



Swartz Creek

AREA SENIOR CENTER



June 2026 Newsletter

Volume 26, Issue 6



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!

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MANOR

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**Adult Foster Care
and Assisted Living**

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

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ADT-Monitored Home Security

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Durand • 8a-5p | Burton • 10a-5p
989-288-5336 | 810-744-2754

marshmonumentcompany.com



**No act of
kindness is
ever wasted**

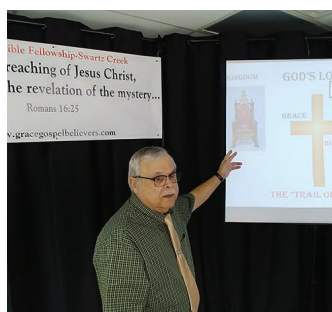
Grace Bible Fellowship

Swartz Creek

9061 Miller Rd.

Suite #15

Swartz Creek, MI



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**

**...the preaching of
Jesus Christ
according to the
revelation of the
mystery...**

Romans 16:25

www.gracegospelbelievers.com

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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



PAYMENT METHODS ACCEPTED:



Everyone welcome!

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

POP-UP MARKETS JUNE SCHEDULE



THURSDAY, JUNE 4TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & THE LEMON DROP
CABBAGE, BEETS, LETTUCE, RADISH, CARROTS, AND A LEMONADE STAND WITH A CANDY TWIST!

THURSDAY, JUNE 11TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & DESCHEPPER FARMS
CABBAGE, BEETS, LETTUCE, RADISH, CARROTS, BEEF, PORK, CHICKEN, EGGS, VINEGAR GARDEN STAKES, AND MILLED FLOUR!

THURSDAY, JUNE 18TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & BECCA KUNZ SOAPS
CABBAGE, BEETS, LETTUCE, RADISH, CARROTS, HOMEMADE TALLOW SOAP, WHIPPED TALLOW LOTION, AND PERSONAL BUNDT CAKES

THURSDAY, JUNE 25TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS & HARMONY FARMS
CABBAGE, BEETS, LETTUCE, RADISH, CARROTS, EGGS, VARIETY OF JAMS, WHOLE BROILER BIRDS, AND MEET A BABY PIG!

MEET THE AUTHORS!

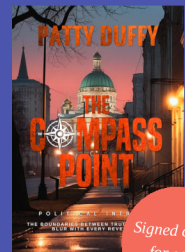
Thursday, June 11th at 1:30 PM

Join us to meet two wonderful authors, hear them speak about their writing process, their stories, and more!

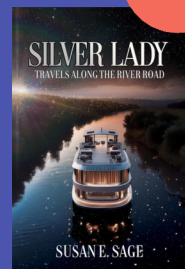
The Compass Point by Patty Duffy
"A novel that explores belief and spans continents, *The Compass Point* confronts the deception that divides a volatile world"

Silver Lady: Travels Along The River Road by Susan Sage
"As the looming shadow of civil war threatens society, Cassie's journey along the river becomes a transformative odyssey filled with the magic, mystery, and self discovery"

RSVP by June 4th



Signed copies for sale!



You are Invited
**America's
250th**
Birthday Celebration

June 30th at 12:15 PM

**ENJOY A CLASSIC COOKOUT
WITH US: HOTDOGS, SLOPPY
JOES, SIDES, AND MORE!**

\$5 per person
due at time of sign up

Upcoming Events

Bracelet Making

Friday, June 5th at 1:00 PM

Friday, June 19th 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!

Painting with Janis

Monday, June 1st at 1:30 PM

\$15 per person at time of sign up
All supplies and instruction included!



Balance Assessment Day

Friday, June 12th from 10:00 AM-2:00 PM



“
All abilities welcome!”



More Info

The assessment will take approximately one hour and includes a score interpretation, recommendations and education consultation. Completion of a Pre-Assessment Questionnaire is required prior to participation.

