

Swartz Creek
AREA SENIOR CENTER

August 2026 Newsletter
Volume 26, Issue 8



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!

Bentley
MANOR

810-547-1763

Adult Foster Care and Assisted Living

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Clio • Mt. Morris • Montrose • Flint
15 Area Locations

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Sharp
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Grace Bible Fellowship

Swartz Creek

9061 Miller Rd.

Suite #15

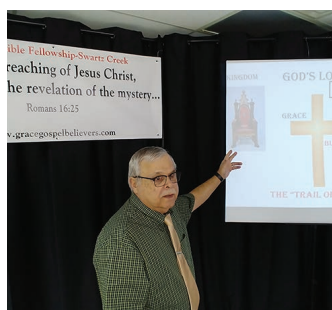
Swartz Creek, MI



...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

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Swartz Creek Senior Center Swartz Creek, MI

15-0694

Upcoming Events

Pop-Up FARMERS MARKET



Join us weekly for our pop-up markets featuring locally grown produce from Family First Farms and weekly "special guests" vendors!

THURSDAYS 11:00 AM- 2:00 PM
JUNE 4TH-OCTOBER 8TH

Swartz Creek Area Senior Center

FEATURED FARMER

FAMILY FIRST FARMS



Beecca Kunz Soaps & More!



PAYMENT METHODS ACCEPTED:



Everyone welcome!
More information:
8095 Civic Dr.
Swartz Creek, MI 48473
810-635-4122

POP-UP MARKETS AUGUST SCHEDULE



THURSDAY, AUGUST 6TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS, THE LEMON DROP, & THE WARE FAMILY
FRESH PRODUCE, EGGS, CARNIVAL STYLE LEMONADE, JAMS, JELLIES, AND CORN.

THURSDAY, AUGUST 13TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS, WENDT BAKEHOUSE, & LENNON ROAD FARMS
FRESH PRODUCE, EGGS, AND BAKED GOODS,

THURSDAY, AUGUST 20TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & HARMONY FARMS
FRESH PRODUCE, EGGS, BROILER BIRDS, AND MORE!

THURSDAY, AUGUST 27TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS, THE LITTLE ACRE, DESCHEPPER FARMS & SUZY Q'S
FRESH PRODUCE, EGGS, SOURDOUGH, FLOWERS, LOCAL HONEY, HONEY PRODUCTS, MEAT, EGGS, AND MILLED FLOUR.

HAWAIIAN LUAU

Get ready for a night of tropical fun, great food catered by Jay E Jacobs, and performance by Jerry Ammerman! Please choose only one of the Luau's to attend.

WEDNESDAY, AUGUST 12TH
5:00 PM

THURSDAY, AUGUST 13TH
5:00 PM

\$15 PER PERSON AT TIME OF SIGN UP
Menu includes: Hawaiian Chicken, Pulled Pork with Mango Salsa, Cole Slaw, Fried Rice, Fruit Skwers, and more!

Prepay by August 5th

FIELD TRIPS

Mystery Dinner #1

Tuesday, August 4th from 5:00 PM-7:30 PM

\$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$ per person

Fredrick Meijer Garden- Chihuly Exhibit

Monday, August 10th from 8:30 AM - 4:30 PM

\$65 per person- includes transportation to Grand Rapids, admission to Fredrick Meijers Garden, indoor and outdoor Chihuly exhibit, and hop on-and-off trolley. Cafe is available for lunch on own.

Mystery Dinner #2

Tuesday, August 18th from 5:00 PM-7:30 PM

\$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$ per person

Thrifting Thursday

Thursday, August 20th from 9:00 AM - 12:00 PM

\$7 per person- includes transportation to Birch Run Goodwill, Thrifty Treasures & The Vin Cycle in Frankenmuth.

Oakley Tractor Show

Friday, August 21st from 9:00 AM - 2:00 PM

\$20 per person- includes transportation to Oakley, admission to the Annual Oakley Tractor Show. Enjoy tractor displays, shops, lunch options, parades, and more!

Genesee County Senior Day at the Fair

Tuesday, August 26th from 8:30 AM - 12:30 PM

\$5 per person- includes transportation to the Genesee County Fair. Enjoy free coffee and donuts, wagon rides, entertainment, door prizes, and more! Carnival rides and food vendors are not free.

