

DECEMBER



Grand Blanc Senior Center

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Can you believe we are into December? Where did 2025 go? The center is hopping with activities again this month. We are super excited for the opportunity to host some great programs this month.

December at a Glance

Tuesday, December 2 at 11:30am: Advance Physical Therapy Strength & Balance

Wednesday, December 3 at 1:00pm: Card Making with Judi

Wednesday, December 3 at 1:00pm: Healthy Holiday Recipes with Laurie

Wednesday, December 3 at 1:00pm: Trivia

Friday, December 5 from 12:15pm-1:30pm: Digital Divide

Monday, December 8 at 11:00am: Medicare 101

Monday, December 8 at 1:00pm: Acrylic Paint Pour

Wednesday, December 10 from 10:00am-2:00pm: Mobile Secretary of State

Wednesday, December 10 at 3:00pm: Maxwell Physical Therapy Consultations

Friday, December 12 from 10:00am-11:15am: Digital Divide

Friday, December 12 at 11:30am: GDL Presents Libby & Hoopla

Friday, December 12 from 1:00pm-3:00pm: Michigan Parkinson Foundation PD 101

Monday, December 15 at 10:00am: Cookies, Coffee and CapTel

Monday, December 15 from 1:00pm-3:30pm: Build Your Own Charcuterie Board

Tuesday, December 16 at 11:00am: Swan Hospice Presents Blood Pressure 101

Wednesday, December 17 at 12:00pm: Brookdale Luncheon & Choir Concert

Wednesday, December 17 at 3:00pm: Maxwell Physical Therapy Balance & Strength

Friday, December 19 from 9:00am-1:00pm: Virtual Dementia Tours



The Grand Blanc Senior Activity Center is funded by: Genesee County and the Genesee County Board of Commissioners, City of Grand Blanc, Charter Township of Grand Blanc, Genesee County Senior Services Millage, and individual donations. We appreciate all who have made a difference. This program and/or service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars are at work.

HEALTH AND FITNESS PROGRAMS

DRUMS ALIVE

Mary Ann Orme will get you moving and grooving in this great class! This class is limited to 30 people with center provided supplies (bucket and sticks). Participants will be required to provide their own ball each week. This Free class is offered on Mondays at 1:30pm. **This class is limited to 30 people, you may sign-up for one month at a time. Please call and cancel if you are unable to attend as there is a waitlist for the class.**

CHAIR YOGA

Chair yoga increases flexibility, strength, improves balance and coordination, reduces stress and pain, and improves sleep. **Join Donna on Monday and Friday mornings at 9:30am. There is a \$3.00 drop-in fee per class.**

YOGA

This class is perfect for the beginner yoga student. Basic postures are taught in a clear and concise manner with modifications being offered to meet your physical ability. With consistent practice, this class will increase your flexibility, endurance, strength and balance. Please bring a yoga mat and a blanket to class. Dress in comfortable clothing that allows for movement. Appropriate for all levels but must be able to get down and up from the floor.

Classes are held on Mondays and Fridays at 10:30am and have a drop-in fee of \$8.00 per class.

MAXWELL PHYSICAL THERAPY STRENGTH PROGRAM

Join Maxwell Physical Therapy on the third Wednesday of every month at 3:00pm for Upper and Lower strength and balance training. This is a great class to help maintain or regain your balance and core strength. **The December program will meet on Wednesday, December 17. Please call to reserve your spot.**

ARTHRITIS EXERCISE

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. You may bring your own weights to enhance the class.

This great program is offered on Tuesdays and Thursdays at 10:00am.

This class requires pre-registration to attend. Participants may sign-up on the sign-up sheet in the class on Tuesdays or Thursdays for the next class. Participants that miss the previous class may call the office to sign-up.

AFTERNOON ARTHRITIS EXERCISE

The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routine includes a gentle range-of-motion exercises that are suitable for every fitness level. You may bring your own weights to enhance the class.

This great program is offered on Tuesdays at 2:00pm.

ADVANCE PHYSICAL THERAPY PRESENTS: BALANCE CLASS

Join Megan, a physical therapist, from Advance Physical Therapy on the first and fourth Tuesday of each month at 11:30am. Megan will help you improve your balance and strength with a variety of exercises. **The December dates are Tuesday, December 2 and Tuesday, December 23. Please call to reserve your spot.**

PICKLEBALL

Join our pickleball group on Wednesdays at 9:00am for some fun, exercise and a little friendly competition.

LINE DANCING CLASSES

Join in on the fun! Line dancing is a great way to have fun while exercising. Our instructor, Norma Rudkin, will make you fall in love with line dancing! Cost is \$3.00 per class.

