



Monthly Publication brought to you by the Flushing Area Senior Center

FEBRUARY  
2025

*Our*  
**Perspective**  
for the 50+ generation

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

## From The Director

To All Members,

As you may be aware, the library will be moving to a new location at the corner of Chamberlain and Boman Street. From our understanding, this will not take place until the Fall, once renovations to the new site are complete. With that said, we hope to continue our collaboration with the Genesee District Library by offering the center for their used book sales along with other evening and weekend events as needed.

Once the move takes place, the center will utilize that space for added programming and much needed room for our larger events/classes.

Between now and then, we will be seeking your feedback! An electronic and hard copy survey will soon be made available. 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.

In terms of participation, we have seen a steady increase with our membership, (see data below):

2022:

- Annual Active Membership 1,468
- New Members 113
- Total Event Participation 19,261

2023:

- Annual Active Membership 1,561
- New Members 294
- Total Event Participation 23,629

2024:

- Annual Active Membership 1,835
- New Members 319
- Total Event Participation 29,753

With the added space, we believe this trend will continue, impacting more community members across the City of Flushing, Flushing Township and Clayton Township.

As always, please do not hesitate to reach out if you would like to discuss the matter. I am here to answer any questions!

Best regards,

*Greg Matheson*

Executive Director  
Flushing Area Senior Center



## Programs / Events / Activities

### Beginning Line Dancing

Instructor ~ Darci

**Mondays @ 9:00 a.m.**



**New for 2025!**

Focus on **Simpler Dances!**

Learn the **Basic Steps!**

**Free of Charge!**

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



### Coffee Talk

With: **County Commissioner Dale Weighill**

**Monday, February 3rd @ 2:30 p.m.**

Come join us to receive the latest county updates as well as ask questions of the Commissioner.



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

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# Programs / Events / Activities

FASC PRESENTS

## Valentine's Celebration

Thursday, February 13th  
5:30 p.m. - 7:30 p.m.

**MUSIC! | FOOD! | DANCING!**

**MENU:** Fried Chicken, Baked Potato Bar  
Roasted Corn & Black Bean Blend, Fruit Tray  
Dinner Rolls, Gourmet Cupcakes, Coffee & Punch

**COST: \$15.00 PER PERSON**

**RSVP DEADLINE - FRIDAY, FEBRUARY 7TH**  
(810)659-4735

## SENIOR ASTRONOMERS

w/ Bob Kren

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

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

Members will also schedule dates for evening observations!



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, February 21st

**Time:** 10:00 a.m. - 3:00 p.m.

**Location:** FASC Annex  
106 Elm St., Flushing

For more information or to schedule your appointment, call (810)659-4735.

The Secretary of State Mobile Office will be visiting the Flushing Area Senior Center to provide services to members to process their needed transactions.



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# COFFEE TALK

w/ Mayor Ed Sullivan

Monday, February 24th @ 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.



## 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, February 26th.**

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

# FEBRUARY BIRTHDAYS

LINDA ADAIR  
JULIE ALEXANDER  
ROBERT AMESBURY  
MONA BALLGE  
MARTIN BEATENHEAD  
CAROL BELFORD  
SHARON BERGSTORM  
TERRY BIGELOW  
MICHAEL BISHOP  
LINDA BJALAND  
DIANE BLOWER  
RUTH BRANDES  
ADAM BRIEGEL  
KAYE BRISSON  
ROY BROWN  
MARCIA CARLEY  
PAMELA CASSAVOY  
DIANA CASTLE-MESZAROS  
MILAS CAUDLE  
NANCY CHAPMAN  
KAREN CLARK  
PAULA CRANEY  
LOUISE CRAWFORD  
MICHELLE CROUCH

MARY DARK  
CHARLES DAVEY  
GARY DEARING  
JANIS DENKINS  
STEPHANY DIANA  
CARRIE DICKINSON  
RICK DOERR  
FRANK DUMAS  
DOUG EARHART  
RUSTY EAVY  
GERRY ERWIN  
YVONNE ETZLER  
SUE FARIS  
JANE FIELDS  
JUNE FITTANTE  
CAROL FLOWERS  
MIKE FLOWERS  
DEBBIE FOLTZ  
JIM FONGER  
LAMONT FRAZER  
DEBORAH FUNCHES  
MICHAEL GALLAGHER  
MARIE GENGLER  
LORI GEORGAKOPOULOS

