

# SWARTZ CREEK AREA SENIOR CENTER

**AUGUST  
2019 NEWS**

| **VOLUME 19, ISSUE 8**



## **Luau Party!**

**Thursday, August 8th**

**5:00p.m. – 8:00pm**

**Cost: \$8**

**Come into the Senior Center and sign up today! Advance payment by Friday, August 5th.**

**Join us for a delicious homemade Luau Dinner and a fun evening with special guest Jammerman!**



**“STAY ACTIVE & INFORMED AT THE SENIOR CENTER”**

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

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15-0694

## Upcoming Events

### Senior Day at the Genesee County Fair

\*Tuesday, August 20 (9:00 am to 2:00 pm) \*Parking & Admission Are FREE \*Parking Passes Available At Swartz Creek Senior Center \*Shuttle Bus service available from/to parking lot

#### **Schedule in the Community Tent**

9:00 am – FREE Donuts & Coffee (while supplies last) provide by VG's with the help of Richfield Church of the Nazarene

9:00 am to Noon – Visit with Vendors from Genesee County Senior Services

9:00 am to Noon – FREE Fun Entertainment

**Entertainment Schedule:** D.J. John Davis throughout the morning

9:00 - Ol' Blue Eyes is Back! Sinatra Tribute

10:00 – Shades of a King, Elvis Tribute

11:30 – Saints & Sinners - Revisited

**Lunch** – Bring a sack lunch or purchase food at the Genesee County Fair. Shaded tables and chairs are available in the Community tent, eat lunch and enjoy the entertainment. Cool water and lemonade available in the tent while supplies last.

**Noon** – Bingo Tent Opens

12:30 pm – Scavenger Hunt (Get Your Team Together – Up to 4 people per team)

#### **AT THE FAIR!**

10:00 am to 2:00 pm – FREE Wagon Rides every half hour

10:00 am – Petting Zoo Opens

10:00 am – MSU Master Gardeners Tent Opens

10:00 am – Baby Animal Tent Opens

11:00 am & 1:00 pm – X-treme Chainsaw Artist Jeff Sequin

2:00 pm – Live Shark Encounter

2:00 pm – FREE Ice Cream (For Senior Citizens While Supplies Last)

All Afternoon – There are many Genesee County Fair Activities and Exhibits!

**Please note: Carnival rides are not free**

Senior Day at the Genesee County Fair is partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.



## LIVE IN SWARTZ CREEK: JAMMERMAN!

**When: August 8th, 2019 – Where Swartz Creek Senior Center – Time: 5:30pm–7:00pm**

**RSVP by calling 810-635-4122**

Jerry and Di Ammerman were born and raised in Swartz Creek. They do all kinds of music from the 40's to current (excluding rap). Anything from Tommy Dorsey to Pharrel, country to doo wop, Engelbert to Neil

Diamond, and many more. They have jokes, crowd participation skits, sometimes magic, and great music. Dancing is always encouraged! Requests are always welcome. Di plays the music, Jerry does the vocals and everyone has a great time! Come and join in on the fun!

Programs and/or services are fully or partially funded by Genesee County Millage Funds. Your tax dollars at work.



## Upcoming Events

# Support Group for Caregivers

### Caring for Loved Ones with Memory Loss

**Wednesday, August 7th at 10:00am**

Facilitated by Swank Home Assisted Living  
This Support Group provides caregivers:

- An opportunity to gain support from others who are caring for a loved one with progressive memory loss. Information on how to cope.
- A listening ear and answers to questions about the diagnosis and its consequences.
- A connection to vital community resources.



## Watercolor Painting Class

**When: August 1st and 8th, 2019**

**(All one class costing 10 dollars)**

**Time: 1:00 p.m.—3:00 p.m.**

Join Peggy Mattson as she teaches you how to paint with watercolors. Supplies are not provided. Ask for a sample copy of painting, an outline sketch, and supply list when signing up for the class.

**Advanced sign up is required.**



## Still Life Pencil Drawing

**Thursday, August 22nd and 29th 2019**

**Cost (2 Sessions): \$10**

Join Peggy Mattson as she teaches you how to draw with Pencil. Supplies are not provided.

