

Monthly Publication brought to you by the Flushing Area Senior Center

OCTOBER
2024

OUR
PERSPECTIVE
for the 50+ generation

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

Programs / Events / Activities

Watercolor Basics

w/Christie Macclomel

Wednesday, October 2nd - 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



Abstract

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

Used BOOK SALE

Sponsored by the Friends of the Flushing Area Library

Friday, October 4

@ 9am - 5pm

Saturday, October 5

@ 9am - 3pm



\$2/Bag all Day Saturday



Flushing Area Library
120 N Maple St., Flushing, MI 48433
For more info, call (810) 659-9755

theagd.org

PENNY BINGO

Fridays @ 1:00 p.m.

Cards cost is \$0.25 each or 6 for \$1.00, (6 card limit). A variety of bingo patterns played to keep it fun. Use your pennies as markers. Winner wins everyone's markers. Money collected for cards is the prize for winning overall. Based on Michigan state law, players must be age 60 and older to play.



First Hospice Care will be sponsoring bingo on **Friday, October 4th**. There will be snacks & drinks provided. Come join the fun!

REAL ESTATE SEMINAR



w/ Lyndsie Cook & Kyle Raup
Century 21 Signature Realty



CENTURY 21

Monday, October 7th @ 2:00 p.m.

Lyndsie & Kyle will discuss the following topics tied into your next potential move:

- **Certified Senior Real Estate Specialists (SRES):** Agents with special training to understand the needs and challenges of senior clients.
- **Insurance Advisors:** Help seniors review and choose appropriate homeowners, health and long-term care insurance policies.
- **Identity Theft Protection Services:** Provide monitoring and protection against fraud and identity theft.
- **Professional Organizers:** Assist decluttering and organizing belongings.
- **Senior Move Managers:** Help with planning the move, packing, transporting and setting up the new home.
- **Estate Sales Services:** Manage the sale of items no longer needed.



MEDICARE OPEN ENROLLMENT

OCTOBER 15TH - DECEMBER 7TH

A local Medicare Counselor can:

- Help compare your current Medicare health plan with other Medicare choices
- Help you sign up for a new plan
- Help you avoid high-pressure sales tactics

Call the center to make an appointment.
(810)659-4735



Free of Charge!



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Programs / Events / Activities

FASC FALL CLINIC

WEDNESDAY, OCTOBER 9TH
8:00 A.M. - 12:00 P.M.

Flushing Area Senior Center is once again teaming up with **Big Brothers Pharmacy** to offer a Fall Clinic offering:

- Updated COVID-19 Moderna Booster
- Flu Shot
- Pneumonia
- Shingrix - (Require 2 Doses)
- RSV Vaccine

WHERE
Flushing Area Senior Center
106 Elm St.
Flushing, MI 48433

REGISTRATION DEADLINE
Friday, October 4th
(810)659-4735

PARTICIPANTS NEED TO BRING:

- VALID ID
- INSURANCE CARD - EXAMPLES INCLUDE:
 - MEDICARE - (RED, WHITE & BLUE CARD)
 - MEDICARE ADVANTAGE
 - PRIVATE INSURANCE





IKEA DAY TRIP



WEDNESDAY, OCTOBER 16TH

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.



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	October 16th
• Flushing Area Senior Center	November 20th
• Clio Senior Center	December 18th
• Swartz Creek Area Senior Center	January 15th
• Grand Blanc Senior Center	February 19th

Members will also schedule dates for evening observations!

FASC DAY TRIP


Monday, October 21st
Older Persons' Commission, Rochester

Cost - \$25.00

Includes: Bus Trip / Lunch / Show

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

Lunch Menu
parmesan crusted chicken with potatoes, vegetables, salad & dessert



The bus will depart from the Bueche's parking lot at 10:00 a.m. so we will have time to check out the gift shop & center. We will depart after the show is concluded at 3:00 p.m. with an estimated arrival of 4:00 p.m.

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, October 23rd.**

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

FASC DAY TRIP



FRIDAY, OCTOBER 25TH

Cost - \$30.00

Includes bus ride & admission. Lunch on your own at museum.

SPACE IS LIMITED. CALL (810)659-4735 TO RESERVE YOUR SEAT.




FASC BUS LEAVES BUECHES PARKING LOT AT 9:00 A.M. WITH AN ESTIMATED RETURN TIME OF 5:00 P.M.