Our Services

- ✓ Balance Assessment
- ✓ Cognitive Assessment
- ✓ Education & Resources

Swartz Creek Area Senior Center
Call to make a appointment 810-635-4122

Card Making

Friday, June 19th at 1:30 PM

Join Linda Evans to create 4 beautifully handmade greeting cards. All supplies included. Bring your own glue and/or scissors if able!

Prepayment due at time of sign up

\$7
per person

MEET

THE CARE TEAM



WEDNESDAY, JUNE 3RD AT 1:30 PM

Pros from The Care Team will introduce themselves and can answer questions in areas of chronic pain, home health services, and hospice.

RSVP by June 1st



June Bingo

NO RSVP REQUIRED

Thursday, June 4th at 10:00 AM

White Elephant Bingo

Caller: Absolute Home Health Hospice

Please bring a wrapped item for a prize, either a preloved item or something new under \$10

Thursday, June 18th at 10:00 AM

Presented by Springvale

SCAMS

WITH LEGAL SERVICES OF EASTERN MICHIGAN

FRIDAY, JUNE 26TH AT 1:30 PM

JOIN NIK, LAWYER AT LSEM FOR INFORMATION ON THE LATEST SCAMMING TECHNIQUES, HOW TO SPOT AND AVOID THEM. WHAT TO DO IF YOU ARE SCAMMED.

RSVP BY JUNE 19TH

Swartz Creek Area Senior Center

TRIPS

Detroit Princess Luncheon Cruise

Thursday, July 23rd, 2026

\$120.00 per person

9:00 AM- 4:00 PM

Round trip transportation to Detroit, Cruise on the Detroit Princess River Boat, buffet on board the boat, and musical entertainment while you cruise.

Prepay by 6/15/26

Diamond Jack Detroit River Cruise

Wednesday, August 26th, 2026

\$120.00 per person

10:00 AM- 6:00 PM

Round trip motor coach transportation to Detroit, lunch at Sindbad's Restaurant, 1.5 hour narrated river cruise on board the Diamond Jack.

Prepay by 7/22/26

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

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

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

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

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



Travel Policy

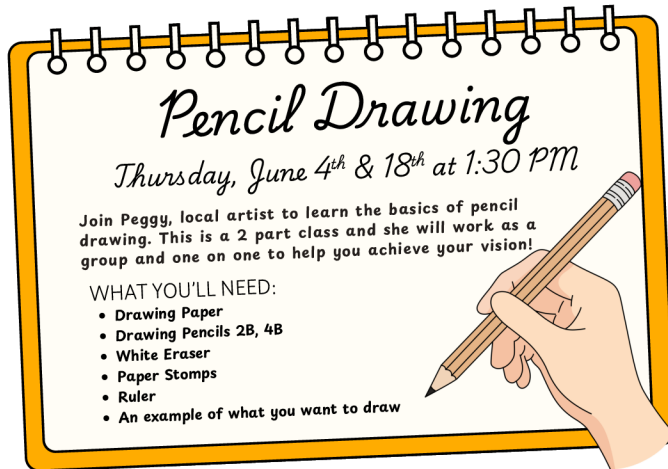
We encourage you and your friends over age 50 to join us on any of our trips. All participants must have an updated "Participation Form" on file at the time of sign-up.

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

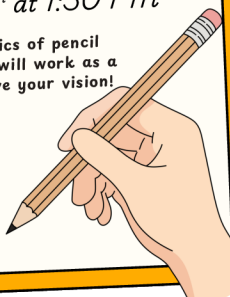


Pencil Drawing
Thursday, June 4th & 18th at 1:30 PM

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 Stamps
- Ruler
- An example of what you want to draw



Chair Massages

Friday, June 5th
Friday, June 26th

Price

\$10 per person
Due at time of sign up



10-MINUTE UPPER BODY
MASSAGE WITH
MARSHALA

Swartz Creek Senior Center

ANNUAL ELECTION & MEMBERSHIP MEETING

2026-2027 Board of Trustees Election

Voting takes place Monday, June 1st - Friday, June 5th
Mon-Thur: 10:00 AM - 7:00 PM

Fri: 10:00 AM - 4:00 PM

Must be 50 or older who live in Swartz Creek school district and became a member before April 24th, 2026 to vote. Candidate list is posted at the center.

