

Swartz Creek

AREA SENIOR CENTER

APRIL 2025 NEWS

VOLUME 25, ISSUE 4



"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

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SENIOR CARE &
REHAB CENTER



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15-0694

UPCOMING EVENTS

SWARTZ CREEK
SENIOR CENTER

CONEY & SLOPPY JOE LUNCH

AND BAKE SALE FUNDRAISER

**THURSDAY,
APRIL 24TH**

LUNCH

11:00 AM to 1:00 PM

BAKE SALE

11:00 AM to 4:00 PM



**OPEN TO
EVERYONE!**

Bring your
friends and
family!

**HELP
WANTED!**

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



\$8

**PER PERSON
AT THE DOOR**

CONEY OR SLOPPY JOE

CHIPS & PICKLE

DESSERT

REFRESHMENTS

BAKE SALE

**YOU PICK
YOUR PRICE!**

CAKES

COOKIES

BREADS

PIES

AND MORE!

UPCOMING EVENTS

JOIN US FOR OUR

Easter LUNCH

THURSDAY, APRIL 17TH
AT 12:15 PM

Menu

GLAZED HAM
FRIED CABBAGE
MASHED SWEET POTATO
MAC & CHEESE
CHERRY CRISP

PLEASE RSVP BY APRIL 4TH

LUNCH PROVIDED BY GCCARD
FOR THOSE OVER 60: \$3 DONATION IS REQUESTED
UNDER 60 AND/OR OUTSIDE OF GENESEE COUNTY:
\$6 FEE



Estate Planning

with the Legal Services of Eastern Michigan

**Thursday, April 10th
at 1:30 PM**

Join Seth Neblock, Senior Law Advocate to learn:

- How to protect the assets you leave behind
- Ensuring your family does not encounter unforeseen legal challenges
- Making your wishes about healthcare decisions known to your loved ones
- The importance of legally naming guardians so the decision is not left up to the courts

RSVP by April 3rd

APRIL Bingo

THURSDAY, APRIL 3RD
AT 10:00 AM

White Elephant Bingo
Please bring a wrapped prize either from your home or bought for under \$10.
Presented by Swank Assited Living

THURSDAY, APRIL 10TH
AT 10:00 AM

Presented by A & D Home Health

FRIDAY, APRIL 25TH
AT 10:00 AM

Presented by Molina Healthcare
Followed by an optional Medicare 101 Q+A

MICHIGAN STATE UNIVERSITY | Extension



Mindfulness for Better SLEEP

This program combines the benefits of **Mindfulness** and **Sleep Education for Everyone**. Mindfulness has been shown to reduce stress-related symptoms such as worry, depression, physical tension, and may be helpful in managing chronic conditions. Participants will also learn techniques to improve the quality and quantity of their sleep.

The program consists of **6,90- minute** sessions. Each session will include:

- Mindfulness lesson
- Mindfulness practice
- Sleep education: pain and sleep, sleep hygiene, techniques to improve sleep
- Goal setting

**Wednesdays
April 16 –
May 21
1:30 – 3:00 PM**

RSVP by April 9th

TRIPS

Taste of Michigan's Sunrise Side

Thursday, June 19th, 2025

\$119.00 per person

Round trip, stop for breakfast at The Rose City Cafe, dinner at Iva's Famous Chicken Dinner, stop at Fairview Organic Maple Syrup, Amish Creamery, wine tasting at Rose Valley Winery, and stop at Sherni's Candies.

Prepay by 5/28/25

Huron Lady 2 Summer Cruise

Tuesday, July 22nd, 2025

\$124.00 per person

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

Prepay by 6/9/25

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

St. Sabbas A Royal Tea Luncheon

Tuesday, September 9th, 2025

\$105.00 per person

Round trip to St. Sabbas Monastery, tour of their gardens, Tea Luncheon at the Royal Eagle, and shop for tasty treats at Sanders Chocolates & Ice Cream.

Prepay by 8/11/25

NEW!

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

NEW!

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



MAXWELL THERAPY

SPRING into Motion

**MONDAY, APRIL 14TH
AT 1:30 PM**

SHAKE OFF THOSE WINTER BLUES AND SPRING INTO ACTION:

- SIMPLE EXERCISES TO REBUILD STRENGTH
- GENTLE STRETCHES FOR MUSCLES
- TIPS FOR IMPROVING BALANCE
- SAFE WAYS TO EASE INTO ACTIVITIES LIKE GARDENING AND WALKING

RSVP BY APRIL 7TH



LAVIGNE HOME FOR COMPASSIONATE CARE

Meet with LaVigne home to learn how they provide **FREE** hospice care to their patients through community support.

