Swartz Creek
AREA SENIOR CENTER

November 2026 Newsletter

Volume 26, Issue 11



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!

Woodhaven
Senior Community
"Where Seniors Love to Live"
5201 Woodhaven Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505
www.woodhavensenior.com

Bentley MANOR
810-547-1763
Adult Foster Care and Assisted Living
Established 1990
Clio • Mt. Morris • Montrose • Flint
15 Area Locations
www.bentleymanorafc.com
CALL TO SCHEDULE A VIRTUAL TOUR!

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No act of kindness is ever wasted

Grace Bible Fellowship
Swartz Creek
9061 Miller Rd.
Suite #15
Swartz Creek, MI
Bible STUDY Join us!
...the preaching of Jesus Christ according to the revelation of the mystery... Romans 16:25
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
www.gracegospelbelievers.com

Advertise in Our Newsletter!
Contact Abe Chaunce
achaunce@4LPi.com
(800) 950-9952 x6334

Support Our Advertisers!

Upcoming Events

JOIN US FOR

Thanksgiving Lunch

Tuesday, November 24th at 12:15 PM

Menu

Turkey Breast with Gravy
Mashed Potatoes
Green Beans
Mac & Cheese
Salad Bar
Pumpkin Pie

Lunch provided by GCCARD. A $3 donation at the door is requested if you are 60 or older. $6 is requested if under 60 and/or live outside Genesee County.

RSVP by November 2nd

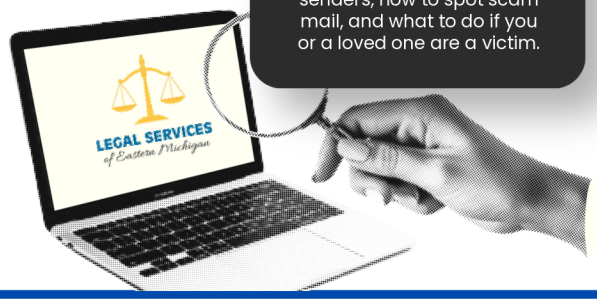
Scams with LSEM

Join Nik with Legal Services of Eastern Michigan to discuss scam risks and tactics to avoid scamming tactics.

Wednesday, November 4th at 1:30 PM

RSVP by October 30th

Check facts from reliable sources before trusting senders, how to spot scam mail, and what to do if you or a loved one are a victim.



Swartz Creek Senior Center



MOBILE SECRETARY OF STATE

Our Services

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

Friday, November 20th
10:00 am to 1:00 pm

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

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

810-635-4122

HARVEST Brunch

THURSDAY, NOVEMBER 12TH AT 10:30 AM

MENU

CHICKEN SALAD CROISSANTS
BISCUITS & GRAVY
FRUIT SALAD
DEVILED EGGS
AND MORE!

$5 PER PERSON
PREPAY BY NOVEMBER 5TH

Upcoming Events

PRESENTED BY THE GENESEE DISTRICT LIBRARY

Practical Decluttering

THURSDAY, NOVEMBER 5TH
AT 1:30 PM

This approachable workshop is designed to give actionable strategies anyone can use to tidy up their space.



RSVP BY NOVEMBER 2ND

BALLROOM Dance Lesson

with Cassandra Justice

$5 PER PERSON



WEDNESDAY, NOVEMBER 11TH
AT 12:30 PM

This hour-long group session with instructor, Cassandra, will go over the basics of Ballroom and partner dancing, give participants a taste of two incredibly fun Ballroom dances (the Foxtrot and the Rumba), and give everyone an incredibly fun time learning a new skill while making new friends! No partner or experience is necessary, just bring yourself and a willingness to learn and have a good time!

Prepay by November 4th

CHAIR MASSAGES

Take a moment to relax and release tension with Marshala. 10-minute chair massage appointments twice a month.

$10 PER PERSON APPOINTMENT



FRIDAY, NOVEMBER 6TH
FRIDAY, NOVEMBER 20TH

Prepay at time of sign up





BRACELET MAKING

Friday, November 6th at 1:00 PM
Friday, November 20th 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

Commissioner Dale Weighill

LUNCH WITH THE COMMISSIONER

GENESEE COUNTY MICHIGAN

Friday, November 13th
at 12:00 PM

Come and join us for a delicious Pizza Party! Bring your appetite and get ready to indulge in a variety of mouthwatering pizza and county updates from our Commissioner, Dale Weighill.

