

*Swartz Creek*  
AREA SENIOR CENTER

**MARCH 2025 NEWS**

**VOLUME 25, ISSUE 3**



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



**HOLIDAY**  
RETIREMENT

**Flint Township Senior Living at Genesee Gardens**

4495 Calkins Road, Flint Twp., MI 48532

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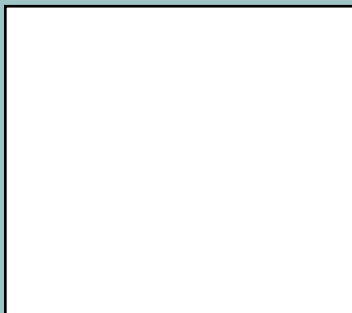
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## UPCOMING EVENTS

# March BINGO

**THURSDAY, MARCH 6TH**  
10:00 AM  
White Elephant Bingo  
Please bring a wrapped prize of a preloved item in your home or a new item under \$10  
Presented by Majestic care

**THURSDAY, MARCH 13TH**  
10:00 AM  
Presented by Oak street Health

**THURSDAY, MARCH 20TH**  
10:00 AM  
Presented by Judy Cox

**THURSDAY, MARCH 27TH**  
10:00 AM  
Presented by A & D Home Healthcare

# ST. PATRICK'S DAY

JOIN US FOR LUNCH!

**MONDAY,  
MARCH 17TH**  
12:15 PM

Menu  
Boneless BBQ Riblets  
Mixed Veggies  
Potato Wedges  
Salad  
Dessert

\$3 donation requested if you are over 60  
\$6 fee for anyone under 60 and/or lives outside of Genesee County

**RSVP BY MARCH 14TH**

## 10 Warning Signs of Alzheimer's

Presented by the Alzheimer's Association  
Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life.  
Join us to learn 10 common warning signs and what to watch for in yourself and others.

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

RSVP by March 17th

## CRAFTING WITH ANGIE!

Thursday, March 6th  
at 1:30 PM



**\$15  
PER  
PERSON**

Join Angie to create your own Spring/Easter Decor!  
All supplies are included with instruction!

Prepay by February 28th

## UPCOMING EVENTS

### IN MEMORY OF

*Jim Drummond*

JIM WAS A DEDICATED AND VITAL VOLUNTEER HERE AT OUR SENIOR CENTER. SERVING AS AN AARP TAX PREPARER AND MMAP COUNSELOR FOR 18+ YEARS.

HE GAVE EXTRA TIME AND CARE TO THOSE WHO NEEDED HIM MOST AND HE BECAME A DEAR FRIEND TO MANY HERE.

ALONG WITH THIS, HE WAS A VETERAN, KNIGHT OF COLUMBUS, AND SPENT MUCH TIME VOLUNTEERING IN THE COMMUNITY. WE SEND OUR CONDOLENCES TO HIS FAMILY AND FRIENDS DURING THIS TIME OF GRIEVING.

JIM'S SERVICE HERE WILL NOT BE LONG FORGOTTEN AND HE WILL BE DEARLY MISSED.

- SWARTZ CREEK SENIOR CENTER STAFF  
AND BOARD OF TRUSTEES

WE RECEIVED MEMORIAL DONATIONS IN MEMORY OF JIM DRUMMOND FROM THE FOLLOWING:

JEANNE BEVILLE  
ELAINE CARRIERE & PATRICK GREEN  
JEAN HERRON  
DOROTHY LINDSAY  
JAMES & KATHLEEN THOMPSON  
JOHN & MARLENE WOJCIECHOWSKI  
PEGGY URICK  
MARY ANN ROSINSKI  
RUTH ANN VIEAU  
CARLENE KOVACS  
MARCIA AMON  
EILEEN HUDAK  
JOANNE KESSLER  
AL MARTIN  
MIKE & PENNY MESSER  
ERICO MONTINI  
JOSEPH & ROSELYN NIEDZWIECKI  
PATRICIA PAUL  
JOHN & MARGARET POBOCIK  
JUDY TEUBER  
RITA VADASZ & GENE MILLER

THANK YOU FOR YOUR DONATION TO OUR CENTER!

