

Swartz Creek

AREA SENIOR CENTER

NOVEMBER 2024 NEWS
VOLUME 24, ISSUE 11



"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

(810) 720-4159 ext. 2

www.geneseegardens.com

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15-0694

UPCOMING EVENTS

Please join us for a

THANKSGIVING LUNCH

**TUESDAY,
NOVEMBER 26TH
AT 12:15 PM**

menu

Turkey Breast
Mashed Potatoes
Green Bean Casserole
Mac & Cheese
Dessert & more!

RSVP BY NOVEMBER 8TH

\$3.00 donation suggested for those in
Genesee County 60 or older.
\$6.00 fee for those under 60 or living
outside Genesee County



MOBILE SECRETARY OF STATE

Our Services

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

**Friday, November 22nd
10:00 am to 3:00 pm**

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

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

810-635-4122

COME TO JOIN

Cooking with Ming

**Thursday, November 21st
at 1:30 PM**

**GDL's favorite chef, Chef Ming Louie,
will show you how to make a
delicious Fried Rice, a classic side
that can go with many meals or
on its own!**



RSVP BY NOVEMBER 14TH



Fall Harvest BRUNCH

GREAT FOOD AND COMPANY FOR MEN AND WOMEN!

**THURSDAY, NOVEMBER 14TH
AT 10:30 AM**

**ENJOY CELLO ACCOMPANIMENT BY LIZ COLLINS, LOCAL
PROFESSIONAL CELLO PLAYER**

**\$5
per person**

MENU

CHICKEN SALAD CROISSANTS
BASICUTS AND GRAVY
PINWHEELS
PASTRIES
DEVILED EGGS
APPLE DUMP CAKE & MORE!

**PREPAY BY NOVEMBER 7TH
PAYMENT IS DUE AT TIME OF REGISTRATION**

UPCOMING EVENTS

NOVEMBER BINGO

Thursday, November 7th at 10:00 AM
White Elephant Bingo: bring a wrapped
prize of an item from your home or by a
prize under \$10

Sponsored by Symphony

Friday, November 8th at 10:00 am
Presented by Vibrant Care

Thursday, November 21st at 10:00 am
Presented by Oak Street Health

FREE SIX WEEK NUTRITION EDUCATION PROGRAM



The Learning Kitchen

The Learning Kitchen is an innovative, adult nutrition
education program for Genesee County Residents.

CLASSES INCLUDE:

- Weekly Recipe Tastings
- Weekly Nutrition Topics (MyPlate, Sugar, Salt, Meal Planning, etc.)
- Giveaways
- Physical Activity Demonstrations & more!



Date: Wednesdays, November 6 - December 11, 2024

Time: 1:30-3:00pm

Location: Swartz Creek Senior Center

Register with Swartz Creek Senior Center at 810-635-4122



RSVP by November 1st



GREATER FLINT HEALTH COALITION

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.

Maxwell Therapy Present

AGING SAFELY AT HOME

NOV
11
1:30 PM

Max Well Therapy is excited to offer
our Aging Safely in Your Own Home
Class, designed to help seniors
maintain their independence and
live comfortably in their own
homes. This class provides valuable
insights and practical tips to create
a safe and supportive home
environment, enabling you to age
with confidence and peace of mind.



RSVP by November 4th

Bracelet Making

Wednesday,
November 13th

2 sessions
available: 1:00 PM
and 2:00 PM

\$5 per person

Join Joann to create
a beautiful bracelet
to add to your own or
a loved ones
collection!



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- 2:30 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, 1:00- 3:00 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

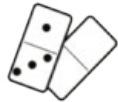
Tuesday, 6:00 pm-8:15 pm

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.



SENIOR Winter GAMES!

FEBRUARY 3RD - FEBRUARY 27TH, 2025

REGISTRATION:

NOVEMBER 11TH TO JANUARY 9TH, 2025

COST:

\$15.00 PER PERSON

EXTRA \$3 FEE FOR BOWLING EVENT

INCLUDES: T-SHIRT, UNLIMITED EVENTS, OPENING CEREMONY WITH ENTERTAINMENT, AND CLOSING BANQUET LUNCH!