Class schedule is as follows:

Improver Class-Mondays at 12:00pm High Beginner - Thursdays at 12:00pm

Ultra Beginner– Thursdays at 1:30pm

LET'S GO FOR A WALK

Let's Go For a Walk ion Mondays and Fridays from 8:00am-9:00am and Tuesdays and Thursdays from 8:00am-9:45am. 22 laps in our large room is one mile. We have bingo chips available to help you keep track of your laps! Wednesday walking is available from 8:00am-9:00am

TABLE TENNIS

Doubles table tennis returns on Friday afternoons from 2:00pm-4:00pm.
Please call to register in advance if you would like to play!

SCRABBLE

Join our Scrabble group on Mondays at 1:00pm. Playing Scrabble is a great way to keep you mind active.

ZUMBA GOLD

Do you want to have a great time dancing and shaking away the pounds and blues?
Join certified Zumba instructor Kimberly on Fridays at 1:00pm for an hour of fun and exercise!
Cost is only \$6.00 per class or you can purchase a punch card for \$25 (5 classes).
This class can be done seated or standing!

SOCIAL PROGRAMS & TRIPS AT A GLANCE

MAH JONGG	MONDAYS	9:30AM
BRIDGE	MONDAYS	12:00PM
BRIDGE (PARTNERS)	TUESDAYS	12:30PM
EUCHRE	TUESDAYS	12:30PM
EUCHRE	THURSDAYS	12:30PM
POKER	FRIDAYS	12:00PM

February 5-14, 2026: Discover Hawaiian Adventure. Call for cost

April 15-23, 2026: London & Paris with optional 3-night Amsterdam post-tour excursion.
Call for cost.

June 24-July 5, 2026: Alaska Discovery Land & Cruise. Call for cost

June 19-25, 2026: Discover Canadian Rockies & Glacier National Park. Call for cost.

October 13-27, 2026: Discover South Pacific Wonders. Call for cost.

SENIOR CENTER BUS TRIPS– LIMITED TO 6 PEOPLE

Bronner's Christmas Wonderland

Wednesday, December 10

Bus Departs Senior Center at 8:15am Bus Departs Bronners at 12:00pm

Flint Institute of Arts– Hot Shop Class-Make your own Paperweight Cost \$25.00 per person

Friday, December 12

Bus Departs Senior Center at 9:00am Bus Departs Flint Institute of Arts at 12:00pm

The FIA trip is for Genesee County Residents 60 & older only

EDUCATION PROGRAMS

HEALTHY HOLIDAY RECIPES WITH LAURIE

We all understand the struggle of eating healthy during the holidays. There is always too many choices and all the desserts. Join Laurie as she shares how to make your favorite holiday foods more healthy.

Join Laurie on Wednesday, December 3 at 1:00pm. **Please call to reserve your spot.**

TRIVIA TIME

Grab a friend and try your hand at trivia. We will be joined by our friends at American House for this fun event! American House will provide refreshments. Join us Wednesday, December 3 at 1:00pm.

Please call to reserve your spot.

CARD MAKING WITH JUDI

Let's make some cards that are perfect for sending warm winter wishes and birthday greetings. One of the cards features fun pop-out technique. Stop by the Senior Center and see the cards we'll make in

December on display. Bring adhesive (liquid glue or tape runner). This fun class will be held on Wednesday, December 3 at 1:00pm. **Advance sign-up and payment are required.**

DIGITAL DIVIDE PROGRAM

The center has partnered with University of Michigan Flint and Grand Blanc High School to offer one-on-one tech assistance. This program will be a work in progress, so please be patient until we are able to get the first month under our belts. Participants will work with students to navigate through their tech devices. The November dates are: Friday, December 5 from 12:15pm-1:30pm and Friday, December 12 from 10:00am-11:15am. **You must call to reserve your spot.**

TURNING 65-MEDICARE 101 PRESENTED BY SECURITY FIRST BENEFITS

Turning 65 and confused at what you need to do to enroll in Medicare benefits? Jason from Security First Benefits will be at the center to answer your Medicare questions on Monday, December 8 at 11:00am. **Please call to reserve your spot.**

ACRYLIC PAINT POUR CLASS

Welcome to the vibrant world of acrylic paint pouring, where creativity flows as freely as the paint itself! If you're new to the art scene or simply looking to unleash your inner artist, you're in for a treat. Picture this: swirling colors cascading across your canvas in a dance of pure imagination, each pour a unique expression of your creativity. In this Acrylic Paint Pouring for Beginners Class, we'll dip our imaginations into the basics of acrylic paint pouring, from selecting the right materials to mastering essential techniques. Join Lin on Monday, December 8 at 1:00pm. for this great class. All materials provided, cost is \$30. **Advance sign-up and payment are required. Displays are up at the center**

MAXWELL PHYSICAL THERAPY ONE ON ONE CONSULTS

Do you have questions if physical therapy would help your condition or improve your balance and coordination. Make an appointment today to meet with Physical Therapist Meghan to see if therapy would be the right fit for you. Meghan will be at the center on Wednesday, December 10 by appointment. Appointments begin at 3:00pm. Please call to make an appointment.

