



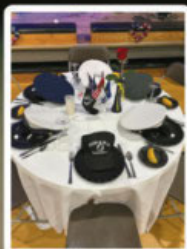
Monthly Publication brought to you by the Flushing Area Senior Center

DECEMBER  
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



**FASC WOULD LIKE TO THANK EVERYONE WHO WAS PART OF OUR VETERANS APPRECIATION LUNCHEON. YOUR SACRIFICE IN ENSURING OUR FREEDOM WILL NEVER BE FORGOTTEN!**



### 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 25<sup>th</sup>, December 2<sup>nd</sup> & 9<sup>th</sup>

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



## Medical Nutrition Therapy

#### WHAT CAN WE PROVIDE?

- One on one nutrition counseling with a Registered Dietitian for clients with Type 1 and Type 2 Diabetes
- Home Visits for comfortable learning environment and privacy
- Personalized instruction based on the client's nutritional needs.

#### Benefits of Healthy Eating:

- Proven reduction in A1C, cholesterol and lipid levels
- Improvement in weight loss outcomes and acceptable BMI ranges



For more information contact:

Jeannette Brunetti RD 810-249-6547

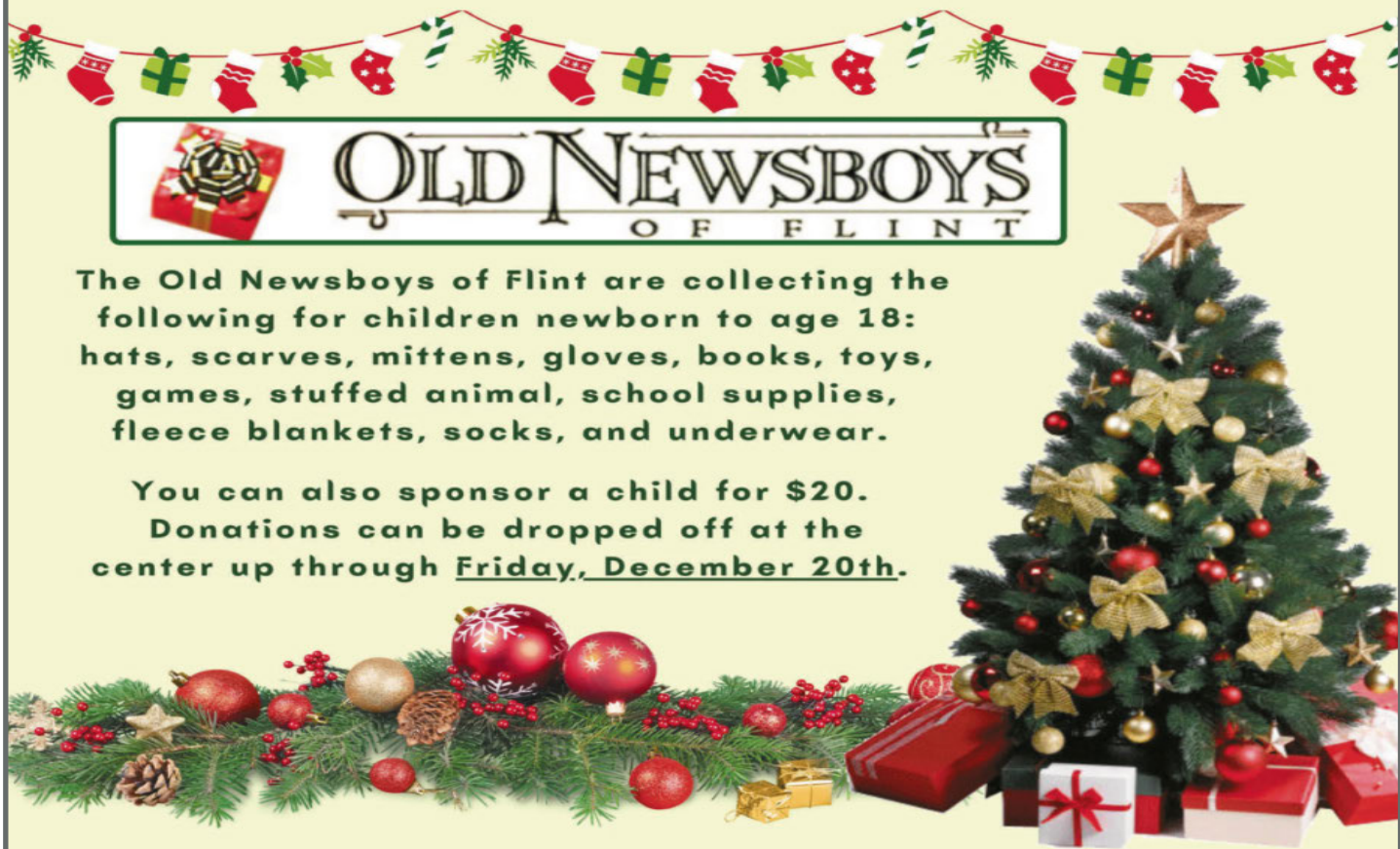
Registered Dietitian

810-249-6547  
brunetti@valleyaaa.org

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## Programs / Events / Activities



**OLD NEWSBOYS  
OF FLINT**

The Old Newsboys of Flint are collecting the following for children newborn to age 18:  
hats, scarves, mittens, gloves, books, toys,  
games, stuffed animal, school supplies,  
fleece blankets, socks, and underwear.

You can also sponsor a child for \$20.  
Donations can be dropped off at the  
center up through Friday, December 20th.

## SENIOR WINTER GAMES IS BACK!!

FEBRUARY 3RD - FEBRUARY 27TH, 2025



**COST: \$15.00 PER PERSON**  
**(EXTRA \$3.00 FEE FOR BOWLING EVENT)**

**REGISTRATION WINDOW:**  
**MONDAY, NOVEMBER 11TH**  
**TO THURSDAY, JANUARY 9TH**

**INCLUDES: T-SHIRT, UNLIMITED EVENTS, OPENING CEREMONY**  
**WITH ENTERTAINMENT & CLOSING BANQUET LUNCHEON!**



### 2025 EVENTS

PIE EATING, BOWLING, JIGSAW PUZZLE, SPADES, CHECKERS,  
