

DECEMBER 2024 NEWS VOLUME 24, ISSUE 12



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



RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com



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15 Area Locations

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NEUROLOGICAL CENTER

HRLEY



% 810-564-7995 WWW.AMDURGENTCARE.COM

Clio, Davison, Fenton, Swartz Creek

SUPPORT OUR ADVERTISERS!



Join Us For



Monday. December 9th 1:00-3:00 PM Hot Cocoa Bar NO RSVP Required!

<u>Tuesday. December 10th at 10:00 AM</u> Ornament Making

<u>Wednesday, December 11th at 1:30 PM</u> Cookie Decorating

Thursday, December 12th at 1:30 PM
The Magic of the Holidays" Piano
Concert

Friday. December 13th at 1:30 PM Reindeer Games!

RSVP by December 4th!

Thank you to our partners!

VIBRANT LIFE SENIOR LIVING
THE CARE TEAM
SHARP FUNERAL HOME
SWANK ASSISTED LIVING
HYDE PARK
JUDY COX REALTOR
SYMPHONY CARE NETWORK
A8D HOME HEALTH CARE
TRU BLU
ADVISA CARE SENIOR LIVING

GENESEE COUNTY VETERAN SERVICES
MANNOR LAW GROUP
SWARTZ CREEK HOMETOWN DAYS
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LITTLE CAESARS- SWARTZ CREEK
KALLAS HEATING & COOLING
GREAT LAKE SMOOTHIE CO
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THE MEDICAL TEAM

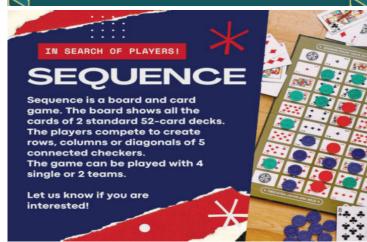
PLEASE TAKE THE TIME TO VISIT AND THANK THESE COMMUNITY PARTNERS WHO MAKE OUR EVENTS POSSIBLE!

UPCOMING EVENTS



UGLY CHRISTMAS SWEATER











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.

Mahjongg

Tuesday, 12:30-2:30 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.

Euchre

Tuesday, 1:30-3:30 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 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!

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.

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.



FEBRUARY 3RD - FEBRUARY 27TH, 2025 REGISTRATION:

> NOVEMBER 11TH TO JANUARY 9TH, 2025

COST:

\$15.00 PER PERSON

EXTRA \$3 FEE FOR BOWLING EVENT

INCLUDES: T-SHIRT, UNLIMITED EVENTS,
OPENING CEREMONY WITH ENTERTAINMENT,
AND CLOSING BANQUET LUNCH!

2025 EVENTS:

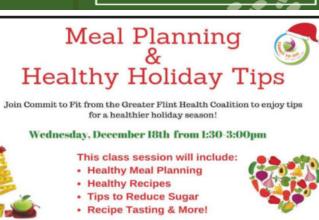
PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES, CHECKERS, SCRABBLE, YAHTZEE, HAND KNEE & FOOT, SHUFFLEBOARD, TABLE TENNIS, PING PONG, CRIBBAGE, PINOCHLE, SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL, MINIATURE GOLF, LINE OANCING,

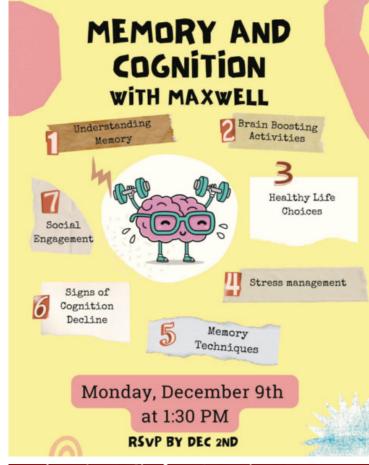
DOMINOES (MEXICAN TRAIN), SPELLING BEE, ARTS & CRAFTS, POOL, FRISBEE TOSS, LADDER GOLF AND BOWLING, LOCATIONS ARE LISTED ON REGISTRATION FORM!



UPCOMING EVENTS









RSVP by December 11th







Please call to make an

810-635-4122

most Medicare Advantage Plans, Straight Medicaid insurance.

Please call by

UPCOMING EVENTS



Daily between 11:45 AM and 12:45 PM During that time staff will be serving lunch and may not be available to assist you or answer calls.

THE INFLATION REDUCTION ACT

THURSDAY, DECEMBER 5TH AT 1:30 PM

How this affects your healthcare!

