



# *Swartz Creek*

AREA SENIOR CENTER

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**April 2026 Newsletter**  
**Volume 26, Issue 4**



# Upcoming Events



YOU'RE INVITED TO  
**EASTER LUNCH**  
Thursday, April 2nd  
at 12:15 PM

**MENU**  
GLAZED HAM  
FRIED CABBAGE  
SCALLOPED POTATOES  
SALAD  
CHERRY CRISP  
SWEET ROLL

RSVP BY MARCH 20TH  
EARLY SIGN UP AVAILABLE!



**CONEY & SLOPPY JOE LUNCH**  
AND BAKE SALE FUNDRAISER

**THURSDAY, APRIL 16TH**

**LUNCH**  
11:00 AM to 1:00 PM

**BAKE SALE**  
11:00 AM to 4:00 PM



**\$8 PER PERSON AT THE DOOR**  
CONEY OR SLOPPY JOE  
CHIPS & PICKLE  
DESSERT  
REFRESHMENTS



**OPEN TO EVERYONE!**  
Bring your friends and family!

**HELP WANTED!**  
**VOLUNTEER AND BAKERS NEEDED!**  
PLEASE LET US KNOW IF INTERESTED IN VOLUNTEERING YOUR TIME OR BAKING SOMETHING FOR THE SALE!

**BAKE SALE**  
YOU PICK YOUR PRICE!  
CAKES  
COOKIES  
BREADS  
PIES  
AND MORE!



SPONSORED BY GDL

**STEVE FIGGINS**

Thursday, April 23<sup>rd</sup> at 1:30 PM

Lovely vocals backed by saxophone and trumpet, playing all the old favorites.

RSVP by April 16th



**April Bingo**

Thursday, April 2<sup>nd</sup> at 10:00 AM  
White Elephant Bingo  
Sponsored by Amara Hospice  
Please bring a wrapped prize, either an item from your home or a new item under \$10

Thursday, April 23<sup>rd</sup> at 10:00 AM  
Bingo & Brunch  
Hosted by American House Senior Living  
Enjoy Brunch and Bingo to support the Alzheimer's Association "Longest Day" Fundraiser! Please bring cash donations if able.  
RSVP by April 16th

Thursday, April 30<sup>th</sup> at 10:00 AM  
Sponsored by Symphony of Linden

# Upcoming Events

## Healthy Eating for Successful Living in Older Adults

- 6 week class, meeting up to 2.5 hours each week
- Cooking Demonstrations and Grocery Store Food Tour
- Topics include: MyPlate Guidelines, Label Reading, Grains, Vegetables, Fruits, Water, Meat, Eggs, Legumes, Milk, Fat, Sweets and Exercise

**April 8 - May 13**  
**1:30pm - 4:00pm**  
 RSVP by April 1st

VAAA  
 Valley Area  
 Agency On Aging  
 Answer, Action & Advocacy  
 for All Things Senior



Presented By:  
 Jeannette Brunetti, RD at VAAA

## EIGA CREDIT UNION Fraud Protection

Thursday, April 9<sup>th</sup> at 1:30 PM

Come and Learn:

- Identifying Red Flags
- Scammers & AI
- Safe Banking Habits
- Identity Protection
- Empowered Reporting



RSVP by April 6th

New Card Game Alert!

## Samba

Wednesdays, 5:00-8:00 PM

Beginning April 1st

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

Don't know how to play? We will teach you!

Alzheimer's Association Presents

## HEALTHY LIVING FOR YOUR BRAIN & BODY

Friday, April 10<sup>th</sup>  
 at 1:30 PM

Key Takeaways:

- The brain to heart connection
- Certain behaviors that effect our brain health
- Strategies for healthy decision making in these areas
  - Mental Health
  - Sleep
  - Cognitive engagement
  - And more!

RSVP BY APRIL 6TH

Alzheimer's Association Presents

## Building Healthy Habits

Friday, April 17<sup>th</sup> at 1:30 PM

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older. Come and build your personalized action plan for brain-healthy habits.

RSVP by April 10th



## April FIELD TRIPS

### Flint Institute of Art

WEDNESDAY, APRIL 1ST  
 DEPART AT 10:00 AM

\$5 per person

Enjoy a self-guided tour of the FIA, free admission, and time at the gift shop and cafe. Enjoy pieces from the National Art Gallery and other collections.

