




Swartz Creek

AREA SENIOR CENTER

February 2026 News

Volume 26, Issue 2



HOLIDAY
RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

(810) 720-4159 ext. 2

www.geneseegardens.com



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Established 1990

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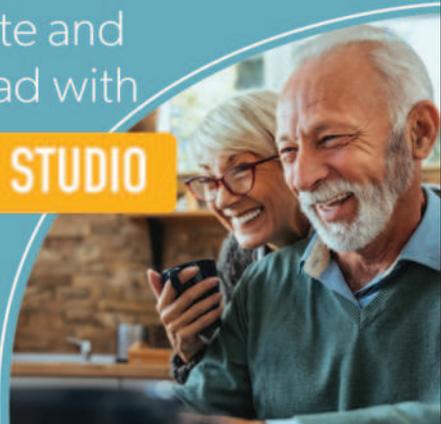
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15-0694

Upcoming Events

BRACELET *Making*



**FRIDAY, FEBRUARY 6TH AND/OR
FRIDAY, FEBRUARY 27TH AT 1:00 PM**

Join Joann to create a beautiful, one-of-a-kind, glass bead bracelet. Customize with your own colors, charms, and fit.

\$5 PER PERSON

Prepay at least a week before while spots are available

COLORING WITH CAROL

**Tuesdays, February 3rd- March 10th
at 11:00 AM**

Presented by Carol at Valley Area agency on Aging, sit down and enjoy an hour of coloring and socializing. This is great to just enjoy some down time or a scheduled time to relax the mind and focus on the image you create. Carol will provide all coloring supplies.

RSVP by January 30th

February Bingo!

Thursday, February 5th at 10:00 AM
White Elephant Bingo with Swank Assisted Living
Please bring a wrapped prize, either a preloved item from home or a new item under \$10.

Thursday, February 12th at 10:00 AM
Presented by Swank Assisted Living

Thursday, February 26th at 10:00 AM
Presented by Advisacare

NO RSVP REQUIRED



**\$5 per person
Or 2 punches
on punch card**

Foam Rolling Workshop

**Wednesday,
February 4th
at 1:00 PM**

Foam rolling is a form of self massage, that allows you to relieve tight muscles and connective tissue. This technique not only helps with circulation, but is great for a post workout muscle recovery.

Please bring 2 tennis balls, yoga mat, and bouncy ball (small ball) with you!

Prepay by February 2nd

Upcoming Events

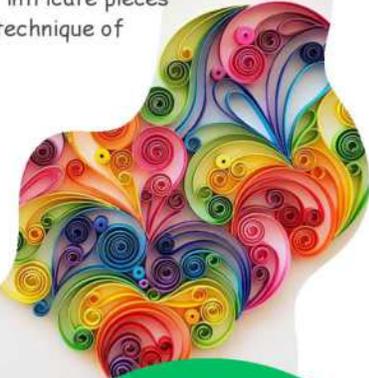
QUILLING WITH ANNETTE

Join Annette to create intricate pieces of paper art using the technique of Quilling!

SUPPLIES INCLUDED

ALL INSTRUCTION GIVEN

LEAVE WITH A PIECE OF ART



FRIDAY,
FEBRUARY 20TH
AT 1:00 PM

Prepay by February 13th

\$10 per person
at time of sign up

VALENTINES LUNCH

FRIDAY, FEBRUARY 13TH
AT 12:15 PM

Join us to celebrate love, bring your true love, Galentines, or a group of friends! Enjoy good company and food!

MENU
BAKED FISH IN LEMON CREAM SAUCE
RICE PILAF
VEGGIE BLEND
DESSERT

Lunch provided by GCCARD
\$3 donation is recommended for anyone 60 or older and living in Genesee County
\$6 fee for anyone outside county and/or under 60
RSVP by February 9th



Meeting John Cherry

Our Senator



Monday, February 16th at 1:30 PM

Get updates about Senate operations and updates. Ask your questions and get answers from the source!

Seats are limited, RSVP is required!

RSVP by February 9th



MOBILE SECRETARY OF STATE

Our Services

- ✓ Renew driver's License or ID
- ✓ First-time Michigan ID
- ✓ Transfer Title
- ✓ Apply for/renew Disability placard

Friday, February 20th
10 am to 2 pm

The Secretary of State Mobile Office will be here to provide services to our members to process their needed transactions!