Meet with Marli with American Senior Benefits to discuss the passing on the Inflation Reduction Act and how this will affect your Medicare plan and medication cost.

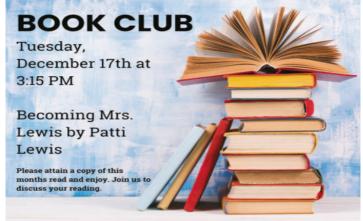
RSVP by December 2nd





Before venturing out into bad weather, be sure to call the center at 810-635-4122, tune into ABC Channel 12, check our Facebook page, and/or check our website for weather related updates!

Please note: Our decision to close during inclement weather is not based off school district or other senior centers!





11:00 Arthritis Exercise cancelled Hearing Screening by Appt. 10:00 Visually & Hearing Impaired Support Group Chair Massages by Appt. Friday 11:00 Arthritis Exercise 11:00 Arthritis Exercise 1:30 Reindeer Games 12:15 GCCARD Lunch 12:15 GCCARD Lunch 12:15 GCCARD Lunch 10:00 Card Making 1:00 Pen Beading 10:00 Bingo! 5 12 19 1:30 Inflation Reduction Act Seminar 10:00 Christmas Wreath Making Thursday 10:00 White Elephant Bingo! 1:30 Holiday Piano Concert 11:15 Toning cancelled 12:15 Christmas Lunch 10:00 Tai Chi cancelled 12:15 GCCARD Lunch 12:15 GCCARD Lunch 8:45 Yoga cancelled 11:15 Toning 11:15 Toning 10:00 Tai Chi 10:00 Tai Chi 6:00 Euchre 6:00 Euchre 6:00 Euchre 8:45 Yoga 8:45 Yoga 18 4 11 らんとう Wednesday Advanced Care Directives by Appt. 9:00 Alzheimer's Support Group **Genitti's Holiday Trip Departs** 3:00 Intermediate Line Dance 3:00 Intermediate Line Dance 3:00 Intermediate Line Dance 11:00 Grief Support Group 1:30 Cooking Decorating 5:00 Zumba w/ Kimberly 5:00 Zumba w/ Kimberly 5:00 Zumba w/ Kimberly 1:30 Holiday Meal Prep Legal Services by Appt. 1:30 Learning Kitchen 1:00 Bracelet Making L:30 Learning Kitchen 10:00 Board Meeting 12:15 GCCARD Lunch 12:15 GCCARD Lunch 12:15 GCCARD Lunch 11:15 Sassy Exercise 11:15 Sassy Exercise 11:15 Sassy Exercise 6:00 Setback 5:00 Setback 5:00 Setback 9:00 Zumba 9:00 Zumba 9:00 Zumba 10 17 10:00 Grocery Bag Crochet cancelled 'uesday 10:00 Grocery Bag Crochet 10:00 Grocery Bag Crochet 10:00 Ornament Making 6:00 5-Handed Euchre 5:00 5-Handed Euchre 6:00 5-Handed Euchre 12:15 GCCARD Lunch 12:15 GCCARD Lunch 10:00 Knitting Group 2:30 Beginner Cardio 10:00 Knitting Group 2:30 Beginner Cardio 10:00 Knitting Group 12:15 GCCARD Lunch 2:30 Beginner Cardio 1:00 Wood Carving 1:00 Wood Carving 1:00 Wood Carving 12:30 Mah-Jongg 12:30 Mah-Jongg 12:30 Mah-Jongg 4:30 Dominoes 4:30 Dominoes 3:15 Book Club 4:30 Dominoes 11:15 Toning 11:15 Toning 11:15 Toning 10:00 Tai Chi 10:00 Tai Chi 10:00 Tai Chi 1:30 Euchre L:30 Euchre 1:30 Euchre 8:45 Yoga 8:45 Yoga 8:45 Yoga 16 ത 10:00 Age Friendly Wellness Council Hot Cocoa Bar available from: Monday 10:00 Improved Line Dancing 10:00 Improved Line Dancing 10:00 Improved Line Dancing 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 1:45 Stretch & Balance 1:30 Maxwell Seminar 1:45 Stretch & Balance 12:15 GCCARD Lunch 12:15 GCCARD Lunch 12:15 GCCARD Lunch 11:15 Sassy Exercise 11:15 Sassy Exercise 11:15 Sassy Exercise 1:00 Crochet Group 1:00 Crochet Group 1:00 Crochet Group 8:45 Beginner Yoga 8:45 Beginner Yoga 8:45 Beginner Yoga 1:00 Horse Race 1:00 Horse Race 1:00 Horse Race

