



Monthly Publication brought to you by the Flushing Area Senior Center

September  
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.



## From the Director

Dear Members,

Hoping you've had a chance to enjoy time with family and friends throughout the Summer! With Fall upon us, we have some updates to share:

**Genesee County Senior Millage** On behalf of the FASC Board of Directors and Staff, we would like to express our heart-felt gratitude for your support in helping pass the Genesee County Senior Millage by over a two-to-one ratio! The successful passage of this millage will make a significant difference in the lives of our senior community members for the next decade, ensuring they receive the support and services they deserve. Thank you once again for your vote during this election. Together, we will continue to make the Flushing Area Senior Center a focal point in this community that responds to the needs and interests of our seniors!

**Building Upgrades!** Through the use of ARPA funds, sponsored by the Genesee County Board of Commissioners, we are set to receive \$100,000 in building upgrades including:

- New Flooring - lunchroom & annex including restrooms
- Restroom Upgrades - main building & annex
- Painting - lunchroom & annex including restrooms
- Electrical Upgrades - lunchroom, annex & rest rooms
- ADA Power Door Openers - lunchroom & annex

(We will keep you posted with updates as this will affect program scheduling.)

**Update - Congregate Lunch** Beginning October 1st, lunches will go back to being served congregate style only at the center. There will no longer be a take-home option from that point forward. Between now and then, we will have two days, September 4th & 17th, in which lunch is served only congregate style. During these days, lunch will be served from 11:30 a.m. to 12:00 p.m. and participants will need to be finished by 12:30 p.m. A reminder to call the center by 1:00 p.m. the weekday before to place your reservation - (810)659-4735.

If you have not tried a meal, we would encourage you to join us for a well-balanced lunch and great company!

As always, if you have any questions, feel free to contact me at your convenience!

Best regards,

*Greg Matheson*

Executive Director  
Flushing Area Senior Center

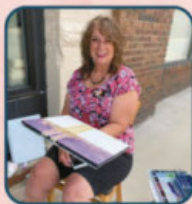
## Programs / Events / Activities

### Watercolor Basics

w/Christie Macclomel

Wednesday, September 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

Participants  
are responsible for  
their own supplies.

FASC

### PICKLEBALL @ E.C.C.

MONDAYS & THURSDAYS  
BEGINNING SEPTEMBER 9TH  
11:00 A.M. - 1:00 P.M.

#### PLEASE NOTE

All participants must attend a one-time informational meeting at the center prior to participating.

Informational Meeting @ FASC

Wednesday, September 18th  
@ 3:15 p.m.

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# Programs / Events / Activities



## FASC KAYAK TRIP!

Monday, September 9th  
8:45 a.m. - 1:00 p.m.  
(Rain Date - September 12th)

**COST**  
**\$50.00**

**Includes**

- Bus Ride
- All Equipment
- Paddle Guides
- Water & Snacks

**Itinerary**

- 9:30 a.m. Arrive at Genesee County Parks & Rec Kayak Launch
- 10:00 a.m. Guided Trip Begins
- 12:00 p.m. Participants Arrive at Irish Road Kayak Launch
- 12:30 p.m. Bus Departs for Flushing



Call (810)659-4735 to RSVP.  
Payment secures seat. Bus loading begins at 8:45 a.m. at the Main St. Rite Aid parking lot.

# Coffee Talk

With :  
**County Commissioner Dale Weighill**



**RESCHEDULED**  
Monday, September 9th  
@ 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.


## Woodshop @ E.C.C.

The Woodshop at the Early Childhood Center is open beginning **September 10th!**


Normal hours are:

- Tuesdays - 1:30 p.m. - 4:00 p.m.
- Wednesdays - 9:30 a.m. - 12:00 p.m.

**PLEASE NOTE** - Using the woodshop requires you to complete a one-time safety training course as well as have an annual criminal background check completed. Our next training course is scheduled at the center on **Tuesday, September 17th @ 2:00 p.m.**



Equipment available to use includes a table saw, lathe, planer, jointer, belt sander, disc sander, miter saw, router table, and drill press. Talented people are available to help with equipment and projects.



