



Monthly Publication brought to you by the Flushing Area Senior Center

NOVEMBER
2024

Our
Perspective
for the 50+ generation

These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.

Programs / Events / Activities

Coffee Talk



With :
**County Commissioner
Dale Weighill**

**Monday, November 4th
@ 2:30 p.m.**

Come join us to receive the latest county updates as well as ask questions of the Commissioner.



This Meet & Greet is informational only. FASC does not support/endorse politicians, candidates or parties.

Watercolor Basics

w/Christie Macclomel

Wednesday, November 6th - 9:30 a.m.

Join Christie as you learn the fundamentals of watercolor using basic techniques that all artists use in their everyday painting!

Cost - \$10.00
Call (810)659-4735 to RSVP

Solitude



Recommended Supply List

- Paper - 11" x 14" Arches Cold Pressed Block
- Brushes - Large Bristle Brush, Rigger, Flat, Round
- Box of Inexpensive Tissue
- Container for Water
- Palette
- Paint - Artists' Grade Recommended
 - Dark Green (Shadow)
 - Dark Blue (Cobalt)
 - Dark Brown (Burnt Umber)
 - Yellow (Transparent Lemon)
 - Red (Primary Red Magenta)
 - Gray (Paynes Gray)
 - Recommended Brands
 - M. Graham / Holbein / Winsor & Newton
 - Daniel Smith / MaimeriBlu / Sennelier

VETERAN'S APPRECIATION LUNCHEON

Friday, November 8th @ 12:00 p.m.

(Registration begins @ 11:30 a.m.)

FREE LUNCH - EACH VETERAN & ONE GUEST

RESERVATIONS REQUIRED. PLEASE CALL THE CENTER BY MONDAY, OCTOBER 28TH - (810)659-4735

Location - Flushing Community Church
9500 Pierson Road, Flushing

Entertainment - Mister Tim

SPECIAL THANKS TO THE FOLLOWING SPONSORS

ROTARY CLUB OF FLUSHING / HEALTH MARKETS INSURANCE AGENCY
EDWARD JONES INVESTMENTS / STALEY'S PLUMBING / ROSSELL FUNERAL HOME
BUECHE'S FOOD WORLD / INNOVATIVE TECHNOLOGY SOLUTIONS

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Programs / Events / Activities



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



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

- First-time Michigan ID
- Renew driver's license or ID
- Transfer title
- Apply for/renew disability placard

Date: Friday, November 8th
Time: 10:00 a.m. - 3:00 p.m.
Location: FASC Annex
106 Elm St., Flushing

The Secretary of State Mobile Office will be visiting the Flushing Area Senior Center to provide services to members to process their needed transactions.

For more information or to schedule your appointment, call (810)659-4735.





**JOHN CHERRY
STATE SENATOR**
SENATORCHERRY.COM

Monday, November 18th @ 2:00 p.m.

Come join us to receive the latest state updates as well as ask questions of the Senator.



This Meet & Greet is informational only. FASC does not support/endorse politicians, candidates or parties.


SENIOR ASTRONOMERS

w/ Bob Kren



Come join Bob as he meets with seniors across the county to discuss their shared passion for astronomy. Meetings take place the third Wednesday of each month @ 10:00 a.m. See schedule below:

• Flushing Area Senior Center	November 20th
• Clio Senior Center	December 18th
• Swartz Creek Area Senior Center	January 15th
• Grand Blanc Senior Center	February 19th
• Davison Senior Center	March 19th

Members will also schedule dates for evening observations!



**Coffee Hour with
State Representative
Jasper Martus**

**Flushing Area Senior Center
106 Elm St, Flushing, MI 48433
Friday, November 22nd
10:00-11:00am**

It is important to our office that community members and neighbors are always able to share their thoughts and concerns with me. So I hope to see you there Friday


If you can't make it but have any questions, you can always email our office at jaspermartus@house.mi.gov or call us at (517) 373-1786

Book Presentation


Two Envelopes

What You Want Your Loved Ones To Know When You Die

Written by Rusty Rosman



Monday, November 25th @ 10:00 a.m.



When you die, there are so many things your family and loved ones immediately need to know. **Two Envelopes** is your voice, conveying your wishes regarding your death and estate.