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HALLOWEEN PARTY!

- COSTUME CONTEST
- GAMES & PRIZES
- SNACKS
- FUN & MUSIC

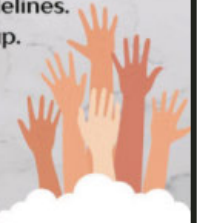
THURSDAY, OCTOBER 31ST @ 1:00 P.M.
CALL (810)659-4735 TO RSVP.
SPACE IS LIMITED!

VOLUNTEERS NEEDED!

FASC is seeking committed kitchen volunteers to serve daily congregate meals. This can include committing to one or more days/week or substituting as needed. Requirements/duties include:

- Pass TB test prior to serving - (FASC will reimburse cost).
- Follow FASC and health department guidelines.
- Includes set up, serving lunch and clean up.
- Hour are 11:00 a.m. - 1:00 p.m., Monday through Friday

Questions/Interest? Call the Center at (810)659-4735.



OCTOBER CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Salad Sandwich 3 oz Italian pasta salad 4 oz Croissant-1 ea 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz	2 Salisbury Steak-1 ea Redskin Mashed Potatoes-4 oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice	3 Turkey & Cheese Sub-1 ea Lettuce, tomato, onion HM Cucumber Salad 4 oz Steak House Potato Salad-4 oz Diced Pears-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice	4 Santa Fe Salad w/ Chicken w/HM Corn & Black Bean Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salad Dressing Milk 8 oz
7 BBQ Pulled Pork-3 oz Cole Slaw-4 oz Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz	8 Grilled Chicken Breast-1 ct Chuck Wagon Veggie Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice	9 Chef's Choice 	10 HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread & Margarine- 1 ea Pears-4 oz 100% Fruit Juice	11 Sweet and Sour Meatballs- 6 ea Brown Rice-3 oz Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz
14 Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice 	15 Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Sugar Snap Peas Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz	16 Creole Steak w/tomatoes In Sauce European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz	17 HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake 	18 Crusted Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz
21 Bean Soup w/ Turkey Ham-8 oz Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin-1 ea Margarine-1 ea Milk 8 oz	22 Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	23 HM Sloppy Joes-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz 	24 HM Chicken & Noodles Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month 	25 Breaded Turkey Sandwich-1 ea Ranch Potato Wedges-4 oz Macaroni Salad-4 oz Whole Wheat Bun Fresh Orange Milk 8 oz mayo pkt
28 HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk 	29 Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz 100% Fruit Juice	30 Boneless BBQ Riblet Veggie Blend-4 oz Cole Slaw-4 oz Sliced Sub Bun Diced Peaches-4 oz Milk	31 Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	

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

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Exercise Programs

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Basic Flow Yoga Gold

Tuesdays & Thursdays at 10:00 a.m.

Yoga Mat Required

Free of Charge

Instructor: Rhonda Straley

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

Body Balance & Mobility

Wednesdays at 9:30 a.m.

& Fridays at 10:30 a.m.

Free of Charge

Instructor: Theresa Landis

This class is movement-based training to improve balance & coordination to prevent falls. Exercises are performed seated in a chair and standing up using the chair for support.

Drums Alive

Mondays & Wednesdays at 11:00 a.m.

Free of Charge

Instructor: Tobi Williams

Combining the benefits of a traditional fitness program with the brain affected benefits of music and rhythm. Fun and fitness go together in this class. Exercise balls, drum sticks and ball buckets provided!

Exercises for Everyday Living

Tuesdays & Thursdays at 8:40 a.m.

Free of Charge - Instructor: Darci

Uses basic movement to strengthen balance, posture, flexibility, and coordination. Uses a chair, so there is no reason not to exercise!

Exercise Station - Free of Charge

- **Mondays** - 10:15 a.m. - 11:00 a.m.

- **Tuesdays** - 11:30 a.m. - 1:00 p.m.

- **Wednesdays** - 8:00 a.m. - 9:30 a.m.

- **Thursdays** - 2:15 p.m. - 4:00 p.m.

- **Fridays** - 8:00 a.m. - 10:15 a.m.

The center has a variety of pieces of exercise equipment including a recumbent bike, a rowing machine and an airdynne bike. Come join us at the following times/days at your leisure while watching TV or listening to music.

