

Swartz Creek
AREA SENIOR CENTER

September 2026 Newsletter
Volume 26, Issue 9



HOLIDAY RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com



Bring this coupon in for a free meal & gift with your tour!

Bentley
MANOR

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15 Area Locations

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FUNERAL HOMES

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Miller Road Chapel

8138 Miller Road
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Roger L. Sharp
MANAGER & FOUNDER

(810) 635-4411

www.sharpfuneralhomes.com

Marsh Monument Co.

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No act of
kindness is
ever wasted

Grace Bible Fellowship

Swartz Creek

9061 Miller Rd.

Suite #15

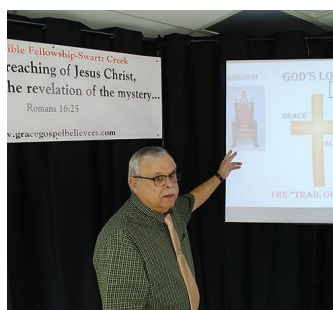
Swartz Creek, MI



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

Romans 16:25

www.gracegospelbelievers.com



Sunday 11am

Wednesday 5:30pm

(4pm winter hours)

Phone: 810-444-0670

assignphillong@yahoo.com

"rightly dividing the word
of truth" 2 Timothy 2:15

Advertise in Our Newsletter!

Contact Abe Chaunce

achaunce@4LPi.com

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Swartz Creek Senior Center Swartz Creek, MI

15-0694

Upcoming Events

Pop-Up FARMERS MARKET



Join us weekly for our pop-up markets featuring locally grown produce from Family First Farms and weekly "special guests" vendors!

THURSDAYS 11:00 AM- 2:00 PM
JUNE 4TH-OCTOBER 8TH

Swartz Creek Area Senior Center

FEATURED FARMER

FAMILY FIRST FARMS



Becca Kunz Soaps & More!



PAYMENT METHODS ACCEPTED:



Everyone welcome!
More Information:
8095 Civic Dr.
Swartz Creek, MI 48473
810-635-4122

POP-UP MARKETS SEPTEMBER SCHEDULE



THURSDAY, SEPTEMBER 3RD 11:00 AM - 2:00 PM

FAMILY FIRST FARMS AND NEYMAN FARMS
FRESH PRODUCE, GRANOLA, BAKED GOODS, EGGS, APPLE BUTTER, VANILLA, AND MORE!

THURSDAY, SEPTEMBER 10TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS AND DESCHNEPPER FARMS LLC
FRESH PRODUCE, BEEF, PORK, CHICKEN, TALLOW, MILLED FLOURS, APPLE CIDER VINEGAR, AND MORE!

THURSDAY, SEPTEMBER 17TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS AND HARMONY FARMS
FRESH PRODUCE, EGGS, JELLY/JAMS, CANNED GOODS, AND MORE!

THURSDAY, SEPTEMBER 24TH 11:00 AM - 2:00 PM

FAMILY FIRST FARMS, BURTRUM FARMS, AND POSTCARD PETALS.
FRESH PRODUCE, BERRIES, JAMES, PICKLES, EGGS, SOAPS, CANDLES, FLOWERS, AND MORE!



Jay E Jacobs Presents

Pasta 101

Join Jay for step by step instruction on how to make your own delicious homemade ravioli!
All supplies included!



Making the dough, Rolling the dough, and forming Ravioli

\$25 per person

Monday, September 21st at 1:30 PM



SWARTZ CREEK SENIOR CENTER

COMEDY DINNER

TUESDAY, SEPTEMBER 22ND AT 5:30 PM

GET READY FOR A NIGHT OF BIG LAUGHS, MIND-BENDING ILLUSIONS, AND ENDLESS CARBS AT OUR COMEDY DINNER & FUNDRAISER FEATURING COMEDIAN-MAGICIAN GARY THISON!

WE'RE SERVING UP A DELICIOUS SPAGHETTI FEAST COMPLETE WITH WARM BREADSTICKS AND MORE, PROVING THAT THE ONLY THING BETTER THAN GREAT FOOD IS GREAT MAGIC. JOIN US FOR AN UNFORGETTABLE EVENING OF SAUCY HUMOR AND SPELLBINDING ENTERTAINMENT—JUST DON'T TRUST GARY NEAR THE BREADSTICKS, OR THEY MIGHT VANISH!