### Mystery Dinner #1

TUESDAY, APRIL 7TH  
 DEPART AT 5:00 PM

\$5 per person

We make the reservations and provide transportation, then you buy your dinner. Enjoy the mystery and company with a group! The average cost of dinner is:

### Lansing Lugnuts

TUESDAY, APRIL 14TH  
 DEPART AT 5:00 PM

\$30 per person

Enjoy watching the Lansing Lugnuts vs. West Michigan from right behind home plate. This trip includes transportation, your ticket, and a food voucher for a hotdog or hamburger, chips, and a fountain drink.

### Mystery Dinner #2

TUESDAY, APRIL 21ST  
 DEPART AT 5:00 PM

\$5 per person

We make the reservations and provide transportation, then you buy your dinner. Enjoy the mystery and company with a group! The average cost of dinner is:

Prepay while spots are available

# Swartz Creek Area Senior Center

## TRIPS

### Firekeepers Casino

Wednesday, April 29<sup>th</sup>, 2026

\$48.00 per person

8:30 AM- 3:00 PM

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

### Detroit Princess Luncheon Cruise

Thursday, July 23<sup>rd</sup>, 2026

\$120.00 per person

9:00 AM- 4:00 PM

Round trip transportation to Detroit, Cruise on the Detroit Princess River Boat, buffet on board the boat, and musical entertainment while you cruise.

Prepay by 6/15/26

### Diamond Jack Detroit River Cruise

Wednesday, August 26<sup>th</sup>, 2026

\$120.00 per person

10:00 AM- 6:00 PM

Round trip motor coach transportation to Detroit, lunch at Sindbad's Restaurant, 1.5 hour narrated river cruise on board the Diamond Jack.

Prepay by 7/22/26

### St. Sabbas Monastery & Royal Tea

Tuesday, September 8<sup>th</sup>, 2026

\$140.00 per person

9:15 AM- 4:15 PM

Round trip motor coach transportation, Tour St. Sabbas Monastery, Free time in the expanded Monastery Gardens, Tea Luncheon at The Royal Eagle located at St. Sabbas.

Prepay by 8/5/26

### Sunrise Side Lighthouse Tour

Thursday, September 17<sup>th</sup>, 2026

\$99.00 per person

7:30 AM- 5:30 PM

- Round trip motor coach transportation to Northeast Michigan, lunch on own (off menu) at Big Boy (East Tawas), tour of Sturgeon Point Lighthouse, tour of Tawas Point Lighthouse.

Prepay by 8/14/26

### Thunder Bay Elk Viewing & Meal

Tuesday, October 6<sup>th</sup>, 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 4<sup>th</sup>, 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

### Genitti's Luncheon Holiday Show & Walk

Tuesday, December 1<sup>st</sup>, 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



### Travel Policy

We encourage you and your friends over age 50 to join us on any of our trips. All participants must have an updated "Participation Form" on file at the time of sign-up.

**YOU MUST EITHER SIGN UP AND PAY AT CENTER OR SEND A CHECK IN.  
RESERVATIONS ARE NOT GURANTEED  
UNTIL PAYMENT IS RECEIVED!**

**Trip Cancellation Policy:** All cancellations incur a \$15 administrative fee which is deducted from any refund due to the member. Refund of the balance will be paid only if your seat can be canceled with the tour company. During inclement weather, if the tour company providing the trip does not cancel, the traveler will not be entitled to any refund. Some trips have policies unique to that trip, so be sure to read the policy details on the back of individual trip flyer. Stop by or call the Senior Center for trip details and the complete Travel Policy. We ask that you be considerate of other trip guests by not wearing perfume or colognes.

# Upcoming Events

PRESENTED BY  
EDWARD JONES

## 4 Pillars of Retirement



Friday, April 17<sup>th</sup> at 1:30 PM

An extensive study by Edward Jones and Age Wave uncovered four essential “pillars” that can impact your quality of life in retirement.

Please join us for “The Four Pillars of the New Retirement” to learn about these essentials and other eye-opening insights that can help you get ready for the next chapter in your life.



