



Monthly Publication brought to you by the Flushing Area Senior Center

JANUARY
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

Happy New Year!

Hope you've had a chance to enjoy time with family and friends through the Holidays! With 2025 soon upon us, we have some updates to share:

Follow-up - Building Upgrades: Through the use of ARPA funds, work will begin on the following projects:

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

Please Note – Without a set schedule, please know there will be interruptions to our regular programming. We will keep you regularly updated on any event cancellations.

Keep Us Up-To-Date: Please contact the center of any changes of address, phone number, email address and emergency contact information – (810)659-4735.

Remember to Sign-In: PLEASE, PLEASE, PLEASE always sign in to one of the center kiosk computers before participating in any event. Unfortunately, there have been countless times that members intend to do so after an event, then forget. A reminder that your participation at the center is directly tied to our millage funding!

- **Who sees my information?** Staff only.
- **Where do I sign-in?** Use the computer at the front desk or in the annex.
- **Do I have to check in for each event that I participate in?** YES! Example – If you come in for lunch, borrow a puzzle and drop off recycled batteries, you would include all three icons, then hit finish.
- **What if I volunteer?** You need to add your hours each time you volunteer.
- **What if I forgot or misplaced my swipe tag. Do I still sign-in?** YES! You sign in by touching the screen and following the prompts including typing your first name and phone number with area code, then including each of your events.

Please know that we are here to help any time you need assistance in assuring that your participation is counted each/every time!

Best regards,

Greg Matheson

Executive Director
Flushing Area Senior Center

Programs / Events / Activities

REC-CONNECT™

FREE PHYSICAL FITNESS DEMO CLASSES!

Date: January 3 - January 31, 2025
Time: 9:00 - 10:00am
Location: Flushing Senior Center

106 Elm St, Flushing, MI 48433

- Chair Bingo
- Chair Yoga
- Strength Bands
- Chair Aerobics & More!

Rec-Connect™ is a 5-week physical fitness demo class offered by Commit to Fit. Get active through a variety of fun physical activity demonstrations. No experience necessary!

To register, call Flushing Senior Center at (810) 659-4735

This project was funded in whole or in part by the USDA's Supplemental Nutrition Assistance Program Education through the Michigan Department of Health and Human Services and the Michigan Fitness Foundation. This institution is an equal opportunity provider.

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:

• Swartz Creek Area Senior Center	January 15th
• Grand Blanc Senior Center	February 19th
• Davison Senior Center	March 19th
• Flushing Area Senior Center	April 16th
• Clio Senior Center	May 21st

Members will also schedule dates for evening observations!

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

2 • Flushing Area Senior Center • 810.659.4735

Senior Winter Games!

SENIOR WINTER GAMES IS BACK!!

FEBRUARY 3RD - FEBRUARY 27TH, 2025



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

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

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



2025 EVENTS

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

SHARE THE WEALTH!

RAFFLE
DRAWING



- | | |
|-----------------------------------|-----------|
| • DAVISON AREA SENIOR CENTER | FEB. 3RD |
| • RICHFIELD BOWL | FEB. 4TH |
| • CLIO SENIOR CENTER | FEB. 19TH |
| • SWARTZ CREEK AREA SENIOR CENTER | FEB. 21ST |
| • FOREST TOWNSHIP SENIOR CENTER | FEB. 25TH |
| • ST. JOHN PARRISH HALL | FEB. 27TH |

8 TICKETS FOR \$5.00

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Senior Winter Games Schedule

2025 Senior Winter Games			
DATE	EVENT	TIME	LOCATION
Monday, February 3rd	Opening Ceremony	1:00 PM	Davison Senior Center
	Pie Eating Contest	2:00 PM	Davison Senior Center
Tuesday, February 4th	Bowling	9:00 AM	Richfield Bowl
	Bowling	Noon	Richfield Bowl
Wednesday, February 5th	Jigsaw Puzzle	9:00 AM	Eastside Senior Center
	Spades	1:00 PM	Eastside Senior Center
Thursday, February 6th	Checkers	10:00 AM	Mundy Township Senior Center
	Scrabble	1:00 PM	Mundy Township Senior Center
Friday, February 7th	Yahtzee	9:00 AM	Thetford Senior Center
	Hand, Knee & Foot	1:00 PM	Thetford Senior Center
Monday, February 8th	Shuffleboard - Men	10:00 AM	Davison Senior Center
	Shuffleboard - Women	1:00 PM	Davison Senior Center
Tuesday, February 11th	Competitive Table Tennis	10:00 AM	Davison Senior Center
	Recreational Ping Pong	2:00 PM	Davison Senior Center
Wednesday, February 12th	Cribbage	10:00 AM	Krapohl Senior Center
	Pinochle (Single Deck)	1:00 PM	Krapohl Senior Center
Thursday, February 13th	Sudoku	10:00 AM	Burton Senior Center
	Senior Grand Prix	1:00 PM	Montrose Senior Center
Friday, February 14th	Softball Toss	10:00 AM	Brennan Senior Center
	Free Throw	2:00 PM	Brennan Senior Center
Monday, February 17th	Euchre	9:00 AM	Grand Blanc Senior Center
	Baking	2:00 PM	Burton Senior Center
Tuesday, February 18th	Pickleball	10:00 AM	Linden Community Schools' Multi-Purpose Building
Wednesday, February 19th	Miniture Golf - Choose 1	9:30AM	Clio Senior Center
	Miniture Golf - Choose 1	12:30 PM	Clio Senior Center
	Miniture Golf - Choose 1	3:00 PM	Clio Senior Center
Thursday, February 20th	Line Dancing	1:00 PM	Grand Blanc Senior Center
Friday, February 21st	Dominoes (Mexican Train)	9:00 AM	Flushing Senior Center
	Spelling Bee	1:00 PM	Flushing Senior Center
	Arts & Crafts	1:30 PM	Swartz Creek Senior Center
Monday, February 24th	Pool - Ladies	10:00 AM	Hasselbring Senior Center
	Pool - Men	2:00 PM	Hasselbring Senior Center
Tuesday, February 25th	Darts	10:00 AM	Forest Township Senior Center
	Corn Hole	1:00 PM	Forest Township Senior Center
Wednesday, February 26th	Frisbee Toss	10:00 AM	Carman Ainsworth Senior Center
	Ladder Golf	1:30 PM	Carman Ainsworth Senior Center
Thursday, February 27th	Closing Ceremony	11:00 AM	St. John's Parish Center-Davison

