



Swartz Creek

AREA SENIOR CENTER



JUNE 2025 NEWS

VOLUME 25, ISSUE 6



"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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15 Area Locations

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15-0694

UPCOMING EVENTS

SWARTZ CREEK SENIOR CENTER

Ice Cream Social

TUESDAY, JUNE 17TH
6-7 PM

JOIN US FOR A DELICIOUS SCOOP OF ICECREAM AND TOPPINGS TO SUPPORT THE *Swartz Creek Food Pantry*

WE WILL BE COLLECTING MONETARY AND NON PARISHABLE DONATIONS FOR THE PANTRY DURING THIS EVENT! WE WILL ALSO ACCEPT DONATION THE WEEK PRIOR 9TH-16TH

EVERYONE WELCOME!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

FRIDAYS, JUNE 27TH- AUGUST 22ND
FROM 1:00-3:00 PM

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels. Classes are conducted over eight sessions, meeting once a week, two hours per session. There will be no class on July 4th!

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

SilverSneakers
by Thirty Health

RSVP BY JUNE 20TH

9 Things You Must Know Planning for the Second Half of Life

FREE SEMINAR Wednesday June 11 | 1:30 PM

Seminar Highlights Include:

- ✓ Paying for long-term care and how to avoid having your life savings wiped out by a nursing home spend-down and how to protect your spouse from being left impoverished.
- ✓ How these economic and political times make it imperative that you plan ahead to protect yourself and your spouse.
- ✓ How the 2020 Secure Act will affect your IRA or your 401k.
- ✓ What new estate planning documents are essential to protect yourself and your family.

Where: Swartz Creek Senior Center
8095 Civic Dr #2, Swartz Creek

RSVP by June 4th

MANNORLAWGROUP
Excellence in Estate Planning and Elder Care



Grand Blanc | Brighton | Rochester Hills | www.mannorlawgroup.com

JUNE BINGO

Thursday, June 5th
at 10:00 AM
White Elephant Bingo
Please bring a wrapped prize, either a preloved item or a bought item under \$10.

Thursday, June 12th
at 10:00 AM
Presented by A & D Home Health

Thursday, June 19th
at 10:00 AM
Presented by Charter Living

NO RSVP REQUIRED

UPCOMING EVENTS

AVOIDING SCAMS

Monday, June 23rd
at 1:30 PM

Join Seth Neblock, Senior
Law Attorney at the Legal
Services of Eastern
Michigan

Come and Learn:

- ✓ The latest scam techniques
- ✓ How to detect a scam
- ✓ Local support if scammed

RSVP by June 16th

Presented by Ivy Rehab
Physical Therapy

Lunch & Learn:

Pelvic Floor Strength

WEDNESDAY, JUNE 25TH
AT 12:15 PM

Join Ivy Rehab for lunch and discuss:

- How your pelvic floor effects your balance, continence, and more
- How to strengthen your pelvic floor through therapeutic exercise
- How physical therapy can help

Menu:

Beef & Broccoli over Noodles
Oriental Veggie Blend
Flatbread
Refreshmentss

Lunch provided by GCCARD, a donation or fee is requested:
If you are over 60: \$3 donation requested
Under 60 or out of county: \$6 fee

RSVP by June 18th

THE KALIMBA KING

Thursday, June 26th
at 1:30 PM

In this high-energy, interactive performance Carl Winters showcases the kalimba, a.k.a. the African thumb piano. His repertoire includes gospel, jazz, blues, rhythm and blues, pop, original songs.

Presented by the Genesee District Library
RSVP by June 19th

Chair Massages Friday, June 20th

JOIN LACEY FROM FENTON MASSAGE CO FOR A
10-MINUTE RELAXING CHAIR MASSAGE!

PRICING

\$5 FOR THOSE 60 OR OLDER
\$10 FOR THOSE UNDER 60

PREPAY BY JUNE 13TH

CARD MAKING

Friday, June 27th
at 1:30 PM

\$5 PER PERSON
DUE AT TIME OF SIGN UP

All materials
included

Prepay by June 20th

Come join Linda to
create 3-5 beautiful
handmade cards to take
home! Please bring your
own scissors and adhesive
if able!

