

# SWARTZ CREEK AREA SENIOR CENTER

JULY  
2019 NEWS

| VOLUME 19, ISSUE 7



# HAPPY FOURTH OF JULY



*“It will be celebrated with pomp and parade, bonfires and illuminations from one end of this continent to the other.”*

*– John Adams*

*“Then join hand in hand, brave Americans all! By uniting we stand, by dividing we fall.” – John Dickinson*

**“STAY ACTIVE & INFORMED AT THE SENIOR CENTER”**

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

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The Online Directory of Senior Centers

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15-0694



## Upcoming Events

Save the Date:

### Senior Day at the Genesee County Fair

Tuesday, August 20th (9:00 am to 2:00 pm)  
Parking & Admission Are FREE

All Activity Under The Community Tent Are FREE!  
Coffee & Donuts, Entertainment All Morning, Door Prizes, Wagon Rides, Scavenger Hunt, and All the Many Genesee County Fair Activities and Exhibits to Explore!

*Shuttle Bus service available from/to parking lot*



### ATTENTION ALL PARTICIPANTS!

Please sign-in on My Senior Center **every time** you visit the center.

Our funding depends on it!

If you do not have a Key Tag,  
please ask for one at the front desk.

Thank you!

SeniorsMonitor

#### 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.

### Coffee Hour with Representative Cherry

Join us at the Senior Center on **July 19th, 2019 @ 2:00pm** for a Coffee Hour with Representative John Cherry.  
**Call the Swartz Creek Senior Center to RSVP at 635-4122!**



### Art for Sale!

Did you know we have artwork for sale in our lounge here at the Swartz Creek Senior Center? We do!! Local Swartz Creek Artist Peggy Mattson has her beautiful artwork on the walls as well as members of the Swartz Creek Art Guild. Come in today to view (and possibly purchase) these amazing works of art!

### Class Cancellations

\*\*Roll and Release class has been canceled from the Senior Center activity list.

\*\*Arthritis class cancelled Friday, August 2nd, 2019

\*\* **CENTER CLOSED JULY 4TH AND 5TH!**



## Upcoming Events

# Support Group for Caregivers

## Caring for Loved Ones with Memory Loss

Wednesday, July 3rd at 10:00am

Facilitated by Swank Home Assisted Living  
This Support Group provides caregivers:

- An opportunity to gain support from others who are caring for a loved one with progressive memory loss. Information on how to cope.
- A listening ear and answers to questions about the diagnosis and its consequences.
- A connection to vital community resources.



## Watercolor Painting Class

When: June 5th, June 6th; July 10th, 11th

(All one class costing 10 dollars)

Time: 1:00 p.m.—3:00 p.m.

Join Peggy Mattson as she teaches you how to paint with watercolors. Supplies are not provided. Ask for a sample copy of painting, an outline sketch, and supply list when signing up for the class.

**Advanced sign up is required.**



## Still Life Pencil Drawing

Thursday, July 18th, 25th

Cost (2 Sessions): \$10

Join Peggy Mattson as she teaches you how to draw with Pencil. Supplies are not provided.

**You will need a #2 Pencil, white paper and a kneaded or white eraser for this class.**



## Grief Support Group

Heartland Hospice provides, at no charge, on-going grief support for anyone who has experienced the death of a loved one.

Our purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

When: Wednesday, July 17th, 2019 at 11:00am

Where: Swartz Creek

Senior Center



## Hearing Screenings

July 31st, 2019

Provided by Fluke Hearing

Offered at the Center once a month.

Call the Center to make an appointment

- Do you often have to ask others to repeat themselves?
- Do others complain to you that the TV is too loud?
- Do you hear, but not always understand?

Free hearing evaluation available at the senior center.

\* Hearing aid cleaning and adjustments at no charge.

\* Fees apply for battery replacement.

## Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!

Dates: July 12th and July 23rd and August 9th, 2019

Time: 6:00 p.m.—8:30 p.m.