# FASC DAY TRIP!

## HORROCKS FARM MARKET

Horrocks Farm Market is a family owned and operated business in Lansing. They offer fresh produce, gourmet coffee, candy, beer, wine & a full nursery and floral department.

**Friday, September 13th** FASC bus leaves Rite Aid @ 9:30 a.m.  
Returns approximately @ 1:30 p.m.

**Cost - \$10.00**

Limited Seating.  
Payment secures your seat.  
(810)659-4735




## 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, September 13th  
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.



# RESOURCE RALLY





**FOOD, RESOURCES, ACTIVITIES, LIVE MUSIC & MORE**  
**COME AND JOIN US!**

**FREE FOR ACTIVE MILITARY, VETERANS AND THEIR FAMILIES!**

**RIVERVIEW PARK**  
230 S. CHERRY ST.  
FLUSHING, MI 48433

**SATURDAY, SEPTEMBER 14TH**  
11:00 A.M. - 4:00 P.M.

Sponsorships are available! Please contact Lauren at 810-257-3068 if you are interested in sponsorship or attending as a vendor!

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

## OUTSMART the Scammers

PRESENTED BY RICH LEWIS II  
FINANCIAL PLANNER - EDWARD JONES  
1429 FLUSHING RD. SUITE B  
FLUSHING, MI 48433



Monday, September 16th @ 2:00 p.m.

RSVP BY SEPTEMBER 13TH

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. While no one is immune, there are steps you can take to Outsmart the Scammers.

Join us for this presentation and learn about the following strategies:

- How to spot certain red flags that may indicate a fraudulent encounter.
- Resources you can turn to in the event you or a loved one is targeted.
- Steps you can take now to help protect yourself and your loved one.



## FIELD SKETCH JOURNALING

With Barbara Holmer, Botanical Artist

TUESDAY, SEPTEMBER 17, 2024  
10:30 a.m. to 12:30 p.m.

(RAIN DATE: TUESDAY, SEPTEMBER 24)

Celebrate the Autumnal Equinox by making accurate field sketch drawings of the flora and fauna found in your local parks, trails, and gardens. With just a few supplies you can start a journaling practice and improve your drawing and observational skills.

\*\*Participants should be able to walk at least 1/2 mile. Meet at the parking area by PAVILION 3 in Flushing County Park.

COST: \$7.00  
Participation is limited; Payment secures your spot.  
CALL: (810) 659-4735

SUPPLIES\*  
Lightweight Folding Chair or Stool  
Sketchbook or Mixed Media Journal (9"x12" or smaller)  
Mechanical Pencil .5  
Kneaded Eraser  
OPTIONAL:  
Colored Pencils and Sharpener  
Watercolors and Water Brush

\*For questions about supplies please contact Barb at bahlmer@yahoo.com



## 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:

- |                                   |                |
|-----------------------------------|----------------|
| • Grand Blanc Senior Center       | September 18th |
| • Davison Senior Center           | October 16th   |
| • Flushing Area Senior Center     | November 20th  |
| • Clio Senior Center              | December 18th  |
| • Swartz Creek Area Senior Center | January 15th   |

Members will also schedule dates for evening observations!

## FASC SOARING EAGLE CHARTER BUS DAY TRIP

THURSDAY, SEPTEMBER 19TH

If you're 55+ Swipe your card at a promotion's kiosk for an additional:

- \$5 in Food
- \$5 in Bingo Bucks
- \$5 match play for Blackjack!
- .55 cent ice cream or donut @ Native Grind!

Each passenger receives:

- \$20 Premium Play
- \$10 Food Comp!
- \$10 Bingo Bucks!

**COST**  
**\$40.00**

Want to play Bingo?  
12:45pm Early Birds  
& 1:30pm Matinee



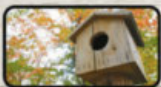
Call (810)659-4735 to RSVP. Payment secures seat. Bus loading

begins at 10:00 am at the Rite Aid parking lot on Main St.