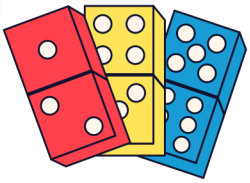
RSVP BY NOVEMBER 6TH



DOMINOES IS BACK!

TUESDAYS AT 4:15 PM
BEGINNING IN NOVEMBER

Dominoes is a strategic and versatile game played with numbered tiles, combining elements of matching, scoring, and blocking. Its a popular pastime worldwide, suitable for casual play.
Don't know how to play? Join us and we would be happy to teach you!



Swartz Creek Area Senior Center

TRIPS

Cornwell's Turkeyville- Taste of Broadway

Friday, March 5th, 2027

$124.00 per person
9:30 AM- 5:30 PM
Round trip motor coach transportation to Marshall, a 4-course jouney of food and song, admission to the show "A Taste of Broadway" featuring music from Beauty & the Beast, Waitress, Jekyll & Hyde, and Kiss Me Kate, the enjoy free time to shop at Cornwell's Gift Shop.
Prepay by 2/3/27

Ford Piquette Avenue Plant Tour

Wednesday, April 7th, 2027

$74.00 per person
8:00 AM- 3:30 PM
Round trip motor coach transportation to Detroit, admission and guided tour of the Ford Piquette Avenue Plant, and free time and lunch on own in Mexican Town.
Prepay by 3/16/27

Firekeepers Casino Trip

Wednesday, April 28th, 2027

$50.00 per person
8:30 AM - 3:30 PM
Round trip motor coach transportation to Battle Creek, 4 hours of gaming at Firekeepers Casino, each person gets back $25 in gaming and $5 in food at the casino.
Prepay by 4/12/27

Felonies & Misdemeanors: The Detroit Cops & Mobsters Tour

Tuesday, May 4th, 2027

$89.00 per person
9:00 AM - 6:30 PM
Round trip motor coach transportation to Detroit, free time for lunch on own in Greektown District, award winning step-on guide from Detroit History Tours, 3 hour guided The Detroit Cops and
Mobsters Tour.
Prepay by 4/7/27

Mackinac Island & Thunder Bay Resort

Wednesday, July 28th to Thursday, July 29th, 2027

$504.00 pp- Double Occupancy
$564.00 pp- Single
$484.00 pp- Triple & Quad
7:00 AM 7/28/27- 6:30 PM 7/29/27
Motor coach transportation to Hillman, overnight accommodations at Thunder Bay Resort, enjoy a horse drawn carriage through the elk preserve, a 5-course dinner, wine tasting, and breakfast the following morning at Clubhouse Grill. Then receive round trip ferry service to and from Mackinac Island. Full itinerary available at our center!
Prepay by 6/16/27

FIELD TRIPS

Birchrun Outlet Mall & Lunch

Tuesday, November 3rd from 12:30 PM-5:00 PM
$7 per person- includes transportation to Birchrun, lunch on own at Leo's Coney Island, then freetime to shop in the Birchrun Outlet Mall.

Firebirds Hockey Game

Friday, November 6th from 6:30 PM-9:30 PM
$20 per person- includes transportation to Dort Financial Event Center with main floor tickets to watch the Firebirds Vs. the Erie Otters.

Mystery Dinner

Tuesday, November 10th from 5:00 PM-7:30 PM
$5 per person- includes transportation and reservations to a mystery resturant. Dinner is on you: around $20-25 per person

Hartland Holiday Show

Friday, November 13th from 7:00 PM-9:30 PM
$15 per person- includes transportation to the Hartland Senior Activity Center to see their holiday show "Batteries Not Included, Some Assembly Required!": Mrs. Claus has a crisis at the North Pole. The toys are broken, Christmas is closing in, and she needs all hands on deck!

Bronners & Zhenders Shopping Trip

Monday, November 16th from 9:00 AM-1:30 PM
$7 per person- includes transportation to Frankenmuth to go to Bronners Christmas Wonderland for shopping and then enjoy lunch at Zhender's Chicken Dinner.

