



Monthly Publication brought to you by the Flushing Area Senior Center

APRIL
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.

Programming Survey

As we are aware, the library will be moving to a new location in the fall. At that point, the center will utilize the space for added programming and room for larger events/classes. As mentioned, we want your feedback. A survey is available and can be accessed in the following ways:

- Hard copies are located at the center.
- There is a survey link on the center website: (www.flushingseniorcenter.com)



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.

Thank you in advance for your input!



Programs / Events / Activities

UPDATE!



Instructor - Abbie Mars Mondays @ 2:00 p.m.

Great News!

Silver Sneakers has resumed on Mondays @ 2:00 p.m. This temporary schedule change will continue up through the end of April.

During this time, members have the following options in which to participate:

- In-person at the center following Abbie through Zoom on the large screen TV.
- Follow Abbie through Zoom at home, (Meeting ID: 889 2623 6746)

Beginning in May, Abbie is slated to be back for in-person instruction. At that time, classes will continue to resume on Tuesdays @ 2:00 p.m.

Silver Sneakers class will help you become stronger, improve your balance and decrease your risk of falling while helping you protect your independence, reduce body fat, improve mobility, endurance, and coordination!



NEW!

CHAIR VOLLEYBALL

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.

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Programs / Events / Activities

COFFEE TALK

w/ Mayor Ed Sullivan

RESCHEDULED: Monday, April 7th @ 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.



MICHIGAN STATE UNIVERSITY | Extension

Senior Project FRESH & Pop-up Market Information Session

Want to find out more about **Senior Project FRESH?**

Interested in learning about the **upcoming Pop-up Farmers Markets?**

Date
Wednesday, April 16th

Time
2:00 pm

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

The Senior Project FRESH Program is designed to help low-income seniors access fresh produce while supporting local growers in their community. We'll dive into how this program works, who is eligible, and how seniors can sign up.

Additionally, we'll highlight the upcoming Pop-up Farmers Markets, where you will find a variety of fresh produce and artisanal goods from local farmers. Learn about the upcoming market locations, dates, and how these events are making fresh food more accessible to everyone, especially for seniors and families in need. You'll also have the opportunity to meet the farmers behind the fresh produce, learn more about their businesses, and ask questions.




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Watercolor Basics

w/Christie Macclomel

Wednesday, April 9th - 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

Wake Up




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




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, April 11th
Time: 10:00 a.m. - 3:00 p.m.
Location: FASC Lunchroom
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.



FASC INVITES YOU TO OUR

Easter Luncheon

Thursday, April 17th
11:30 a.m. - 12:30 p.m.
FREE OF CHARGE!

MENU

Glazed Ham / Fried Cabbage
Mashed Sweet Potatoes / Brownie
HM Cherry Crisp / Wheat Roll
Fruit Juice / Coffee

PLEASE NOTE - MEAL IS SERVED CONGREGATE STYLE ONLY

Call (810)659-4735 to RSVP
as seats are limited.

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

SENIOR ASTRONOMERS

w/ Bob Kren

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

- Flushing Area Senior Center April 16th
- Clio Senior Center May 21st
- Swartz Creek Area Senior Center June 18th
- Grand Blanc Senior Center July 16th
- Davison Senior Center August 20th

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, April 23rd.**

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

Coffee Hour with State Representative Jasper Martus



Flushing Area Senior Center
106 Elm St, Flushing, MI 48433
Monday, April 28th
10:00-11:00am



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

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



ESTATE PLANNING SEMINAR

W/ Seth Neblock, Senior Law Advocate
Legal Services of Eastern Michigan

WHEN: Wednesday, April 30th - 2:00 p.m.

WHERE: Flushing Area Senior Center

Come join us for light refreshments as Seth shares:

- How to protect the assets you leave behind.
- Ensuring your family does not encounter unforeseen legal challenges.
- Making your wishes about healthcare decisions known to your loved ones.
- The importance of naming power of attorney agents so the decision is not left up to the courts.