BEST OF ALL, EVERY TICKET SOLD HELPS US RAISE SERIOUS DOUGH FOR OUR CENTER, SO GRAB YOURS BEFORE THEY DISAPPEAR INTO THIN AIR!

\$18 PER PERSON
PREPAY BY SEPTEMBER 15TH

SPONSORED BY:



Upcoming Events

Bingo!

THURSDAY, SEPTEMBER 3RD

AT 10:00 AM

WHITE ELEPHANT BINGO
PLEASE BRING A WRAPPED ITEM AS A PRIZE!

THURSDAY, SEPTEMBER 10TH

AT 10:00 AM

PRESENTED BY OAKSTREET HEALTH

THURSDAY, SEPTEMBER 17TH

AT 10:00 AM

PRESENTED BY SYMPHONY

Presented by Advisacare

LUNCH and Learn

WEDNESDAY, SEPTEMBER 9TH
AT NOON



LEARN HOW HOME
CARE CAN BRING
YOU PEACE OF MIND!

PIZZA LUNCH PROVIDED!

RSVP by September 4th

ROCK N ROLL TIME MACHINE

THURSDAY, SEPTEMBER 10TH
AT 1:30 PM

TAKE A HIGH-ENERGY TRIP BACK THROUGH TIME. FAST-PACED AND ENERGETIC, THIS SHOW COMBINES THE MUSIC OF THE EARLY ROCK AND ROLL ERA WITH HISTORY, COMEDY, AND DANCE.

PRESENTED BY GENESEE DISTRICT LIBRARY

RSVP BY SEPTEMBER 9TH



FEEL THE
ROCK N
ROLL HERE!

BALLROOM Dance Lesson

Cassandra
Justice



\$10
PER PERSON

This hour-long group session with instructor, Cassandra, will go over the basics of Ballroom and partner dancing, give participants a taste of two incredibly fun Ballroom dances (the Foxtrot and the Rumba), and give everyone an incredibly fun time learning a new skill while making new friends! No partner or experience is necessary, just bring yourself and a willingness to learn and have a good time!

THURSDAY, SEPTEMBER 17TH
AT 2:30 PM

Prepay by September 10th

Swartz Creek Area Senior Center

TRIPS

Soaring Eagle Casino Fundraiser Trip

Monday, September 28th, 2026

\$60.00 per person

9:00 AM- 7:00 PM

Round trip motor coach transportation to Mt. Pleasant, 5.5 hours of gaming at Soaring Eagle Casino, get back \$20 in free play and 15,000 bonus points, visit Uncle John's Cider Mill. This is a FUNDRAISER for the Swartz Creek Senior Center, we receive \$55 per person, \$1,340 if we fill the bus!

Prepay by 9/11/26

Thunder Bay Elk Viewing & Meal

Tuesday, October 6th, 2026

\$230.00 per person

8:00 AM- 7:00 PM

Round trip motor coach transportation to Hillman, MI. Horse drawn carriage through the Elk Preserve, Elk Viewing during peak season. A 5-course gourmet meal and wine tasting.

Prepay by 9/2/26

Detroit Iconic Building & City Tour

Wednesday, November 4th, 2026

\$115.00 per person

8:00 AM- 4:30 PM

Round trip transportation to Detroit, step-on guided tour of Detroit, tour of The Guardian Building, Fisher Building, then lunch at Slows Bar BQ in Corktown.

Prepay by 9/30/26

The Great Gatsby- A New Musical

Tuesday, November 17th, 2026

\$145.00 per person

3:00 PM- 12:15 AM

Round trip transportation to Detroit, free time for a meal in Greektown District, main floor tickets to see "The Great Gatsby" at the Fisher Theatre.

Prepay by 10/6/26

NEW

Genitti's Luncheon Holiday Show & Walk

Tuesday, December 1st, 2026

\$119.00 per person

10:00 AM- 5:30 PM

Round trip motor coach transportation to Northville, MI, 7-course Italian luncheon, interactive holiday comedy show, and finally a holiday walk at Meadow Brook Hall.

Prepay by 10/27/26

FIELD TRIPS

Thrifting Thursday

Thursday, September 10th

9:00 AM - 12:00 PM

\$5 per person- includes transportation MI Turning Point Thrift Store and Volunteers of America in Owosso.

