

# Swartz Creek

AREA SENIOR CENTER

**JULY 2025 NEWS**

**VOLUME 25, ISSUE 7**



# HOLIDAY RETIREMENT

## Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

[www.geneseegardens.com](http://www.geneseegardens.com)

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HURLEY

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15-0694

## UPCOMING EVENTS

# SUMMER *Spirit Week*

Join us for a week of fun activities, prizes, and good food! Every day will have a dress theme and there will be special events throughout the week. If you participate in the dress theme and/or the special event, you will be entered in a raffle to win a summer themed gift basket!

### MONDAY, JULY 14TH

*Summer Shades :* Wear your favorite sunglasses

### TUESDAY, JULY 15TH

*Twin Day :* Match with a friend, wear a matching shirt, hat, glasses, etc

### WEDNESDAY, JULY 16TH

*Crazy Hair Day :* Wear your hair in a way you normally wouldn't, add fun accessories!

*1:30 PM Garden Stones :* Join us to create a one-of-a-kind garden stone for your garden/flower bed

### THURSDAY, JULY 17TH

*Anything but a Cup :* Bring something that you can drink out of, except a cup.  
ex: fish bowl, watergun, bucket, etc.

*10 AM - 2 PM Lemonade Stand :* Come by anytime to get a glass!

*1:30 PM Concert:* Join us for the dynamic duo of Rick and Dayna as they perform classic rock, pop, and hit oldies!

### FRIDAY, JULY 18TH

*Beach Day :* Ex. Hawaiian shirt, sun hat, sunglasses, flip flops, pool floaty, etc. Remember: no shirt, no shoes, no pants,  
**NO SERVICE!**

*12:00 PM Summer Picnic :* Join us for good food and company to end our week!

We will be serving sloppy joes, pasta salad, watermelon slices, and much more!  
**Raffle will be drawn during the picnic, but you do not have to be present to win**

### THANK YOU TO OUR SPONSORS!

Vibrant Life Senior Living, AdvisaCare Home Health, American House of Grand Blanc,  
The Medical Team, Hyde Park Senior Living, Signature Home Pros and  
Corso Care Home Health

*RSVP for the Garden Stones by July 9th and Prepay for Picnic by July 11th*

## UPCOMING EVENTS

### Guarding Your Green Financial Fraud Lunch & Learn

In this class, you will gain the skills to identify common fraud schemes and understand the tactics used by fraudsters, including manipulation and creating a sense of urgency. You will also gain practical methods for securing your personal and financial data and learn about available resources to protect yourself from potential threats.

#### COURSE OVERVIEW:



**Check Scams**  
Unexpected checks  
Lottery and sweepstakes  
Over-payment



**Romance Scams**  
Common grooming practices How  
romance scams find you Tips to  
avoid being scammed



**Technology Scams**  
Spoofing  
Phishing  
Text and email



**What to expect**  
Active Q & A session Handouts and  
resources to use after the class 30-45  
minute educational class Refreshments  
provided

**WE CARE  
ABOUT YOUR  
FINANCIAL  
HEALTH**

**Monday, July 21st  
at 12:15 PM**

Menu

**Pizza**

**Breadsticks**

**Dessert**

**Refreshments**



RSVP by July 14th

Are you caring for a  
loved one with  
memory loss?



We can help...

### Savvy Caregiver

**Dates: Tuesdays, July 1<sup>st</sup> - August 12<sup>th</sup>**

**Time: 5:30pm – 7:30pm**

**No class on July 22nd**

**Classes meet once per week for 6 weeks.**

If you are an active caregiver of a family member or friend with dementia living at home, this workshop will help you gain special skills and knowledge you will need to be successful. The Savvy Caregiver will help you:

- Understand the impact of dementia on both you and your loved-one.
- Learn skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving
- Take care of you!