GENESEE DISTRICT LIBRARY PRESENTS: LIBBY AND HOOPLA

Kevin Collins from GDL will be at the center again this month offering a great program on Libby and Hoopla. What are Libby and Hoopla? Libby and Hoopla are both online libraries. While Libby and hoopla are similar, each comes with their own pros and cons as well as special features, so each offers something unique to the library. Join Kevin on Friday, December 12 at 11:30am for this informative class. **Please call to reserve your spot.**

MICHIGAN PARKINSON FOUNDATION PRESENTS: PARKINSON'S 101

More and more people are being diagnosed with Parkinson's Disease. Join Michigan Parkinson Foundation as they present PD 101, a free, in-person orientation designed to help individuals better understand Parkinson's. Whether you have been newly diagnosed or have had Parkinson's for years or you are providing care to an individual with Parkinson's this program is for you. Some topics covered are What causes PD and Who gets PD? Join Deb Colling, Director of Exercise, on Friday, December 12 from 1:00pm-3:00pm. **Please call to reserve your spot.**

COOKIES, COFFEE AND CAPTEL

Join Deborah from CapTel for cookies, coffee and Captel. Captel is a phone with a display screen so you can read what people are saying. Captel is free for anyone experiencing hearing loss. This great presentation will be held on Monday, December 15 at 10:00am. **Please call to reserve your spot.**

BUILD YOUR OWN CHARCUTERIE BOARD WITH JAY E. JACOBS CATERING

Come learn how to make a perfect charcuterie board with Jay E. Jacobs catering. Chef Jay will provide everything you need to make your very own charcuterie board. Chef Jay will share recipes with you so you can try more designs at home! This great class will be held on Monday, December 15 from 1:00pm-3:30pm. **Cost is \$15.00 per person for Genesee County residents 60 years of age or older. Advance payment is required.**

SWAN HOSPICE PRESENTS: BLOOD PRESSURE 101

Do you have high blood pressure or are you concerned about keeping your blood pressure under control? Join Mercedes from Swan Hospice as she shares information about how to stay heart healthy. Mercedes will be at the center on Tuesday, December 16 at 11:00am.

Please call to reserve your spot.

INTRODUCTION TO BRIDGE

A great way to get out of the house, meet new friends, learn a new game, have fun and keep a healthy brain. In this class you will learn how to: Identify suits, cards and values; Develop concepts on tricks, basic play, auction and contracts; Basics of playing, game & part score levels, contract/opening/bid/first response & play; Scoring and much more fun things! Join Bobby on Wednesdays at 12:30pm to learn how to play bridge. Advance Bridge Class begins at 1:00pm. **Please call to reserve your spot.**

KNITTERS

Our knitting/crocheting group meets every Thursday morning from approximately 9:00am-11:00am. Our group shares patterns, ideas and friendship. This group is for anyone whether you are working on a personal project or making projects to donate to local charities! If you are looking for a home for your unused yarn, we happily accept donations for our group.

LEARN TO PLAY MAH-JONGG (NO MAH JONGG CARD REQUIRED)

Learn to play Mah-Jongg on Thursdays at 9:30am with Ray. This group is for newbies or those that just need a little refresher

THE WATERCOLOR STUDIO

Our watercolor group will continue to meet on Tuesdays from 9:30am-11:30am where our painters can continue to share the love of watercolors and the friendships they have formed.

BOOK DISCUSSION

Book discussion and reading improves brain connectivity, increases vocabulary and comprehension, empowers you to empathize with other people, aids in sleep readiness, reduces stress, lowers blood pressure and heart rate, fights depression symptoms, prevents cognitive decline as you age, and contributes to a longer life. The Book Discussion group meets on the 2nd Wednesday of each month at 10:00am. **The December session will be held on Wednesday, December 10**

ULTRA BEGINNER LINE DANCE

We are so excited to announce an Ultra Beginner Line Dance Class with Norma! This class is perfect for anyone looking to learn line dance. Norma will start with the basics so you can learn to love line dance! No experience necessary, just need a good attitude and be ready to have a great time! This class will be offered on Thursdays at 1:30pm. Cost is \$3.00 drop-in.