No refunds available for Fredrick Meijers or Oakley Tractor Show!

Upcoming Events



BINGO

THURSDAY, AUGUST 6TH
10:00 AM
WHITE ELEPHANT BINGO: BRING
A WRAPPED PRE-LOVED ITEM OR
NEW ITEM UNDER \$10 FOR
A PRIZE

THURSDAY, AUGUST 13TH
10:00 AM
PRESENTED BY WELLCARE

NO RSVP REQUIRED



Card Making

Friday, August 28th at 1:30 PM

Join Linda Evans to create your own greeting cards. All supplies are included and you will leave with 4 cards to take home. Please bring your own scissors and glue if able.

\$7 per person

Prepay by August 21st



Medicare with Marli

Monday, August 31st at 1:30 PM

COME AND LEARN

- Recent changes in Medicare
- How to navigate additional plans
- Open enrollment dates 2026
- Marli can answer your specific questions!

RSVP BY AUGUST 24TH

+ BLOOD DRIVE +



+ Friday August 7th

10:00AM - 2:00 PM

Presented by Versiti
Save a life today!

Make your appointment today!
Walk ins always welcome!

[versiti.org](https://www.versiti.org)
OR give the center a call at 810-635-4122



Coffee Hour

with Jasper Martus
State Representative

FRIDAY, AUGUST 14TH
AT 10:00 AM

Meet our state representative, Jasper Martus to get updates about state matters and ask you important questions!

RSVP BY AUGUST 7TH



Our Services

- Renew driver's License or ID
- First-time Michigan ID
- Transfer Title
- Apply for/renew Disability placard
- And much more!

**Schedule your appointment while spots are available
Walk ins are welcome!**

MOBILE SECRETARY OF STATE

Friday, August 28th
10:00 am - 2:00 pm

The Secretary of State Mobile Office will be here to provide services to our members to process their needed transactions!

www.Michigan.gov/sos

Swartz Creek Area Senior Center

TRIPS

St. Sabbas Monastery & Royal Tea

Tuesday, September 8th, 2026

\$140.00 per person

9:15 AM- 4:15 PM

Round trip motor coach transportation, Tour St. Sabbas Monastery, Free time in the expanded Monastery Gardens, Tea Luncheon at The Royal Eagle located at St. Sabbas.

Prepay by 8/5/26

Detroit Iconic Building & City Tour

Wednesday, November 4th, 2026

\$115.00 per person

8:00 AM- 4:30 PM

Round trip transportation to Detroit, step-on guided tour of Detroit, tour of The Guardian Building, Fisher Building, then lunch at Slows Bar BQ in Corktown.

Prepay by 9/30/26

Sunrise Side Lighthouse Tour

Thursday, September 17th, 2026

\$99.00 per person

7:30 AM- 5:30 PM

- Round trip motor coach transportation to Northeast Michigan, lunch on own (off menu) at Big Boy (East Tawas), tour of Sturgeon Point Lighthouse, tour of Tawas Point Lighthouse.

Prepay by 8/14/26

Genitti's Luncheon Holiday Show & Walk

Tuesday, December 1st, 2026

\$119.00 per person

10:00 AM- 5:30 PM

Round trip motor coach transportation to Northville, MI, 7-course Italian luncheon, interactive holiday comedy show, and finally a holiday walk at Meadow Brook Hall.

Prepay by 10/27/26

Soaring Eagle Casino Fundraiser Trip

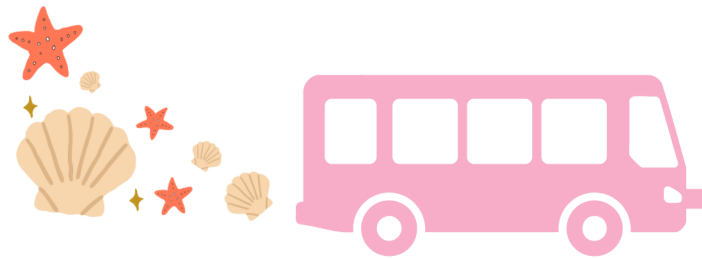
Monday, September 28th, 2026

\$60.00 per person

9:00 AM- 7:00 PM

Round trip motor coach transportation to Mt. Pleasant, 5.5 hours of gaming at Soaring Eagle Casino, get back \$20 in free play and 15,000 bonus points, visit Uncle John's Cider Mill. This is a FUNDRAISER for the Swartz Creek Senior Center, we receive \$55 per person, \$1,340 if we fill the bus!

