



Monthly Publication brought to you by the Flushing Area Senior Center

MAY
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.

Programs / Events / Activities



Starting in May!

Total Body Senior Fitness

Designed for seniors seeking a well-rounded workout and who can safely get down to and up from the floor independently. This class combines simple aerobic steps, functional movement, and brain-boosting exercises to enhance coordination between mind and body.

Improve cardiovascular fitness, strength, balance, and motor skills.

Please bring an exercise mat. Hand weights are optional.

Mondays at 5:30 p.m.
Free of Charge
Instructor:
Theresa Landis




SENIOR PROJECT FRESH & POP-UP MARKET INFORMATION SESSION

Tuesday, May 5th @ 10:00 a.m.

Want to learn more about Senior Project Fresh?
Interested in learning more about our upcoming Pop-up Farmers Market?

FEATURED FARM: **Marjie's Farm**



Flushing Area Senior Center
106 Elm St., Flushing

Watercolor Basics

w/Christie Macciomei

Wednesday, May 6th - 9:30 a.m.

Join Christie as you learn the fundamentals of watercolor using basic techniques that all artists use in their everyday painting!

Cost - \$10.00
Call (810)659-4735 to RSVP

The Old Flushing Water Tower



Recommended Supply List

- Paper - 11" x 14" Arches Cold Pressed Block
- Brushes - Large Bristle Brush, Rigger, Flat, Round
- Box of Inexpensive Tissue
- Container for Water
- Palette
- Paint - Artists' Grade Recommended
 - Dark Green (Shadow)
 - Dark Blue (Cobalt)
 - Dark Brown (Burnt Umber)
 - Yellow (Transparent Lemon)
 - Red (Primary Red Magenta)
 - Gray (Paynes Gray)
- Recommended Brands
 - M. Graham / Holbein / Winsor & Newton
 - Daniel Smith / MaimeriBlu / Sennelier

CHAIR YOGA

W/Machelle Duprey

NEW!



FREE!

Wednesdays @ 1:00 p.m.
(Class is capped at 50 participants.)

Chair Yoga offers gentle stretching, breathing and relaxation exercises using a chair for support. This class is perfect for improving flexibility and balance!



Seed & Plant Exchange


Thursday, May 7th
@ 10:00 a.m.



Swap seeds, plants, and garden tips with friends and neighbors! No experience needed. Just bring what you can share!



MOTHER'S DAY PROJECT



The Center will be partnering with Mrs. Amundsen's and Ms. Costa's kindergarten classes at the Early Childhood Center to create Mother's Day gifts on Thursday, May 7th from 1:45 p.m. to 3:00 p.m.

We could use your help! We are in need of:

- 30-40 clean soup or vegetable cans
- 5-6 volunteers to assist students

Cans can be dropped off at the center up through Monday, May 4th. If you would like to help on May 7th, contact the center @ (810)659-4735.

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

FASC SHOPPING INFORMATIONAL MEETING

Friday, May 8th
@ 10:00 a.m.

Elmcrest Village Apartments
1520 Cedarwood Dr., Flushing

Attention Elmcrest Village Residents!
Join us to learn about our upcoming
monthly group trips to the
Flushing Christian Outreach Center.



Ascension Living **PACE MICHIGAN**

LEARN ABOUT PACE SERVICES!

JOIN US FOR AN INFORMATIVE PRESENTATION!
ENJOY DELICIOUS BREAKFAST TREATS & COFFEE!

BREAKFAST TREATS & COFFEE!

FLUSHING SENIOR CENTER

TUESDAY, MAY 12TH 10AM - 11AM

USED BOOK SALE

Sponsored by the Friends of the Flushing Area Library

**Friday
May 15
@ 9am-5pm**

**Saturday
May 16
@ 9am-3pm**

**\$2/BAG
ALL DAY
SATURDAY**

Flushing Senior Center - West Wing
106 Elm St., Flushing, MI 48433
For more info, call (810) 659-9755

GENESEE DISTRICT LIBRARY theqdl.org

50 1976 - 2026
VAAA
Valley Area Agency On Aging
Celebrating Fifty Years of All Things Senior

SENIOR POWER DAY!

