Swartz Creek AREA SENIOR CENTER

December 2026 Newsletter

Volume 26, Issue 12



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!

Woodhaven
Senior Community
"Where Seniors Love to Live"
5201 Woodhaven Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505
www.woodhavensenior.com

Bentley MANOR
810-547-1763
Adult Foster Care and Assisted Living
Established 1990
Clio • Mt. Morris • Montrose • Flint
15 Area Locations
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No act of kindness is ever wasted

Grace Bible Fellowship
Swartz Creek
9061 Miller Rd.
Suite #15
Swartz Creek, MI
Bible STUDY Join us!
...the preaching of Jesus Christ according to the revelation of the mystery... Romans 16:25
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
www.gracegospelbelievers.com

Advertise in Our Newsletter!
Contact Abe Chaunce
achaunce@4LPi.com
(800) 950-9952 x6334

Support Our Advertisers!

Upcoming Events

JOIN US FOR OUR ANNUAL

Christmas SPiRiT WEEK

Enjoy a week of holiday fun with us! Everyday will have an activity and a dress theme. If you follow the dress them and/or participate in the activity for the day you are entered to win a raffle basket worth $50+.
Activities require an RSVP, except for the Hot Cocoa Bar.

MONDAY, DECEMBER 7TH
THEME: WEAR A PAIR OF HOLIDAY SOCKS
10:00 AM-2:00 PM HOT COCOA BAR

TUESDAY, DECEMBER 8TH
THEME: WEAR YOUR JINGLE BELLS
10:00 AM UGLY SWEATER DECORATING
PLEASE BRING A SWEATER TO DECORATE, ALL OTHER SUPPLIES ARE PROVIDED!

WEDNESDAY, DECEMBER 9TH
THEME: WEAR YOUR HOLIDAY HEADWEAR (EX. SANTA HAT)
1:30 PM COOKIE DECORATING

THURSDAY, DECEMBER 10TH
THEME: WEAR YOUR HOLIDAY PJS
1:30 PM CHRISTMAS MOVIE WATCH PARTY
PLEASE BRING A SNACK TO SHARE

FRIDAY, DECEMBER 11TH
THEME: WEAR AN UGLY SWEATER
1:00 PM REINDEER GAMES
PLAY MINUTE TO WIN IT THEMED GAMES TO WIN A VARIETY OF PRIZES!

Thank you to our sponsors!

THE MEDICAL TEAM® · American House SENIOR LIVING COMMUNITIES · CHARTER SENIOR LIVING OF STEPPING STONE FALLS · Edward Jones MAKING SENSE OF INVESTING · MARLI SCHNEPP · Sharp FUNERAL HOMES

Upcoming Events

CHRISTMAS LUNCH

THURSDAY, DECEMBER 17TH
AT 12:15 PM

MENU
GLAZED PORK CHOP
ROASTED VEGGIES
GREEN BEANS
CHEESY POTATOES
DESSERT

RSVP BY DECEMBER 3RD
LUNCH PROVIDED BY GCCARD
$3 donation requested at door
$6 per person at door if under 60 and/or live outside Genesee County.

PRESENTED BY
GENESEE DISTRICT LIBRARY

A VERY VINTAGE HOLIDAY SHOW

THURSDAY, DECEMBER 3RD AT 1:30 PM

ACCOMPLISHED CROONER MISTER TIM JOINS FORCES WITH VINTAGE HARMONY POWERHOUSES.
THE MISTER SISTERS FOR THIS ONE-OF-A-KIND TRIBUTE TO THE "WHITE CHRISTMAS" ERA. BLENDING UPBEAT VOCAL HARMONIES AND ENGAGING SHOWMANSHIP WITH FAVORITE HOLIDAY TUNES AND A LITTLE BIT OF COMEDY.

RSVP BY DECEMBER 1ST



Presented by the Alzheimer's Association

ENJOYING FAMILY CELEBRATIONS

Holiday celebrations can bring about many mixed feelings for caregivers and care partners.