SCRABBLE, YAHTZEE, HAND, KNEE & FOOT, SHUFFLEBOARD, TABLE  
TENNIS, PING PONG, CRIBBAGE, PINOCHLE, SUDOKU, SENIOR GRAND  
PRIX, SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL,  
MINIATURE GOLF, LINE DANCING, DOMINOES, SPELLING BEE, ARTS &  
CRAFTS, POOL, DARTS, CORNHOLE, FRISBEE TOSS, LADDER GOLF

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# Programs / Events / Activities

## Watercolor Basics

w/Christie Macclomel

Wednesday, December 4th - 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

**Esoteric**



**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



## FREE HEARING SCREENING & WAX CHECK

Thursday, December 5th  
9:00 A.M. - 12:00 P.M.

FOR APPOINTMENT, CALL (810)659-4735



**Coffee Hour with State Representative Jasper Martus**



**Flushing Area Senior Center**  
106 Elm St, Flushing, MI 48433

**Friday, December 6th**  
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](mailto:jaspermartus@house.mi.gov) or call us at (517) 373-1786

## FASC DAY TRIP

Thursday, December 12th  
@ Older Persons' Commission, Rochester

**Cost - \$25.00**

Includes:  
Bus Trip / Lunch / Show

**Lunch Menu**  
parmesan crusted chicken, mashed potatoes, vegetables, salad & dessert



THERE'S NO PLACE LIKE HOME FOR THE HOLIDAYS

OPC 650 Players

**HOLIDAY VARIETY SHOW**

Directed by Karen Elliott

Call (810)659-4735 to RSVP. Payment secures your seat!

The bus will depart from the Bueche's parking lot at 10:00 a.m. so we will have time to check out the gift shop and center. We will depart after the show is concluded at 2:00 p.m. with an estimated arrival of 3:00 p.m.

## 2024 Ladies Christmas Tea



**FRIDAY, DECEMBER 13TH @ 12:00 P.M.**

WOODHAVEN SENIOR COMMUNITY CLUBHOUSE  
5111 WOODLAND TRAIL, FLINT TWP.