PEGGY GONYEA  
ALLISON GUTE  
MARY GUTHRIE  
PEGGY HAMMOND  
PHILIP HANNA  
CINDY HANSON  
VALERIE HARLAND  
JERI HARRIS  
DAVE HENDRY  
REBECCA HERR  
KAREN HERRIMAN  
BARBARA HILL  
CYNTHIA HOLLAND  
GEORGETTE HOWKO  
MILDRED JACKSON  
CAMILLE JACOBS  
CAROL JOHNSON  
EDWIN JOHNSON  
LOREN JOHNSON  
JANE JOZSA  
TIM JUDSON  
BARB KANAAR  
KEVIN KEANE  
LEE KERRY

PAUL KIRKPATRICK  
JANET KLINE  
MICHAEL KRAEMER  
RITA KUCHAR  
CARLA LABOMBARD  
CONNIE LABOMBARD  
ROGER LAING  
SANDY LANG  
PATRICIA LAURHAM  
SUE LEONARD  
BARBARA LOAFMAN  
DEBBIE LOCKE  
MARCIA LOJE  
DAVE LUCAS  
LARRY LYONS  
STEVE MAKRANYI  
DENISE MALONE  
ANNE MARK  
JULIE MASLAK  
SEAN MCCORMICK  
MARGARET MCLAUGHLIN  
ANNETTE MCLEOD  
JAMIE MEACHAM  
ROBERT MEINZER

CAROL MITSDFARFER  
MARGIE MIZE  
RUTH NAGEL  
DANA NERYCHEL  
CARRIE NETTLETON  
BARBARA NEWTOWN  
JOE OKONESKI  
MILO OLSON  
FRANN PARKER  
JIM PAYNE  
SHEILA PETERSON  
DOLORES (DEE) POINDEXTER  
MARY PONIERS  
DENISE PUTMAN  
JILL RAJEWSKI  
ELIZABETH REGER  
CATHY RILEY  
THOMAS RUDICH  
CARLA RUSSELL  
DENNIS SANBORN  
MARV SCHIEFER  
SHIRLEY SCHIEFER  
MERRIL SHAW  
MIKE SHEETS

DEBBIE SOLTYS  
TOM STEVENS  
DREW STORING  
DORIS STURGEON  
JANET SULZ  
KATHY SZUCH  
KATHY THORSBY  
RUTH THRASH  
DONNA VAUGHN  
RICHARD WAGONLANDER  
MARION WALDEN  
HOLLY WALKER-HERR  
PAMELA WARD  
SHERRY WARNER  
BETTY WAY  
ILA (JEAN) WEIRAUCH  
PATRICIA WELLESLEY  
PAMELA WHITE  
SHELLEY WILSON  
THOMAS WITTOCK  
DALE WOLBERT  
KATHRYN T. WRIGHT

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

# 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, February 19th at 3:15 p.m.**

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

## Silver Sneakers Stability

**Each 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

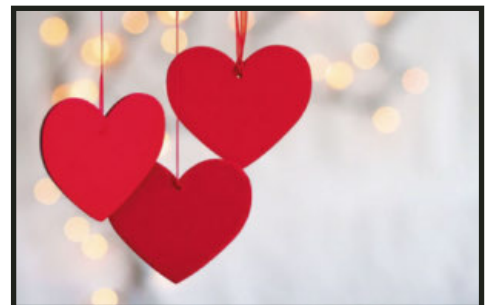
**Each Monday at 6:00 p.m.**

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](mailto:aanderson@annsadventures.net)  
 Website: [www.annsadventures.net](http://www.annsadventures.net)

**Going on a trip with Ann?**  
**Please register through the Center and**  
**help us earn \$5.00 with every trip you take!**

### Here's an At-A-Glance list of upcoming trips:

- ⇒ **Fourteen Funerals**  
 Date: Wednesday, February 12th  
 Cost: \$85.00 per person  
 Departure: 1:00 p.m. from the Clio Kmart
- ⇒ **Come From Away**  
**Date: Thursday, February 13th**  
 Cost: \$120.00 per person  
 Departure: 4:30 p.m. from the Clio Kmart
- ⇒ **The Angel Next Door**  
**Date: Wednesday, February 26th**  
 Cost: \$78.00 per person  
 Departure: 11:00 a.m. from Clio Kmart
- ⇒ **Good Morning, Vietnam – Turkeyville**  
 Date: Friday, February 28, 2025  
 Cost: \$95.00 per person  
 Departure: 9:30 a.m. from Clio Kmart



### Alzheimer's Support Group

**Thursday, February 6th at 2:00 p.m.**

This group, facilitated by Dawn Shurter, is open to anyone caring for a family member or friend with either Alzheimer's Disease or some form of dementia.

