

# SWARTZ CREEK AREA SENIOR CENTER

JUNE 2022  
NEWS

VOLUME 22, ISSUE 6



# June



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

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## Upcoming Events



**Ascension Living**

**PACE Michigan**

### Aging in Place with PACE

Are you “55 or better?”  
Would you like to age in place at home?

If you answered “yes” to the above questions, please join us. Learn more about the PACE option for extra help with health services and care. We want eligible older adults to stay safe in their home, apartment or living with family for as long as possible. *Help us spread the word to those who need us.*

Join Lea Anne from Ascension Living PACE Michigan to learn more:

**When: Wednesday, June 8th, 1:30 p.m.**

**Where: SCASC**

**RSVP by: Monday, June 6th**

Everyone attending will be entered into a raffle prize drawing for a surprise—there is no obligation to enter.



## MONTHLY BINGO WITH AMERICAN HOUSE

American House is hosting a monthly bingo event **at the Swartz Creek Senior Center!** No cost and all supplies are provided. Bring your own dobber if you so choose!

Small prizes will be available to win!

**RSVP @ 810 635 4122**

**When: Thursday, June 2nd, 10:00 a.m.**  
**Always the first Thursday of the month at 10:00am.**

## TIPS FOR FREEZER & REFRIGERATOR



Wednesday, June 22nd, 1:00 p.m.

RSVP by June 20th.

Topics Covered:

- Freezer Tips: which food freeze best
- Refrigerator layout
- Safe Thawing Methods
- Refrigerator & Freezer Food Storage

**VAAA**  
**Valley Area Agency On Aging**  
Answers, Action & Advocacy  
for All Things Senior



## Ice Cream Social—Food Drive

**Here's the Scoop**

**Tuesday, June 21st, 6:00—7:00 p.m.**

**Public Welcome!**

Where: Swartz Creek Senior Center  
Make a difference in our community!  
Learn more about the Swartz Creek Community Food Basket located at the United Methodist Church of Swartz Creek, 7400 Miller Rd.

**Enjoy an Ice Cream Sundae**

**Sugar-Free Flavor Available!**

**COST: DONATION —**

*(Cash donation or canned goods, boxed goods or paper products for the Food Pantry.)*

## UPCOMING EVENTS

# Hearing Screenings

Tuesday, June 28th, 2022

**PROVIDED BY: YOUR HEARING SOLUTION**  
Offered at the Center once a month.  
Call the Center to make an appointment

- 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?

Free hearing evaluation available at the senior center.

\* Hearing aid cleaning and adjustments at no charge.

\* Fees apply for battery replacement.

## Watercolor Painting Class

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10



When: Thursday, June 2nd & June 9th

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. RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!**

## STILL LIFE PENCIL DRAWING

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

When: Thursday, June 16th & 30th

Where: Swartz Creek Senior Center

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. RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!**



## Annual Membership Meeting

When: Tuesday, June 7th, 2022 at 6:00pm

Who: Open to the public

Where: Swartz Creek Area Senior Center

The new Board of Trustees for the 2022-2023 fiscal year will be announced. Refreshments provided.

## Grief Support Group

Heartland Hospice provides, at no charge, on-going grief support for anyone who has experienced the death of a loved one. Our purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

**Where:** Swartz Creek Senior Center

**When:** Wednesday, June 15th,  
@ 11:00 am



## Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!  
**Must be 50 and older to attend!**

**Dates:** Friday, June 3rd & 17th

**Time:** 6:00 p.m.—8:00 p.m.

**Cost:** \$5.00 at door



\*\*Music provided by Jim Hedrich!

50/50 RAFFLE AVAILABLE

Coffee and Water available!

Bring a snack to share, but please remember to clean up after yourself!

## 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.

## UPCOMING EVENTS

### Practical Approaches to Dementia

The three part, 90 Minute sessions are held once a week and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. Topics in the three-week class include: Brain Behaviors, Specific Activities for Persons with Dementia, Basics of Dementia, Changing in Thinking Patterns, and Communication Strategies for Caregivers.

#### Dates

Part 1: Friday, June 3rd

Part 2: Friday, June 10th

Part 3: Friday, June 17th

**Time:** 10:00am - 11:30am

**Location:** Swartz Creek Senior Center

**Cost:** FREE

**RSVP:** 810-635-4122

**NEW!**

### Senior Listening Circle

Monday, June 20th, 1:00 p.m.

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



**Wednesday, June 1st,  
11:00 a.m.**

**RSVP by: Thursday, May 26th**

Join us for a special bingo provided by a group of Swartz Creek High School students! Help us support the students during their "Kindness Project" and play some BINGO! The students will be calling bingo, providing prizes and playing with you too! Limited seating! Sign up today!

