th, 19th, 21st, 25th, & 26th
Closed– Monday, September 4th

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

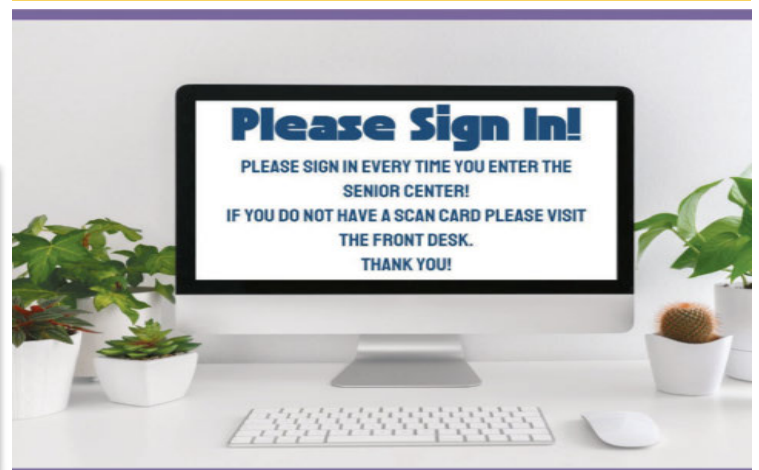
The Swartz Creek Area Senior Center has adopted a policy of non-discrimination in all programs, services and employment. No one shall be excluded on the basis of race, color, national origin sexual orientation, religion, age, marital status, veteran and military status or disability unless required by 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.



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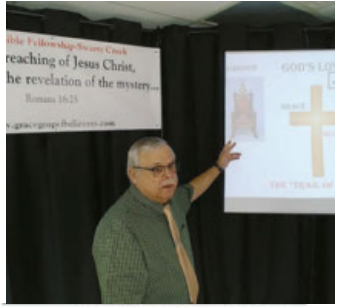
Visit www.mycommunityonline.com

Grace Bible Fellowship
Swartz Creek
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Suite #15
Swartz Creek, MI



Bible Study Join us!

...the preaching of Jesus Christ according to the revelation of the mystery...
Romans 16:25
www.gracegospelbelievers.com



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

Brian Huyck
Owner and Certified Horticulturist

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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

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

Sheila Keen, Trustee

Mickie Grandstaff, Trustee

Trudy Plumb, Trustee

Susan Butler, Trustee

Kaye Johnson, Trustee

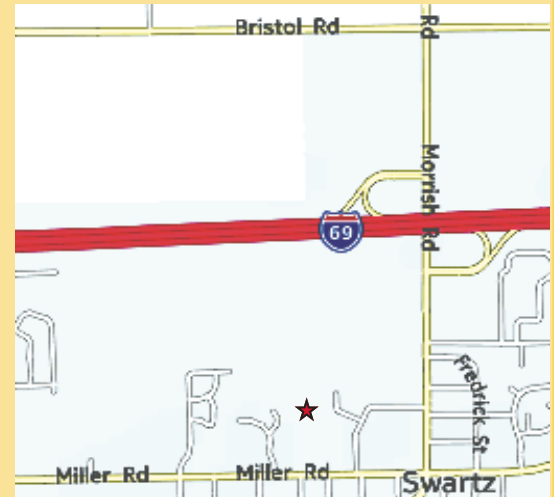
STAFF

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