### Blood Pressure Check

**Each Thursday from 10:00 a.m. - 11:00 a.m.**

No appointment necessary. Walk-Ins welcome!

### Free Notary Services for Seniors 50 and Older

Karen Herriman is a Notary Public and can seal your documents for you at no cost. **You need to call the Center to make an appointment. You must sign in the presence of the notary and bring your picture ID.**

### Grief Support Group

**Tuesday, February 11th & 25th - 2:00 p.m.**

The Medical Team provides on-going grief support for anyone who has experienced the death of a loved one. Their purpose to provide education about normal grief reactions as well as a safe environment where feelings are validated and accepted.

### Legal Assistance

**Friday, February 14th - 9:00 a.m.-12:00 p.m. & 1:00 p.m.-2:00 p.m.**

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

### Loan Closet

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

### 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, February 7th - 9:30 a.m.**

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

### Veterans Services

**Wednesday, February 26th - 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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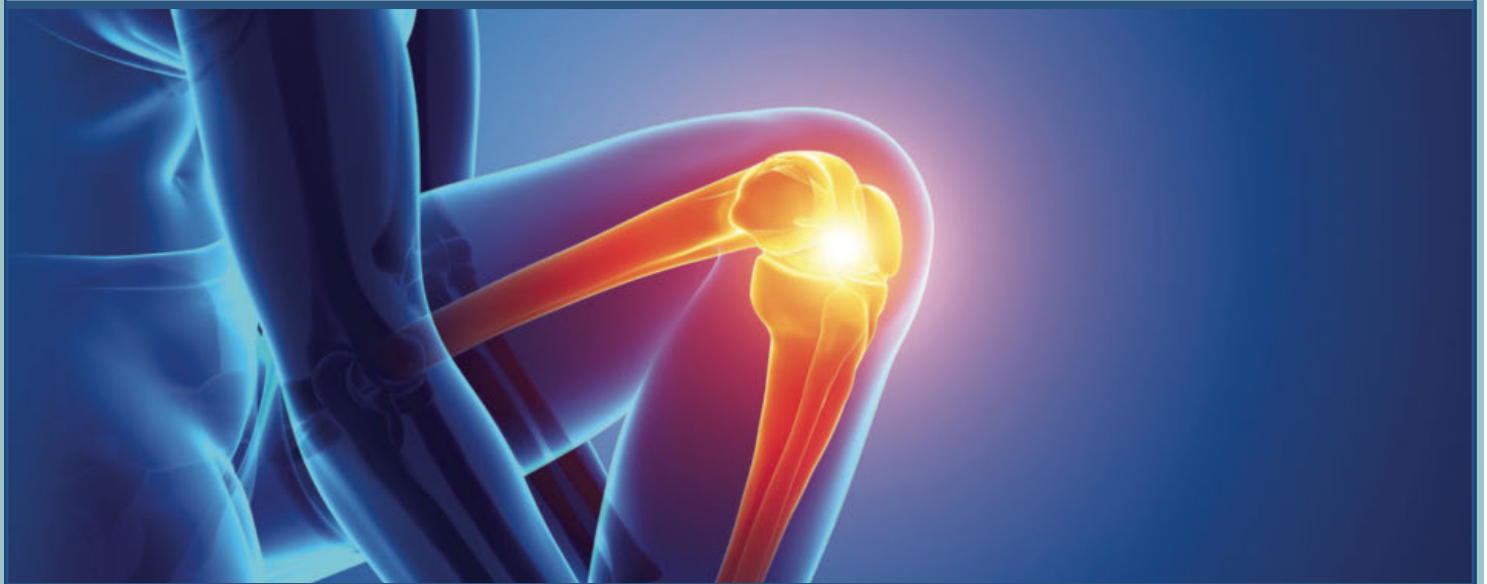
Integrated Vascular  
Vein Center  
*of Michigan*

## CHRONIC KNEE PAIN

Ask Us About A New Procedure

### Genicular Artery Embolization

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- Positive Results
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- Not ready for Surgery?



