

SWARTZ CREEK AREA SENIOR CENTER

JUNE
2020 NEWS

VOLUME 20, ISSUE 6



SWARTZ CREEK SENIOR CENTER: GENERAL INFO FOR SOFT OPENING - PHASE 1

****IMPORTANT: On June 1st, 2020 the Swartz Creek Senior Center plans to have a Soft Opening - Phase 1. Due to ever changing dynamics surrounding the COVID-19 Pandemic, these plans could potentially be postponed. The Center, will only be providing LIMITED services until further notice.****

Please read your newsletter for further information on what we will be offering during our Soft Opening - Phase 1. There will also be a list of procedures and best practices that anyone who wants to join us at the Center must adhere to. We look forward to seeing all of your smiling faces again!

UPDATED CENTER HOURS

9:30A.M.—3:30P.M.
Monday—Friday



HOLIDAY
RETIREMENT

Flint Township Senior Living at Genesee Gardens

4495 Calkins Road, Flint Twp., MI 48532

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15-0694

SCASC Procedural Details: Phase 1

Screening Station - Phase 1: There will be a screening station as soon as you walk through the door. At the screening station the participants, staff, and visitors will have temperatures checked with a no touch thermometer, a checklist to look over and wear an appropriate mask before being allowed to enter the building. Participants must provide their own mask. If a participant has a reusable mask, they will be asked to wash the mask between visits to the center. Participants will not be allowed in the building if they have been ill within a two week span. Any participant that exhibits any type of symptoms will be asked to leave and will not be allowed to return without clearance from their doctor.

Entry/Exit - Phase 1: Center entrance will be open like normal. The exit will be through activity room exit doors during Phase 1.

My Senior Center Sign In - Phase 1: Staff will be stationed at the sign in screen. Scan cards are recommended. Only staff will be allowed to touch the screen.

Restrooms - Phase 1: Restrooms are one stall. There will be an 'X' outside of the door to signify you have to wait for a vacancy.

Lunch - Phase 1: Lunch will continue to be curb side pick up until further notice. You must call by noon the day before to sign up for the next days meal. (Call by noon Friday for Monday).

Computer Room - Phase 1: The computer room will remain closed until further notice.

Coffee Counter - Phase 1: The coffee counter is closed until further notice. It is suggested you bring your own coffee container with lid.

Water Fountains - Phase 1: Closed until further notice. Suggested that you bring your own bottled water.

Center Van - Phase 1: The van will be in operation, but limited to 1 person riding at a time. Riders must be healthy and have no symptoms to be eligible for transportation. The driver area will be partitioned with clear plastic so the driver and passenger are not exposed to one another.

Membership Updates/ Donations - Phase 1: Recommended to be sent in by mail.

****The center will only be hosting services/classes advertised in this newsletter. If you have any questions concerning these procedures or services/classes, please call the center between the hours of 9:00am and 4:00pm Monday-Friday @ 810 635 4122.****

Hearing Screenings

June 24th, 2020

Provided by Professional 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.

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.

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.

COVID 19 FACTS:

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



SHOULD CLOTH FACE COVERINGS BE WASHED OR OTHERWISE CLEANED REGULARLY? HOW REGULARLY?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

HOW DOES ONE SAFELY REMOVE A USED CLOTH FACE COVERING?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Putting on a mask



1. Ensure you are using a clean mask.
2. Wash hands with soap and water or alcohol-based hand sanitizer before touching mask.



3. Pick up mask by touching ear loops (or ties) only.
4. Avoid touching mask itself.



5. Hold both ear loops and place a loop around each ear.
6. Fit mask around mouth, nose, and chin.

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Improved Line Dancing Noon Lunch - Grilled Turkey Burger 2:30 Sassy Exercise	2 10:00 Beginners Tai Chi Noon Lunch - Chicken Tenderloins in Cream Cavatappi Pasta 12:30 Cardio with Heather	3 Veteran's Appointments 9:30 Zumba Noon Lunch - Pork Chop in Gravy 2:30 Sassy Exercise	4 10:00 Intermediate Tai Chi Noon Lunch - Beef Stroganoff w/ Penne Cauliflower	18 Noon Lunch - BBQ Chicken Thigh
8 10:00 Improved Line Dancing Noon Lunch - Meatballs & Tortellini 2:30 Sassy Exercise	9 10:00 Beginners Tai Chi Noon Lunch - Chicken & Rice Burrito 12:30 Cardio with Heather	10 9:30 Zumba Noon Lunch - Philly Steak w/ Cheese 12:30 Sassy Exercise	11 10:00 Intermediate Tai Chi Noon Lunch - Boneless BBQ Rib	12 Noon Lunch - Grilled Chicken Salad

Health Checklist

Before coming into the senior center, ask yourself these questions. These questions come from the checklist we ask members looking to come into the center.