Commission on Aging Resource Fair

Friday, September 11th from 10:30 AM- 1:30 PM

FREE- includes transportation to the COA Resource Fair and back! RSVP to save your seat.

Mystery Dinner #1

Tuesday, September 15th from 5:00 PM-7:30 PM

\$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$30-40 per person

Spicers Orchard Trip

Friday, September 18th from 9:00 AM to 1:30 PM

\$7 per person- includes transportation Spicer's Orchard with free time to shop, pick apples, eat at the cafe, and more activities around the orchard!

Past Tense Country Store

Thursday, September 24th from 9:30 AM to 1:30 PM

\$7 per person- includes transportation to Paste Tense Country Store in Lapeer, time to shop and eat at their cafe!

Mystery Dinner #2

Tuesday, September 29th from 5:00 PM-7:30 PM

\$5 per person- includes transportation and reservations to a mystery restaurant. Dinner is on you: around \$25-35 per person

Refunds available for all trips if you cancel at least a week ahead of departure date.

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 KEVIN COLLINS

SMARTPHONE TIPS & TRICKS

Wednesday, September 30th
at 1:30 PM



Kevin, tech specialist at the Genesee District Library, will be here addressing the most common issues we face when learning how to navigate a smartphone. Ask your specific questions and bring your device with you if able!

RSVP by September 23rd

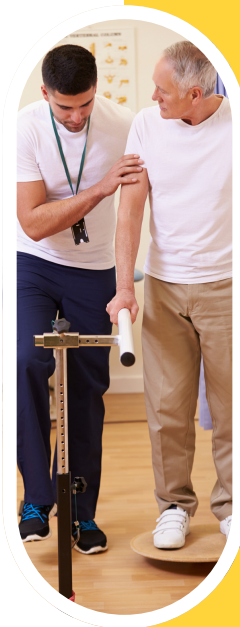
STEP SAFELY INTO FALL

with Optimal Physical Therapy

- **Balance Basics:** Discover simple exercises to enhance stability and reduce the risk of falls.
- **Mobility Tips:** Learn techniques to move more safely and confidently, whether at home or in the community.
- **Fall Prevention Strategies:** Identify common hazards and learn how to create a safer living environment.

Monday,
September 28th
at 1:30 PM

RSVP by September 21st



ALZIMERS ASSOCIATION
PRESENTS

LIVING WITH ALZHEIMERS: FOR EARLY-STAGE CAREGIVERS

In the early stage of Alzheimer's disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help?

Hear from other caregivers, care partners, and learn tips to help cope with this new diagnosis.

Wednesday, September 16th
at 1:30 PM

RSVP by September 11th



Voices for
Children
Advocacy Center
Serving Genesee & Shiawassee Counties

LUNCH & LEARN

What Every Grandparent
Should Know About Child
Safety, Support, and Our
Programs.

FREE LUNCH & DRINKS PROVIDED

Wednesday, September 23rd | 12:00PM - 1:00PM

RSVP by September 16th



Upcoming Events

PAINTING WITH JANIS

\$20
per person

This month: Acrylic painted lighthouse scene

**Monday,
September 14th
at 1:30 PM**

Join Janis to learn:

The fundamentals of acrylic painting on canvas. Create this beautiful lighthouse scene with step-by-step instruction and all supplies included.

Prepay by September 8th



CHAIR MASSAGES

Take a moment to relax and release tension with Marshala. 10-minute chair massage appointments twice a month.

\$10
PER PERSON
APPOINTMENT

**FRIDAY, SEPTEMBER 11TH
FRIDAY, SEPTEMBER 25TH**

Prepay at time of sign up



BRACELET MAKING

*Friday, September 11th at 1:00 PM
Friday, September 25th at 1:00 PM*

\$5 PER PERSON- PER CLASS

JOIN JOANN TO CREATE A ONE OF A KIND GLASS BEAD BRACELET. ALL SUPPLIES AND INSTRUCTION INCLUDED!
PREPAY AT TIME OF SIGN UP



SWARTZ CREEK SENIOR CENTER

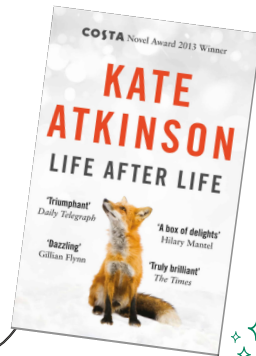
BOOK CLUB

Let's dive into our monthly reading and share great discussions. See you there!