LINDA EVANS

## CARD MAKING

**\$5**  
PER PERSON

FRIDAY, MARCH 14TH  
AT 1:30 PM

JOIN LINDA TO CREATE 3-5 BEAUTIFUL HANDMADE CARDS! ALL SUPPLIES AND INSTRUCTION IS PROVIDED. PLEASE BRING YOUR OWN SCISSORS AND ADHESIVE IF POSSIBLE.

PREPAY BY MARCH 7TH



## COFFEE HOUR WITH JUDY COX

Whether you or a loved one needs to downsize, move closer to family, or are transitioning to a senior living facility, Judy can explain how to start the process and how to handle a buyers' market.

MONDAY, MARCH 10TH AT 10:00 AM

RSVP by March 3rd

WALLED LAKE FAMILY FOOT CARE

## PODIATRY CARE

Dr. Gold, DPM provides treatment for common foot problems conveniently at our center!

Monday, March 3rd  
by appointment!

Please call to make an appointment

810-635-4122

They accept Medicare, most Medicare Advantage Plans, Straight Medicaid insurance.

Please call by February 28th

# TRIPS

## Firekeepers Casino

**Tuesday, April 8th, 2025**

**\$55.00 per person**

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

**Prepay by 3/24/25**

## Auto Barons Mansion Tour

**Tuesday, April 15th, 2025**

**\$114.00 per person**

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

**Prepay by 3/17/25**

Deadline  
Soon!

## Frederik Meijer Gardens & Sculpture Park

**Tuesday, April 22nd, 2025**

**\$89.00**

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

**Prepay by 3/31/25**

## Holland Tulip Festival & Saugatuck

**Thursday, May 8th, 2025**

**\$154.00 per person**

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

**Prepay by 3/24/25**

## Taste of Michigan's Sunrise Side

**Thursday, June 19th, 2025**

**\$119.00 per person**

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

**Prepay by 5/28/25**

## Huron Lady 2 Summer Cruise

**Tuesday, July 22nd, 2025**

**\$124.00 per person**

Round trip transportation to Port Huron, admission to cruise on the Huron Lady 2, and lunch buffet and dessert at Freighters Eatery & Taproom.

**Prepay by 6/9/25**

## Shipshewana Brown Bag Tour

**Thursday, September 18th, 2025**

**\$145.00 per person**

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

**Prepay by 8/26/25**

## Thunder Bay Elk Viewing

**Thursday, October 9th, 2025**

**\$229.00 per person**

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

**Prepay by 9/9/25**

## Soaring Eagle Casino

**Featuring: Uncle John's Cider Mill**

**Wednesday, October 22nd, 2025**

**\$55.00 per person**

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

**Prepay by 10/6/25**

## Cornwell's Turkeyville : The Naughty List

**Wednesday, December 3rd, 2025**

**\$109.00**

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

**Prepay by 10/29/25**

## 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

Presented by Beltone

## HEARING LUNCH & LEARN



**THURSDAY, MARCH 20TH  
AT 12:15 PM**

Understand how hearing works,  
the 10 warning signs of hearing loss, and  
available solutions!

Menu

**Chef's Choice!  
with Dessert**

Lunch is provide by GCCARD

If you are 60 or older we recommend a \$3 donation for your meal  
If you are under 60 and/or live outside Genessee County there is a \$6 fee

## STRESS RELIEF WITH *Cranial Sacral* THERAPY

*Monday, March 10th  
at 1:30 PM*

What you'll learn:

- The basics of cranial sacral therapy and how it works
- How stress affects your body
- Techniques to relieve tension in head, neck, and spine
- practical relaxation techniques



*RSVP by March 5th*

## COFFEE HOUR

WITH JASPER MARTUS



**MONDAY,  
MARCH 24TH**

**10:00 AM**

Join Jasper Martus, our state  
representative, to discuss  
updates and ask your questions!