In the past 24 hours, have you experienced any of the following: 1) Subjective fever 2) New or worsening fever 3) Shortness of breath 4) Sore Throat 5) Diarrhea

Or

In the last 14 days have you: 1) Been in close contact with a person diagnosed with COVID-19? 2) Travelled domestically or internationally?

If you have answered yes to any of these questions, please do not visit the center. Thank you!

<p>15</p> <p>10:00 Improved Line Dancing Noon Lunch - Breaded Chicken Breast 2:30 Sassy Exercise</p>	<p>16</p> <p>10:00 Beginners Tai Chi Noon Lunch - HIM Beef & Broccoli Lo Mein 12:30 Cardio with Heather</p>	<p>17</p> <p>Legal Services by Apt. 9:30 Zumba Noon Lunch - Hickory Chicken Breast 2:30 Sassy Exercise</p>	<p>18</p> <p>10:00 Intermediate Tai Chi Noon Lunch - Ravioli W/ Beef Sauce</p>	<p>19</p> <p>Noon Lunch - Oven Fried Fish</p>
<p>22</p> <p>10:00 Improved Line Dancing Noon Lunch - Grilled Chicken Breast 2:30 Sassy Exercise</p>	<p>23</p> <p>10:00 Beginners Tai Chi Noon Lunch - HIM Salisbury Steak w/ Gravy 12:30 Cardio with Heather</p>	<p>24</p> <p>Hearing Screenings by Apt. 9:30 Zumba Noon Lunch - Country Style Chicken 2:30 Sassy Exercise</p>	<p>25</p> <p>10:00 Intermediate Tai Chi Noon Lunch - Spanish Rice w/ Beef</p>	<p>26</p> <p>Noon Lunch - White Cheddar Mac & Cheese</p>

IMPORTANT NOTE FOR ACTIVITIES

You must pre-register for all activities. There will be limited occupancy for each activity. Call 810 635 4122 to register for classes. The center

is NOT open for drop ins.

Thank you.

Travel Information

Discover Saugatuck: The Art Coast of Michigan

Wednesday, June 24th, 2020

Trip Itinerary: 8:30 AM Depart | 6:15 PM Return – Swartz Creek Senior Center
Cost: \$104

Deadline: 06-01-2020

Trip Includes: - Round trip motor coach transportation to Saugatuck, MI - Lunch at Coral Gables Restaurant in Saugatuck - Take a trip on the Saugatuck Dune Rides - Free Time in Downtown Saugatuck

Start the day off at Coral Gables Restaurant. Choose between: (Chicken Marsala or Potato Crusted Cod). Then, it's off to take a ride on the Saugatuck Dune Rides. After the Saugatuck Dune rides, we'll be heading back to Downtown Saugatuck.

River Crab Sunset Dinner Cruise

Tuesday, July 21st, 2020

Cost: \$104

Deadline: 06-10-2020

\$104.00 Per Person

Trip Includes: - Round trip motor coach transportation to Port Huron, MI - Cruise on the Huron Lady II to the River Crab Restaurant - 3 Course Dinner at the River Crab Restaurant - Sunset Cruise back to Port Huron

Trip Itinerary: 4:00 PM Depart | 11:00 PM Return – Swartz Creek Senior Center 5:30 PM to 9:30 PM – Huron Lady II Dock

DETROIT THEN AND NOW TOUR

Thursday, August 13th, 2020

Cost: \$83.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Lunch at Sindbad's Detroit - 3 Hour Then and Now Detroit Narrated Guided Tour Itinerary: 8:00 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Deadline: 07-20-2020