**Thursday, September 24th
at 3:00 PM**

Life After Life by Kate Atkinson

The center does not provide copies of the book, please visit your local library or purchase your own copy!



FREE
transportation
available
with us!
RSVP today!

SENIOR RESOURCE EXPO

Join us for this **FREE** event to learn about the resources available in our community and connect with organizations committed to assisting seniors thrive!

FOR MORE INFORMATION, PLEASE CONTACT GENESEE COUNTY COMMISSION ON AGING:
810-908-9122 OR WWW.COAWEB.COM



**SEPT 11, 2026
11AM-1PM**

GLORIA COLE
FLINT PUBLIC LIBRARY
1026 E KEARSLEY ST,
FLINT, MI 48503

**FLU SHOTS
AVAILABLE!**

PARKING WITH
SHUTTLE SERVICE
AT THE WHITING
AUDITORIUM



**WE ARE CLOSED MONDAY,
SEPTEMBER 7TH**

September

Monday

Tuesday

Wednesday

Thursday

Friday



7

LABOR DAY

We are closed!

14

8:45 Beginner Yoga w/ Katrina
10:00 Improved Line Dancing
10:00 Visually Impaired Support Group
11:00 Hearing Impaired Support Group
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

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 Chair Zumba cancelled
1:30 Euchre
2:30 Beginner Cardio
6:00 5-Handed Euchre

8

St. Sabbas Trip Departs
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 Chair Zumba cancelled
1:30 Euchre
2:30 Beginner Cardio
6:00 5-Handed Euchre

15

8:45 Yoga w/ Katrina
10:00 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 Chair Zumba cancelled
1:30 Euchre
2:30 Beginner Cardio
5:00 Mystery Dinner #1
6:00 5-Handed Euchre

2

11:15 Sassy Exercise
12:15 GCCARD Lunch
3:00 Intermediate Line Dance
5:15 Strength & Cardio
6:00 Setback

9

10:00 Board Meeting
11:15 Sassy Exercise
12:15 GCCARD Lunch cancelled
12:00 Lunch with Advisacare
3:00 Intermediate Line Dance
5:15 Strength & Cardio
6:00 Setback

16

Legal Services by Appt
11:15 Sassy Exercise
12:15 GCCARD Lunch
1:30 Living with Alzheimer's
3:00 Intermediate Line Dance
5:15 Strength & Cardio
6:00 Setback

3

8:45 Yoga w/ Katrina
10:00 Tai Chi
10:00 White Elephant Bingo
11:15 Toning
12:15 GCCARD Lunch
1:00 Samba
6:00 Euchre

POP-UP MARKET 11-2

10

8:45 Yoga w/ Katrina
9:00 Thrifting Thursday Trip
10:00 Tai Chi
10:00 Bingo
11:15 Toning
12:15 GCCARD Lunch
1:00 Samba
1:30 Rock n Roll Time Machine
6:00 Euchre

POP-UP MARKET 11-2

17

Sunrise Side Trip Departs
8:45 Yoga w/ Katrina
10:00 Bingo
11:00 Tai Chi
12:15 GCCARD Lunch
1:00 Samba
2:30 Ballroom Dancing
6:00 Euchre

POP-UP MARKET 11-2

4

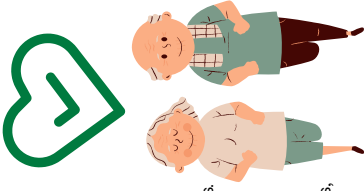
9:30 Drums Alive
11:00 Arthritis Exercise
12:15 GCCARD Lunch
1:00 Matter of Balance

11

Chair Massage by Appt
9:30 Drums Alive
10:30 COA Fair Trip Departs
11:00 Arthritis Exercise
12:15 GCCARD Lunch
1:00 Matter of Balance
1:00 Bracelet Making

18

9:00 Spicers Orchard Trip
9:30 Drums Alive cancelled
11:00 Arthritis Exercise cancelled
12:15 GCCARD Lunch
1:00 Matter of Balance cancelled