Wednesday, December 16th at 1:30 PM

This presentation is intended to give you tips to help manage your feelings and expectations around holiday celebrations when a loved one is facing any stage of Alzheimer's or Dementia.

RSVP by December 9th

alzheimer's association

PRESENTED BY ADVISACARE

AdvisaCare Home Health & Hospice

Fall Prevention



Thursday, December 17th at 1:30 PM

With the weather getting colder, fall prevention is more important than ever. Join Mario to discuss ways to reduce slips and make your enviroment more accessible.

AARP Tax services

AARP volunteers provide FREE tax services at our center annually from February-April.

We will begin taking appointments on Monday, January 4th at 9:00 AM

Appointments go fast so please mark this date down to call or come in person to set up your date!

OUR NUMBER IS 810-635-4122

Swartz Creek Area Senior Center

TRIPS

Cornwell's Turkeyville- Taste of Broadway

Friday, March 5th, 2027

$124.00 per person
9:30 AM- 5:30 PM
Round trip motor coach transportation to Marshall, a 4-course journey of food and song, admission to the show "A Taste of Broadway" featuring music from Beauty & the Beast, Waitress, Jekyll & Hyde, and Kiss Me Kate, the enjoy free time to shop at Cornwell's Gift Shop.
Prepay by 2/3/27

Ford Piquette Avenue Plant Tour

Wednesday, April 7th, 2027

$74.00 per person
8:00 AM- 3:30 PM
Round trip motor coach transportation to Detroit, admission and guided tour of the Ford Piquette Avenue Plant, and free time and lunch on own in Mexican Town.
Prepay by 3/16/27

Firekeepers Casino Trip

Wednesday, April 28th, 2027

$50.00 per person
8:30 AM - 3:30 PM
Round trip motor coach transportation to Battle Creek, 4 hours of gaming at Firekeepers Casino, each person gets back $25 in gaming and $5 in food at the casino.
Prepay by 4/12/27

Felonies & Misdemeanors: The Detroit Cops & Mobsters Tour

Tuesday, May 4th, 2027

$89.00 per person
9:00 AM - 6:30 PM
Round trip motor coach transportation to Detroit, free time for lunch on own in Greektown District, award winning step-on guide from Detroit History Tours, 3 hour guided The Detroit Cops and Mobsters Tour.
Prepay by 4/7/27

Eastern Market: Special Tuesday Flowers

Tuesday, May 11th, 2027

$57.00 per person
8:00 AM - 4:00 PM
Round trip motor coach transportation to Detroit, visit the Eastern Market Tuesday Flower Market, free time in Detroit's Greektown District.
Prepay by 4/26/27

Mackinac Island & Thunder Bay Resort

Wednesday, July 28th to Thursday, July 29th, 2027

$504.00 pp- Double Occupancy
$564.00 pp- Single
$484.00 pp- Triple & Quad
7:00 AM 7/28/27- 6:30 PM 7/29/27
Motor coach transportation to Hillman, overnight accommodations at Thunder Bay Resort, enjoy a horse drawn carriage through the elk preserve, a 5-course dinner, wine tasting, and breakfast the following morning at Clubhouse Grill. Then receive round trip ferry service to and from Mackinac Island. Full itinerary available at our center!
Prepay by 6/16/27

Discover Belle Isle

Thursday, June 17th, 2027

$109.00 per person
8:00 AM- 5:30 PM
Round trip motor coach transportation to Detroit, lunch at Sindbad's Restaurant, guided tour and free time at Dossin Great Lakes Museum on Belle Isle, free time to tour Belle Isle Aquarium, and free time at Anna Scripps Whitcomb Conservatory.
Prepay by 5/26/27

Shop Shipshewana!

Tuesday, July 20th, 2027

$124.00 per person
8:15 AM- 9:00 PM
Round trip motor coach transportation to Shipshewana, IN. 3 hours at Shipshewana Flea Market, stop and shop at E&S Amish Bulk Food Store, Family Style Dinner at Blue Gate Resturant and Bakery.
Prepay by 6/16/27

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

VISUALLY IMPAIRED SUPPORT GROUP

Speaker Series

While Sabrina is on leave, we will have visually impaired support services coming out to speak about their organizations.

