

Swartz Creek

AREA SENIOR CENTER

SEPTEMBER 2025 NEWS

VOLUME 25, ISSUE 9



"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

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

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SENIOR CARE &
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5-STAR RATING

FEATURING REHAB TO HOME
Physical, Occupational & Speech Therapy Services

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Adult Foster Care and Assisted Living

Established 1990

Clio • Mt. Morris • Montrose • Flint
15 Area Locations

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ADT-Monitored Home Security

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15-0694

UPCOMING EVENTS

SWARTZ CREEK SENIOR CENTER

COMEDY DINNER

**WEDNESDAY, SEPTEMBER 24TH
AT 5:00 PM**

JOIN US FOR AN EVENING OF BELLY LAUGHS AND FULL BELLIES FOR OUR COMEDY DINNER FUNDRAISER! FEATURING THE HILARIOUS AND TALENTED VENTRILOQUIST, RICHARD PAUL, WITH HIS SHARP WIT AND UNFORGETTABLE PUPPET PALS.

ALL PROCEEDS GO TOWARDS THE SWARTZ CREEK SENIOR CENTER- KEEPING SENIORS ACTIVE, CONNECTED, AND FULL OF PASTA! SO COME HUNGRY AND ENJOY SPAGHETTI, BREAD STICKS, SALAD, DESSERT, AND MORE.

DON'T WORRY, YOU DON'T NEED TO SHARE
WITH THE PUPPETS-
THEY'RE ALREADY STUFFED!

\$15 PER PERSON
PREPAY BY SEPTEMBER 17TH

SPONSORED BY:



Genesee County Elder Abuse Task Force

Featuring a testimony by Kathy Cherry

Elder Abuse Seminar

**MONDAY, SEPTEMBER 22ND
AT 1:30 PM**

Join us as the Sheriffs Department speaks about the signs of Elder Abuse and how their team works to defend those vulnerable seniors in our community. We will also hear from Kathy Cherry who learned firsthand the importance of recognizing the signs and knowing what to do after she discovered her mother was being abused in a memory care facility.

RSVP by September 15th

Presented by Maxwell Therapy

Knee Pain Management



**Monday,
September 8th
at 1:30 PM**

What you'll learn:

- Learn the common knee conditions
- Discover exercises and stretches to help with knee conditions
- Interactive Q&A
- Personalized guidance from Maxwell Therapy Physical Therapist

Don't let knee pain hold you back- take the first step towards recovery!

RSVP by September 2nd

"BLESS YOU BOYS"

with Todd Walter

**THURSDAY,
SEPTEMBER 18TH
AT 10:00 AM**

**WALKING THROUGH THE HISTORICAL
MOMENTS OF THE DETROIT TIGERS
THROUGH STORIES AND
MEMORABILIA!**

Join avid Detroit Tiger baseball enthusiast and memorabilia collector, Todd Walter, as he guides and engages audiences through a journey of Detroit Tiger baseball memories. His powerful storytelling abilities and sharing of an extensive artifact collection are sure to be a "hit" with any audience. Todd always has a new story to share or one to be learned by audience members.

RSVP BY SEPT 11

UPCOMING EVENTS

LABOR DAY *Lunch*

TUESDAY, SEPTEMBER 2ND
AT 12:15 PM

Join us to celebrate Labor Day with a great lunch, friends, and fun!

Menu

Oven Fried Chicken
Southern Green Beans
Potato Salad
Dessert & More

THIS LUNCH IS PROVIDED BY GCCARD. A \$3 DONATION IS REQUESTED IF YOU ARE OVER 60. A \$6 FEE IS REQUESTED IF UNDER 60 OR LIVE OUTSIDE GENESEE COUNTY.

Encore Years

**Retirement Planning
Education Class**



COURSE OVERVIEW:



Estate Planning

- What is it?
- Who needs them?
- Why do you need it?



Taxes

- Ordinary taxes
- Capital gains tax
- Tax brackets



Investing/Saving

- What are the basics?
- What works best for you?



What to expect

Active Q & A session
Handouts and resources to use after the class 45-60 minute educational class
Refreshments provided

**WE CARE
ABOUT YOUR
FINANCIAL
HEALTH**

Join us for
retirement planning!
Date: Monday,
September 22nd
Time: 5:00PM

RSVP by September 15th

New!

ZUMBA SCHEDULE

Due to change in instructors and schedule, we are here to announce an updated schedule for Zumba, along with a new Zumba Gold Chair class!