Cost: \$5.00

**Must be 50 or older.**

**Pizza, Pop, Water and Snacks will be available for purchase during the dance.**



## Upcoming Events

*A memorial donation was made by Arlene O' Brien in memory of:*

*Bobby Williamson*



## Legal Services

**Provided by Legal Services of Eastern Michigan**

**Where:** Swartz Creek Area Senior Center 8095 Civic Drive, Swartz Creek, MI 48473

**When:** Appointments available on the 3rd Wednesday of each month.

To schedule an appointment, see staff at the center or call (810)-635-4122.

**DO NOT OFFER:** Trusts, Criminal Matters, Personal Injury, Financial or Business Advice.

## AARP DRIVER'S TRAINING

**When:** August 27th and August 28th

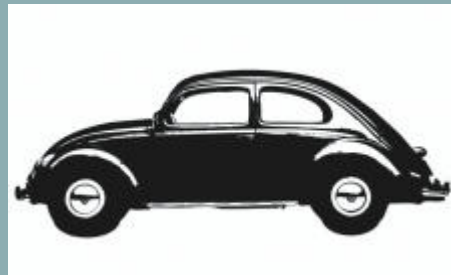
**Time:** 9:00am-1:00pm

**Where:** Swartz Creek Senior Center

**Cost:** 15 Dollars for AARP Members; 20 Dollars for Non-AARP Members

**Sign up at the center by August 20th! Call 635-4122 to RSVP. Payment required for sign up.**

**Checks should be made out to AARP Driver Safety.**



## Website and Social Media

The Swartz Creek Senior Center has a great website! Head over to <https://myscasc.org> to check it out. You can find out about everything happening at the center and even download the monthly newsletter!

On Facebook? So are we! Just search Swartz Creek Area Senior Center to find us. Make sure you like our page to stay up to date on what is happening at the center!

## Loan Closet

Our center loans donated medical equipment such as wheelchairs, walkers, bedside commodes, bath seats, canes and crutches to seniors in need. Please call the center if you need to borrow an item. We also accept donations of these items in good and sanitized condition.





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

## 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.

Programs and/or services are fully or partially funded by Genesee County Millage Funds. Your tax dollars at work.

# JULY

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>8:45 Beginner Yoga            10:00 Imp. Beg. Line Dancing            Noon Lunch— Meatball Sub w/ Cheese            12:30 Pinochle            1:00 Crochet            2:30 Sassy Exercise            4:00 Beg. Ballroom Dance            5:00 Int. Round Dancing            5:00 Hand, Knee &amp; Foot            6:30 Beg. Square Dance</p>	<p><b>2</b></p> <p>8:45 Yoga            10:00 Beginners Tai Chi            10:00 Knitting            11:00 Toning            Noon Lunch— Pub Burger w/ Cheese            12:30 Mah-Jongg            1:00 Wood Carving            2:30 Yoga w/ Props            3:45 Yoga            6:30 5-Handed Euchre            6:00 Dominoes            6:30 Cribbage</p>	<p><b>3</b></p> <p><b>Veteran Appointments</b>            9:30 Zumba  <b>10:00 Alzheimer Support Group</b>            Noon Lunch— Roasted Chicken Leg            2:30 Sassy Exercise            3:45 Introduction to Tai Chi            5:00 Int. Line Dancing            6:00 Mah-Jongg            6:30 Setback</p>	<p><b>4</b></p> <p><b>CENTER CLOSED</b></p> 	<p><b>5</b></p> <p><b>CENTER CLOSED</b></p> 
<p><b>8</b></p> <p>8:45 Beginner Yoga            10:00 Imp. Beg. Line Dancing            Noon Lunch— Turkey &amp; Cheese Sub            12:30 Pinochle            1:00 Crochet            2:30 Sassy Exercise            4:00 Beg. Ballroom Dance            5:00 Int. Round Dancing            5:00 Hand, Knee &amp; Foot            6:30 Beg. Square Dance</p>	<p><b>9</b></p> <p>8:45 Yoga            10:00 Beginners Tai Chi            10:00 Knitting            11:00 Toning            Noon Lunch— Baked Chicken Breast            12:30 Mah-Jongg            1:00 Wood Carving            2:30 Yoga w/ Props            3:45 Yoga            6:30 5-Handed Euchre            6:00 Dominoes            6:30 Cribbage</p>	<p><b>10</b></p> <p>9:30 Zumba  <b>10:00 Board Meeting</b>            Noon Lunch— Pulled BBQ Chicken Sandwich  <b>1:00 Watercolor Class</b>            2:30 Sassy Exercise            3:45 Introduction to Tai Chi            5:00 Int. Line Dancing            6:00 Mah-Jongg            6:30 Setback</p>	<p><b>11</b></p> <p>8:45 Yoga            10:00 Intermediate Tai Chi            11:00 Toning Exercise            Noon Lunch— Salisbury Steak w/Gravy            12:30 Pinochle  <b>1:00 Watercolor Class</b>            2:30 Yoga with Props            3:45 Yoga            5:15 Basic Line Dancing            6:30 Pinochle            6:30 Euchre</p>	<p><b>12</b></p> <p>11:00 Arthritis Exercise            Noon Lunch— Artisan Macaroni &amp; Cheese  <b>CENTER CLOSSES 4:00PM - 5:45 PM</b>  <b>6:00 Dance</b></p>