Each Person Select (1) Entree: Broiled Pork Chop, Chicken Parmesan, Icelandic Cod, ½ Cheeseburger, or Chicken Caesar Salad. Up-and coming restaurants, a do-it-yourself attitude, new hotels and arenas, scenic and social parks, public transit, and a walkable international riverfront are redefining downtown Detroit. Architecture from Albert Kahn and Isamu Noguchi stand surrounded by vibrant districts and outdoor activities. See the city's Greektown, Eastern Market, The District Detroit, Corktown, Midtown and New Center neighborhoods booming with activity. Visit Historic neighborhoods such as Brush Park and Milwaukee Junction, Birth place of the Model "T" and learn about Detroit's colorful automotive history. There is an excitement moving through the city and this is your opportunity to reminisce or see it all for the first time with a fully narrated professionally guided tour.

FIREKEEPERS CASINO SENIOR DAY BUS TRIP

Tuesday, August 25th, 2020

Cost: \$45.00

Trip Includes: - Round trip motor coach transportation to Battle Creek, MI - 4 hours of gaming at Firekeepers Casino - Tuesday Senior Day Specials (Gaming Bonuses, Food Discounts, and Drawings) - 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 3:30 PM – Return to Swartz Creek Senior Center.

Deadline: 08-09-20

Detroit Princess River Boat Luncheon Cruise

Thursday, September 3rd, 2020

Cost: \$82.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Cruise on the Detroit Princess River Boat - Bountiful Buffet on board the boat - Musical Entertainment all while you Cruise down the River.

Trip Itinerary: 9:30 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Deadline: 07-30-20

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.

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**

Travel Information

Dow Gardens & The Longest Canopy Walk

Wednesday, September 16th, 2020

Cost: \$74.00

Trip Includes: - Round trip motor coach transportation to Midland, MI - Admission and Self Guided Tour of Dow Gardens - Admission and Self Guided Tour of Whiting Forest – Longest Canopy Walk - Lunch at Grand Traverse Pie Company.

Trip Itinerary: 9:15 AM Depart | 5:45 PM Return – Swartz Creek Senior Center

Deadline: 8-24-2020

Menu Selections: Please make upon Sign-up! Entree: Beef Pot Pie or Chicken Pot Pie (Select One) Salad Dressing: Ranch – Italian – Raspberry Vinaigrette (Select One) Dessert: Apple Pie – Blueberry Pie – Cherry Pie (Select One) Discover acres of identified trees, shrubs, herbaceous perennials, and flowers. Stretching just over a quarter of a mile long throughout Whiting Forest, the canopy walk splits off in three directions, each offering a different overlook experience and scenery. The canopy walk is the longest in the country.

Michigan Princess River Boat Luncheon Fall Color Cruise & Uncle John's Cider Mill

Thursday, October 8th, 2020

Cost: \$85.00

Trip Includes: - Round trip motor coach transportation to Lansing, MI - Stop at Uncle John's (Includes: Cider and Donut) - Enjoy a Luncheon Fall Color Cruise on the Michigan Princess Riverboat

Trip Itinerary: 10:00 AM Depart | 4:30 PM Return – Swartz Creek Senior Center

Passengers will be invited to their plentiful buffet of roasted turkey, vegetarian lasagna, mashed potatoes and gravy, sweet potato casserole, stuffing, hot vegetables, chilled salads, rolls, dessert, coffee and iced tea. After lunch, wander up to see Captain Chris in the wheelhouse and enjoy the surrounding scenery. Year after year, Uncle John's continues to win awards for both their fresh cider, as well as their fermented Hard Apple Cider.

Deadline: 09-01-20

IRISH HILLS FALL COLOR BUS TOUR

Wednesday, October 21st, 2020

\$80.00

Trip Includes: - Round Trip Motor Coach Transportation to the Irish Hills Admission and Guided Fall Color Tour of Hidden Lake Gardens Description: Video about the Gardens, Conservatory Tour, Walk around the Lake (1 mile paved walk – recommended but not required), Free time to see the Harper Collection of Dwarf & Rare Conifers and Hostas, a visit to the gift shop. - Enjoy a delicious lunch at Evans Street Station Entree selections made upon sign-up. Includes dessert, non-alcoholic beverage service, tax and gratuity. - Free time to explore and shop in Downtown Tecumseh