**You will need a #2 Pencil, white paper and a kneaded or white eraser for this class.**



## Grief Support Group

Heartland Hospice provides, at no charge, on-going grief support for anyone who has experienced the death of a loved one.

Our purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

When: Wednesday, August 21, 2019 at 11:00am

Where: Swartz Creek Senior Center

Heartland   
Hospice Care

## Hearing Screenings

**August 28th, 2019**

**Provided by Fluke Hearing**

**Offered at the Center once a month.**

**Call the Center to make an appointment**

- Do you often have to ask others to repeat themselves?
- Do others complain to you that the TV is too loud?
- Do you hear, but not always understand?

Free hearing evaluation available at the senior center.

\* Hearing aid cleaning and adjustments at no charge.

\* Fees apply for battery replacement.



## Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!

**Dates: August 9th and 23rd, 2019**

**Time: 6:00 p.m.—8:30 p.m.**

**Cost: \$5.00**

**Must be 50 or older.**

**Pizza, Pop, Water and Snacks will be available for purchase during the dance.**



## Upcoming Events

### AARP DRIVER'S TRAINING

**When:** August 27th and August 28th

**Time:** 9:00am-1:00pm

**Where:** Swartz Creek Senior Center

**Cost:** 15 Dollars for AARP Members; 20 Dollars for Non-AARP Members

**Sign up at the center by August 20th! Call 635-4122 to RSVP. Payment required for sign up. Checks should be made out to AARP Driver Safety.**



### Swartz Creek Area Senior Citizens, Inc. Funding Sources

- ♦ Genesee County Senior Millage
- ♦ Community Development monies from the City of Swartz Creek, The Village of Gaines, & Gaines Twp.
- ♦ Senior fundraising
- ♦ Donations from individuals and community groups.

### Membership & Participation Guidelines

- ♦ Open to all Genesee County residents over age 50.
- ♦ Completion of a "Membership / Participation Form" and update the information annually.
- ♦ A yearly donation of \$10 per person is requested.
- ♦ For more details, request a Membership Handbook.

### Class Cancellations

\*\*Arthritis class cancelled Friday, August 2nd

\*\* PM Yoga, Yoga with Props, Yoga and Line Dancing cancelled on August 8th.

### Art for Sale!

We have artwork for sale in our lounge here at the Swartz Creek Senior Center! Local Swartz Creek Artist Peggy Mattson has her beautiful artwork on the walls as well as members of the Swartz Creek Art Guild. Come in today to view (and possibly purchase) these amazing works of art!

### Bridal Shower!

***Please Join Us for a Bridal Shower Honoring Bailey Wright***

**When:** August 16th, 2019 from 1:00pm-3:00pm

**Where:** Swartz Creek Area Senior Center

**One small request that isn't too hard, please bring a recipe instead of a card!**

Please RSVP by August 9th if you would like to join us in the celebration!

*Registered at Bed Bath & Beyond, Crate and Barrel and Amazon.*



### Loan Closet

Our center loans donated medical equipment such as wheelchairs, walkers, bedside commodes, bath seats, canes and crutches to seniors in need. Please call the center if you need to borrow an item. We also accept donations of these items in good and sanitized condition.





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

### Mission

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

Programs and/or services are fully or partially funded by Genesee County Millage Funds. Your tax dollars at work.