TUESDAY, JANUARY 11TH 10:00 AM	•	**Leader Dogs for the Blind** Join Alyssa Otis to learn about guide dog services.
TUESDAY, FEBRUARY 8TH 10:00 AM	•	**Tech Support for Visually Impaired** Join Doug Ford to learn about adaptive device support.
TUESDAY, MARCH 8TH 10:00 AM	•	**Bureau of Services for Blind Persons** Join Shelley Basile to learn about community resources and advocacy.
TUESDAY, APRIL 12TH 10:00 AM	•	**The Disability Network** Join Jessica Dixon to learn about accessibility and diability services.

No RSVP Required

CHARITABLE GIVING

AND YOUR FINANCIAL STATEGY

Edward Jones
MAKING SENSE OF INVESTING

Friday, December 18th at 1:30 PM

Whether you have a passion for a specific charity, or you're beginning to think about leaving a legacy – please join Rich from Edward Jones for the Charitable Giving and Your Financial Strategy presentation.



December Bingo!

THURSDAY, DECEMBER 3RD AT 10:00 AM

WHITE ELEPHANT BINGO

PLEASE BRING A WRAPPED ITEM FROM YOUR HOME OR A NEW ITEM UNDER $10 FOR A PRIZE.

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, DECEMBER 4TH
FRIDAY, DECEMBER 18TH

Prepay at time of sign up







BRACELET MAKING

Friday, December 4th at 1:00 PM
Friday, December 18th 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

BOOK CLUB

THURSDAY, DECEMBER 17TH AT 3:00 PM



Read *My Brilliant Friend by Elena Farrante* with us this month! Please read and gather your thoughts prior to the book club. We do not provide copies of the monthly read.

APPOINTMENTS WITH MARLI & ASHLEY

OPEN ENROLLMENT APPOINTMENTS

Get your questions answered about enrolling for Medicare, supplemental plans, and the changes to Medicare this year.

FRIDAY, DECEMBER 4TH BY APPOINTMENT

CALL TO MAKE YOUR APPOINTMENT WHILE SPOTS ARE AVAILABLE!



Upcoming Events

SENIOR Winter GAMES!

FEBRUARY 1ST - MARCH 3RD, 2027

REGISTRATION:

DECEMBER 8TH 2026 TO JANUARY 14TH, 2027

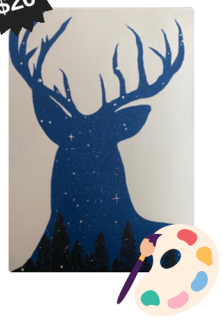
$15 REGISTRATION FEE INCLUDES: OPENING & CLOSING CEREMONY, T-SHIRT, AND UNLIMITED EVENT SIGN UP. EVENTS WIDELY VARY FROM ARTS AND CRAFTS, SPELLING BEE, PICKLEBALL, AND MUCH MUCH MORE!

WANT MORE INFO? JOIN US ON MONDAY, DECEMBER 14TH AT 1:30 PM FOR OUR PRESENTATION ON ALL THINGS SENIOR WINTER GAMES. RSVP REQUIRED.



PAINTING WITH Janis

Prepay $20



MONDAY, DECEMBER 21ST AT 1:30 PM

Join Janis to create this beautiful starry night acrylic painting in time for the holidays.
Prepay by December 14th

Swartz Creek Area Senior Center

WINTER Weather Notice



Before venturing out in bad weather, be sure to tune into ABC Channel 12 or NBC 25 to check our status. You can also check out our Facebook page and website for updates concerning our center.

Please note that the Swartz Creek Area Senior Center's decision to close during inclement weather is independent of the school district or other senior centers.

Pencil Drawing

Thursday, December 3rd and 10th at 1:00 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 to save your seat!



FIELD TRIPS

Bronners & Zhenders Trip
Wednesday, December 2nd from 9:00 AM - 1:30 PM
$7 per person- includes transportation to Bronner's Christmas Wonderland with free time to shop, then head over to Zhender's for lunch on own.