Books will be available for sale - \$21.20 - (Cash/Credit Card)

FASC Thanksgiving Luncheon

**Tuesday, November 26th
11:30 a.m. - 12:30 p.m.**

MENU

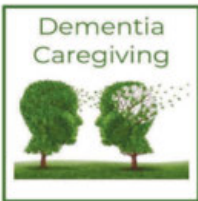
TURKEY BREAST W/ GRAVY, MASHED POTATOES
CHEF GAREY'S FAMOUS GREEN BEANS
HM MAC & CHEESE, WHEAT ROLL
HOLIDAY COOKIE, FRUIT JUICE

Free of Charge!

**Sign-up Deadline
Friday, November 8th
(810)659-4735**



These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.



ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend an in-person workshop series for help!

This Dementia Caregiving workshop is 3-session program for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementia-related behaviors
- Create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



DEMENTIA CAREGIVING WORKSHOP

Mondays - November 25th, December 2nd & 9th

1:30 p.m. – 3:00 p.m.

Flushing Area Senior Center

106 Elm Street, Flushing

To Register Call: (810) 659-4735

This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports



Ladies' Christmas Tea

Friday, December 13th
12:00 P.M.

Come join us at the Woodhaven Senior Community Clubhouse!

We invite you to celebrate the most beautiful time of the year with us! Come and enjoy good music, excellent food and Christmas ambiance and make the holidays unforgettable!

Interested in hosting a table? Please contact us for details.

COST \$18.00	REGISTRATION BEGINS AT 11:30A.M.
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RSVP BY
DECEMBER 2ND
810-659-4735

FLUSHING AREA SENIOR CENTER
106 ELM STREET
FLUSHING, MI 48433

Sullivan's Travel

Sullivan's Irish Alley is proud to announce we have recently partnered with the Flushing Area Senior Center offering members Top Notch experiences on travel!

5% of all travel booked will go directly back to the FASC!

For the last 20+ years, Sullivan's Travel has been providing the Flushing area with the best travel experiences all over the world.

We can get you there, no matter how you prefer to travel! Coach Tours, Individual Tours, Private Guided Tours, and Self-Drive Tours are all available!

Upcoming Tours for 2025:

March 21-28, 2025 SICILY \$2195.00 + air.
This is a hosted tour, Tour includes 7 Breakfasts, 2 Lunches, and 4 Dinners.

August 22-28, 2025 IRELAND \$2545 + air.
This is a hosted tour, Tour includes 6 Breakfasts, 1 Lunch, and 3 Dinners. (Including a Banquet in a Medieval Castle)

September 21-29, 2025 SPAIN \$2795+ air.
Tour includes 8 Breakfasts, 1 Lunch, and 4 Dinners.

Detailed itineraries and sign-up forms are available at the Senior Center!

If you want to go anywhere else or these dates won't work for you, stop by and get a complimentary book full of over 100 options!

We look forward to serving ALL your travel needs! Remember, if you're a member of FASC and you book any travel through us, we donate 5% back to them!

Sullivan's Travel
104 E Main St. Flushing
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Celebrating 25 years!

VOLUNTEERS NEEDED!

CALLING ALL SENIOR CENTER MEMBERS, THE ECC WANTS YOUR HELP!

The Flushing Early Childhood Center is looking for volunteers to prepare classroom materials, pop popcorn, or become a classroom grandparent on a regular basis.

If you would like to make a difference in our Jr. Raider family, please contact the center for more details - (810)659-4735.

These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.

Exercise Programs

These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.

Basic Flow Yoga Gold

Tuesdays & Thursdays at 10:00 a.m.

Yoga Mat Required

Free of Charge

Instructor: Rhonda Straley

Includes gentle flow sequence with breathing breaks between each sequence. Class is dynamic in nature and requires the ability to move from lying down, kneeling, and standing postures.

Body Balance & Mobility

Wednesdays at 9:30 a.m.

& Fridays at 10:30 a.m.

Free of Charge

Instructor: Theresa Landis

This class is movement-based training to improve balance & coordination to prevent falls. Exercises are performed seated in a chair and standing up using the chair for support.

Drums Alive

Mondays & Wednesdays at 11:00 a.m.

Free of Charge

Instructor: Tobi Williams

Combining the benefits of a traditional fitness program with the brain affected benefits of music and rhythm. Fun and fitness go together in this class. Exercise balls, drum sticks and ball buckets provided!