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

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Ste G

#### **LAPEER**

944 Baldwin Rd.,  
Ste. D.

**810.606.1660 • [FlintKneePain.com](http://FlintKneePain.com)**



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

**Flushing Area Senior Center**  
106 Elm Street, Flushing, MI 48433  
[www.flushingseniorcenter.com](http://www.flushingseniorcenter.com)  
Phone 810.659.4735  
Fax 810.659.4686

**Greg Matheson, Executive Director**  
**Roxanna Gay, Office Manager**  
**Erin Faith, Office Assistant**  
**Karen Herriman, Office Assistant**

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**3**

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  
2:30 Coffee Talk w/ Dale Weighill  
6:00 Poker

**4**

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

**5**

8:00 Exercise Station  
8:30 Flushing Artistic Gathering  
9:30 Body Balance & Mobility  
9:30 Woodshop @ E.C.C.  
11:00 Drums Alive  
11:30 Congregate Meal  
1:00 Writers Group  
1:00 Mah Jongg  
1:00 Shopping @ Walmart  
2:30 Ping Pong

**6**

8:40 Exercises for Everyday Living  
9:00 Hand, Knee & Foot  
10:00 Blood Pressure Check  
10:00 Basic Flow Yoga Gold  
11:00 Pickleball @ E.C.C.  
11:30 Congregate Meal  
1:00 Tai Chi  
2:00 Bunco  
2:00 Alzheimer's Support Group  
2:15 Cornhole  
2:15 Exercise Station

**7**

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><b>10</b></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><b>11</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:30 Knit/Crochet/Craft  10:00 Basic Flow Yoga Gold  10:00 Woodshop Safety Training @ FASC  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><b>12</b></p> <p>8:00 Exercise Station  8:30 Flushing Artistic Gathering  9:30 Body Balance &amp; Mobility  9:30 Woodshop @ E.C.C.  11:00 Drums Alive  11:30 Congregate Meal  1:00 Writers Group  1:00 Mah Jongg  2:30 Ping Pong</p>	<p><b>13</b></p> <p>8:40 Exercises for Everyday Living  9:00 Hand, Knee &amp; Foot  10:00 Basic Flow Yoga Gold  10:00 Blood Pressure Check  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  5:30 Valentine's Celebration</p>	<p><b>14</b></p> <p>8:00 Exercise Station  9:00 Legal Assistance  9:30 Fly Tying  10:30 Body Balance &amp; Mobility  11:30 Congregate Meal  1:00 Penny Bingo  1:00 Mah Jongg  1:00 Legal Assistance  2:30 Ping Pong</p>
<p><b>17</b></p> <div data-bbox="646 1619 1036 2005" data-label="Image"> </div> <p><b>CENTER IS CLOSED</b></p>	<p><b>18</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:30 Knit/Crochet/Craft  10:00 Basic Flow Yoga Gold  11:30 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  6:00 <b>RESCHEDULED</b> - Poker</p>	<p><b>19</b></p> <p>8:00 Exercise Station  8:30 Flushing Artistic Gathering  9:30 Body Balance &amp; Mobility  9:30 Woodshop @ E.C.C.  10:00 Senior Astronomers @ Grand Blanc Senior Center  11:00 Drums Alive  11:30 Congregate Meal  1:00 Writers Group  1:00 Mah Jongg  2:30 Ping Pong  3:15 Pickleball Informational Meeting @ FASC</p>	<p><b>20</b></p> <p>8:40 Exercises for Everyday Living  9:00 Hand, Knee &amp; Foot  10:00 Blood Pressure Check  10:00 Basic Flow Yoga Gold  11:00 Pickleball @ E.C.C.  11:30 Congregate Meal  12:30 Strayed Quilters  1:00 Tai Chi  2:00 Bunco  2:15 Cornhole  2:15 Exercise Station</p>	<p><b>21</b></p> <p>9:00 Shopping @ ALDI  9:00 Senior Winter Games - Mexican Train Dominoes  9:30 Fly Tying  10:00 Mobile Secretary of State  11:30 Congregate Meal  1:00 Senior Winter Games - Spelling Bee</p> <p><b>CANCELLED:</b> Exercise Station, Veterans Coffee Hour, Body Balance &amp; Mobility, Mah Jongg Penny Bingo, Ping Pong</p>
<p><b>24</b></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 Samba  12:30 Woodcarving  12:30 Dominoes  2:00 Coffee Talk w/ Mayor Sullivan  6:00 Poker</p>	<p><b>25</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:00 Tech Tutoring w/Charlotte  9:30 Knit/Crochet/Craft  10:00 Basic Flow Yoga Gold  11:30 Congregate Meal  11:30 Exercise Station  1:00 Euchre  1:30 Woodshop @ E.C.C.  2:00 Silver Sneakers  2:00 Grief Support Group</p>	<p><b>26</b></p> <p>8:00 Exercise Station  8:30 Flushing Artistic Gathering  9:30 Woodshop @ E.C.C.  9:30 Body Balance &amp; Mobility  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><b>27</b></p> <p>8:40 Exercise for Everyday Living  9:00 Hand, Knee &amp; Foot  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><b>CANCELLED:</b> Blood Pressure Check</p>	<p><b>28</b></p> <p>8:15 Exercise Station  9:30 Fly Tying  10:30 Body Balance &amp; Mobility  11:30 Congregate Meal  1:00 Penny Bingo  1:00 Mah Jongg  2:30 Ping Pong</p>