Christmas at Crossroads Village
Friday, December 4th from 4:00 PM - 8:00 PM
$35 per person- includes transportation to Crossroads Village where you will enjoy a 40 minute train ride to see the light displays, then have free time to walk around the village to shop, eat at the cafe, and sight see.

Mystery Dinner
Tuesday, December 8th from 5:00 PM - 7:30 PM
$5 per person- includes transportation to a surprise resturant where we make the reservations for you! Dinner is on you: this months resturant ranges from $25-35 for a dinner.

Golden Trolley Christmas Light Tour
Thursday, December 10th 6:00 PM - 8:30 PM
$35 per person- includes transportation to the Golden Trolley station in Frankenmuth where you will board on a Polar Express themed Christmas Light Tour around town. Every rider recieves there very own Polar Express Bell at the end.

DTE Magic of Christmas Lights
Monday, December 14th from 6:00 PM - 8:00 PM
$10 per person- includes transportation DTE Pineknob to enjoy a drive through of their christmas light displays. We will send you off with a Christmas cookie and hot cocoa for your journey.

A Christmas Story at The Capitol Theatre
Thursday, December 17th from 6:00 PM - 9:00 PM
$15 per person- includes transportation to The Capitol Theatre and tickets to see "A Christmas Story" (1983). A sweet and nostolgic christmas film to get you in the holiday spirits.

DTE Magic of Christmas Lights
Monday, December 21st from 6:00 PM - 8:00 PM
$10 per person- includes transportation DTE Pineknob to enjoy a drive through of their christmas light displays. We will send you off with a Christmas cookie and hot cocoa for your journey.

Refunds are NOT available for the Crossroads or Golden Trolley

December

Monday	Tuesday	Wednesday	Thursday	Friday
Board Meeting Notice **The next board meeting will be held on Wednesday, December 9th at 10:00 AM**	**1** **Genitti's Holiday 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 Chair Zumba 1:30 Euchre 2:30 Beginner Cardio 4:15 Dominoes 6:00 5-Handed Euchre	**2** **9:00 Bronner's & Zhenders Trip** 11:15 Sassy Exercise 12:15 GCCARD Lunch 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 **1:00 Pencil Drawing** **1:30 Very Vintage Holiday Show** 6:00 Euchre	**4** **Chair Massages by Appt** **Open Enrollment by Appt** 9:30 Drums Alive 11:00 Arthritis Exercise **1:00 Bracelet Making** 12:15 GCCARD Lunch **4:00 Christmas at Crossroads**
7 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing **10:00 Age Friendly Wellness Council** **10:00-2:00 Hot Cocoa Bar** 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot **Dress Theme: Holiday Socks**	**8** 8:45 Yoga w/ Katrina 10:00 Knitting Group **10:00 Grocery Bag Crochet cancelled** **10:00 Ugly Christmas Sweater Making** 10:00 Tai Chi **10:00 Alzheimer's Support Group** **11:00 Grief Support Group** 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Chair Zumba 1:30 Euchre 2:30 Beginner Cardio 4:15 Dominoes **5:00 Mystery Dinner** 6:00 5-Handed Euchre **Dress Theme: Jingle Bells**	**9** **10:00 Board Meeting** 11:15 Sassy Exercise 12:15 GCCARD Lunch **1:30 Cookie Decorating** 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback **Dress Theme: Holiday Headwear**	**10** **Hearing Screening by Appt** 8:45 Yoga w/ Katrina 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 1:00 Samba **1:00 Pencil Drawing** **1:30 Christmas Movie** 6:00 Euchre **6:00 Golden Trolley Tour** **Dress Theme: Holiday PJ Day**	**11** **9:30 Drums Alive cancelled** **11:00 Arthritis Exercise cancelled** 12:15 GCCARD Lunch **1:00 Reindeer Games** **Dress Theme: Ugly Sweater**
14 8:45 Beginner Yoga w/ Katrina **10:00 Visually Impaired Support Group** 10:00 Improved Line Dancing **11:00 Hearing Impaired Support Group Cancelled** 11:15 Sassy Exercise 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race **1:30 Senior Winter Games Seminar** 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot **6:00 DTE Light Show**	**15** 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 1:30 Euchre 2:30 Beginner Cardio 4:15 Dominoes 6:00 5-Handed Euchre	**16** **Legal Services by appt** 11:15 Sassy Exercise 12:15 GCCARD Lunch **1:30 Alzheimer's Seminar** 3:00 Intermediate Line Dance 5:15 Strength & Cardio 6:00 Setback	**17** **8:45 Yoga cancelled** **10:00 Tai Chi cancelled** **11:15 Toning cancelled** **12:15 Christmas Lunch** 1:00 Samba **1:30 Advisacare Seminar** **3:00 Book Club** 6:00 Euchre **6:00 A Christmas Story at The Capitol**	**18** **Chair Massages by Appt** 9:30 Drums Alive 11:00 Arthritis Exercise 12:15 GCCARD Lunch **1:00 Bracelet Making** **1:30 Edward Jones Seminar**