Schedule your appointment while spots are available

810-635-4122

Swartz Creek Area Senior Center

TRIPS

Turkeyville- A Taste of Broadway

Wednesday, February 18th, 2026

\$110.00 per person

9:30 AM- 6:00 PM

Round trip transportation to Marshall, Turkey dinner with all the trimmings, admission to "Taste of Broadway", and free time to shop at Cornwell's Gift Shop.

Prepay by 1/26/26

Deadline
Very Soon!

Detroit Princess Luncheon Cruise

Thursday, July 23rd, 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

Genitti's Dinner Theatre

Wednesday, April 15th, 2026

\$99.00 per person

10:00 AM- 3:00 PM

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

Prepay by 3/24/26

Firekeepers Casino

Wednesday, April 29th, 2026

\$48.00 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

Eastern Market: Flower Market

Tuesday, May 19th, 2026

\$109.00 per person

8:00 AM- 4:30 PM

Round trip to Detroit, visit the Eastern Market, enjoy lunch at Polonia's Restaurant, receive a bag of assorted pastries from New Palace Bakery.

Prepay by 4/27/26

Dow Gardens & Canopy Walk

Wednesday, June 17th, 2026

\$99.00 per person

8:30 AM- 4:30 PM

Round trip transportation to Midland, Buffet Dinner at Krzysiak's House Restaurant, guided tour of Fredericks Sculpture Museum, Admission to Dow Gardens & The Longest Canopy Walk.

Prepay by 5/26/26

Diamond Jack Detroit River Cruise

Wednesday, August 26th, 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

Hamilton an American Musical

Wednesday, April 30th, 2026

\$175.00 per person

10:30 AM- 8:30 PM

Round trip transportation to Detroit, free time in Greektown (meal on own), main floor tickets to see Hamilton at Fisher Theatre!

Prepay by 2/17/26

Deadline
Soon!



Travel Policy

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

YOU MUST EITHER SIGN UP AND PAY AT CENTER OR SEND A CHECK IN.

RESERVATIONS ARE NOT GUARANTEED

UNTIL PAYMENT IS RECEIVED!

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

Upcoming Events

Nutrition As We Age

Thursday, February 26th
at 12:30 PM

During this presentation we will discuss:

- Identifying the components of a healthy, balanced diet
- Describe how nutrition affects optimal aging
- Explain the relationship between nutrition, exercise, and stress management in maintaining overall health
- Make health and nutrition decisions geared towards optimal aging



RSVP by February 19th

MOVIE NIGHT WITH DENNIS FERRARA

Film expert and retired Mott professor!

RSVP by February 23rd

THURSDAY,
FEBRUARY 26th
AT 6:00 PM

Please bring
a snack to
share!

MR. MOTTO LAST
WARNING (1939)

Conspiracy, Murder, Mystery!



LUNCH

WITH COMMISSIONER
DALE WEIGHILL



FRIDAY, FEBRUARY 27TH
AT 12:00 PM

COME AND ASK OUR
COMMISSIONER YOUR
QUESTIONS. GET
UPDATES ABOUT
COUNTY OPERATIONS.
EAT PIZZA!

RSVP BY FEB 20TH

Presented by Genesee District Library



TRIBUTE SHOW

Thursday, February 12th at 1:30 PM

Julie Bannerton has been impersonating Marilyn Monroe for more than 10 years. Her portrayal is...just like the real Marilyn. Her appearances as Marilyn Monroe include television commercials, print ads, and international live shows.

RSVP by January 5th

Upcoming Events

Trusts with Marli

Join Marli with American Benefits Group to discuss:

- Who Needs a Trust
- Difference between a Trust & a Will
- How to get a Trust
- Difference between funded and not funded trusts

RSVP by February 2nd

Monday
February 9th
at 3:00 PM

SWARTZ CREEK SENIOR CENTER

WEEKLY TOPS CLUB INC CHAPTER



Thursdays at 2:00 PM
Beginning Thursday, January 15th

For 75 years, TOPS Club has helped people take off, and keep off, the weight. We're all about doing things by the book - we have strong ties to the medical community, and believe in healthy living from the inside, out. It's a holistic approach to wellness. No fad diets. No gimmicks. No shortcuts. With us, it all comes down to accountability, unwavering support and top-tier resources.

TOPS does have a yearly membership fee, receive information and sign up with the advocates following your first visit. The Swartz Creek Senior Center is not responsible for any payments made to TOPS and cannot assist with individual sign ups.