Refunds available for all with a week or more notice!

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.

Upcoming Events

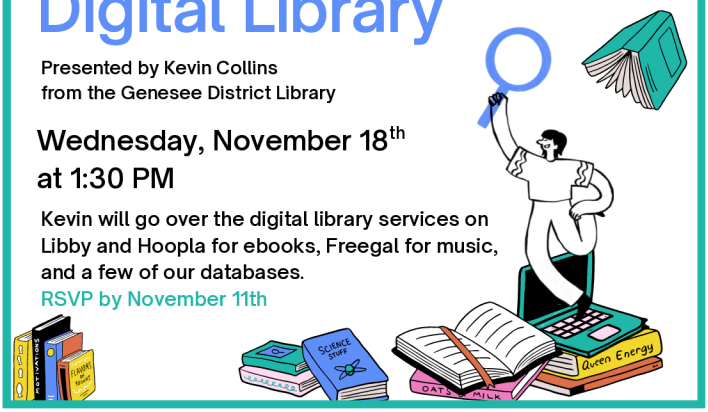
Digital Library

Presented by Kevin Collins
from the Genesee District Library

Wednesday, November 18th
at 1:30 PM

Kevin will go over the digital library services on Libby and Hoopla for ebooks, Freegal for music, and a few of our databases.

RSVP by November 11th



PAINTING WITH JANIS

$10 per person

This month: Watercolor Christmas Cards

Monday, November 30th at 1:30 PM

Join Janis to learn:

The fundamentals of watercolor painting on cardstock. Create these 3 beautiful Christmas cards with step-by-step instruction and all supplies included.



Prepay by November 23rd

LET'S TALK HOME CARE

PRESENTED BY
SAFE PATH CARE SERVICES

JOIN CAROL OF SAFE PATH CARE SERVICES TO LEARN ABOUT EVERYDAY SUPPORT AT HOME, FAMILY CAREGIVING, AND WHEN AN EXTRA HAND COULD HELP.

WEDNESDAY, NOVEMBER 18TH AT 12:00 PM

LUNCH PROVIDED!

PLEASE RSVP BY NOVEMBER 11TH



JAY E JACOBS CATERING

CHARCUTERIE Board Making

Monday, November 23rd
at 1:30 pm

$25 A PERSON

CREATE AND TAKE HOME YOUR OWN BEAUTIFUL CHARCUTERIE BOARD JUST IN TIME FOR THANKSGIVING GATHERINGS!

PREPAY BY NOVEMBER 16TH

EXPLORING CARE AND SUPPORT SERVICES

alzheimer's association

Monday, November 16th at 1:30 PM

Caring for someone living with dementia can be challenging, but you don't have to do it alone!



RSVP BY NOVEMBER 9TH

TOPICS INCLUDE:

1. Planning for care challenges
2. Types of respite, long-term, and residential care
3. End of life care options
4. Moving care settings

Presented by the Alzheimer's Association

Upcoming Events

November Bingo!

Thursday, November 5th at 10:00 AM
White Elephant Bingo- please bring a wrapped prize either something from your home or a new item under $10

Thursday, November 12th at 10:00 AM
Presented by Oakstreet

APPOINTMENTS WITH MARLI & ASHLEY

OPEN ENROLLMENT APPOINTMENTS

Get your questions answered about enrolling for Medicare, supplemental plans, and the changes to Medicare this year.

FRIDAY, NOVEMBER 13TH BY APPOINTMENT

CALL TO MAKE YOUR APPOINTMENT WHILE SPOTS ARE AVAILABLE!





DIABETES AND NUTRITION WORKSHOP

Monday, November 19th at 10:00 AM

HENRY FORD HEALTH

RSVP BY NOVEMBER 12TH

WHAT WE WILL DISCUSS:

Join a Henry Ford Family Medicine physician for an engaging and easy-to-follow discussion on diabetes and healthy eating.

Learn practical tips for managing blood sugar, making nutritious food choices, and staying active and independent as you age.

This informative session will provide valuable take-home strategies for everyday wellness.