2025 EVENTS:

PIE EATING, DARTS, CORN HOLE, JIGSAW PUZZLE, SPADES, CHECKERS, SCRABBLE, YAHTZEE, HAND KNEE & FOOT, SHUFFLEBOARD, TABLE TENNIS, PING PONG, CRIBBAGE, PINOCCHIO, SUDOKU, SENIOR GRAND PRIX, SOFTBALL TOSS, FREE THROW, EUCBRE, BAKING, PICKLEBALL, MINIATURE GOLF, LINE DANCING, DOMINOES (MEXICAN TRAIN), SPELLING BEE, ARTS & CRAFTS, POOL, FRISBEE TOSS, LADDER GOLF AND BOWLING.

LOCATIONS ARE LISTED ON REGISTRATION FORM!



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.

UPCOMING EVENTS

THE INFLATION REDUCTION ACT

How this affects your healthcare!



**THURSDAY,
NOVEMBER 14TH
AT 1:30 PM**

Meet with Marli with American Senior Benefits to discuss the passing on the Inflation Reduction Act and how this will affect your Medicare plan and medication cost.



RSVP BY NOVEMBER 7TH

The Importance of Trees

**Monday, November 25th
at 1:30 PM**

**presented by the
Flint Watershed Coalition**

Learn about all the ways that tree population positively effects our environment, including our water supply. Leave with a **FREE** tree sapling to plant.

**RSVP by
November 18th**



Chair Massages

with Fenton Massage Co.

**Friday,
November 15th**
by Appointment

Price:

\$5 for 10-minute
appointment if 60 or older
\$10 for 10-minute
appointment if under 60

One 10-minute appointment
per person



COPING WITH HOLIDAY BLUES

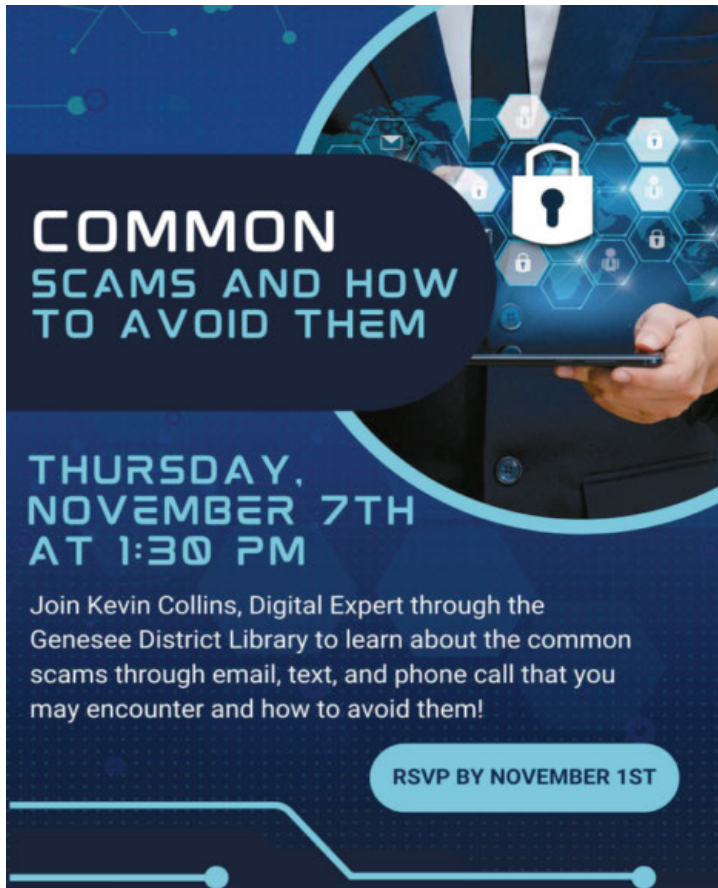
**MONDAY,
NOVEMBER 18TH
AT 1:30 PM**

HOLIDAYS ARE A JOYFUL TIME WITH FAMILY AND FRIENDS. IT CAN ALSO BE A LONELY TIME FOR THOSE WHO HAVE FAMILY SPREAD THROUGHOUT THE STATE OR COUNTRY. JOIN US FOR SOME CONVERSATION AND TIPS TO HELP CURB THOSE HOLIDAY BLUES.