Wednesday, May 20, 2026
9:00am - 2:00pm
Crossroads Village
6140 Bray Rd. Flint, MI
Tickets: \$5.00 per person
Includes: To-Go Lunch*, Train Ride, Resources, Legislative Updates
Tickets are available at your local senior center,
VAAA Office, Genesee County Parks Office, and can
be purchased on the day of the event*.
*Lunches and tickets are available on a first-come, first-served basis.

**FASC is offering transportation for an
additional \$5.00 per person. The bus
departs the Memorial Healthcare parking
lot at 8:30 a.m. and returns at 2:30 p.m.
Call or stop by the center to reserve your
seat - (810)659-4735**

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**FASC DAY TRIP
SOARING EAGLE CASINO**

THURSDAY, MAY 21ST

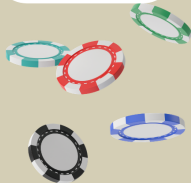
**FASC BUS LEAVES BUECHE'S
PARKING LOT @ 8:30 A.M.
& RETURNS @ 3:30 P.M.**



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
Monday, May 4th. Call (810)659-4735.**



**FASC
Gardening Club**

Thursday, May 21st @ 10:00 a.m.

Do you enjoy flowers, fresh vegetables, or simply spending time outdoors? Have you always wanted to garden, but prefer doing it alongside others?

The Flushing Area Senior Center is excited to announce a brand-new Gardening Club. Join us on a monthly basis to connect with friends, learn new gardening tips, and enjoy the outdoors together.

Whether you're an experienced gardener or just getting started, everyone is welcome.

COME GROW WITH US!

You're Invited!

**Flushing Area Senior Center
New Membership Open House**

Date: Friday, May 22nd @ 10:00 a.m.

Location: 106 Elm St. Flushing

Are you 50 years/older and reside in Genesee County? Come see what makes our center a vibrant place to connect, learn & have fun!



Discover all we have to offer:

- Social events & group activities
- Fitness & wellness programs
- Games, cards & hobby groups
- Educational workshops & classes
- Day trips & special events

Whether you're looking to stay active, make new friends, or try something new, there's a place for you here!

**FLUSHING AREA SENIOR CENTER
POP-UP FARMERS MARKET**

Join us for our upcoming Pop-Up Markets! Stop by to shop, connect, and support local vendors in a friendly, welcoming space!

FEATURED FARM: **Marjie's Farm**



Market Schedule - (Rain or Shine)
Wednesdays from 10:30 a.m. to 1:30 p.m.
Beginning May 27th / Ending October 21st



What You'll Find:

- Fresh produce
- Health & wellness resources

Open to seniors and the entire community!



FASC, 106 Elm Street, Flushing

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.

Beginning Line Dancing

Mondays 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.

NEW!! Chair Yoga

Wednesdays @ 1:00 p.m.

Free of Charge

Instructor: Machel Duprey

Chair Yoga offers gentle stretching, breathing, and relaxation exercises using a chair for support. This class is perfect for improving flexibility, balance, and is suitable for all ability levels!

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 8:30 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

Monday Through Friday

8:00 a.m. - 4:00 p.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 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!

Silver Sneakers Stability

Tuesdays 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

Thursdays 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!

Bunco

Thursdays at 2:00 p.m.

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

Fun & Games

Cornhole

Thursdays at 2:15 p.m.

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

Dominoes

Mondays at 12:30 p.m.

Come and play Mexican Train Dominos.

No experience necessary!

Euchre

Tuesdays & Wednesdays 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

Thursdays 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

Fridays 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

Mondays at 6:00 p.m.

\$5.00 Buy-In. Play dealer's choice and play a variety of games. All games are based on a five card poker hand. Available to anyone 60 years/older.

Samba

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.

Texas Hold'em

Thursdays at 1:30 p.m.

\$5.00 Buy-In. Limit & no limit play. Fun, friendly games everyone 60 years/older.

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!
Questions? Call (810)814-9232.