Exercises for Everyday Living

Tuesdays & Thursdays at 8:40 a.m.

Free of Charge - Instructor: Darci

Uses basic movement to strengthen balance, posture, flexibility, and coordination. Uses a chair, so there is no reason not to exercise!

Exercise Station - Free of Charge

- Mondays - 10:15 a.m. - 11:00 a.m.

- Tuesdays - 11:30 a.m. - 1:00 p.m.

- Wednesdays - 8:00 a.m. - 9:30 a.m.

- Thursdays - 2:15 p.m. - 4:00 p.m.

- Fridays - 8:00 a.m. - 10:15 a.m.

The center has a variety of pieces of exercise equipment including a recumbent bike, a rowing machine and an airdynne bike. Come join us at the following times/days at your leisure while watching TV or listening to music.

Line Dancing

Each Monday at 8:45 a.m.

Free of Charge

Instructor: Darci

Line Dancing provides heart healthy benefits of an aerobic exercise while engaging in a social activity and stimulates the mind!

Pickleball @ E.C.C.

Mondays & Thursdays

11:00 a.m. - 1:00 p.m.

Free of Charge

All abilities welcome!

Pickleball Informational Meeting

Wednesday, November 20th at 3:15 p.m.

All members **must** attend a one-time informational meeting at the center prior to participation.

Silver Sneakers Stability

Each Tuesday at 2:00 p.m.

Free of Charge

Instructor: Abbie Mars

This class will help you be stronger, improve your balance, and decrease your risk of falling while helping protect your independence, reduce body fat, improve mobility, endurance & coordination.

Tai Chi

Each Thursday at 1:00 p.m.

Free of Charge

Instructor: Darci

Tai Chi is a slow-moving exercise that helps with balance, focus, body control, stress relief and is good for people with arthritis. With a little patience and time, you will start to notice a difference and have a little fun!

Fun & Games

Bunco

Each Thursday at 2:00 p.m.

Bunco is a dice game that is easy to learn the first time you play, no experience necessary!

Cornhole

Each Thursday at 2:15 p.m.

Looking for new and experienced players to join in our new weekly cornhole game!

Dominoes

Each Monday at 12:30 p.m.

Come and play Mexican Train Dominoes.

No experience necessary!

Euchre

Each Tuesday at 1:00 p.m.

Play using standard Euchre rules. New players need to already have the skills and knowledge to play.

Hand Knee & Foot

Each Thursday at 9:00 a.m.

The game is a variation of Canasta, is similar to Samba but yet a little different. It's an easy game to learn and lots of fun to play!

Jigsaw Puzzles

Browse through the puzzle selection located in the activity room. You are welcome to take one or more home to put together!

Mah Jongg

Wednesdays & Fridays at 1:00 p.m.

Play using American Mah-Jongg rules. Players need to already know how to play.

Training available by request.

Penny Bingo

Each Friday at 1:00 p.m.

Use pennies as markers. Winner wins everyone's markers. Cards cost \$0.25 each or 6 for \$1 (6 card limit). A variety of Bingo patterns played to keep it interesting. Money collected for cards is the prize when playing a cover all. Based on Michigan state law, players must be at least age 60 or older to play.

Ping Pong

Wednesdays & Fridays at 2:30 p.m.

Ping Pong is recreational, but competitive so bring your A-game and use all your skills to your best advantage and maybe win!

Poker

Each Monday at 6:00 p.m.

Play dealer's choice and play a variety of games. All games are based on a five card poker hand.

Samba

2nd & 4th Mondays at 12:30 p.m.

Samba Cards is easy to learn and has similarities to Canasta, Hand and Foot, Hand, Knee and Foot, Rummy, and Books and Runs. Anyone with card experience can learn



Ann's Adventures

Office Hours: Mon – Fri 9:00 am – 5:00 pm
 Hours may vary when Ann is traveling
 Office phone: 810-640-8303
 E-mail: aanderson@annsadventures.net
 Website: www.annsadventures.net

Going on a trip with Ann?
 Please register through the Center and
 help us earn \$5.00 with every trip you take!