SUPPORT OUR  
ADVERTISERS!



# ROSSELL

Funeral Home and Cremation Services

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307 E. Main St. Flushing

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Lindsay Caterer Zofchak - Owner, Manager



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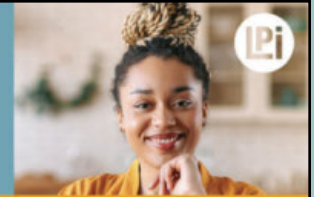
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# DECKS PORCHES RAMPS



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# Arts, Crafts, Clubs & Other

## Chair Massage

**Thursday, February 13th - 12:00 p.m. - 3:45 p.m.**

Chair massages are given by certified massage therapist: Mary Ann Orme. During a chair massage you stay fully dressed and experience a massage for your shoulders, neck, arms, back, legs, hands and feet. The cost is **\$7.00 for 10 minutes**. Call the center on the first business day for an appointment.

## Flushing Artistic Gathering

**Each Monday & Wednesday at 8:30 a.m.**

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

## Fly Tying

**Each Friday at 9:30 a.m.**

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

## Gary Nickel Photography Class

**Monday, February 10th at 2:30 p.m. - Free of Charge**

This Group will explore the fundamentals of photography. From basic cameras and gear to photography techniques and computer editing. For all levels of experience and all types of cameras. Bring your own camera and questions.

## Knit - Crochet - Craft

**Each Tuesday at 9:30 a.m.**

Bring your own projects to work on, share your ideas and talk about your projects with each other. Some knit afghans or dishcloths, others crochet baby sweaters or scarves. Some do embroidery, cross stitch, or needlepoint. Some simply enjoy sitting and chatting! There is no teacher, but there is always someone willing to help you with your project questions or problems. Please join us!

## Lending Library

Gently-used books available to lend out in the Lending Library located in the back of the Activity Room. Come browse the wide selection of books available to borrow. Donations of new or gently-used books are always welcome.

## Make It, Take It Card Making Class

**Monday, February 10th 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, February 18th at 12:30 p.m.**

Members take turns choosing a book they think will be interesting for the group to discuss. Books include all genres. Copies of the chosen book are usually provided through the GDL Bag of Books program.

## Strayed Quilters

**Thursday, February 20th at 12:30 p.m.**

This group makes quilts at home then brings them to the monthly meetings to donate to one of two organizations:

- 1) *Project Linus*
- 2) *Horses for Hope*

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

## Tech Tutoring w/Charlotte - FREE!

**Tuesday, February 4th & 25th - 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, February 11th - 10:00 a.m. - 11:30 a.m.**

Using the Woodshop requires you to complete our safety training course at the center as well as have an annual criminal background check completed. No RSVP required.

## Writers' Group

**Each Wednesday at 1:00 p.m.**

We are a gathering of men and women who share writings of life experiences, interests and more. This can include journals, poems, short stories and readings. Writing prompts are available.