Membership Meeting

Tuesday, June 9th at 6:00 PM

All members are welcome to hear from our Director, Program Coordinator, and Board of Trustees as we reflect on this past year and plans for the year ahead. Open discussion for members as well to tell us how we are doing.



Maxwell Therapy Presents

CORE STRENGTH

Monday, June 29th
at 1:30 PM

Are you struggling with back problems or balance problems? So you just want a stronger core?

RSVP by June 22nd



ICE CREAM SOCIAL

Support our local food pantry by coming out for a scoop of ice cream with all the toppings you can think of!

Monetary donations are welcome, as well as non-perishable food items and hygiene products.

Tuesday, June 16th from 6:00-7:00 PM

PUBLIC IS WELCOME!



Healthy Cents

Healthy Cents

Healthy Cents is designed to teach adults how to stretch food dollars and encourage healthy food choices using MyPlate.

DATE: THURSDAYS, JUNE 4TH - 25TH
TIME: 1:30 - 2:30PM (WEEKLY)

CLASSES WILL INCLUDE

- Weekly Nutrition
- Topics Weekly
- Recipe Tastings
- Giveaways
- and more!



SIGN UP BEGINS MAY 20

Valley Area Agency on Aging

Watercolor with Carol

Wednesdays, June 3rd-June 24th
at 10:00 AM

Join Carol by participating in this FREE month-long watercolor class. This promotes relaxation and creativity!

RSVP by June 1st

Upcoming Events

FIELD TRIPS

Mystery Dinner #1

Tuesday, June 2nd from 5:00 PM-7:30 PM

\$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$25 per person

Pride & Country Antique

Tuesday, June 16th from 9:00 AM- 1:45 PM

\$5 per person- includes transportation and free time to shop and eat at Pride and Country antique shops.

Mystery Dinner #2

Tuesday, June 23rd from 5:00 PM-7:30 PM

\$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$30-35 per person

Recycled Rockettes

Wednesday, June 24th from 12:00 PM-3:30 PM

\$20 per person- includes transportation to Hartland Activity Center to see Recycled Rockettes: Forever in Rhythm performance!

Potter Park Zoo

Friday, June 26th from 10:00 AM-4:00 PM

\$20 per person- includes transportation to the Potter Park Zoo and free time to see the animals, visit exhibits, and eat.

No refunds available for Recycled Rockettes or Potter Park Zoo

LUNCH WITH LAKYRA

THURSDAY, JUNE 18TH
AT 12:00 PM

Join Lakyra, just a community member who cares, with lunch on her!

Menu

Beef Nacho Bar

Toppings

Dessert & refreshments

RSVP by June 11th

CRAFTING WITH WELLCARE

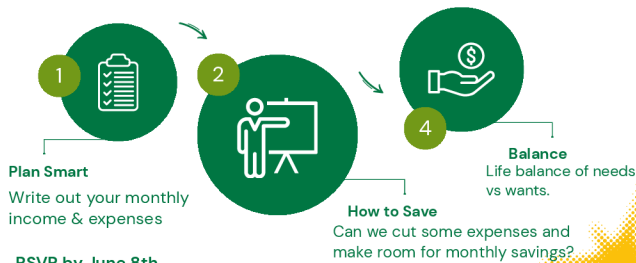
Monday,
June 8th at
1:30 pm

Bring a friend and join us for arts & crafts, fellowship, and good times. Everyone is welcome! We look forward to meeting you at this free event
RSVP by June 1st



BUDGETING WITH ELGA

Monday, June 15th at 1:30 PM



EDWARD JONES

ESTATE PLANNING

JOIN RICH FROM EDWARD JONES TO DISCUSS TOPICS OF ESTATE PLANNING WITH HIM AND LOCAL LAWYER.

