



Monthly Publication brought to you by the Flushing Area Senior Center

January  
2026

# *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.



# Senior Winter Games

## SENIOR WINTER GAMES IS BACK!!

FEBRUARY 2<sup>ND</sup> - MARCH 4<sup>TH</sup>, 2026



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

**REGISTRATION WINDOW**  
MONDAY, NOVEMBER 10<sup>TH</sup>  
TO THURSDAY, JANUARY 8<sup>TH</sup>

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

## 2026 Senior Winter Game Schedule

Date	Event	Time	Location
Monday, Feb. 2	Opening Ceremony	1:00 p.m.	Davison Senior Center
	Pie Eating Contest	2:00 p.m.	
Tuesday, Feb. 3	Bowling	10:00 a.m.	Richfield Bowl
Wednesday, Feb. 4	Jigsaw Puzzle	9:00 a.m.	Eastside Senior Center
	Spades	1:00 p.m.	
Thursday, Feb. 5	Checkers	10:00 a.m.	Mundy Township Senior Center
	Scrabble	1:00 p.m.	
Friday, Feb. 6	Yahtzee	9:00 a.m.	Thetford Twp. Hall
	Hand, Knee & Foot	1:00 p.m.	
Monday, Feb. 9	Shuffleboard-Men	10:00 a.m.	Davison Senior Center
	Shuffleboard-Women	1:00 p.m.	
Tuesday, Feb. 10	Competitive Table Tennis	10:00 a.m.	Davison Senior Center
	Recreational Ping Pong	2:00 p.m.	
Wednesday, Feb. 11	Cribbage	10:00 a.m.	Kraphol Senior Center
	Pinochle (Single Deck)	1:00 p.m.	
Thursday, Feb. 12	Sudoku	10:00 a.m.	Burton Senior Center
	Dominoes (Mexican Train)	1:00 p.m.	Montrose Senior Center
Friday, Feb. 13	Softball Toss	10:00 a.m.	Brennan Senior Center
	Free Throw	2:00 p.m.	
Monday, Feb. 16	Euchre	9:00 a.m.	Grand Blanc Senior Center
	Baking	2:00 p.m.	Burton Senior Center
Tuesday, Feb. 17	Pickleball	10:00 a.m.	Linden Community Schools' Multi-Purpose Building
	Fitness Walk	1:00 p.m.	
Wednesday, Feb. 18	Darts	10:00 a.m.	Forrest Township Senior Center
	Cornhole	1:00 p.m.	
Thursday, Feb. 19	Arts & Crafts	1:30 p.m.	Swartz Creek Senior Center
Friday, Feb. 20	Senior Grand Prix	9:00 a.m.	Flushing Senior Center
	Spelling Bee	1:00 p.m.	Flushing Senior Center
	Line Dancing	1:00 p.m.	Grand Blanc Senior Center
Monday, Feb. 23	Pool-Women	10:00 a.m.	Hasselbring Senior Center
	Pool-Men	2:00 p.m.	Calvary United Methodist Church
Tuesday, Feb. 24	Mini Golf (Choose One)	9:30 a.m.	Clio Senior Center
	Mini Golf (Choose One)	12:30 p.m.	
Wednesday, Feb. 25	Frisbee Toss	10:00 a.m.	Carman Ainsworth Senior Center
	Ladder Golf	1:30 p.m.	
Wed., March 4	Closing Ceremony	11:00 a.m.	St. John's Parish Center Davison

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# COFFEE HOUR



With :

**State Representative  
Jasper Martus**



**MONDAY,  
JANUARY 5TH  
@ 10:00 A.M.**

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

*It is important to our office that community members and neighbors are always able to share their thoughts and concerns with me, so we hope to see you there! If you have any questions, please do not hesitate to reach out by email at [JasperMartus@house.mi.gov](mailto:JasperMartus@house.mi.gov) or by phone at (517) 373-1786.*

# FASC Overview Presentation

**Wednesday, January 14<sup>th</sup>  
@ 1:30 p.m.**

**Elmcrest Village Apartments  
1520 Cedarwood Dr., Flushing**

Come join us as we discuss the wide variety of programs, activities, and resources that promote wellness, independence, and community connection through the Flushing Area Senior Center!