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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.

NEW FOR 2025! 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.

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, January 15th 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

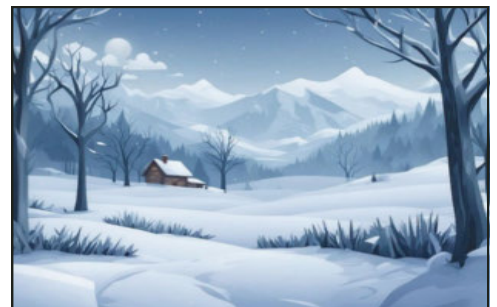
Each Monday at 6:00 p.m.

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 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:

- ◆ **A Beautiful Noise – Neil Diamond**
Date: Thursday, January 2nd
 Cost: \$125.00 per person
 Departure: 4:00 p.m. from Clio Kmart
- ◆ **Detroit Auto Show**
Date: Thursday, January 16th
 Cost: \$62.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- ◆ **Jimmy Buffet Tribute**
Date: Saturday, January 18th
 Cost: \$83.00 per person
 Departure: 4:30 p.m. from Clio Kmart
- ◆ **Genitti's**
Date: Tuesday, January 28th
 Cost: \$91.00 per person
 Departure: 9:30 a.m. from the 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
 Celebrating 25 years!

Alzheimer's Support Group

Thursday, January 2nd 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, January 14th & 28th - 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, January 10th - 9:00 a.m.-12:00 p.m. & 1:00 p.m.-2:00 p.m.

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

Loan Closet

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

Medicare Assistance (MMA)

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

Veterans Coffee Hour

Friday, January 3rd & 17th - 9:30 a.m.

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

Veterans Services

Wednesday, January 22nd - 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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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>6</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>7</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers</p>	<p>1</p>  <p>CENTER IS CLOSED</p>	<p>2</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>3</p> <p>8:00 Exercise Station 9:00 Rec-Connect Class 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>6</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>7</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers</p>	<p>8</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>9</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>10</p> <p>8:00 Exercise Station 9:00 Rec-Connect Class 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>13</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 1:00 Make It, Take It Card Class 2:30 Gary Nickel Photography Class 6:00 Poker</p>	<p>14</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group</p>	<p>15</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 @ Swartz Creek 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>16</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>17</p> <p>8:00 Exercise Station 9:00 Shopping @ALDI 9:00 Rec-Connect Class 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>20</p>  <p>CENTER IS CLOSED</p>	<p>21</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 12:30 Senior Women's Book Club 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Woodshop Safety Training @ FASC</p>	<p>22</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 2:00 Virtual Tour of Ireland 2:30 Ping Pong</p>	<p>23</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 Shopping @ Meijer 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>24</p> <p>8:00 Exercise Station 9:00 Rec-Connect Class 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>
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Arts, Crafts, Clubs & Other

Chair Massage

Thursday, January 9th - 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, January 13th 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, January 13th 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, January 21st 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, January 16th 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, January 7th & 21st - 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, January 21st - 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



VIRTUAL TOUR OF IRELAND

Wednesday, January 22nd @ 2:00 p.m.

- Come join Caron & Ed Sullivan of Sullivans Irish Alley.
- Experience the wonders of the Emerald Isle virtually.
- See if an actual tour of Ireland is in your future.
- A representative from CEO Tours will also be in attendance to answer questions.



Beginning Line Dancing

Instructor ~ Darci

Mondays @ 9:00 a.m.

New for 2025!



Learn the Basic Steps!

Focus on Simpler Dances!

Free of Charge!