**RSVP by March 17th**

## PAINTING WITH JANIS SMYCZAK

Monday,  
March 31st  
at 1:30 PM

Advance your skills  
and create a beautiful  
spring sign with Janis!  
All supplies are  
included and she will  
walk you through each  
step of crthe process!



**\$15 PER PERSON**

Payment is required at time of sign up  
Prepayment is due by March 24th

## UPCOMING EVENTS

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**THOSE WERE THE DAYS**

**THURSDAY,  
MARCH 13TH  
1:30 PM**

Gemini performs a tribute to the music of the '60s—the classic folk songs of Pete Seeger, Bob Dylan, Peter, Paul and Mary, Simon and Garfunkel, Joni Mitchell, and others.

PRESENTED BY  
FENTON MASSAGE CO

## Chair Massages

10-  
MINUTE  
APPTS.

Lacey from Fenton Massage Co. will provide a 10-minute chair massage that will relieve tension and leave you feeling relaxed!

**Friday, March 21st**

### Prices

60 and older: \$5 for 10-minutes  
Under 60: \$10 for 10-minutes

## HORIZON PHYSICAL THERAPY

**THURSDAY, MARCH 27TH**

**AT 1:30 PM**

Do you struggle with  
shoulder or neck pain?

We will go over how  
physical therapy, a  
variety of stretches  
and exercises can  
help!

RSVP BY MARCH 20TH

## DIABETES SEMINAR

PRESENTED BY ADVISACARE

**MONDAY, MARCH 3RD  
AT 1:30 PM**

In light of National Kidney Month, we will be discussing Diabetes: signs, symptoms, prevention, and treatment.



RSVP by February 28th

# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Podiatry Service by Appt</b> 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race <b>1:30 Diabetes with Advisacare</b> 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	<b>4</b> 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 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre	<b>5</b> 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback 	<b>6</b> 8:45 Yoga w/ Katrina 10:00 Tai Chi <b>10:00 White Elephant Bingo!</b> 11:15 Toning 12:15 GCCARD Lunch <b>1:30 Crafting with Angie</b> 6:00 Euchre	<b>7</b> 10:00 Visually & Hearing Impaired Support Group 11:00 Arthritis Exercise 12:15 GCCARD Lunch 
<b>10</b> 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing <b>10:00 Coffee Hour with Judy Cox</b> 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race <b>1:30 Cranial Sacral Therapy Seminar</b> 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	<b>11</b> 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 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre	<b>12</b> <b>10:00 Board Meeting</b> 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback 	<b>13</b> 8:45 Yoga w/ Katrina 10:00 Tai Chi <b>10:00 Bingo</b> 11:15 Toning 12:15 GCCARD Lunch <b>1:30 GDL Program</b> 6:00 Euchre	<b>14</b> <b>11:00 Arthritis Exercise cancelled</b> 12:15 GCCARD Lunch <b>1:30 Card Making</b> 
<b>17</b> 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise <b>12:15 St. Patrick's Day Lunch</b> 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	<b>18</b> 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 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre	<b>19</b> <b>Detroit Institute of Arts Trip Departs</b> <b>Legal Services by Appt.</b> 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback 	<b>20</b> 8:45 Yoga w/ Katrina 10:00 Tai Chi <b>10:00 Bingo</b> 11:15 Toning <b>12:15 Lunch with Beltone Hearing</b> 6:00 Euchre	<b>21</b> <b>Chair Massages by Appt</b> 11:00 Arthritis Exercise 12:15 GCCARD Lunch 



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

24

8:45 Beginner Yoga w/ Katrina  
 10:00 Improved Line Dancing  
 10:00 **Coffee Hour with Jasper Martus**  
 11:15 Sassy Exercise  
 12:15 GCCARD Lunch  
 12:30 **Balance & Endurance**  
 1:00 Crochet Group  
 1:00 Horse Race  
 1:30 **10 Warming Signs of Alzheimer's**  
 1:45 Stretch & Balance  
 3:00 Basic Line Dancing  
 5:00 Hand, Knee & Foot