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

- * **Elvis Has Left The Building – Turkeyville**
 Date: Tuesday, May 5th
 Cost \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- * **Million Dollar Quartet**
 Date: Wednesday, May 6th
 Cost: \$80.00 per person
 Departure: 5:00 p.m. from the Clio Kmart
- * **I DO! I DO! – Petrolia**
 Date: Thursday, May 14th
 Cost: \$130.00 per person
 Departure: 8:45 a.m. from Clio Kmart
- * **Run For Your Wife – Turkeyville**
 Date: Thursday, June 4th
 Cost: \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- * **Shipshewana**
 Date: Monday June 8th – Tuesday June 9th
 Cost: \$265.00 per person, double occupancy
 Deposit: \$65.00 per person
 Final payment due April 30th
 Departure: 8:00 a.m. from Clio City Lot
- * **Always A Bridesmaid**
 Date: Wednesday, June 10th
 Cost: \$80.00 per person
 Departure: 5:00 p.m. from Clio Kmart
- * **Ed's Garage – Petrolia**
 Date: Wednesday, June 24th
 Cost: \$130.00 per person
 Departure: 8:45 a.m. from Clio Kmart
- * **Bay City Fireworks**
 Date: Saturday, July 4th
 Cost: \$50.00 per person
 Departure: 5:30 p.m. from Clio Kmart
- * **Escape To Margaritaville -Turkeyville**
 Date: Thursday, July 9th
 Cost: \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- * **Lancaster – Joshua # 1**
 Date: Monday, July 13th to Thursday, July 16th
 Cost: \$740.00 per person double occupancy
 Deposit \$140.00 per person
 Cancellation protection: \$100.00 per person
 due w/deposit
 Final payment due: June 1st

Alzheimer's Support Group

Thursday, May 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

Thursdays from 10:00 a.m. - 11:00 a.m.

No appointment necessary. Walk-Ins welcome!

Free Notary Services for Seniors 50 and Older

Roxanna Gay 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, May 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, May 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.

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

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

Veterans Services

Wednesday, May 27th - 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 at the Swartz Creek Area Senior Center.

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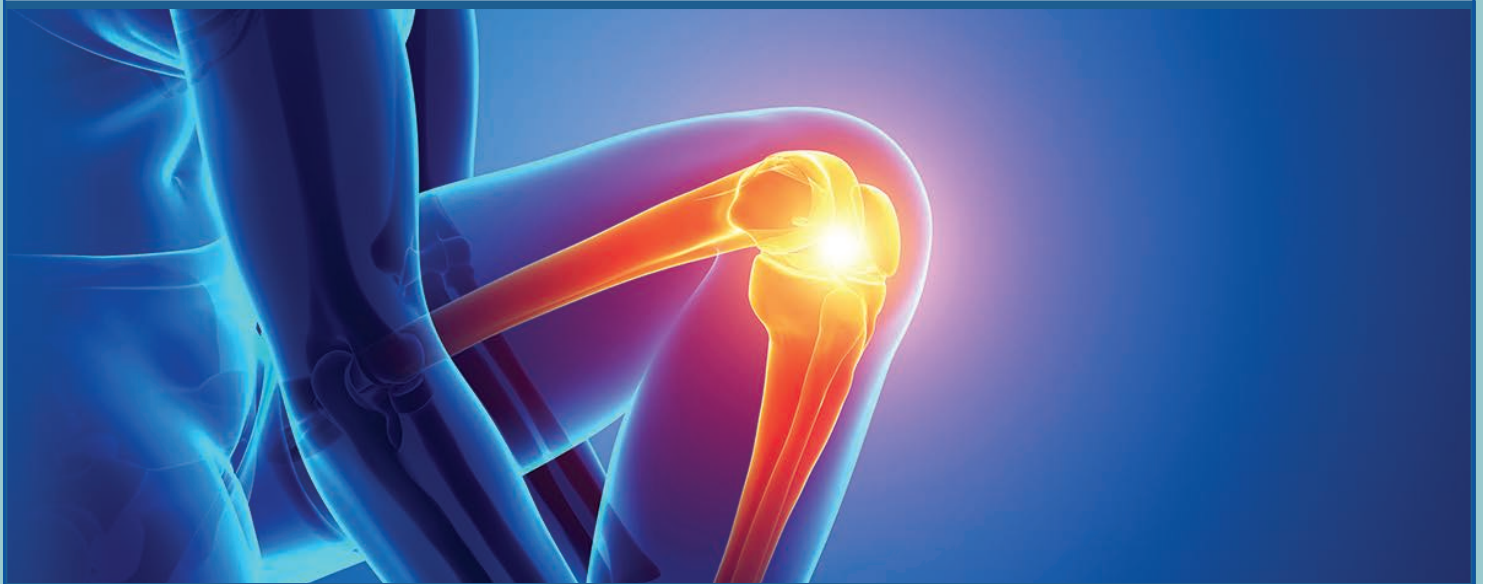
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Office Hours
Monday - Friday
8:00 a.m. - 4:00 p.m.