Prepay by 9/11/26



Thunder Bay Elk Viewing & Meal

Tuesday, October 6th, 2026

\$230.00 per person

8:00 AM- 7:00 PM

Round trip motor coach transportation to Hillman, MI. Horse drawn carriage through the Elk Preserve, Elk Viewing during peak season. A 5-course gourmet meal and wine tasting.

Prepay by 9/2/26



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 GUARANTEED

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.

Upcoming Events

Understanding Alzheimer's & Dementia

Wednesday, August 5th at 1:30 PM

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments and ways the Alzheimer's Association can help.

Presented by the Alzheimer's Association

RSVP by July 31st

TRIVIA WITH CAPTEL

Thursday, August 6th at 1:30 PM

CapTel®
Captioned Telephone

Join Deborah with CapTel Captioned Telephone for a fun game of Trivia! Afterward, stay for a quick and easy demo for their FREE caption phone for those with hearing loss.

RSVP by August 3rd



DO YOU HAVE concerns

about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

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

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

Location: Swartz Creek Area SeniorCenter
8095 Civic Drive #2
Swartz Creek, MI 48473

Fridays:
August 14 -September 25
1:00pm-2:30pm

To register call:
Swartz CreekSenior Center
810-635-4122

Classes are conducted over eight sessions, meeting once a week. This class is free! Please sign up as space is limited.



Making Your Money Last with Rich Lewis

Monday, August 17th at 1:30 PM

Join Rich to discuss your retirement goals, income needs, and income future. We will explore how to address concerns such as inflation, health care expenses, and unexpected life events.

RSVP by August 10th



Chair Massages

Friday, August 14th
Friday, August 28th

Price

\$10 per person
Due at time of sign up



10-MINUTE UPPER BODY
MASSAGE WITH
MARSHALA

SELF-DEFENSE Seminar

Wednesday, August 26th
at 1:30 PM

Seminar Highlights:

- Basic self-defense techniques.
- Situational awareness.
- Mindfulness and movement coordination.
- Safe and enjoyable training environment.



PRESENTED BY: QUIANA POWELL



- * \$25 per person
- * Prepay by August 19th

Upcoming Events

PRESENTED BY GDL

RICK & DAYNA

ALL AGES WELCOME!

Enjoy a fabulous performance by Rick and Dayna, playing favorites from classic rock, oldies, and pop.



**Thursday, August 27th
at 1:30 PM**

RSVP by
August 20th

Lunch with Commissioner Dale Weighill

Friday, August 21st at 12:30 PM

MEET DALE,
ASK HIM YOUR
QUESTIONS, RECIEVE
UPDATES ABOUT
GENESEE COUNTY,
AND ENJOY A PIZZA
LUNCH!



SEE YOU THERE!



RSVP BY AUGUST 14TH

Presented by:
Optimal
Physical Therapy



Move with Ease: Flexibility

Monday, August 10th at 1:30 PM

Join us to learn:

- Flexibility Fundamentals
- Gentle Stretching Techniques
- Everyday Movement Tips
- Therapeutic Options

**RSVP by
August 5th**

Bracelet Making

Friday, August 7th at 1:00 PM

Friday, August 21st at 1:00 PM

\$5 per person, per class



Join Joann to create a one of a kind glass bead bracelet! All supplies and instruction included.

Prepay at time of sign up!

Retirement WITH ELGA

**THURSDAY, AUGUST 20TH
AT 1:30 PM**

Join Elga to discuss how to enjoy retirement to the fullest and ensure financial security during it all!

RSVP by August 13th



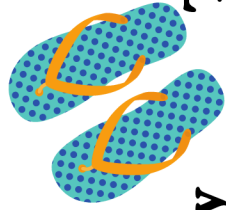
Painting with Janis

**Monday, August 24th
at 1:30 PM**

\$20 per person at time of sign up. All supplies and instruction included!



