

# SWARTZ CREEK AREA SENIOR CENTER

FEBRUARY 2022  
NEWS

VOLUME 22, ISSUE 2



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





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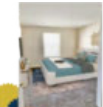
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## Happening in our Community

# MANNOR LAW SEMINAR

**WHEN: February 15th, 2022 @ 3:00pm : WHERE: Swartz Creek Senior Center**

**RSVP @: (810) 694-9000**

*(limited seating available, so call today!)*

### **Don't Allow Alzheimer's or Dementia To Devastate Your Family and Finances!**

Certified Elder Law Attorney Bob Mannor of Mannor Law Group is hosting a powerful FREE seminar that will discuss:

- What is Dementia and how do you know if you or your loved one has Dementia and warning signs you need to know.
- Community resources, professionals, and Caregiver tips you need to know to contact for help.
- Answers to top questions about legal, tax, financial, and care concerns.
- How Dementia can "Devastate" your savings.
- Medicaid eligibility rules and government benefits are available to pay for your care.
- Action steps you need to take now!

**Space for this workshop is limited. To save your seat, call (810) 694-9000.**

### **Brr . . . It's Coming.**

Before venturing out in bad weather, be sure to call the center at (810)-635-4122 or tune in to the TV Station — ABC Channel 12. You can also check our Facebook page and website for updates concerning the center!

**Please note: The Swartz Creek Area Senior Center's decision to close during inclement weather is independent of the school district or other senior centers.**

## **Support Group for Caregivers** Caring for Loved Ones with Memory Loss

**This Support Group provides caregivers:**

**WHEN: Wednesday, CANCELLED UNTIL FURTHER NOTICE**

**Facilitated by the Alzheimer's Association**

- 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.

### **BOOK CLUB**

**Next Meeting: Tuesday, February 22nd @ 3:00pm**

Are you looking for an opportunity to connect with others who enjoy reading as much as you do?

**New participants are always welcome!**

**Book: More Than I Love**

**Author: David Grossman**



## Upcoming Events/Riddles

# Hearing Screenings

Tuesday, February 22nd, 2022

PROVIDED BY: YOUR HEARING SOLUTION

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.

## Watercolor Painting Class

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

When: Thursday, February 3rd & 10th, 2022

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. Payment is required at the time of sign up. RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!**



## STILL LIFE PENCIL DRAWING

Time: 1:00 p.m.—3:00 p.m.

Cost (2 Sessions): \$10

When: Thursday, February 17th & 24th

Where: Swartz Creek Senior Center

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 gum eraser for this class.**

**Advanced sign up is required. Payment is required at the time of sign up.**

**RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED!**



## 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.

**Where:** Swartz Creek Senior Center

**When:** Wednesday, February 16th, 2022 @ 11:00 am



## Friday Night Dances

The Senior Center is hosting bi-monthly dances on Friday nights. No need to sign up, just pay at the door!  
**Must be 50 and older to attend!**

**Dates:** Friday, February 4th & 18th

**Time:** 6:00 p.m.—8:00 p.m.

**Cost:** \$5.00 at door



**50/50 RAFFLE AVAILABLE**

**Coffee and Water available!**

\*\*Music provided by Jim Hedrich!

## Here's a Riddle (or Two) for You....

**Riddle One:** I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

**Riddle Two:** What is seen in the middle of March and April that can't be seen at the beginning or end of either month?

**Riddle Three:** You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?

**\*\*YOU CAN FIND THE ANSWERS TO THESE RIDDLES AT THE BOTTOM OF THE PAGE LABELED, "INFORMATION/RIDDLE ANSWERS"\*\*\***





## Upcoming Events/Information/Riddle Answers

### MONTHLY BINGO WITH AMERICAN HOUSE

American House is hosting a monthly bingo event at the **Swartz Creek Senior Center**! No cost and all supplies are provided. Bring your own dobber if you so choose! Small prizes will be available to win! **RSVP @ 810 635 4122**

**When: Thursday, February 3rd, 2022. Always the first Thursday of the month at 10:00am.**

### Woodcarvers Wanted!!

Are you a woodcarver? Come and join our woodcarvers at 1:00pm on Tuesdays! Call the center to let us know you are interested:  
810-635-4122



### TECHNOLOGY ASSISTANCE APPOINTMENTS

Every other week on Friday there will be two one hour technology assistance appointments available at the Swartz Creek Senior Center. These appointments are generously provided by the Disability Network. Please call the senior center to reserve a spot: **(810) 635-4122**. You will be asked to tell us what device and specific issue you need assistance with.