Flushing Area Senior Center
106 Elm Street, Flushing, MI 48433
www.flushingseniorcenter.com
Phone 810.659.4735
Fax 810.659.4686

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 5:30 Total Body Senior Fitness 6:00 Poker</p>	<p>5</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 10:00 Pop-Up Farmers Market Informational Meeting 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers</p>	<p>6</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 9:30 Watercolor Basics Class 11:00 Drums Alive 11:30 Congregate Meal 1:00 Chair Yoga 1:00 Writers Group 1:00 Euchre 1:00 Shopping @ Walmart 1:00 Mah Jongg 2:30 Ping Pong</p>	<p>7</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 10:00 Plant/Seed Exchange 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 1:30 Texas Hold'em 1:45 Mother's Day Project @ E.C.C. 2:00 Bunco 2:00 Alzheimer's Support Group 2:15 Cornhole</p>	<p>8</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:00 Shopping Informational Meeting @ Elmcrest Apts. 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</p>
<p>1</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:30 Veterans Coffee Hour 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>	 <p>FLUSHING AREA SENIOR CENTER</p>			<p>1</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:30 Veterans Coffee Hour 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>

<p>11</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Pickleball @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Samba 12:30 Dominoes 2:30 Gary Nickel Photography Class 5:30 Total Body Senior Fitness 6:00 Poker</p>	<p>12</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Ascension/Pace Presentation 10:00 Basic Flow Yoga Gold 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</p>	<p>13</p> <p>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 Chair Yoga 1:00 Euchre 1:00 Connecting Threads 2:30 Ping Pong</p> <p>CANCELLED: Exercise Room, Coffee Lounge, Puzzle Room, Mah Jongg</p>	<p>14</p> <p>8:30 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole</p> <p>CANCELLED: Exercise Room, Coffee Lounge, Puzzle Room, Texas Hold'em</p>	<p>15</p> <p>9:00 Shopping @ ALDI 9:00 Used Book Sale 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p> <p>CANCELLED: Exercise Room, Coffee Lounge, Puzzle Room</p>
<p>18</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:45 Elmcrest/FCOC Shopping Trip 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 1:00 Make It, Take It Card Class 5:30 Total Body Senior Fitness 6:00 Poker</p>	<p>19</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 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 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:00 Euchre 1:30 Woodshop @ E.C.C.</p> <p>CANCELLED: Silver Sneakers</p>	<p>20</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Senior Power Day 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 Chair Yoga 1:00 Euchre 2:30 Ping Pong</p>	<p>21</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 8:30 Soaring Eagle Casino Trip 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 10:00 Gardening Club 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Strayed Quilters 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole</p>	<p>22</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:30 Fly Tying 10:00 New Membership Meeting 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p>25</p>  <p>CENTER CLOSED</p>	<p>26</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 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</p>	<p>27</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:30 FASC Pop-up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Chair Yoga 1:00 Euchre 1:00 Connecting Threads 2:30 Ping Pong</p>	<p>28</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga Gold 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 1:00 Shopping @ Meijer 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole</p>	<p>29</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 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</p>



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Lindsay Caterer Zofchak - Owner, Manager



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Flushing Area Senior Center, Flushing, MI

15-0667

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, May 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**. Appointments are accepted on the first business day of the month.

Connecting Threads

Wednesday, May 13th & 27th - 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 West Wing coffee lounge. 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, May 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. Reservations are accepted on the first business day of the month.

Senior Women's Book Club

Tuesday, May 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, May 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*

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

9 • Flushing Area Senior Center • 810.659.4735

Tech Tutoring w/Charlotte & Sawyer - FREE!

Tuesday, May 5th & 19th - 9:00 a.m. - 12:00 p.m.

Friday, May 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!

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!

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 @ Flushing Christian Outreach Center

3rd Monday of each month

Depart from Elmcrest Village Apartments
@ 11:45 a.m. / Return @ 1:45 P.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.



Suggested donation per round trip - \$3.00

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.

