



Monthly Publication brought to you by the Flushing Area Senior Center

May
2024

Our
Perspective
for the 50+ generation

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

Programs / Events / Activities



Watercolor Basics w/ Christie Macciomei

Wednesday, May 1st
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!

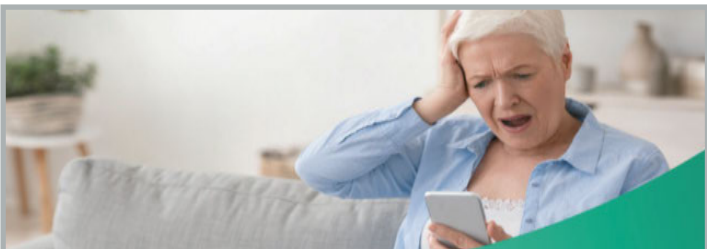


COST
\$10.00

Recommended Supplies

- Paper – 11" x 14" Arches Cold Pressed #140 Black
- 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

Buell Lake



DON'T GET SCAMMED!

Presented by Ryan Tackabury
Digital Services Librarian
Genesee District Library

LEARN TO AVOID ONLINE SCAMS

Thursday, May 2nd @ 2:30 p.m.

TOPICS INCLUDE:

- What to look for to identify a potential scam.
- Learn about the common types of scams.
- How to report that you have been scammed, and learn what steps you can take to recover your money.

coffee talk



With: **County
Commissioner
Dale Weighill**

**Monday,
May 6th
@ 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.

FREE TECH TUTORING

WITH CHARLOTTE & RYAN



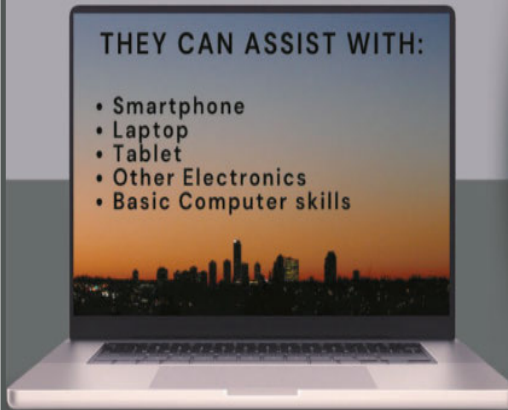
- Tuesday, May 7th
- Monday, May 20th
- Monday, May 21st



Call to make an appointment - (810)659-4735

THEY CAN ASSIST WITH:

- Smartphone
- Laptop
- Tablet
- Other Electronics
- Basic Computer skills



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Programs / Events / Activities

Meet The Candidate: Joe Karlichek



Wednesday, May 8th
@ 9:30 a.m.

Joseph R. A. Karlichek

Joe Karlichek currently serves as the Mayor of Flushing City, a position he was first elected to in 2019 on a platform of "small, safe and clean"; where qualities of the city are maintained through strengthened public safety, diligent maintenance of infrastructure, strict budget adherence and appearance of the city.

Appointed Chairman for Genesee County Small Cities & Villages, Joe works to coordinate the shared concerns of municipalities throughout Genesee County for the betterment of residents.

In 2023, Joe was unanimously elected to serve on the Genesee County 9-1-1 Executive Board by the General Membership Board. He is able to put his extensive knowledge and experience in emergency management to use.

Joe resides in Flushing City and is married to Melissa and has three daughters. He is Chief Operating Officer for AutoFarm Ambulance Sales and was previously the Vice President of STAT EMS until his retirement in April 2022.

Website: <https://www.teamkarlichek.com/>
Facebook Page: <https://www.facebook.com/teamkarlichek77016a1d1PMKYD>

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

OPC 650 PLAYERS SPRING SHOW

FRIENDSHIP

"Life is Better with Friends"

2024 Spring Revue Show

Directed by KAREN ELLIOTT

Friday, May 10th

@ Older Persons' Commission, Rochester

Cost - \$25.00

Includes:
Bus Trip / Lunch / Show

Lunch Menu

parmesan crusted chicken with potatoes, vegetables, salad and dessert

The bus will depart from the Flushing Rite Aid parking lot at 10:00 a.m. so we will have time to check out the gift shop & center.

