



Monthly Publication brought to you by the Flushing Area Senior Center

**August
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.

Programs / Events / Activities

coffee talk



With : **County Commissioner Dale Weighill**

Monday, August 4th @ 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/endorse politicians, candidates or parties.

FASC AQUA AEROBICS

Where: Flushing Community Pool
1124 E. Main Street, Flushing

When: Wednesdays - 11:00 a.m. - 12:00 p.m.
August 6th to August 27th

Cost: FREE!

Instructor
Rhonda Straley



Heated Pool!

Call (810)659-4735 to reserve a slot as there is a max of 30 participants per class.

PLEASE NOTE:
Members must have a Flushing Community Pool liability form completed and on file at the center prior to participating.

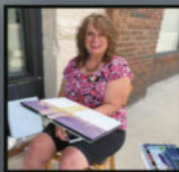


Watercolor Basics w/ Christie MacCimei



**Wednesday, August 6th
9:30 a.m. - 11:00 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

Recommended Supplies

- Paper - 11" x 14" Arches Cold Pressed #140 Block
- Brushes - 1/2" Flat, Bristle, Rigger, Round
- Box of Inexpensive Tissue
- Container for Water
- Palette
- Elegant Writer Pen
- Paint - Artists' Grade
 - Quinacdrone Gold
 - Dark Green (Shadow)
 - Yellow
 - Red - (Permanent Rose)
 - Recommended Brands
 - M. Graham / Holbein / Winsor & Newton
 - Daniel Smith / MaimeriBlue / Koi / Sommelier

Derelict



Pop-up Farmers Markets

Featured Farms:



Flushing Area Senior Center

106 Elm St, Flushing, MI 48433

Time

10:30a.m. - 1:30p.m.

Dates:

1st & 3rd Wednesdays

August 6th & 20th

September 3rd & 17th

October 1st & 15th

Payment Methods Accepted



Senior Project Fresh



& Cash Value Benefits (CVB)

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

Decreasing Fat, Salt & Sugar

WHEN

Wednesday, August 6th
2pm-3pm

WHERE

Flushing Area Senior
Center
106 Elm Street
Flushing, MI 48433

Sign-up at the
front desk or call:
810-659-4735

INSTRUCTOR

Nicole Lehr
Community Nutrition
Instructor
810-224-8524
lehrnic1@msu.edu

What is the difference between saturated, unsaturated and trans fats? How can you decrease your salt and/or sugar intake?

Many of us take in too much fat, salt and sugar throughout our daily meals, which can lead to many health issues. In this class you will learn:

- Why and how to decrease your intake of fat, salt and sugar throughout your day
- Tips and tricks to recognize fats, sugars, and salt on food labels
- Ways to cook and eat healthier



Follow MI Health Matters from
Michigan State University
Extension on social media!



#SNAPedWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP.
Delivered by MSU Extension.

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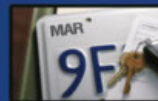
Renew driver's
license or ID



Transfer title



Apply for/renew
disability placard



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

Date: Friday, August 8th
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.

"Connecting Threads"

Wednesday, August 13th & 27th
1:00 p.m. - 3:30 p.m.



The "Connecting Threads" Needlework Group is thrilled to
announce that they will be meeting at on the 2nd & 4th
Wednesday of each month from 1:00 p.m. - 3:30 p.m.
starting in June here at the center!

All members interested in any form of the needle arts
including, but not limited to embroidery, tatting, quilting,
crochet, knitting, smocking, hand appliqué, cross stitching
are welcome to meet other like-minded individuals
interested in the wonderful world of the needle arts! .

Gary Nickel
Photography Class
to
FOR-MAR
NATURE PRESERVE & ARBORETUM

Monday, August 11th - 9:30 a.m. - 12:00 p.m.
(The bus departs the Bueches parking lot
@ 9:30 a.m. and returns around 12:00 p.m.)

Cost - Free!