### Swartz Creek Area Senior Center 2022-2023 Board of Trustees Election



**VOTE:** Voting will take place Tuesday,  
May 31st— June 3rd

**TIME:** 10:00am—7:00pm., each day.

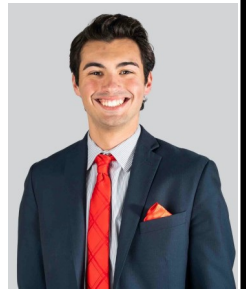
Eligible voters will be seniors 50 and older who live in the Swartz Creek School District, Swartz Creek postal code 48473 all all Gaines Township, including the Village of Gaines and have a current membership prior to April 22, 2022.

### COFFEE HOUR WITH Jasper Martus

**When: Monday, June 13th at  
10:00 AM**

**RSVP by: Thurs., June 9th @ 810 635 4122**

Join Jasper Martus for coffee and  
conversation!



### TECHNOLOGY ASSISTANCE APPOINTMENTS

Every other week on Friday there will be two one hour technology assistance appointments available at the Swartz Creek Senior Center. These appointments are generously provided by the Disability Network. Please call the senior center to reserve a spot: **(810) 635-4122**. You will be asked to tell us what device and specific issue you need assistance with.

**When: Friday, June 3rd & 24th**

**1:00pm - 3:00pm**

**Jump into Summer with  
FREE EXERCISE and  
DANCE CLASSES the  
whole month of  
June!! Take this  
opportunity to  
try a new class.**



# JUNE

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## CLASS CANCELLATIONS

**Arthritis Exercise—Friday, June 24th**

<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Turkey Tetrazzini 1:00 Crochet Group 5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Chicken Tacos 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 5:00 Dominoes 6:00 <b>Membership Meeting</b> 6:30 5-Handed Euchre</p>	<p>10:00am—7:00pm Board of Trustee Election Polls Open <b>Veteran Services by Appt.</b> 9:30 Zumba 11:00 Bingo 11:30 Sassy Exercise Noon Lunch— Philly Steak W/ Cheese 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>10:00am—7:00pm Board of Trustee Election Polls Open 8:45 Yoga 10:00 BINGO 10:00 Tai Chi 11:00 Toning Noon Lunch—Sweet &amp; Sour Meatballs 12:30 Afternoon Mah-Jongg 1:00 <b>Watercolor Class</b> 1:30 <b>Fresh Conversations</b> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Turkey Tetrazzini 1:00 Crochet Group 5:00 Hand, Knee &amp; Foot</p>	<p>9:30 Zumba 10:00 <b>Board Meeting</b> 11:30 Sassy Exercise Noon Lunch— Pork Chop in Gravy 1:30 <b>Aging in Place</b> 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Boneless BBQ Rib 12:30 Afternoon Mah-Jongg 1:00 <b>Watercolor Class</b> 1:30 <b>Fresh Conversations</b> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>10:00am—4:00pm Board of Trustee Election Polls Open <b>Technology Classes by Appointment</b> 10:00 Practical Approaches to Dementia 11:00 Arthritis Exercise Noon Lunch— BBQ Chicken Thighs 2:00 <b>Matter of Balance</b> <b>CENTER CLOSSES</b> <b>4:00PM - 5:45 PM</b> 6:00 Dance</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 10:00 <b>Coffee Hour With Jasper</b> 11:30 Sassy Exercise Noon Lunch - Breaded Chicken Breast 1:00 Crochet Group 5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch - Ravioli W/ Beef Sauce 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 5:00 Dominoes 6:30 5-Handed Euchre</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon –Beef &amp; Broccoli Lo Mein 12:30 Afternoon Mah-Jongg 1:00 <b>Pencil Drawing Class</b> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p>10:00 Practical Approaches to Dementia 11:00 Arthritis Exercise Noon Lunch— Oven Fried Fish 2:00 <b>Matter of Balance</b> <b>CENTER CLOSSES</b> <b>4:00PM - 5:45 PM</b> 6:00 Dance</p>

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - NO LUNCH 1:00 Crochet Group <b>1:00 Senior Listening Circle</b> 5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Salisbury Steak w/ Gravy 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 5:00 Dominoes <b>6:00 Ice Cream Social/Food Drive</b> 6:30 5-Handed Euchre</p>	<p>9:30 Zumba 11:30 Sassy Exercise Noon— BBQ Pulled Pork <b>1:00 Tips for Freezer/Refrigerator</b> 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Spanish Rice w/ Beef 12:30 Afternoon Mah-Jongg 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p><b>20</b></p> <p>Technology Classes by Appointment <b>11:00 Arthritis Exercise Canceled</b> Noon Lunch— Mac &amp; Cheese <b>2:00 Matter of Balance</b> <b>CENTER CLOSSES</b> <b>4:00PM NO EVENING</b></p> <p><b>24</b></p>
<p><b>27</b></p> <p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - Grilled Turkey Burger 1:00 Crochet Group 5:00 Hand, Knee &amp; Foot</p>	<p><b>28</b></p> <p><b>Hearing Screenings by Appt.</b> 8:45 Yoga 10:00 Knitting Group 10:00 Tai Chi 11:00 Toning Noon Lunch - Goulash 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 5:00 Dominoes 6:30 5-Handed Euchre</p>	<p><b>29</b></p> <p>9:30 Zumba 11:30 Sassy Exercise Noon Lunch— Asian Chicken Bowl 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p><b>30</b></p> <p>8:45 Yoga 10:00 Tai Chi 11:00 Toning Noon Lunch - Chicken Tenderloins 12:30 Afternoon Mah-Jongg <b>1:00 Pencil Drawing Class</b> 5:15 Basic Line Dancing 6:30 Pinochle 6:30 Euchre</p>	<p><b>23</b></p>