25

8:45 Yoga w/ Katrina  
 9:30 **Alzheimer's Support Group**  
 10:00 Knitting Group  
 10:00 Grocery Bag Crochet  
 10:00 Tai Chi  
 11:00 **Grief Support Group**  
 11:15 Toning  
 12:15 GCCARD Lunch  
 12:30 Mah-Jongg  
 1:00 Wood Carving  
 1:30 Euchre  
 2:30 Beginner Cardio  
 3:15 Dominoes  
 6:00 5-Handed Euchre

26

**Veterans Services by Appt**  
 11:15 Sassy Exercise  
 12:15 GCCARD Lunch  
 3:00 Intermediate Line Dance  
 5:00 Zumba w/ Kimberly  
 6:00 Setback



27

8:45 Yoga w/ Katrina  
 10:00 Tai Chi  
 10:00 **Bingo**  
 11:15 Toning  
 12:15 GCCARD Lunch  
 1:30 **Horizon Seminar**  
 3:00 **Book Club**  
 6:00 Euchre

28

**Hearing Screening by Appt**  
 11:00 Arthritis Exercise  
 12:15 GCCARD Lunch



31

8:45 Beginner Yoga w/ Katrina  
 10:00 Improved Line Dancing  
 11:15 Sassy Exercise  
 12:15 GCCARD 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



**Board Meeting Notice**  
 The next board meeting  
 will be held on Wednesday,  
 March 12th at 10:00 am

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

**Class Cancellations**  
 Arthritis Exercise: March 14th

## Congregate March Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
MONDAY	3	Smothered Pork Chop Mashed Potatoes Mixed Greens Honey Wheat Roll Diced Peas Margarine Milk	4	Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk	5	Oven Fried Chicken Chuck Wagon Blend Oven Roasted Potatoes Fresh Orange WG Roll Margarine 100% Fruit Juice	6	Korean Beef Bowl w/Rice & Broccoli Peas & Carrots Pineapples Hawaiian Roll Fortune Cookie Milk, margarine	7	
	10	Roasted Turkey & Gravy w/ Mashed Potatoes Southern Green Beans Warm Peaches Biscuit Milk	11	Chicken Alfredo Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk	12	BBQ Pulled Pork Baked beans Mixed Vegetables Fresh Orange WG Bun Margarine 100% Fruit Juice Birthday Cake	13	Pecan Crusted Tilapia Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk	14	
	17	Boneless BBQ Riblet Mixed Vegetables Redskin Potato Wedges Fruit Cup WG Bun Diced Peaches Milk	18	Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month	19		20	Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine Milk	21	
	24	Beef Goulash Lima Beans Cauliflower Golden Apple Potato Roll Margarine Milk	25	Beef Fajitas w/ Peppers/Onions Mexican Rice Black Beans Fruit Cocktail Tortilla Shell Sour Cream Milk	26	Baked Chicken Breast Green Beans Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice	27	Pub Burger w/Cheese Potato Salad Peas & Carrots Fruit Cocktail WG Bun Mayo & Mustard Milk	28	
	31	Creole Steak European Veggies Diced Potatoes Golden Delicious Apple Potato Roll Margarine Milk								

### Senior Dining by GCCARD

Meals are served **Monday- Friday at 12:15 PM here at the center.** Reservations must be made by Noon the day before, for Mondays, you must call by the Friday before.

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

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

Requested donation is \$3.00

Persons under 60 or live outside of Genesee County: \$6.00



Join us for  
**DINNER!**

# 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.



## 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.

## 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

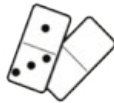
Tuesday, 6:00 pm-8:15 pm

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

## Dominoes

Tuesday, 3:15- 5:30 pm

Each time a player places a domino on the table it must conform to normal domino play i.e. the domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches.