Learn how the process works for admission and/or how you can help their mission!

**MONDAY,
April 21st
1:30 PM**



LaVigne Home
for Compassionate Care

RSVP BY APRIL 14TH

GOT KNEE PAIN?

VASCULAR

INSTITUTE OF MICHIGAN

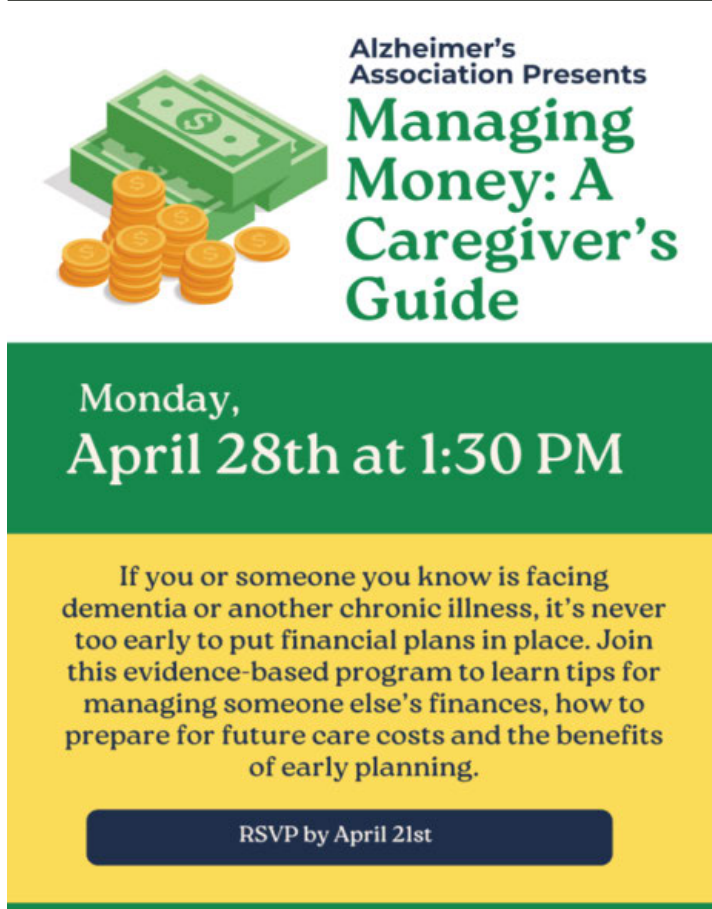
**FRIDAY, APRIL 4TH
AT 1:30 PM**



- Discuss different causes of knee pain
- What treatments are available
- Learn about Genicular Artery Embolization, which is a non-surgical and outpatient treatment for Osteoarthritis



RSVP BY APRIL 1ST



Alzheimer's Association Presents

Managing Money: A Caregiver's Guide

**Monday,
April 28th at 1:30 PM**

If you or someone you know is facing dementia or another chronic illness, it's never too early to put financial plans in place. Join this evidence-based program to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

RSVP by April 21st

UPCOMING EVENTS

MOLINA INSURANCE Q+A



**Thursday, April 3rd
at 1:30 PM**

Discover your Healthcare options with Agent Andre Jones. This informative session will break down the changes in Molina health coverage benefits in doctor visits, prescription coverage, and preventative care.

RSVP by March 28th

CARD MAKING *with Linda Evans*

**Friday, April 25th
at 1:30 PM**

- Make and take 3-5 handmade cards
- All Supplies included
- Bring your own scissors and adhesive if able

**\$5
per
person**

FENTON MASSAGE CO

CHAIR MASSAGES

FRIDAY, APRIL 4TH

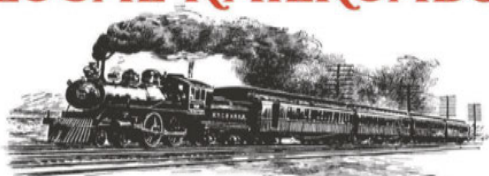
10 Minute chair
massages available
by appointment

Cost
If 60 or older: \$5
If under 60: \$10

PREPAY BY APRIL 1ST

Presented by the Genesee District Library

LOCAL RAILROADS



**Thursday, April 24th
1:30 - 2:30 PM**

Dive into the history of railroads that helped shape our region and state. Covering the 1850s and 1860s.