RSVP by June 27th

## JULY Bingo

**THURSDAY, JULY 3<sup>RD</sup> AT 10:00 AM**

WHITE ELEPHANT BINGO

PLEASE BRING A WRAPPED PRELOVED ITEM OR  
NEW ITEM UNDER \$10 FOR SURPRISE GIFTS!

**THURSDAY, JULY 10TH AT 10:00 AM**

PRESENTED BY OAKSTREET HEALTH

**THURSDAY, JULY 24TH AT 10:00 AM**

PRESENTED BY A & D HOME HEALTH

**THURSDAY, JULY 31ST AT 10:00 AM**

PRESENTED BY JUDY COX, REALTOR

**NO RSVP REQUIRED**



### ELVIS'S PAWS FOR A CAUSE

**Thursday, July 24<sup>th</sup> at 1:30 PM**

Join us for a howlin' good time, a tail-waggin' fundraiser to benefit **Adopt-a-Pet of Fenton!** We're throwing a paw-some party featuring a live Elvis performance that'll have you barking and meowing along to the classics.

#### What to expect:

- An electrifying Elvis impersonator who'll be all shook up in the best way
- Refreshments to satisfy your cat-titude or dog-gone hunger
- Donation drop-off for pet supplies — bring toys, kibble, beds, and more!
- We're also accepting monetary donations to help support our fur-iends waiting for their forever homes.
- We will be selling dog/cat treats, with all proceeds going to Adopt-a-Pet

Whether you're a hound dog or a cool cat, this event is guaranteed to get your tail wagging. Let's raise the woof and make a paw-sitive impact together!

**Please RSVP by July 17th**

# Swartz Creek Area Senior Center

## TRIPS

### Huron Lady 2 Summer Cruise

**Wednesday, August 27<sup>th</sup>, 2025**

**\$124.00 per person**

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

**Prepay by 7/20/25**

**DEADLINE  
SOON!**

### Shipshewana Brown Bag Tour

**Thursday, September 18<sup>th</sup>, 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 9<sup>th</sup>, 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 22<sup>nd</sup>, 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**

### Kellogg Manor Luncheon & Air Zoo

**Tuesday, November 18<sup>th</sup>, 2025**

**\$125.00 per person**

Round trip to Kalamazoo, guided tour of Kellogg Manor, lunch at Kellogg Manor, Admission to the Air Zoo.

**Prepay by 10/27/25**

### Cornwell's Turkeyville : The Naughty List

**Wednesday, December 3<sup>rd</sup>, 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 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.**

**For further information please visit us to receive a flyer or give us a call at 810-635-4122.**



## UPCOMING EVENTS

PLEASE JOIN US

# Crafting with Charter

**MONDAY, JULY 7<sup>TH</sup>**  
**AT 1:30 PM**

COME HAVE FUN AND CREATE A FREE CRAFT WITH CHARTER LIVING! THIS MONTH YOU WILL BE CREATING NAUTICAL FAN DECOR. MORE INFO TO COME AT CENTER!

RSVP BY JULY 1


★★★

# VETERAN PINNING CEREMONY

**FRIDAY, JULY 10<sup>TH</sup>**  
**AT 11:00 AM**

Presented by Corso Care, veterans, veteran spouses, and their family are welcome to join us to receive our gratitude for your service to our country. Refreshments will be provided.

RSVP by July 3rd



# BLOOD DRIVE


Thursday  
**July 10**  
2:00 PM - 6:00 PM

**Swartz Creek Area Senior Center Community Blood Drive!**  
Swartz Creek Area Senior Center - Activity Room 8095 Civic Dr #2 Swartz Creek, MI 48473

APPOINTMENTS PREFERRED Call 810-635-4122, visit [versiti.org/mi](https://versiti.org/mi), -OR- scan the QR code below \*Walk ins welcome, as schedule allows.\*

As a THANK YOU all attempting donors receive a coupon for a free pint or beverage from partnering brewery locations and a Versiti Pickleball set while supplies last. Visit <https://versiti.org/pintforpint> to view local partnering locations!