**When: These appointments will be available from 1:00pm-3:00pm on Friday, February 4th, February 18th canceled**

### CLASS CANCELLATIONS

**ZUMBA: Cancelled  
February 2nd & February 9th**

**YOGA: Cancelled February 22nd, and February 24th, and February 28th**

**CANCELLED**

## Valentine's Flower Power Trivia!! With Oak Street Health

**When: February 10th, 2022 @ 10:00am**



**Where: Swartz Creek Senior Center**

**RSVP By: February 9th, 2022 @ 810-635-4122**

### ANSWER TO RIDDLES

**Riddle One Answer: A map**


**Riddle Two Answer: The letter "R."**

**Riddle Three Answer: All the people were married.**



**Join us for some fun trivia with Oak Street Health and walk away with a gift at the end!**

# FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Chef Salad 12:30 Mah-Jongg 1:00 Euchre 1:00 Wood Carving 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p><b>Taxes by Appointment</b> <b>Veteran Appointments</b> 9:30 Zumba 11:30 Sassy Exercise Noon Lunch— Turkey Tetrazzini 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>8:45 Yoga 10:00 Tai Chi <b>10:00 Bingo w/ American House</b> 11:00 Toning Noon Lunch - Asian Chicken Bowl 12:30 Afternoon Mah-Jongg <b>1:00 Watercolor Class</b> <b>1:00 Family Memories</b> 6:30 Pinochle 6:30 Euchre</p>	<p><b>Taxes by Appointment</b> <b>Technology Classes by Appointment</b> 11:00 Arthritis Exercise Noon Lunch— Open Face Pot Roast Sandwich  <b>CENTER CLOS</b> <b>4:00PM - 5:45 PM</b>  6:00 Dance</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - HM White Chicken Chili 1:00 Crochet Group 5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Cheese Ravioli 12:30 Mah-Jongg 1:00 Euchre 1:00 Wood Carving 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p><b>Taxes by Appointment</b> 9:30 Zumba <b>10:00 Board Meeting</b> 11:30 Sassy Exercise Noon Lunch— Pub Burger w/ Cheese 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>8:45 Yoga 10:00 Tai Chi <b>10:00 Valentine's Flower Power Trivia</b> 11:00 Toning Noon Lunch - HM Lasagna Rolls 12:30 Afternoon Mah-Jongg <b>1:00 Watercolor Class</b> 6:30 Pinochle 6:30 Euchre</p>	<p><b>Taxes by Appointment</b> 11:00 Arthritis Exercise <b>NO LUNCH</b>  <b>CENTER CLOS</b> <b>4:00PM NO EVENING</b>  6:00 Dance</p>
<p>8:45 Beginner Yoga 10:00 Improved Line Dancing 11:30 Sassy Exercise Noon Lunch - HM Beef Pot Pie 1:00 Crochet Group 5:00 Hand, Knee &amp; Foot</p>	<p>8:45 Yoga 10:00 Tai Chi 10:00 Knitting 11:00 Toning Noon Lunch – Chicken Parm Sub 12:30 Mah-Jongg 1:00 Euchre 1:00 Wood Carving <b>3:00 Manner Law Seminar</b> 5:30 Dominoes 6:30 5-Handed Euchre</p>	<p><b>Taxes by Appointment</b> <b>Legal Services by Appt.</b> 9:30 Zumba 11:30 Sassy Exercise <b>11:00 Grief Support</b> Noon Lunch— HM Sloppy Joes 3:00 Intermediate Line Dance 5:30 Mah-Jongg 6:30 Setback</p>	<p>8:45 Yoga 10:00 Tai Chi 11:00 Toning 12:00 Lunch— HM Chicken Noodle Soup 12:30 Afternoon Mah-Jongg <b>1:00 Pencil Drawing Class</b> 6:30 Pinochle 6:30 Euchre</p>	<p><b>Taxes by Appointment</b> 11:00 Arthritis Exercise Noon Lunch— Baked Salmon w/Cream Sauce  <b>ACTIVITIES</b> <b>CENTER CLOS</b> <b>4:00PM - 5:45 PM</b>  6:00 Dance</p>