RSVP by April 10th

## PAINTING WITH JANIS



Monday, April 13<sup>th</sup> at 1:30 PM

*\$20 per person*

- Step-by-step painting guided by a local artist
- All art supplies included
- Take home your very own masterpiece

*Prepay By April 6th*



## KNEE & HIP PAIN MANAGEMENT

WITH MAXWELL THERAPY

MONDAY, APRIL 20<sup>TH</sup>  
AT 1:30 PM

Are you struggling with knee or hip pain? Join us for an informative and engaging class focused on managing knee and hip pain effectively. Led by our experienced therapists, this session will provide valuable insights into the causes of knee and hip pain, prevention techniques, and treatment options available to help you regain mobility and improve your quality of life.

**Consultations to Follow:**  
Ask a physical therapist your individual questions!

Schedule your appointment today!



RSVP by April 22nd

## LUNCH & LEARN WITH ADVISA CARE

Join Advisa Care for lunch and to learn about the difference between Palliative Care and Hospice Care.

### Menu

Chipotle Bowl with Beef & Beans  
Mexican Rice  
Pico de gallo  
Veggie Blend

**\$3**  
DONATION REQUESTED



FRIDAY,  
APRIL 24<sup>TH</sup>  
AT 12:00 PM

RSVP by April 17th

Lunch is provided by GCCARD. A \$3 donation is requested if you are 60 or older living in Genesee County. A \$6 donation is requested if you do not fit that criteria.

# Upcoming Events



## HOME OWNER PROPERTY EXEMPTION

**MONDAY, APRIL 27<sup>TH</sup> AT 1:30 PM**

IF YOU ARE A SWARTZ CREEK HOMEOWNER STRUGGLING TO PAY YOUR PROPERTY TAXES!  
*There's Hope!*

For homeowners whose income is at or below 200% of the federal poverty level may qualify for a 50% reduction of their property taxes. Join us to learn more and instruction on how one can apply.

RSVP by April 20th

## Card Making!

**Friday, April 24<sup>th</sup> at 1:30 PM**

*\$5 per person*

Join Linda Evans to create 4 one of a kind greeting cards. All supplies are included, please bring your own scissors and adhesive if able.

Prepay by April 17th

JOIN ANNETTE

## Quilling

**Beginner Quilling Class**  
Friday, April 10<sup>th</sup> at 1:00 PM  
\$10 per person

Join Annette to learn the art of quilling. A paper art where you roll and fold paper to create a 3d piece. All supplies and instruction included.

**Quilling Class Level 2**  
Friday, April 24<sup>th</sup> at 1:00 PM  
\$10 per person

Join Annette to improve your skills of quilling. A paper art where you roll and fold paper to create a 3d piece. All supplies and instruction included.

## BOOK Club

Join a group of book lovers who enjoy a monthly read and come together to discuss. Please acquire and read this month's book prior to the meeting.

📅 Thursday, April 30th

🕒 3:00 PM

📖 The Women by Kristen Hannah

NO RSVP REQUIRED



## Chair Massage

Enjoy 10 minutes of relaxation and release some tension. Prepay to make your appointment!

**Friday, April 24<sup>th</sup>**

**Prices**  
60 or older: \$7  
Under 60: \$10



## Bracelet Making

**Friday, April 17<sup>th</sup>  
at 1:00 PM**

Create a beautiful one-of-a-kind bracelet with Joann. All supplies and instruction included.



Prepay by April 10th


## Pencil Drawing

**Thursday, April 9<sup>th</sup> at 1:30 PM  
and Thursday, April 23<sup>rd</sup> at 1:30 PM**

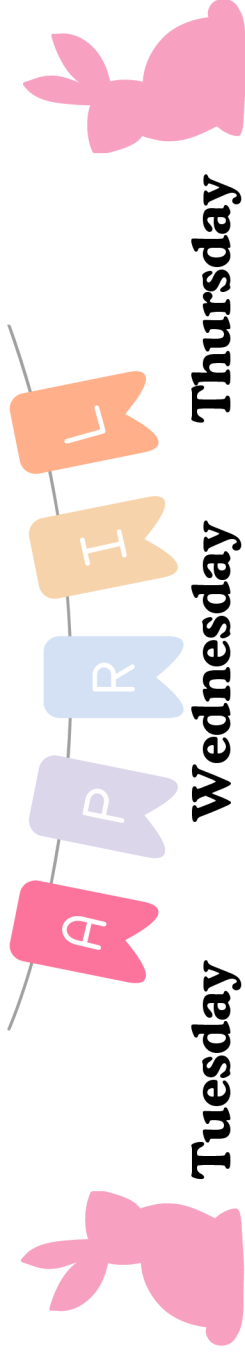
Join Peggy, local artist to learn the basics of pencil drawing. This is a 2 part class and she will work as a group and one on one to help you achieve your vision!