21 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Pasta 101 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	22 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 Chair Zumba cancelled 1:30 Beginner Cardio cancelled 5:30 Comedy Dinner 6:00 5-Handed Euchre	23 Veteran Services by Appt 11:15 Sassy Exercise 12:15 GCCARD Lunch cancelled 12:00 Lunch with Voices for Children 3:00 Line Dance 5:15 Strength & Cardio 6:00 Setback	24 8:45 Yoga w/ Katrina 9:30 Past Tense Trip Departs 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba 3:00 Book Club 6:00 Euchre POP-UP MARKET 11-2	25 Chair Massage by Appt 9:30 Drums Alive 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Matter of Balance 1:00 Bracelet Making
28 Soaring Eagle Trip Departs 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Step Safely into Fall 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	29 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 Chair Zumba cancelled 1:30 Euchre 2:30 Beginner Cardio 5:00 Mystery Dinner #2 6:00 5-Handed Euchre	30 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Smartphone Tips & Tricks 3:00 Line Dance 5:15 Strength & Cardio 6:00 Setback	Healthy Aging Tips from the CDC  1. Nutrition. Maintain a healthy, balanced diet. 2. Physical activity. Keep your body active by doing regular exercise. 3. Mental functioning. Keep your mind stimulated and get enough sleep. 4. Social well-being. Stay socially connected and engaged with others. 5. Emotional well-being. Take care of your emotional well-being, including managing stress, having a positive outlook, and seeking support when needed. 6. Injury prevention. Try to avoid falls and other injuries by taking precautions and practicing safe driving. 7. Health care routine. Keep up with regular health checkups, vaccines, and screenings, and manage any chronic conditions.	

Board Meeting Notice

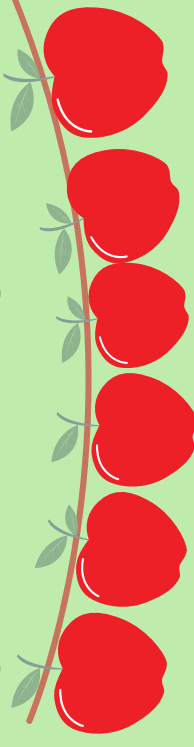
The next board
meeting will be held
on Wednesday,
September 9th
at 10:00 AM

Our Mission

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

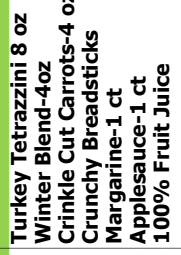
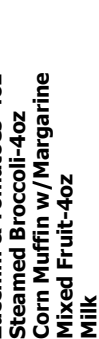
Class Cancellations

Chair Zumba: September 1st, 8th,
15th, 22nd, & 29th
All Exercise: September 18th
Beginner Cardio: September 22nd



Congregate September Meal Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Oven Fried Chicken Southern Green Beans Potato Salad WG Roll Pineapple Tidbits 100% Fruit Juice	 HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/ Margarine Mixed Fruit Salad-4oz 100% Fruit juice	 Pork Chop w/ gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/ Margarine Fresh Orange Milk	 Peppered Beef Steak w/ gravy-1 Brown Rice-4oz Chopped Broccoli-4oz Potato Roll w/ Margarine mango & papaya fruit mix 100% Fruit Juice	 Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Sweet Peas Wheat Roll w/ Margarine Applesauce Cup-1 Milk
7 	8 HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/ Margarine Mixed Fruit Salad-4oz 100% Fruit juice	 Swartz Creek Senior Center 12:00 Lunch with Advisacare NO GCCARD Lunch	 Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine	 Baked Fish w/ Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/ Margarine Strawberry Applesauce Milk
14 Beef Fajitas Sweet Corn w/ Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk	 Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice	 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/ Margarine Peaches -4oz Milk	 Antipasto Salad w/ pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Mandarin Oranges 100% fruit juice Cookie of the month	 Chicken Marsala over Rice Pillaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
21 Chicken Parmesan w/ Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Crunchy Breadsticks Margarine-1 ct Applesauce-1 ct 100% Fruit Juice	 Swartz Creek Senior Center 12:00 Lunch with Voices for Children NO GCCARD Lunch	 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% fruit juice	 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/ Margarine Mixed Fruit-4oz Milk
28 Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple Milk	 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail 100% Fruit Juice	 HM Beef & Broccoli over Lo Mein Noodles Oriental Veggie Blend Flatbread Pineapple Cup Milk	 Genesee County CARD Community Action Resource Department	 Valley Area Agency on Aging Answers, Action & Advocacy for All Things Senior

Senior Dining by GCCARD

Meals are served **Monday-Friday at 12:15 PM here at the center.**

Reservations must be made by Noon the workday before by calling the center at 810-635-4122 or visiting us in person.