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

Drawing Workshop w/Maurice



Come join Maurice Lucas as he provides a supportive space where art, starting with the circle, becomes a tool for transformation, mindfulness, and purpose.

Dates

Monday, June 1st, 8th, 15th, 22nd, 29th

Time

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

Cost

Free!

RSVP Required

Call (810)659-4735

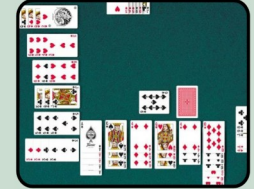
Recommended Supplies:

- Sharpie Color Assorted Markers
- Copy Paper
- Drawing Pencils
- Folders
- Rulers
- Erasers



SAMBA

MONDAYS @ 12:30 P.M.



Samba has similarities to Canasta, Hand and Foot, Hand, Knee and Foot, & Rummy. The game is played with partners. Together you collect sets and runs.

If you have card experience, you can learn this game!

MAY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

				<p>1</p> <p>Tangerine Chicken 4 oz Shrimp Fried Rice 4 oz Winter Blend Veggies 4 oz Pineapple Tidbits 4 oz Margarine Flatbread Milk</p>
<p>4</p> <p>Beef Tacos w/HM Pico 2 ea Corn & Black Beans 4 oz Diced Peaches 4 oz Soft Tortilla-2 Margarine Milk</p> 	<p>5</p> <p>Breaded Chicken Sandwich Diced Potatoes 4 oz Vegetable Blend 4 oz Applesauce 4 oz Wheat Bun Margarine 100% Fruit Juice</p> 	<p>6</p> <p>Chinese Pepper Steak 4 oz Sicilian Veggie Blend 4 oz Succotash 4 oz Fruit Cocktail 4 oz Brown Rice 3 oz Wheat Roll Margarine Milk</p>	<p>7</p> <p>Pub Burger w/Cheese Leaf Lettuce & Sliced Tomato Cole Slaw 4 oz Ranch Potato Wedges Fruit Salad 4 oz Whole Wheat Bun Margarine 100% Fruit Juice</p>	<p>8</p> <p>Baked Herb Pork Chop Green Bean Casserole 4 oz Sweet Corn 4 oz Potato Roll Mixed Fruit Cup Margarine Milk</p>
<p>11</p> <p>Ravioli W/Beef & Sauce Roasted Brussel Sprouts 4 oz Steamed Cauliflower 4 oz Potato Roll Margarine Fresh Pear Milk</p>	<p>12</p> <p>Maple-Glazed Chicken w/ Roasted Sweet Potatoes & Broccoli Blend Baby Carrots 4 oz Garlic Bread Mandarin Oranges 4 oz Margarine 100% Fruit Juice</p>	<p>13</p> <p>HM Beef Chili 8 oz Chuck Wagon Blend 4 oz Sicilian Vegetables 4 oz Peaches 4 oz Corn Muffin Margarine Milk</p> 	<p>14</p> <p>Chicken & Penne Alfredo 8 oz French Cut Green Beans 4 oz Diced Carrots 4 oz Crunchy Breadsticks Fresh Apple Margarine 100% Fruit Juice Birthday Cake</p> 	<p>15</p> <p>Salisbury Steak w/gravy Mixed Greens 4 oz Mashed Potatoes 4 oz Corn Bread Fruit Salad Margarine Milk</p>
<p>18</p> <p>Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets 4 oz Crunchy Bread Stick Fresh Orange Margarine Milk</p>	<p>19</p> <p>Chef Salad w/Egg & Tomatoes Ham, Turkey & Cheese 3 oz Cole Slaw 4 oz Fruit Salad 4 oz Flatbread Dressing 100% Fruit Juice</p>	<p>20</p> <p>Chef's</p>  <p>Choice</p>	<p>21</p> <p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard 100% Fruit Juice Cookie of the Month</p> 	<p>22</p> <p>HM Spaghetti & Meatballs Steamed Broccoli 4 oz Italian Veggie Blend 4 oz Garlic Bread Cinnamon Applesauce Margarine Milk</p>
<p>29</p> 	<p>26</p> <p>BBQ Chicken Wings-3 Southern Green Beans 4 oz Diced Carrots 4 oz Mango & Papaya Corn Bread Margarine 100% Fruit Juice</p>	<p>27</p> <p>HM Sloppy Joes 3 oz Cauliflower 4 oz Fresh Apple WG Bun Margarine Milk</p>	<p>28</p> <p>Meatloaf w/Gravy Mashed Potatoes 4 oz Sweet Peas 4 oz Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice</p>	<p>29</p> <p>Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Tortilla Shell Fruit Cocktail Caesar Salad Dressing Milk</p> 

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

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Play using standard Euchre rules. New players should already have the skill & knowledge to play.