RSVP by April 17th

Parkinsons Disease

**Wednesday,
April 23rd
at 10:00 AM**

Join CorsoCare RN to learn:

- Diagnostic process for Parkinson's Disease
- Treatments & Research
- Helpful tips for daily living
- Exercises that can help

RSVP by April 16th

PRESENTED BY A & D HOSPICE

THE IMPORTANCE OF HOSPICE FOR FAMILIES

What role Hospice agencies have in the grief and bereavement process for families and patients.

**FRIDAY,
APRIL 7TH
AT 1:30 PM**

RSVP by April 1st






Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1</p> <p>8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre</p>	<p>2</p> <p>11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> <p>Taxes by appt</p>	<p>3</p> <p>8:45 Yoga w/ Katrina 10:00 Tai Chi 10:00 White Elephant Bingo! 11:15 Toning 12:15 GCCARD Lunch 1:30 Molina Q & A 6:00 Euchre</p>	<p>4</p> <p>Chair Massages 10:00 Visually & Hearing Impaired Support Group 11:00 Arthritis Exercise cancelled 12:15 GCCARD Lunch 1:30 Vascular Institute of Michigan</p> <p>Taxes by appt</p>
<p>7</p> <p>8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 10:00 Age Friendly Wellness Council 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Grief with A & D 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>8</p> <p>Firekeepers Trip Departs 8:45 Yoga cancelled 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre</p>	<p>9</p> <p>10:00 Board Meeting 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p> <p>Taxes by appt</p>	<p>10</p> <p>8:45 Yoga w/ Amy 10:00 Tai Chi 10:00 Bingo 11:15 Toning 12:15 GCCARD Lunch 1:30 Estate Planning 6:00 Euchre</p>	<p>11</p> <p>11:00 Arthritis Exercise 12:15 GCCARD Lunch</p> <p>Taxes by appt</p>
<p>14</p> <p>8:45 Beginner Yoga w/ Amy 10:00 Improved Line Dancing 11:15 Sassy Exercise 1:00 Crochet Group 1:00 Horse Race 1:30 Spring into Movement 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot</p>	<p>15</p> <p>Auto Barons Trip Departs 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 3:15 Dominoes 6:00 5-Handed Euchre</p>	<p>16</p> <p>Legal Services by Appt. 9:30 Alzheimer's Support Group 11:00 Grief Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Mindful Sleep 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback</p>	<p>17</p> <p>8:45 Yoga cancelled 10:00 Tai Chi cancelled 11:15 Toning cancelled 12:15 Easter Lunch 6:00 Euchre</p>	<p>18</p> <p>EGG HUNT</p> <p>WE ARE CLOSED!</p>

Monday

Tuesday

Wednesday

Thursday

Friday

21 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:00 Crochet Group 1:00 Horse Race 1:30 Hospice with LaVigne 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	22 Fredrick Meijer's Trip Departs 8:45 Yoga w/ Machelle 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 3:15 Dominoes 6:00 5-Handed Euchre	23 10:00 Parkinson's Disease 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Mindful Sleep 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	24 8:45 Yoga cancelled 10:00 Tai Chi cancelled 11:00-1:00 Coney Lunch 11:00-4:00 Bake Sale 11:15 Toning cancelled 12:15 GCCARD Lunch 1:30 Local Railroads 3:00 Book Club 6:00 Euchre	25 Hearing Screening by Appt 10:00 Bingo 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:30 Card Making
28 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 Money Management for Caregivers 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot	29 8:45 Yoga w/ Katrina 10:00 Knitting Group 10:00 Grocery Bag Crochet 10:00 Tai Chi 11:15 Toning 12:15 GCCARD Lunch 12:30 Mah-Jongg 1:00 Wood Carving 1:30 Euchre 2:30 Beginner Cardio 3:15 Dominoes 6:00 5-Handed Euchre	30 11:15 Sassy Exercise 12:15 GCCARD Lunch 1:30 Mindful Sleep 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly 6:00 Setback	<div> <div> SENIOR POWER DAY 2025 Join us at Crossroads Village for this year's Senior Power Day! Enjoy lunch, giveaways, resources, and more! Tickets can be purchased at your local senior center, VAAA's office in Flint, or can be purchased on the day at Crossroads Village. WEDNESDAY, MAY 21ST 9:00 AM - 2:00 PM Our center will be providing limited transportation to this event. Call us if interested! </div> <div> \$5 PER PERSON </div> </div> <div>  <p>VALLEY AREA AGENCY ON AGING 810-239-7671</p> </div>	