**WHAT YOU'LL NEED:**

- Drawing Paper
- Drawing Pencils 2B, 4B
- White Eraser
- Paper Stomps
- Ruler
- An example of what you want to draw



RSVP by April 2nd



# Monday

# Tuesday

# Wednesday

# Thursday

# Friday

**Autism Awareness Month**

**Health Corner**

**What is autism spectrum disorder (ASD)?**  
 Autism is a lifelong neurodevelopmental condition that influences how a person perceives the world and interacts with others. Because it is a "spectrum," it affects every individual differently—some may live entirely independently, while others require significant daily support.

**How can we be more supportive?**

- Take in information about what Autism is and what resources are available in our county. Keep in mind 1 in 31 children have ASD (2025 CDC Report).
- Encourage the growth of local resources for those with Autism in schools, workplaces, and community events.
- Celebrate the successes of those with Autism!

<p>8:45 Yoga w/ Katrina</p> <p>10:00 Knitting Group</p> <p>10:00 Grocery Bag Crochet</p> <p>10:00 Tai Chi</p> <p>11:15 Toning</p> <p>12:15 GCCARD Lunch</p> <p>12:30 Mah-Jongg</p> <p>1:00 Chair Zumba</p> <p>1:00 Wood Carving</p> <p>1:30 Euchre</p> <p>2:30 Beginner Cardio</p> <p>3:15 Dominoes</p> <p><b>5:00 Mystery Dinner #1 Departs</b></p> <p>6:00 5-Handed Euchre</p>	<p>8:45 Yoga w/ Katrina</p> <p>10:00 Knitting Group</p> <p>10:00 Grocery Bag Crochet</p> <p>10:00 Tai Chi</p> <p>11:15 Toning</p> <p>12:15 GCCARD Lunch</p> <p>12:30 Mah-Jongg</p> <p>1:00 Chair Zumba</p> <p>1:00 Wood Carving</p> <p>1:30 Euchre</p> <p>2:30 Beginner Cardio</p> <p>3:15 Dominoes</p> <p><b>5:00 Mystery Dinner #1 Departs</b></p> <p>6:00 5-Handed Euchre</p>
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<p>10:00 <b>FIA Trip Departs</b></p> <p>11:15 Sassy Exercise</p> <p>12:15 GCCARD Lunch</p> <p>3:00 Intermediate Line Dance</p> <p>5:15 Strength &amp; Cardio</p> <p><b>5:00 Samba</b></p> <p>6:00 Setback</p> <p><i>Taxes by appt</i></p>	<p>8</p> <p><b>10:00 Board Meeting</b></p> <p>11:15 Sassy Exercise</p> <p>12:15 GCCARD Lunch</p> <p><b>1:30 Healthy Eating</b></p> <p>3:00 Intermediate Line Dance</p> <p>5:15 Strength &amp; Cardio</p> <p><b>5:00 Samba</b></p> <p>6:00 Setback</p> <p><i>Taxes by appt</i></p>
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<p>2</p> <p>8:45 Yoga cancelled</p> <p>10:00 Tai Chi cancelled</p> <p>10:00 White Elephant Bingo</p> <p>11:15 Toning cancelled</p> <p>12:15 Easter Lunch</p> <p>6:00 Euchre</p>	<p>9</p> <p><b>Hearing Screening by Appt</b></p> <p>8:45 Yoga w/ Katrina</p> <p>10:00 Tai Chi</p> <p>11:15 Toning</p> <p>12:15 GCCARD Lunch</p> <p><b>1:30 Pencil Drawing</b></p> <p><b>1:30 Fraud with Elga</b></p> <p>6:00 Euchre</p>