For eligibility questions call 866-642-5663



**versiti**  
Blood Center of Michigan

# Brain Boost: Communication & Memory

**Monday, July 14<sup>th</sup> at 1:30 PM**  
Presented by Maxwell Therapy

- 1 Memory Enhancing Techniques
- 2 Speech Therapy Tips
- 3 Effective Communication Tools
- 4 Brain Health Basics
- 5 Interactive Activities

RSVP by July 7th



Advise Care Home Health

# FALL PREVENTION

**WEDNESDAY, JULY 23<sup>RD</sup>**  
**AT 1:30 PM**

- Exercises and activities for balance
- Keeping your home safe
- What to do if a fall occurs

Falling is the leading cause of injury in senior citizens, learn how to prevent it!

RSVP BY JULY 16TH



# PAINTING WITH JANIS

**MONDAY, JULY 28<sup>TH</sup>**  
**AT 1:30 PM**

**WHAT TO EXPECT:**

- STEP BY STEP INSTRUCTION TO CREATE THIS BEAUTIFUL PAINTING
- ALL SUPPLIES PROVIDED
- LEARN BASIC PAINTING SKILLS




**\$15 PER PERSON**  
**PREPAY BY JULY 21ST**

# COFFEE HOUR WITH AT&T

**MONDAY, JULY 21<sup>ST</sup> AT 10:00 AM**

Join Cathy with AT&T of Flint to learn about their new 55+ discounted phone plans. She will discuss the benefits of this plan and how it may compare to your current plan. This is for educational purposes, there is no commitment to purchase necessary!

Refreshments will be provided!  
RSVP by July 14th



## UPCOMING EVENTS

### Bracelet Making

FRIDAY, JULY 25TH  
AT 1:00 PM

JOIN JOANN TO CREATE YOUR OWN BEAUTIFULLY PERSONALIZED GLASS BEAD BRACELET. ALL SUPPLIES PROVIDED!

**\$5 PER PERSON**

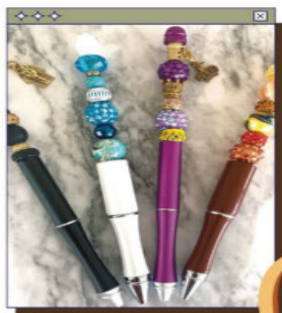
PEN

### Beading

Friday, July 11th at 1:00 PM

Join Joann to create personalized pens using specially design pens and beads. All supplies included!

**\$5 PER PERSON**



JOIN US FOR A

## FOURTH OF JULY LUNCH

THURSDAY, JULY 2<sup>ND</sup>  
AT 12:15 PM

### MENU

GRILLED CHICKEN SANDWICH  
CHUCK WAGON VEGGIES  
CHOPPED BROCCOLI  
POTATO SALAD  
DESSERT

RSVP BY JUNE 27TH

LUNCH IS PROVIDED BY GCCARD

A \$3 DONATION IS REQUESTED FOR THOSE OVER 60  
A \$6 FEE FOR ANYONE UNDER 60 OR WHO LIVE OUTSIDE GENESSEE COUNTY

## SWARTZ CREEK EXPLORERS Trips

### BLAKES LAVENDER FESTIVAL

FRIDAY, JULY 11TH

DEPART: 10:30 AM RETURN: 5:00 PM

INCLUDES ROUND TRIP TRANSPORTATION AND ADMISSION TO BLAKES LAVENDER FESTIVAL. THE FESTIVAL INCLUDES OVER 100 VENDORS, SHOPPING, MASSESSES, FOOD TRUCKS, LAVENDER PICKING AND MORE!