Zumba with Kimberly

Thursdays from 3:00 PM to 4:00 PM

Beginning in SEPTEMBER

Upbeat music with easy-to-follow health-boosting moves to create a fun atmosphere for beginners, as well as the active older adult.

Zumba Gold Chair with Kimberly

Tuesdays 1:00 PM to 2:00 PM

Beginning in OCTOBER

A specialty dance class from the chair, designed for individuals with decreased physical mobility and/or balance issues. This provides a safer alternative for the beginner participant.

Grandparents Day Lunch

Monday, September 8th
at 12:15 PM

Join us to celebrate you as a grandparent! Enjoy a lunch with friends, good food, and fun!

Menu

Pulled BBQ Sandwich
Baked Beans
Green Beans
Roll
Dessert

Lunch is provided by GCCARD. A \$3 donation is requested if you are 60 or older. \$6 fee is requested if you are under 60 or live outside Genesee County

Swartz Creek Area Senior Center

TRIPS

Thunder Bay Elk Viewing

Thursday, October 9th, 2025

\$229.00 per person

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

Prepay by 9/9/25

Soaring Eagle Casino

Featuring: Uncle John's Cider Mill

Wednesday, October 22nd, 2025

\$55.00 per person

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

Prepay by 10/6/25

Kellogg Manor Luncheon & Air Zoo

Tuesday, November 18th, 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 3rd, 2025

\$109.00

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

Prepay by 10/29/25

For travel policy or for more information, visit our center or give us a call at 810-635-4122

Just Added!

All Shook Up (Musical

Showing at Meadow Brook Theatre

Wednesday, January 14th, 2026

\$99.00 per person

Round Trip transportation, free time and lunch on own at Great lakes Crossing and tickets to see All Shook Up the Musical at Meadow Brook Theatre.

Prepay by 12/5/25

Holy Toledo! Glass City Tour

Wednesday, February 4th, 2026

\$89.00 per person

Round trip to Toledo, OH, guided tour of Rosary Cathedral, group lunch at Original Tony Packo's, and a self guided tour of the Glass Pavillion. First come-first serve Glass blowing demos available.

Prepay by 1/13/26

Genitti's Dinner Theatre

Wednesday, April 15th, 2026

\$99.00

Round trip to Northville, a 7 course meal at Genitti's including wedding soup, antipasto salad, pasta, baked chicken, and much more. Interactive comedy show to follow your meal!

Prepay by 3/24/26

Firekeepers Casino

Wednesday, April 29th, 2026

\$48.00

Round trip motor coach transportation to Battle Creek, MI, 4 hours of gaming at Firekeepers Casino, each person to get back \$25 in gaming and \$5 in food from the casino!

Prepay by 4/13/26

UPCOMING EVENTS

PAINTING with Janis

MONDAY, SEPTEMBER 29TH
AT 1:30 PM

Join Janis to paint this adorable scarecrow! All painting supplies are included and she will walk you through all the steps. Bring your own fake flowers for extra decoration if you choose! Beginners are more than welcome!

\$20 PER PERSON

Prepay by September 22nd



BOOK CLUB

Thursday,
September 25th
at 3:00 PM

JOIN US BY READING THIS MONTH'S BOOK CLUB SELECTION! THEN COME JOIN US TO DISCUSS. YOU MUST ACQUIRE YOUR OWN COPY EITHER BY BORROWING FROM THE LIBRARY OR PURCHASING.

**IN FIVE YEARS
BY REBECCA SERLE**



SEPTEMBER BINGO

THURSDAY, SEPTEMBER 4TH AT 10:00 AM

WHITE ELEPHANT BINGO- PLEASE BRING A WRAPPED ITEM EITHER PRELOVED OR NEW FOR LESS THAN \$10
SPONSORED BY MARLI WITH ASB INSURANCE

THURSDAY, SEPTEMBER 11TH AT 10:00 AM

PRESENTED BY OAKSTREET HEALTH

FRIDAY, SEPTEMBER 19TH AT 10:00 AM

PRESENTED BY PLATNIUM QUALITY ROOFING & SIDING

FRIDAY, SEPTEMBER 26TH AT 10:00 AM

PRESENTED BY A&D HOME HEALTH

NO RSVP REQUIRED



**SWARTZ CREEK
SENIOR CENTER
EXPLORERS**

CARMAN AINSWORTH POP-UP MARKET

WEDNESDAY, SEPTEMBER 10TH

DEPART: 10:00 AM RETURN: 11:30 AM

INCLUDES ROUND TRIP TRANSPORTATION TO CARMAN AINSWORTH SENIOR CENTER AND FREE TIME AT THEIR POP UP MARKET! MARKETS ACCEPT SENIOR PROJECT FRESH COUPONS.