AUGUST



Monday

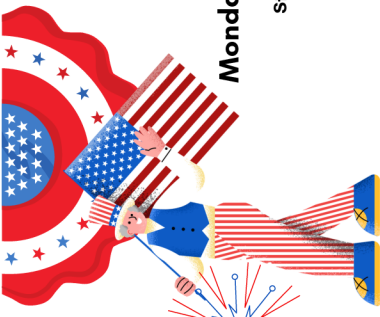
Tuesday

Wednesday

Thursday

Friday

3 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 10:00 Age Friendly Wellness Council 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Meet Dennis Cramer 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	4 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba 1:30 Euchre 2:30 Beginner Cardio 5:00 Mystery Dinner #1 6:00 5-Handed Euchre	5 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Alzheimer's Seminar 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback	6 8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 White Elephant Bingo 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 1:30 Trivia with CapTel 6:00 Euchre POP-UP MARKET 11-2	7 9:30 Drums Alive cancelled 10:00 - 2:00 Blood Drive 11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 1:00 Bracelet Making
10 8:30 Fredrick Meijer Trip 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 10:00 Visually Impaired Support Group 11:00 Hearing Impaired Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Flexibility Seminar 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	11 8:45 Yoga w/ Michelle 10:00 Alzheimer's Support Group 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:00 Grief Support Group 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba 1:30 Euchre 2:30 Beginner Cardio 6:00 5-Handed Euchre	12 10:00 Board Meeting 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance cancelled 5:00 Luau #1 5:15 Strength & Cardio cancelled 6:00 Setback 	13  Hearing Screening by Appt 8:45 Yoga cancelled 10:00 Tai Chi cancelled 10:00 Bingo 11:15 Toning cancelled 12:15 GCCARD Lunch 1:00 Samba 5:00 Luau #2 6:00 Euchre POP-UP MARKET 11-2	14 Chair Massage by Appt 9:30 Drums Alive 10:00 Coffee Hour with Jasper Martus 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Matter of Balance
17 8:45 Beginner Yoga w/ Michelle 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Edward Jones Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	18 8:45 Yoga w/ Michelle 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba 1:30 Euchre 2:30 Beginner Cardio 5:00 Mystery Dinner #2 6:00 5-Handed Euchre	19 Legal Services by Appt 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback	20 8:45 Yoga w/ Amy 9:00 Thrifting Thursday 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 1:30 Retirement with Elga 6:00 Euchre POP-UP MARKET 11-2	21 9:00 Oakley Tractor Show 9:30 Drums Alive 11:00 Arthritis Exercise 12:00 Lunch with the Commissioner 12:15 GCCARD Lunch cancelled 1:00 Matter of Balance 1:00 Bracelet Making

24 8:45 Beginner Yoga w/ Machelie 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Painting with Janis 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	25 8:45 Yoga w/ Machelie 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GGCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba 1:30 Euchre 2:30 Beginner Cardio 6:00 5-Handed Euchre	26 Diamond Jack Trip Departs 8:30 Senior Day at the Fair 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:30 Self Defense 3:00 Line Dance 5:15 Strength & Cardio 6:00 Setback	27 8:45 Yoga w/ Amy 10:00 Tai Chi 11:15 Toning 12:15 GGCARD Lunch 1:00 Samba 1:30 Rick & Dayna Concert 6:00 Euchre POP-UP MARKET 11-2	28 Chair Massage by Appt 9:30 Drums Alive 10:00-2:00 Mobile Secretary of State 11:00 Arthritis Exercise 12:15 GGCARD Lunch 1:00 Matter of Balance 1:30 Card Making
31 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Medicare with Marli 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	GENESEE COUNTY FAIR Senior Day WEDNESDAY, AUGUST 26TH 9:00 AM to 12:00 PM Come & celebrate summer with us! ACTIVITIES INCLUDE: - Free coffee & donuts - Door prizes and vendor area - Free ice cream coupons throughout the time - Musical entertainment - Scavenger hunt FREE EVENT Please note that carnival rides and food vendors are not free!			 DENNIS CRAMER AMERICAS 250TH CELEBRATION TICKET SALES AND INFO TABLE Monday, August 3rd at 1:30- 2:30 PM Stop by Dennis Cramers info table! He will be giving out info on an America 250th Celebration taking place in September. Tickets will be available to purchase!