Line Dancing

Each Monday at 9:00 a.m.

Free of Charge

Instructor: Darci

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

Pickleball @ E.C.C.

Mondays & Thursdays

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

Free of Charge

All abilities welcome!

Pickleball Informational Meeting

Wednesday, October 16th at 3:15 p.m.

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

Silver Sneakers Stability

Each Tuesday at 2:00 p.m.

Free of Charge

Instructor: Abbie Mars

This class will help you be stronger, improve your balance, and decrease your risk of falling while helping protect your independence, reduce body fat, improve mobility, endurance & coordination.

Tai Chi

Each Thursday at 1:00 p.m.

Free of Charge

Instructor: Darci

Tai Chi is a slow-moving exercise that helps with balance, focus, body control, stress relief and is good for people with arthritis. With a little patience and time, you will start to notice a difference and have a little fun!

Fun & Games

Bunco

Each Thursday at 2:00 p.m.

Bunco is a dice game that is easy to learn the first time you play, no experience necessary!

Cornhole

Each Thursday at 2:15 p.m.

Looking for new and experienced players to join in our new weekly cornhole game!

Dominoes

Each Monday at 12:30 p.m.

Come and play Mexican Train Dominoes. No experience necessary!

Euchre

Each Tuesday at 1:00 p.m.

Play using standard Euchre rules. New players need to already have the skills and knowledge to play.

Hand Knee & Foot

Each Thursday at 9:00 a.m.

The game is a variation of Canasta, is similar to Samba but yet a little different. It's an easy game to learn and lots of fun to play!

Jigsaw Puzzles

Browse through the puzzle selection located in the activity room. You are welcome to take one or more home to put together!

Mah Jongg

Wednesdays & Fridays at 1:00 p.m.

Play using American Mah-Jongg rules. Players need to already know how to play. **Training available by request.**

Penny Bingo

Each Friday at 1:00 p.m.

Use pennies as markers. Winner wins everyone's markers. Cards cost \$0.25 each or 6 for \$1 (6 card limit). A variety of Bingo patterns played to keep it interesting. Money collected for cards is the prize when playing a cover all. Based on Michigan state law, players must be at least age 60 or older to play.

Ping Pong

Wednesdays & Fridays at 2:30 p.m.

Ping Pong is recreational, but competitive so bring your A-game and use all your skills to your best advantage and maybe win!

Poker

Each Monday at 6:00 p.m.

Play dealer's choice and play a variety of games. All games are based on a five card poker hand.

Samba

2nd & 4th Mondays at 12:30 p.m.

Samba Cards is easy to learn and has similarities to Canasta, Hand and Foot, Hand, Knee and Foot, Rummy, and Books and Runs. Anyone with card experience can learn this game.



Ann's Adventures

Office Hours: Mon – Fri 9:00 am – 5:00 pm
 Hours may vary when Ann is traveling
 Office phone: 810-640-8303
 E-mail: aanderson@annsadventures.net
 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:

- ◇ **Horrocks**
 Date: Thursday, October 3rd
 Cost: \$42.00 per person
 Departure: 9:30 a.m. from the Clio Kmart
- ◇ **Moulin Rouge**
 Date: Thursday, October 3rd
 Cost: \$110.00 per person
 Departure: 4:30 p.m. from the Clio Kmart
- ◇ **Ain't Too Proud – Temptations Musical**
 Date: Friday, October 4, 2024
 Cost: \$118.00 per person
 Departure: 4:30 from Clio Kmart
- ◇ **The Tony Bennett Songbook – Petrolia**
 Date: Friday, October 18, 2024
 Cost: \$125.00 per person
 Departure: 8:45 a.m. from Clio Kmart
Passport or Enhanced Drivers License Required
- ◇ **Hotel California – “A Salute to the Eagles”**
 Date: Saturday, October 19, 2024
 Cost: \$83.00 per person
 Departure: 4:30 p.m. from Clio Kmart
- ◇ **Coasters – Drifters – Platters**
 Date: Sunday, October 27, 2024
 Cost: \$92.00 per person
 Departure: 12:30 p.m. from Clio Kmart
- ◇ **MJ Musical**
 Date: Tuesday, October 29, 2024
 Cost: \$120.00 per person
 Departure: 4:30 p.m. from Clio Kmart
- ◇ **Strangers On A Train New!**
 Date: Wednesday, October 30, 2024
 Cost: \$78.00 per person
 Departure: 11:00 a.m. from Clio Kmart
- ◇ **Winter Wonderettes – Turkeyville # 1**
 Date: Tuesday, November 12, 2024
 Cost: \$88.00 per person
 Status: Seats available!
 Departure: 9:30 a.m. from Clio Kmart
- ◇ **Ikea – Fall Shopping**
 Date: Thursday, November 14, 2024
 Cost: \$48.00 per person
 Departs: 9:00 a.m. from the Clio K-mart