Please RSVP by Monday, April 28th

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TOPICS INCLUDE

WILLS
VS.
TRUSTS

POWER OF
ATTORNEY

LADY BIRD
DEEDS

POTENTIAL
ELDER ABUSE

FLUSHING AREA SENIOR CENTER

106 Elm Street
Flushing, MI 48433
(810)659-4735



VAAA
Valley Area
Agency On Aging
*Answers, Action & Advocacy
for All Things Senior*

SENIOR POWER DAY 2025

Wednesday, May 21, 2025
9:00 a.m - 2:00 p.m
CrossroadsVillage
6140 Bray Rd., Flint

Tickets \$5.00

**TO-GO
LUNCH
PROVIDED**
on a first come
first serve basis

**FREE
GIFT**

Available at your local senior center, VAAA's office at 225 E 5th Street, Flint, MI 48502, and the Genesee County Parks office at 5045 Stanley Rd, Flint, MI 48506. They can also be purchased the day of the event at the Crossroads Village. For information about ticket purchase locations, please call (810) 239-7671

Ticket includes Lunch, Train Ride, Resources, and Legislative updates that affect Seniors and Caregivers.

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

Exercise Programs

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

Basic Flow Yoga Gold

Tuesdays & Thursdays at 10:00 a.m.

Yoga Mat Required

Free of Charge

Instructor: Rhonda Straley

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

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, April 16 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.

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!

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.

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.

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:

- ⇒ **Make Em Laugh – Petrolia A Variety Show of Sorts!**
 Date: Tuesday, April 22nd
 Cost: \$125.00 per person
 Departure: 8:45 a.m. from Clio Kmart
(Passport or Enhanced Driver License required)
- ⇒ **My Mother & the Michigan / Ohio War**
 Date: Thursday, April 24, 2025
 Cost: \$85.00 per person
 Departure: 1:00 p.m. from the Clio Kmart
- ⇒ **Vera Bradley Annual Outlet Sale**
 Date: Thursday, May 1, 2025
 Cost: \$90.00 per person
 Departure: 7:00 a.m. from the Clio K-mart
- ⇒ **Nonsense – Turkeyville**
 Date: Tuesday, May 6, 2025
 Cost: \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Daniel O'Donnell @ Shiphewana**
 Dates: Wednesday, May 28 – Thursday, May 29, 2025
 Cost: \$330.00 per person double occupancy
 Deposit: \$80.00 per person
 Cancellation Protection: \$50.00 per person (optional)
 Final Payment Due: April 28, 2025
 Departure: 8:00 a.m. from PNC Bank
- ⇒ **Shear Madness**
 Date: Wednesday, June 4, 2025
 Cost: \$78.00 per person
 Departure: 11:00 a.m. from Clio Kmart
- ⇒ **Dear Jack, Dear Louise – Petrolia**
 Date: Tuesday, June 17, 2025
 Cost: \$125.00 per person
 Departure: 8:45 a.m. from Clio Kmart
(Passport or MI Enhanced Driver License required)
- ⇒ **The WIZ**
 Date: Wednesday, June 18, 2025
 Cost: \$122.00 per person
 Departure: 4:30 p.m. from Clio Kmart
- ⇒ **Zekelman Holocaust Center**
 Date: Tuesday, June 24, 2025
 Cost: \$70.00 per person

Alzheimer's Support Group

Thursday, April 3rd 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, April 8th & 29th - 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, April 11th

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, April 4th - 9:30 a.m.

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

Veterans Services

Wednesday, April 23rd - 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 here at the center.