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Thursdays from 1:30 p.m. to 3:30 p.m. in the West Wing

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Kay Adams Clark Almasy Trudy Anderson KARIN ANDREWS Sharon Atchison Cherie Athanasoulas Maria Atwell Jim Augustine Kathy Bacha Dennis Baker Rev. James Batcha Margaret Beatenhead Dana Beckley Sue Belcher Barbara Bishop Juanita Blaisdell Ron Bond Carol Brabbs Maryanne Brady Elizabeth Brooks Tammy Brubaker Jennifer Burrows Gerald Byard Dennis Cady Beverly Capua Jon Care Debbie Carlson Judith Chapman Caryle Collins	Craig Conklin Greg Corbin Alice CRAWFORD Carol Cruz Rita Dafoe Wanda Davidek Bob Davies Judy Dawson Wayne Denkins Ray Dennie Diana DeSilva Joyce DeVantier Joan Dowell Linda Doyle Cathie Draheim Sandra Dufresne Patricia Dunnigan Jan Easter Beth Eck Annette Elde Nancy Elsner Linda Evans Jane Farver Vincent Ferrari Gloria Foster Jerry Foster Joan Fox Clarence Frost Deanna Frye	Claudia Garabelli David Gauthier George Gawthrop Steve Golding Pam Goodwin Nancy Greenfelder Susan Haas Cecil Hahn Mary Harper John Hice Alice Hilliard Julie Hodges Barbara Holmer Doreen Homa Donna Howse Jim Huffman Joan Huffman Diane Jerichow Brian Jessup Sharon Johnson Kim Jones Janis Kauzlarich Carol Kerry Denise Ketchmark Brian Kitchen Melanie Kolacheck Brian Kosbar Steve Krish Gary Labombard	Carol LaBrecque Mary Langdon Curt Lapham Eugene Lasky Martin Lueker Evelyn Lukes Cynthia Kay Luxton Linda Mair Connie Mark Rick Mark Karen Markuszewski Janie Marshall Juan Martinez Judy Martz Greg Matheson Deanna Mazar Mayrene McGruder Delores Meader Jeff Meyer Christopher Mitchell Gordon Monreal Jerry Morford Peggy Morse Shannon Murchie Mary S. Murphy Gretchen Murray Kim Murray Cindy Nelson Annette Nickel	Chris Nickel Virginia Nieto Noletta Nyland Sue Osentoski Diann Parks-Cameron Julie Perkins Mary Perry Karyn Pilon Kay Porter Mary Powell Michelle Puckett Greg Purzycki-Sova Jean Rademacher Robert Ragnone Larry Richard Jeanette Robb Cindy Ruddy Ralph Ruddy Sandi Rundell Susan Sage Darwin Scherba Charlene Schotter Ray Schotter Suzette Sellers Dennis Serra Stacey Shaheen Mark Shassberger Karen Sheets Beatrice Simmonds	Mary Ann Simor Dawn Simpson Earl Smith Dennis Sopka Joyce Stafford Michile Stoutenburg Onalee Summers Robert Sutherland Paul Taylor Douglas Thomas Mary Thomas Betty Thorson Sandra Trevillian Gary Turbett Valerie Tylus Kathy Valasek Charl Vandenbosch Jeanie Vanderpool Joanne Vath Melba Waldorf Chrystal Wells Debbie White Marlene Willett Diane Williams Paula Williams Carol Willy Leslie Wilson Martha Wilson Mary Ann Witter
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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, May 26th 7:00 p.m.
- ◆ Tuesday, June 23rd 11:00 a.m.
(Annual Membership Meeting)

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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Larry Burgett 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.

LPi Larry Burgett
(440)983-9133
Lburgett@4Lpi.com



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



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Enjoy a Daily Lunch!

Eat In at the Flushing Area Senior Center

The Meal is available to eat in
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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.