Join Class Instructor Gary O'Boyle as we
tour the grounds, pause for pictures and
gain insight of the park surroundings
from Naturalist, Sue Griffin.



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

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Programs / Events / Activities

Sullivan's Travel

You're Invited!

Discover the Beauty of Iceland — and So Much More

Join us for a special presentation as we journey through Iceland's breathtaking natural wonders — from majestic waterfalls and geysers to glaciers and dramatic landscapes. But Iceland is more than its scenery. Dive into the heart of its rich culture and heritage, from Viking history and legendary sagas to the charming Icelandic horses and the welcoming spirit of its people.

Learn all about this unforgettable travel experience — we'll walk you through the full itinerary, pricing, travel tips, and more. Bring your questions — we're here to help!

- **Date:** Monday, August 11th
- **Time:** 2:00 p.m.
- **Location:** Flushing Area Senior Center

This trip has been carefully designed with your comfort, mobility, and enjoyment in mind. Whether you're dreaming of serene landscapes or looking to make lasting memories with new friends, this is the journey for you.

Come see what makes Iceland one of the most unforgettable places on Earth — we can't wait to share it with you!



FASC KAYAK TRIP!

Wednesday, August 13th
8:45 a.m. - 1:00 p.m.

Itinerary

- 9:30 a.m. Arrive at Genesee County Parks & Rec Kayak Launch
- 10:00 a.m. Guided Trip Begins
- 12:00 p.m. Participants Arrive at Irish Road Kayak Launch
- 12:30 p.m. Bus Departs for Flushing

COST

\$50.00

Includes

- Bus Ride
- All Equipment
- Paddle Guides
- Water & Snacks

Call (810)659-4735 to RSVP.
Payment secures seat. Bus loading begins at 8:45 a.m. at the Bueches parking lot.



FASC Trip to the



FLUSHING CHRISTIAN
OUTREACH CENTER

COST - FREE

W/ Program Director
Karen Lorenc

Monday, August 18th

(The Bus departs the Bueches parking lot at 10:15 am. and returns around 11:45 a.m.)

Participants will have the opportunity to:

- Tour the Food Center
- Tour the Clothing Center
- Learn what services are available
- Learn about volunteer opportunities

Please Bring

- Proof of Flushing Residency
- Lease or Bill w/ Current Address

Call (810)659-4735 to reserve your seat.



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You have the power to outsmart the scammers

Incidents of financial fraud are on the rise — and are becoming increasingly harder to detect. While no one is immune, there are steps you can take to Outsmart the scammers. Join us for this presentation and learn about the following strategies:

- How to spot certain red flags that may indicate a fraudulent encounter
- Resources you can use if you become a victim of fraud
- Steps you can take now to help protect yourself and your loved ones

We hope you will join us. Feel free to bring friends and family.



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

Save the date

**Wednesday,
August 20th
2:00 p.m.**

106 Elm St
Flushing, MI 48433

*Source: The Federal Reserve and Edward Jones estimates. The contents of this presentation are for informational purposes only. Edward Jones doesn't offer financial insurance. However, we believe discussing the impact of health care costs within your retirement strategy is important, especially considering that rising health care costs may affect many investors approaching retirement. While this information is believed to be accurate, its accuracy and completeness are not guaranteed and are subject to change without notice. You should rely on Medicare for complete program details. For more information on Medicare, visit medicare.gov.

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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.

Silver Sneakers Stability

Each Tuesday at 2:00 p.m.

Free of Charge

Instructor: Abbie Mars

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

Tai Chi

Each Thursday at 1:00 p.m.

Free of Charge

Instructor: Darci

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

Fun & Games

Bunco

Each Thursday at 2:00 p.m.

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

Cornhole

Each Thursday at 2:15 p.m.

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

Dominoes

Each Monday at 12:30 p.m.

Come and play Mexican Train Dominoes.

No experience necessary!

Euchre

Each Tuesday at 1:00 p.m.