Swartz Creek Area Senior Center

TRIPS

Huron Lady 2 Summer Cruise

Wednesday, August 27th, 2025

\$124.00 per person

Round trip motor coach transportation to Port Huron, cruise on the Huron Lady 2, lunch buffet and dessert at Freighters Eatery & Taproom.

Prepay by 7/20/25

**NEW/
ADDITIONAL
DATE**

Shipshewana Brown Bag Tour

Thursday, September 18th, 2025

\$145.00 per person

Round trip to Shipshewana, IN, a step on guided tour of Shipshewana Amish Backroads, brown bag with Amish goodies, luncheon at Thresher's, shop at an Amish bulk food store, stop at a woodworking shop, Amish bakery, and a leather craftsman shop.

Prepay by 8/26/25

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

Travel Policy

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

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

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

For further information please visit us to receive a flyer or give us a call at 810-635-4122.



UPCOMING EVENTS

TURNING 65

**Thursday, June 12th
at 6:00 PM**

Join Marli from American Senior Benefits Group, to discuss Medicare and Medicaid plans and what you need to know about registration. Ask her your questions and express your concerns about registering for medicare/medicaid.

RSVP BY JUNE 5TH

Healthy Living

FOR YOUR BRAIN AND BODY

**FRIDAY, JUNE 13TH
AT 1:30 PM**

Presented by the Alzheimer's Association
Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.
RSVP by June 9th

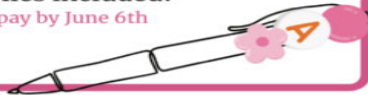
Pen Beading

**Friday, June 13th
at 1:00 PM**

Join Joann to create personalized pens using specially design pens and beads. All supplies included!

Prepay by June 6th

**\$5
per person**



Bracelet Making

**FRIDAY, JUNE 20TH
AT 1:00 PM**

JOIN JOANN TO CREATE YOUR OWN BEAUTIFULLY PERSONALIZED GLASS BEAD BRACELET. ALL SUPPLIES PROVIDED!

\$5 PER PERSON

PREPAY BY JUNE 13TH



Painting with Janis

**MONDAY, JUNE 16TH
AT 1:30 PM**

Join us for a fun-filled painting class where you can explore your artistic side and learn valuable painting techniques.

Whether you're a beginner or an experienced artist, this class is suitable for all skill levels.

\$15 per person

Prepay by June 9th



SWARTZ CREEK EXPLORERS Trips

HORROCKS FARM MARKET

THURSDAY, JUNE 12TH

DEPART: 9:00 AM RETURN: 2:00 PM

**INCLUDES ROUND TRIP TRANSPORTATION AND
FREE TIME TO EXPLORE HORROCKS AND GET
LUNCH**

**\$10
PER PERSON**

MYSTERY DINNER

WEDNESDAY, JUNE 25TH

DEPART: 4:30 AM RETURN: 7:00 PM

**COST INCLUDES TRANSPORTATION TO A
SURPRISE RESTAURANT, DINNER IS ON YOU!
THIS MONTH'S RESTAURANTS MEALS CAN
RANGE FROM \$20-30 PER PERSON**

**\$5
PER PERSON**

RSVP while spots are available, payment must be made at time of sign up!

UPCOMING EVENTS

MAXWELL THERAPY TOOLS FOR INDEPENDENCE

MONDAY, JUNE 9TH
AT 1:30 PM

What you will learn:

- Ergonomic Cooking Tools
- Posture awareness
- Strength & Mobility Exercise
- Safe Kitchen Practices
- Personalized Guidance

RSVP by June 5th



Physical Therapy *Consultation*



 **MaxWell
Therapy, LLC**
Physical • Occupational • Speech • Massage

Are you having physical concerns or restraints and want to know if/how physical therapy could help? make an appointment for a **FREE** consultation with a Maxwell Therapy physical therapist to discuss your concerns.

[Schedule Today!](#)

2025-2026 ELECTION: BOARD OF TRUSTEES

A voting period will take place between **Monday, June 2nd** and **Friday, June 6th** between **10:00 AM to 7:00 PM** **Mon-Thur** and **10:00 AM to 4:00 PM** on **Friday**.

This election decides which candidates will hold a 2-year term on our Board of Trustees. The list of Candidates is located at our center.

- Eligible voters will be seniors 50 and older who live in the Swartz Creek School District or Gaines Township
- Must be a member of our senior center on or before April 26th, 2025

ANNUAL MEMBERSHIP MEETING

Tuesday, June 10th at 6:00 PM

Open to the public!