Bus will leave promptly @ 10:30am and return by 6:00pm.

## FASC Day Trip - Factory Two

FACTORY  
TWO



Thursday, September 19th  
10:30 a.m. - 2:00 p.m.



Factory Two is a community makerspace located in the heart of downtown Flint.

While there, instructors would assist members in creating their own birdhouses, while taking a lunch break catered by Italia Gardens.

Menu includes Mostaccioli, Chicken Alfredo, Garden Salad & Sliced Bread.

The cost for the bus ride, birdhouse and lunch is \$50.00 per person.

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

The bus will begin loading at 10:00 a.m. at the Rite Aid parking lot on Main Street. We will return approximately at 2:00 p.m.

## Flushing Christian Outreach Center Presentation

Monday, September 23rd  
@ 2:00 p.m.

Coffee & Donuts Served

W/ Program Director  
Karen Lorenc &  
Clothing Coordinator  
Jillian Miley-Thomas



Participants will have the opportunity to register for services including:

- The Food Pantry
- The Clothes Closet
- The Care Store
- Volunteer Opportunities at the Center

Please Bring

- Proof of Flushing Residency
- Lease or Bill w/ current address



FLUSHING CHRISTIAN  
OUTREACH CENTER

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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 9:00 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**

**(Beginning September 9th)**

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

**Free of Charge**

All abilities welcome!

## Pickleball Informational Meeting

**Wednesday, September 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!

# 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 this game.





## 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:

- ⇒ **Labor Day Bridge Walk**  
 Date: Monday, September 2nd  
 Cost: \$65.00 per person  
 Departure: 2:00 a.m. from Clio K-mart
- ⇒ **Fall Mystery Trip**  
 Date: Friday, September 20th  
 Cost: \$100.00 per person  
 Departure: 9:00 a.m. from Clio Kmart
- ⇒ **Horrocks**  
 Date: Thursday, October 3rd  
 Cost: \$42.00 per person  
 Departure: 9:30 a.m. from the Clio Kmart
- ⇒ **Moulin Rouge**  
 Date: Thursday, October 3rd  
 Cost: \$110.00 per person  
 Departure: 4:30 p.m. from the Clio Kmart
- ⇒ **The Tony Bennett Songbook – Petrolia**  
 Date: Friday, October 18, 2024  
 Cost: \$125.00 per person  
 Departure: 8:45 a.m. from Clio Kmart
- ⇒ **MJ Musical**  
 Date: Tuesday, October 29, 2024  
 Cost: \$120.00 per person  
 Departure: 4:30 p.m. from Clio Kmart
- ⇒ **Strangers On A Train New!**  
 Date: Wednesday, October 30, 2024  
 Cost: \$78.00 per person  
 Departure: 11:00 a.m. from Clio Kmart
- ⇒ **Winter Wonderettes – Turkeyville # 1**  
 Date: Tuesday, November 12, 2024  
 Cost: \$88.00 per person  
 Status: Seats available!  
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Ikea – Fall Shopping**  
 Date: Thursday, November 14, 2024  
 Cost: \$48.00 per person  
 Departs: 9:00 a.m. from the Clio K-mart
- ⇒ **Starbright Christmas # 2 – Petrolia**  
 Date: Wednesday, December 4, 2024  
 Cost: \$125.00 per person  
 Departure: 8:45 a.m. from Clio Kmart

### Alzheimer's Support Group

**Thursday, September 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, September 10th & 24th - 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, Sept. 13th - 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 (MMAAP)

A MMAAP 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, September 6th & 20th - 9:30 a.m.**

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

### Veterans Services

**Wednesday, September 25th - 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.

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**Eileen Frazier**

[efrazier@lpicommunities.com](mailto:efrazier@lpicommunities.com)

(800) 477-4574 x6309

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Have our newsletter emailed to you.




VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



**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><b>HAPPY LABOR DAY</b></p> <p><u>CENTER IS CLOSED</u></p> <p>8:45 FASC Kayak Trip 9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 <b>1st Day - Pickleball @ E.C.C.</b> 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:30 Gary Nickel Photography Class 2:30 Coffee Talk w/ Dale Weighill 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 2:00 Silver Sneakers</p>	<p><b>4</b></p> <p>8:00 Exercise Station 9:30 Body Balance &amp; Mobility 9:30 Flushing Artistic Gathering 9:30 Watercolor Basics Class 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 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 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 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance &amp; Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p><b>9</b></p> <p>8:45 FASC Kayak Trip 9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 <b>1st Day - Pickleball @ E.C.C.</b> 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:30 Gary Nickel Photography Class 2:30 Coffee Talk w/ Dale Weighill 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 <b>1st Day - Woodshop @ E.C.C.</b> 2:00 Grief Support Group</p> <p><b>CANCELLED: Silver Sneakers</b></p>	<p><b>11</b></p> <p>8:00 Exercise Station 9:30 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 8:45 Rain Date - FASC Kayak Trip 9:00 Hand, Knee &amp; Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 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 9:00 Legal Assistance 9:30 Fly Tying 9:30 Horrocks Day Trip 10:00 Mobile Secretary of State 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Legal Assistance 1:00 Mah Jongg</p> <p><b>CANCELLED: Body Balance &amp; Mobility, Ping-Pong</b></p>



<p><b>16</b></p> <p>9:00 Line Dancing  9:30 Flushing Artistic Gathering  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 Outsmart the Scammers Seminar  6:00 Poker</p>	<p><b>17</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  10:30 Field Sketch Journaling  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 Course @ FASC</p>	<p><b>18</b></p> <p>8:00 Exercise Station  9:30 Flushing Artistic Gathering  9:30 Body Balance &amp; Mobility  9:30 Woodshop @ E.C.C.  10:00 Senior Astronomers @ Grand Blanc 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</p>	<p><b>19</b></p> <p>8:30 Soaring Eagle Bus Trip  8:40 Exercises for Everyday Living  9:00 Hand, Knee &amp; Foot  10:00 Basic Flow Yoga Gold  10:30 Day Trip - Factory Two  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  <b>CANCELLED: Blood Pressure Check</b></p>	<p><b>20</b></p> <p>8:00 Exercise Station  9:00 Shopping @ ALDI  9:30 Fly Tying  9:30 Veterans Coffee Hour  10:30 Body Balance &amp; Mobility  11:30 Congregate Meal  1:00 Penny Bingo  1:00 Mah Jongg  2:30 Ping Pong</p>
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<p><b>23</b></p> <p>9:00 Line Dancing  9:30 Flushing Artistic Gathering  10:15 Exercise Station  11:00 Drums Alive  11:00 Pickleball @ E.C.C.  11:30 Congregate Meal  12:30 Woodcarving  12:30 Dominoes  12:30 Samba  2:00 FCOC Presentation  6:00 Poker</p>	<p><b>24</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:30 Knit/Crochet/Craft  10:00 Basic Flow Yoga Gold  10:30 Rain Date - Field Sketch Journaling  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  7:00 FASC Board Meeting</p>	<p><b>25</b></p> <p>8:00 Exercise Station  8:30 Day Trip - Detroit Institute of Arts  9:30 Flushing Artistic Gathering  9:30 Body Balance &amp; Mobility  9:30 Woodshop @ E.C.C.  11:00 Drums Alive  11:30 Congregate Meal  11:30 COA Senior Resource Fair  1:00 Writers Group  1:00 Mah Jongg  2:30 Ping Pong</p>	<p><b>26</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  11:00 Pickleball @ E.C.C.  11:30 Congregate Meal  1:00 Shopping @ Meijer  1:00 Tai Chi  2:00 Bunco  2:15 Cornhole  2:15 Exercise Station</p>	<p><b>27</b></p> <p>8:00 Exercise Station  9:30 Fly Tying  10:00 Navigating Healthcare Presentation  10:30 Body Balance &amp; Mobility  11:30 Congregate Meal  1:00 Penny Bingo  1:00 Mah Jongg  2:30 Ping Pong</p>
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<p><b>30</b></p> <p>9:00 Line Dancing  9:30 Flushing Artistic Gathering  10:15 Exercise Station  11:00 Drums Alive  11:00 Pickleball @ E.C.C.  11:30 Congregate Meal  12:30 Woodcarving  12:30 Dominoes  2:00 Tech Tutoring w/Ryan  6:00 Poker</p>
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# Arts, Crafts, Clubs & Other