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

Hand Knee & Foot

Each Thursday at 9:00 a.m.

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

Jigsaw Puzzles

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

Mah Jongg

Wednesdays & Fridays at 1:00 p.m.

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

Training available by request.

Penny Bingo

Each Friday at 1:00 p.m.

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

Ping Pong

Wednesdays & Fridays at 2:30 p.m.

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

Poker

Each Monday at 6:00 p.m.

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

Samba

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

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



Ann's Adventures

Office Hours: Mon – Fri 9:00 a.m. – 5:00 p.m.
 Hours may vary when Ann is traveling
 Office phone: 810-640-8303
 E-mail: aanderson@annsadventures.net
 Website: www.annsadventures.net

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

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

- ⇒ **Tiger Night Game**
 Date: Tuesday, August 5th
 Cost: \$85.00 per person
 Departure: 4:15 p.m. from the Clio K-mart
- ⇒ **Annual Summer Picnic!**
 Date: Thursday, August 21st
 Cost: \$10.00 per person
 Location: Fireman's Park
- ⇒ **Ann to the 3rd Power – Stratford**
 Date: Wednesday, August 27th
 Cost: \$330.00 per person
 Departure: 8:30 a.m. from Clio Kmart
Passport or MI Enhanced Driver License required
- ⇒ **Labor Day Bridge Walk**
 Date: Monday, September 1st
 Cost: \$70.00 per person
 Departure: 2:00 a.m. from Clio K-mart
- ⇒ **Rum Runners**
 Date: Thursday, September 4th
 Cost: \$175.00 per person
 Departure: 7:30 a.m. from Clio Kmart
Passport or MI Enhanced Driver License required
- ⇒ **Tiger Day Game**
 Date: Thursday, September 18th
 Cost: \$85.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **All About ABBA – Petrolia # 2**
 Date: Sunday, Sept 21st
 Cost: \$125.00 per person
 Departure: 8:45 a.m. from Clio Kmart
- ⇒ **Beauty and the Beast**
 Date: Thursday, October 2nd
 Cost: \$95.00 per person
 Departure: 10:00 a.m. from the Clio Kmart
- ⇒ **Catch Me If You Can**
 Date: Wednesday, October 29th
 Cost: \$80.00 per person
 Departure: 11:00 a.m. from Clio Kmart

Alzheimer's Support Group

Thursday, August 7th 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, August 12th & 26th - 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, August 8th

9:00 a.m.-12:00 p.m. & 1:00 p.m.-2:00 p.m.

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

Loan Closet

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

Veterans Coffee Hour

Friday, August 1st & 15th - 9:30 a.m.

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

Veterans Services

Wednesday, August 27th - 9:30 a.m. - 2:45 p.m.