MONDAY, JUNE 22ND

1:30 PM

RSVP BY JUNE 15



Conversations with the Clerk



Wednesday, June 24th
at 1:30 PM



Come and ask your questions!

Appointed first in 2022, Domonique Clemons handles the maintenance and upkeep of:

- County Vital Records
- Legal Records
- Property Records
- Serves as chief election official of Genesee County

RSVP by June 17th

June



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>8:45 Beginner Yoga w/ Amy 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</p> <p></p>	<p>2</p> <p>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 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 5:00 Mystery Dinner #1 Departs 6:00 5-Handed Euchre</p> <p></p>	<p>3</p> <p>10:00 Watercolor with Carol 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:30 The Care Team 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback</p> <p></p>	<p>4</p> <p>8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 White Elephant Bingo 11:15 Toning 12:15 GGCARD Lunch 1:00 Samba 1:30 Healthy Centrs 1:30 Pencil Drawing 6:00 Euchre</p> <p> </p>	<p>5</p> <p>Chair Massage by Appt 9:30 Drums Alive cancelled 11:00 Arthritis Exercise cancelled 1:00 Bracelet Making</p> <p></p>
<p>8</p> <p>8:45 Beginner Yoga w/ Machelie 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 1:30 Crafts with Wellcare 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>9</p> <p>8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Alzheimer's Support Group 11:00 Grief Support Group 11:00 Tai Chi cancelled 11:15 Toning cancelled 12:15 GGCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba cancelled 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio cancelled 6:00 Membership Meeting 6:00 5-Handed Euchre</p>	<p>10</p> <p>10:00 Board Meeting 10:00 Watercolor with Carol 11:15 Sassy Exercise 12:15 GGCARD Lunch 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback</p>	<p>11</p> <p>Hearing Screening by Appt 8:45 Yoga w/ Amy 10:00 Tai Chi 11:15 Toning 12:15 GGCARD Lunch 1:00 Samba 1:30 Healthy Centrs 1:30 Meet the Authors 6:00 Euchre</p> <p></p>	<p>12</p> <p>9:30 Drums Alive cancelled 10:00-2:00 Balance Assessment 11:00 Arthritis Exercise cancelled 12:15 GGCARD Lunch cancelled</p>
<p>15</p> <p>8:45 Beginner Yoga w/ Machelie 10:00 Age Friendly Wellness Council 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Budget with Elga 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>16</p> <p>8:45 Yoga w/ Katrina 9:00 Pride & Country Trip Departs 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 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 6:00 Ice Cream Social 6:00 5-Handed Euchre</p>	<p>17</p> <p>Dow Gardens Trip Departs Legal Services by Appt 10:00 Watercolor with Carol 11:15 Sassy Exercise 12:15 GGCARD Lunch 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback</p>	<p>18</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 Bingo 11:15 Toning 12:00 Lunch with Lakya 12:15 GGCARD Lunch cancelled 1:00 Samba 1:30 Healthy Centrs 1:30 Pencil Drawing 6:00 Euchre</p> <p></p>	<p>19</p> <p>9:30 Drums Alive 11:00 Arthritis Exercise 12:15 GGCARD Lunch 1:00 Bracelet Making 1:30 Card Making</p>