NUTRITION PROGRAMS

PRODUCE PANTRY

Thanks to a \$10,000 grant from Community Foundation of Greater Flint, Grand Blanc Chapter the center is able to purchase fresh produce from Flint Fresh. We will be distributing free fresh produce daily, with the exception of holiday weeks. Produce bags will be distributed on a first-come-first-serve basis. Monday produce pick-up time will vary depending on when we are able to pick-up the order, feel free to call before coming in. Tuesday through Friday produce pick-up begins at 8:00am. Availability is limited. Each Monday we receive our order and divide the produce up evenly for all five days of the week so that everyday the same amount of each item will be available. We ask that you please limit yourself to one visit per week so that everyone has an opportunity to this great program!

Brookdale Luncheon & Cook/Mason Holiday Concert

*Join us for a delicious luncheon
and concert from
Cook & Mason Elementary
Schools!*

***Wednesday, December 17 at
12:00pm***

Reservations due by December 10



LEGAL SERVICES OF EASTERN MICHIGAN: FREE LEGAL SERVICES

The Center is happy to announce Free Legal Services provided by Legal Services of Eastern Michigan.

Attorney Zach will be available by appointment only on the **first Monday of every month**.

Appointments are 1/2 long and begin at 9:30am. If you and your spouse are wanting to complete a Will or Durable Power of Attorney two appointments will be required. Please call the office to schedule your appointment. **Services are available to Genesee County Seniors 60 years of age and older.**

Services include: Wills, Durable Power-of -Attorney, Advance Directives, Estate Planning, Medicaid Planning, Social Security, Income Tax, Consumer Issues, Housing Complaints, Family Law, Domestic Violence, Bankruptcy, Employment Issues, Public Benefits.

LSEM Attorney is available by appointment only on the first Monday of each month.

GRIEF SUPPORT SPONSORED BY THE MEDICAL TEAM

We are happy to announce a new partnership with The Medical Team. The Medical Team will offer a monthly grief support group on the 1st and 3rd Monday of each month at 10:30am. You don't have to go through the grieving process alone. Join our caring group of people who will walk alongside you through one of life's most difficult experiences.

The December dates are Monday, December 1 and Monday, December 15

MEDICARE/MEDICAID ASSISTANCE

Our Medicare specialist can assist you with your Medicare or Medicaid questions and concerns.

Our Medicare counselor is available for phone appointments on Tuesdays and Wednesdays.

Call the center at 695-3202 to schedule an appointment.

VISUAL OR HEARING IMPAIRED SUPPORT GROUP

Our Visual and Hearing Impaired Support Group has returned. Join Sabrina from Family Service Agency on the third Monday of each month at 10:00am. The December group will be held on Monday, December 15

ALZHEIMER AND PARKINSON CAREGIVER SUPPORT GROUP

Are you caring for someone with Alzheimer's, Dementia or Parkinson's? If so, please consider joining our wonderful support group. This group can make the challenges in caregiving a little less stressful knowing you are not alone. The Caregiver Support Group meets on the 3rd Wednesday of each month

from 10:00am-12:00pm. **The December date is Wednesday, December 17**

MEDICAL LOAN CLOSET

The Center's Medical Loan Closet is available Monday-Friday from 9:00am-12:30pm. Inventory varies daily based on usage and donations. If you would like to make a donation please call in advance to see if we are accepting the durable medical goods.

GENESEE COUNTY OFFICE OF VETERAN SERVICES

On Monday, December 29 Veteran Service Officer Tristan Shaw will be available by appointment only. Tristan can answer general questions on benefits, help you obtain discharge or other military records and apply for benefits that you qualify for. **Please call the office to make an appointment.**

SENIOR CENTER TRANSPORTATION SERVICE

The bus provides transportation for current members age 60 and older who reside within the Grand Blanc School District. Participants must sign a bus policy. Transportation is limited to the Senior Center, Doctors Offices, Grocery Stores, Post Office, and Barber/Beauty Shops within the Grand Blanc School

District. The Center transportation services cannot provide rides to physical therapy or medical procedures other than routine doctor and dental appointments, blood draws and x-rays. Transportation arrangements must be scheduled with the Grand Blanc Senior Activity Center Office. There is a \$4.00 charge for round trip transportation. Any additional scheduled stops are \$2.00 per stop and must be scheduled at the time of original appointment. The fees may be paid in advance or upon boarding the bus. For convenience please have small bills or exact change. Transportation hours are: Monday through Friday from 8:00am-1:00pm.