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

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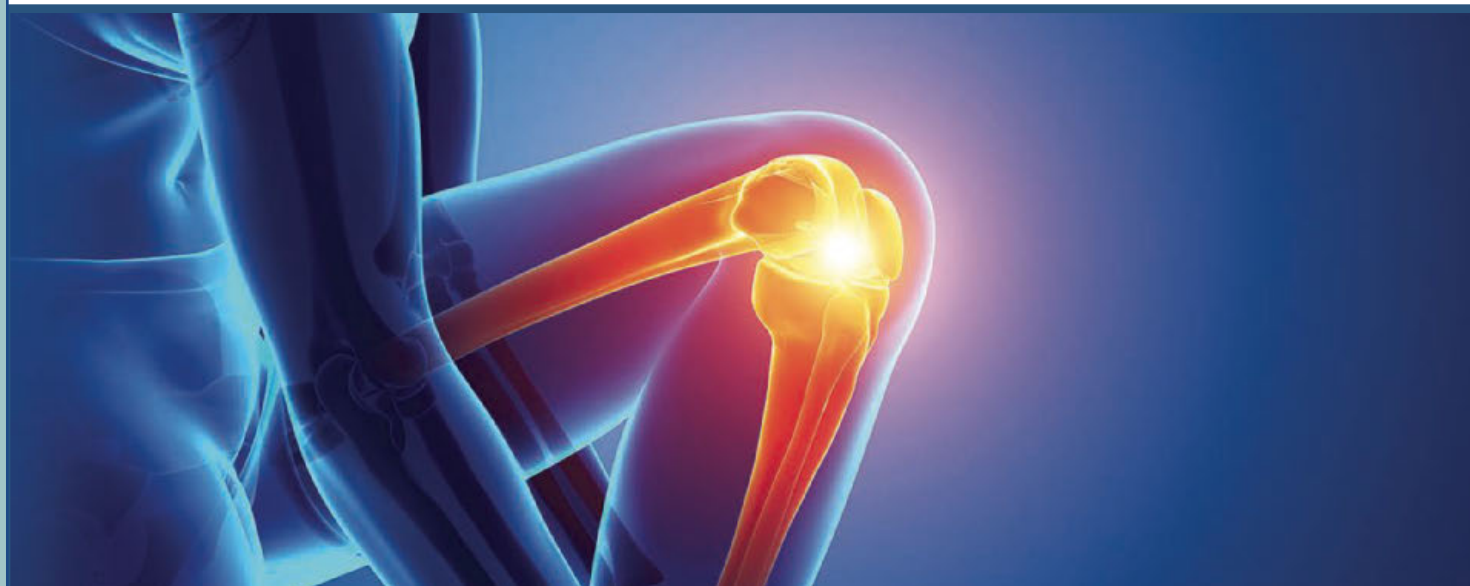
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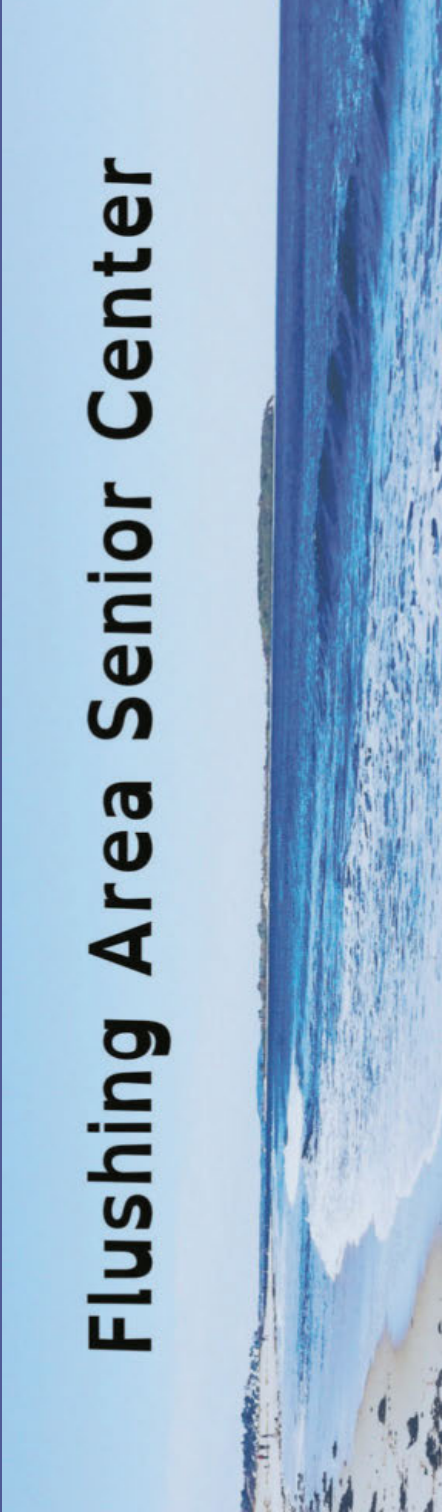
810.606.1660 • FlintKneePain.com