13

20

6

27 raise funds toward this cause. In our lobby you will find a in 2023, 7,001 Children across Genesee County had a gift under the tree because of the Old Newsboys and their The Swartz Creek Area Senior Center is partnering to giving tree, sponsor a child to add an ornament to the pajamas, 2 pairs of socks, 2 pairs of underwear, glov sponsors. The Christmas Program provides a pair of Friday and hat, toothbrush and toothpaste, and an age 12:15 GCCARD Lunch No Exercise Classes Please visit us in person for more details! Donation amount varies from \$5-\$50 sponsor a Child appropriate gift. Thursday 12:15 GCCARD Lunch No Exercise Classes 6:00 Euchre Pristmas fundraiser LD NEWSBOYS MONDAY, DECEMBER 2ND 'Let No Child Be Forgotten" DECEMBER 20TH OF FLINT TO FRIDAY. Wednesday 31 WE ARE CLOSED! **Tuesday** 23 **Monday** 12:30 Balance & Endurance Podiatry Services by Appt. 5:00 Hand, Knee & Foot 5:00 Hand, Knee & Foot 12:15 GCCARD Lunch 12:15 GCCARD Lunch 1:00 Crochet Group No Exercise Classes 1:00 Crochet Group No Exercise Classes 1:00 Horse Race 1:00 Horse Race

Board Meeting Notice

The next board meeting will be held on Wednesday, December 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

Arthritis exercise: December 13th
No Exercise Classes: December 23rd–
December 31st
We are Closed: December 24th, 25th,
and 31st



Congregate December Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

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MONDAY	IOESDAT	WEDINESDAT	HURSDAT	FRIDAT
BBQ Chicken Thighs Roasted Brussel Sprouts Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll Margarine-1 ea	Meatloaf w/gravy Redskin potatoes-4 oz Sweet Peas-4 oz Fresh Apple-1 ea Corn Bread Margarine 100% Fruit Juice-4 oz	HM Lasagna w/Beef Steamed Broccoli Baby Carrots Garlic Stick Margarine Deluxe Fruit Salad Milk	Turkey Burger w/Cheese Potato Wedges Green Beans Fruit Cocktail-4 oz WG Bun 100% Fruit Juice	Baked Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw -4 oz Potato Roll Mixed Fruit-4 oz Margarine
Beef Tacos Spanish Rice Roasted Mexi Corn Diced Peaches Tortilla Shells (2) Milk	HM Beef Stew w/Peas, Carrots, Potatoes Italian Green Beans Fresh Apple margarine Biscuit 100% Fruit Juice	HM Chicken Chili Steamed Broccoli Diced Carrots (4 oz) Fresh Pear 1 ct) Bread Stick(1 ct) Margarine (1 ct)	HM Stuffed Green Pepper Vegetable Blend-4 oz Steamed Cauliflower-4 oz Pineapple Chunks-4 oz WG Crackers Margarine 100% Fruit Juice-4 oz	Salisbury Steak in gravy Steamed Spinach-4 oz Corn-4 oz Diced Peaches-4 oz Multi - Grain Roll Margarine
Chicken Parmasan-1 ea Steamed Spaghetti-2 oz Veggie Blend Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Pears-4 oz Milk		Roasted leg quarters over a fresh veggie blend Baked potato Apple crisp Fruit punch	CHEON edley nie sarine	Country Style Chicken Sweet Peas Diced Potatoes Dinner Roll Margarine Applesauce
Steak Fajitas Chuck Wagon Veggies Cilantro Lime Rice Tortilla Shell Margarine-1 ct Pineapple Cup Milk	Charge das S	Christmas	HM Chicken Salad 26 3 Bean Salad Sugar Snap Peas Sliced croissant Ranch Dressing Cup Cantelope & honeydew 100% Fruit Juice	HM Mac & Cheese-8 oz French Cut Green Beans-4 oz Sliced Carrots-4 oz Mixed Fruit Potato Roll Margarine Milk
Baked Chicken Breasts w/ Stewed Vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Roll Margarine 100% Fruit Juice	YEAR'S GVE	Communication Resource County	Valley Area Agency On Aging Answers, Action & Advocacy for All Things Senior	GENESEE COUNTY

Senior Dining by GCCARD

Meals are served Monday- Friday at 12:15 PM here at the center.

Reservations must be made by Noon the day before, for Mondays, you must call by the Friday before.