Board Meeting Notice

The next board meeting
will be held on Wednesday,
April 9th 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: April 4th
Yoga: April 8th, 17th & 24th
Tai Chi: April 17th & 24th
Toning: April 17th & 24th
We are Closed: April 18th



Congregate April Menu 2025

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie</p>	<p>Antipasto Salad w/Pepperoni Salami, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice</p> 	<p>Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk</p>	<p>HM Creamy Tortellini & Beef Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice</p>	<p>Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p> 
<p>7</p> <p>Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie</p> 	<p>8</p> <p>Chicken Parmesan w/Spaghetti Steamed Broccoli Sliced Peas Mixed Vegetables Wheat Roll Margarine 100% Fruit Juice</p>	<p>9</p> <p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Peas Hotdog Bun Mustard Packet Milk</p> 	<p>10</p> <p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>11</p> <p>HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk</p>
<p>14</p> <p>Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk</p>	<p>15</p> <p>Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice</p>	<p>16</p> <p>Turkey & Cheese Sandwich Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Bun Dressing Packet Milk</p>	<p>17</p> <p><i>Easter Luncheon</i> Glazed Ham Fried Cabbage Mashed Sweet Potatoes Brownie HM Cherry Crisp Wheat Roll & Margarine 100% Fruit Juice</p> 	<p>18</p>
<p>21</p> <p>Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Margarine Milk</p> 	<p>22</p> <p>Ham Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice</p>	<p>23</p> <p>Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine Milk</p> 	<p>24</p> <p><i>Nonna's Appetet</i> Chef's Choice</p>	<p>25</p> <p>Chipotle Bowl w/Beef & Beans Over Mexican Rice w/HM Pico Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk</p> 
<p>28</p> <p>HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk</p>	<p>29</p> <p>Italian Grinder Wrap w/Pepperoni, Salami & Ham Lettuce, tomatoes, onions Pasta Salad Diced Pineapples Tomato Tortilla Italian Dressing Packet 100% Fruit Juice</p>	<p>30</p> <p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard Milk</p> 	<p>GENESEE COUNTY</p> 	<p>Valley Area Agency On Aging <i>Advocates, Action, & Advocacy for All Things Senior!</i></p> 

Senior Dining by GCCARD

Meals are served Monday- Friday at 12:15 PM here at the center.
Reservations must be made by Noon the day before, for Mondays, you must call by the Friday before.

Call the center at 810-635-4122 (Note: meals for special events may require up to two weeks advance reservation).
Persons residing in Genesee County who are 60 and older, and their spouse regardless of age, are eligible for a free meal. Donations are always appreciated.

Requested donation is \$3.00

Persons under 60 or live outside of Genesee County: \$6.00

Dine in
ONLY!

Join us for
LUNCHEON

PROGRAMS & EVENTS

Hand, Knee, and Foot

Monday, 5:00- 8:15 pm

Similar to a card game named 'Canasta' the main difference is the number of cards that players need in order to start playing. Score more points than the other teams within four hands.



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.

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

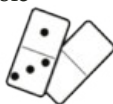
Tuesday, 6:00 pm-8:15 pm

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- 5:30 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!

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.

BOOK
Club

Find Your Next Great Read!

APRIL 24TH 3:00 PM

NO RSVP REQUIRED

THE CARNEGIE'S MAID BY MARIE BENEDICT

Please purchase/borrow book and read prior to attending

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

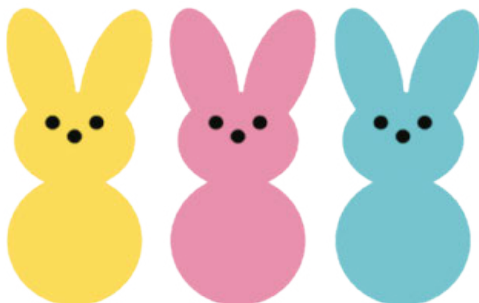
A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. This class helps with balance and coordination.

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 PM

Wednesday, 5:00-6:00 pm

Instructor: Kimberly Worchal-Smith

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.