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>21</b></p> <p>8:45 Beginner Yoga  10:00 Improved Line Dancing  11:30 Sassy Exercise  <b>LUNCH CANCELLED</b>  1:00 Crochet Group  5:00 Hand, Knee &amp; Foot</p>	<p><b>22</b></p> <p><b>Hearing Screenings by Appt.</b>  <b>Yoga Cancelled</b>  10:00 Knitting Group  10:00 Tai Chi  11:00 Toning  Noon Lunch - HM Goulash  12:30 Mah-Jongg  1:00 Wood Carving  <b>3:00 Book Club</b>  5:30 Dominoes  6:30 5-Handed Euchre</p>	<p><b>23</b></p> <p><b>Taxes by Appointment</b>  9:30 Zumba  11:30 Sassy Exercise  Noon Lunch— Tangerine Chicken in  3:00 Intermediate Line Dance  5:30 Mah-Jongg  6:30 Setback</p>	<p><b>24</b></p> <p><b>Yoga Cancelled</b>  10:00 Tai Chi  11:00 Toning  Noon Lunch - Baked BBQ  Chicken  12:30 Afternoon Mah-Jongg  <b>1:00 Pencil Drawing Class</b>  6:30 Pinochle  6:30 Euchre</p>	<p><b>25</b></p> <p><b>Taxes by Appointment</b>  11:00 Arthritis Exercise  Noon Lunch— Artisan Mac &amp;  Cheese  <b>CENTER CLOSSES</b>  <b>4:00PM NO EVENING</b></p>
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**28**


**Beginner Yoga Cancelled**  
10:00 Improved Line Dancing  
11:30 Sassy Exercise  
Noon Lunch - Meatloaf w/Gravy  
1:00 Crochet Group  
5:00 Hand, Knee & Foot

**EUCHRE UPDATE!**  
**Good News!**

We have added another Euchre group play time from 1:00pm – 3:00pm on Tuesday afternoons!

Tuesday night Euchre and Thursday night 5-Handed Euchre will remain at their usual times.

Plenty of opportunities to play! No need to sign up ahead of time, just come out and join in!



**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.

**Board Meeting Notice**

The next board meeting will be held on  
**Wednesday**  
**February 9th,**  
**at 10:00am**




**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.

**SUPPLY DONATIONS**

Our Center uses many supplies on a daily basis. Donations of Paper Towel, Clorox, Tissues, Bathroom Tissue, and Hand Soap are always appreciated.

**Thank you for your generous donations to our Senior Center!**



# 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 Tuesdays (subject to change). 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

### 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.

# Assistance for Veterans

Are you a veteran over age 60, or the spouse, widow, or widower of a veteran? Carrie, 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.

# 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)

## AMAZON SMILE



Do you shop on Amazon? If so, there is a very simple way your purchases can benefit the Swartz Creek Senior Center.

- 1) Open your internet browser and search for Amazon Smile or go to: <https://smile.amazon.com/ch/38-2416786>
- 2) Sign in and designate Swartz Creek Senior Center as your charity.

Each time you make a purchase, a portion will be donated back to Swartz Creek Senior Center!



## Legal Services

Provided by Legal Services of Eastern Michigan

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

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

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

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



# Fitness Class Descriptions

## **Beginner Yoga**

Katrina will slow it down and explain proper positioning to get you more comfortable with yoga poses. Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles, calm, soothe and open your mind. Make sure to bring your mat!

## **Yoga**

Yoga is a series of postures linked with movement that will open and cleanse your body, strengthen and lengthen your muscles and calm soothe and open your mind. Make sure to bring your mat!

## **Toning**

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 whole class, don't worry, you can sit and do these exercises in a chair also!

## **Tai Chi**

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 and helps for arthritis also.

## **Sassy Exercise**

Have fun playing games designed to help with hand-eye coordination; light exercises to help with balance and just have fun!