Here's an At-A-Glance list of upcoming trips:

- ⇒ **Ikea – Fall Shopping**
 Date: Thursday, November 14th
 Cost: \$48.00 per person
 Departs: 9:00 a.m. from the Clio K-mart
- ⇒ **Simply Sinatra**
 Date: Friday, November 15th
 Cost: \$92.00 per person
 Departure: 4:30 p.m. from Clio Kmart
- ⇒ **Vienna Boys Choir Christmas in Vienna**
 Date: Sunday, November 24th
 Cost: \$75.00 per person
 Departure: 12:30 p.m. from Clio Kmart
****Must have Passport or Enhanced Driver License****
- ⇒ **Winter Wonderettes – Turkeyville # 2**
 Date: Wednesday, December 18th
 Cost: \$88.00 per person
 Status: Seats available!
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Christmas Mystery Trip**
 Date: December 27th - 29th
 Cost: \$625.00 per person double occupancy
 Departure: 7:00 a.m. from PNC Bank
 Deposit: \$75.00 per person
 Final Payment Due: November 25th
- ⇒ **Detroit Auto Show**
 Date: Thursday, January 16, 2025
 Cost: \$62.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Jimmy Buffet**
 Date: Saturday, January 18th
 Cost: \$83.00 per person
 Departure: 4:30 p.m. from Clio Kmart
- ⇒ **Genitii's**
 Date: Tuesday, January 28th
 Cost: \$91.00 per person
 Departure: 9:30 a.m. from the Clio Kmart
- ⇒ **Fourteen Funerals**
 Date: Wednesday, February 12th
 Cost: \$85.00 per person
 Departure: 1:00 p.m. from the Clo Kmart

Alzheimer's Support Group

Thursday, November 7th at 2:00 p.m.

This group, facilitated by Dawn Shurter, is open to anyone caring for a family member or friend with either Alzheimer's Disease or some form of dementia.

Blood Pressure Check

Each Thursday from 10:00 a.m. - 11:00 a.m.

No appointment necessary. Walk-Ins welcome!

Free Notary Services for Seniors 50 and Older

Karen Herriman is a Notary Public and can seal your documents for you at no cost. **You need to call the Center to make an appointment. You must sign in the presence of the notary and bring your picture ID.**

Grief Support Group

Tuesday, November 12th & 26th - 2:00 p.m.

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.

Legal Assistance

Friday, November 8th - 9:00 a.m.-12:00 p.m. & 1:00 p.m.-2:00 p.m.

If you are in need of assistance with a legal issue you can call the Senior Center office to schedule a free appointment to meet with Seth Neblock, an Elder Law Attorney from Legal Services of Eastern Michigan.

Loan Closet

We have Medical Equipment available to borrow which includes: walkers, canes, and wheelchairs. Call the office if you are in need of medical equipment. Donations of some clean medical equipment accepted during regular business hours.

Medicare Assistance (MMAP)

A MMAP counselor is available by appointment only to help with any of your Medicare paperwork / questions. This is a free service that can help you make informed and educated health decisions. If you need assistance, call the center at (810)659-4735 to make an appointment.

Veterans Coffee Hour

Friday, November 1st & 15th - 9:30 a.m.

Join us for coffee, treats and conversation with your fellow veterans.

Veterans Services

Wednesday, November 27th - 9:30 a.m. - 3:00 p.m.

Veterans, are you receiving all of the benefits you are entitled to? Call the center to schedule an appointment with a Veteran Service Officer at the Swartz Creek Area Senior Center.

These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.

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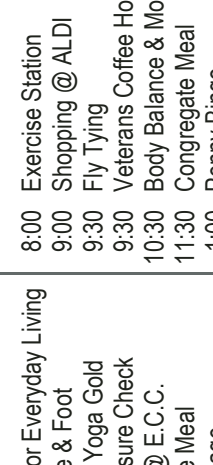
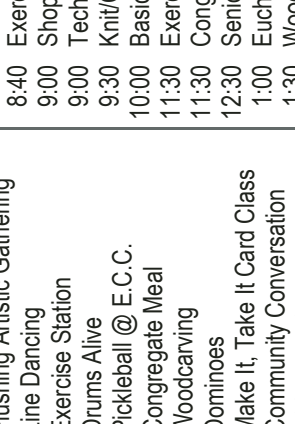
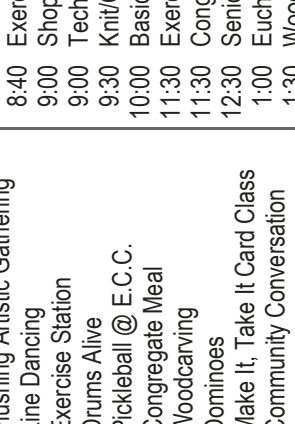


Office Hours
Monday - Friday
8:00 a.m. - 4:00 p.m.