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<p>3</p> <p><b>Good Friday</b></p> <p><b>WE ARE CLOSED!</b></p>	<p>10</p> <p>9:30 Drums Alive</p> <p>11:00 Arthritis Exercise</p> <p><b>1:00 Beginner Quilling</b></p> <p><b>1:30 Healthy Habits</b></p> <p><i>Taxes by appt</i></p>
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<p>6</p> <p>8:45 Beginner Yoga w/ Katrina</p> <p>10:00 Improved Line Dancing</p> <p>11:15 Sassy Exercise</p> <p>12:15 GCCARD Lunch</p> <p>1:00 Crochet Group</p> <p>1:00 Horse Race</p> <p>1:45 Stretch &amp; Balance</p> <p>3:00 Basic Line Dancing</p> <p>5:00 Hand, Knee &amp; Foot</p>	<p>7</p> <p>8:45 Yoga w/ Katrina</p> <p>10:00 Knitting Group</p> <p>10:00 Grocery Bag Crochet</p> <p>10:00 Tai Chi</p> <p>11:15 Toning</p> <p>12:15 GCCARD Lunch</p> <p>12:30 Mah-Jongg</p> <p>1:00 Chair Zumba</p> <p>1:00 Wood Carving</p> <p>1:30 Euchre</p> <p>2:30 Beginner Cardio</p> <p>3:15 Dominoes</p> <p><b>5:00 Mystery Dinner #1 Departs</b></p> <p>6:00 5-Handed Euchre</p>
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<p>13</p> <p>8:45 Beginner Yoga w/ Katrina</p> <p><b>10:00 Visually Impaired Support Group</b></p> <p>10:00 Improved Line Dancing</p> <p><b>11:00 Hearing Impaired Support Group</b></p> <p>11:15 Sassy Exercise</p> <p>12:15 GCCARD Lunch</p> <p>1:00 Crochet Group</p> <p>1:00 Horse Race</p> <p><b>1:30 Painting with Janis</b></p> <p>1:45 Stretch &amp; Balance</p> <p>3:00 Basic Line Dancing</p> <p>5:00 Hand, Knee &amp; Foot</p>	<p>14</p> <p>8:45 Yoga w/ Katrina</p> <p>10:00 Knitting Group</p> <p>10:00 Grocery Bag Crochet</p> <p>10:00 Tai Chi</p> <p>11:15 Toning</p> <p>12:15 GCCARD Lunch</p> <p>12:30 Mah-Jongg</p> <p>1:00 Chair Zumba</p> <p>1:00 Wood Carving</p> <p>1:30 Euchre</p> <p>2:30 Beginner Cardio</p> <p>3:15 Dominoes</p> <p><b>5:00 Lansing Lugnuts Trip Departs</b></p> <p>6:00 5-Handed Euchre</p>
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<p>15</p> <p><b>Genitti's Trip Departs</b></p> <p><b>Legal Services by appt</b></p> <p>11:15 Sassy Exercise</p> <p>12:15 GCCARD Lunch</p> <p><b>1:30 Healthy Eating</b></p> <p>3:00 Intermediate Line Dance</p> <p>5:15 Strength &amp; Cardio</p> <p><b>5:00 Samba</b></p> <p>6:00 Setback</p> <p><i>Taxes by appt</i></p>	<p>16</p> <p>8:45 Yoga cancelled</p> <p>10:00 Tai Chi cancelled</p> <p>11:00-1:00 Coney Lunch</p> <p>11:00-4:00 Bake Sale</p> <p>11:15 Toning cancelled</p> <p>12:15 GCCARD Lunch cancelled</p> <p>6:00 Euchre</p>