Senior Center Field Trips

Mystery Dinner #1

Tuesday, February 10th at 5:00 PM

\$5 PER PERSON

Enjoy dinner with us at a secret location! We pick the restaurant, make your reservation, and you enjoy! Dinner is on you, so plan to spend between \$20-30.

Michigan Heros Museum & Zehnder's

Friday, February 13th at 2:00-6:00 PM

\$12 PER PERSON

Take a tour of the Michigan Hero's Museum in Frankenmuth, experience the stories of Michigan veterans and astronauts with written stories, memorabilia, and more. Afterward, enjoy dinner at Zehnder's on own. Plan to spend about \$30-45 on dinner.

Ikea & HomeGoods Shopping Trip

Monday, February 16th at 9:30 AM - 3:00 PM

\$7 PER PERSON

Take a trip to Canton, MI to enjoy shopping at Ikea and HomeGoods. Quick lunch available at Ikea Cafe.

Mystery Dinner #2

Tuesday, February 17th at 5:00 PM

\$5 PER PERSON

Enjoy dinner with us at a secret location! We pick the restaurant, make your reservation, and you enjoy! Dinner is on you, so plan to spend between \$20-30.

Mystery Dinner #3

Tuesday, February 24th at 5:00 PM

\$5 PER PERSON

Enjoy dinner with us at a secret location! We pick the restaurant, make your reservation, and you enjoy! Dinner is on you, so plan to spend between \$20-30.

Chair Massage

Enjoy a moment of relaxation with Marshala from Maxwell Therapy. You'd be surprised at the difference 10-minutes makes to relax your muscles and mind!



FRIDAY, FEBRUARY 27TH

Price for 10-minute appointment

60 or older: \$7 per person

Under 60: \$10 per person

February

Monday

Tuesday

Wednesday

Thursday

Friday

2

8:45 Beginner Yoga w/ Katrina
10:00 Improved Line Dancing
10:00 Age Friendly Wellness Counsel
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/ Katrina
10:00-11:00 Blood Pressure Checks
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:00 Coloring with Carol
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

4

Holy Toledo Trip Departs
11:15 Sassy Exercise
12:15 GCCARD Lunch
1:00 Foam Rolling
3:00 Intermediate Line Dance
6:00 Setback

Taxes by appt

5

8:45 Yoga w/ Katrina
10:00 Tai Chi
10:00 White Elephant Bingo
11:15 Toning
12:15 GCCARD Lunch
2:00 TOPS Meeting
3:00 Zumba
6:00 Euchre

6

9:30 Drums Alive
11:00 Arthritis Exercise
12:15 GCCARD Lunch
1:00 Bracelet Making
1:30 Empowered Caregiver Series

Taxes by appt

9

8:45 Beginner Yoga w/ Katrina
10:00 Improved Line Dancing
10:00 Visually Impaired Support Group
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
3:00 Trusts with Marli
5:00 Hand, Knee & Foot

10

Mystery Dinner #1
8:45 Yoga w/ Katrina
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:00 Coloring with Carol
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

11

10:00 Board Meeting
11:15 Sassy Exercise
12:15 GCCARD Lunch
3:00 Intermediate Line Dance
6:00 Setback

Taxes by appt

12

Hearing Screening by Appt
8:45 Yoga w/ Katrina
10:00 Tai Chi
10:00 Bingo
11:15 Toning
12:15 GCCARD Lunch
1:30 Marilyn Monroe Tribute
2:00 TOPS Meeting
3:00 Zumba
6:00 Euchre

13

Michigan Heros & Zehender's Trip
9:30 Drums Alive cancelled
11:00 Arthritis Exercise cancelled
12:15 Valentines Lunch

Taxes by appt

16

Ikea & HomeGoods Trip
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 John Cherry
1:45 Stretch & Balance
3:00 Basic Line Dancing
5:00 Hand, Knee & Foot

17

Mystery Dinner #2
8:45 Yoga w/ Machelie
10:00 Knitting Group
10:00 Grocery Bag Crochet
10:00 Tai Chi
11:00 Coloring with Carol
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

18

Legal Services by appt
11:15 Sassy Exercise
12:15 GCCARD Lunch
3:00 Intermediate Line Dance
6:00 Setback

