

AUGUST 2025 NEWS VOLUME 25, ISSUE 8



"This program and/or service is partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work."



RETIREMENT

Flint Township Senior Living at Genesee Gardens

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(810) 720-4159 ext. 2

www.geneseegardens.com



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UPCOMING EVENTS



Jerry & Di Ammerman, delicious food catered by Jay E Jacobs, and lots of fun! We will be hosting 2 Luau's this year so more of you can join. You may only sign up for one night as we have limited seating!

Wednesday, August 13th at 5:00 PM Thursday, August 14th at 5:00 PM

<u>MENU</u>

Hawiian Chicken
Pulled Pork
Mango Salsa
Cole Slaw
Fried Rice with Spam
Fruit Skewers
Sweet Rolls
Dessert

Lea Anne's Mocktail Margarita Bar Presented by Centerwell Home Health

PER PERSON AT TIME OF SIGN UP

Prepay by August 6th

LUNCH WITH THE COMMISSIONER



Dale Weighill

FRIDAY, AUGUST 29TH AT 12:00 PM

JOIN US FOR LUNCH AND HEAR THE COUNTY UPDATES AND ASK YOUR QUESTIONS! WE WILL BE HAVING ENZOS PIZZA AND SALAD.

RSVP BY AUGUST 22ND



Thursday, August 7th at 10:00 AM White Elephant Bingo

Please bring a wrapped preloved item from your home or a bought prize under \$10

> Thursday, August 14th at 10:00 AM

Presented by Symphony of Linden







Our Services

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

Friday, August 29th 10 am to 2 pm

OF STATE

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

810-635-4122

FRIDAY, AUGUST 15TH AT 1:00 PM

JOIN JOANN TO CREATE A BEAUTIFUL, ONE OF A KIND, GLASS BEAD BRACELET. ALL SUPPLIES ARE INCLUDED!

> \$5 PER PERSON AT TIME OF SIGN UP



Friday, August 22nd by appointme

Presented by Fenton Massage Co. Make a 10-minute chair massage appointment while Lacey helps you relax with an upper body massage. Great for those sore and tight muscles.





Swartz Creek Area Senior Center



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

Travel Policy

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

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

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

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.

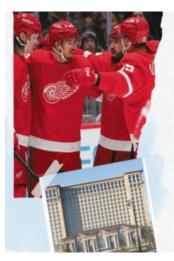
Prepay by 10/27/25

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



Let us know if you'd be interested in these trips:

We are taking a look at trips for 2026, and a couple would require us to make a deposit, so we'd like to know if they would be worth the risk!

- 1.) Detroit Red Wings Game
- 2.) Michigan Central Station & Greek Town District

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



UPCOMING EVENTS

Presented by Maxwell Therapy

STEP SAFELY INTO FALL

As we approach the fall season, let's focus on staying safe and steady!

You will learn:

- Balance Basics
- Mobility Tips
- Fall Prevention Strategies
- · Therapeutic Modalities
- Personal Guidance

MONDAY, AUGUST 11[™] **AT 1:30 PM**

RSVP BY AUGUST 4TH



Presented by CORSO CARE

BLOOD PRESSURE CHECKS

Corso Care will be here on the 1st Wednesday of every month from 10:00 AM to 11:00 AM to do free, walk in, blood pressure checks!



Wednesday, August 6th 10:00 AM to 11:00 AM

Presented by the Alzheimer's Ássociation

NEW ADVANCES IN

THURSDAY, AUGUST 21ST AT 1:30 PM

There has been a lot in the news recently about new treatment advances. In this program we will discuss FDA-approved treatments for Alzheimer's disease; the impact of anti-amyloid treatments on the brain, their potential benefits and side effects; and the pathways to access treatment.

RSVP BY AUGUST 14TH



GRANDPARENTS EASY OVEN BAKEOFF

Each team will consist of a grandparent and grandchild. They will prepare their own cake batter and frosting using provided supplies. The participants will have 1 hour to complete their masterpiece for the judges. Cakes are judged on decoration only!

Thursday, August 28th• 4 PM to 6 PM \$15 per team at time of sign up

PROVIDED ITEMS INCLUDE: CAKE MIXES, EGGS, FROSTING. FOOD COLORING, UTENSILS, COOKING MITT, BOTTLED WATER, COOKIE SHEET, SPRAY OIL, ULTIMATE EASY BAKE OVEN. YOU BRING THE FUN!

A 1st, 2nd, & 3rd place ribbon will be given to the winners!

Prepay by August 21st

UPCOMING EVENTS



GREAT LAKES LOONS GAME FRIDAY, AUGUST 8TH

DEPART: 05:30 PM RETURN: 10:30 PM INCLUDES ROUND TRIP TRANSPORTATION AND TICKETS FOR THE GREAT LAKES LOONS VS LANSING LUGNUTS!