21 **8:45 Beginner Yoga cancelled** **10:00 Improved Line Dancing cancelled** **11:15 Sassy Exercise cancelled** 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race **1:45 Stretch & Balance cancelled** **3:00 Basic Line Dancing cancelled** 5:00 Hand, Knee & Foot **6:00 DTE Light Show**	**22** **8:45 Yoga cancelled** 10:00 Knitting Group **10:00 Grocery Bag Crochet cancelled** **10:00 Tai Chi cancelled** **11:15 Toning cancelled** 12:15 GCCARD Lunch 12:30 Mah-Jongg **1:00 Chair Zumba cancelled** **1:30 Euchre cancelled** **2:30 Beginner Cardio cancelled** 4:15 Dominoes 6:00 5-Handed Euchre	**23** **11:15 Sassy Exercise cancelled** 12:15 GCCARD Lunch **3:00 Line Dance cancelled** **5:15 Strength & Cardio cancelled** 6:00 Setback	**24** 	**25** 
28 **8:45 Beginner Yoga cancelled** **10:00 Improved Line Dancing cancelled** **11:15 Sassy Exercise cancelled** 12:15 GGCARD Lunch 1:00 Crochet Group 1:00 Horse Race **1:45 Stretch & Balance cancelled** **3:00 Basic Line Dancing cancelled** 5:00 Hand, Knee & Foot	**29** **8:45 Yoga cancelled** 10:00 Knitting Group **10:00 Grocery Bag Crochet cancelled** **10:00 Tai Chi cancelled** **11:15 Toning cancelled** 12:30 Mah-Jongg **1:00 Chair Zumba cancelled** **1:30 Euchre cancelled** **2:30 Beginner Cardio cancelled** 4:15 Dominoes 6:00 5-Handed Euchre	**30** **11:15 Sassy Exercise cancelled** 12:15 GCCARD Lunch **3:00 Line Dance cancelled** **5:15 Strength & Cardio cancelled** 6:00 Setback	**31** 	

COMMUNITY CHRISTMAS TREE

TUESDAY, DECEMBER 1ST - FRIDAY, DECEMBER 4TH

This year, we have a Christmas Tree ready in the Social Room for everyone to decorate!
If you would like to participate, just bring one ornament to hang on the tree during the first week of December. Then this tree will be displayed throughout the month! First week of January, please pick up your ornament from us.



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 evolvement.