Taxes by appt

19

SWG Arts & Crafts Competition
8:45 Yoga cancelled
10:00 Tai Chi cancelled
11:15 Toning cancelled
12:15 GCCARD Lunch cancelled
2:00 TOPS cancelled
3:00 Zumba cancelled
6:00 Euchre

20

9:30 Drums Alive
10:00-2:00 Mobile Secretary of State
11:00 Arthritis Exercise
12:15 GCCARD Lunch
1:00 Quilling

Taxes by appt

23

8:45 Beginner Yoga w/ Amy
 10:00 Improved Line Dancing
 11:15 Sassy Exercise
 12:15 GCCARD Lunch
 1:00 Crochet Group
 1:45 Horse Race
 3:00 Stretch & Balance
 5:00 Basic Line Dancing
 5:00 Hand, Knee & Foot

24

Mystery Dinner #3
 8:45 Yoga w/ Katrina
 10:00 Knitting Group
 10:00 Grocery Bag Crochet
 10:00 Tai Chi
 11:00 Coloring with Carol
 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 Cardlo
 3:15 Dominoes
 6:00 5-Handed Euchre

25

9:30 Alzheimer's Support Group
11:00 Grief Support Group
 11:15 Sassy Exercise
 12:15 GCCARD Lunch
 3:00 Intermediate Line Dance
 6:00 Setback

Taxes by appt

26

8:45 Yoga w/ Amy
 10:00 Tai Chi
10:00 Bingo
 11:15 Toning
 12:15 GCCARD Lunch
12:30 Nutrition as we Age
 2:00 TOPS Meeting
 3:00 Zumba
 6:00 Euchre
6:00 Movie Night

27

Chair Massage by Appt
 9:30 Drums Alive
 11:00 Arthritis Exercise
12:00 Lunch with the Commissioner
12:15 GCCARD Lunch cancelled
1:00 Bracelet Making

Taxes by appt

*Affirmations
 Corner:*
 take what
 you need!



Heart Attack Warning Signs

Many people having a heart attack wait more than three hours before seeking help. Some people feel it would be embarrassing to have a "false alarm." Others are so afraid of having a heart attack that they tell themselves they aren't having one. These feelings are easy to understand, but they're also very dangerous. If you or someone close to you shows signs of a heart attack, call 911 and get help right away!

Warning Signs of Heart Attack:

- Chest Discomfort
- Pain in arms, back, neck, jaw or stomach
- Shortness of Breath
- Sweat, headache, or nausea

Board Meeting Notice

The next board meeting will be held on **Wednesday, February 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

All Exercise: February 13th & February 19th

Congregate February Menu 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2	 2	 2	 2	 2
Meatloaf w/Gravy Redskin Mashed Potatoes-4 oz. Sweet Green Peas-4 oz. Fresh Apple Multi-Grain Roll Margarine Milk	HM White Chicken Chili-8 oz Whole Kernel Corn-4 oz. Mini Corn Muffin Pear Cup Margarine 100% Fruit Juice 	Turkey Tetrazzini-8 oz. Chuck Wagon Veggies-4 oz. Key West Vegetable Blend-4 oz. Strawberry Applesauce Potato roll Milk	Sweet & Sour Pork Loin California Blend-4 oz. Rosemary Potatoes-4 oz. Pineapples Dinner Roll Margarine. 100% Fruit Juice	Turkey, Ham & Cheese Sub Pasta Salad-4 oz. Baby Carrots-4 oz. WG Bun Mandarins-4 oz. Mayo & Mustard Milk
9	10	11	12	13
Cheese Ravioli w/Meat Sauce Cauliflower-4 oz Diced Carrots-4 oz. Peaches-4 oz Potato Roll Margarine Milk	HM Beef Stew-6 oz. w/ Stewed Vegetables Green Beans-4 oz. Warm Peaches-4 oz. Biscuit 100% Fruit Juice	Chicken Parm Sandwich Potato wedges-4 oz. Mixed Veggies-4 oz. Diced Pears-4 oz. WG Bun Margarine Milk 	Potato Soup w/Ham & Bacon-8 oz. Sweet Corn-4 oz. Corn Muffin Fresh Orange Margarine. 100% Fruit Juice Cookie of the Month	Baked Fish in Lemon Cream Sauce Rice Pilaf-4 oz. Veggie Blend-4 oz. Mixed Fruit Salad-4 oz. Hawaiian Roll Margarine Milk 
16	17	18	19	20
 23	HM Sloppy Joes-3 oz. Veggie Blend-4 oz. Cauliflower-4 oz. Golden Apple WG Bun Margarine 100% Fruit Juice	Tangerine Chicken in Stir Fry Vegetables-6 oz. Crinkle Cut Carrots-4 oz. Brown Rice-4 oz. Diced Pineapples-4 oz. Potato Roll Margarine Milk	Swartz Creek Area Senior Center GCCARD Lunch CANCELLED	Artisan Mac & Cheese-8 oz Stewed Tomatoes-4 oz Steamed Broccoli-4 oz Potato Roll Margarine Diced Pears-4 oz. Milk 
23	24	25	26	27
Breaded Chicken Sandwich Diced Potatoes-4 oz. Winter Blend Veggies-4 oz. Apricots-4 oz. Wheat Bun Margarine Milk	Chef Salad w/Turkey, Cheese & Eggs-3 oz. Romaine Lettuce-4 oz. Sliced Cucumbers-4 oz. Fruit Cocktail-4 oz. Flatbread Half 100% Fruit Juice 	HM Goulash-8 oz. Spinach-4 oz. Baby Carrots-4 oz. Fresh Apple Corn Bread Margarine Milk	Chicken & Sausage Jambalaya w/Brown Rice Corn Bake-2 oz. Green Beans-4 oz. Diced Peaches-4 oz. 100% Fruit Juice	Swartz Creek Senior Center GCCARD Lunch CANCELLED Lunch with the Commissioner