Call the center at 810-635-4122 (Note: meals for special events may require up to two weeks advance reservation).

Persons residing in Genesee County who are 60 and older, and their spouse regardless of age, are eligible for a free meal. Donations are always appreciated.

Requested donation is \$3.00 Persons under 60 or live outside of Genesee County: \$6.00





TRIPS

Detroit Institute of Arts

Wednesday, March 19th, 2025

\$95.00 per person

This trip includes motor coach transportation to and from Detroit, Admission and group tour of the Detroit Institute of Arts, and Lunch at Polonia's.

Prepay by 2/24/25

Firekeepers Casino

Tuesday, April 8th, 2025

\$55.00 per person

Round trip to Battle Creek, 4 hours of gaming at Firekeepers Casino, receive back \$20 in gaming and \$5 in food credit, and extra specials for Senior Day.

Prepay by 3/24/25

Auto Barons Mansion Tour

Tuesday, April 15th, 2025

\$114.00 per person

Round Trip transportation, guided tour of the Ford House, free time to explore exhibits and shop in the visitor center, catered luncheon at Meadow Brook Hall, and guided tour of Meadow Brook Hall.

Prepay by 3/17/25

Frederik Meijer Gardens & Sculpture Park

Tuesday, April 22nd, 2025

\$89.00

Round trip to Grand Rapids, admission to Butterflies Are Blooming at Frederik Meijer Gardens. free time for lunch at Meijer Cafe and Gift Shop, and admission and self-guided tour of the Gerald R Ford Museum.

Prepay by 3/31/25

Holland Tulip Festival & Saugatuck

Thursday, May 8th, 2025

\$154.00 per person

Round trip to Holland, admission at Veldheer Tulip Gardens, lunch at Coral Gables Restaurant, free time downtown Saugatuck, and ride on the Saugatuck Dune Rides.

Prepay by 3/24/25

Taste of Michigan's Sunrise Side

Thursday, June 19th, 2025

\$119.00 per person

Round trip, stop for breakfast at The Rose City Cafe, dinner at Iva's Famous Chicken Dinner, stop at Fairview Organic Maple Syrup, Amish Creamery, wine tasting at Rose Valley Winery, and stop at Sherni's Candies.

Prepay by 5/28/25





Shipshewana Brown Bag Tour

Thursday, September 18th, 2025

\$145.00 per person

Round trip to Shipshewana, IN, a step on guided tour of Shipshewana Amish Backroads, brown bag with Amish goodies, luncheon at Thresher's, shop at an Amish bulk food store, stop at a woodworking shop, Amish bakery, and a leather craftsman shop.

Prepay by 8/26/25

Thunder Bay Elk Viewing

Thursday, October 9th, 2025

\$229.00 per person

Round trip to Hillman, MI. Enjoy a horsedrawn carriage ride through the Elk Preserve to view the beauties of Thunder Bay during peak fall colors and elk season, and a 5-course meal and wine tasting

Prepay by 9/9/25

Souring Eagle Casino

Featuring: Uncle John's Cider Mill

Wednesday, October 22nd, 2025

\$55.00 per person

Round Trip transportation, 4.5 hours of gaming at Soaring Eagle, get back \$20 in gaming, \$10 in food, and \$10 in Bingo Bucks, and a visit to Uncle John's

Prepay by 10/6/25

Cornwell's Turkeyville: The Naughty List

Wednesday, December 3rd, 2025

\$109.00

Round trip to Marshall, MI. A traditional turkey dinner with all the trimmings, admission to the show "The Naughty List", and free time to shop at Cornwell's Gift Shop.

Prepay by 10/29/25

For further information please visit us to receive a flyer or give us a call 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.

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!

Stretching & Toning

Tuesday & Thursday, 11:00 am-12:00 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, 11:15 AM-12:15 PM

Instructor: Darci

appointments

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- Breaking beginning in October

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 Two.
- Senior fundraising

Time

change!

- 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!



SERVICES

Legal Services of Eastern Michigan (LSEM) *Wednesday, December 18th by 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, December 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. We are also offering transportation to and from our daily lunch program, please call in advance for availability.

If you require transportation services that we cannot provide, please contact MTA at 810-767-0100.

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 *Call 810-635-4122 for 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
- And More!

Senior Dining by GCCARD

Meals are served Monday - Friday at 12:15 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:
 66.00

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, December 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 struggled you share.

Age Friendly Wellness Council

Monday, December 2nd 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, December 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, December 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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Website: www.myscasc.org
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Senior Center

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