Board Meeting Notice

The next board meeting will be held on Wednesday, August 12th at 10:00 AM

Our Mission

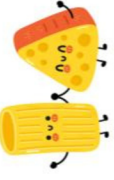
The purpose of the Swartz Creek Senior Citizens, Inc. shall be to identify and meet the needs of senior citizens. This is achieved through programs designed to provide services in the areas of information and referral, education, nutrition, health screening, the arts, recreation, personal growth, leadership development, self-worth, and community involvement.

Class Cancellations

All Exercise: August 7th & August 13th
Line Dancing: August 12th
Strength & Cardio: August 12th

CONGREGATE MEAL MENU - AUGUST 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ Pulled Chicken Sandwich Italian Blend Vegetables Scalloped Potatoes Diced pears Burger Bun Margarine Milk	4 HM Mini Beef Tacos 3 oz. Mexican Rice 4 oz. Chuck Wagon 4 oz. Pineapple Tidbits 4 oz. Tortilla Shell (2) 100% Fruit Juice 	5 Chicken Caesar Salad w/ Romaine Cucumber Slices Pita Pocket Half Caesar Dressing Pkt. Fruit Cocktail Milk	6 BBQ Chicken Thighs Southern Style Green Beans Key West veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice	7 Turkey Burger w/ Cheese Broccoli Florets Mixed Vegetables Whole Wheat Bun Tropical Fruit Salad Milk 
10 Boneless Rib in sauce Baked Beans Peas & Carrots Whole Grain Bun Diced Peaches Milk	11 Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice 	12 Smothered Fried Chicken Really?! Green Beans Mashed Potatoes Corn Muffin Mandarin Oranges Margarine Milk	13 Sloppy Joe Rosemary Potatoes Winter Blend Vegetables Wheat Bun Mango & Papaya Margarine 100% Fruit Juice	14 Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll Margarine Milk 
17 BBQ Boneless Chicken Wings Whole Kennel Corn Roasted Sweet Potatoes Potato Roll Sliced Peaches Margarine Milk	18 HM Chicken & Cheese Fajitas Refried Beans Spanish Rice with Corn Tortilla Shell Golden Apple 100% Fruit Juice Taco Sauce pkt 	19 Chef's Choice 	20 Pepper Steak w/ Veggies 4 oz. Asian Rice Blend 4 oz. Succotash Veggie Blend 4 oz. Wheat Roll Tropical Fruit Salad 4 oz. Margarine 100% Fruit Juice Birthday Cake	21 Swartz Creek Senior Center Lunch with the Commissioner No GCCARD Lunch!
24 HM Meatloaf w/ gravy Rice Pilaf Sweet Peas Tropical Fruit Potato Roll Margarine Milk	25 Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Ketchup 100% Fruit Juice	26 HM Beef Goulash Cauliflower Scandanavian Blend Veggies Garlic Roll Fresh Orange Margarine Milk	27 Open Face Turkey Sandwich Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast Margarine 100% Fruit Juice Cookie of The Month	28 HM Chicken & Penne Alfredo French Green Beans Diced Carrots Fruit Cocktail Baked Bread Stick Margarine Milk
31 Turkey Polish Sausage Veggie Blend Potatoe Wedges Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk 				

Senior Dining by GCCARD

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

Reservations must be made by Noon the workday before by calling the center at 810-635-4122 or visiting us in person.

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

Suggested Donation is \$3 per person

Person under 60 or outside Genesee County: \$6

Dine in Only!

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- 3:00 pm

Mahjongg 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.

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!

Samba

Thursday, 1:00-4:00 PM

Samba is a rummy-style card game, a variation of Canasta, played with three decks where players form melds and sequences to score points.

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.



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.

Sign Up Policy

The Swartz Creek Area Senior Center has adopted a policy for our event sign-ups.

Sign-ups for events can be made on the 20th of the month before, beginning at 9:00 AM.

Example: You can sign up for a August event on July 20th. If the 20th lands on a weekend or holiday we are closed, it will be the following business day. Many of the ads have an RSVP by date. This refers to the very last day that you will be able to sign up if spots are still available. If something has a cost, the payment will need to be made at time of sign-up.