Persons residing in Genesee County who are 60 or older, and their spouse regardless of age, are eligible for a free meals. Donations are always appreciated!
 Suggested Donation is \$3 per person
 Person under 60 or outside Genesee County: \$6

Dine in Only!

Programs & Events

Hand, Knee, and Foot

Monday, 5:00- 8:15 pm

Similar to a card game named 'Canasta' the main difference is the number of cards that players need in order to start playing. Score more points than the other teams within four hands.

Mahjongg

Tuesday, 12:30- 3:00 pm

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.

Setback

Wednesday, 6:00- 8:15 pm

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

Horse Race

Monday: 1:00-3:00 pm

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

Samba

Thursday, 1:00-4:00 PM

Samba is a rummy-style card game, a variation of Canasta, played with three decks where players form melds and sequences to score points.

Crochet

Monday, 1:00-2:30 pm

A needlework technique performed using a crochet hook plus fiber or other similar material. Most typically, this material is yarn or crochet thread. A very relaxing activity that is good for the mind.

Grocery Bag Crochet

Tuesday, 10:00-11:30 am

Instructor: Betty Binder

Bring with you 10 plastic grocery bags, a pair of scissors, and a large crochet needle. This is a great way to recycle plastic and create something more useful like a sturdy bag, mat, and more!

Knitting

Tuesday, 10:00-11:30 am

The knitting process basically involves continuously interlinking or knotting a series of loops of yarn using needles. A very relaxing activity that is good for the mind.



Discrimination Policy

The Swartz Creek Area Senior Center has adopted a policy of non-discrimination in all programs, services and employment. No one shall be excluded on the basis of race, color, national origin sexual orientation, religion, age, marital status, veteran and military status or disability unless required by the eligibility guidelines for services. Inclusiveness is a core value that drives the organization's mission of providing services to benefit persons who are over the age of fifty and reside in Genesee County.

Sign Up Policy

The Swartz Creek Area Senior Center has adopted a policy for our event sign-ups.

Sign-ups for events can be made on the 20th of the month before, beginning at 9:00 AM.

Example: You can sign up for a September event on August 20th. If the 20th lands on a weekend or holiday we are closed, it will be the following business day. Many of the ads have an RSVP by date. This refers to the very last day that you will be able to sign up if spots are still available. If something has a cost, the payment will need to be made at time of sign-up.

SAVE US POSTAGE!

If you're here often, pick up your newsletter at the center rather than having it mailed! Or ask to be moved to the email list. Let us know if you plan to do this. We greatly appreciate it!

Exercise Classes

All programs are FREE unless noted otherwise.

Basic Line Dancing

Monday, 3:00-4:00 PM

Instructor: Darci

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

Improved Line Dancing

Monday, 10:00-11:00 am

Instructor: Debbie Williams

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

Intermediate Line Dancing

Wednesday, 3:00-4:00 pm

Instructor: Debbie Williams

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

Yoga AM

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

Instructor: Katrina Smeets

Substitute: Amy Cross & Machele Duprey

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

Stretching & Toning

Tuesday & Thursday, 11:15 am-12:15 pm

Instructor: Darci

This class includes weights, bands and music to keep your heart rate up while toning the whole body. Bring a fun attitude, you don't need to be experienced for this class.

If you question whether you can stand through the class, don't worry, you can sit in a chair for these exercises too!

Tai Chi

Tuesday & Thursday, 10:00-11:00 am

Instructor: Darci

A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination.

Sassy Exercise

Monday & Wednesday, 11:15 am- 12:15 pm

Instructor: Darci

This class includes weights, bands, and music to create an all inclusive seated exercise program. This is a perfect beginner class to add to your weekly routine. This class also prepares you for other classes such as Stretching and Toning.

Drums Alive

Fridays, 9:30-10:30 AM

Instructor: Abbie Marrs

Have fun moving and dancing with drum sticks and aerobic ball as a drum. Play along to music in an exciting atmosphere. This can be done standing or in a chair.

No RSVP required, but limited equipment available.

First come, first serve!

Beginner Cardio

Tuesday: 2:30-3:30 pm

Instructor: Darci

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

Chair Zumba

Tuesdays, 1:00-2:00 PM

Instructor: Kimberly Worchal-Smith

Zumba combines upbeat music with easy to follow chair movement to create a fun health-boosting atmosphere. Great for beginners!