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<p>17</p> <p>9:30 Drums Alive</p> <p>11:00 Arthritis Exercise</p> <p>12:15 GCCARD Lunch</p> <p><b>1:00 Bracelet Making</b></p> <p><b>1:30 4 Pillars of Retirement</b></p> <p><b>1:30 Building Healthy Habits</b></p>	<p>18</p> <p>8:45 Yoga cancelled</p> <p>10:00 Tai Chi cancelled</p> <p>11:00-1:00 Coney Lunch</p> <p>11:00-4:00 Bake Sale</p> <p>11:15 Toning cancelled</p> <p>12:15 GCCARD Lunch cancelled</p> <p>6:00 Euchre</p>
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<p><b>20</b></p> <p>8:45 Beginner Yoga w/ Katrina  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GCCARD Lunch  1:00 Crochet Group  1:00 Horse Race  <b>1:30 Knee &amp; Hip Pain</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p><b>21</b></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 GCCARD Lunch  12:30 Mah-Jongg  1:00 Chair Zumba  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  <b>5:00 Mystery Dinner #2 Departs</b>  6:00 5-Handed Euchre</p>	<p><b>22</b></p> <p><b>9:30 Grief Support Group</b>  <b>11:00 Alzheimer's Support Group</b>  11:15 Sassy Exercise  12:15 GCCARD Lunch  <b>1:30 Healthy Eating</b>  3:00 Intermediate Line Dance  5:15 Strength &amp; Cardio  <b>5:00 Samba</b>  6:00 Setback</p>	<p><b>23</b></p> <p>8:45 Yoga w/ Amy  10:00 Tai Chi  <b>10:00 Bingo &amp; Brunch</b>  11:15 Toning  12:15 GCCARD Lunch  <b>1:30 GDL Concert</b>  <b>1:30 Pencil Drawing</b>  6:00 Euchre</p>	<p><b>24</b></p> <p><b>Chair Massage by Appt</b>  9:30 Drums Alive  11:00 Arthritis Exercise  <b>12:00 Lunch &amp; Learn</b>  <b>12:15 GCCARD Lunch cancelled</b>  <b>1:00 Quilling Level 2</b>  <b>1:30 Card Making</b></p>
<p><b>27</b></p> <p>8:45 Beginner Yoga w/ Katrina  10:00 Improved Line Dancing  11:15 Sassy Exercise  12:15 GCCARD Lunch  1:00 Crochet Group  1:00 Horse Race  <b>1:30 Hope Program Seminar</b>  1:45 Stretch &amp; Balance  3:00 Basic Line Dancing  5:00 Hand, Knee &amp; Foot</p>	<p><b>28</b></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 GCCARD Lunch  12:30 Mah-Jongg  1:00 Chair Zumba  1:00 Wood Carving  1:30 Euchre  2:30 Beginner Cardio  3:15 Dominoes  6:00 5-Handed Euchre</p>	<p><b>29</b></p> <p><b>Firekeepers Casino Trip</b>  11:15 Sassy Exercise  12:15 GCCARD Lunch  <b>1:30 Healthy Eating</b>  3:00 Intermediate Line Dance  5:15 Strength &amp; Cardio  <b>5:00 Samba</b>  6:00 Setback</p>	<p><b>30</b></p> <p><b>Hamilton The Musical Trip</b>  8:45 Yoga w/ Katrina  10:00 Tai Chi  <b>10:00 Bingo</b>  11:15 Toning  12:15 GCCARD Lunch  2:00 TOPS Meeting  <b>3:00 Book Club</b>  6:00 Euchre</p>	