## Chair Massage

**Thursday, September 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 9:30 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, September 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, September 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, September 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, September 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 & Ryan - FREE!

**Tuesday, September 3rd - 9:00 a.m. - 12:00 p.m.**

**Tuesday, September 17th - 9:00 a.m. - 12:00 p.m.**

**Monday, September 30th - 2:00 p.m. - 5:00 p.m.**

They 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.**

**(Beginning September 10th)**

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, September 17th - 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> 3RD FRIDAY OF EACH MONTH @ 9:00 A.M.	
<b>SHOPPING @ BUECHE'S</b> EACH TUESDAY @ 9:00 A.M.	
<b>SHOPPING @ MEIJER - SWARTZ CREEK</b> 4TH THURSDAY OF EACH MONTH DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.	
<b>SHOPPING @ WALMART - CLIO</b> 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.

GENESEE COUNTY COMMISSION ON AGING PRESENTS

# SENIOR RESOURCE FAIR



WEDNESDAY  
**SEPTEMBER 25, 2024**  
11:30 AM - 2:30 PM

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1026 E KEARSLEY ST



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## SEPTEMBER CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice	<i>Congregate Style</i> Pork Chop w/gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk	Peppered Beef Steak w/gravy-1 Roasted Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice	Creamy Turkey & Wild Rice Soup Sliced Potatoes w/peppers Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk
9	10	11	12	13
Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Peas (4 oz) Milk	HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz 100% Fruit juice	Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple milk	Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday C 100% Fruit Jui margarine 	Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk
16	<i>Congregate Style</i> 17	18	19	20
Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk	Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice	Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit  100% fruit juice Cookie of the month	Chicken Marsala over Rice Pilaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
23	24	25	26	27
Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	Turkey Tetraxini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Applesauce-1 ct 100% Fruit Juice	<i>Chef's Choice</i> 	Sweet & Sour Chicken-6oz Peas & Carrots- Brown Rice-4oz Mixed Fruit Cup Potato Roll  Fortune Cookie Margarine 100% fruit juice	Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
30				

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

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# FASC DAY TRIP



DETROIT  
INSTITUTE  
OF ARTS

Wednesday, September 25th  
8:30 a.m. - 4:30 p.m.

**Cost: \$20.00**

Includes Bus Ride & Admission

Call (810659-4735 to RSVP.  
Payment secures seat.  
Bus loading begins at  
8:30 a.m. at the Main St.  
Rite Aid parking lot.



### Itinerary

- 10:30 a.m. Arrival
- 11:00 a.m. Guided Tour
- 12:00 p.m. Lunch @ Cafe Dia
- 1:00 p.m. Self-Guided Tour
- 3:00 p.m. Departure

## Navigating Healthcare Presentation

w/ Dawn Bitterman, Account Executive  
McLaren Health Services

Friday, September 27th @ 10:00 a.m.

What does it mean "Navigating Healthcare"?

It is the ability to navigate the Healthcare system when "Life Happens". From a Hospital stay to Rehabilitation and back home. Which health care services are available to you? Most importantly, you should prepare yourself prior to the "event" that forces you into this system. Knowledge is power!