RSVP BY NOVEMBER 11TH



UPCOMING EVENTS



**COMMON
SCAMS AND HOW
TO AVOID THEM**

**THURSDAY,
NOVEMBER 7TH
AT 1:30 PM**

Join Kevin Collins, Digital Expert through the Genesee District Library to learn about the common scams through email, text, and phone call that you may encounter and how to avoid them!

RSVP BY NOVEMBER 1ST



IT'S THAT TIME OF YEAR

MMAP

**OPEN
ENROLLMENT**

DID YOU KNOW THAT WE HAVE A VOLUNTEER COUNSELOR THAT CAN HELP YOU WITH ENROLLMENT IN MEDICARE AND MEDICAID COVERAGE?

THROUGH VALLEY AREA AGENCY ON AGING, THE MEDICARE MEDICAID ASSISTANCE PROGRAM (MMAP) CAN ASSIST YOU WITH FREE GUIDANCE!

**CALL THE CENTER AT 810-635-4122
TO SET YOUR APPOINTMENT!**



In Loving Memory
of Roy Beville

The Swartz Creek Senior Center sends our deepest condolences to the family and friends of Roy Beville. Roy was a long-time member, board member, bus driver and friend to us and will be dearly missed.

We want to thank the following individuals for making a memorial donation in memory of Roy Beville to our centers mission:

Pauline Wheaton
John & Sharon Karasti
Mike & Laurie Karasti
Greg & Judy Switter
Mark & Anne Eickmeyer
Joy Karasti
Mary Hyde
James & Kathleen Thompson
Sandy Miller
Mark & Susan O'Brien
Lin & Doug Dibble
Kathy Hartner



**MEET THE
SUPERINTENDENT**

**MEET SWARTZ CREEK SCHOOL'S
SUPERINTENDENT, JIM KITCHEN**

LEARN ABOUT THE UPDATES THAT ARE BEING MADE AND THE PROJECTS THAT WOULD BE AFFECTED BY THE INCREASE BOND PROPOSAL.

FRIDAY, NOVEMBER 1ST AT 1:00 PM

**RSVP
by October
28th**

NOVEMBER

Monday

Tuesday

Wednesday

Thursday

Friday

We are sending you



Thanksgiving

wishes for happiness, gratitude, and care. Happy Thanksgiving to you!



<p>1</p> <p>10:00 Visually & Hearing Impaired Support Group 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Updates with the Superintendent</p>	<p>8</p> <p>10:00 Bingo! 11:00 Arthritis Exercise Cancelled 12:15 GCCARD Lunch</p>	<p>15</p> <p>Hearing Screening by Appt. Chair Massages by Appt. 11:00 Arthritis Exercise 12:15 GCCARD Lunch</p>
<p>4</p> <p>8:45 Beginner Yoga 10:00 Age Friendly Wellness Council cancelled 10:00 Improved Line Dancing 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>5</p> <p>8:45 Yoga 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 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p>	<p>12</p> <p>8:45 Yoga 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 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p>
<p>5</p> <p>Advanced Care Directives by Appt. 9:00 Zumba 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:30 Learning Kitchen 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>6</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 White Elephant Bingo! 11:15 Toning 12:15 GCCARD Lunch 1:30 Tech Seminar 6:00 Euchre</p>	<p>13</p> <p>9:00 Zumba cancelled 10:00 Board Meeting 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:00 Bracelet Making 1:30 Learning Kitchen 2:00 Bracelet Making 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>
<p>7</p> <p>8:45 Yoga 10:00 Tai Chi 10:00 White Elephant Bingo! 11:15 Toning 12:15 GCCARD Lunch 1:30 Tech Seminar 6:00 Euchre</p>	<p>14</p> <p>8:45 Yoga cancelled 10:00 Tai Chi cancelled 10:30 Fall Harvest Brunch 11:15 Toning cancelled 12:15 GCCARD Lunch 1:30 Inflation Reduction Act 6:00 Euchre</p>	<p>15</p> <p>Hearing Screening by Appt. Chair Massages by Appt. 11:00 Arthritis Exercise 12:15 GCCARD Lunch</p>