SENIOR Winter GAMES!

FEBRUARY 1ST - MARCH 3RD, 2027

REGISTRATION:

DECEMBER 8TH 2026 TO JANUARY 14TH, 2027

A MONTH LONG EXTRAVEGANZA OF FRIENDLY COMPETITION AND FUN BETWEEN ALL OF GENESEE COUNTY'S SENIOR CENTERS. ACTIVITIES INCLUDE EUCHRE, TABLE TENNIS, BAKING, PICKLEBALL, ARTS AND CRAFTS, AND MUCH MORE!

SAVE THE DATES!
MORE INFORMATION TO COME.



BOOK CLUB

THURSDAY, NOVEMBER 19TH AT 3:00 PM



Read *Ordinary Grace by William Kent* with us this month! Please read and gather your thoughts prior to the book club. We do not provide copies of the monthly read.

Pencil Drawing

Thursday, November 5th & 19th at 1:30 PM

Join Peggy, local artist to learn the basics of pencil drawing. This is a 2 part class and she will work as a group and one on one to help you achieve your vision!

WHAT YOU'LL NEED:

- Drawing Paper
- Drawing Pencils 2B, 4B
- White Eraser
- Paper Stomps
- Ruler
- An example of what you want to draw

RSVP to save your seat!



November

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	**3** 8:45 Yoga **9:00 Birchrun Shopping Trip** 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 4:15 Dominoes 6:00 5-Handed Euchre	**4** **Detroit Iconic Buildings Trip** 11:15 Sassy Exercise 12:15 GCCARD Lunch **1:30 Scams with LSEM** 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback	**5** 8:45 Yoga w/ Katrinq 10:00 Tai Chi **10:00 White Elephant Bingo** 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba **1:30 Pencil Drawing** **1:30 Practical Decluttering** 6:00 Euchre	**6** **Chair Massages by appt** **9:30 Drums Alive cancelled** **11:00 Arthritis Exercise cancelled** **1:00 Bracelet Making** 12:15 GCCARD Lunch **6:30 Flint Firebirds**
9 8:45 Beginner Yoga 10:00 Improved Line Dancing **10:00 Visually Impaired Support Group** **11:00 Hearing Impaired Support Group** 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	**10** 8:45 Yoga 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi **10:00 Alzheimer's Support Group** **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 4:15 Dominoes **5:00 Mystery Dinner** 6:00 5-Handed Euchre	**11** **10:00 Board Meeting** 11:15 Sassy Exercise **12:15 GCCARD Lunch cancelled** **12:30 Ballroom Dance** 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback 	**12** **8:45 Yoga cancelled** **10:00 Tai Chi cancelled** **10:00 Bingo!** **10:30 Harvest Brunch** **11:15 Toning cancelled** 12:15 GCCARD Lunch 1:00 Samba 6:00 Euchre	**13** **Open Enrollment appts with Marli** 9:30 Drums Alive 11:00 Arthritis Exercise **12:15 GCCARD Lunch cancelled** **12:30 Lunch with the Commissioner** **7:00 Hartland Holiday Show Trip**
16 8:45 Beginner Yoga **9:00 Bronners & Zhenders Trip** 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race **1:30 Alzheimer's Seminar** 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	**17** 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 4:15 Dominoes 6:00 5-Handed Euchre	**18** **Legal Services by appt** 11:15 Sassy Exercise **12:00 Lunch with Safe Path** **12:15 GCCARD Lunch cancelled** **1:30 Digital Library Seminar** 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback	**19** 8:45 Yoga 10:00 Tai Chi **10:00 Diabetes & Nutrition** 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba **1:30 Pencil Drawing** **3:00 Book Club** 6:00 Euchre	**20** **Chair Massages by Appt** 9:30 Drums Alive **10:00-1:00 Mobile Secretary of State** 11:00 Arthritis Exercise 12:15 GCCARD Lunch **1:00 Bracelet Making**

23

8:45 Beginner Yoga
10:00 Improved Line Dancing
11:15 Sassy Exercise
12:15 GGCARD Lunch
1:00 Crochet Group
1:00 Horse Race
1:30 Charcuterie Boards w/ Jay
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot

24

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

25

Vterans Service by Appt
11:15 Sassy Exercise
12:15 GCCARD Lunch
3:00 Line Dance
5:15 Strength & Cardio
6:00 Setback

26



27

We are Closed!