## Board Meeting Notice

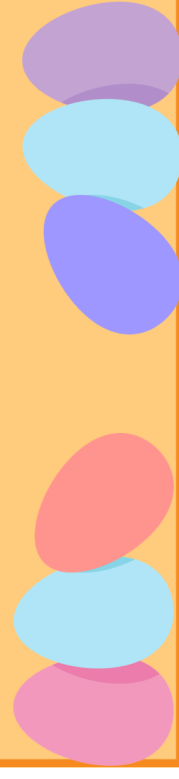
The next board meeting will be held on Wednesday, April 11th at 10:00 AM

## 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

We are Closed: April 3rd  
All Exercise: April 2nd  
and April 16th



## Congregate April Menu 2026

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
 <p>6 Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Mango &amp; Papaya Margarine Milk Fortune Cookie</p> 	 <p>7 Chicken Parmesan w/Spaghetti Steamed Broccoli Mixed Vegetables Sliced Peas Wheat Roll Margarine 100% Fruit Juice HM</p>	<p>Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk</p>	<p style="text-align: center;"><b>Easter Luncheon</b></p> <p style="text-align: center;"><b>Swartz Creek Senior Center Easter Lunch RSVP by March 20th</b></p> 	<p style="text-align: center;">FRIDAY</p>
6	7	8	9	10
<p>13 Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk</p> 	<p>14 Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice</p>	<p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Peas Hotdog Bun Mustard Packet Milk</p> 	<p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>10 HM Mac &amp; Cheese French Cut Green Beans Tomatoes &amp; Zucchini Fruit Salad WG Roll Margarine Milk</p>
11	12	13	14	15
<p>20 Ham &amp; Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Margarine Milk</p> 	<p>21 Ham Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice</p>	<p>Turkey &amp; Cheese Sandwich Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Bun Dressing Packet Milk</p>	<p>16 <b>Swartz Creek Senior Center GCCARD Lunch Cancelled</b> <b>Coney Lunch &amp; Bake Sale 11:00 AM to 1:00 PM</b></p>	<p>17 Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p> 
16	17	18	19	20
<p>27 HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk</p>	<p>28 Antipasto Salad w/Pepperoni Salami, Ham &amp; Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice</p> 	<p>Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine Milk</p> 	<p style="text-align: center;"><i>Bon Appetit</i> Chef's Choice</p>	<p>24 <b>Swartz Creek Senior Center Lunch &amp; Learn with Advisa Care RSVP by April 17th</b></p> 
21	22	23	24	25
<p>27 HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk</p>	<p>28 Antipasto Salad w/Pepperoni Salami, Ham &amp; Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice</p> 	<p>BBQ Pork Burger Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Milk</p> 	<p>30 Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Peas Sliced Croissant 100% Fruit Juice</p>	<p style="text-align: center;">FRIDAY</p>

### 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



# 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

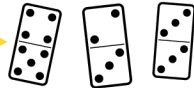
Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.

## Dominoes

Tuesday, 3:15 - 5:15 pm

Each time a player places a domino on the table in Chicken Foot, 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.

Come learn how to play!



## 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

Wednesdays: 5:00-8:00 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.

## 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.

## 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 20<sup>th</sup> of the month before, beginning at 9:00 AM.**

Example: You can sign up for a February event on January 20th. If the 20<sup>th</sup> 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.

# 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 & Machel 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.

## 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!**

## 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!

## 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

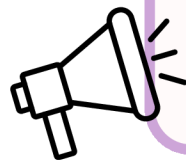
Instructor: Michele Corbat

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.

## IMPORTANT ANNOUNCEMENT

**Zumba with Kimberly on Thursdays at 3:00 PM has been cancelled beginning in April. We apologize for the inconvenience.**

**Chair Zumba with Kimberly will continue as scheduled!**



## 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, April 9th by appointment\***

Offered at the Center on the 2<sup>nd</sup> 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.

PROVIDED BY BELTONE HEARING SOLUTIONS

## 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 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, March 9th 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, March 9th 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, April 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, April 22nd 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.

## Alzheimer's Support Group

**\*Wednesday, April 22nd 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.

# 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](http://www.myscasc.org)

## Staff

Barbara McCallum, Director

Holly Trickey, Program Coord.

Ryleigh Rose, Office Asst.

## Board of Trustees

Roger Bloss, President

Ken Klungle, Vice President

Elaine Tucker, Secretary

Julia Asselin, Treasurer

Mickie Grandstaff, Trustee

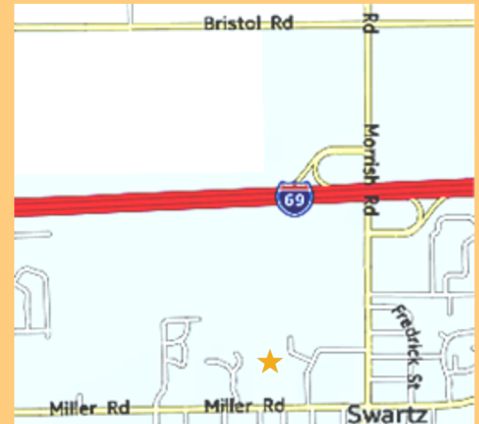
Kaye Johnson, Trustee

Sandy Martin, Trustee

Betty Binder, Trustee

Mark Walker, Trustee

One block from the intersection of  
Miller rd. or Morrish rd., turn on Paul  
Fortino Dr. then Civic Dr.



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