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, April 16th 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, April 25th 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

Friday, April 4th 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, April 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

Wednesday, April 16th 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, April 16th 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.





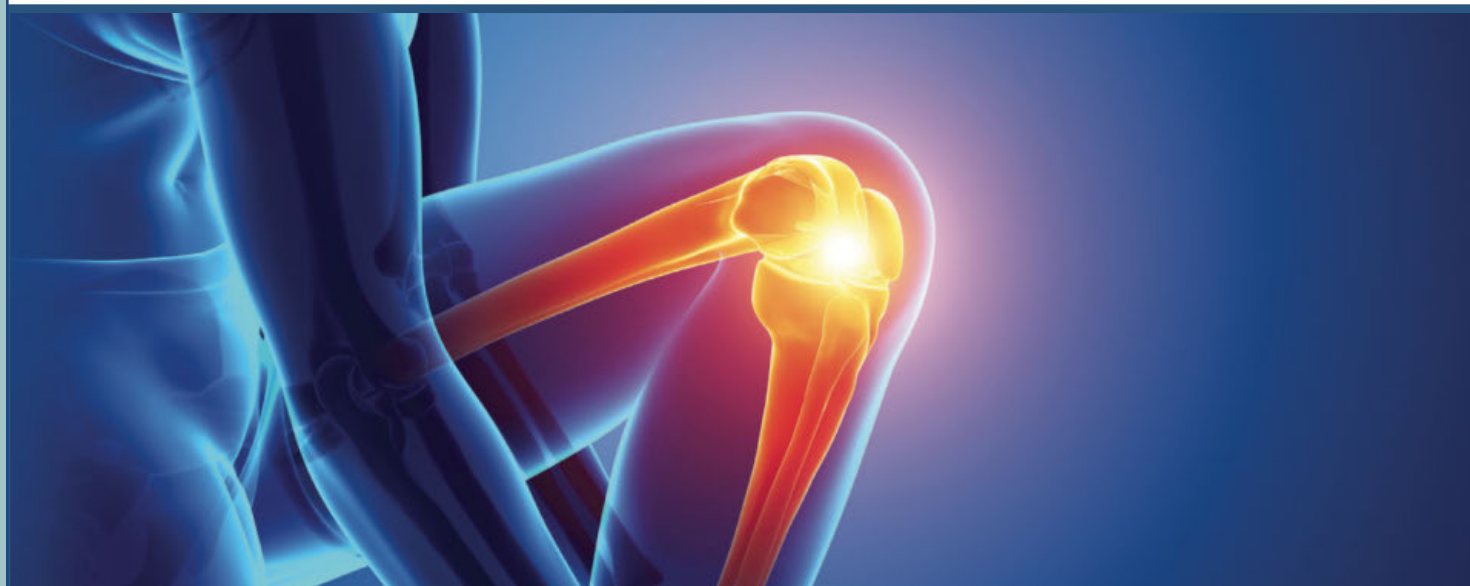
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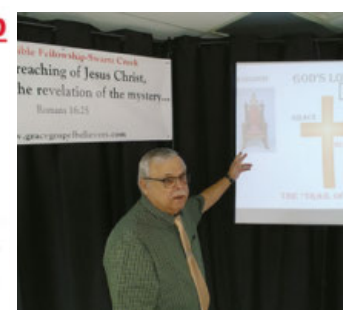
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Swartz Creek Area Senior Center



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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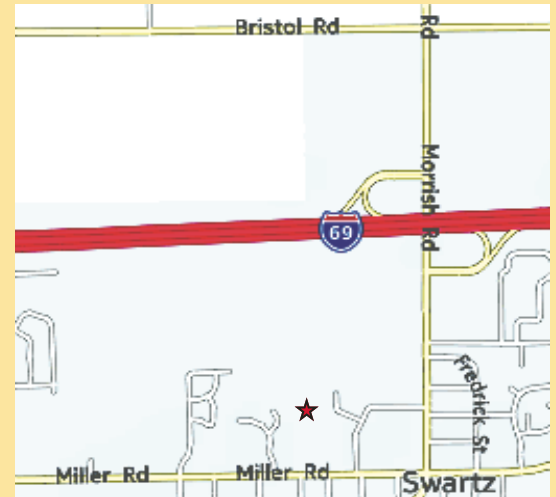
STAFF

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