Class Cancellations

Grocery Bag Crochet:
December 8th

All Exercise:
December 11th, 17th, 21st, 22nd, 23rd, 28th, 29th, & 30th

We are CLOSED:
December 24th, 25th, & 31st

Congregate December Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards

M O NDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf w/gravy Redskin potatoes-4 oz Sweet Peas-4 oz Fresh Apple-1 ea Corn Bread Margarine 100% Fruit Juice-4 oz	2 HM Lasagna Soup Steamed Broccoli Baby Carrots Garlic Stick Margarine Honey Dew & Cantelope Milk	3 **BBQ Pork Burger** **Potato Wedges** **Green Beans** **Fruit Cocktail-4 oz** **WG Bun Margarine** **100% Fruit Juice**	4 Baked Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw -4 oz Potato Roll Fresh Orange Margarine Milk
7 Beef Tacos Spanish Rice Roasted Mexi Corn Diced Peaches Tortilla Shells (2) Milk	8 HM Beef Stew w/Peas, Carrots, Potatoes Italian Green Beans Fresh Apple margarine Biscuit 100% Fruit Juice	9 HM Chicken Chili Steamed Broccoli Diced Carrots (4 oz) Diced Pears (4oz) Bread Stick(1 ct) Margarine (1 ct) Milk	10 HM Stuffed Green Pepper Vegetable Blend-4 oz Steamed Cauliflower-4 oz Pineapple Chunks-4 oz WG Crackers Margarine 100% Fruit Juice-4 oz	11 Salisbury Steak in gravy Steamed Spinach-4 oz Corn-4 oz Tropical Fruit-4 oz Multi - Grain Roll Margarine Milk
14 Chicken Parmasan-1 ea Steamed Spaghetti-2 oz Veggie Blend Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Pears-4 oz Milk	15	16 Antipasto Salad w/ Ham, Pepperoni & Salami Fresh Broccoli w/dip Sliced Pears-4 oz Wheat Roll Salad Dressing Milk	17 CHRISTMAS LUNCHEON Glazed Pork Chop Roasted Veggie Medley Green Beans Fresh Golden Delicious Apple Wheat Roll & Margarine 100% Fruit Juice	18 Country Style Chicken Sweet Peas Diced Potatoes Dinner Roll Margarine Applesauce Milk
21 Steak Fajitas Chuck Wagon Veggies Cilantro Lime Rice Tortilla Shell Taco Sauce Pineapples-4 oz Milk	22 HM Mac & Cheese-8 oz French Cut Green Beans-4 oz Tomatoes & Zucchini 4 oz Mixed Fruit Potato Roll Margarine 100% Fruit Juice	23 HM Chicken Salad 3 Bean Salad Fresh Baby Carrots Sliced croissant Ranch Dressing Cup Fruit Cocktail-4 oz Milk	24	25
28 Baked Chicken Breasts w/ Stewed Vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Roll Margarine 100% Fruit Juice	29 HM Sloppy Joes Sliced Potatoes w/Peppers & Onions Corn Fresh Apple WG Bun Margarine 100% Fruit Juice	30 BBQ Chicken Thighs Roasted Brussel Sprouts Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll Margarine-1 ea Milk	31	

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.

Dominoes
Tuesday, 4:15-6:15 pm
Dominoes is a strategic and versatile game played with numbered tiles, combining elements of matching, scoring, and blocking. Its a popular pastime worldwide, suitable for casual play.

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.

In Loving
Memory Of
Don Harwood

We send our dearest condolences to Don's family and friends during this time of loss. We appreciate the donations made in his honor from:

Dennis & Suzanne O'Brien
Thomas & Lynn Atherton
Michael & Connie Harwood

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 August event on July 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.

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 & Machelle 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, December 10th 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



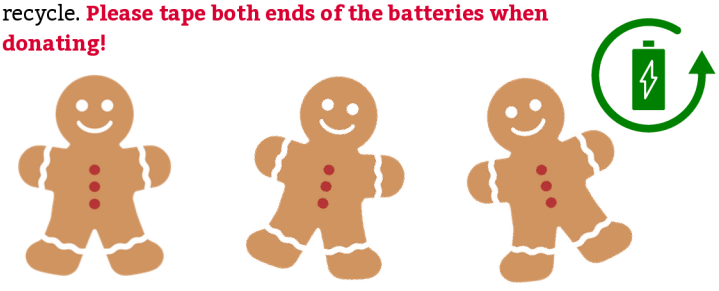
Transportation
Group transportation is available on Tuesdays alternating Kroger and Meijer. 3rd Friday of the month to the Food Pantry. Available to seniors living in the Swartz Creek School District. We are also offering transportation to and from our daily lunch program, please call in advance for 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, December 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 struggled you share

Hearing Impaired Support Group
Returning in April
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 struggled you share.
Please give the center notice if you are in need of an interpreter!