# AUGUST

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
|   |   | <p><b>ATTENTION<br/>ALL PARTICIPANTS!</b><br/>Please sign-in on My Senior Center <u>every time</u> you visit the center.<br/>Our funding depends on it!<br/>If you do not have a Key Tag, please ask for one at the front desk.<br/>Thank you!</p>                      | <p><b>1</b></p> <p>8:45 Yoga<br/>10:00 Intermediate Tai Chi<br/>11:00 Toning Exercise<br/>Noon Lunch— BBQ Pork Sandwich<br/>12:30 Pinochle<br/><b>1:00 Watercolor Class</b><br/>2:30 Yoga with Props<br/>3:45 Yoga<br/>5:15 Basic Line Dancing<br/>6:30 Pinochle<br/>6:30 Euchre</p>  | <p><b>2</b></p> <p><b>Arthritis Exercise Canceled</b><br/>Noon Lunch— Turkey Tetrazzini<br/><br/><b>CENTER CLOSES 4:00PM</b><br/><b>NO EVENING ACTIVITIES</b></p> |
| <p><b>5</b></p> <p>8:45 Beginner Yoga<br/>10:00 Imp. Beg. Line Dancing<br/>Noon Lunch— Pub Burger<br/>12:30 Pinochle<br/>1:00 Crochet<br/>2:30 Sassy Exercise<br/>4:00 Beg. Ballroom Dance<br/>5:00 Int. Round Dancing<br/>5:00 Hand, Knee &amp; Foot<br/>6:30 Beg. Square Dance</p> | <p><b>6</b></p> <p>8:45 Yoga<br/>10:00 Beginners Tai Chi<br/>10:00 Knitting<br/>11:00 Toning<br/>Noon Lunch— Marinated Turkey in Broth<br/>12:30 Mah-Jongg<br/>1:00 Wood Carving<br/>2:30 Yoga w/ Props<br/>3:45 Yoga<br/>6:30 5-Handed Euchre<br/>6:00 Dominoes<br/>6:30 Cribbage</p> | <p><b>7</b></p> <p><b>Veteran Appointments</b><br/>9:30 Zumba<br/><b>10:00 Alzheimer Support Group</b><br/>Noon Lunch— Spanish Rice w/ Beef<br/>2:30 Sassy Exercise<br/>3:45 Introduction to Tai Chi<br/>5:00 Int. Line Dancing<br/>6:00 Mah-Jongg<br/>6:30 Setback</p> | <p><b>8</b></p> <p>8:45 Yoga<br/>10:00 Intermediate Tai Chi<br/>11:00 Toning Exercise<br/>Noon Lunch— Buttermilk Breaded Chicken<br/>12:30 Pinochle<br/><b>1:00 Watercolor Class</b><br/><b>Yoga with Props Canceled</b><br/><b>Yoga Canceled</b><br/><b>Basic Line Dancing Canceled</b><br/><b>5:00 Luau</b><br/>6:30 Pinochle<br/>6:30 Euchre</p> | <p><b>9</b></p> <p>11:00 Arthritis Exercise<br/>Noon Lunch— Chef Salad<br/><br/><b>CENTER CLOSES 4:00PM - 5:45 PM</b><br/><br/><b>6:00 Dance</b></p>              |