1 Produce Pantry LSEM Appointments Walking 8:00-9:30 Chair Yoga 9:30 Mah Jongg 9:30 Yoga 10:30 Grief Support 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Drums Alive 1:30	2 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 ADPT 11:30 Bridge 12:00 Euchre 12:30 Exercise 2:00	3 Produce Pantry Walking 8:00-9:00 Pickleball 9:00-12:00 Beg Bridge 12:30 Healthy Recipes 1:00 Card Making 1:00 Trivia 1:00 Int Bridge Class 1:00	4 Produce Pantry MMAP Appointments Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	5 Produce Pantry Walking 8:00-9:30 Quilting 9:00 Chair Yoga 9:30 Yoga 10:30 Poker 12:00 Digital Divide 12:15-1:30 by Appt Zumba 1:00 Table Tennis 2:00
8 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Mah Jongg 9:30 Yoga 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Acrylic Paint Pour 1:00 Drums Alive 1:30	9 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 Bridge 12:00 Euchre 12:30 Exercise 2:00	10 Produce Pantry Walking 8:00-11:00 Pickleball 9:00 Mobile SOS 10-2 by Appt Book Discussion 10:00 Beg Bridge 12:30 Int Bridge Class 1:00 Maxwell Consults by Appt 3:00	11 Produce Pantry MMAP Appointments Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Brookdale Blood Sugar Checks 10-12 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	12 Produce Pantry Walking 8:00-9:30 Quilting 9:00 Chair Yoga 9:30 Digital Divide 10:00-11:15 Yoga 10:30 GDL Libby/Hoopla 11:30 Poker 12:00 MI Parkinson Foundation PD 101 1:00 No Zumba/Table Tennis
15 Produce Pantry Walking 8:00-9:30 Chair Yoga 9:30 Mah Jongg 9:30 Visual/Hearing Support 10:00 Captel 10:00 Grief Support 10:30 Yoga 10:30 Line Dance 12:00 Scrabble 1:00 Charcuterie 1:00 Drums Alive 1:30	16 Produce Pantry Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 BP Class 11:00 Bridge 12:00 Euchre 12:30 Exercise 2:00	17 Produce Pantry Walking 8:00-9:00 Caregiver Support 10 No Pickleball Brookdale Luncheon & Choir Concert 12:00 Int Bridge Class 1:00	18 Produce Pantry MMAP Appointments Walking 8:00-9:45 Knitting 9:00 Mah Jongg 9:30 Exercise 10:00 Line Dance 12:00 Euchre 12:30 Beg Line Dance 1:30	19 Produce Pantry Walking 8:00-9:30 No Quilting Virtual Dementia Tour 9-1 by Appt Chair Yoga 9:30 Yoga 10:30 No Poker Zumba 1:00 Table Tennis 2:00
22 No Produce Walking 8:00-9:30 Chair Yoga 9:30 Mah Jongg 9:30 Yoga 10:30 Line Dance 12:00 Scrabble 1:00 Drums Alive 1:30	23 No Produce Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 ADPT 11:30 Bridge 12:00 Euchre 12:30 Exercise 2:00	24  CLOSED FOR THE Holidays	25  CLOSED FOR THE Holidays	26  CLOSED FOR THE Holidays
29 No Produce Walking 8:00-9:30 Chair Yoga 9:30 Mah Jongg 9:30 Veteran Appts 9:30 Yoga 10:30 Line Dance 12:00 Bridge 12:00 Scrabble 1:00 Drums Alive 1:30	30 No Produce Walking 8:00-9:45 MMAP Appointments Watercolor 9:30 Exercise 10:00 Bridge 12:00 Euchre 12:30 Exercise 2:00	31  CLOSED ON <i>New Year's Eve</i> — AND — <i>New Year's Day</i>		

Grand Blanc Senior Center
12632 Pagels Drive
Grand Blanc, MI 48439
Hours of Operation
Monday-Friday
8:00am-4:00pm
Phone: (810) 695-3202
gbsc3202@gmail.com
Website:
parks.gbtgov.com

**PRST STD
U.S. POSTAGE
PAID
Grand Blanc, MI
Permit No. 35**

OR CURRENT RESIDENT



**MICHIGAN SECRETARY OF STATE
MOBILE OFFICE
IS COMING TO YOU**

**Wednesday, December 10
10:00am-2:00pm by Appointment**

Book a visit to complete your Secretary of State transactions, including:



First-time
Michigan ID



Renew driver's
license or ID



Vehicle services
*Note: Instant title
services not available*



Apply for/renew
disability placard