# SEPTEMBER BIRTHDAYS!

Elizabeth Alpers  
Marty Antell  
Lillian Antos  
Ivelisse Auffant  
Sandy Augustine  
Sandra Azelton  
Merle Bacugan - Irish  
Kathy Baker  
William Baker  
Donna Baroski  
Cindy Beliveau  
Nora Bemis  
Patricia Bennetts  
Jeanne Beresford  
Darlene Bessey  
Brenda Birchmeier  
June Bitterman  
Lynn Bitterman  
Gerrie Blakely  
Lynnette Bobb  
Patricia Bolen  
Charlette Brege  
James Bueche  
Frances Caggiano  
Sandra Chapman  
Jane Copeland  
Nancy Corliss  
Paul Corliss  
Janet Correll  
Alta Cryderman  
Steve Dabish  
Walter Davis  
Wantwez Davis  
Norm Day  
Theresa Delecki  
Richard Derby  
Steven Dickenson  
Rob Dillon  
Gayle Dolgan  
Patrick Doyle

Bridget Drumm  
Geney Dubois  
Paul Easter  
Lee Eck  
Jean Edwards  
Audrie Elliott  
Dianne Ensign  
Veena Erinjeri  
Gladys Espinoza  
Freddy Fernandes  
Sue Finley  
Judy Fonger  
Don Fournier  
Dean Freiheit  
Linda Gellings  
Lorry Goldman  
Bob Good  
Debbie Grant  
Zella Guiles - Smilth  
Ann Guiles - Smith  
Suzanne Hahn  
Sandra Hale  
Kathy Hortze  
Amy Hough  
Alan Houtaling  
Jennifer Howard  
Sarah Howe  
Darletta Ingham  
Pat Ivester  
James Jerichow  
Karen Kaufmann  
Michael Kent  
Tammy Kitchen  
Janet Klein  
Marie Kosalski  
Pam Kranzo  
Tammy Krul  
Lois Lake  
Shirley Lakies  
Theresa Landis

Mike Laux  
Christine Lee  
Carolyn Lloyd  
Jan Lord  
Cheryl Macaskill  
Pam Marshall  
Matt McCabe  
Ruth Mcdaniel  
David Mckeighan  
Barbara Medina  
Jeri Meehle  
Michelle Meehle  
Mary Jo Meir  
Verle Miller  
Michael Minaudo  
Linda Moore  
Sandra Murphy  
James Musgrave  
Jody Neurohr  
Mike Neurohr  
Alice Norris  
Bill O'Connor  
Wayne Oliver  
Nancy Parker  
Mary Pattillo  
Pauline Powers  
Norma Pray  
Dawn Ratliff  
Larry Ratza  
Rebecca Ray  
Jeffrey Reem  
Anna Rice  
Becky Ritter  
Maryann Rosinski  
Shirley Sanborn  
Bobby Sue Sanders  
Caroline Sanderson  
Barbara Sartor  
George Saucier  
Karen Schlieger

Rose Schlott  
Arlene Schmitzer  
Pat Seals  
Mon Shaheen  
Sandra Shaw  
Sherry Shaw  
David Sheffer  
Vicky Sheffer  
Diane Sikora  
Robert Simpson  
Sharon Singleton  
Mary Smart  
Cathy Spomer  
Mary Stasa  
Patricia Stewart  
Kevin Szuch  
Bonnie Terbush  
Carolyn Thomas  
Ann Thompson  
Janet Thompson  
James Turbeville Jr.  
Jack Tylus  
Maxine Ulmer  
Susie Van Horn  
Richard Vandette  
Gregory Walker  
Teri Wallace  
Janet Walling  
Ann Wandrie  
James Weissert  
Leslie Wells  
Larry Williams  
Joyce Wilson  
Mildred Wint  
Shirley Wirgau  
Madeline Workman  
Nancy Young



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



# 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, September 24th 7:00 p.m.

♦ 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.



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.



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## *Enjoy a Daily Lunch!*

**Eat In or Pick-up at the Flushing Area Senior Center**

The Meal is available to eat in or take home  
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 4 for full menu.**