SAVE US POSTAGE!

If you're here often, pick up your newsletter at the center rather than having it mailed! Or ask to be moved to the email list. Let us know if you plan to do this. We greatly appreciate it!

Exercise Classes

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 & Machele 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, 11:15 am- 12:15 pm

Instructor: Darci

This class includes weights, bands, and music to create an all inclusive seated exercise program. This is a perfect beginner class to add to your weekly routine. This class also prepares you for other classes such as Stretching and Toning.

Drums Alive

Fridays, 9:30-10:30 AM

Instructor: Abbie Marrs

Have fun moving and dancing with drum sticks and aerobic ball as a drum. Play along to music in an exciting atmosphere. This can be done standing or in a chair.

No RSVP required, but limited equipment available.

First come, first serve!

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!

Chair Zumba

Tuesdays, 1:00-2:00 PM

Instructor: Kimberly Worchal-Smith

Zumba combines upbeat music with easy to follow chair movement to create a fun health-boosting atmosphere. Great for beginners!

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.

Strength & Cardio

Wednesday, 5:15-6:15 pm

Instructor: Michele Corbat

Midweek Move & Strength is designed for participants who are 50+ years old and looking to increase their strength, endurance, and balance skills. A fun, upbeat class that combines strength training and cardio. Participants are asked to bring light dumbbells (1lb - 5lb) and water.

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!

Swartz Creek Area Senior Citizens, Inc.: Funding Sources

- " **Genesee County Senior Millage**
- " **Community Development monies from the City of Swartz Creek, Clayton Twp, & 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, and Coffee are always appreciated!

Thank you for your generous donations to our Senior Center!

Services

Legal Services of Eastern Michigan (LSEM)

Call us at 810-635-4122 for 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

Thursday, August 13th by appointment

Offered at the center on the 2nd Thursday of the month, every other month. Free hearing evaluation available at the senior center.

- Hearing aid cleaning and adjustments at no charge.
- Fees apply for battery replacement.

PROVIDED BY BELTONE HEARING SOLUTIONS



Transportation

Group transportation is available on Tuesdays alternating Kroger and Meijer. 3rd Friday of the month to the Food Pantry. Last Wednesday of the month to Walmart.

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.

Veteran Services of Genesee County

Call us at 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!



Battery Collections

Daily: Monday-Friday during regular business hours

We're back! We will once again be taking used batteries to recycle. **Please tape both ends of the batteries when donating!**



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: \$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

Monday, August 10th 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

Hearing Impaired Support Group

Monday, August 10th at 11:00 AM

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

Please give the center notice if you are in need of an interpreter!

Age Friendly Wellness Council

Monday, August 3rd 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

Tuesday, August 11th at 11:00 am

Chris with Lavigne provides on-going grief support for anyone who has experienced the death of a loved one. **New schedule: 2nd Tuesday of the month!**

Alzheimer's Support Group

Tuesday, August 11th at 10:00 am

Join Chris, 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. **New schedule: 2nd Tuesday of the month!**

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Swartz Creek Senior Center Swartz Creek, MI

15-0694

Swartz Creek Area Senior Center

8095 Civic Dr. Swartz Creek, MI 48473

Office Hours: Monday-Thursday 9:00 AM - 8:00 PM

Friday 9:00 AM - 4:00 PM



Phone: 810-635-4122

Fax: 810-635-9405

Website: www.myscasc.org

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Holly Trickey, Program Coord.

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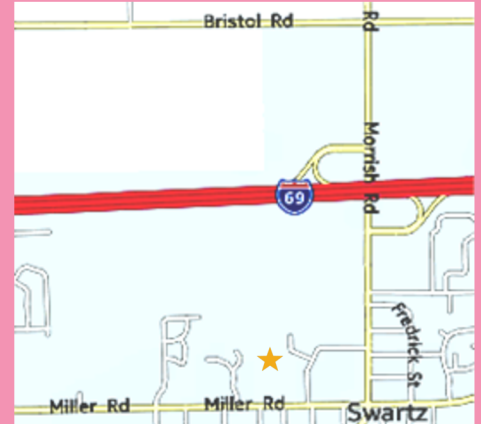
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Swartz Creek Area Senior Center
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Swartz Creek, MI 48473