**\$20**

PER PERSON

### MYSTERY DINNER

WEDNESDAY, JULY 15TH

DEPART: 5:00 PM RETURN: 7:30 PM

COST INCLUDES TRANSPORTATION TO A SURPRISE RESTAURANT, DINNER IS ON YOU! THIS MONTH'S RESTAURANTS MEALS CAN RANGE FROM \$25-40 PER PERSON

**\$5**

PER PERSON

### FLINT FARMERS MARKET & APPLEWOOD ESTATES

THURSDAY, JULY 31ST

DEPART: 9:30 AM RETURN: 3:00 PM

COST INCLUDES TRANSPORTATION, FREE TIME AT THE FLINT FARMER'S MARKET TO SHOP AND EAT LUNCH, THEN A SELF-GUIDED TOUR OF APPLEWOOD: CHARLES STEWART MOTT ESTATE.

**\$10**

PER PERSON

RSVP while spots are available, payment must be made at time of sign up! Refunds are only available if spot can be filled.

WALLED  
LAKE FAMILY  
FOOT CARE

## PODIATRY CARE

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

Monday, July 28th  
by appointment!

Please call to make an appointment

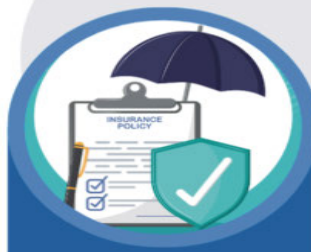
**810-635-4122**

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

Please call by July 21st

## MEDICARE/MEDICAID COUNSELING

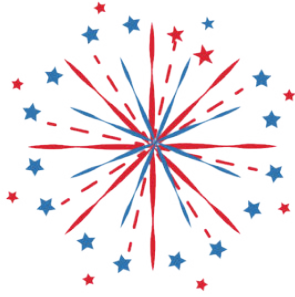






Make an appointment today with Andre Jones, insurance agent to navigate your health insurance and medicare/medicaid needs.



Friday, July 25th  
by appointment

RSVP by July 28th

# July

Monday	Tuesday	Wednesday	Thursday	Friday
 7 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 Crafts with Charter</b> 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	1 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 4:30 Dominoes <b>5:30 Savvy Caregiver</b> 6:00 5-Handed Euchre	2 9:00 Zumba 11:15 Sassy Exercise <b>12:15 Fourth of July Lunch</b> <b>1:00 Rec Connect</b> 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	3 8:45 Yoga w/ Katrina 10:00 Tai Chi <b>10:00 White Elephant Bingo!</b> 11:15 Toning 12:15 GCCARD Lunch 6:00 Euchre	4  <b>WE ARE CLOSED!</b>
8 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 4:30 Dominoes <b>5:30 Savvy Caregiver</b> 6:00 5-Handed Euchre	15 <b>Mystery Dinner Trip</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 4:30 Dominoes <b>5:30 Savvy Caregiver</b> 6:00 5-Handed Euchre	9 9:00 Zumba <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	10 8:45 Yoga w/ Katrina 10:00 Tai Chi <b>10:00 Bingo</b> <b>11:00 Veteran Pinning Ceremony</b> 11:15 Toning 12:15 GCCARD Lunch <b>2:00-6:00 Blood Drive</b> 6:00 Euchre	11 Lavender Festival Trip 11:00 Arthritis Exercise 12:15 GCCARD Lunch <b>1:00 Matter of Balance</b> <b>1:00 Pen Beading</b>
14 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 Maxwell Seminar</b> 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 	 15 <b>Legal Services by Appt</b> 9:00 Zumba <b>9:30 Alzheimer's Support Group</b> <b>11:00 Grief Support Group</b> 11:15 Sassy Exercise 12:15 GCCARD Lunch <b>1:30 Garden Stones</b> 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback 	16 8:45 Yoga w/ Katrina 10:00 Tai Chi <b>10:00-2:00 Lemonade Stand</b> 11:15 Toning <b>1:30 Rick &amp; Diane Concert</b> 6:00 Euchre	17 	18 <b>11:00 Arthritis Exercise cancelled</b> <b>12:15 GCCARD Lunch cancelled</b> <b>12:00 Summer Picnic</b> <b>1:00 Matter of Balance</b> 