Alzheimer's Support Group

Thursday, October 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, October 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, October 4th - 9:00 a.m.-12:00 p.m. & 1:00 p.m.-2:00 p.m.

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

Loan Closet

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

Medicare Assistance (MMAAP)

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

Veterans Coffee Hour

Friday, October 4th & 18th - 9:30 a.m.

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

Veterans Services

Wednesday, October 23rd - 9:30 a.m. - 3:00 p.m.

Veterans, are you receiving all of the benefits you are entitled to? Call the center to schedule an appointment with a Veteran Service Officer here at the center.

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15-0667

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>9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 2:00 Real Estate Seminar 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 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers</p>	<p>2</p> <p>8:00 Exercise Station 9:30 Body Balance & Mobility 9:30 Flushing Artistic Gathering 9:30 Watercolor Basics Class 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Shopping @ Walmart 2:30 Ping Pong</p>	<p>3</p> <p>9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 11:00 Pickleball 11:30 Congregate Meal 2:00 Alzheimer's Support Group 2:00 Bunco</p> <p>CANCELLED: Exercises for Everyday Living, Basic Flow Yoga Gold, Tai Chi, Cornhole, Exercise Station</p>	<p>4</p> <p>9:00 Used Book Sale 9:00 Legal Assistance 9:30 Fly Tying 9:30 Veterans Coffee Hour 11:30 Congregate Meal 1:00 Legal Assistance 1:00 Penny Bingo</p> <p>CANCELLED: Exercise Station, Body Balance & Mobility, Mah Jongg, 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 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group</p>	<p>9</p> <p>8:00 FASC Fall Clinic 8:00 Exercise Station 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>CANCELLED: Flushing Artistic Gathering</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 9:30 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>14</p> <p>9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:30 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 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Woodshop Safety Training @ FASC</p>	<p>16</p> <p>8:00 Exercise Station 8:45 IKEA Day Trip 9:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 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</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 Congregate Meal 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>18</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>21</p> <p>9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:00 FASC Day Trip - Older Persons Commission Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 1:00 Make It, Take It Card Class 6:00 Poker</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 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers</p>	<p>23</p> <p>8:00 Exercise Station 9:30 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 Shopping @ Meijer 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>25</p> <p>8:00 Exercise Station 9:00 FASC Day Trip - Gilmore Car Museum 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 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Samba 12:30 Woodcarving 12:30 Dominoes 6:00 Poker</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 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group</p>	<p>30</p> <p>8:00 Exercise Station 9:30 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>31</p> <p>8:40 Exercise 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 Halloween Party 2:00 Bunco CANCELLED: Cornhole, Exercise Station</p>	



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Arts, Crafts, Clubs & Other

Chair Massage

Thursday, October 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 9:30 a.m.

Whether you use watercolors, acrylics, colored pencils or markers, this event is for you. All mediums welcome with the exception of oils. Learn new tricks and techniques from others and meet new friends. Bring your own painting supplies. Coloring supplies are available. All experiences are welcome!

Fly Tying

Each Friday at 9:30 a.m.

This group gets together to tie flies for fly-fishing. You must bring your supplies, be with some friends as you tie!

Gary Nickel Photography Class

Monday, October 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, October 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, October 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, October 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.

Tech Tutoring w/Charlotte - FREE!

Tuesday, October 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, October 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.

FYI



FASC PRESENTS



VETERAN'S APPRECIATION LUNCHEON

Friday, November 8th @ 12:00 p.m.

(Registration begins @ 11:30 a.m.)