Flushing Area Senior Center
106 Elm Street, Flushing, MI 48433
www.flushingseniorcenter.com
Phone 810.659.4735
Fax 810.659.4686

Greg Matheson, Executive Director
Roxanna Gay, Office Manager
Erin Faith, Office Assistant
Karen Herriman, Office Assistant

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="text-align: center;">Flushing Area Senior Center</h2>				
<p>4</p> <p>8:30 Flushing Artistic Gathering 8:45 Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 2:30 Coffee Talk w/ Commissioner Weighill 6:00 Poker</p>	<p>5</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 1:30 Woodshop @ E.C.C.</p> <p>CANCELLED: Silver Sneakers</p>	<p>6</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Watercolor Basics Class 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Shopping @ Walmart 2:30 Ping Pong</p>	<p>7</p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 2:00 Bunco 2:00 Alzheimer's Support Group 2:15 Cornhole 2:15 Exercise Station</p>	<p>8</p> <p>8:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:00 Mobile Secretary of State 11:30 Congregate Meal 12:00 Veteran's Appreciation Luncheon 1:00 Penny Bingo 1:00 Legal Assistance 1:00 Mah Jongg</p> <p>CANCELLED: Body Balance & Mobility, Ping Pong</p>
				<p>1</p> <p>8:00 Exercise Station 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>

<p>11</p>  <p>CENTER CLOSED</p>	<p>12</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group 6:00 Rescheduled - Poker</p>	<p>13</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:30 Ping Pong</p>	<p>14</p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga Gold 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>15</p> <p>8:00 Exercise Station 9:00 Shopping @ ALDI 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p>18</p> <p>8:30 Flushing Artistic Gathering 8:45 Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 1:00 Make It, Take It Card Class 2:00 Community Conversation w/ Senator Cherry 2:30 Gary Nickel Photography Class 6:00 Poker</p>	<p>19</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 12:30 Senior Women's Book Club 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Woodshop Safety Training</p>	<p>20</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 9:30 Veterans Services @ FASC 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:30 Ping Pong 3:15 Pickleball Informational Meeting</p>	<p>21</p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 RESCHEDULED - Shopping @ Meijer 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>22</p> <p>8:00 Exercise Station 9:30 Fly Tying 10:00 Coffee Hour w/ State Representative Martus 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p>25</p> <p>8:45 Line Dancing 10:00 Book Presentation - Two Envelopes 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Samba 12:30 Woodcarving 12:30 Dominoes 1:30 Dementia Caregiving Workshop 6:00 Poker</p> <p>CANCELLED: Flushing Artistic Gathering</p>	<p>26</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Thanksgiving Luncheon 11:30 Exercise Station 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group 7:00 FASC Board Meeting</p>	<p>27</p> <p>9:30 Flushing Artistic Gathering 9:30 Woodshop @ E.C.C. 9:30 Veterans Services @ Swartz Creek Senior Center 11:30 Congregate Meal 1:00 Writers Group</p> <p>CANCELLED: Exercise Station, Body Balance & Mobility, Drums Alive, Mah Jongg, Ping Pong</p>	<p>28</p>  <p>CENTER CLOSED</p>	<p>29</p>  <p>CENTER CLOSED</p>



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Arts, Crafts, Clubs & Other

Chair Massage

Thursday, November 14th - 12:00 p.m. - 3:45 p.m.

Chair massages are given by certified massage therapist: Mary Ann Orme. During a chair massage you stay fully dressed and experience a massage for your shoulders, neck, arms, back, legs, hands and feet. The cost is **\$7.00 for 10 minutes**. Call the center on the first business day for an appointment.

Flushing Artistic Gathering

Each Monday & Wednesday at 8:30 a.m.