# Safe Drivers Smart Options Workshop

**Wednesday, January 21st  
@ 2:00 p.m.**

Come join us we discuss how age and change in health may affect driving skills.

The goal is to help you stay active and safe behind the wheel!



**Call to RSVP  
(810)659-4735**

# Beltone Free Lunch & Learn Presentation

**Thursday, January 22<sup>nd</sup> @ 12:00 p.m.** Menu  
**Jimmy John's**

## Topics Include:

- Understand how we hear, and the 10 warning signs of hearing loss.
- The causes of hearing loss and how it affects those who have a hearing loss.
- Risks associated living with untreated hearing loss, i.e. Dementia and Falling.
- Available solutions and how we can help.



**Call to RSVP  
(810)659-4735**

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## Programs / Events / Activities

### YOUR BLOOD IS A *Lifeline*



NATIONAL BLOOD DONOR MONTH

Tuesday  
**January  
27**

10:30 AM - 3:00 PM

**Helpful tip:**  
Make sure to eat a  
healthy meal and drink  
plenty of water before  
donating.

For eligibility questions  
please call  
866-642-5663

#### Flushing Area Senior Center Community Blood Drive!

FASC  
106 Elm St.  
Flushing,

#### APPOINTMENTS PREFERRED

- Call 866-642-5663 or 810-659-4735
- Visit [versiti.org/mi](http://versiti.org/mi)
- Or scan the QR code below

\*Walk-ins welcome, as schedule allows!

Every 2 seconds someone in the U.S. needs blood  
and or platelets. Donating blood takes about an hour  
and has the potential to impact up to three lives.



**versiti**  
Blood Center of Michigan

Edward Jones

edwardjones.com | Member SIPC



#### How do you picture your retirement?

Join us for Retirement: Making Your Money Last. We'll discuss ways  
to help you work toward achieving your retirement goals – what  
matters most to you. A key focus will be how to provide for your  
income needs, including your retirement income for the future.

We'll also explore how to address important concerns such as:  
inflation, health care expenses, market volatility and  
unexpected events.

**Call to RSVP  
(810)659-4735**



Kimberly Strnad  
Financial Advisor  
121 E Main Street  
Flushing, MI 48433  
810-659-0494

**You're  
Invited!**

Wednesday,  
January 28th  
@ 10:00 a.m

FASC  
106 Elm St.  
Flushing

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#### FREE HEARING SCREENING & WAX CHECK @ FASC

Thursday, January 29th  
9:00 A.M. - 12:00 P.M.

FOR APPOINTMENT,  
CALL (810)659-4735



### FASC Open House

Friday, January 30<sup>th</sup>  
10:00 a.m. - 11:30 a.m.

Join us for an Open House  
celebrating the new wing at the  
Flushing Area Senior Center!

#### This special event will feature:

- Light refreshments
- Tour of the  
expanded space
- Highlights of  
new programs



**Call to RSVP - (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.

## **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.

## **Chair Volleyball**

**Tuesdays at 12:30 p.m.**

**Free of Charge**

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

## **Drums Alive**

**Mondays & Wednesdays at 11:00 a.m.**

**Free of Charge**

Instructor: Tobi Williams

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

## **Exercises for Everyday Living**

**Tuesdays & Thursdays at 8:40 a.m.**

**Free of Charge** - Instructor: Darci

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

## **Exercise Station - Free of Charge**

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

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

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

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

- Fridays - 8:00 a.m. - 9:00 a.m.

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

## **Pickleball @ E.C.C.**

**Mondays & Thursdays**

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

**Free of Charge**

All abilities welcome!

## **Pickleball Informational Meeting**

**Wednesday, January 28th at 3:15 p.m.**

All members **must** attend a one-time informational meeting at the center prior to participation. No RSVP required.

## **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 Dominos.

No experience necessary!

