



Monthly Publication brought to you by the Flushing Area Senior Center

MARCH
2025

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

To All Members,

We have a few center updates:

Beginning Monday, February 24th, we will be getting underway with our ARPA funded renovation projects including:

- New Flooring – lunchroom & annex, including restrooms
- Restroom Upgrades
- Painting – lunchroom & annex, including restrooms
- Electrical Upgrades – lunchroom, annex & restrooms
- ADA Power Door Openers – lunchroom and annex

As a result, most programs and events, including congregate lunch, will be cancelled throughout that week and possibly beyond. More updates to come.

Also, as you are aware, the library will be moving to a new location in the fall at which point the center will utilize that space for added programming and much needed room for our larger events/classes.

As mentioned, we want your feedback. A survey is now available! Hard copies are located at the center. An electronic copy will be sent via email. There will also be a link on the center website for anyone to access.

In it, we hope to get buy-in from current and future members on how we can utilize the additional space and enhance the center experience for all involved, all while staying fiscally responsible.

As always, do not hesitate to reach out if you have any questions or feedback!

Best regards,

Greg Matheson

Executive Director
Flushing Area Senior Center



Programs / Events / Activities

Beginning Line Dancing

Instructor ~ Darci

Mondays @ 9:00 a.m.



New for 2025!

Focus on **Simpler Dances!**

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

Learn the **Basic Steps!**

Free of Charge!



CHAIR VOLLEYBALL

STARTING IN MARCH!

TUESDAYS @ 12:30 P.M.

Physical benefits include increased flexibility, stamina, muscle tone, reflexes & hand-eye coordination!

Chair Volleyball is similar to regular volleyball, but with a smaller court and lower net, while seated during the match.



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

w/ Mayor Ed Sullivan

RESCHEDULED: Monday, March 10th @ 2:00 p.m.

Come join us to receive the latest updates as well as ask questions of the Mayor along with representatives of City Council.



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



St. Patrick's Day Party

MONDAY, MARCH 17TH
1:30 P.M. - 3:00 P.M.

FOOD, GAMES, PRIZES, MUSIC & MORE!

FREE OF CHARGE!

CALL (810)659-4735 TO RSVP. Space is limited.

See you there!

Make It, Take It Card Making Class

MONDAY, MARCH 17TH
@ 1:00 p.m.

FREE OF CHARGE!

BRING YOUR OWN ADHESIVE & SCISSORS

RSVP beginning March 3rd
CALL (810)659-4735

FASC DAY TRIP!



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.

Wednesday, March 19th

FASC bus leaves Bueche's @ 9:30 am.
Returns approximately @ 1:30 p.m.

Cost - \$10.00

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



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:

- | | |
|-----------------------------------|------------|
| • Davison Senior Center | March 19th |
| • Flushing Area Senior Center | April 16th |
| • Clio Senior Center | May 21st |
| • Swartz Creek Area Senior Center | June 18th |
| • Grand Blanc Senior Center | July 16th |

Members will also schedule dates for evening observations!

FASC DAY TRIP FIREKEEPERS CASINO

THURSDAY, MARCH 27TH
9:00 A.M. - 4:45 P.M.

**COST- \$40.00
PER PERSON**



- \$20.00 in Free slot play
- \$5.00 in points that can be used for food, drink, merchandise, or additional free slot play.



Bus will leave the east side of the Bueches parking lot at 9:00 a.m. Please arrive no later than 8:45 a.m. We will return at approximately 4:45 p.m. If you have a Firekeeper players card, bring it with you. **Make sure you bring your photo ID.**



Call 810-659-4735
to reserve your seat.

REFUNDS ONLY IF WE ARE ABLE TO FILL YOUR SPOT.

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

JUST FOR FUN!

St. Patrick's Day Puzzle

Find and circle all the words that are hidden in the grid.

The remaining 34 letters spell a secret message.

(Answer can be found on page 12.)

S A S S E N N I U G E V E N T S P
I Y A D I L O H N T Y Y P A E P O
C T H I S T O R Y R A R P K G O T
I L S O D A B R E A D A A I R H A
S C O K L H T N E E T N E V E S T
U C I V N V H D E R S O I D E I O
M E I C E U A C O N A I T L N B E
E L C H E R A N R I E S E K B F S
G T H T A L S H R A F S C F E U F
A I R P R A E E C T M I I E F E D
T C I G I A L B S E R M B T S G H
I C S N N A D A R E R D H T Y A O
R R T R N I F I M A E P I C E B L
E O I D E L C I T N T V E K A B Y
H S A S E E L N R I A I R L R A D
E S N B H N B O A L O O O T L C A
S H A M R O C K U D C N R N Y Y Y

BEER	DANCING	HOLY DAY	POTATOES
BELFAST	DUBLIN	IRELAND	SEVENTEENTH
BISHOP	EVENTS	IRISH	SHAMROCK
CABBAGE	FEAST DAY	LEPRECHAUN	SNAKES
CELEBRATION	FESTIVAL	LIMERICK	SODA BREAD
CELTIC CROSS	GREEN	MARCH	TRADITION
CHRISTIAN	GUINNESS	MISSIONARY	YEARLY
CLOVER	HERITAGE	MUSIC	
CORK	HISTORY	PARADE	
CORNED BEEF	HOLIDAY	PATRION SAINT	

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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.