\$2

PER PERSON

FRANKENMUTH FOOD TRUCK FESTIVAL

THURSDAY, SEPTEMBER 11TH

DEPART: 5:00 PM RETURN: 8:30 PM

COST INCLUDES TRANSPORTATION TO FRANKENMUTH AND FREE TIME TO ENJOY A VARIETY OF FOOD TRUCK VENDORS, LIVE MUSIC, AND SHOPPING.

\$5

PER PERSON

FLUSHING POP-UP MARKET

WEDNESDAY, SEPTEMBER 17TH

DEPART: 10:00 AM RETURN: 11:30 AM

INCLUDES ROUND TRIP TRANSPORTATION TO FLUSHING AREA SENIOR CENTER AND FREE TIME AT THEIR POP UP MARKET! MARKETS ACCEPT SENIOR PROJECT FRESH COUPONS.

\$2

PER PERSON

MYSTERY DINNER

TUESDAY, SEPTEMBER 23RD

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

INCLUDES ROUND TRIP TRANSPORTATION TO A SURPRISE RESTAURANT. YOUR COST OF DINNER IS ON YOU! THIS RESTAURANT RANGES FROM \$30-45 FOR COST OF DINNER.

\$5

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.

UNDERSTANDING ALZHEIMERS & DEMENTIA

Friday, September 19th
at 1:30 PM

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments and ways the Alzheimer's Association can help.
RSVP by September 12th



PRESENTED BY KEVIN COLLINS,
GDL TECH SPECIALIST

AVOIDING SCAMS

WEDNESDAY, SEPTEMBER 17TH
AT 1:30 PM

TAKE A PEEK INTO THE SCAMMERS SIDE, WHAT HAPPENS WHEN YOU FAIL TO DETECT A SCAM, THE TECHNIQUES SCAMMERS USE AND HOW TO DETECT IT!

→ RSVP BY SEPTEMBER 10TH



UPCOMING EVENTS

SWARTZ CREEK SENIOR CENTER
8095 CIVIC DR. SWARTZ CREEK, MI

FREE DOCUMENT SHREDDING

Thursday, September 25th
10:00 AM to 1:00 PM

BRING A BAG/BOX FILLED WITH YOUR
CONFIDENTIAL DOCUMENTS FOR FREE, SAFE AND
CONTACTLESS ON-SITE PAPER SHREDDING AND
RECYCLING! MEDICATION TAKE BACK WILL ALSO BE
AVAILABLE ON SITE.



Recycling Event
Questions?
Call (810)424-4478

This service is fully funded by the Genesee County Senior Millage
funds. Your tax dollars at work!

HEART HEALTH WITH MCLAREN

THURSDAY, SEPTEMBER 24TH
AT 10:00 AM

As we age, our hearts don't always function or pump blood as
they should, and we could be diagnosed with Heart Failure. This
condition may be caused by a variety of things, we encourage
you to come and listen to some helpful information
provided by McLaren.

RSVP BY SEPTEMBER 17TH



CHAIR MASSAGES

Friday, September 12th

Provided by Fenton Massage Co. enjoy
a 10-minute chair massage session to
relax your muscles and improve
movements to joints.

Price

\$5 per appt if 60 or older
\$10 per appt if under 60



Budget Like a Boss Financial Education Class

COURSE OVERVIEW:



What is a budget?
• How to manage your money
• Track your income vs.
• expenses Future savings



What is a good budget?
• Wants vs. Needs
• Prioritizing savings and debt
• Understand basics to keep you on track



Where do I start?
• Tips for tracking income and spending
• How to set realistic goals
• Creating a budget that works for you



What to expect
• Active Q & A session
• Handouts and resources to use after the class
• 45-60 minute educational class
• Refreshments provided

**WE CARE
ABOUT YOUR
FINANCIAL
HEALTH**

Join us for Financial
Budgeting Education!
Date: Wednesday,
September 10th
Time: 1:30PM

Presented By: **ELCA**
CREDIT UNION

RSVP by September 3rd

BRAIN HEALTH MENTAL WELLBEING WITH ADVISA CARE

**Thursday, September 11th at
1:30 PM**

Join Advisa care to discuss the
importance of Brain Health, including
topics like memory and mental
health.