Monday	Tuesday	Wednesday	Thursday	Friday
18 8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Holiday Blues with The Care Team 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	19 8:45 Yoga w/ Machelie 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 1:00 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre	20 Legal Services by Appt. 9:00 Alzheimer's Support Group 9:00 Zumba cancelled 11:00 Grief Support Group 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:30 The Learning Kitchen 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberli 6:00 Setback	21 8:45 Yoga 10:00 Bingo! 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:30 Cooking with Ming 6:00 Euchre	22 10:00—3:00 Mobile Secretary of State 11:00 Arthritis Exercise 12:15 GCCARD Lunch
25 8:45 Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise 12:15 GCCARD Lunch 12:30 Balance & Endurance 1:00 Crochet Group 1:00 Horse Race 1:30 The Importance of Trees 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	26 8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet cancelled 10:00 Tai Chi cancelled 11:15 Toning cancelled 12:00 Thanksgiving Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:00 Euchre 2:30 Beginner Cardio 3:15 Book Club 4:30 Dominoes 6:00 5-Handed Euchre	27 Veteran Services by Appt. 9:00 Zumba cancelled 11:30 Sassy Exercise 12:15 GCCARD Lunch 1:30 The Learning Kitchen 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberli 6:00 Setback	28  <i>Happy Thanksgiving!</i> We are Closed!	29  <i>Happy Thanksgiving!</i> We are Closed!

Board Meeting Notice

The next board meeting
will be held on Wednesday,
November 13th 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: November 8th
Yoga: November 14th & 26th
Tai Chi: November 14th & 26th
Toning: November 14th & 26th
Zumba: November 13th, 20th, & 27th
Grocery Bag Crochet: November 26th
We are CLOSED: November 28th & November 29th

Congregate November Meal Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 Asian Turkey Burger Sweet Potato Wedges 4 oz Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz Milk	5 Fiesta Chicken Roasted Corn & Black Beans 4 oz Cilantro Lime Rice 4 oz WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	6 Salisbury Steak w/Gravy Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	7 Cheese Ravioli w/Sauce 1 ea Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea 100% Juice	1 Honey Glazed Chicken Fillets Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz Milk-8 oz
11 	12 Pub Burger w/Cheese Potato Wedges 4 oz Lettuce/Tomato/Onion Fruit Cocktail-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice	13 Chef Garey's Choice	14 Chicken Fajitas 3 oz Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells 2 ea Birthday Cake Pineapple Cup 100% Fruit Juice-4 oz	15 Glazed Citrus Salmon 3 oz Rice Pilaf 4 oz Mixed Veggies 4 oz WG Roll Margarine Mixed Fruit Cup Milk-8 oz
18 Swedish Meatballs 6 ea Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	19 BBQ Pork Loin Sweet Corn 4 oz Cole Slaw 4 oz Wheat Roll Mango & Papaya 4 oz Margarine 100% Fruit Juice	20 Crispy Chicken Salad 3 oz w/Apples & Cranberries Cole Slaw-4 oz Potato Roll Diced Pears Milk-8 oz	21 Mostaccioli w/Meat Sauce 8 oz French Green Beans 4 oz Corn on the Cob 1 ea Fresh Pear Baked Breadstick 100% Fruit Juice-4 oz	22 Philly Chicken w/Cheese 3 oz Potato Wedges 4 oz Veggie Blend 4 oz Sub Bun Margarine-1 ea 100% Fruit Juice
25 Chili W/Ground Beef 8 oz Veggie Blend 4 oz Corn Bake 4 oz Strawberry Applesauce Milk	26 THANKSGIVING LUNCHEON Turkey Breast W/Gravy 3 oz Mashed Potatoes 4 oz Garey's Famous Green Beans 4 HM Mac & Cheese 4 oz Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4 oz	27 Cobb Salad 4 oz w/Turkey, Cheese, Egg, Bacon Pasta Salad 4 OZ Fruit Muffin-1 ea Mandarin Oranges-4 oz Salad Dressing Pkt-1 ea Milk-8 oz	28 	29 

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

Dine in ONLY!