### FASC BUS SCHEDULE



SHOPPING @ ALDI	3RD FRIDAY OF EACH MONTH @ 9:00 A.M.
SHOPPING @ BUECHE'S	EACH TUESDAY @ 9:00 A.M.
SHOPPING @ MEIJER - SWARTZ CREEK	4TH THURSDAY OF EACH MONTH DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.
SHOPPING @ WALMART - CLIO	1ST WEDNESDAY OF EACH MONTH DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.

Please call the Center at least one day in advance for a ride. Please be ready when the bus arrives. Cancellations should be made by contacting the Center in a timely manner. The Center retains the right to revoke any rider for any reason from the program.

Our bus is not equipped for wheelchair transportation and our volunteer drivers are not qualified to care for dependent Seniors; therefore, riders must be able to enter and exit the bus without assistance. We are not designated for emergency assistance. Riders are required to follow all safety regulations when riding on the bus.

**Suggested donation per round trip - \$3.00**

Available Monday-Friday for residents living within the Flushing School District.



# Programs / Events / Activities

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



## FASC TAX PREPARATION SERVICES

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

**1040 Federal & State Filing is only \$75.00!**

WWW.FLUSHINGSENIORCENTER.COM

### FEBRUARY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 HM Sloppy Joes-3 oz. Veggie Blend-4 oz. Broccoli Florets-4 oz. Golden Apple WG Bun Margarine Milk	 4 HM White Chicken Chili-8 oz. Whole Kernel Corn-4 oz. Mini Muffin Pear Cup Margarine 100% Fruit Juice 	 5 Turkey Burger w/ Cheese Leaf Lettuce/Sliced Tomato Potato Salad-4 oz. Peas & Carrots-4 oz. Fruit Salad Whole Wheat Bun Mayo & Mustard Milk	 6 Sweet & Sour Pork Loin California Blend-4 oz. Rosemary Potatoes-4 oz. Applesauce Dinner Roll Margarine 100% Fruit Juice	 7 Chef G's Choice 
10 Cheese Ravioli w/Meat Sauce Cauliflower-4 oz. Diced Carrots-4 oz. Peaches-4 oz. Potato Roll Margarine Milk	11 HM Beef Stew-6 oz. w/ Stewed Vegetables Green Beans-4 oz. Warm Peaches-4 oz. Biscuit 100% Fruit Juice	12 Chicken Parm Sandwich Potato wedges-4 oz. Mixed Veggies-4 oz. Diced Pears-4 oz. WG Bun Margarine Milk 	13 Potato Soup w/Ham & Bacon-8 oz. Sweet Corn-4 oz. Corn Muffin Fresh Orange Margarine 100% Fruit Juice Cookie of the Month	14 Citrus Glazed Salmon Pineapple Brown Rice-4 oz. Veggie Blend-4 oz. Mixed Fruit Salad-4 oz. Hawaiian Roll Margarine Milk 
 17 Meatloaf w/Gravy Redskin Mashed Potatoes-4 oz. Sweet Green Peas-4 oz. Fresh Apple Multi-Grain Roll Margarine 100% Fruit Juice	18 Meatloaf w/Gravy Redskin Mashed Potatoes-4 oz. Sweet Green Peas-4 oz. Fresh Apple Multi-Grain Roll Margarine 100% Fruit Juice	19 Tangerine Chicken in Stir fry Vegetables-6 oz. Crinkle Cut Carrots-4 oz. Brown Rice-4 oz. Diced Pineapples-4 oz. Potato Roll Margarine Milk	20 Baked BBQ Chicken Thighs Loaded Potato Salad-4 oz. Southern Green Beans-4 oz. Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake	21 Artisan Mac & Cheese-8 oz. Stewed Tomatoes-4 oz. Steamed Broccoli-4 oz. Potato Roll Margarine Diced Pears-4 oz. Milk 
24 Breaded Chicken Sandwich Diced Potatoes-4 oz. Winter Blend Veggies-4 oz. Apricots-4 oz. Wheat Bun Margarine Milk	25 Chef Salad w/Turkey, Cheese & Eggs-3 oz. Romaine Lettuce-4 oz. Fresh Broccoli Florets-4 oz. Fruit Cocktail-4 oz. Flatbread Half 100% Fruit Juice 	26 HM Goulash-8 oz. Spinach-4 oz. Baby Carrots-4 oz. Fresh Apple Corn Bread Margarine Milk	27 Chicken & Sausage Jambalaya w/Brown Rice Corn Bake-2 oz. Green Beans-4 oz. Diced Peaches-4 oz. 100% Fruit Juice	28 Turkey Tetrazzini-8 oz. Chuck Wagon Veggies-4 oz. Key West Vegetable Blend-4 oz. Strawberry Applesauce Potato roll Milk

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

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## Avoid D Deficiency This Winter

As a child, your mother likely told you to drink your milk. It turns out your mom was right. Milk contains calcium and vitamin D which help build strong bones. Because vitamin D doesn't occur naturally in many foods, it is common for people to be deficient.