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<b>21</b> 8:45 Beginner Yoga w/ Katrina <b>10:00 Coffee Hour with ATT</b> 10:00 Improved Line Dancing 11:15 Sassy Exercise <b>12:15 Avoiding Scams Lunch &amp; Learn</b> 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	<b>22</b> <b>Lady Huron Trip Departs</b> 8:45 Yoga w/ Machelle 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 4:30 Dominoes 6:00 5-Handed Euchre	<b>23</b> <b>Veteran Services by Appt</b> <b>9:00 Zumba w/ Kimberly</b> 11:15 Sassy Exercise 12:15 GCCARD Lunch <b>1:30 Fall Prevention</b> 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	<b>24</b> 8:45 Yoga w/ Katrina <b>10:00 Bingo!</b> 10:00 Tai Chi 12:15 GCCARD Lunch <b>1:30 Elvis's Paws for a Cause</b> 6:00 Euchre	<b>25</b> <b>Hearing Screening by Appt</b> <b>Medicare/Medicaid by Appt</b> 11:00 Arthritis Exercise 12:15 GCCARD Lunch <b>1:00 Matter of Balance</b> <b>1:00 Bracelet Making</b>
<b>28</b> <b>Podiatry Services by Appt</b> 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch <b>12:30 Balance &amp; Endurance</b> 1:00 Crochet Group 1:00 Horse Race <b>1:30 Painting with Janis</b> 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	<b>29</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 4:30 Dominoes <b>5:30 Savvy Caregiver</b> 6:00 5-Handed Euchre	<b>30</b> <b>9:00 Zumba w/ Kimberly</b> 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	<b>31</b> <b>Flint Farmers Market &amp; Applewood Trip</b> 8:45 Yoga w/ Katrina <b>10:00 Bingo!</b> 10:00 Tai Chi 12:15 GCCARD Lunch 6:00 Euchre	

## Board Meeting Notice

The next board meeting  
will be held on Wednesday,  
July 9th 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

We Are Closed: July 4th

Arthritis Exercise: July 18th &  
July 25th



# CONGREGATE MEAL MENU - JULY 2025

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 Polish Sausage Battered Potatoes Sliced Carrots WG Hotdog Bun Strawberry Applesauce Margarine & Mustard Milk	Grilled Chicken Sandwich Chuck Wagon Vegetables Chopped Broccoli WG Bun Mixed Fruit Cup Margarine/Mayo Milk	Italian Grinder Wrap w/Pepperoni, Salami & Ham Lettuce, tomatoes, onions Pasta Salad Diced Pineapples Tomato Tortilla Italian Dressing Packet 100% Fruit Juice	
7 Meatball Sub w/cheese Sweet Peas Diced Potatoes Sub Bun Fruit Cup Margarine Milk	8 Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Pears Wheat Roll Salad Dressing 100% Fruit Juice 	9 Tangerine Chicken w/Rice Green Beans Diced Carrots Hawaiian Roll Applesauce Fortune Cookie Milk	10 HM Stuffed Peppers Sliced Beets Cauliflower Pineapple Tidbits WW Roll Margarine 100% Fruit Juice 	11 Chinese Pepper Steak w/Rice Succotash Mixed Fruit Cup Potato Roll Margarine Milk
14 Smothered Chicken Breast Lima Beans Rice Pilaf Corn Muffin Fresh Apple Margarine Milk	15 Turkey Tetrazzini Prince Charles Veggie Blend Steamed Broccoli Dinner Roll Pineapples Margarine 100% Fruit Juice	Chef's  Choice	17 Turkey & Cheese Sub Fresh Snap Peas w/dip Fresh Cauliflower WG Bun Tropical Fruit Salad Birthday Cake 100% Fruit Juice	18 Mac & Cheese French Cut Green Beans Corn Potato Roll Margarine Fresh Banana Milk 
21 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail Milk 	22 BBQ Pulled Pork Cole Slaw Baked Beans Wheat Bun Peaches 100% Fruit Juice	23 Fiesta Lime Chicken Roasted Corn & Black Bean Brown Rice Peaches Flatbread Margarine Milk	24 Philly Chicken w/Cheese Diced Potatoes Riviera Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine-Cookie 100% Fruit Juice 	25 Oven Fried Fish Baked Mac & Cheese Tomatoes & Zucchini Dinner Roll Diced Peaches Margarine Milk
28 HM Deluxe Fried Rice w/ Beef, Chicken, Ham, Shrimp & Peas and Carrots Steamed Broccoli Fresh Orange Breadsticks Margarine Milk	29  Steak Spanish Rice Black Beans Mandarin Oranges Tortilla Shells-2 Sour Cream 100% Fruit Juice	30 BBQ Chicken Legs Potato Salad Baked Beans Pineapples Sweet Roll Margarine Milk	31 Ravioli w/Chicken & Sauce Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine 100% Fruit Juice	