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



JANUARY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6	 7	 8	2 Sweet & Sour Meatballs Brown Rice Green Beans Flatbread Pineapple Tidbits Margarine 100% Fruit Juice	3 BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk
13 Pork Chops w/Mushrooms Italian Green Beans Mashed Potatoes Sliced Wheat Bread Margarine Fresh Apple Milk	14 HM Chili Whole Kernel Corn Cauliflower Fresh Pear Buttermilk Biscuit w/honey Margarine/Salad Dressing 100% Fruit Juice	15 Open-Face Pot Roast Sweet Peas Redskin Mashed Potatoes Texas Toast Half Margarine Diced Peaches Milk	9 Chicken Caesar Wrap W/ Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap 100% Fruit Juice	10 Country Style Chicken w/gravy Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk
20 Ham, Bacon Frittata W/ Cheese, Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk	21 HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	22  Chef's Choice	16 Creole Steak European Veggies Sliced Beets Golden Delicious Apple Potato Roll Margarine 100% Fruit Juice Cookie Of the Month	17 Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk 
27  HM Goulash Spinach Fried Corn Fresh Orange Margarine Milk 	28 HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites w/dip Diced Pears Croissant 100% Fruit Juice	29 Chicken Cacciatore Mixed Greens Spaghetti Golden Apple Corn Bake Margarine Milk	23 HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce 100% Fruit Juice Margarine Birthday Cake 	24 HM Artisan Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
31 HM Beef Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit 100% Fruit Juice 	30 Pub Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain Bun Ketchup & Mustard Milk 	31 HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites w/dip Diced Pears Croissant 100% Fruit Juice	30 HM Beef Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit 100% Fruit Juice 	31 Pub Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain 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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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.



WWW.FLUSHINGSENIORCENTER.COM

January Birthdays

Sharon Albertson
Linda Alsager
Sheri Bade
Dan Bare
Bernadine Baumann
Susan Bialkowski
David Bickel
Corinne Birchmeier
Joan Bishoff
Julie Bowers
Mark Brasley
Ann Brimley
Doug Brock
Gwendolyn Bronson
Kevin Brosier
Debbie Brown
Ruth Brown
Shirley Brown
Allan Brushaber
Elaine(Noreen) Burke
Madeline Campbell
Mafe Canucot
John Capua
Marzec Catherine
Marie Chambers
Rich Christopher
Douglas Clark
Mary Ann Cobleigh
Mary Comrie
Mary Corner

Carla Corrado
Cindee Cross
Ken Cullen
Pam Currier
Duane D'Arcy
Sharon Davis
Marjorie Dear
Pat Duvendeck
John Elias
Ellen Eremie
Ilene Fishkin
Jean Florence
Valerie Gantos
Lois Garcia
Leslie Gibson
Judy Gillmore
Glenn Grant
Elaine Graves
April Greanya
Joanne Gutek
Nicole Hackett
Carolyn Hamilton-Renner
Barbara Hammonds
Dave Hammonds
Jan Harrington
Joan Hasselbach
Dan Hays
Cheryl Heslop
Denise Hibbs
Gary Hibbs

Gary Hopcraft
Helen Ide
Leonard Jackovich
Cindy Jones
Karen Kalogydis
Diane Kleinedler
Carol Kline
Steven Knific
Sandy Kren
David Kribs
Ray Kudej
Cheryl LaBombard
Thomas Lakies
Joyce Lanckton
Gail Leonard
James Leszczynski
Rosemary Light
Carolyn Lord
Joe Lord
Marilyn Luft
Janet Lutz
Albert Macciomei
Janis Macko
Paula Malknecht
Schaar Margie
Dorothy Mason
Coleen McDonald
Dawn McKeighan
Joan McKnight
Linda Millan

Charlene Miller
Ethel Miller
Lillian Miller
Susan Mitchell
Patricia Murphy
Brenda Nyquist
Debra Ogles
John Oliver
David Paschket
Jessie Pate
Terry Pattillo
Gaspere Pavia
Jeannette Pethers
Karen Phillips
Roy Phillips
Deanna Pobocik
Ronald Poindexter
John Powers
Harlon Rose
Baker Sandra
Richard Secord
Kristine Shaughnessy
Dawn Shurter
Don Singleton
Sharon Sipes
Shirley Skaggs
David Smith
Linda Stacy
Marilyn Stoutenburg
Lauren Thompson

Ramona Thorpe
Lei Tobias
Peggy Todd
Margaret Tunncliff
Don Van Horn
Michael VanDenheede
Cathy Velat
Judy Walker
Michele Walker
Michelle Waller
Sara Warren
Dawn Welehodsky
Barbara West
Mary Wheelock
Patsy Williams
Nancy-Lee Wilson
Robert Wimmer
Jayne Winters
Judi Witte
Katherine Wolfe
Christine Young
Keith Young
Pat Young
Shirley 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

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, January 28th 7:00 p.m.

◆ Tuesday, March 25th 7:00 p.m.

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

Our Mission Statement

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

Flushing Area Senior Center

Funding Sources

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

Memorial Donations

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

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

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

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



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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.**