## **Euchre**

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

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

## **Hand Knee & Foot**

**Each Thursday at 9:00 a.m.**

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

## **Jigsaw Puzzles**

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

## **Mah Jongg**

**Wednesdays & Fridays at 1:00 p.m.**

Play using American Mah-Jongg rules. Players need to already know how to play.

**Training available by request.**

## **Penny Bingo**

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

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

## **Ping Pong**

**Wednesdays & Fridays at 2:30 p.m.**

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

## **Poker**

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

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

## **Samba**

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

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

### Ann's Adventures

Office Hours: Mon – Fri 9:00 a.m. – 5:00 p.m.  
 Hours may vary when Ann is traveling  
 Office phone: 810-640-8303  
 E-mail: [aanderson@annsadventures.net](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!  
 Questions? Call (810)814-9232.

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

- \* **All Shook Up**  
**Date: Wednesday, January 21st**  
 Cost: \$80.00 per person  
 Departure: 11:00 a.m. from Clio Kmart
- \* **Detroit Auto Show**  
**Date: Thursday, January 22nd**  
 Cost: \$65.00 per person  
 Departure: 9:30 a.m. from Clio Kmart
- \* **Chicago – the Musical**  
**Date: Sunday, January 25th**  
 Cost: \$120.00 per person  
 Departure: 4:30 p.m. from Clio Kmart
- \* **Genitti's**  
**Date: Tuesday, January 27th**  
 Cost: \$95.00 per person  
 Departure: 9:30 a.m. from the Clio Kmart
- \* **Red Wings Game**  
**Date: Tuesday, January 27th**  
 Cost: \$130.00 per person  
 Departure: 5:00 p.m. from the Clio K-mart
- \* **Lovin' Spoonful**  
**Date: Saturday, February 7th**  
 Cost: \$88.00 per person  
 Departure: 4:30 p.m. from the Clio Kmart
- \* **Hollywood Nights – Bob Seger**  
**Date: Friday, February 20th**  
 Cost: \$98.00 per person  
 Departure: 4:30 p.m. from Clio Kmart
- \* **Taste of Broadway – Turkeyville**  
**Date: Tuesday, February 24th**  
 Cost: \$95.00 per person  
 Departure: 9:30 a.m. from Clio Kmart
- \* **What The Constitution Means To Me**  
**Date: Wednesday, March 4th**  
 Cost: \$80.00 per person  
 Departure: 11:00 a.m. from Clio Kmart
- \* **Manhattan Dolls – Turkeyville**  
**Date: Wednesday, March 11th**  
 Cost: \$95.00 per person  
 Departure: 9:30 a.m. from Clio Kmart
- \* **Menopause the Musical 2**  
**Date: Sunday, March 15th**  
 Cost: \$100.00 per person  
 Departure: 12:15 p.m. from Clio Kmart

### Alzheimer's Support Group

**Thursday, January 8th 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!

### Grief Support Group

**Tuesday, January 13th & 27th - 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 9th**

**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 / Medicaid Questions?

Call **1-800-803-7174**. You will be connected to a call center that will direct you to local agencies such as Elder Law, Genesee Health Plan and MiGen assist you with your insurance needs.

### Veterans Coffee Hour

**Friday, January 9th & 23rd - 9:30 a.m.**

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

### Veterans Services

**Wednesday, January 28th - 9:30 a.m. - 2:30 p.m.**

Veterans, are you receiving all of the benefits you are entitled to? Call the center to schedule an appointment here at the Swartz Creek Area Senior Center.