**Menu**

- Italian Wedding Soup
- Spinach Salad
- w/ Turkey Bacon & Blue Cheese
- Turkey Caprese Sandwich
- Fruit Crisp

**Entertainment**  
**Mister Tim**

**COST \$18.00**

RSVP by December 2nd  
(810)659-4735




## Flushing Area Senior Center Seeking Hostesses - Ladies Christmas Tea

Friday, December 13th  
Woodhaven Senior Community Clubhouse

**Items hostess needs to furnish:**

- Tablecloth 60"round (8 people to table)
- Cloth Napkins (optional)
- Placemats/Charger Plates(optional)
- Centerpiece
- Tea Pot
- Cream & Sugar containers
- Real teacups and saucers
- Specialty tea of your liking
- Small gift for each person

There is no charge for hostesses. You do not have to fill your own table. If you choose to invite your own guests to sit at your table, you need to let us know when you sign up as hostess. We will make every effort to seat guests at the requested hostess or group.



For additional information or to sign up please call 810-659-4735

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# Exercise Programs

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## 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, December 18th 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!

## 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 this game.

# 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!

## Dominos

**Each Monday at 12:30 p.m.**

Come and play Mexican Train Dominos. 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.





## 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](mailto:aanderson@annsadventures.net)  
 Website: [www.annsadventures.net](http://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:

- \* **The Singing Christmas Tree**  
 Date: Saturday, December 7th  
 Cost: \$95.00 per person  
 Departure: 9:30 a.m. from Clio Kmart
- \* **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

**Sullivan's Travel**  
 Sullivans 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  
 810-487-2473 • 810-814-9232  
 CelticAlley.com  
 Celebrating 25 years!

### Alzheimer's Support Group

**Thursday, December 5th 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, December 3rd & 17th - 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, December 6th - 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 (MMA)

A MMA 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, December 20th - 9:30 a.m.**

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

### Veterans Services

**Wednesday, December 18th - 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 here at the center.

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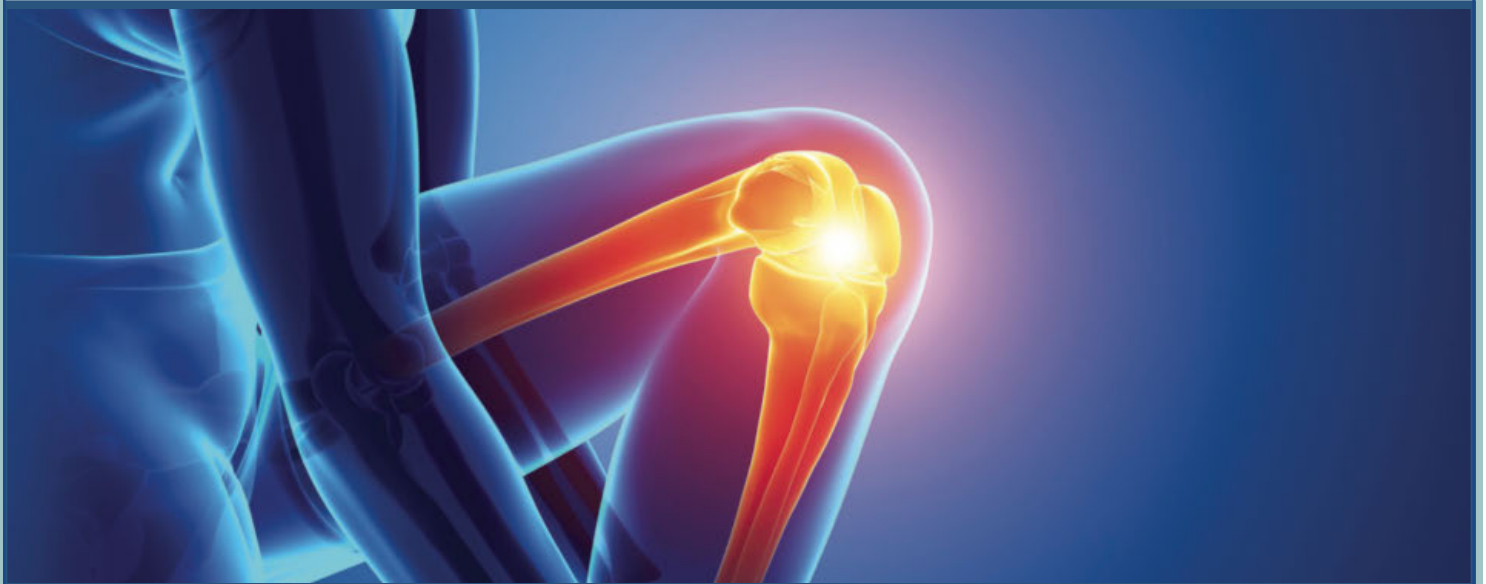
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Vein Center *of Michigan*