NEW! Beginning Line Dancing

Each Monday at 9:00 a.m.

Free of Charge

Instructor: Darci

Learn the basic steps. Focus on simpler dances. Line Dancing provides heart healthy benefits of an aerobic exercise while engaging in a social activity and stimulates the mind!

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.

NEW! Chair Volleyball

Tuesdays at 12:30 p.m.

Free of Charge

Chair Volleyball is similar to regular volleyball, but with a smaller court and lower net, while seated during the match.

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. - 9:00 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.

Pickleball @ E.C.C.

Mondays & Thursdays

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

Free of Charge

All abilities welcome!

Pickleball Informational Meeting

Wednesday, March 19th at 3:15 p.m.

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

Silver Sneakers Stability

Each Monday at 2:00 p.m.

Beginning March 24th

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 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.

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 a.m. – 5:00 p.m.
 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:

- ♣ **Red Wings Game**
 Date: Tuesday, March 4, 2025
 Cost: \$130.00 per person
 Departure: 5:00 p.m. from the Clio K-mart
- ♣ **Hawaiian Islands – Land & Cruise**
 Date: March 6 – 19, 2025
 Balcony: \$6400.00 per person double occupancy
 Inside Cabin: \$5400.00 per person double occupancy
- ♣ **BritBeat – Beatles**
 Date: Saturday, March 22, 2025
 Cost: \$84.00 per person
 Departure: 4:30 p.m. from Clio Kmart
- ♣ **Vanities: The Musical**
 Date: Wednesday, March 26, 2025
 Cost: \$78.00 per person
 Departure: 5:00 p.m. from Clio Kmart

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
 810-487-2473 • 810-814-9232
 CelticAlley.com
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Alzheimer's Support Group **Thursday, March 6th 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, March 11th & 25th - 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, March 14th** **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.

Veterans Coffee Hour **Friday, March 7th & 21st - 9:30 a.m.** Join us for coffee, treats and conversation with your fellow veterans.

Veterans Services **Wednesday, March 26th - 9:30 a.m. - 2:45 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.



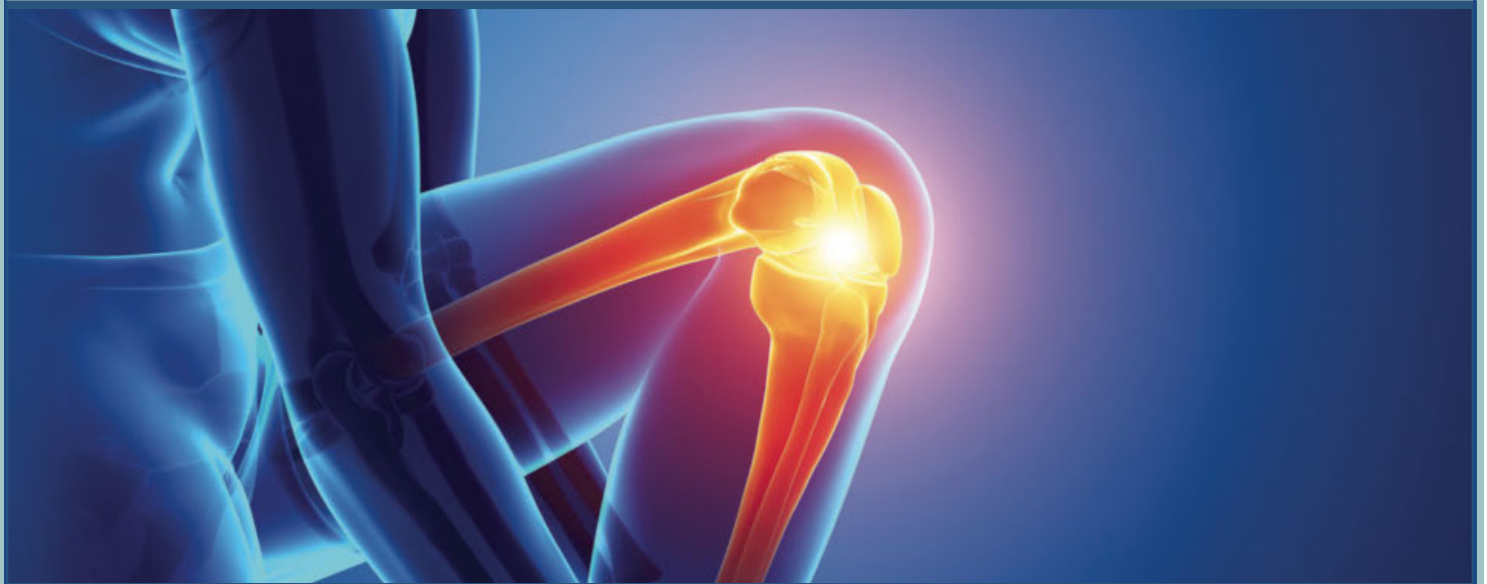
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Office Hours
Monday - Friday
8:00 a.m. - 4:00 p.m.