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



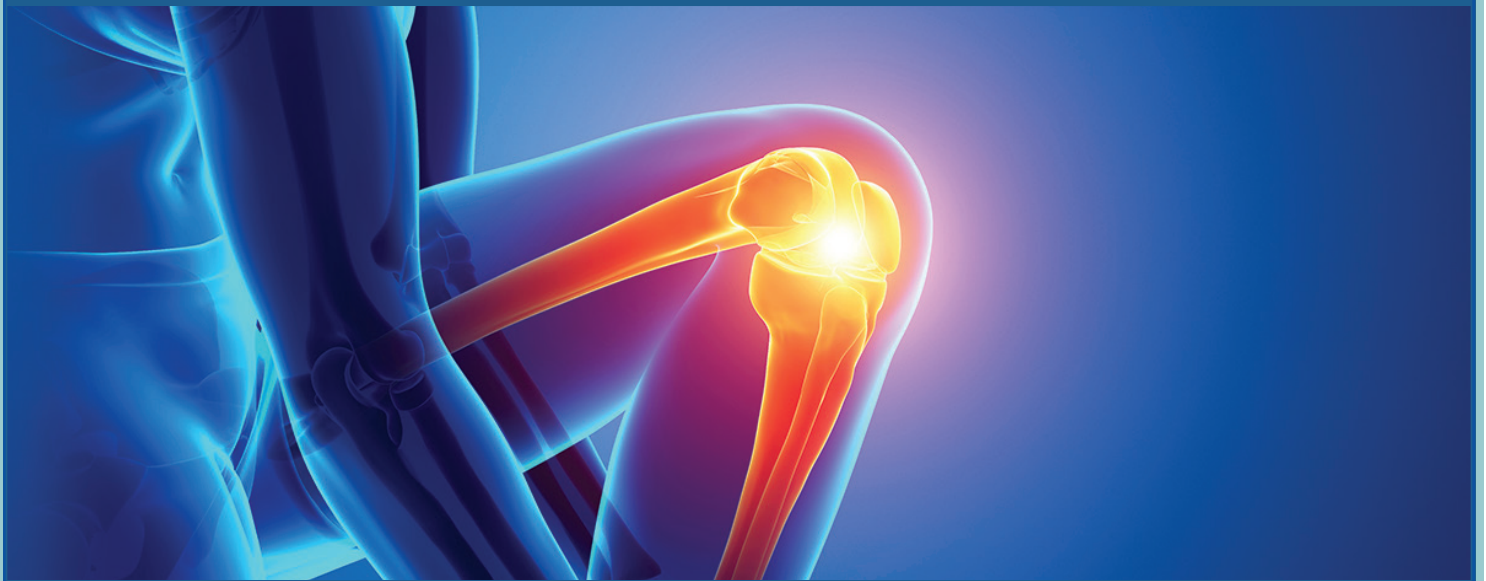
Integrated Vascular  
Vein Center *of Michigan*

## CHRONIC KNEE PAIN

Ask Us About A New Procedure

### Genicular Artery Embolization

- Treatment of Osteoarthritis
- Clinically Proven
- Positive Results
- Performed in Office
- Failed Knee Injections?
- Not ready for Surgery?



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

#### **GRAND BLANC**

600 Health Park Blvd.,  
Ste G

#### **LAPEER**

944 Baldwin Rd.,  
Ste. D.

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



For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)


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](http://www.flushingseniorcenter.com)  
Phone 810.659.4735  
Fax 810.659.4686

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2>FLUSHING AREA SENIOR CENTER</h2>				
<b>5</b> 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:00 Coffee Talk w/Jasper Martus 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 6:00 Poker	<b>6</b> 8:40 Exercises for Everyday 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C.  <b>CANCELLED: Silver Sneakers</b>	<b>7</b> 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	<b>8</b> 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 Bunco 2:00 Alzheimer's Support Group 2:15 Cornhole 2:15 Exercise Station  <b>CANCELLED: Pickleball @ E.C.C.</b>	<b>9</b> 8:00 Exercise Station 9:00 Legal Assistance 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 1:00 Legal Assistance 2:30 Ping Pong