The new Board of Trustees for 2025-2026 will be announced, along with a review of our past year and plans for the upcoming year.

Questions or concerns:
Call us at 810-635-4122

PLEASE JOIN US FOR A

FATHER'S DAY LUNCH

MONDAY, JUNE 16TH AT 12:15 PM

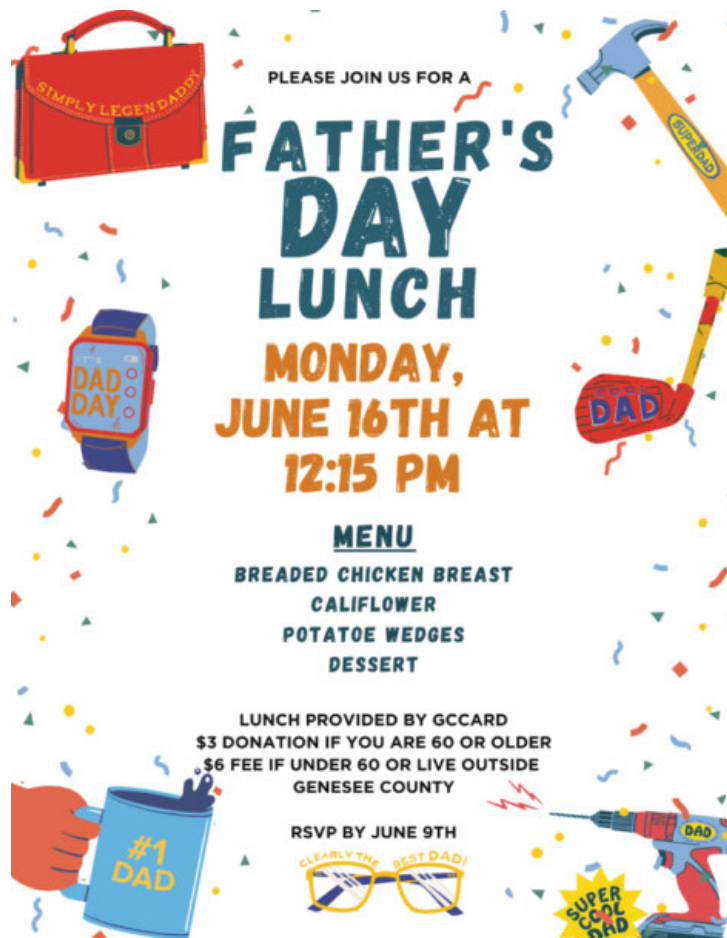
MENU

BREADED CHICKEN BREAST
CALIFLOWER
POTATOE WEDGES
DESSERT






LUNCH PROVIDED BY GCCARD
\$3 DONATION IF YOU ARE 60 OR OLDER
\$6 FEE IF UNDER 60 OR LIVE OUTSIDE GENESEE COUNTY


RSVP BY JUNE 9TH

Clearly the Best Dad!



JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:45 Beginner Yoga w/ Katrina 10:00 Age Friendly Wellness Council 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 	3 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 	4 9:00 Zumba 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Rec Connect 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback 	5 8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 White Elephant Bingo! 11:15 Toning 12:15 GCCARD Lunch 1:30 Cooking for One 6:00 Euchre 	6 10:00 Visually Impaired Support Group cancelled 11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 
9 Maxwell Therapy Consultations 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 1:30 Tools for Independence 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	10 8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi cancelled 11:15 Toning cancelled 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio cancelled 4:30 Dominoes cancelled 6:00 5-Handed Euchre 6:00 Annual Membership Meeting	11 9:00 Zumba w/ Kimberly 10:00 Board Meeting 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Rec Connect 1:30 Manner Law seminar 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	12 Trip to Horrocks 8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo 11:15 Toning 12:15 GCCARD Lunch 1:30 Cooking for One 6:00 Euchre 6:00 Turning 65	13 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Pen Beading 1:30 Healthy Living
16 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 Father's Day 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	17 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 6:00 Ice Cream Social	18 Legal Services by Appt 9:00 Zumba 9:30 Alzheimer's Support Group 10:00 Senior Astronomer Group 11:00 Grief Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Rec Connect 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	19 Taste of Michigan Trip Departs 8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo 11:15 Toning 6:00 Euchre	20 Chair Massage by Appt 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Bracelet Making