## Setback

Wednesday, 6:00- 8:15 pm

A trick taking game similar to Spades. 2-8 players play either individually or in teams. Each player is dealt six cards, usually by dealing three at a time. Players first bid or pass, with the lowest possible bid being "2." If everyone passes, the dealer must bid "2." Whoever wins the bid starts the first trick. Whatever suit they play is trump for that round. Play proceeds as in most other trick-taking games (Spades, for example).



## Horse Race

Monday: 1:00-3:00 pm

This game uses a board, dice, cards, and nickels that will make you feel like you're at the horse races. Strategically move your horse across the "track" the fastest, while trying not to lose all your nickels to the pot!

## 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.



Join us for congregate meals at our center!  
Daily at 12:15 PM we serve a well-balanced (and affordable) meal to me enjoyed with company.

Only a \$3 recommended donation if you are 60 or older  
\$6 fee for those under 60 and/or live outside  
Genesee County

You must RSVP at least before Noon  
the day before!

Menu can be found on the previous page

## 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.

# PROGRAMS & EVENTS

**All programs are FREE unless noted otherwise.**

## Basic Line Dancing

Monday, 3:00-4:00 PM

Instructor: Darci

Beginners class to learn the basic steps in line dancing, no partner needed. Good for your mind and to get you moving!

## Improved Line Dancing

Monday, 10:00-11:00 am

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills, no partner needed. Good for the body and mind!

## Intermediate Line Dancing

Wednesday, 3:00-4:00 pm

Instructor: Debbie Williams

Medium impact dance exercise class to improve your skills from intermediate, no partner needed. Good for the body and mind!

## Yoga AM

Monday, Tuesday, Thursday, 8:45-9:45 am

Instructor: Katrina Smeets

Substitute: Amy Cross

Yoga is a series of postures linked with movement that will open and cleanse the body, strengthen and lengthen your muscles, calm and open your mind. Make sure to bring your mat and water!

## Stretching & Toning

Tuesday & Thursday, 11:15 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.



## Stretch & Balance

Monday, 1:45-2:45 pm

Instructor: Darci

Are you afraid of falling? Darci's class will help improve your balance with fun stretches and exercises that gain back your confidence!

## Beginner Cardio

Tuesday: 2:30-3:30 pm

Instructor: Darci

This class mixes techniques of steps, arm movements, and a sprinkle of dancing to create a perfect intro to cardio. Utilizing weight to increase strength and get your heart pumping!

## Zumba AM- **Breaking beginning in October**

Wednesday, 9:00-10:00 am

Instructor: Linda Dyball

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

## Zumba PM

Wednesday, 5:00-6:00 pm

Instructor: Kimberly Worchal-Smith

Zumba combines enticing Latin and international rhythms with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.



## Arthritis Exercise

Friday, 11:00 am- Noon

Instructor: Abbie Marrs

The Arthritis Foundation Exercise program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include, gentle range of motion exercises that are suitable for every fitness level.

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

- ◆ Genesee County Senior Millage
- ◆ Community Development monies from the City of Swartz Creek, The Village of Gaines, & Gaines 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, Coffee, and Hand Soap are always appreciated!  
**Thank you for your generous donations to our Senior Center!**

# SERVICES

## Legal Services of Eastern Michigan (LSEM)

**\*Wednesday, March 19th by appointment\***

Available at the Senior Center the 3rd Wednesday of each month. Free Legal Services are available at the Senior Center by appointment for seniors over age 60 regardless of income. Services Include:

- Estate Planning
- Wills Power-of-Attorney
- Advance Directives
- Medicaid Planning
- Public Benefits
- Housing Complaints
- Consumer Issues



## Hearing Screenings

**\*Friday, March 28th by appointment\***

Offered at the Center once a month. Free hearing evaluation available at the senior center.