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



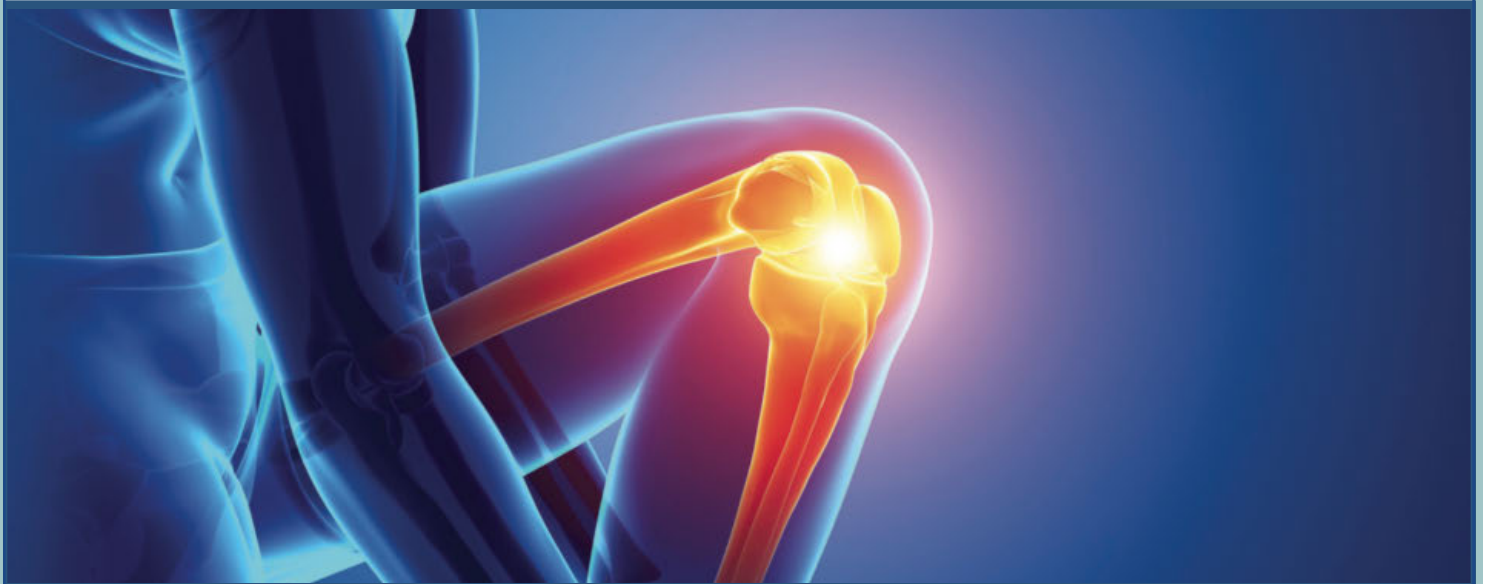
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of Michigan

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Thomas A. Shuster, D.O. • Joseph Paulisin, D.O.

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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>7</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 2:00 Silver Sneakers - Virtual Only 2:00 Coffee Talk w/Mayor Sullivan 6:00 Poker</p>	<p>1</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</p> <p>CANCELLED: Woodshop @ E.C.C.</p>	<p>2</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 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>CANCELLED: Woodshop @ E.C.C.</p>	<p>3</p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 1:00 Tai Chi 2:00 Alzheimer's Support Group 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p> <p>CANCELLED: Pickleball @ E.C.C.</p>	<p>4</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>8</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>9</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Watercolor Basics Class 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:30 Ping Pong</p>	<p>10</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>11</p> <p>8:00 Exercise Station 9:00 Legal Assistance 9:00 RESCHEDULED: Shopping @ ALDI 9:30 Fly Tying 10:00 Mobile Secretary of State 11:30 Congregate Meal 1:00 Legal Assistance 1:00 Penny Bingo 1:00 Mah Jongg</p> <p>CANCELLED: Body Balance & Mobility, Ping Pong</p>	

<p>14</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 Silver Sneakers 2:30 Gary Nickel Photography Class 6:00 Poker</p>	<p>15</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>16</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:00 Senior Astronomers @ FASC 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:00 Senior Project FRESH & Pop-Up Market Information Session 2:30 Ping Pong 3:15 Pickleball Informational Meeting @ FASC</p>	<p>17</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 Easter Luncheon 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>18</p>  <p>CENTER CLOSED</p>
<p>21</p> <p>9:00 Volunteer Appreciation Breakfast 9:00 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 1:00 Make It, Take It Card Class 2:00 Silver Sneakers 6:00 Poker</p> <p>CANCELLED: Flushing Artistic Gathering</p>	<p>22</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.</p>	<p>23</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 9:30 Veterans Services @ FASC 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:30 Ping Pong</p>	<p>24</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 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>25</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>28</p> <p>9:00 Beginning Line Dancing 10:00 Coffee Talk w/ State Representative Jasper Martus 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 Silver Sneakers 6:00 Poker</p> <p>CANCELLED: Flushing Artistic Gathering</p>	<p>29</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>30</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Woodshop @ E.C.C. 9:30 Body Balance & Mobility 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:00 Estate Planning Seminar 2:30 Ping Pong</p>		

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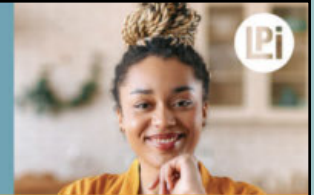
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15-0667

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, April 10th - 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, April 14th 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, April 21st 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, April 15th 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, April 17th 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.