<p><b>15</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Tangerine Chicken w/Stir Fry Veggies  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom Dance  5:00 Int. Round Dancing  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>16</b></p> <p>8:45 Yoga  10:00 Beginners Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— HM Chicken Cordon Bleu  12:30 Mah-Jongg  1:00 Wood Carving  2:30 Yoga w/ Props  3:45 Yoga  6:30 5-Handed Euchre  6:00 Dominoes</p>	<p><b>17</b></p> <p><b>Legal Services by Appointment</b>  9:30 Zumba  <b>11:00 Grief Support Group</b>  12:00 Lunch - BBQ Pulled Pork Sandwich  2:30 Sassy Exercise  3:45 Introduction to Tai Chi  5:00 Int. Line Dancing  6:00 Mah-Jongg  6:30 Setback</p>	<p><b>18</b></p> <p>8:45 Yoga  10:00 Intermediate Tai Chi  11:00 Toning Exercise  Noon Lunch – HM Chicken Salad  12:30 Pinochle  2:30 Yoga with Props  3:45 Yoga  5:15 Basic Line Dancing  6:30 Pinochle  6:30 Euchre</p>	<p><b>19</b></p> <p>11:00 Arthritis Exercise  Noon Lunch— Cheese Ravioli w/Meat Sauce  <b>2:00—Representative Cherry Coffee Hour</b></p> <p><b>CENTER CLOSURES</b>  <b>4:00PM</b>  <b>NO EVENING ACTIVITIES</b></p>
<p><b>22</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Chicken Tenders  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom Dance  5:00 Int. Round Dancing  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>23</b></p> <p>8:45 Yoga  10:00 Beginners Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— Pork Chop w/Gravy  12:30 Mah-Jongg  1:00 Wood Carving  2:30 Yoga w/ Props  3:45 Yoga  6:30 5-Handed Euchre  6:00 Dominoes  6:30 Cribbage</p>	<p><b>24</b></p> <p>9:30 Zumba  Noon Lunch— Philly Sub w/Cheese  2:30 Sassy Exercise  3:45 Introduction to Tai Chi  5:00 Int. Line Dancing  6:00 Mah-Jongg  6:30 Setback</p>	<p><b>25</b></p> <p>8:45 Yoga  10:00 Intermediate Tai Chi  11:00 Toning Exercise  Noon Lunch – Spaghetti &amp; Meatballs in Sauce  12:30 Pinochle  2:30 Yoga with Props  3:45 Yoga  5:15 Basic Line Dancing  6:30 Pinochle  6:30 Euchre  6:30 Euchre</p>	<p><b>26</b></p> <p>11:00 Arthritis Exercise  Noon Lunch— Baked Fish</p> <p><b>CENTER CLOSURES</b>  <b>4:00PM - 5:45 PM</b></p> <p><b>6:00 Dance</b></p>
<p><b>29</b></p> <p>8:45 Beginner Yoga  10:00 Imp. Beg. Line Dancing  Noon Lunch— Fiesta Chicken w/Onions &amp; Peppers  12:30 Pinochle  1:00 Crochet  2:30 Sassy Exercise  4:00 Beg. Ballroom Dance  5:00 Int. Round Dancing  5:00 Hand, Knee &amp; Foot  6:30 Beg. Square Dance</p>	<p><b>30</b></p> <p>8:45 Yoga  10:00 Beginners Tai Chi  10:00 Knitting  11:00 Toning  Noon Lunch— Boneless BBQ Rib  12:30 Mah-Jongg  1:00 Wood Carving  2:30 Yoga w/ Props  3:45 Yoga  6:30 5-Handed Euchre  6:00 Dominoes  6:30 Cribbage</p>	<p><b>31</b></p> <p><b>Hearing Appointments</b>  9:30 Zumba  Noon Lunch— Smothered Chicken w/Mushroom Sauce  2:30 Sassy Exercise  3:45 Introduction to Tai Chi  5:00 Int. Line Dancing  6:00 Mah-Jongg  6:30 Setback</p>		