Monday	Tuesday	Wednesday	Thursday	Friday
23 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 12:30 Balance & Endurance 1:00 Crochet Group 1:00 Horse Race 1:30 Avoiding Scams 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	24 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	25 Mystery Dinner Trip 9:00 Zumba 11:15 Sassy Exercise 12:15 Pelvic Floor Lunch & Learn 1:00 Rec Connect 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	26 8:45 Yoga w/ Amy 10:00 Tai Chi 12:15 GCCARD Lunch 1:30 Kalimba King Performance 6:00 Euchre	27 Hearing Screening by Appt 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Matter of Balance 1:30 Card Making
30 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 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	 <div data-bbox="597 831 1055 1608"> <p>SENIOR ASTRONOMERS w/ Bob Kren</p> <p>Come join Bob as he meets with seniors across the county to discuss their shared passion for astronomy. Meetings take place the third Wednesday of each month @ 10:00 a.m. See schedule below:</p> <ul style="list-style-type: none"> Swartz Creek Area Senior Center June 18th Grand Blanc Senior Center July 16th Davison Senior Center August 20th <p>Members will also schedule dates for evening observations!</p> </div>			

Board Meeting Notice

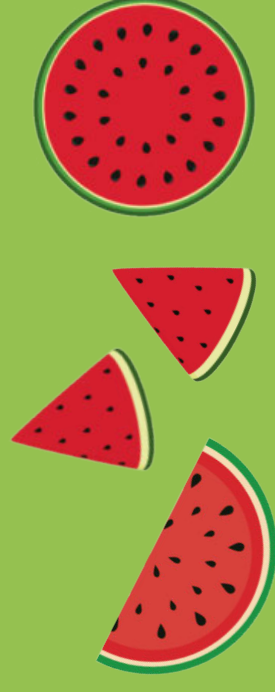
The next board meeting
will be held on Wednesday,
June 11th at 10:00 am

Mission

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

Class Cancellations

Arthritis Exercise: June 6th



CONGREGATE MEAL MENU - JUNE 2025

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HM Goulash Spinach Baby Carrots Fresh Golden Apple Corn Bread Margarine Milk 	3 Chicken Tenderloins Creamy Cavatappi Pasta French-Style Green Beans Steamed Corn Potato Roll w/ Margarine Fresh Orange 100% Fruit Juice	4 Philly Steak w/ Cheese Diced Potatoes Normandy Blend Vegetable Wheat Sub Bun Tropical Fruit Salad Margarine Milk	5 BBQ Chicken Thighs Baked Beans Potato Salad Corn Muffin Applesauce Margarine 100% Fruit Juice 	6 Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk
9 Italian Sub w/ salami, ham red onion, banana peppers Potato salad Sub Bun Pineapple Chunks Dressing Packet Milk	10 Chicken Tacos w/ HM Pico Mexican Rice Fiesta Corn Wheat Roll Sliced Peaches Taco Sauce 100% Fruit Juice	11 Chef's Choice 	12 Ravioli W/ Beef Sauce Vegetable Blend Roasted Vegetables Potato Roll w/ Margarine Fresh Orange 100% Fruit Juice Cookie of the Month	13 Creole Steak Glazed Carrots Sweet Peas Pineapple Tidbits Garlic Roll Margarine Milk
16 Swatz Creek Senior Center Father's Day Lunch RSVP by calling us at 810-635-4122	17 Boneless BBQ Rib Cole Slaw Riviera Blend Sliced Sub Bun Strawberry Applesauce 100% Fruit Juice	18 Grilled Chicken Salad Romaine, tomatoes, cheese Cucumber Slices w/ dip Mandarin Oranges Crunchy Bread Sticks Salad Dressing Milk Birthday Brownie	19  JUNE TEENTH FREEDOM DAY	20 Sweet & Sour Meatballs w/ Stir fry Vegetables Peas and Carrots Brown Rice Potato Roll Mixed Fruit Cup Margarine Milk
23 BBQ Pulled Pork Sliders Cole Slaw Green Beans WG Slider Buns-2 ea Diced Peaches Margarine Milk	24 Sloppy Joes Potato Puffs Veggie Blend Applesauce WG Bun Margarine 100% Fruit Juice	25 Swartz Creek Senior Center Pelvic Floor Lunch & Learn RSVP by calling us at 810-635-4122	26 HM Spanish Rice w/ Beef Broccoli Florets Sweet Corn Potato Roll Fresh Pear Margarine 100% Fruit Juice	27 White Cheddar Mac & Cheese Zucchini & Tomatoes Mixed Greens Corn Muffin Margarine Pineapple Tidbits Milk 
30 Cheeseburger Ranch Potato Wedges Vegetable Blend Fresh Apple WG Bun Margarine Milk				

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
DINNER!