RSVP BY SEPTEMBER 4TH

Bracelet Making

Friday, September 5th at 1:00 PM
Friday, September 19th at 1:00 PM

\$5 PER PERSON/PER SESSION

Join Joann

To create a beautiful, one of a kind,
beaded bracelet! Create your design
with a variety of beads and dangles
and she will walk you through the
steps.



September

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|--|---|--|--|--|
| <p>1</p> <p>8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 Grandparents Day Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Knee Pain Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p> | <p>2</p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 Labor Day Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p> | <p>3</p> <p>10:00-11:00 Blood Pressure Screenings 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 6:00 Setback</p> | <p>4</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 White Elephant Bingo 11:15 Toning 12:15 GCCARD Lunch 3:00 Zumba 6:00 Euchre</p> | <p>5</p> <p>10:00 Visually & Hearing Impaired Support Group 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Bracelet Making</p> |
| <p>8</p> <p>8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 Grandparents Day Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Knee Pain Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p> | <p>9</p> <p>St. Sabbas Trip Departs 8:45 Yoga cancelled 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</p> | <p>10</p> <p>Carman Ainsworth Pop-Up Market Trip 10:00 Board Meeting 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Budget like a Boss 3:00 Intermediate Line Dance 6:00 Setback</p> | <p>11</p> <p>Hearing Screening by Appt Frankenmuth Festival Trip 8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo 11:15 Toning 12:15 GCCARD Lunch 1:30 Advise Care Seminar 3:00 Zumba 6:00 Euchre</p> | <p>12</p> <p>COA Fair Trip Chair Massages by Appt 11:00 Arthritis Exercise 12:15 GCCARD Lunch</p> |
| <p>15</p> <p>8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 11:15 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>16</p> <p>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 1:30 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre</p> | <p>17</p> <p>Flushing Pop Up Market Trip 9:30 Alzheimer's Support Group 11:00 Grief Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Scams 101 3:00 Intermediate Line Dance 6:00 Setback</p> | <p>18</p> <p>Shipshewana Trip Departs 8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bless You Boys 11:15 Toning 3:00 Zumba 6:00 Euchre</p> | <p>19</p> <p>10:00 Bingo! 11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 1:00 Bracelet Making 1:30 Understanding Alzheimer's</p> |



Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | | | | | |
|----|---|----|--|---|--|----|---|--|--|
| 22 | 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Elder Abuse Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 5:00 Retirement with Elga | 23 | Mystery Dinner Trip 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 6:00 5-Handed Euchre | 24 | Veteran Services by Appt 10:00 Heart Health 11:15 Sassy Exercise cancelled 12:15 GCCARD Lunch 3:00 Intermediate Line Dance cancelled 5:00 Comedy Dinner 6:00 Setback | 25 | 8:45 Yoga cancelled 10:00 Tai Chi cancelled 11:15 Toning cancelled 12:15 GCCARD Lunch 3:00 Zumba cancelled 3:00 Book Club 6:00 Euchre <div>DOCUMENT SHREDDING DAY! 10 AM - 1 PM</div> | 26 | 10:00 Bingo 11:00 Arthritis Exercise 12:15 GCCARD Lunch |
| 29 | 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Painting with Janis 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot | 30 | 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 6:00 5-Handed Euchre | <div>SEPTEMBER HEALTH CORNER</div> <div>FATIGUE: MORE THAN FEELING TIRED</div> <div>FATIGUE IS A FEELING OF WEARINESS, TIREDNESS, OR LACK OF ENERGY. IT CAN BE A NORMAL RESPONSE TO PHYSICAL ACTIVITY, EMOTIONAL STRESS, BOREDOM, OR LACK OF SLEEP, BUT IT CAN ALSO SIGNAL A MORE SERIOUS MENTAL OR PHYSICAL CONDITION.</div> <div>POTENTIAL CAUSES:</div> <div><ul style="list-style-type: none">• UNTREATED MEDICAL CONDITION• MEDICATIONS• SLEEP DISORDERS• ANXIETY/DEPRESSION/MENTAL EXHAUSTION• HAVING TOO MUCH CAFFEINE• STAYING UP LATE</div> <div>WHAT CAN HELP:</div> <div><ul style="list-style-type: none">• EXERCISING REGULARLY• AVOID LONG NAPS (OVER 30 MINUTES)• ASK FOR HELP WHEN FEELING MENTAL DRAIN• KEEPING A FATIGUE LOG TO DISCUSS WITH A DOCTOR</div> | | | | <div>3 games</div> <div>\$10</div> <div>OPEN BOWLING FOR SENIORS</div> <div>AT RICHFIELD BOWL 5340 RICHFIELD RD. * FLINT, MI * 48506</div> <div>EVERY 2ND AND 4TH THURSDAY SEPTEMBER 11TH THROUGH JANUARY 22ND 10:00AM - 2PM</div> <div>IF YOU LIKE TO BOWL, NOW IS YOUR OPPORTUNITY TO DO SO WITHOUT HAVING TO JOIN A LEAGUE. PRACTICE YOUR BOWLING SKILLS BI-WEEKLY WITH OTHER SENIORS FROM GENESEE COUNTY NOW THROUGH THE END OF JANUARY!</div> <div>TRANSPORTATION AVAILABLE UPON REQUEST! CALL US AT 810-635-4122 IF INTERESTED</div> <div></div> | |