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
<p>3</p> <p>8:30 Flushing Artistic Gathering 9:00 Beginning 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 6:00 Poker</p>	<p>4</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 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C.</p>	<p>5</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 1:00 Shopping @ Walmart 2:30 Ping Pong</p>	<p>6</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 Alzheimer's Support Group 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>7</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>10</p> <p>8:30 Flushing Artistic Gathering 9:00 Beginning 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 12:30 Samba 2:00 Coffee Talk w/ Mayor Sullivan 2:30 Gary Nickel Photography Class 6:00 Poker</p>	<p>11</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 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Grief Support Group</p>	<p>12</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>13</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 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>14</p> <p>8:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Legal Assistance 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>

<p>17</p> <p>8:30 Flushing Artistic Gathering 9:00 Beginning 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 1:30 St. Patrick's Day Party 6:00 Poker</p>	<p>18</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 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Woodshop Safety Training @ FASC</p>	<p>19</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 9:30 FASC Day Trip - Horrocks Farm Market 10:00 Senior Astronomers @ Davison 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 @ FASC</p>	<p>20</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 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>21</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>24</p> <p>8:30 Flushing Artistic Gathering 8:45 Beginning Line Dancing 10:15 Exercise Station 11:00 Pickleball @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:00 Silver Sneakers 6:00 Poker</p>	<p>25</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 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Grief Support Group 7:00 FASC Board Meeting</p>	<p>26</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 @ Swartz Creek Senior Center 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:30 Ping Pong</p>	<p>27</p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 9:00 FASC Day Trip - Firekeepers Casino 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 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>28</p> <p>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</p>					
<p>31</p> <p>8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 2:00 Silver Sneakers 6:00 Poker</p> <p>CANCELLED: Pickleball @ E.C.C.</p>					 <h1 style="text-align: center;">FLUSHING AREA SENIOR CENTER</h1>				

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Arts, Crafts, Clubs & Other

Chair Massage

Thursday, March 13th - 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, March 10th 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, March 17th 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, March 18th 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, March 20th 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, March 4th & 18th - 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, March 18th - 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.

Programs / Events / Activities

FASC is once again collaborating with Tyron & Associates LLC to assist you with your tax preparation and planning needs at a discounted rate.



FASC TAX PREPARATION SERVICES

Informational packets with price lists can be picked up at the center or can be accessed under the quick links section of our website.

1040 Federal & State Filing is only \$75.00!

WWW.FLUSHINGSENIORCENTER.COM

MARCH CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Smothered Pork Chop Mashed Potatoes Mixed Greens Honey Wheat Roll Diced Pears Margarine Milk	4 Spaghetti & Meatballs Sweet Peas Italian Veggie Blend Fresh Apple Garlic Bread Margarine 100% Fruit Juice	5 Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk 	6 Oven Fried Chicken Chuck Wagon Blend Oven Roasted Potatoes Fresh Orange WG Roll Margarine 100% Fruit Juice	7 Korean Beef Bowl w/Rice w/Snap Peas, Peppers, Onions & Broccoli Peas & Carrots Pineapples Hawaiian Roll Fortune Cookie Milk, margarine 
10 Roasted Turkey & Gravy w/ Mashed Potatoes Southern Green Beans Warm Peaches Biscuit Milk	11 Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine 100% Fruit Juice 	12 Chicken Alfredo Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk	13 BBQ Pulled Pork Baked beans Mixed Vegetables Fresh Orange WG Bun Margarine 100% Fruit Juice Birthday Cake	14 Pecan Crusted Tilapia Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk
17 Boneless BBQ Riblet Mixed Vegetables Redskin Potato Wedges Fruit Cup WG Bun Diced Peaches Milk 	18 Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice 	19 Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month	20 Chef's Choice 	21 Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine Milk
24 Beef Goulash Lima Beans Cauliflower Golden Apple Potato Roll Margarine Milk	25 White Chicken Chili Whole Kernel Corn Mixed Greens Mango & Papaya Fruit Cup Corn muffin 100% Fruit Juice	26 Beef Fajitas w/ Peppers/Onions Mexican Rice Black Beans Fruit Cocktail Tortilla Shell Sour Cream Milk 	27 Baked Chicken Breast Green Beans Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice	28 Pub Burger w/Cheese Potato Salad Peas & Carrots Fruit Cocktail WG Bun Mayo & Mustard Milk 
31 Creole Steak European Veggies Diced Potatoes Golden Delicious Apple Potato Roll Margarine Milk				

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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STAY CONNECTED!