## Travel Opportunities

### Like What You See? Want to Learn More About These Awesome Trips?

Come on up to the Swartz Creek Area Senior Center to check out the informational flyers we have for each of these trips. Grab some to share with your friends and family to let them in on all the fun! Come and adventure with us!

#### Firekeepers Casino

Wednesday, August 7th, 2019

Cost: \$40

Deadline: July 22nd, 2019



#### Trip Includes:

- Round trip motor coach transportation to Battle Creek, MI
- 4 hours of gaming at Firekeepers Casino.
- Each person to get back \$20 in gaming and \$5 in food from the casino.

#### Itinerary:

8:30 AM – Depart from Swartz Creek Senior Center

10:00 AM to 2:00 PM – Firekeepers Casino

3:30 PM – Return to Swartz Creek Senior Center

#### Purple Rose Theatre—Welcome to Paradise

Wednesday, August 14th, 2019

Cost: \$94

Deadline: August 8th, 2019



*Welcome to Paradise*, set in the Caribbean, centers around two people, who, despite their age difference, find love and acceptance in each other. With a generation gap (or more) between them, they discover they have more in common with each other than they thought. At what age can one find one's soulmate? Are there boundaries to true friendship and affection? What, exactly, is the meaning and nature of love?

#### Detroit Princess Riverboat

Thursday, September 5th, 2019

Cost: \$80

Deadline: July 29th, 2019



*Detroit Princess Riverboat* cruises are generally 2-3 hours long, journeying from Hart Plaza past the Ambassador Bridge, just past to Belle Isle, and back to the dock. The lunch menu features a bountiful buffet including Tender Beef Tips in Gravy, Chicken Piccata, Vegetarian Lasagna, Cheese Tortellini in Pesto Crème Sauce, Mashed Potatoes with Gravy, Mixed Vegetables, assorted chilled salads, rolls, dessert, coffee and iced tea. Also, sit back and enjoy live musical entertainment.



## Travel/Donation Information

### Cell Block 7 with Sandhill Crane Vineyards

Tuesday October 8th, 2019

Cost: \$72

Deadline: September 17th, 2019



Located on active prison grounds, Cell Block 7 offers visitors a unique museum experience. You won't have to imagine prison life; you'll feel it as you inhabit cells and walk the corridors at Cell Block 7. You will learn about Jackson's prison history and see what it's like to spend some time on the inside. Then it's lunch at the quaint Sandhill Crane Vineyards. You'll have time to enjoy their delicious Three-Cheese Baked Macaroni & Cheese and wine tasting. Sandhill Crane Vineyards will then send you home with a logo glass to commemorate your trip!

### Detroit Institute of Arts

Tuesday, November 5th, 2019

Cost: \$57

Deadline: October 4th, 2019

The DIA's collection is among the top six in the United States, comprising a multicultural and multinational survey of human creativity from prehistory through the 21st century. The foundation was laid by William Valentiner, a scholar and art historian from Berlin, who was director from 1924 to 1945. Among the notable acquisitions during his tenure are Mexican artist Diego Rivera's Detroit Industry fresco cycle, which Rivera considered his most successful work, and Vincent van Gogh's Self Portrait, the first Van Gogh painting to enter a U.S. museum collections.