Trip Itinerary: 8:30 AM Depart | 5:00 PM Return – Swartz Creek Senior Center

Deadline: 09-30-20

Saganing Eagles Landing Casino

Wednesday, November 4th, 2020

\$37.00

Trip Includes: ● Round Trip Motor Coach Transportation to Standish, MI ● 4 Hours of Gaming at Saganing Eagles Landing ● Each Person will get back \$10 in Gaming and a \$5 Food Coupon for the Cafe

Trip Itinerary: 8:30 AM Depart | 3:30 PM Return – Swartz Creek Senior Center

Deadline: 10-18-20

Parade Company Studio & Ford Piquette Ave Plant Tour

Wednesday, November 18th, 2020

Only \$88.00

Trip Includes: - Round trip motor coach transportation to Detroit, MI - Lunch at Sindbad's Restaurant (Make Menu Selections) - Guided Tour of the Parade Company Studio - Guided Tour of Ford Piquette Ave Plant

Trip Itinerary: 8:00 AM Depart | 5:00 PM Return – Swartz Creek Senior Center

Deadline: 10-15-20

Each Person Select (1) Entree: Broiled Pork Chop, Chicken Parmesan, Icelandic Cod, ½ Cheeseburger, or Chicken Caesar Salad - Venture into our magical Parade Land and experience a behind the scenes look at America's Thanksgiving Parade. Learn more about the Parade's fascinating history, explore the 200,000 square-foot story land of floats and see how their award-winning artisans bring them to life. Ford Piquette Ave Plant Tour: Experience the Original Model T Factory Visiting the Piquette Avenue Ford Plant is a unique experience-it's the oldest auto plant open to the public anywhere in the world.

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**

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 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.

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

Assistance for Veterans

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.

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.

Join us for Lunch!

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 \$3.00 donation per meal is requested for anyone 60 years and older living in Genesee County and anyone under 60 years of age or living outside Genesee County is a \$6.00 charge.

Provided by Genesee County Community Action Resource Department (GCCARD)

Special Lunches/Lunch Updates!

To join us, you just need to call the center by the RSVP date in question! Lunch cost is the same guidelines as for regular

lunches stated above. Check for this star icon on the lunch calendar to pick out those days!

Meals are still being offered five days a week. Join us!

****SPECIAL LUNCHES POSTPONED AT THIS TIME.****



COVID 19 NOTES

What are the **symptoms** of COVID-19? Patients with COVID-19 have had mild to severe respiratory illness with symptoms of • fever • cough • shortness of breath

There are **simple everyday preventive actions** to help prevent the spread of respiratory viruses. These include • Avoid close contact with people who are sick. • Avoid touching your eyes, nose, and mouth with unwashed hands. • Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Please stay safe and stay healthy!



SCASC Word Search

W T E L O V E Y O U C W S E R O T S Y T R A P L C
 K I R C O E U J P Y O R L K C R L S J O E Q N O G
 O L R U C P Z N A O A S R E P P O H C L Z E X P C
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CHOPPERS
 CHUKE
 CONEY ISLAND
 DOORWALL
 EUCHRE
 FUDGIE
 HOURLIES
 LITTLE CAESARS
 MEIJER
 MIGHTY MAC
 OPE
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PANK
 PARTY STORE
 PASTY
 POP
 THE PLANT
 THE THUMB
 TOWNIES
 TROLLS
 TUNKSLAMMERS
 UPNORTH
 VERNORS
 YOOPER

Here is a puzzle to amuse you,
 while we are apart. We hope the
 familiar words will remind you of
 great fun! Good times that have
 been and you will have again!
 Until that time, I'll carry this
 rhyme and let the fun begin!
 You've finished when the words
 are gone. None left, not even one!
 Only then the deed is truly well
 and done. The only way to be able
 to finish is to start!

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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

BOARD OF TRUSTEES

Roger Bloss, President

Bob Plumb, Vice President

Elaine Tucker, Secretary

Phillip Bracey, Treasurer

Ann Knight, Trustee

Roy Beville, Trustee

Sheila Keen, Trustee

Kathy VanDette, Trustee

Ken Klungle, Trustee

STAFF

Barbara McCallum, Director

Bailey Zaporski, Asst. Director

Marianne Campbell, Staff Asst.

Greg Boshaw, Van Driver

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