<b>12</b> 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Pickleball @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 1:00 Make It, Take It Card Class 2:30 Gary Nickel Photography Class 6:00 Poker	<b>13</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group 6:00 Flushing Twp. Board Meeting	<b>14</b> 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 Connecting Threads 1:30 FASC Presentation @ Elmcrest Apartments 2:30 Ping Pong	<b>15</b> 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 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	<b>16</b> 8:00 Exercise Station 9:00 Shopping @ ALDI 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
<b>19</b>  <b>CENTER CLOSED</b>	<b>20</b> 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 Chair Volleyball 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 @ E.C.C.	<b>21</b> 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 2:00 Safe Driver, Smart Options Presentation 2:30 Ping Pong	<b>22</b> 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 Beltone Lunch n Learn Workshop 1:00 Tai Chi 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	<b>23</b> 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
<b>26</b> 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 6:00 Poker	<b>27</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 10:30 FASC Blood Drive 11:30 Congregate Meal 11:30 Exercise Station 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Grief Support Group 2:00 Silver Sneakers 7:00 FASC Board Meeting	<b>28</b> 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:00 Retirement Presentation 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong 3:15 Pickleball Informational Meeting	<b>29</b> 8:40 Exercise for Everyday Living 9:00 Hand, Knee & Foot 9:00 Beltone Hearing Checks 10:00 Basic Flow Yoga Gold 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 2:00 Bunco 2:15 Exercise Station 2:15 Cornhole	<b>30</b> 8:00 Exercise Station 9:30 Fly Tying 10:00 FASC Open House 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong

# Arts, Crafts, Clubs & Other

## Chair Massage

**Thursday, January 15th - 12:00 p.m. - 3:30 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**. Appointments are accepted on the first business day of the month.

## Connecting Threads

**Wednesday, January 14th & 28th - 1:00 p.m.—3:30 p.m.**

The "Connecting Threads" Needlework & Crafts Group meets from 1:00 p.m. to 3:30 p.m. Bring a project to work on and join us!

## 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!

## 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 12th 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. Reservations are accepted on the first business day of the month.

## Senior Women's Book Club

**Tuesday, January 20th 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 15th 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 6th & 20th - 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 20th - 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**

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## Monthly Raffles for the Congregate Lunch Program!

We hold monthly raffles for all participants of the Congregate Lunch Program! Here's how it works:

- Each time you join us for lunch, you can fill out a raffle slip.
- At the end of each month, we'll draw one lucky winner to receive a \$25 gift card to a local business!

This new incentive is our way of saying thank you and encouraging more participation to help keep this wonderful program going. We're nearing the minimum of 7 meals per day needed to continue the program, so your support makes a real difference. Come enjoy delicious food, friendly service, and great company, and now a chance to win a prize too! We can't wait to see you there!



## STAY CONNECTED!

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



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



## JANUARY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk	 6 Pork Chops w/Mushrooms Italian Green Beans Mashed Potatoes Sliced Wheat Bread Margarine Fresh Apple 100% Fruit Juice	 7 HM Chili Whole Kernel Corn Cauliflower Fresh Pear Buttermilk Biscuit w/honey Margarine Milk	 8 Open-Face Turkey Pot Roast Sweet Peas Redskin Mashed Potatoes Texas Toast Half Margarine Diced Peaches 100% Fruit Juice	2 CENTER CLOSED
12 Ham, Bacon Frittata W/ Cheese, Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk	13 HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	14 Roasted Chicken Breast Italian Veggie Blend Glazed Carrots Pear Hawaiian Roll Margarine Milk	15 Creole Steak Veggie Blend Sliced Beets Golden Delicious Apple Potato Roll Margarine 100% Fruit Juice Cookie Of the Month	16 Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk 
 19 HM Sloppy Joes Veggie Blend Broccoli Florets Apple WG Bun Margarine 100% Fruit Juice	20 HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites w/dip Mango & Papaya Croissant 100% Fruit Juice 	 21 Chef's Choice	22 HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce 100% Fruit Juice Margarine Birthday Cake 	23 HM Artisan Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
26 HM Goulash Spinach Fried Corn Fresh Orange Margarine Milk 	27 HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites w/dip Mango & Papaya Croissant 100% Fruit Juice	28 Chicken Cacciatore Mixed Greens Spaghetti Corn Bake Golden Apple Margarine Milk	29 HM Turkey 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 

**PLEASE CALL THE DAY BEFORE 1:00 P.M. TO ORDER LUNCH – (810)659-4735**  
**YOU ARE ABLE TO ORDER MULTIPLE DAYS IN ADVANCE!**