### SUPPLY DONATIONS

Our Center uses many supplies on a daily basis. Donations of Cold Drink Cups, Bowls, Dessert Plates, Hard Candy, Tissues, Bathroom Tissue, Hand Soap, Decaf Coffee and 2-Liter Bottles of Pop are always appreciated. Supplies were received in June by:

Rene Gagnon	Marjorie Stanuzek
Bill & Ann Gray	Roy and Jeanne Beville
Arlene Crampton	William Fitzpatrick
Sharron Tanner	Betsy Malenich
Jack and Virginia Digard	

Thank you for your generous donations to our Senior Center!

### Little River Casino Overnight with Soaring Eagle Casino

October 14th & 15th, 2019

Cost: \$119 PP Double

\$179 PP Single

Deadline: September 9th, 2019



Trip Includes:

- Round Trip Motor Coach Transportation to Manistee, MI
- Overnight Lodging at Little River Casino & Resort\*

\*Get back \$20 in gaming credit + \$10 food

- 4 Hour Stop at Soaring Eagle Casino\*

\*Get back \$20 in gaming credit + \$5 food

### Firekeepers Casino & Christmas Lights

Wednesday, December 4, 2019

Cost: \$55

Deadline: November 18, 2019



Trip Includes:

- Round Trip Motor Coach Transportation to Battle Creek, MI
- 4 Hours of Gaming at Firekeepers Casino
- Get back \$20 on player's club card & \$5 in Food
- Drive Through Christmas Lights at Michigan International Speedway

### 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. **We ask that you be considerate of other trip guests by not wearing perfume or colognes. Thank you.**

### 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 indement 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.

# Transportation

Transportation Services available to seniors residing within the Swartz Creek School District. Contact the Senior Center for the Complete Schedule. Transportation Policy & Participant Requirements; including deadline dates for sign-up.

## **TRANSPORTATION SERVICES INCLUDE:**

### **LUNCH — (Daily — Monday through Friday)**

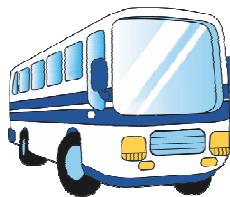
Round-trip transportation from your home to attend lunch at the center.

### **SHOPPING — (Weekly)**

Round-trip transportation from your home in the early afternoon on Wednesdays. This trip alternates between Meijer and Kroger each week.

### **FOOD PANTRY — (Monthly)**

Round-trip transportation from your home to the Swartz Creek Community Food Basket.



## Swartz Creek Veterans Wall of Honor Project

Swartz Creek Community Schools I partnering with the Genesee County Department of Veterans Services, VFW, American Legion, AMVETS, and other local organizations to create a Wall of Honor at the Cage Community Center to honor all Swartz Creek community veterans and community members presently serving in the United States Military.

### **Mission**

To Recognize, honor and support the past present veteran population in our Swartz Creek Community for their courageous service.

### **To Apply**

**Applications may be obtained at:**

Swartz Creek Senior Center  
Swartz Creek Cage Community Center  
Swartz Creek VFW or AMVETS



# Assistance for Veterans

Available at the Senior Center  
Call (810) 635-4122 for an Appointment

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? John Nelson, Service Officer, with the Genesee County Department of Veterans Services Office is available for appointments at the Senior Center one day per month. During your appointment, John can provide information on benefit programs and assist you in completing applications for Veterans benefits. Please request a list of information to bring when you schedule your appointment.

### **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, sex, 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.

# Join us for Lunch!

Provided by Genesee County Community Action Resource Department (GCCARD)

Meals are served Monday — Friday at 12:00 noon at the senior 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.)

**A \$2.00 donation per meal is requested for anyone 60 years and older and anyone under 60 years of age or living outside Genesee County it is \$3.50.**





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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](http://www.myscasc.org)

**Facebook:** Swartz Creek Area Senior Center

## STAFF

Barbara McCallum, Director

Bailey Wright, Asst. Director

Marianne Campbell, Staff Asst.

Greg Boshaw, Van Driver

## BOARD OF TRUSTEES

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