MYSTERY DINNER TUESDAY, AUGUST 12TH

DEPART: 4:30 PM RETURN: 7:30 PM

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

ER PERSO

\$5

PER PERSON

MONTROSE ORCHARD & BOB EVANS TUESDAY, AUGUST 5TH

DEPART: 8:00 AM RETURN: 1:30 PM

COST INCLUDES TRANSPORTATION TO BOB EVANS IN BIRCH RUN AND MONTROSE ORCHARDS. HAVE BREAKFAST AT BOB EVANS AND ENJOY FREE TIME TO PICK BLUEBERRIES AND SHOP AND THE ORCHARD. COST DOES NOT INCLUDE YOUR BREAKFAST OR BERRY PICKING.

RSVP while spots are available, payment must be made at time of sign up! Refunds are only available if spot can be filled.



Energy Smart Seniors with Consumers Energy

Date:

Friday, August 22 Time

1:30 p.m.

Benefits for attending seniors:

- Learn easy, low-cost ways to use less energy which will save you money on your energy bill.
- · Learn tips to be safe with electricity and natural gas.
- · Receive a FREE kit with contents to save money and energy in your home.
- · Learn about additional energy efficiency and assistance programs.
- *Count on us to help you save energy.

RSVP by August 15th





Counsumers Energy
Count on Us



PAINTING WITH JANIS

MONDAY, AUGUST 25TH AT 1:30 PM

Join Janis as she walks you through a simply beautiful painting. All supplies are included!

\$15 PER PERSON

Prepay by August 18th



URINARY TRACT INFECTIONS 101

Monday, August 18th at 1:30 PM

Presented by Advisa Care

Come join us to learn about signs and symptoms of a UTI, treatment options, and risks older adults may face when they have a UTI.



RSVP by August 11th

rombn

Wednesday Watch the Clock: remember that the sun shines most directly Tuesday 3 Monday

Thursday

Friday

OLDER ADULTS SUN SAFET) **TIPS FOR**



sure to choose a bottle that's labeled SPF 15 or higher. It should also Get to know your sunscreen: When shopping for sunscreen, make be marked with the words "Blocks UVA and UVB". Apply at least 20 between 10 am and 4 pm. That means it may be better to schedule outdoor activities in the morning or evening, when possible. 9

minutes before heading outside and reapply every 2 hours.

3

Eye Protection: On the brightest days, sunlight can cause long-term impairment. That's why it's always a good idea to carry a pair of damage to our eyes as well, causing cataracts and vision sunglasses to ensure your eyes are covered.

1:00 Matter of Balance 11:00 Arthritis Exercise 12:15 GCCARD Lunch STAY RADIANT! STAY SAFE

11:00 Arthritis Exercise cancelled 1:00 Matter of Balance 12:15 GCCARD Lunch **Loons Baseball Trip**

 ∞

10:00 White Elephant Bingo

8:45 Yoga w/ Amy

9

10:00 Tai Chi

10:00-11:00 Blood Pressure Screenings

9:00 Zumba

12:15 GCCARD Lunch

6:00 Euchre

5:00 Zumba w/ Kimberly cancelled

5:00 Setback

3:00 Intermediate Line Dance

12:15 GCCARD Lunch 11:15 Sassy Exercise

11:15 Toning

10:00 Grocery Bag Crochet **Montrose Orchard Trip** 8:45 Yoga w/ Katrina 10:00 Knitting Group 11:15 Toning 12:15 GCCARD Lunch 1:00 Wood Carving 12:30 Mah-Jongg 10:00 Tai Chi 1:30 Euchre 10:00 Age Friendly Wellness Group 8:45 Beginner Yoga w/ Katrina 10:00 Improved Line Dancing 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot 1:45 Stretch & Balance 12:15 GCCARD Lunch 11:15 Sassy Exercise 1:00 Crochet Group 1:00 Horse Race

6:00 5-Handed Euchre **Mystery Dinner Trip** 2:30 Beginner Cardio 4:30 Dominoes

3:00 Intermediate Line Dance cancelled 5:00 Zumba w/ Kimberly cancelled 11:15 Sassy Exercise cancelled 9:00 Zumba cancelled 12:15 GCCARD Lunch 10:00 Board Meeting 6:00 Setback 5:00 Luau!

10:00 Grocery Bag Crochet

12:15 GCCARD Lunch

11:15 Toning 10:00 Tai Chi

1:00 Wood Carving

3:00 Basic Line Dancing 5:00 Hand, Knee & Foot

1:30 Maxwell Seminar 1:45 Stretch & Balance

1:00 Horse Race

1:30 Euchre

12:30 Mah-Jongg

6:00 5-Handed Euchre

2:30 Beginner Cardio

4:30 Dominoes

8:45 Yoga w/ Machelle

10:00 Improved Line Dancing 8:45 Beginner Yoga w/ Amy

12:15 GCCARD Lunch

1:00 Crochet Group

11:15 Sassy Exercise

11

10:00 Knitting Group

15 1:00 Matter of Balance 11:00 Arthritis Exercise 1:00 Bracelet Making 12:15 GCCARD Lunch 14 11:15 Toning cancelled 10:00 Tai Chi cancelled 8:45 Yoga cancelled 10:00 Bingo 6:00 Euchre 5:00 Luau! 13