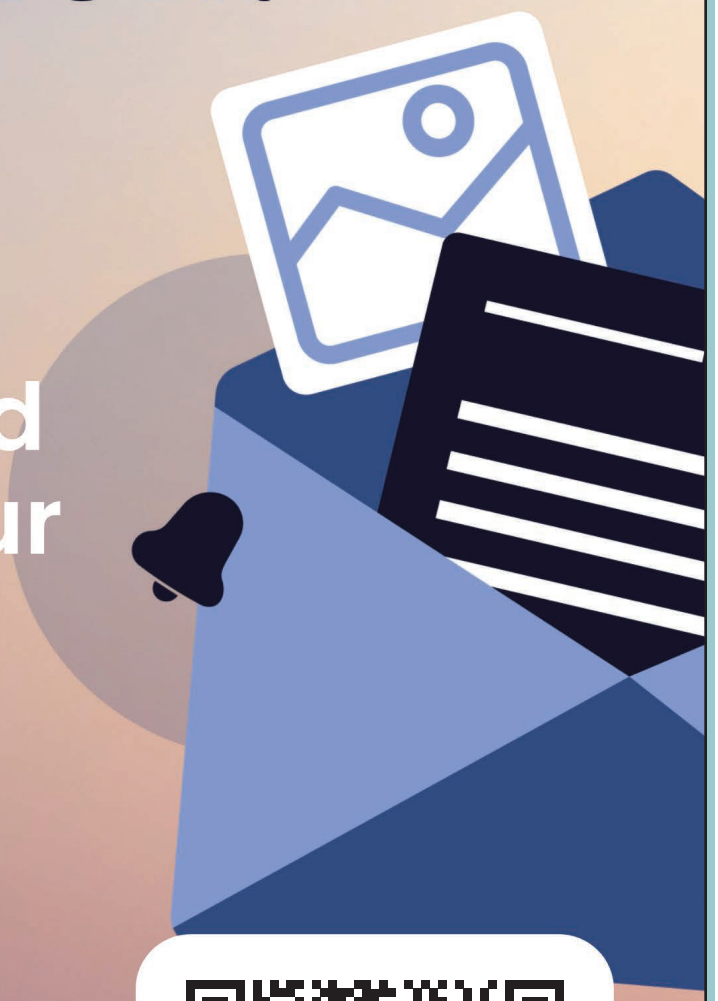
Age Friendly Wellness Council
Monday, December 7th at 10:00 am
Join Lori with the Flint Health Coalition to share the needs and concerns that you, as a senior, have today. She can connect you to resources and make sure that your ideas are brought to light! Breakfast is provided!

Grief Support Group
Tuesday, December 8th 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, December 8th 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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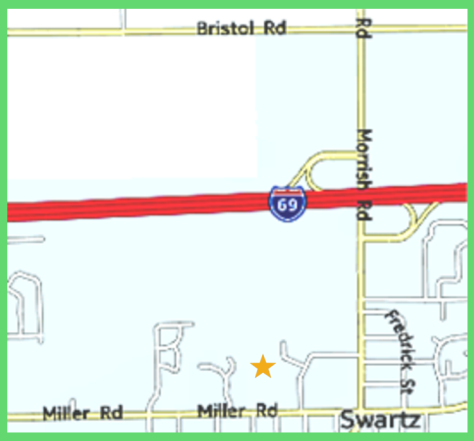
8095 Civic Dr. Swartz Creek, MI 48473
Office Hours: Monday-Thursday 9:00 AM - 8:00 PM
Friday 9:00 AM - 4:00 PM

Phone: 810-635-4122
Fax: 810-635-9405
Website: www.myscasc.org

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Swartz Creek Area Senior Center
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