We will depart after the show is concluded at 3:00 p.m. with an estimated arrival of 4:00 p.m.

Call
(810)659-4735
to RSVP.



**PAYMENT
SECURES
SEAT!**

WHITE ELEPHANT GIFT BINGO

Friday, May 10th
@ 1:00 p.m.

PARTICIPANTS ARE EXPECTED
TO BRING IN AT LEAST ONE
SILLY/AMUSING GIFT TO BE
DONATED AS A PRIZE.

THE GIFT CAN BE SOMETHING
SLIGHTLY USED THAT YOU
FIND AROUND THE HOUSE!

Book Sale

Friday, May 17
@ 9 am - 5 pm

Saturday, May 18
@ 9 am - 3 pm

\$2/bag
all day
Saturday

SUPPORT YOUR LOCAL LIBRARY
Flushing Area Library

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

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Friends of the
Flushing Area Library



thegd.org

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Programs / Events / Activities

FLUSHING AREA SENIOR CENTER

Ladies Spring Tea

Monday, May 20th
@ 12:00 p.m.

LUNCH | ENTERTAINMENT | FUN

Menu: Chicken Salad on Croissant,
Garden-Fresh Pasta Salad, Seasonal Fruit Taster,
Hors d'oeuvres, Raspberry Cloud, Lemonade

COST - \$15.00

Interested in hosting a table?
Please contact us for details.

RSVP by Monday, May 13th
(810)659-4735

FREE GIFT

VAAA
Valley Area Agency On Aging
Answers, Action & Advocacy For All Things Senior

TO-GO LUNCH PROVIDED
on a first come first serve basis.

Senior Power Day 2024

Wednesday, May 22, 2024
9:00 a.m. - 2:00 p.m.
Crossroads Village
6140 Bray Rd., Flint

Tickets \$5.00

Available at your local Senior Center in Genesee, Lapeer and Shiawassee Counties

For information about ticket purchase locations, please call (810) 239-7671 or visit <https://valleyareaaging.org/resources/senior-centers/>

Ticket includes Lunch, Train Ride, Resources, and Legislative updates that affect Seniors and Caregivers.



**DEADLINE TO PURCHASE TICKETS IN ADVANCE:
FRIDAY, MAY 3RD**

FASC is offering transportation @ \$5.00 per person. The bus departs downtown Rite-Aid at 9:30 a.m. and returns at 1:00 p.m. Call or stop by the center to reserve your seat - (810)659-4735

 MICHIGAN SECRETARY OF STATE

MOBILE OFFICE IS COMING TO YOU

Book a visit to complete your Secretary of State transactions, including:

- First-time Michigan ID
- Renew driver's license or ID
- Transfer title
- Apply for/renew disability placard

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, May 24th
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.

This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.



ESTATE PLANNING SEMINAR

W/ Seth Neblock, Senior Law Advocate
Legal Services of Eastern Michigan

WHEN: Friday, May 24th @ 10:00 a.m.
WHERE: Flushing Area Senior Center

Come join us for light refreshments as Seth shares:

- How to protect the assets you leave behind.
- Ensuring your family does not encounter unforeseen legal challenges.
- Making your wishes about healthcare decisions known to your loved ones.
- The importance of naming power of attorney agents so the decision is not left up to the courts.

Please RSVP by Wednesday, May 22nd

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

TOPICS INCLUDE

- WILLS VS. TRUSTS
- POWER OF ATTORNEY
- LADY BIRD DEEDS
- POTENTIAL ELDER ABUSE

FLUSHING AREA SENIOR CENTER
106 Elm Street
Flushing, MI 48433
(810)659-4735

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Exercise Programs

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Basic Flow Yoga Gold

Tuesdays & Thursdays at 10:00 a.m.

Yoga Mat Required

Free of Charge

Instructor: Rhonda Straley

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

Body Balance & Mobility

Wednesdays at 9:30 a.m. &

Friday at 10:30 a.m.

Free of Charge

Instructor: Theresa Landis

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

Drums Alive

Mondays & Wednesdays at 11:00 a.m.