|   |  |  |  |   |
|---|--|--|--|---|
| <b>12</b><br>8:45 Beginner Yoga<br>10:00 Imp. Beg. Line Dancing<br><b>Noon Caretel Picnic</b><br>12:30 Pinochle<br>1:00 Crochet<br>2:30 Sassy Exercise<br>4:00 Beg. Ballroom Dance<br>5:00 Int. Round Dancing<br>5:00 Hand, Knee & Foot<br>6:30 Beg. Square Dance         | <b>13</b><br>8:45 Yoga<br>10:00 Beginners Tai Chi<br>10:00 Knitting<br>11:00 Toning<br>Noon Lunch— Chicken Tenders<br>12:30 Mah-Jongg<br>1:00 Wood Carving<br>2:30 Yoga w/ Props<br>3:45 Yoga<br><b>5:30 JAMMERMAN!</b><br>6:30 5-Handed Euchre<br>6:00 Dominoes                 | <b>14</b><br>9:30 Zumba<br><b>10:45 Purple Rose Theatre Departs</b><br>12:00 Lunch - Salisbury Steak w/ Garvy<br><b>1:30 HAP Seminar</b><br>2:30 Sassy Exercise<br>3:45 Introduction to Tai Chi<br>5:00 Int. Line Dancing<br>6:00 Mah-Jongg<br>6:30 Setback    | <b>15</b><br>8:45 Yoga<br>10:00 Intermediate Tai Chi<br>11:00 Toning Exercise<br>Noon Lunch – BBQ Leg Quarter<br>12:30 Pinochle<br>2:30 Yoga with Props<br>3:45 Yoga<br>5:15 Basic Line Dancing<br>6:30 Pinochle<br>6:30 Euchre                                      | <b>16</b><br>11:00 Arthritis Exercise<br>Noon Lunch— Macaroni & Cheese<br><b>1:00 Bailey's Bridal Shower</b><br><br><b>CENTER CLOSSES 4:00PM</b><br><b>NO EVENING ACTIVITIES</b>                  |
| <b>19</b><br>8:45 Beginner Yoga<br>10:00 Imp. Beg. Line Dancing<br>Noon Lunch— Boneless Chicken Wings<br>12:30 Pinochle<br>1:00 Crochet<br>2:30 Sassy Exercise<br>4:00 Beg. Ballroom Dance<br>5:00 Int. Round Dancing<br>5:00 Hand, Knee & Foot<br>6:30 Beg. Square Dance | <b>20</b><br>8:45 Yoga<br>10:00 Beginners Tai Chi<br>10:00 Knitting<br>11:00 Toning<br>Noon Lunch— Pork Chop Loin Chop<br>12:30 Mah-Jongg<br>1:00 Wood Carving<br><b>2:00 Grace Hospice</b><br>2:30 Yoga w/ Props<br>3:45 Yoga<br>6:30 5-Handed Euchre<br>6:00 Dominoes          | <b>21</b><br><b>Legal Services by Appointment</b><br>9:30 Zumba<br><b>11:00 Grief Support Group</b><br>Noon Lunch— Chicken & Cheese Fajitas<br>2:30 Sassy Exercise<br>3:45 Introduction to Tai Chi<br>5:00 Int. Line Dancing<br>6:00 Mah-Jongg<br>6:30 Setback | <b>22</b><br>8:45 Yoga<br>10:00 Intermediate Tai Chi<br>11:00 Toning Exercise<br>Noon Lunch – Philly Steak w/ Cheese<br>12:30 Pinochle<br><b>1:00 Pencil Drawing</b><br>2:30 Yoga with Props<br>3:45 Yoga<br>5:15 Basic Line Dancing<br>6:30 Pinochle<br>6:30 Euchre | <b>23</b><br>11:00 Arthritis Exercise<br>Noon Lunch— Baked Lemon Pollock Fish<br><b>1:00 Maxwell Therapy Mini-Consults</b><br><br><b>CENTER CLOSSES 4:00PM - 5:45 PM</b><br><br><b>6:00 Dance</b> |
| <b>26</b><br>8:45 Beginner Yoga<br>10:00 Imp. Beg. Line Dancing<br>Noon Lunch— Boneless Rib in Sauce<br>12:30 Pinochle<br>1:00 Crochet<br>2:30 Sassy Exercise<br>4:00 Beg. Ballroom Dance<br>5:00 Int. Round Dancing<br>5:00 Hand, Knee & Foot<br>6:30 Beg. Square Dance  | <b>27</b><br>8:45 Yoga<br><b>9:00 AARP Divers Training</b><br>10:00 Beginners Tai Chi<br>10:00 Knitting<br>11:00 Toning<br>Noon Lunch— Meatball Sub Sandwich<br>12:30 Mah-Jongg<br>1:00 Wood Carving<br>2:30 Yoga w/ Props<br>3:45 Yoga<br>6:30 5-Handed Euchre<br>6:00 Dominoes | <b>28</b><br><b>Hearing Appointments</b><br><b>9:00 AARP Divers Training</b><br>9:30 Zumba<br>Noon Lunch— Chicken Cesar Pita<br>2:30 Sassy Exercise<br>3:45 Introduction to Tai Chi<br>5:00 Int. Line Dancing<br>6:00 Mah-Jongg<br>6:30 Setback                | <b>29</b><br>8:45 Yoga<br>10:00 Intermediate Tai Chi<br>11:00 Toning Exercise<br>Noon Lunch – Pulled BBQ Chicken<br>12:30 Pinochle<br><b>1:00 Pencil Drawing</b><br>2:30 Yoga with Props<br>3:45 Yoga<br>5:15 Basic Line Dancing<br>6:30 Pinochle<br>6:30 Euchre     | <b>30</b><br>11:00 Arthritis Exercise<br>Noon Lunch— Grilled Turkey Burger<br><br><b>CENTER CLOSSES 4:00PM</b><br><b>NO EVENING ACTIVITIES</b>  |

## Travel Opportunities

### Like What You See? Want to Learn More About These Awesome Trips?

Come on up to the Swartz Creek Area Senior Center to check out the informational flyers we have for each of these trips. Grab some to share with your friends and family to let them in on all the fun! Come and adventure with us!