30

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 Painting with Janis
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot



2026 T-SHIRT SALE

Monday, October 5th
to Friday, December 4th

In stock while supplies last
or fill out an order form!

DIABETES AWARENESS MONTH

Preventing diabetes or managing diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs.

- **A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.**
- **B is for blood pressure.**
- **C is for cholesterol.**



Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes ABCs.

Board Meeting Notice

The next board meeting will be held on Wednesday, November 11th 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 evolvement.

Class Cancellations

All Exercise: November 12th and 24th
Grocery Bag Crochet: November 24th
Afternoon Euchre: November 24th
We are closed: November 26th & 27th

Congregate November Meal Menu 2026

Menu Subject to Change Based on Product Availibility and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Asian Turkey Burger Sweet Potato Wedges 4 oz Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz Milk	**3** Fiesta Chicken w/onions & Pepper Roasted Corn & Black Beans 4 oz Cilantro Lime Rice 4 oz WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	**4** Salisbury Steak w/Gravy Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	**5** Cheese Ravioli w/Spinach & Mushroom Sauce Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea 100% Juice	**6** New Orleans Chicken StirFry 4 o Over Lo Mein Noodles 2 oz Vegetable Blend-4 oz Steamed Broccoli Hawaiian Roll Apricots-4oz Milk-8 oz Fortune Cookie-1 ea 
9 Chicken Fajitas 3 oz Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells 2 ea Pineapple Cup Milk 	**10** Honey Glazed Chicken Breast Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz 100% Fruit Juice	**11** 	**12** Pub Burger w/Cheese Potato Wedges 4 oz Lettuce/Tomato/Onion Mandarins-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice 	**13** Swartz Creek Senior Center Lunch with the Commissioner NO GCCARD LUNCH
16 Swedish Meatballs 6 ea Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	**17** BBQ Pork Loin Sweet Corn 4 oz Cole Slaw 4 oz Wheat Roll Mango & Papaya 4 oz Margarine 100% Fruit Juice	**18** Swartz Creek Senior Center Safe Path Lunch & Learn NO GCCARD LUNCH	**19** Mostaccioli w/Meat Sauce 8 oz Corn on the Cob 1 ea Fresh Pear Baked Breadstick 100% Fruit Juice Birthday Cake	**20** Philly Chicken w/Cheese 3 oz Potato Wedges 4 oz Veggie Blend 4 oz Sub Bun Golden Apple Margarine-1 ea 100% Fruit Juice
23 Chili W/Ground Beef 8 oz Veggie Blend 4 oz Corn Bake 4 oz Fresh Orange Milk 	**24** Thanksgiving Luncheon Turkey Breast W/Gravy 3 oz Mashed Potatoes 4 oz Garey's Famous Green Beans 4 oz HM Mac & Cheese 4 oz Wheat Roll w/Margarine Holiday Cookie 100% Fruit Juice-4 oz 	**25** Cobb Salad 4 oz w/Turkey, Cheese, Egg, Bacon Pasta Salad 4 OZ Fruit Muffin-1 ea Mandarin Oranges-4 oz Salad Dressing Pkt-1 ea Milk-8 oz	**26** 	**27** 
30 Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Warm Apples Wheat Roll w/Margarine Milk				

Genesee County CARD Community Action Resource Department

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

GENESEE COUNTY MICHIGAN 1836



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
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.

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.





Dominoes
Tuesday, 4:15-6:15 pm
Dominoes is a strategic and versatile game played with numbered tiles, combining elements of matching, scoring, and blocking. Its a popular pastime worldwide, suitable for casual play.

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.