## 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.

## 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, 4:30 pm-6:30 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!



## 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

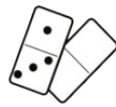
Tuesday, 10:00-11:30 am

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.



## Health & Wellness Corner

### Find out how many calories you need

The number of calories you need each day depends on things like your age, weight, height, sex, and how much physical activity you get.

Use the MyPlate Plan tool to find out how many calories you need — and the amount of food you need from each food group: [MyPlate.gov/MyPlate-Plan](https://www.myplate.gov/MyPlate-Plan)



### Nutrition Facts

8 servings per container  
2/3 cup (55g)

Amount per serving **230**

**Total Fat** 8g **10%**

**Saturated Fat** 1g **5%**

**Trans Fat** 0g

**Cholesterol** 0mg **0%**

**Sodium** 160mg **7%**

**Total Carbohydrate** 37g **13%**

**Dietary Fiber** 4g **14%**

**Total Sugars** 12g

**Includes 10g Added Sugars** **20%**

**Protein** 3g

**Vitamin D** 2mcg **10%**

**Calcium** 260mg **20%**

**Iron** 8mg **45%**

**Potassium** 235mg **6%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Check the label

The Nutrition Facts label can help you make healthier choices. Look for this key info:

- Serving size — if you eat more than 1 serving, you'll get more of everything on the label
- Calories — keep in mind how many calories you need each day, and how many are in 1 serving

Then look at the % Daily Values:

- 5% or less is **low** — try to choose foods low in added sugars, saturated fat, and sodium
- 20% or more is **high** — try to choose foods high in fiber, calcium, potassium, iron, and vitamin D

### What about taking supplements?

Most people can get all the nutrients they need from food, but you might need to take a vitamin or another supplement. For example, some people don't get enough vitamin D from food and sunlight.

Talk with your doctor **before** you start taking any supplements.



## 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

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

This class combines Zumba, a Latin style dance, with modern cardio to achieve a fun, heart pumping, class. This is a great class for beginners who want the activity of Zumba, but with a fun twist!

## 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.

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## 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, July 16th 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, July 25th 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

### \*Will return in August, date TBA\*

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.

## Age Friendly Wellness Council

### \*Monday, August 4th 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

### \*Wednesday, July 16th 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 to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