Free of Charge

Instructor: Tobi Williams

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

Exercises for Everyday Living

Tuesdays & Thursdays at 8:40 a.m.

Free of Charge - Instructor: Darci

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

Exercise Station - Free of Charge

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

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

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

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

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

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

Line Dancing

Each Monday at 9:00 a.m.

Free of Charge

Instructor: Darci

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

Pickleball @ E.C.C.

Mondays & Thursdays

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

Free of Charge

All abilities welcome!

Pickleball Informational Meeting

Wednesday, May 15th at 3:15 p.m.

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

Silver Sneakers Stability

Each Tuesday at 2:00 p.m.

Free of Charge

Instructor: Abbie Mars

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

Tai Chi

Each Thursday at 1:00 p.m.

Free of Charge

Instructor: Darci

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

Fun & Games

Bunco

Each Thursday at 2:00 p.m.

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

Cornhole

Each Thursday at 2:15 p.m.

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

Dominoes

Each Monday at 12:30 p.m.

Come and play Mexican Train 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 am – 5:00 pm
 Hours may vary when Ann is traveling
 Office phone: 810-640-8303
 E-mail: aanderson@annsadventures.net
 Website: www.annsadventures.net

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

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

- ⇒ **Oklahoma! – Turkeyville**
Date: Wednesday, May 1, 2024
 Cost: \$88.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Vera Bradley Annual Outlet Sale**
Date: Thursday, May 2, 2024
 Cost: \$85.00 per person
 Departure: 7:00 a.m. from the Clio K-mart
- ⇒ **Senior Power Day**
Date: Wednesday, May 22, 2024
 Cost: \$5.00
- ⇒ **Oil Rush – Petrolia—Musical**
Date: Thursday, May 23, 2024
 Cost: \$125.00 per person
 Departure: 8:45 a.m. from Clio Kmart
- ⇒ **Grandparent's / Grandkids's Trip**
John Ball Park Zoo – Grand Rapids
Date: Thursday, June 27th, 2024
 Cost: \$65.00 per person
 Departure: 8:00 a.m. from Clio Kmart
- ⇒ **Escanaba In Da Moonlight! – Turkeyville**
Date: Tuesday, July 2, 2024
 Cost: \$88.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Mud Hens & Tony Packos**
Date: Wednesday, July 3, 2024
 Cost: \$70.00 per person
 Departure: 2:00 p.m. from the Clio K-mart
- ⇒ **Sweet Soul Music – Petrolia**
A NON-STOP HIT PARADE
Date: Friday, July 5, 2024
 Cost: \$125.00 per person
 Departure: 8:45 a.m. from Clio Kmart
- ⇒ **Bay City Fireworks**
Date: Saturday, July 6, 2024
 Cost: \$45.00 per person
 Departure: 5:30 p.m. from Clio Kmart
- ⇒ **What Springs Forth**
Date: Friday, July 12, 2024
 Cost: \$90.00 per person
 Departure: 12:00 noon from Clio Kmart

Alzheimer's Support Group

Thursday, May 2nd 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!

FASC Support Group

Wednesday, May 8th at 10:00 a.m.

This member led group is open to anyone struggling with depression, isolation or life transitions.

Free Notary Services for Seniors 50 and Older

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

Grief Support Group

Tuesday, May 28th at 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 10th - 9:00 a.m.-12:00 p.m. & 1:00 p.m.-2:00 p.m.

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

Loan Closet

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

Medicare Assistance (MMA)

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

Veterans Coffee Hour

Friday, April 3rd & 17th - 9:30 a.m.

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

Veterans Services

Wednesday, May 22nd - 9:30 a.m. - 3:00 p.m.