#### Little River Casino Overnight with Soaring Eagle Casino

October 14th & 15th, 2019

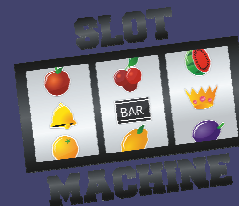
**Cost: \$119 PP Double**

**\$179 PP Single**

**Deadline: September 9th, 2019**

Trip Includes:

- Round Trip Motor Coach Transportation to Manistee, MI
- Overnight Lodging at Little River Casino & Resort\*
- \*Get back \$20 in gaming credit + \$10 food
- 4 Hour Stop at Soaring Eagle Casino\*



#### Cell Block 7 with Sandhill Crane Vineyards

Tuesday October 8th, 2019

**Cost: \$72**

**Deadline: September 17th, 2019**



Located on active prison grounds, Cell Block 7 offers visitors a unique museum experience. You won't have to imagine prison life; you'll feel it as you inhabit cells and walk the corridors at Cell Block 7. You will learn about Jackson's prison history and see what it's like to spend some time on the inside. Then it's lunch at the quaint Sandhill Crane Vineyards. You'll have time to enjoy their delicious Three-Cheese Baked Macaroni & Cheese and wine tasting. Sandhill Crane Vineyards will then send you home with a logo glass to commemorate your trip!

#### Detroit Institute of Arts

Tuesday, November 5th, 2019



**Cost: \$57**

The DIA's collection is among the top six in the United States, comprising a multicultural and multinational survey of human creativity from prehistory through the 21st century. The foundation was laid by William Valentiner, a scholar and art historian from Berlin, who was director from 1924 to 1945. Among the notable acquisitions during his tenure are Mexican artist Diego Rivera's Detroit Industry fresco cycle, which Rivera considered his most successful work, and Vincent van Gogh's Self Portrait, the first Van Gogh painting to enter a U.S. museum collections.

#### Firekeepers Casino & Christmas Lights

Wednesday, December 4, 2019

**Cost: \$55**

**Deadline: November 18, 2019**

Trip Includes:

- Round Trip Motor Coach Transportation to Battle Creek, MI
- 4 Hours of Gaming at Firekeepers Casino
- Get back \$20 on player's club card & \$5 in Food





## Travel/Donation Information/Upcoming Events

### 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. **We ask that you be considerate of other trip guests by not wearing perfume or colognes. Thank you.**

#### **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.

### SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Cold Drink Cups, Bowls, Dessert Plates, Hard Candy, Tissues, Bathroom Tissue, Hand Soap, Decaf Coffee and 2-Liter Bottles of Pop are always appreciated.

Supplies were received in July by:

**Rene Gagnon, Bill & Ann Gray, Roy and Jeanne Beville, Jane Perrault, Peggy Urick, William Fitzpatrick**

Thank you for your generous donations to our Senior Center!

### Maxwell Therapy

Attention Back Pain Sufferers:

You can feel better and stronger without medications, injections, and surgery!

Does this sound familiar?

- You feel like your life is on hold because of everyday aches and pains.
- You can't continue with hobbies like gardening or tennis because it hurts too much.
- You have trouble walking, climbing stairs, or standing for too long.

It's not uncommon for those with back pain to share these symptoms. Back pains emotional and physical tolls can result in a life with less movement and less living, leading you to depression, stress, and a life of sitting.

If these situations are all too familiar, laser therapy may be one of the best decisions you make. At Max Well Therapy we've helped hundreds of back pain sufferers gain control of their life again by using laser therapy.

We are offering free consultations with a Laser Therapy trial treatment on **August 23rd from 1:00pm – 3:00pm at the Swartz Creek Senior Center**. Call and reserve your spot to get your one on one appointment with our therapist.