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

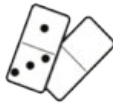
Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system.



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

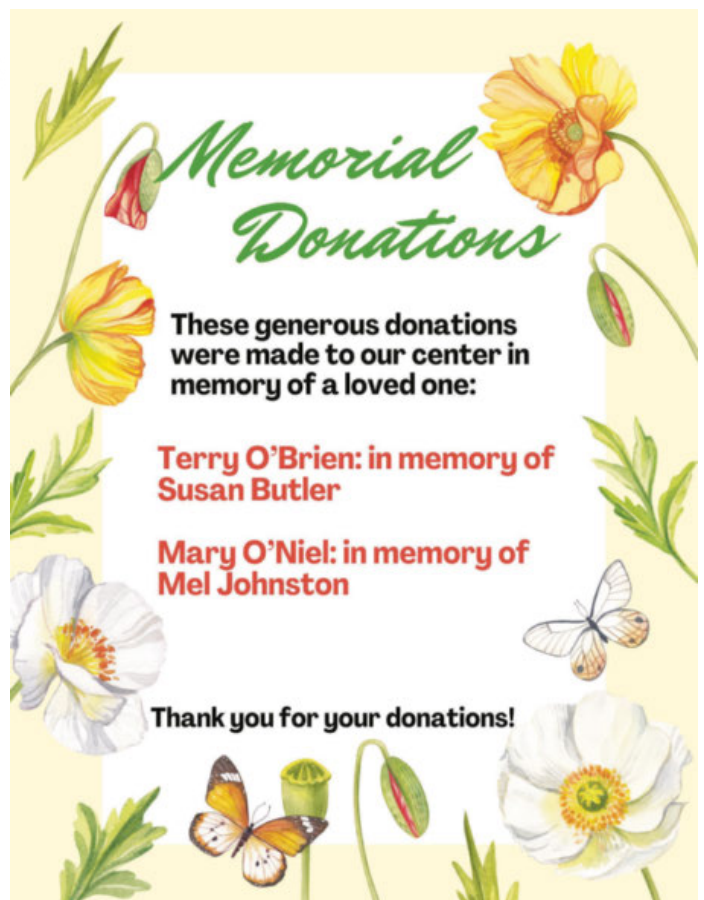
Tuesday, 10:00-11:30 am

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.



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

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 AM

Wednesday, 9:00-10:00 am

Instructor: Linda Dyball

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

Zumba PM

Wednesday, 5:00-6:00 pm

Instructor: Kimberly Worchal-Smith

This class combines Zumba, a Latin style dance, with modern cardio to achieve a fun, heart pumping, class. This is a great class for beginners who want the activity of Zumba, but with a fun twist!



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, June 18th 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

Friday, June 27th by appointment

Offered at the Center once a month. Free hearing evaluation available at the senior center.

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

PROVIDED BY CARDINAL HEARING



Transportation

Group transportation is also available to Meijer or Kroger once a week. Walmart every week. Food Pantry once a month. Available to seniors living in the Swartz Creek School District. 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!



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

Will return in August, date TBA

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, June 2nd at 10:00 am

Join Lori with the Flint Health Coalition to share the needs and concerns that you, as a senior, have today. She can connect you to resources and make sure that your ideas are brought to light! Breakfast is provided!