### Board Meeting Notice

The next board meeting will be held on  
Wednesday,  
June 8th, 2022  
at 10:00am



### 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, Tissues, Bathroom Tissue, and Hand Soap are always appreciated. **Especially Coffee at this time!**

**Thank you for your generous donations to our Senior Center!**



## INFORMATION

### **Beginner Yoga**

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 your body, strengthen and lengthen your muscles, calm, soothe and open your mind. Make sure to bring your mat!

### **Yoga**

Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles and calm soothe and open your mind. Make sure to bring your mat!

### **Toning**

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 whole class, don't worry, you can sit and do these exercises in a chair also!

### **Tai Chi**

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 and helps for arthritis also.

### **Sassy Exercise**

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance and just have fun!

### **Arthritis Exercise—FREE**

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.

### **Zumba**

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**

Have you always wanted to learn how to line dance? This class will teach you how. No partner needed. Good for physical and mental well being.

### **Improved Line Dancing**

Medium impact dance exercise class to improve existing skills. No partner needed. Good for physical and mental well being.

### **Intermediate Line Dancing**

Above medium impact dance exercise class to improve. No partner needed. Good for physical and mental well being.

**ALL EXERCISE AND DANCE CLASSES  
ARE FREE FOR THE MONTH OF  
JUNE!!!**

## 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

### 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.

# 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.

# 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)

## AMAZON SMILE

Do you shop on Amazon? If so, there is a very simple way your purchases can benefit the Swartz Creek Senior Center.

- 1) Open you internet browser and search for Amazon Smile or go to: <https://smile.amazon.com/ch/38-2416786>
- 2) Sign in and designate Swartz Creek Senior Center as your charity.

Each time you make a purchase, a portion will be donated back to Swartz Creek Senior Center!

## **ATTENTION ALL PARTICIPANTS!**

Please sign-in on My Senior Center **every time** you visit the center. Our funding depends on it! If you do not have a Key Tag, please ask for one at the front desk.

Thank you!

## Incontinence Supplies

The Center has donated incontinence supplies, which are given out free of charge. Sizes and quantity are limited. Call the center for availability.





# INFORMATION

## **STAY CONNECTED: Join Us on Our Website and Social Media!**

Want to keep up with what is happening at the Center? Staying current is more important now than ever! The best way to do that is by following our Facebook page or webpage. Check out the Swartz Creek Senior Center website (<https://myscasc.org>)! You can find the latest updates and even download the monthly newsletter! You can also hop over to Facebook and search Swartz Creek Area Senior Center to find us. We share center updates, posts from local agencies, and posts from the Genesee County Office of Senior Services. Make sure you like our page before you leave to get the most recent updates!

## **CLASS CANCELLATIONS** **Arthritis Exercise—Friday, June 24th**

## **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 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

## STAFF

Barbara McCallum, Director

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation

## BOARD OF TRUSTEES

Roger Bloss, President

Bob Plumb, Vice President

Elaine Tucker, Secretary

Phillip Bracey, Treasurer

Sheila Keen, Trustee

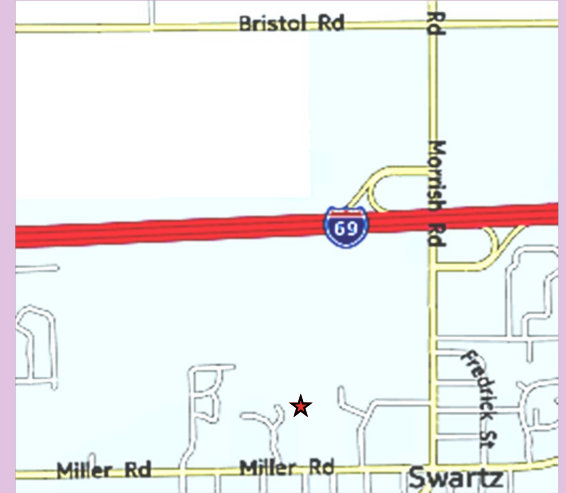
Kathy VanDette, Trustee

Ken Klungle, Trustee

Susan Butler, Trustee

Melinda Soper, 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.



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