Arthritis Exercise

Friday, 11:00 am- Noon

Instructor: Abbie Marrs

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

Strength & Cardio

Wednesday, 5:15-6:15 pm

Instructor: Michele Corbat

Midweek Move & Strength is designed for participants who are 50+ years old and looking to increase their strength, endurance, and balance skills. A fun, upbeat class that combines strength training and cardio. Participants are asked to bring light dumbbells (1lb - 5lb) and water.

Stretch & Balance

Monday, 1:45-2:45 pm

Instructor: Darci

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

Swartz Creek Area Senior Citizens, Inc.: Funding Sources

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

Membership & Participation Guidelines

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

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis.

Donations of Hard Candy, Clorox wipes, Tissues, Toilet Paper, and Coffee are always appreciated!

Thank you for your generous donations to our Senior Center!

Services

Legal Services of Eastern Michigan (LSEM)

Call us at 810-635-4122 for appointment

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

Services Include:

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



Hearing Screenings

Thursday, October 8th by appointment

Offered at the center on the 2nd Thursday of the month, every other month. Free hearing evaluation available at the senior center.

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

PROVIDED BY BELTONE HEARING SOLUTIONS



Transportation

Group transportation is available on Tuesdays alternating Kroger and Meijer. 3rd Friday of the month to the Food Pantry. Last Wednesday of the month to Walmart.

Available to seniors living in the Swartz Creek School District.

We are also offering transportation to and from our daily lunch program, please call in advance for availability.

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

Veteran Services of Genesee County

Call us at 810-635-4122 for appointment

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

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

Benefits include:

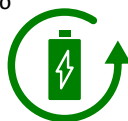
- Disability compensation
- Pension benefits
- Federal Burial benefits
- VA Home loans
- PTSD counseling
- Legal Services
- And More!



Battery Collections

Daily: Monday-Friday during regular business hours

We're back! We will once again be taking used batteries to recycle. **Please tape both ends of the batteries when donating!**



Senior Dining by GCCARD

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

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

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

Incontinence Supplies

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

Loan Closet

The Center has donated wheelchairs, walkers, bath chairs, commodes, canes, and more, which are given out free of charge. Quantities are limited. Call the center for availability!

Visually Impaired Support Group

Monday, September 14th at 10:00 AM

Join Sabrina with the Family Service Agency of Genesee County to discuss the difficulties of being visually impaired and how you can adapt to these changes using new resources and technology. Meet those who understand the struggles you share

Hearing Impaired Support Group

Monday, September 14th at 11:00 AM

Join Sabrina with the Family Service Agency of Genesee County to discuss the difficulties of being hearing impaired and how you can adapt to these changes using new resources and technology. Meet those who understand the struggles you share.

Please give the center notice if you are in need of an interpreter!

Age Friendly Wellness Council

Monday, October 5th 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, September 15th at 11:00 am

Chris with Lavigne provides on-going grief support for anyone who has experienced the death of a loved one.

Alzheimer's Support Group

Tuesday, September 15th at 10:00 am

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

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Swartz Creek Senior Center Swartz Creek, MI

15-0694

Swartz Creek Area Senior Center

8095 Civic Dr. Swartz Creek, MI 48473

Office Hours: Monday-Thursday 9:00 AM - 8:00 PM

Friday 9:00 AM - 4:00 PM



Phone: 810-635-4122

Fax: 810-635-9405

Website: www.myscasc.org

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Holly Trickey, Program Coord.

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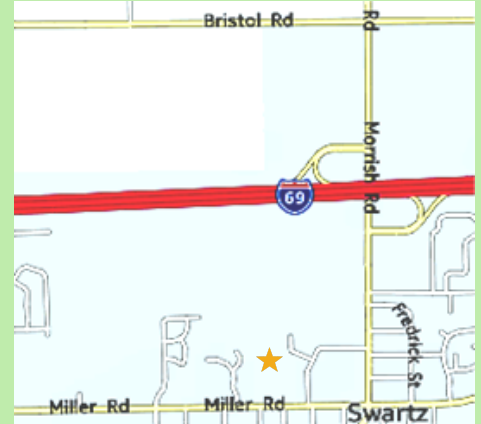
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Swartz Creek Area Senior Center
8095 Civic Dr.
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