Grief Support Group

Wednesday, June 18th 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, June 18th at 9:30 am

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





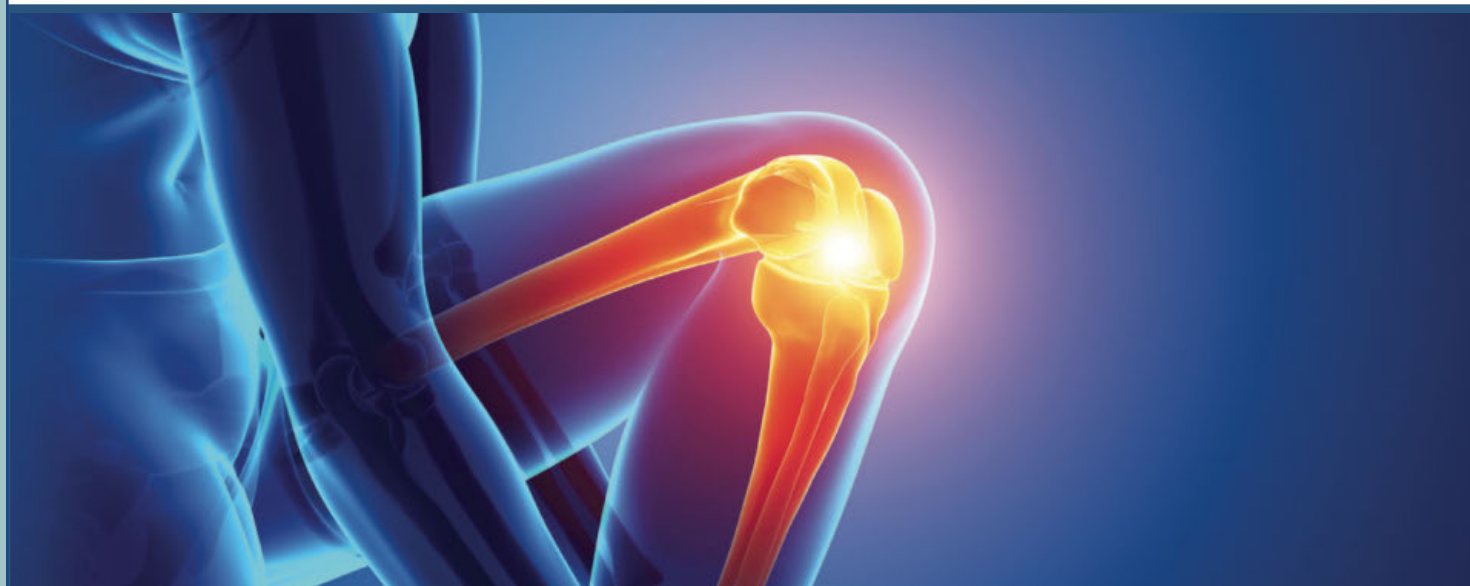
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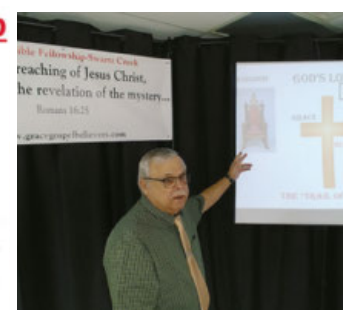
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Swartz Creek Area Senior Center



8095 Civic Drive, Swartz Creek, MI 48473

Office Hours: Monday-Thursday: 9:00 am — 8:00 pm

Friday: 9:00 am — 4:00 pm

Office: (810) 635-4122

Fax: (810) 635-9405

Website: www.myscasc.org

Facebook: Swartz Creek Area Senior Center

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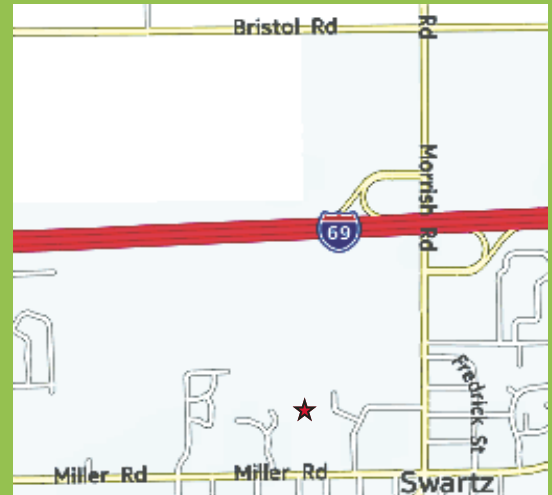
STAFF

Barbara McCallum, Director

Holly Trickey, Program Coord.

Sierra Leonard, Office Asst.

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



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