## Alzheimer's Support Group

### \*Wednesday, July 16th 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.





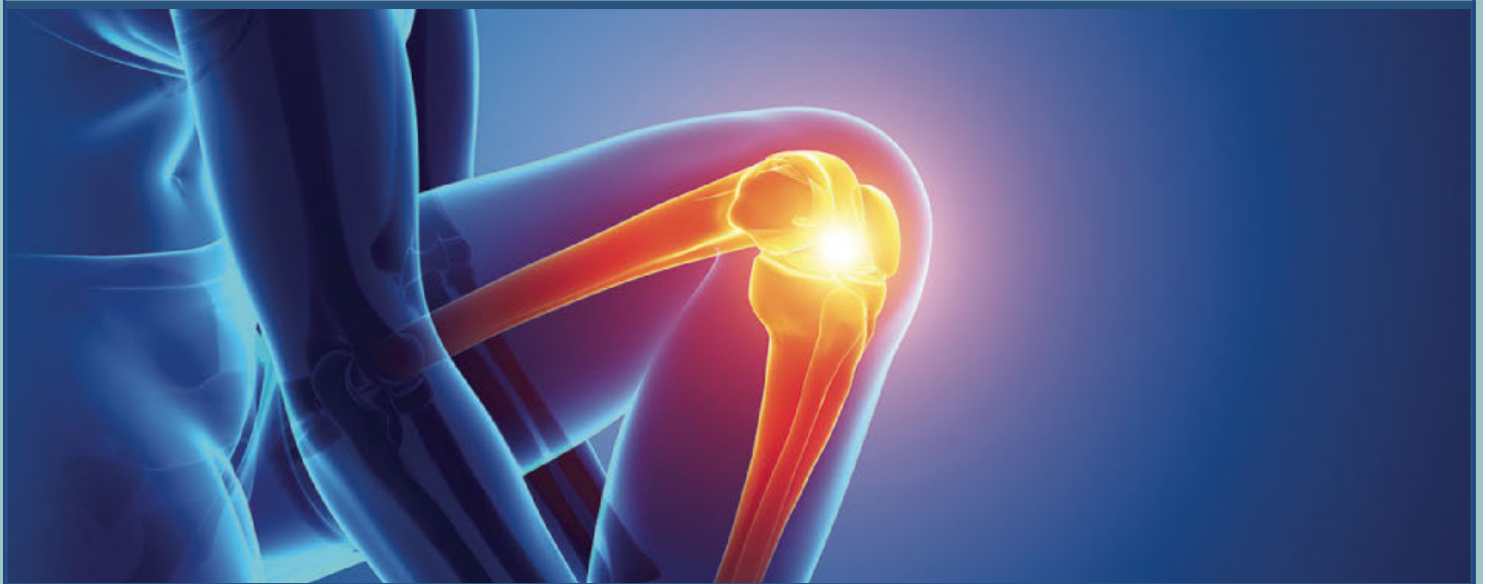
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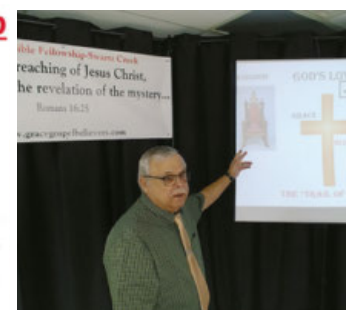
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# Swartz Creek Area Senior Center



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.

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Ken Klungle, Vice President

Elaine Tucker, Secretary

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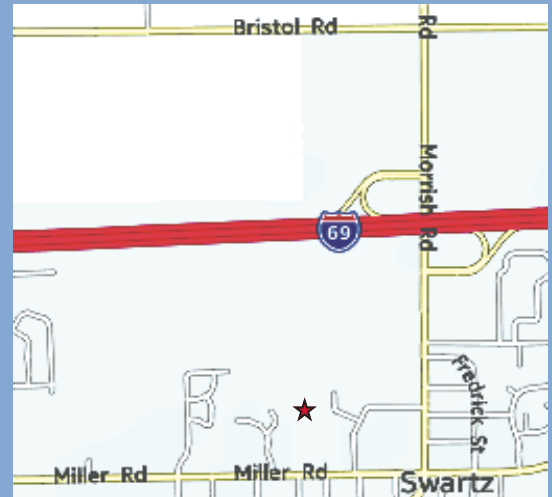
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Directions from downtown Swartz Creek:  
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.



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