Board Meeting Notice

The next board meeting
will be held on Wednesday,
September 10th 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: September 1st
Yoga: September 9th
Arthritis Exercise: September 19th
All Exercise: September 24th
and September 25th



Congregate September Meal Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
|  LABOR DAY Oven Fried Chicken Southern Green Beans Potato Salad WG Roll Pineapple Tidbits 100% Fruit Juice Labor Day Lunch! | 2 Pork Chop w/gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk | 3 Peppered Beef Steak w/gravy-1 Roasted Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice | 4 Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk | 5 Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce Milk |
| 8 Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Peas (4 oz) Milk Grandparents Day Lunch | 9 HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz 100% Fruit Juice | 10 Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple Ketchup & Mustard Milk | 11 Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine  | 12 Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce Milk |
| 15 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk | 16 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 | 17 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk | 18 Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Mandarin Oranges 100% fruit juice Cookie of the month  | 19 Chicken Marsala over Rice Plaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk |
| 22 Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk | 23 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Applesauce-1 ct 100% Fruit Juice | 24 Chef's Choice  | 25 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% fruit juice  | 26 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk |
| 29 Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple Milk | 30 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail 100% Fruit Juice  |  Genesee County CARD Community Action Resource Department |  Genesee County Office of Senior Services |  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 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
LUNcheon!

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.

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**Friday
September
12th**
11:00am - 2:00pm

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1026 E Kearsley St., Flint, MI

The Swartz Creek Senior Center will offer a
FREE ride from the center to and from the Fair!
RSVP required while seats are available!

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 & 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

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

Thursdays, 3:00- 4:00 PM

Instructor: Kimberly Worchal-Smith

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



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!

BEGINS on October 7th!

Arthritis Exercise

Friday, 11:00 am- Noon

Instructor: Abbie Marrs

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

Swartz Creek Area Senior Citizens, Inc.: Funding Sources

- ◆ Genesee County Senior Millage
 - ◆ Community Development monies from the City of Swartz Creek, The Village of Gaines, & Gaines Twp.
 - ◆ Senior fundraising
 - ◆ Donations from individuals and community groups.
- Membership & Participation Guidelines
- ◆ Open to all Genesee County residents over age 50.
 - ◆ Completion of a "Membership / Participation Form" and update the information annually.
 - ◆ A yearly donation of \$10 per person is requested.
 - ◆ For more details, request a Membership Handbook.

SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Hard Candy, Clorox wipes, Tissues, Toilet Paper, Coffee, and Hand Soap are always appreciated!
Thank you for your generous donations to our Senior Center!



SERVICES

Legal Services of Eastern Michigan (LSEM)

Wednesday, September 17th 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

Tuesday, September 11th by appointment

Offered at the Center on the 2nd Thursday of the 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!



Blood Pressure Checks

Wednesday, September 3rd 10:00-11:00 AM

Provided by Corso Care, every first Wednesday of the month. Stop by anytime between 10-11 AM for a quick check!

Senior Dining by GCCARD

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

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

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

Incontinence Supplies

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

Loan Closet

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

Visually Impaired Support Group

Friday, September 5th

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, October 6th 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, September 17th 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, September 17th 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.