<p>22</p> <p>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 Estate Planning with Edward Jones 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>23</p> <p>8:45 Yoga w/ Katrina 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 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 6:00 5-Handed Euchre</p>	<p>24</p> <p>10:00 Watercolor with Carol 11:15 Sassy Exercise 12:00 Recycled Rockettes Trip 12:15 GGCARD Lunch 1:30 Convo with Clerk 3:00 Line Dance cancelled 5:15 Strength & Cardio 6:00 Setback</p>	<p>25</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 11:15 Toning 12:15 GGCARD Lunch 1:00 Samba 1:30 Healthy Cents 6:00 Euchre</p> <p>POP-UP MARKET 11-2</p>	<p>26</p> <p>Chair Massage by Appt 9:30 Drums Alive cancelled 10:00 Potter Park Zoo Trip 11:00 Arthritis Exercise 12:15 GGCARD Lunch 1:30 Scams with LSEM</p>
<p>29</p> <p>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 Maxwell Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>30</p> <p>8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi cancelled 11:15 Toning cancelled 12:15 GGCARD Lunch cancelled 12:15 Americas 250th Birthday Party 12:30 Mah-Jongg 1:00 Chair Zumba cancelled 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio cancelled 6:00 5-Handed Euchre</p>	<p>Cancellations for all paid events through the Swartz Creek Senior Center, excluding Route 23 Trips, will be subject to this refund policy.</p> <p>Cancellations made a week or more prior to the day of the event are eligible to a full refund.</p> <p>Cancellations made after that week mark will be given no refund.</p> <p>Paid amounts may not be transferred to a different event or saved as a "credit".</p> <p>Paid reservations can be transferred to a person of your choice, but the senior center will not handle that personal transaction.</p> <p>Some field trips may not be eligible to a refund at all if they require the center to purchase tickets or a payment on your behalf has already been made. This will be marked on the marketing material if this is the case.</p> <p>This policy is to ensure money is being properly handled and exchanged between us and our members.</p> <p>We appreciate your understanding!</p> <p>This policy will go into effect for all events June 1st, 2026 and after.</p>		

Board Meeting Notice

The next board meeting will be held on Wednesday, June 10th 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: June 5th, 9th, 12th, & 30th
Line Dancing: June 24th
Drums Alive: June 26th



CONGREGATE MEAL MENU - JUNE 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HM Goulash Spinach Baby Carrots Fresh Golden Apple Corn Bread Margarine Milk 	2 Chicken Tenderloins Creamy Cavatappi Pasta French-Style Green Beans Steamed Corn Potato Roll w/ Margarine Fresh Orange 100% Fruit Juice	3 Philly Steak w/ Cheese Diced Potatoes Normandy Blend Vegetable Wheat Sub Bun Tropical Fruit Salad Margarine Milk	4 BBQ Chicken Thighs Baked Beans Potato Salad Corn Muffin Applesauce Margarine 100% Fruit Juice 	5 Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk
8 Italian Sub w/ salami, ham, red onion, banana peppers, Pasta salad Sub Bun Pineapple Chunks Italian Dressing Packet Milk	9 HM Pico Chicken Tacos w/ Mexican Rice Fiesta Corn Tortilla Shells (2) Sliced Peaches Taco Sauce 100% Fruit Juice	10 Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk	11 Cheese Ravioli w/ Cream Sauce, Shrimp Vegetable Blend Roasted Vegetables Potato Roll w/ Margarine Fresh Orange 100% Fruit Juice	12 Swartz Creek Senior Center Balance Assessment Day GCCARD Lunch Cancelled!
15 Breaded Chicken Breast Cauliflower Diced Potatoes Dinner Roll w/ Margarine Applesauce Milk	16 Boneless BBQ Rib Cole Slaw Riviera Blend Sliced Sub Bun Pineapple Tidbits Margarine 100% Fruit Juice 	17 Grilled Chicken Salad Romaine, tomatoes, cheese Cucumber Slices w/ dip Mandarin Oranges Crunchy Bread Sticks Salad Dressing Milk	18 Swartz Creek Senior Center Lunch with Lakya at 12 PM GCCARD Lunch Cancelled!	19 
22 BBQ Pulled Pork Sliders Crinkle Cut Carrots Green Beans WG Slider Buns-2 ea Diced Peaches Margarine Milk	23 Sloppy Joes Potato Bites Veggie Blend Applesauce WG Bun Margarine 100% Fruit Juice	24 HM Beef & Broccoli over Lo Mein Noodles Oriental Veggie Blend Flatbread Pineapple Cup Milk 	25 HM Spanish Rice w/ Beef Broccoli Florets Sweet Corn Potato Roll w/ Margarine Fresh Pear 100% Fruit Juice Birthday Brownie	26 White Cheddar Mac & Cheese Zucchini & Tomatoes Mixed Greens Corn Muffin Margarine Pineapple Tidbits Milk 
29 Cheeseburger Ranch Potato Wedges Vegetable Blend Fresh Apple WG Bun Margarine Milk 	30 Swartz Creek Senior Center Americas 250 th B-day party! at 12:15 PM GCCARD Lunch Cancelled!			