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**LAPEER –**  
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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](http://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
<p><b>2</b></p> <p>8:30 Flushing Artistic Gathering 9:00 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 1:30 Dementia Caregiving Workshop 6:00 Poker</p>	<p><b>3</b></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. 2:00 Silver Sneakers 2:00 Grief Support Group</p>	<p><b>4</b></p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance &amp; Mobility 9:30 Watercolor Basics Class 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><b>5</b></p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee &amp; Foot 9:00 Beltone Hearing Screening &amp; Wax Checks 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 Alzheimer's Support Group 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p><b>6</b></p> <p>8:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:00 RESCHEDULED: Coffee Hour w/State Representative Martus 10:30 Body Balance &amp; Mobility 11:30 Congregate Meal 1:00 Legal Assistance 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong <b>CANCELLED: Veterans Coffee Hour</b></p>
<p><b>9</b></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 Samba 12:30 Woodcarving 12:30 Dominoes 1:30 Dementia Caregiving Workshop 2:30 Gary Nickel Photography Class 6:00 Poker</p>	<p><b>10</b></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 Congregate Meal 11:30 Exercise Station 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Woodshop Safety Training @ FASC</p>	<p><b>11</b></p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance &amp; 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><b>12</b></p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee &amp; Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 10:00 FASC Day Trip - Older Persons Commission 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><b>13</b></p> <p>8:00 Exercise Station 9:30 Fly Tying 10:30 Body Balance &amp; Mobility 11:30 Congregate Meal 12:00 Ladies Christmas Tea @ Woodhaven Community Clubhouse 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>



**16**

8:30 Flushing Artistic Gathering  
 9:00 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  
 6:00 Poker

**17**

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 Grief Support Group

**18**

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  
 10:00 Senior Astronomers  
 @ the Clio Senior Center  
 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

**19**

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  
 12:30 Strayed Quilters  
 1:00 Tai Chi  
 2:00 Bunco  
 2:15 Cornhole  
 2:15 Exercise Station

**20**

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

**23**

8:30 Flushing Artistic Gathering  
 8:45 Line Dancing  
 10:15 Exercise Station  
 11:00 Drums Alive  
 11:30 Congregate Meal  
 12:30 Woodcarving  
 12:30 Dominoes  
 12:30 Samba  
 6:00 Poker

**CANCELLED:** Pickleball @ E.C.C.



**26**

8:40 Exercises for Everyday Living  
 9:00 Hand, Knee & Foot  
 11:30 Congregate Meal  
 1:00 Shopping @ Meijer  
 1:00 Tai Chi  
 2:00 Bunco  
 2:15 Cornhole  
 2:15 Exercise Station

**CANCELLED:** Pickleball @ E.C.C.,  
 Basic Flow Yoga Gold,  
 Blood Pressure Check

**27**

8:00 Exercise Station  
 9:30 Fly Tying  
 10:30 Body Balance & Mobility  
 11:30 Congregate Meal  
 1:00 Penny Bingo  
 1:00 Mah Jongg  
 2:30 Ping Pong

**30**

8:30 Flushing Artistic Gathering  
 8:45 Line Dancing  
 10:15 Exercise Station  
 11:00 Drums Alive  
 11:30 Congregate Meal  
 12:30 Woodcarving  
 12:30 Dominoes  
 6:00 Poker

**CANCELLED:** Pickleball @ E.C.C.





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15-0667



# Arts, Crafts, Clubs & Other

## Chair Massage

**Thursday, December 12th - 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, December 9th 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, December 16th 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, December 17th 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, December 19th 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, December 3rd & 17th - 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, December 10th - 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**


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

**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.**



# Programs / Events / Activities

## SENIOR ASTRONOMERS

w/ Bob Kren

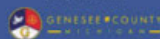
Come join Bob as he meets with seniors across the county to discuss their shared passion for astronomy. Meetings take place the third Wednesday of each month @ 10:00 a.m. See schedule below:

- Clio Senior Center December 18th
- Swartz Creek Area Senior Center January 15th
- Grand Blanc Senior Center February 19th
- Davison Senior Center March 19th
- Flushing Area Senior Center April 16th

Members will also schedule dates for evening observations!

### GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

1101 Beach St., Flint, MI 48502  
(810) 257-3068



### MISSION STATEMENT

Strengthening the lives of Genesee County Veterans and their families through compassionate service, supportive resources, and professional advocacy.



### BENEFIT SERVICES INCLUDE:

- Disability Compensation
- Pension Benefits
- Federal Burial Benefits
- VA Home Loans
- Additional Services Provided at our Office

A Veterans Service Officer is available to meet with you at the Flushing Area Senior Center on **Wednesday, December 18th.**

Call (810)659-4735 to make an appointment so as to assure you are receiving all of the benefits you are entitled to.

## DECEMBER CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken Thighs Roasted Brussel Sprouts Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll Margarine-1 ea Milk	3 Meatloaf w/gravy Redskin potatoes-4 oz Sweet Peas-4 oz Fresh Apple-1 ea Corn Bread Margarine 100% Fruit Juice-4 oz	4 HM Lasagna w/Beef Steamed Broccoli Baby Carrots Garlic Stick Margarine Deluxe Fruit Salad Milk	5 Turkey Burger w/Cheese Potato Wedges Green Beans Fruit Cocktail-4 oz WG Bun 100% Fruit Juice	6 Baked Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw -4 oz Potato Roll Mixed Fruit-4 oz Margarine Milk
9 Beef Tacos Spanish Rice Roasted Mexi Corn Diced Peaches Tortilla Shells (2) Milk	10 HM Beef Stew w/Peas, Carrots, Potatoes Italian Green Beans Fresh Apple margarine Biscuit 100% Fruit Juice	11 HM Chicken Chili Steamed Broccoli Diced Carrots (4 oz) Fresh Pear 1 ct Bread Stick(1 ct) Margarine (1 ct) Milk	12 HM Stuffed Green Pepper Vegetable Blend-4 oz Steamed Cauliflower-4 oz Pineapple Chunks-4 WG Crackers Margarine 100% Fruit Juice-4 o	13 Salisbury Steak in gravy Steamed Spinach-4 oz Corn-4 oz Diced Peaches-4 oz Multi - Grain Roll Margarine Milk
16 Chicken Parmesan-1 ea Steamed Spaghetti-2 oz Veggie Blend Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Pears-4 oz Milk	17 <b>CHEF'S CHOICE</b> 	18 Antipasto Salad w/ Ham, Pepperoni & Salami Carrot Sticks w/dip Sliced Pears-4 oz Wheat Roll Salad Dressing Milk	19 CHRISTMAS LUNCHEON Glazed Pork Loin Roasted Veggie Medley Candied Yams HM Holiday Brownie Apple Crisp Wheat Roll & Margarine 100% Fruit Juice	20 Country Style Chicken Sweet Peas Diced Potatoes Dinner Roll Margarine Applesauce Milk
23 Steak Fajitas Chuck Wagon Veggies Cilantro Lime Rice Tortilla Shell Margarine-1 ct Pineapple Cup Milk	24 	25 	26 HM Chicken Salad 3 Bean Salad Sugar Snap Peas Sliced croissant Ranch Dressing Cup Cantelope & honeydew 100% Fruit Juice	27 HM Mac & Cheese-8 oz French Cut Green Beans-4 oz Sliced Carrots-4 oz Mixed Fruit Potato Roll Margarine Milk
30 Baked Chicken Breasts w/ Stewed Vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Roll Margarine 100% Fruit Juice	31 			

**PLEASE CALL THE DAY BEFORE 1:00 P.M. TO ORDER LUNCH – (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.



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## FASC Christmas Luncheon

Thursday, December 19th  
11:30 a.m. - 12:30 p.m.