### HAP Seminar

**What:** Educational Presentations on Medicare

**Where:** Swartz Creek Area Senior Center

**When:** August 14th and October 23rd, 2019

**Time:** 1:30pm - 3:30pm

**RSVP for one of the dates by calling HAP**

**@ 1-800-868-3153**

(Presented by HAP)

### Grace Hospice Seminar

**Journey Toward Healing: Hope for the Grieving  
(August 20, 2019 at 2 PM)**

Death is never convenient! It disrupts our life, activities and our plans. Even when we know our loved one will die sooner than later, the pain we feel when death steals away is no less severe. If you've recently lost a loved one, come to this 1- hour workshop and learn how to:

*Understand your grief and move forward  
Enjoy anniversaries and holidays (again)*

### Caretel Inns Picnic

Members of the Swartz Creek Area Senior Center are invited to a picnic on September 12th at noon! A big thanks to Caretel for providing us with lunch. Due to the fact we will be hosting a picnic, there will be no GCCARD lunch served that day. **Call the center today to RSVP!**

**Must RSVP by August 7th!**

**When:** August 12th at 12:00pm

**Where:** Swartz Creek Area Senior Center

# Transportation

Transportation Services available to seniors residing within the Swartz Creek School District.

Contact the Senior Center for the Complete Schedule. Transportation Policy & Participant Requirements; including deadline dates for sign-up.

## **TRANSPORTATION SERVICES INCLUDE:**

### **LUNCH — (Daily — Monday through Friday)**

Round-trip transportation from your home to attend lunch at the center.

### **SHOPPING — (Weekly)**

Round-trip transportation from your home in the early afternoon on Wednesdays. This trip alternates between Meijer and Kroger each week.

### **FOOD PANTRY — (Monthly)**

Round-trip transportation from your home to the Swartz Creek Community Food Basket.



## Swartz Creek Veterans Wall of Honor Project

Swartz Creek Community Schools I partnering with the Genesee County Department of Veterans Services, VFW, American Legion, AMVETS, and other local organizations to create a Wall of Honor at the Cage Community Center to honor all Swartz Creek community veterans and community members presently serving in the United States Military.

### **Mission**

To Recognize, honor and support the past present veteran population in our Swartz Creek Community for their courageous service.

### **To Apply**

**Applications may be obtained at:**

Swartz Creek Senior Center

Swartz Creek Cage Community Center

Swartz Creek VFW or AMVETS



## Assistance for Veterans

Available at the Senior Center

Call (810) 635-4122 for an Appointment

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? John Nelson, Service Officer, with the Genesee County Department of Veterans Services Office is available for appointments at the Senior Center one day per month. During your appointment, John can provide information on benefit programs and assist you in completing applications for Veterans benefits. Please request a list of information to bring when you schedule your appointment.

### **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, sex, 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.

## Join us for Lunch!

**Provided by Genesee County Community Action  
Resource Department (GCCARD)**

Meals are served Monday — Friday at 12:00 noon at the senior center. Reservations for Tuesday—Friday **must be made by noon on the day before.**

Reservations for Mondays must be made by noon on the prior Friday. Call the center at (810) 635-4122.

(Note: Meals for special occasions may require up to two weeks advance reservations.)

**A \$2.00 donation per meal is requested for anyone 60 years and older and anyone under 60 years of age or living outside Genesee County it is \$3.50.**



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**F: 810-655-2192**

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**Your Pain is Our Concern**

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**Fax:** (810) 635-9405

**Website:** [www.myscasc.org](http://www.myscasc.org)

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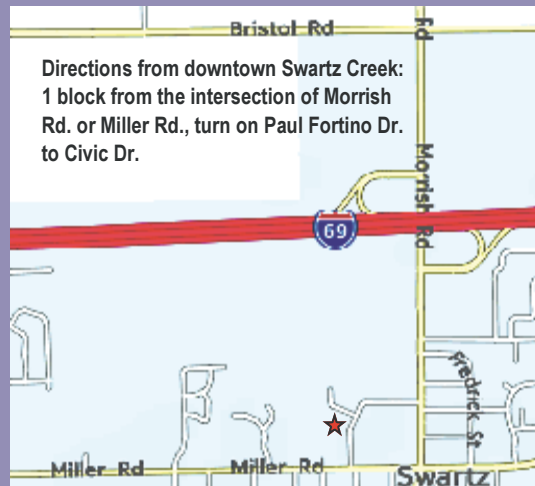
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