FREE LUNCH - EACH VETERAN & ONE GUEST

RESERVATIONS REQUIRED. PLEASE CALL THE CENTER
BY MONDAY, OCTOBER 28TH - (810)659-4735

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October Birthdays

Vicki Amundsen	Glenda Driskill	Deanna Huber	Pamela Milford	John Stillely
Jay Anderson	Dennis Drumm	Susan Hughes	Donna Misener	Tamara Stornello
Virginia Anspaugh	Karen Dutil	Eleanor Iberle	Misty Moen	Caron Sullivan
Bev Baker	Alison Dye	Clark Ingham	Julie Morford	Ed Sullivan
Helen Baker	Karl Edgeworth	Thomas Inman	Patsy Murphy	Gordon Summers
Jim Balcer Iii	Lori Elasiovich	Debra Jackson	Grace Musolf	Lloyd Swan
Chiho Bare	Kathy Elk	Susan Johnson	Anne Naber	Betty Sylvain
Margie Beardsley	Dave Ellis	Dianna Johnston	Mike Nagel	Agnes Taylor
David Bernard	Cathy Epperson	Jerry Johnston	Pat Nancarrow	Roberta Taylor
Agnes Bill	Kathleen Etherly	Peggie Johnston	Jack Nettleton	Jamie Terrell
Helen Bison	Gerald Evans	Lisa Judson	Karen Niffenegger	Pamela Teveit
Richard Black	Pat Fidler	Deborah Keyes	Susan Nobile	Pam Tobias
Pam Blehm	Lucy Folsom	Nancy Kidder	Richard Nyquist	Mary Tomcala
Mark Bolin	Mary Foster	Luci Kirk	Yvonne Outland	Stanley Turner
Debra Boyd	Carl Gagne	Diane Klump	James Partlow	Thomas Vincent
Dencey Bush	Bob Gannon	Robert Kolenski	Peter Perenyi	James Walden
Michael Buza	Abigail Gay	Bob Kren	Cecil Peterson	Chris Walker
Anna Cannon	Karis Gaydos	Lynn Kruse	Sarah Petty	Judy Walker
Dave Carr	Charles Gerow	William Kuchar	Amy Pulaski	Christie Watkins
Michelle Chockley	Marilyn Giacumbo	Steve Lee	Gary Putinsky	Cindy Wellman
Phyllis Chunn	Heady Gist	Ronald Lintz	Sue Ransom	Gary Wescott
Denise Churchill	Gail Goudy	Nancy Loper	Terry Reechko	Lynne Whitmire
Nancy Clark	Karen Gray	Carolyn Lord	Pat Robinson	Ann Wick
Pam Clough	Carol Hamlin	Delores Lowe	Jim Rundell	Alice Williams
Diane Cooper	Dale Harner	Annette Lukasavitz	Daniel Russ	Barbara Williams
Sandy Crandell	Frank Hawes	Joseph Macko	Connie Scarantino	Andrea Willman
Sue Crisp	Judy Hayes	Jennifer Mansfield	Pam Schad	Carol Wills
Ken Cullen	Ken Hedges	Peggy Marshall	Sandy Sellars	Laurie Wittbrodt
Bill Davies	Patricia Hendry	Rhonda Masterson	Bob Shaw	Ken Woletz
Lore Dearing	Jeff Herriman	Mike Mauer	Linda Sherman	Chris Wolverton
Linda Delosh	Denise Hnilica	Beth Maurer	Sue Shufelt	Jim Wood
Barb Devonce	Beverley Hoag	Tom Mccabe	Gary Sikora	Mary Yon
Sarah Diem	Shirley Hodgson	Lori Mckerracher	Kathleen Slattery	
Agnes Dobek-Dyer	Lori Horcha	Paul Mcshane	Johnathan Smith	
Kathryn Donoghue	Tracy Hubbard	Alan Mctaggart	Vicki St. John	

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, November 26th 7:00 p.m.

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

Our Mission Statement

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

Flushing Area Senior Center

Funding Sources

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

Memorial Donations

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

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LPI Eileen Frazier
Cell | 248-421-4789



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.



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

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Enjoy a Daily Lunch!

Eat In at the Flushing Area Senior Center

The Meal is available to eat in
Monday thru Friday from 11:30 a.m. to 12:30 p.m.



Ages 60 and over: \$3.00 suggested donation
Ages 50 - 59 and All Non-Genesee County Residents
Age 50+ are required to pay \$6.00

Reservations are required. Call the Center at 810-659-4735
by 1:00pm the weekday before to place your lunch
reservation. **See Page 4 for full menu.**