22	tion tip	53	ate
	Hearing Screening by Appt Chair Massages by Appt 11:00 Arthritis Exercise 12:15 GCCARD Lunch 1:00 Matter of Balance 1:30 Consumer's Energy Presentation		10:00-2:00 Mobile Secretary of State 11:00 Arthritis Exercise 12:00 Lunch with Commissioner 12:15 GCCARD Lunch cancelled
71		28	
	Legal Services by Appt 8:45 Yoga w/ Katrina 10:00 Tai Chi 12:15 GCCARD Lunch 1:30 Advances in Alzheimer's 6:00 Euchre		8:45 Yoga w/ Katrina 10:00 Tai Chi 12:15 GCCARD Lunch 1:30 Easy Bake Off 6:00 Euchre
20		27	2
	9:00 Zumba 9:30 Alzheimer's Support Group 11:00 Grief Support Group 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly cancelled 6:00 Setback		Huron Lady 2 Trip Departs 9:00 Zumba 11:15 Sassy Exercise 12:15 GCCARD Lunch 3:00 Intermediate Line Dance 5:00 Zumba w/ Kimberly cancelled 6:00 Setback
19	4	26	
	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 4:30 Dominoes 6:00 5-Handed Euchre		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 1:30 Euchre 2:30 Beginner Cardio 4:30 Dominoes 6:00 5-Handed Euchre
4		25	×
	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 UTI Seminar 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot		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 Painting with Janis 1:45 Stretch & Balance 3:00 Basic Line Dancing 5:00 Hand, Knee & Foot

Friday

Thursday

Wednesday

Tuesday

Monday

Board Meeting Notice

The next board meeting will be held on Wednesday, August 13th 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: August 8th All Exercise: August 13th & 14th Zumba PM: Month of August



CONGREGATE MEAL MENU - AUGUST 2025

Menu Subject to Change Based on Product Availability and Quality Standards

FRIDAY	Turkey Polish Sausage Veggie Blend Potatoe Wedges Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk	Turkey Burger w/Cheese Broccoli Florets Mixed Vegetables Whole Wheat Bun Tropical Fruit Salad Milk	14 15	Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll Margarine	21 22	Fish Taco w/Roasted Corn Salsa Scalloped Potatoes Cole Slaw Mixed Fruit Salad Tortilla shell Lemon Juice pk	28 29	GCCARD Lunch Cancelled! Lunch with the Commissioner at Noon RSVP by calling us at 810-635-4122
THURSDAY	AUGUST	BBQ Chicken Thighs Southern Style Green Beans Key West veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice		Sloppy Joe Rosemary Potatoes Winter Blend Vegetables Wheat Bun Golden Apple Margarine 100% Fruit Juice		Pepper Steak w/Veggres 4 oz. Asian Rice Blend 4 oz. Succotash Veggie Blend 4 oz. Wheat Roll Tropical Fruit Salad 4 oz. Margarine 100% Fruit Juice Cookie of The Month Open		Face Turkey Sandwich Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast Margarine 100% Fruit Juice
WEDNESDAY	GENESEE TOOUNTY	6 Chicken Caesar Salad w/Romaine Cucumber Slices Pita Pocket Half Caesar Dressing Pkt. Fruit Cocktail Milk	13	Smothered Fried Chicken Really!?! Green Beans Mashed Potatoes Corn Muffin Mandarin Orange Margarine	20	Chef's Choice	72	HM Beef Goulash Cauliflower Scandanavian Blend Veggies Garlic Roll Fresh Orange Margarine
MONDAY	Valley Area Agency On Aging Answers, Action & Advocacy for All Things Senior	HM Mini Beef Tacos 3 oz. Mexican Rice 4 oz. Chuck Wagon 4 oz. Pineapple Tidbits 4 oz. Tortilla Shell (2) 100% Fruit Juice	12	Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice	19	HM Chicken & Cheese Fajitas Refried Beans Spanish Rice with Com Tortilla Shell 100% Fruit Juice Taco Sauce pkt	26	Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Ketchup 100% Fruit Juice
MONDAY	Genesee County	BBQ Pulled Chicken Sandwich Italian Blend Vegetables Scalloped Potatoes Diced pears Burger Bun Margarine	11	Boneless Rib in sauce Baked Beans Peas & Carrots Whole Grain Bun Diced Peaches Milk	18	BBQ Boneless Chicken Wings Whole Kennel Corn Roasted Sweet Potatoes Potato Roll Sliced Peaches Margarine	25	HM Meatloaf w/gravy Rice Pilaf Sweet Peas Tropical Fruit Potato Roll 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





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!

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.

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.

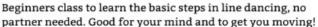


PROGRAMS & EVENTS

All programs are FREE unless noted otherwise.

Basic Line Dancing

Monday, 3:00-4:00 PM Instructor: Darci



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 IS CANCELLED FOR AUGUST

NEW ZUMBA SCHEDULE WILL BE ANNOUNCED FOR SEPTEMBER!

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)

Thursday, August 21st 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, August 22nd 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 September, 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, August 4th 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, August 20th 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, August 20th 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 Drive, Swartz Creek, MI 48473

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

Friday: 9:00 am — 4:00 pm

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Website: www.myscasc.org
Facebook: Swartz Creek Area

Senior Center

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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