If you are an active member of the Flushing Area Senior Center and are not receiving email correspondence from us, please contact our office to update your profile - (810)659-4735.

Weekly schedules, updates and reminders are shared on a regular basis to keep our seniors connected!



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.



March Birthdays

- | | | | | | |
|--------------------|-------------------|------------------|--------------------|--------------------|--------------------|
| Julie Adams | Carmelita Chipman | Susan Goodrich | Tom Lipinski | Karen Popovits | Terrie Soper |
| Pete Alcer | Kevin Clarambeau | Dawn Hamlin | Bill Martin | Gary Price | Gary Soucy |
| Karen Alexander | John Commet | Barbara Hanna | Larry Mathis | Sheri Price | Martie Spencer |
| Yetiva Allen | Diane Crandell | Diane Harbin | Jack Matsko | Lynne Ransom | Irene Spinney |
| Debra Arnold | Steve Cummins | Dawn Harris | George Mawdsley | Judy Rau | Laurie Stinson |
| Gloria Austin | Shirley Delbridge | Debby Harris | Arthur Mcgee | Marsha Rau | Jenna Storing |
| Carol Bakke | Janice Derby | Mary Hawes | Marie Mcgee | Janean Reid | Rhonda Straley |
| Matthew Balgenorth | Claudine Desilva | Cathy Heiman | Katherine Mcginnis | Bonita Reinhart | Robin Team |
| Mark Bauman | Connie Doerr | Laura Hice | Eileen Mcgrath | John Reinhart | Betty Thompson |
| Robert Beatenhead | John Donnelly | Mark Hilden | Karen Mcintosh | Nancy Revenaugh | John Tierney |
| Max Belcher | Grace Dorrance | Joann Jacob | Keith Mckenzie | Mark Richard | Marcia Unger |
| Mary Belill | Ronda Dycus | Eric Johnson | Dennis Mcknight | Pamela Richardson | Linda Urchike |
| Rick Bigelow | Emma Eaton | Reba Jones | Karen Meredith | Madelyn Rigiell | Dawn Vanderstelt |
| Elizabeth Binasio | Helen Ebel | Richard Jordan | Allan Miller | Garland Riley | Richard Vaughn |
| Kathy Birchmeier | Karen Edwards | Patti Kautz | Barbara Miller | Barbara Roberts | Herb Wager |
| Dawn Bitterman | Yvonne Elias | Nancy Kehoe | Becky Mills | Carole Roberts | Ron Waskoviak |
| Lorraine Black | Diane Evans | Nancy Kertes | Patricia Morse | Edna Robinson | Sheryl Watts |
| Karen Blackmore | Richard Flory | Joan Kippe | Elaine Mугan | Janice Rockwood | Jarrett Way |
| Gail Blaszkowski | Velesia Ford | Sandra Kitts | Karen Murphy | Sue Root | Willard Weber |
| Pam Braden | Martha Franz | Mary Kraemer | Regina Myers | Joretta Roy | Charles White |
| Andy Brandes | Jerry Fuller | Tim Krol | Dave Nancarrow | Linda Saucier | Claudia Williams |
| Jackie Brown | Karen Gasperosky | Gary Labrecque | Greg Nestor | Dennis Sawinska | Deb Williams |
| Tamara Brown | Doreen Gawthrop | Diane Lapham | Deanna Oatley | Elaine Schott | Denise Williams |
| Joyce Burkley | Sandy George | Barbara Lawrence | Joe Palumbo | Diane Shaw | Cecelia Wolfe |
| Richard Butcher | Charles Gerlach | David J. Leach | Larry Paro | Rhonda Simek | Dale Wolfe |
| Debra Bylak | Linda Gifford | Rose Leach | Terry Peck | Kathleen Smith | Viginia Yocom-Harp |
| Gary Carpenter | Marlene Goedike | Beth Lewis | Gay Percy | Norma Smith | |
| Ruth Cawthray | Nancy Gonyea | Ralph Lewis | John Popovits | Margaret Smithwick | |



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

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, March 25th 7:00 p.m.
- ◆ Tuesday, May 27th 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.

St. Patrick's Day Puzzle Answer
The solution is located below:

The hidden message is:
SAINT PATRICK LIVED IN THE FIFTH CENTURY



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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.](#)