Besides your diet, there is another way for the body to get vitamin D. That is by exposing bare skin to sunlight. When our skin is exposed to the sun's rays, the body is able to synthesize vitamin D from cholesterol. It doesn't take much sunlight for that synthesis to occur. Usually, sun exposure is easy to come by during most months of the year. In many climates, however, winter offers fewer hours of sunlight. Less sunlight limits the hours the body can synthesize vitamin D.

Another struggle is that winter is just plain cold. People bundle up in multiple layers of clothing and rush from the car to their house or destination. As a result, the skin has little contact with the sun.

### Health Conditions Related to Vitamin D Deficiency

What happens if you develop a vitamin D deficiency? It depends on how significant the deficit is and what other medical issues you may have. Here are a few common results of vitamin D deficiency:

- **Early-stage deficiency:** Muscle pain, unexplained fatigue, and overall weakness are some of the early symptoms. Older adults often don't report these symptoms because they seem like a normal part of the aging process. According to the Endocrine Society and the Vitamin D Council, mild deficiency is between 10-20 ng/ml.
- **Advanced deficiency:** If you are significantly low on vitamin D, with a score of less than 10 ng/ml, you are at higher risk for serious health issues, as well as deep bone pain and fractures. Vitamin D deficiency in this range has been linked to higher incidences of heart disease and vascular conditions, as well as prostate, breast, and colon cancers.

Fortunately, there are easy steps you can take to prevent a vitamin D deficiency this winter.

### Vitamin D and Winter

- **Bundle up and go outside:** Small doses of sun exposure help you maintain a healthy level of vitamin D. Check with your physician for advice, but a common recommendation is about 40 to 60 minutes of sun a week. Check the weather report to determine what the warmest days will be during the winter months. Even five or 10 minutes of sun each day will help if the temperature isn't below freezing.
- **Make good food choices:** Consuming foods high in vitamin D might be a little trickier, but there are some options. Canned salmon, milk, tuna, beef liver, cheese, egg yolks, and mushrooms are a few. Another option is to look for foods that are enriched with vitamin D, such as yogurt, cereal, and orange juice.
- **Talk to your doctor about supplements:** While most nutrition experts say it's better to get your essential vitamins and nutrients from a healthy diet, vitamin D is often an exception. If you are concerned you or a senior loved one's vitamin D level is too low, talk with your physician. They can perform a simple blood test to make that determination. If you do have a deficiency, they will order either a prescription dose of vitamin D or an over-the-counter supplement.

With careful monitoring and planning, you may be able to avoid developing a vitamin D deficiency this winter. If you are searching for ideas to make foods high in vitamin D, [Recipes to Get More Vitamin D](#) may be of interest.

*What do you do to make sure you get enough vitamin D?*

# FASC Information

## The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: [greg@flushingseniorcenter.com](mailto:greg@flushingseniorcenter.com)

Website: [www.flushingseniorcenter.com](http://www.flushingseniorcenter.com)

## Center Hours

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

## Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

Karen Herriman - Office Assistant

## Board of Directors

Michael Stanton - Chairperson - *At-Large Member*

Sharri Willette - Co-Chair - *Flushing Township*

Marie Zuk - Secretary - *City of Flushing*

Sharon Vance - Treasurer - *At-Large Member*

Lois Nickel - *At-Large Member*

Eric Johnson - *City of Flushing*

Sue Leonard - *City of Flushing*

Mary Smith - *City of Flushing*

Richard Wagonlander - *City of Flushing*

Shelley Thompson - *Clayton Township*

Rick Bigelow - *Flushing Township*

Terry Pattillo - *Flushing Township*

## Upcoming Board Meetings.

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

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

## Our Mission Statement

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

## Flushing Area Senior Center

### Funding Sources

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

### Memorial Donations

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

## **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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Other funding sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.



# *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.