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
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>				
4 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 2:30 Coffee Talk w/Date Weighill 6:00 Poker	5 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 12:30 Chair Volleyball 1:00 Euchre 2:00 Silver Sneakers	6 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Watercolor Basics Class 9:30 Body Balance & Mobility 10:30 FASC Pop-up Farmers Market 11:00 Aqua Aerobics 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Shopping @ Walmart 2:00 Presentation - Decreasing Fat, Salt & Sugar 2:30 Ping Pong	7 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	8 8:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:00 Mobile Secretary of State 11:30 Congregate Meal 1:00 Legal Assistance 1:00 Penny Bingo 1:00 Mah Jongg CANCELLED - Body Balance & Mobility, Ping Pong
1 8:00 Exercise Station 9:30 Veterans Coffee Hour 9:30 Fly Tying 10:00 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Penny Bingo				

11	8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 9:30 Day Trip - For-Mar Nature Preserve w/Gary O'Boyle 10:15 Exercise Station 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:00 Sullivan's Travel Iceland Presentation 6:00 Poker	12	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 2:00 Grief Support Group 2:00 Silver Sneakers	13	8:00 Exercise Station 8:30 Flushing Artistic Gathering 8:45 FASC Kayak Trip 9:30 Body Balance & Mobility 11:00 Drums Alive 11:00 Aqua Aerobics 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong	14	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 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	15	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
18	8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 10:15 Tour FCOC Sites 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 1:00 Make It, Take It Card Class 6:00 Poker	19	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 2:00 Silver Sneakers	20	8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Senior Day @ The Fair 9:30 Body Balance & Mobility 10:30 FASC Pop-up Farmers Market 11:00 Aqua Aerobics 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:00 Outsmart The Scammers Presentation 2:30 Ping Pong	21	8:30 Soaring Eagle Casino Trip 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 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	22	8:00 Exercise Station 8:45 RAIN DATE - FASC Kayak Trip 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
25	8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:00 Coffee Talk w/Mayor Sullivan 6:00 Poker	26	8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 12:30 Chair Volleyball 1:00 Euchre 2:00 Silver Sneakers 2:00 Grief Support Group	27	8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Veterans Services @ FASC 11:00 Drums Alive 11:00 Aqua Aerobics 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong	28	8:40 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga Gold 10:00 Blood Pressure Check 11:30 Congregate Meal 1:00 Tai Chi 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	29	8:15 Exercise Station 9:30 Fly Tying 10:00 Tech Tutoring w/Sawyer 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong

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15-0667

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, August 14th - 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**. 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!

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, August 18th 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, August 19th 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, August 21st 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*

Tech Tutoring w/Charlotte & Sawyer - FREE!

Tuesday, August 19th - 9:00 a.m. - 12:00 p.m.

Friday, August 29th - 10:00 a.m. - 12:00 p.m.

Charlotte & Sawyer 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!

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.

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

SENIOR DAY!

PARKING &
ADMISSION
ARE FREE!!

Wednesday,
August 20th
9:00 a.m. - 2:00 p.m.

at the



All activities under
the community
tent are FREE!!

Need a ride?

The FASC bus will leave the
Bueches parking lot at 8:30 a.m.
& return at 2:30 p.m.

Cost - \$5.00

Call to reserve your seat!
(810)659-4735

TIME	EVENT
9:00 a.m.	Tent Opens
9:00 a.m. to 12:00 p.m.	Vendor Fair
9:00 a.m. to 12:00 p.m.	Mobile Secretary of State
9:00 a.m. to 12:00 p.m.	Coffee & Donuts
9:30 a.m.	Performance - Old Thyme Harmony Quartet
10:30 a.m.	Performance - Mr. Tim
11:30 a.m.	Performance - Paisley Grace
12:30 p.m.	Scavenger Hunt
1:30 p.m.	Free Ice Cream!