Join us for
THANKSGIVING!

UPCOMING EVENTS



BOOK CLUB

TUESDAY, NOVEMBER 26

AT 3:15 PM

Join us for a discussion about this month's read. Please find a copy and read prior to discussion!

My Year with Eleanor
by Noelle Hancock



Before venturing out into bad weather, be sure to call the center at 810-635-4122, tune into ABC Channel 12, check our Facebook page, and/or check our website for weather related updates!

Please note: Our decision to close during inclement weather is not based off school district or other senior centers!



Advanced Care Directives

Wednesday, November 6th
by Appointment

Join Tommie Franklin with Hurley to discuss Advanced Care Directives that can help when big questions come up in your healthcare!

ANNUAL T-SHIRT FUNDRAISER

Check out the options for our 2025 T-Shirt Fundraiser! Show your senior center pride with these super comfy T-shirts and sweatshirts!

Order forms will be available beginning Monday, November 4th until Friday, December 27th.

Prices will be listed on order forms!

Price may vary based on size!



We are Closed!

Thursday, November 28th

Friday, November 29th

*In celebration of
Thanksgiving!*

Attention Snowbirds!

Before you head down south for the winter, don't forget to visit us before you leave!

Scan your card to assist in our yearly count.

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, 11:00 am-12:00 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, 11:30 am- 12:30 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.

Daylight Savings

Time ends:

Sunday,

November 3rd

**Don't forget to
fall back
an hour!**



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, November 20th 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, November 15th 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.



PROVIDED BY CARDINAL HEARING

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.

Michigan Medicare/Medicaid Assistance Program

A volunteer MMAP Counselor can provide free services to help you: Understand Medicare & Medicaid. Compare or enroll in Medicare Prescription drug coverage. Review & compare Medicare Supplemental insurance options. Call the Center today at 810-635-4122 to make your appointment.

Veteran Services of Genesee County

Wednesday, November 27th by 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
- Transportation

And more!



Senior Dining by GCCARD

Meals are served Monday - Friday at 12:00 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, November 1st 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, December 2nd 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, November 20th 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, November 20th 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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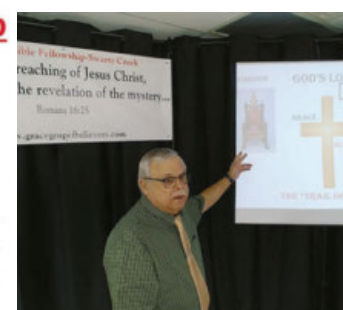


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Swartz Creek Area Senior Center



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

Facebook: Swartz Creek Area Senior Center

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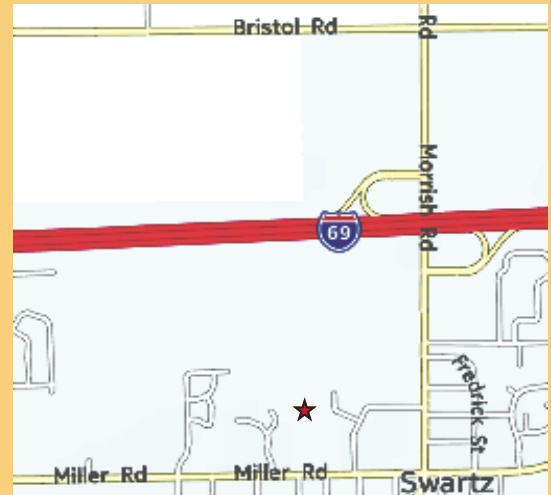
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Directions from down-town Swartz Creek:

1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr.



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