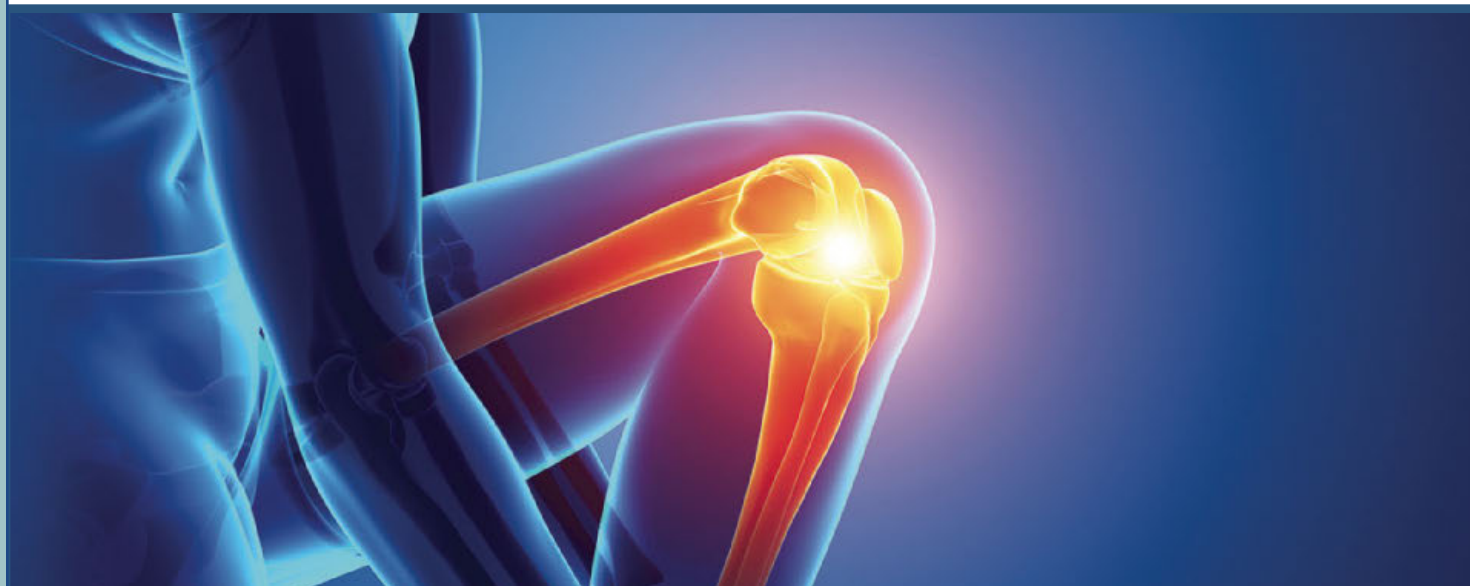
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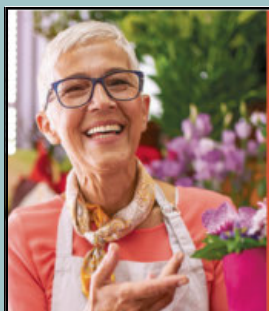
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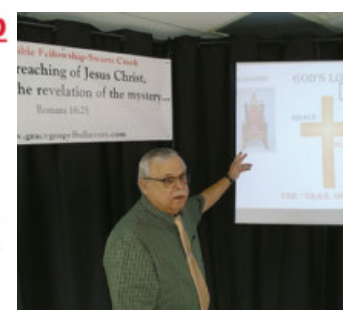
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Swartz Creek Area Senior Center



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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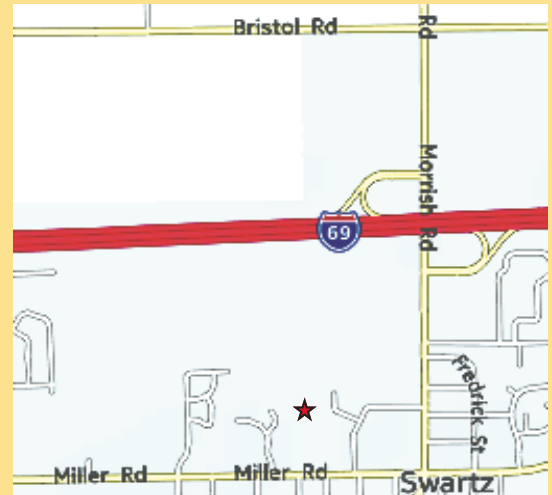
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Julia Asselin, Trustee

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



STAFF

Barbara McCallum, Director

Holly Trickey, Program Coord.

Sierra Leonard, Office Asst.

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