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Tech Tutoring w/Charlotte - FREE!

Tuesday, April 1st & 15th - 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, April 15th - 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.



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Programs / Events / Activities

IKEA DAY TRIP



FRIDAY, MAY 2ND

FASC BUS LEAVES BUECHES PARKING LOT AT 8:45 A.M. WITH AN ESTIMATED RETURN TIME OF 3:15 P.M.

COST - \$10.00

WEAR COMFORTABLE SHOES. LUNCH IS ON YOUR OWN AT THE STORE CAFETERIA.

SPACE IS LIMITED. CALL (810)659-4735 TO RESERVE YOUR SPOT BEGINNING APRIL 1ST.



FLUSHING AREA SENIOR CENTER

Ladies Spring Tea

Monday, May 19TH

@ 12:00 p.m.



LUNCH | ENTERTAINMENT | FUN



COST - \$15.00

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

RSVP by Wednesday, May 14th

(810)659-4735



APRIL CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUE SDAY	WEDNE SDAY	THURSDAY	FRIDAY
 Antipasto Salad w/Pepperoni Salmi, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice	1 Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk	2 HM Creamy Tortellini & Beef Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	3 Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk	4 Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie
7 Chicken Parmesan w/Spaghetti Steamed Broccoli Sliced Pears Mixed Vegetables Wheat Roll Margarine 100% Fruit Juice	8 Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk	9 BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice	10 HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk	14 Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk
15 Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice	16 Turkey & Cheese Sandwich Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Bun Dressing Packet Milk	17 <i>Easter Luncheon</i> Glazed Ham Fried Cabbage Mashed Sweet Potatoes Brownie HM Cherry Crisp Wheat Roll & Margarine 100% Fruit Juice	18 	21 Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Margarine Milk
22 Ham Tetrizzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice	23 Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine Milk	24 	25 Chipotle Bowl w/Beef & Beans Over Mexican Rice w/HM Pico Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk	28 HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk
29 Italian Grinder Wrap w/Pepperoni, Salmi & Ham Lettuce, tomatoes, onions Pasta Salad Diced Pineapples Tomato Tortilla Italian Dressing Packet 100% Fruit Juice	30 Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard 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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Special Thanks to our Volunteers!

APRIL 21ST - 25TH IS
NATIONAL VOLUNTEER WEEK

"Volunteers are not paid... Not because they are worthless, but because they are **PRICELESS!**"



APRIL BIRTHDAYS

WILLIAM ABENDSCHEIN
NANCY ACCARDO
RUBY ADOLPH
RUFUS ALEXANDER
JIM ALLEN
ELIZABETH ALLUNNO
MARK ANDERSON
CHRIS ANDREWS
CHARLENE ANGST
RICHARD BACHA
CONCETTA BAKER
EUGENE BAKER
ROSE BARGO
DEAN BARTZ
NORMA BAXTER
SANDRA BEAUBIEN
DONNA BEDARD
DOREEN BENNING
TERESA BILA
JACKIE BINELLI
DIANE BINKOWSKI
JEANETTE BIRMINGHAM
PHILLIP BLECK
JOANN BOBO
PATSY BOVAN
SHIRLEY BRABAZON
DARLENE BRANTLEY
BRIDGET BRYSON
MICHELE CARE
JULIE CARR
MAUREEN CASTLE
DENNIS CAVANAUGH
BERLEY CAVNESS

TAMMY CECE
JOAN CHRIVIA
CARL CLARK
BRENDA COOKINGHAM
PAMELA CRAFTS
TOM CRANDELL
JANET CYBULSKI
DENNIS DAVIS
DIANE DAVIS
RODNEY DAVIS
MARY DEERING
SUSAN DIEBOLD
KATHY DISCENNA
PAMELA DMOCH
EDDIE DOLGAN
MACHELLE DUPREY
TIM DUTL
VALERIE ELDER
RMA ELLERY
KENDRA ESHBAUGH
ERIN FAITH
FRANKLIN FARNEY
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BONNIE FISHER
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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, May 27th 7:00 p.m.
- ◆ Tuesday, June 24th 11:00 a.m.
(Annual Board Meeting)

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.

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

Flushing Area Senior Center Funding Sources

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

Memorial Donations

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

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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 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.