FASC DAY TRIP SOARING EAGLE CASINO



THURSDAY,
AUGUST 21ST

Each passenger receives:

- \$20 Premium Play pre-loaded on your ACCESS club card!
- 5000 points = \$10 for food!
- 5000 points = \$10 for Bingo!
- If you earn 600 points you receive and extra \$10 Premium Play!

COST
\$10.00

Seating is limited.
Payment secures seat.
Reservations will be
accepted beginning
Friday, August 1st.
Call (810)659-4735.

FASC BUS LEAVES BUECHE'S
PARKING LOT @ 8:30 A.M.
& RETURNS @ 3:30 P.M.

AUGUST CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
BBQ Pulled Chicken Sandwich Italian Blend Vegetables Scalloped Potatoes Diced pears Burger Bun Margarine Milk	HM Mini Beef Tacos 3 oz. Mexican Rice 4 oz. Chuck Wagon 4 oz. Pineapple Tidbits 4 oz. Tortilla Shell (2) 100% Fruit Juice	Chicken Caesar Salad w/Romaine Cucumber Slices Pita Pocket Half Caesar Dressing Pkt. Fruit Cocktail Milk	BBQ Chicken Thighs Southern Style Green Beans Key West veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice	Turkey Burger w/Cheese Broccoli Florets Mixed Vegetables Whole Wheat Bun Tropical Fruit Salad Milk
11	12	13	14	15
Boneless Rib in sauce Baked Beans Peas & Carrots Whole Grain Bun Diced Peaches Milk	Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice	Smothered Fried Chicken Really?! Green Beans Mashed Potatoes Corn Muffin Mandarin Orange Margarine Milk	Sloppy Joe Rosemary Potatoes Winter Blend Vegetables Wheat Bun Golden Apple Margarine 100% Fruit Juice Birthday Cake	Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll Margarine Milk
18	19	20	21	22
BBQ Boneless Chicken Wings Whole Kernel Corn Roasted Sweet Potatoes Potato Roll Sliced Peaches Margarine Milk	HM Chicken & Cheese Fajitas Refried Beans Spanish Rice with Corn Tortilla Shell Mango & Papaya 100% Fruit Juice Taco Sauce pkt	Chef's Choice 	Pepper Steak w/Veggies 4 oz. Asian Rice Blend 4 oz. Succotash Veggie Blend 4 oz. Wheat Roll Tropical Fruit Salad 4 oz. Margarine 100% Fruit Juice Cookie of The Month	Fish Taco w/Roasted Corn Salsa Scalloped Potatoes Cole Slaw Mixed Fruit Salad Tortilla shell Lemon Juice pk Milk
25	26	27	28	29
HM Meatloaf w/gravy Rice Pilaf Sweet Peas Tropical Fruit Potato Roll Margarine Milk	Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Ketchup 100% Fruit Juice	HM Beef Goulash Cauliflower Scandinavian Blend Veggies Garlic Roll Fresh Orange Margarine Milk	Open Face Turkey Sandwich Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast Margarine 100% Fruit Juice	HM Chicken & Penne Alfredo French Green Beans Diced Carrots Fruit Cocktail Baked Bread Stick Margarine 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.

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NEUROLOGICAL CENTER

HURLEY

COFFEE TALK

w/ Mayor Ed Sullivan

Monday, August 25th @ 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, August 27th**

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

AUGUST BIRTHDAYS

Rita Akins
Sandra Alderson
Anne Anderson
Kathryn Andrews
Diane Baier
Sherri Boike
Patty Bowen
Michael Brewer
Ruth Brown
Norman Bryant
Barbara Carlin
Joann Carpenter
Marcia Carter
Marina Chabica
Jill Cherwinski
Nancy Compton
Donna Comstock-Herman
Julia Coulter
Beverly Cousins
Jo Ann Crafts
Julie Craig
Colleen Crandell
Gail Crandell
Maria Czyzio
Robyn Davey
Marion Day
Janice Denton
Mary Dietrich
Joy Dingman
Wilma Dortch
Ruth Ann Dresser
Joseph Eickholt
Gary Flinn