## **Arthritis Exercise—FREE**

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.

## **Zumba**

For active older adults who are looking for a fitness program consisting of dance and aerobic exercise routines performed to popular, mainly Latin American, music.

## **Choreographed Ballroom Dancing**

This class is for beginners! No experience necessary. You must have a partner to join this class. Jim teaches you the steps to round dancing/casual ballroom. Like square dancing Jim calls out steps.

## **Round Dancing**

You must have a partner to join this class. Jim teaches you the steps to round dancing/casual ballroom. Like square dancing Jim calls out steps.

## **Square Dancing**

Description: The dancers form a square of 8 dancers, and then a Caller will "call" out the movements that the dancers are to perform. No partner needed.

## **Basic Line Dancing**

Have you always wanted to learn how to line dance? This class will teach you how. No partner needed. Good for physical and mental well being.

## **Improved Line Dancing**

Medium impact dance exercise class to improve existing skills. No partner needed. Good for physical and mental well being.

## **Intermediate Line Dancing**

Above medium impact dance exercise class to improve. No partner needed. Good for physical and mental well being.

All classes are \$2.00 a session unless noted. Arthritis Exercise is a free class offered by VAAA.

## Game Definitions/Upcoming Event

### Hand Knee and Foot

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. Score points by forming melds of between 3-7 cards.

### Euchre

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."

### American Mahjong

Mahjong is always played with four players seated around a table. Tiles are shuffled, die are cast, and rituals involving the allocation of tiles and then the exchange of tiles begin. The first person to match a hand of 14 tiles and thus "call mahjong" ends the game, whereupon tiles are scored and a winner is declared.

### Five-Handed Euchre

Five-handed Euchre is a variation of the popular trick-taking game Euchre which adds an additional player and features a dynamic partner system. In five-handed Euchre, each player competes against all other players. Five-Handed Euchre is played essentially the same as Euchre with the game cycling through hands which consist of dealing, bidding, playing the hand and then scoring the hand until an ending to the game can be determined.

### Dominoes

Each time a player places a domino on the table in Mexican Train, it must conform to normal domino play. i.e. The domino must be placed so that one end is touching the end of a domino already on the table and such that the end of the new domino matches (shows the same number of dots) the end of domino it is adjacent to. Unless the tile is a double, the tile can be placed square in any one of the three directions as long as the two matching sides are touching fully.

### Setback

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).

### Pinochle

A card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks.

**Don't know how to play any of these games, interested in learning how? Our best advice is to join us at the center and give them a try! There are many friendly people eager to teach you how to play!**

### 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.

**We appreciate donations made to our Loan closet or to our Incontinence Supplies!**



### Incontinence Supplies

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



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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

Directions from downtown Swartz Creek:  
1 block from the intersection of Morrish Rd. or Miller Rd., turn on Paul Fortino Dr. to Civic Dr.

**Office:** (810) 635-4122

**Fax:** (810) 635-9405

**Website:** [www.myscasc.org](http://www.myscasc.org)

**Facebook:** Swartz Creek Area Senior Center

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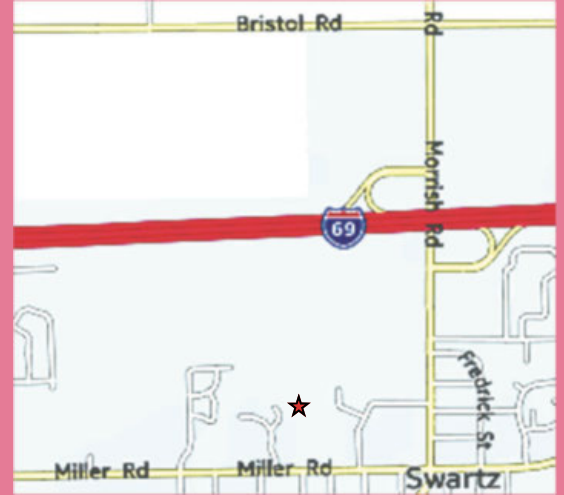
## STAFF

Barbara McCallum, Director

Bailey Zaporski, Asst. Director

Marianne Campbell, Staff Asst.

Greg Boshaw, Transportation



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