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 & Machelle 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, December 10th 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



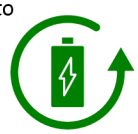
Transportation
Group transportation is available on Tuesdays alternating Kroger and Meijer. 3rd Friday of the month to the Food Pantry. Last Wednesday of the month to Walmart.
Available to seniors living in the Swartz Creek School District. We are also offering transportation to and from our daily lunch 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, November 9th 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

Hearing Impaired Support Group
Monday, November 9th 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 struggled you share. **Please give the center notice if you are in need of an interpreter!**

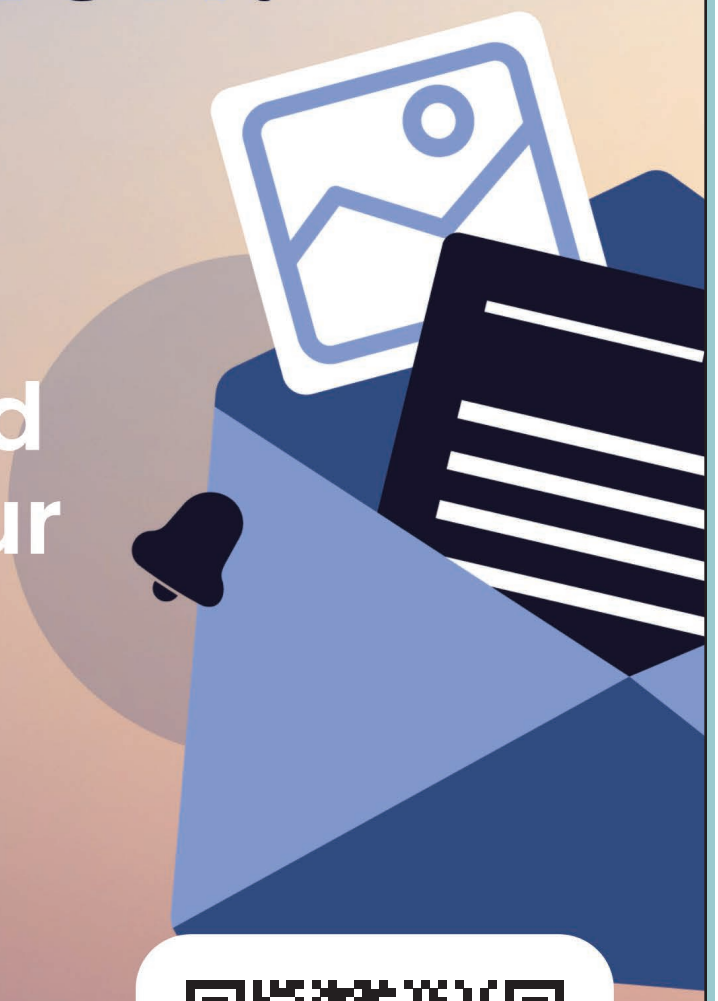
Age Friendly Wellness Council
Monday, December 7th at 10:00 am
Join Lori with the Flint Health Coalition to share the needs and concerns that you, as a senior, have today. She can connect you to resources and make sure that your ideas are brought to light! Breakfast is provided!

Grief Support Group
Tuesday, November 10th at 11:00 am
Chris with Lavigne provides on-going grief support for anyone who has experienced the death of a loved one.

Alzheimer's Support Group
Tuesday, November 10th 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.

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810-339-6363

We provide Medicare enrollment assistance, counseling, & support to Swartz Creek residents!

geneseehealthplan.org

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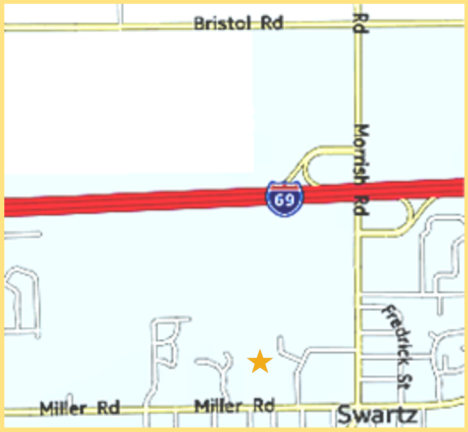
8095 Civic Dr. Swartz Creek, MI 48473
Office Hours: Monday-Thursday 9:00 AM - 8:00 PM
Friday 9:00 AM - 4:00 PM

Phone: 810-635-4122
Fax: 810-635-9405
Website: www.myscasc.org

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Swartz Creek Area Senior Center
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