Whether you use watercolors, acrylics, colored pencils or markers, this event is for you. All mediums welcome with the exception of oils. Learn new tricks and techniques from others and meet new friends. Bring your own painting supplies. Coloring supplies are available. All experiences are welcome!

Fly Tying

Each Friday at 9:30 a.m.

This group gets together to tie flies for fly-fishing. You must bring your supplies, be with some friends as you tie!

Gary Nickel Photography Class

Monday, November 18th at 2:30 p.m. - Free of Charge

This Group will explore the fundamentals of photography. From basic cameras and gear to photography techniques and computer editing. For all levels of experience and all types of cameras. Bring your own camera and questions.

Knit - Crochet - Craft

Each Tuesday at 9:30 a.m.

Bring your own projects to work on, share your ideas and talk about your projects with each other. Some knit afghans or dishcloths, others crochet baby sweaters or scarves. Some do embroidery, cross stitch, or needlepoint. Some simply enjoy sitting and chatting! There is no teacher, but there is always someone willing to help you with your project questions or problems. Please join us!

Lending Library

Gently-used books available to lend out in the Lending Library located in the back of the Activity Room. Come browse the wide selection of books available to borrow. Donations of new or gently-used books are always welcome.

Make It, Take It Card Making Class

Monday, November 18th at 1:00 p.m. - Free of Charge

Instructor: Rosemary Magley

Samples of this month's cards are on display in the Lunch Room. Bring your own scissors and adhesive. If needed, you can purchase adhesive from Rosemary. Additional cards are available to purchase on class day. Please sign up in advance on the first business day of the month.

Senior Women's Book Club

Tuesday, November 19th at 12:30 p.m.

Members take turns choosing a book they think will be interesting for the group to discuss. Books include all genres. Copies of the chosen book are usually provided through the GDL Bag of Books program.

Strayed Quilters

Thursday, November 21st at 12:30 p.m.

This group makes quilts at home then brings them to the monthly meetings to donate to one of two organizations:

- 1) *Project Linus*
- 2) *Horses for Hope*

These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.

Tech Tutoring w/Charlotte - FREE!

Tuesday, November 5th & 19th - 9:00 a.m. - 12:00 p.m.

Charlotte can assist with smartphones, laptops, other electronics and basic computer skills. Call to make an appointment.

Woodcarving

Each Monday at 12:30 p.m.

This group works mostly with bass wood using a variety of carving tools. The group has many experienced woodcarvers willing to share techniques and advice on whatever project you are working on. Newcomers to woodcarving are welcome!

Woodshop @ ECC

Tuesdays - 1:30 p.m. - 4:00 p.m.

Wednesdays - 9:30 a.m. - 12:00 p.m.

The woodshop is located at the Early Childhood Center is open during the school year. Available equipment includes a table saw, lathe, planer, jointer, belt sander, disc sander, miter saw, router table and drill press. Talented members are available to help with equipment and projects!

Woodshop Safety Training @ FASC

Tuesday, November 19th - 2:00 p.m. - 3:30 p.m.


Using the Woodshop requires you to complete our safety training course at the center as well as have an annual criminal background check completed. No RSVP required.

Writers' Group

Each Wednesday at 1:00 p.m.

We are a gathering of men and women who share writings of life experiences, interests and more. This can include journals, poems, short stories and readings. Writing prompts are available.

FASC BUS SCHEDULE


SHOPPING @ ALDI 3RD FRIDAY OF EACH MONTH @ 9:00 A.M.	
SHOPPING @ BUECHE'S EACH TUESDAY @ 9:00 A.M.	
SHOPPING @ MEIJER - SWARTZ CREEK 4TH THURSDAY OF EACH MONTH DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.	
SHOPPING @ WALMART - CLIO 1ST WEDNESDAY OF EACH MONTH DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.	

Please call the Center at least one day in advance for a ride. Please be ready when the bus arrives. Cancellations should be made by contacting the Center in a timely manner.
The Center retains the right to revoke any rider for any reason from the program.

Our bus is not equipped for wheelchair transportation and our volunteer drivers are not qualified to care for dependent Seniors; therefore, riders must be able to enter and exit the bus without assistance. We are not designated for emergency assistance.
Riders are required to follow all safety regulations when riding on the bus.

Suggested donation per round trip - \$3.00

Available Monday-Friday for residents living within the Flushing School District.