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.

Dominoes

Tuesday, 3:15 - 5:15 pm

Each time a player places a domino on the table in Mexican Train, 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

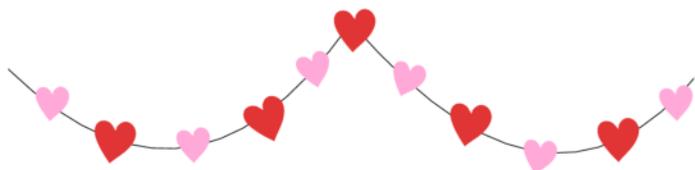
The Swartz Creek Area Senior Center has adopted a policy of non-discrimination in all programs, services and employment. No one shall be excluded on the basis of race, color, national origin sexual orientation, religion, age, marital status, veteran and military status or disability unless required by 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.

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 February event on January 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.



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 & Mabelle 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.

Sign Up is required as seats are limited, please call the Monday before class to RSVP.

Stretch & Balance

Monday, 1:45-2:45 pm

Instructor: Darci

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

Beginner Cardio

Tuesday: 2:30-3:30 pm

Instructor: Darci

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

Zumba

Thursdays, 3:00- 4:00 PM

Instructor: Kimberly Worchal-Smith

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

Chair Zumba

Tuesdays, 1:00-2:00 PM

Instructor: Kimberly Worchal-Smith

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

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, 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, 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, February 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

Thursday, February 12th by appointment

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

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

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 810-635-4122 for appointment

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

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

Benefits include:

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



Blood Pressure Checks

Tuesday, February 3rd from 10:00-11:00 AM

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

Senior Dining by GCCARD

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

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

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

Incontinence Supplies

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

Loan Closet

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

Visually Impaired Support Group

Monday, February 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 struggled you share.



Age Friendly Wellness Council

Monday, February 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, February 25th 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, February 25th 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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Swartz Creek Area Senior Center



8095 Civic Dr. Swartz Creek, MI 48473

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

Friday 9:00 AM - 4:00 PM

Phone: 810-635-4122

Fax: 810-635-9405

Website: www.myscasc.org

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Holly Trickey, Program Coord.

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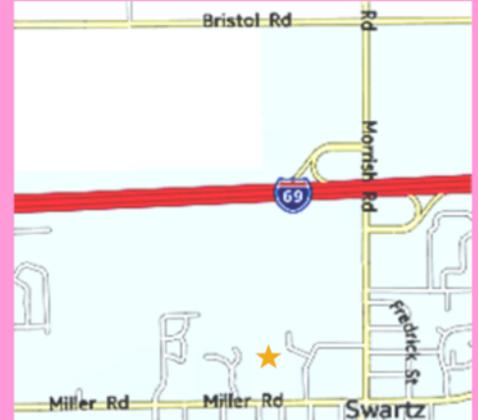
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Swartz Creek, MI 48473