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

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## Transportation

Group transportation is also available to Meijer or Kroger once a week. Walmart every week. Food Pantry once a month. Available to seniors living in the Swartz Creek School District. We are also offering transportation to and from our daily lunch program, please call in advance for availability.

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

## Veteran Services of Genesee County

**\*Call 810-635-4122 for appointment\***

You can schedule an appointment at the Department of Veterans Services or one of the following designated senior activity centers to assure you are receiving all the benefits you are entitled to.

Swartz Creek Area Senior Center, Flushing Area Senior Center, Grand Blanc Senior Center, Loose Senior Center, Davison Area Senior Center, and Clio Area Senior Center.

Benefits include:

- Disability compensation
- Pension benefits
- Federal Burial benefits
- VA Home loans
- PTSD counseling
- Legal Services
- And More!



## Senior Dining by GCCARD

Meals are served Monday - Friday at 12:15 pm here at the center. Reservations for Tuesday-Friday must be made by noon on the day before. Reservations for Mondays must be made by noon on the prior Friday. Call the center at 810-635-4122. (Note: meals for special occasions may require up to two weeks advance reservations.)

Persons residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

- Requested Donation is \$3.00
- Persons under age 60: \$6.00
- Persons of all ages who reside outside Genesee County: \$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

**\*Friday, March 7th 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.

## Age Friendly Wellness Council

**\*Monday, April 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

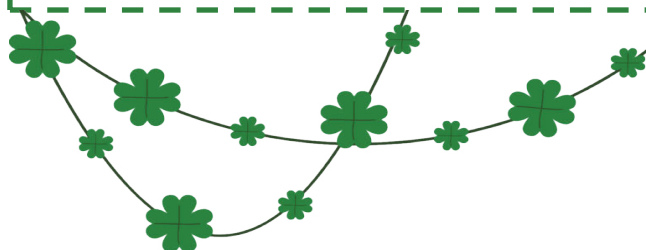
**\*Tuesday, March 25th at 11:00 am\***

Jessica with The Medical Team provides on-going grief support for anyone who has experienced the death of a loved one. Their purpose is to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

## Alzheimer's Support Group

**\*Tuesday, March 25th at 9:30 AM\***

Join Jessica, trained facilitator with the Alzheimer's Association, for this monthly support group for people living with dementia and their care partners to develop support systems, talk through issues and ways to cope, share feelings, and learn about community resources.





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# Swartz Creek Area Senior Center



8095 Civic Drive, Swartz Creek, MI 48473

**Office Hours: Monday-Thursday: 9:00 am — 8:00 pm**

**Friday: 9:00 am — 4:00 pm**

**Office:** (810) 635-4122

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

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

**Facebook:** Swartz Creek Area Senior Center

## STAFF

Barbara McCallum, Director

Holly Trickey, Program Coord.

Sierra Leonard, Office Asst.

## BOARD OF TRUSTEES

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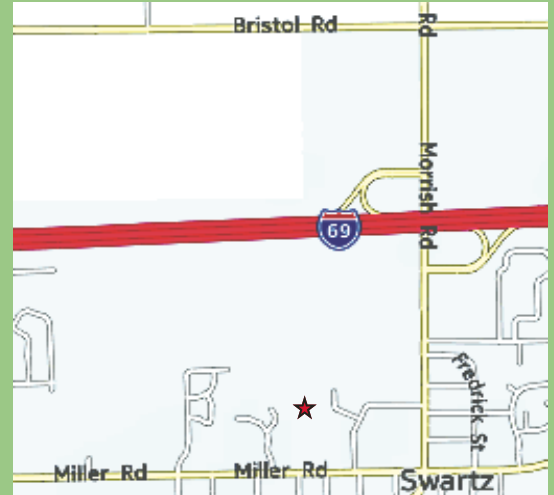
Susan Butler, Trustee

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Betty Binder, Trustee

Directions from downtown Swartz Creek:  
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



Swartz Creek Area Senior Center  
8095 Civic Dr.  
Swartz Creek, MI 48473