MEDICARE OPEN ENROLLMENT

OCTOBER 15TH – DECEMBER 7TH

A local Medicare Counselor can:

- Help compare your current Medicare health plan with other Medicare choices
- Help you sign up for a new plan
- Help you avoid high-pressure sales tactics

Free of Charge!

Call the center to make an appointment.
(810)659-4735

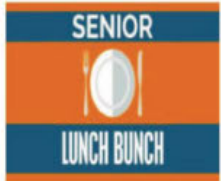







REMINDER! Thanks to a generous donation from the Lucy Ham Group, the center has a desktop computer for members to access during normal center hours. We suggest you call in advance for availability - (810)659-4735.



NOVEMBER CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	5	6	7	8
Asian Turkey Burger Sweet Potato Wedges 4 oz Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz Milk	Fiesta Chicken w/onions & Peppers Roasted Corn & Black Beans 4 oz Cilantro Lime Rice 4 oz WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	Salisbury Steak w/Gravy Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	Cheese Ravioli w/Sauce 1 ea Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea 100% Juice	New Orleans Chicken StirFry 4 oz Over Lo Mein Noodles 2 oz Vegetable Blend-4 oz Steamed Broccoli Hawaiian Roll Apricots-4oz Milk-8 oz Fortune Cookie-1 ea
11	12	13	14	15
				
Swedish Meatballs 6 ea Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	BBQ Pork Loin Sweet Corn 4 oz Cole Slaw 4 oz Wheat Roll Mango & Papaya 4 oz Margarine 100% Fruit Juice	Crispy Chicken Salad 3 oz w/Apples & Cranberries Cole Slaw-4 oz Potato Roll Diced Pears Milk-8 oz	Mostaccioli w/Meat Sauce 8 oz French Green Beans 4 oz Corn on the Cob 1 ea Fresh Pear Baked Breadstick 100% Fruit Juice-4 oz	Philly Chicken w/Cheese 3 oz Potato Wedges 4 oz Veggie Blend 4 oz Sub Bun Margarine-1 ea 100% Fruit Juice
25	26		27	28
				
Chili W/Ground Beef 8 oz Veggie Blend 4 oz Corn Bake 4 oz Strawberry Applesauce Milk	Turkey Breast W/Gravy 3 oz Mashed Potatoes 4 oz Garey's Famous Green Beans 4 oz HM Mac & Cheese 4 oz Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4 oz		Cobb Salad 4 oz w/Turkey, Cheese, Egg, Bacon Pasta Salad 4 OZ Fruit Muffin-1 ea Mandarin Oranges-4 oz Salad Dressing Pkt-1 ea Milk-8 oz	

PLEASE CALL THE DAY BEFORE 1:00 P.M. TO ORDER LUNCH - (810)659-4735

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NEUROLOGICAL CENTER

HURLEY

NOVEMBER BIRTHDAYS!

Ted Albee
Christine Allen
Ellen Allen
Sandy Allison
Eileen Anderson
Kathleen Anton
Dave Babieracki
Casey Baker
Daryl Banyas
Dean Bemis
Rebecca Bernard
Mary Bickley
Neil Blackmore
Jeanne Blanton
Marie Bordash
Edward Borkowski
Joan Brasseur
Courtney Briegel
Rita Brimley
Sandra Brown Gellis
Kay Bryant
Kim Buckner
Virginia Bueche
Lydia Campbell
Julie Carter
Marie Christopher
Don Clough
Eunice Commet
Elaine Cullen
Tammy Davis
Stephen Day
Susan Decourval
Danelle Duplanty
Janet Edwards
Terry Ensign
Betty Fisher
Jerry Fonger
Barbara Forrest
Rosalie Fraley
Jill Freeman

Rebecca Freiburger
Sheryl Gasser
Maryanne George
Claire Gilbert
Jim Graham
Elaine Gray
Terry Hackney
Helen Haggadone
Jerry Hammond
Steve Harrington
Denise Harris
Paul Hartman
Susan Hasal
Theresa Haynes
Ranee Hill
John Howe
Susan Hummel
Carla Iacoboni
Delois Jackson
Suzette Jarman
Carol Keane
Sylvia Keeler
Pat King
Audrey Kleinedler
Marilynn Klocke
Dawn Kramer
Jackie Kulis
Debbie Lackie
Joe Langdon
Melvin Letts
David Lewicki
Sherrie Lied
Evelyn Liversedge
Natalie Lucas
Bethany Lukins
Tom Lyman
Allen Marshall
Will Maslak
Janet Matsko
Ray Mccarty