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 meal. 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, 1:00-5:00 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.

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.

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 May event on April 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

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance.

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, June 11th 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, June 8th 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, June 8th 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, June 15th 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, June 9th 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!**

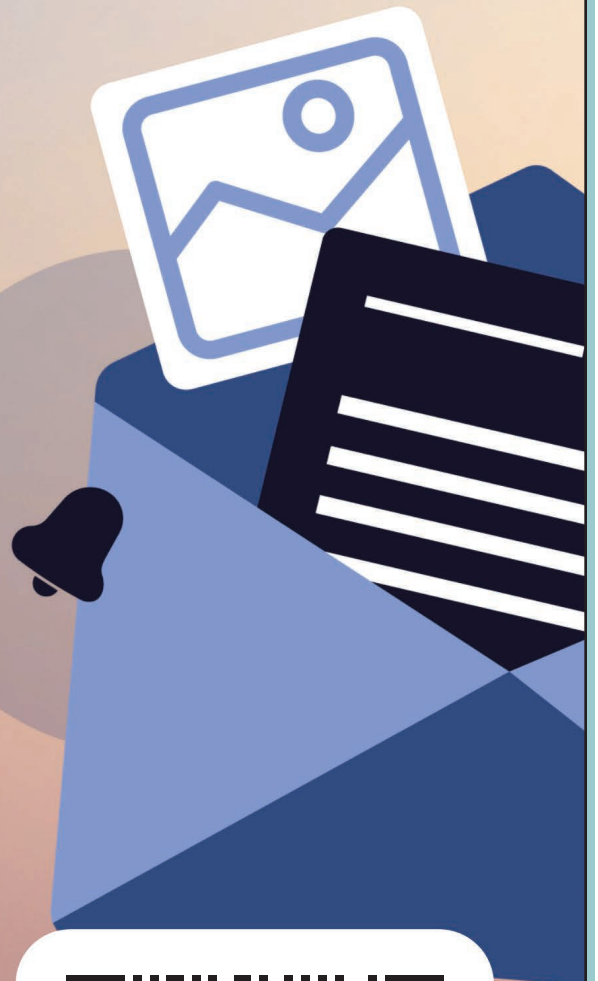
Alzheimer's Support Group

Tuesday, June 9th 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

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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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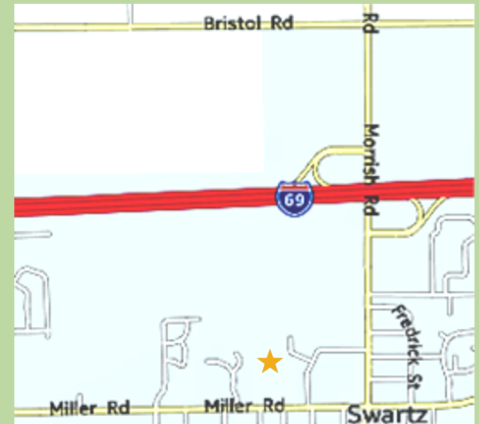
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Swartz Creek Area Senior Center
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