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





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

# 2026 JANUARY BIRTHDAYS

Sharon Albertson	John Capua	Carolyn Hamilton-Benner	Joe Lord	Jessie Pate	Gil Styles
Hellustine Allen	Marie Chambers	Rebecca Hardy	Janet Lutz	Terry Pattillo	Ginny Sullivan
Linda Alsager	Richard Christopher	Betty Harmon	Tracey Lyden	Gaspere Pavia	Joanna Sweet
Tim Ameser	Douglas Clark	Bill Harper	Albert Macciomei	Karen Phillips	Richard Tessner
Cathy Atkins	Mary Ann Cobleigh	Jan Harrington	Janis Macko	Rolanda Pinkney	Lei Tobias
Michele Austin	Hester Cole	Joan Hasselbach	Paula Malknecht	Deanna Pobocik	Peggy Todd
Sheri Bade	Mary Comrie	Cheryl Heslop	Sandy Massey	Ronald Poindexter	Sherry Trepanier
Sondra Baker	Mary Corner	Gary Hibbs	John Matus	Merrilynn Prchlik	Margaret Tunnicliff
Burt Banks	Carla Corrado	Sarah Hilton-Watson	Robert McCollum	Greg Promenchenkel	Harlan Vance
Dan Bare	Gordon Crandell	Julie Holovach	Coleen McDonald	Ivonne Raniszewski	Cathy Velat
Phaedra Bartlett	Becky Cross	Gary Hopcraft	Dawn McKeighan	Roy Renner	Judy Walker
Kent Barton	Cindee Cross	Cathy Humphrey	Joan McKnight	Dave Rivett	Michele Walker
Bernadine Baumann	Clyde Davidson	Helen Ide	Lynne Messler	Thomas Roke	Michelle Waller
Susan Bialkowski	Sharon Davis	Leonard Jackovich	Sharon Michael	Harlon Rose	Mary Wheelock
David Bickel	Theda Davis - Henson	Cindy Jones	Linda Millan	Paula Ross	Patsy Williams
Johnny Billings	Diane Deitering	LaTina Jones	Annette Miller	Richard Russell	Nancy-Lee Wilson
Betty Binder	Pat Duvendeck	Karen Kaloydis	Charlene Miller	Dorothy Rybarczyk	Roger Winter
Corinne Birchmeier	Bob Eberly	Kaye Kaufherr	Lillian Miller	Ann Schimmeyer	Jayne Winters
Bill Blair	John Elias	Diane Kleinedler	Susan Mitchell	Joyce Schmidt	Judi Witte
Mark Brasier	Ellen Eremie	Carol Kline	SANDY MORGAN	Angela Schwartz	Katherine Wolfe
Ann Brimley	Bill Fitzpatrick	Steven Knific	Tina Morton	Richard Secord	Laurie Yaklin
Rebekah Britton	Jean Florence	Sandy Kren	Patricia Murphy	Kristine Shaughnessy	Christine Young
Doug Brock	Melissa Fuller	Ray Kudej	Eileen Noall	Dawn Shurter	Keith Young
Kevin Brosier	Valerie Gantos	Cheryl LaBomard	Diane Nowak	Don Singleton	Pat Young
Debbie Brown	Kimberly Gazso	Joyce Lanckton	Brenda Nyquist	Shirley Skaggs	
Ruth Brown	Leslie Gibson	Gregory Lesiewicz	Ruth O'Connell	David Smith	
Shirley Brown	Glenn Grant	Catherine Letts	Debra Ogles	Gary Smith	
Allan Brushaber	Joanne Gutek	Rosemary Light	Virginia Oros	Kathy Stinson	
Noreen Burke	Nicole Hackett	Debbie Line	David Paschket	Marilyn Stoutenburg	



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](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

## 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 27th 7:00 p.m.
- ♦ Tuesday, March 24th 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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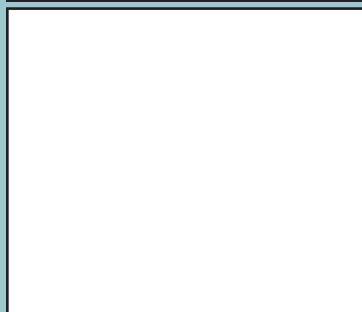
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Other funding sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.



# **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.