Karen Florida
Kimberly Flowers
Nancy Fowler
Elaine Freiheit
Mary Kay Gallagher
Roxanna Gay
Cindy Gentilly
Valley Ginn
Maggie Giordano
Patti Goggins
Sherry Golding
Karen Gonzalez
Gary Goodenough
Karen Goodenough
Keith Graham
Maddie Graham
Juliana Grai
Al Grain
Bob Green
Trudy Griffin
Sylvia Grossman
John Haas
Nancy Hager
Carol Halk
Joe Hall
Kay Hall
Randy Hardy
Mary Harner
Tammy Harrington
Natalia Harvey
John Hasselbach
Debbie Hayes
Lynn Hayes

Linda Heglas
Gayla Heilbronn
Kris Henderson
Wanda Herrington
Marsha Hildreth
Charlene Holbic
Brenda Hollenbeck
Stan Holmes
Lola Hopcraft
Beth Hughes
Bob Hughes
Valerie Hulet-Mccarty
Laura Ikerd
Leslee Jakeway
Deborah James
Emma Marie Jenkins
Joy Joseph
Joe Juhasz
Marlene Juhasz
Penny Jurvelin
Jean Kadlechik
Kitty Kareus
Emma Kehler
Nancy Kelley
Laura Kent
Joanne Kessler
Margaret Kildee
Sharrel Kilbreath
Michelle King
Brenda Klop
Nick Kloska
Michael Knag
Gary Kotlark

Sally Krueger
Catherine Kruse
Janet Laforest
Lisa Lapham
Diana Lawrence
Kirk Linton
Christie Macclomel
Deborah Magell
Robin Martin
Jean Mawdsley
Wilma McCabe
Penny McCormick
Mary McDonald
William McKay
Debbie Mcknight
Duff Mcknight
Larry Meacham
Joyce Melcheck
Karen Meyers
Ralph Mills
Kathryn Minaudo
Marlene Montini
Jean Moore
Keith Moore
Bobbie Morin
Martha Morin
Richard Haber
Steve Nelson
Jonathan Nigrine
Mary Nitsos
Carole Noye
Ruth O'Brien
Normalee O'Connell

Michele O'Connor
Laurie Okoneski
Connie Pangle
Elena Partlow
Linda Perini
Elaine Perry
Beth Personett
Karen Petroff
Margo Phillips
Carl Pierce
Pam Ploutte
Maria Powell
Susan Price Selling
Kim Putney
Hilda Quijano
Marrie Raab
Daniel Radspieler
Janet Rankin
Gary Rigiel
Margaret Ann Rose
Brian Roy
Dennis Sarka
Robert Sartor
Kathy Seaman
Mary Beth Seaward
Rhonda Skene
Bruce Smith
Constance Smith
Glenn Smith
Sandra Snyder
Sharon Southerby
Gayla Staffne
Virginia Staley

Judie Storer
Cheryl Struble
Dianne Swyrtek
Debbie Tabaszewski
Ilene Taylor
Jean Terpening
Della Thibodeau
Joyce Thomas
Mark Tylus
Greg Tyree
Darrell Viers
Lata Von Brockdorff
Christine Von Fintel
Diane Walker
Janice Walker
Betty Weber
Gary Whitmire
Janet Wicjorek
Bradley Wiget
Debbie Williams
Don Wilson
Mike Wilson
Dave Witzman
Shelly Wolbert
Leigh Ann Wood
Wendy Ylinen
Sharon Young
Dennis Zawol



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

FASC Information

The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com

Center Hours

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

Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

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, September 23rd 7:00 p.m.
- ♦ Tuesday, November 25th 7:00 p.m.

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

Our Mission Statement

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

Flushing Area Senior Center

Funding Sources

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

Memorial Donations

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

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Build your business and help us grow a vibrant community!

Eileen Frazier from LPi, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.

YOUR AD HERE

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.



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membership, which is a
\$12 donation**



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