Barbara Mckenna
Sally Mckenzie
Ed Mckimmy
Marian Mctaggart
John Mikesell
Barbara Mitchell
James Mitchell
Sandra Mohr
Michelle Montpas
Mary Moore
Paul Morgan
Tony Morrissett
Barbara Newman
Robert Oliver
Vera Perry
Mike Personett
Suzanne Petkoff
Cherrilynn Plantz
Laverne Poe
Lynn Radzilowski
Sandy Raffaelli
Fred Rau
Ronald Reynolds
Karen Ribant
Nancy Richard
Kimberly Richards
Steve Ridley
Rick Riess
Elsie Rinke
Carol Risinger
Alan Rockwood
Cindy Rolla
James Rotta
Kathy Sager
Maureen Sanders
Cindy Schabel
Stephen Schlott
Patricia Schneider
Leslie Sedlarik
Doug Sellers

Eleanor Sharrow
Rene Sherwood
Brenda Shively
Greg Slagor
Beverly Slisko
Fran Smith
Mariann Smith
Scott Smith
Celia Southworth
Michael Stanton
Laura Stewart
Ganograt Sturt
Susan Swan
Jean Szukhent
Dena Tanner
Ellis Thrasher
Daryl Tilley
Carol Utsey
Janet Vaughan
Belinda Vaughn
Ronald Veronda
Catherine Wallace
Elizabeth Wates
Diane Watson
Allen Welsby
Bill White
Frances Wilkinson
Sylvia Williams
Lisa Witzman
Barbara Wright
Dave Young

FASC Information

The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com

Center Hours

Monday - Friday - 8:00 a.m. - 4:00 p.m.

Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

Karen Herriman - Office Assistant

Board of Directors

Michael Stanton - Chairperson - *At-Large Member*

Sharri Willette - Co-Chair - *Flushing Township*

Marie Zuk - Secretary - *City of Flushing*

Sharon Vance - Treasurer - *At-Large Member*

Lois Nickel - *At-Large Member*

Eric Johnson - *City of Flushing*

Sue Leonard - *City of Flushing*

Mary Smith - *City of Flushing*

Richard Wagonlander - *City of Flushing*

Shelley Thompson - *Clayton Township*

Rick Bigelow - *Flushing Township*

Terry Pattillo - *Flushing Township*

Upcoming Board Meetings

♦ Tuesday, November 26th 7:00 p.m.

The Flushing Area Senior Center serves the senior residents of Flushing, Flushing Township, and Clayton Township. Everyone age 50+ is welcome!

Our Mission Statement

The Flushing Area Senior Center is a community focal point where adults who have achieved the age of 50 come together for service and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the Center and the community.

Flushing Area Senior Center

Funding Sources

The majority of funding is from the Genesee County Senior Millage. Other Funding Sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.

Memorial Donations

Memorial Donations to the Flushing Area Senior Center are a nice way to create a lasting memory in remembrance of a loved one, family member or friend. Donation envelopes are available at the Center or at area funeral homes. The Flushing Area Senior Center is a private, non-profit organization and all of the donations are tax-deductible.

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Build your business and help us grow a vibrant community!

Eileen Frazier from LPI, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.

YOUR AD HERE

LPI Eileen Frazier
Cell | 248-421-4789



Every time an enrolled member of the Flushing Area Senior Center shops at Kroger using his or her Kroger Plus Card, the Center will earn cash rewards. Enrollment does not take away your points for gas or other discounts.



These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.

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Enjoy a Daily Lunch!

Eat In at the Flushing Area Senior Center

The Meal is available to eat in
Monday thru Friday from 11:30 a.m. to 12:30 p.m.



Ages 60 and over: \$3.00 suggested donation
Ages 50 - 59 and All Non-Genesee County Residents
Age 50+ are required to pay \$6.00

Reservations are required. Call the Center at 810-659-4735
by 1:00pm the weekday before to place your lunch
reservation. **See Page 10 for full menu.**