Glazed Pork Loin  
Roasted Vegetable Medley  
Candied Yams, Apple Crisp  
Holiday Brownie, Wheat Roll  
Fruit Juice & Coffee

 **Free of Charge!** 

Reservations will be accepted  
beginning December 2nd.  
(810)659-4735



## 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



## DECEMBER BIRTHDAYS

NORMA ALLEN  
EFFIE ALLES  
JAN ARIS  
GLEN BARBER  
JAMES BEDARD  
LORI BIALKOWSKI  
KATHY BIRCHMEIER  
CHRIS BLACKMORE  
KARL BRAUN  
LISA BRELINSKI  
TRACI BRELINSKI  
DIANE BRUNER  
PHILIP BRUNER  
KATHY FREDRICK  
LYDIA GAY  
GERI GILLAM  
MARYBETH GODLESKY-SNELL  
JACKIE GOOD  
VELMA GRAHAM  
ELIZABETH GRANGER  
TRUDY GRINDSTAFF  
RUSTY GUSHEN  
THERESA HAYNES  
DIANE HENDRICK  
EDWARD HENDRIKSEN  
BETTY HERNANDEZ  
RICHARD HILL  
ELMER HILLARD  
VICKI HOLCOMB  
CLAUDIA HOWE  
ANTHONY HUDSON  
CHRISTINE INMAN  
KAREN JOHNSON  
SHARON JOHNSON  
JUDY CASWELL  
LAURA JUSTICE  
KATHLEEN KELLY  
BEATRICE KENDALL  
WILMA KINGSLEY

KENNETH KOFFKEY  
GEORGE KOZEN  
ROBERT KRUEGER  
BRUCE KUEHNEMUND  
VERNA LAMAY  
MARCY LASALLE  
JOHN LAUNSTEIN  
JENNIFER LEE  
MARY JANE LEE  
RICHARD LEE  
MIKE MAZAR  
TRACY MCALISTER  
BARBARA MCCALLUM  
BOB MCDONALD  
JONATHAN MCINTOSH  
BETTY MCLAUGHLIN  
ANN MCNEW  
ELAINE MEDICH  
BRAD MEDINA  
MARGARET MEEHLE  
SHARON MEINERT  
ERNEST MILLER  
MICAH MITCHELL  
RICHARD MITTEER  
PIETRO MONTINI  
ANNETTE MULHOLLAND  
LISA MURRAY  
RANDY MURRAY  
CAROLYN NELSON  
ROBERT NELSON  
REITA NEWELL  
CINDY NORROW  
CAROL O'NEIL  
MARY ANN ORME  
EILEEN O'ROURKE  
NANCY ORRISON  
TOM ORRISON  
JOAN PAJTAS  
CHERYL PARSELL

LINDA PATTERSON  
TED PAUL  
ROZANNA PAVIA  
JOYCE PAVIA  
JOYCE PERTLER  
LINDA PETZOLD  
IRENE PILINXI  
SUZANNE POLETTI  
DIANE POWELL  
MARCIA REEL  
RONNIE REIMEL  
SUE RHODES  
MARY RINNA  
ANDREA ROAT  
YVETTE RUCKES  
KRISTINA SANCHEZ  
CHRIS SCHNEIDER  
HOLLY SCHNEIDER  
GEORGIA SIMPSON  
CAROLYN SISCO  
CATHY SKINNER  
CASPER SMITH  
MARY SMITH  
SUE SMITH  
SUZANNE SMITH  
VIRGINIA SMITH  
JODI SPALDING  
DIANE SPRINGER  
SHIRLEY ST. JOHN  
AUTTUM STAHL  
JAN STALEY  
MARK STEFFEN  
KATHY SULLIVAN  
SHERRY SUMMERS  
DAVID SUTTON  
JIM TABASZEWSKI  
CONNIE TAYLOR  
SHELLEY TAYLOR  
LYNN TEKIELE

PALMA TESTER  
SHELLEY THOMPSON  
FAITH TIMMONS  
FRED TOMCALA  
MARY TREVARROW  
BILL TUVKER  
ELAINE TUCKER  
HERSCHELVAUGH  
BECKY WALLIS  
KARIN WARREN  
GERALD WELLMAN  
JEFFERY WELLMAN  
KERRY WHALEN  
LINDA WHARTON  
MARY ANN WILLIAMSON  
GARY YOUNG  
BARB ZINTZMASTER





# 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](mailto:greg@flushingseniorcenter.com)

Website: [www.flushingseniorcenter.com](http://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, January 28th 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.

## **FASC** **Winter Weather** **Closing Policy**

Living in Michigan, we all know that winter weather can shut down our normal activities in a hurry. Because every storm can look different, we would ask you to check the following sources for updates regarding the potential closure of the center:

- \* Local TV Stations
- \* FASC Website
- \* FASC Facebook Site



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.