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

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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
Karen Herriman, Office Assistant

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p>  <p>9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 1:00 Body Balance & Mobility 2:30 Coffee Talk w/ Dale Weighill 6:00 Poker</p>	<p>7</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/ Charlotte 9:30 Woodshop @ E.C.C. 9:30 Knit/Crochet/Craft 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 2:00 Silver Sneakers</p> <p>CANCELLED: Basic Flow Yoga Gold</p>	<p>1</p> <p>8:00 Exercise Station 9:30 Body Balance & Mobility 9:30 Flushing Artistic Gathering 9:30 Watercolor Basics Class 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Shopping @ Walmart 1:30 Woodshop @ E.C.C. 2:30 Ping Pong</p>	<p>2</p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 2:00 Alzheimer's Support Group 2:00 Bunco 2:30 Don't Get Scammed Presentation CANCELLED: Cornhole, Exercise Station</p>	<p>3</p> <p>8:15 Exercise Station 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p>6</p> <p>9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 1:00 Body Balance & Mobility 2:30 Coffee Talk w/ Dale Weighill 6:00 Poker</p>	<p>7</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/ Charlotte 9:30 Woodshop @ E.C.C. 9:30 Knit/Crochet/Craft 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 2:00 Silver Sneakers</p> <p>CANCELLED: Basic Flow Yoga Gold</p>	<p>8</p> <p>8:15 Exercise Station 9:30 Meet the Candidate: Joe Karfichek 9:30 Flushing Artistic Gathering 10:00 FASC Support Group 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:30 Woodshop @ E.C.C. 2:30 Ping Pong</p>	<p>9</p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station CANCELLED: Basic Flow Yoga Gold</p>	<p>10</p> <p>8:15 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:00 OPC Day Trip 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 White Elephant Bingo 1:00 Legal Assistance 1:00 Mah Jongg 2:30 Ping Pong</p>

<p>13</p> <p>9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 1:00 Make it, Take It Card Class 2:30 Gary Nickel Photography Class 6:00 Poker</p>	<p>14</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 9:30 Woodshop @ E.C.C. 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 1:00 Euchre 2:00 Silver Sneakers 2:00 Woodshop Safety Training @ FASC</p>	<p>15</p> <p>8:00 Exercise Station 9:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:30 Woodshop @ E.C.C. 2:30 Ping Pong 3:15 Pickleball Informational Meeting @ FASC</p>	<p>16</p> <p>9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Strayed Quilters 2:00 Bunco</p> <p>CANCELLED: Exercises for Everyday Living, Basic Flow Yoga Gold, Tai Chi, Cornhole, Exercise Station</p>	<p>17</p> <p>9:00 GDL Used Book Sale 9:00 Shopping @ ALDI 9:30 Fly Tying 9:30 Veterans Coffee Hour 11:30 Congregate Meal 1:00 Penny Bingo</p> <p>CANCELLED: Exercise Station, Body Balance & Mobility, Mah Jongg, Ping Pong</p>
<p>20</p> <p>9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:00 Ladies Spring Tea 12:30 Woodcarving 12:30 Dominoes 2:00 Tech Tutoring w/ Ryan 6:00 Poker</p>	<p>21</p> <p>8:40 Exercises for Everyday Living 9:00 Tech Tutoring w/ Charlotte 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 9:30 Woodshop @ E.C.C. 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 12:30 Senior Women's Book Club 1:00 Euchre 2:00 Silver Sneakers</p>	<p>22</p> <p>8:00 Exercise Station 9:00 Senior Power Day 9:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:00 Woodshop @ E.C.C. 2:30 Ping Pong</p>	<p>23</p> <p>8:40 Exercises for Everyday 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Shopping @ Meijer 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>24</p> <p>9:30 Fly Tying 10:00 Mobile Secretary of State 10:00 Estate Planning Seminar 11:30 Congregate Meal 1:00 Penny Bingo</p> <p>CANCELLED: Exercise Station, Body Balance & Mobility, Mah Jongg, Ping Pong</p>
<p>27</p>  <p>CENTER CLOSED</p>	<p>28</p> <p>8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 9:30 Woodshop @ E.C.C. 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 2:00 Silver Sneakers 2:00 Grief Support Group 7:00 FASC Board Meeting</p>	<p>29</p> <p>8:00 Exercise Station 9:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:30 Woodshop @ E.C.C. 2:30 Ping Pong</p>	<p>30</p> <p>8:40 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p>	<p>31</p> <p>8:15 Exercise Station 9:30 Fly Tying 10:00 Coffee Talk w/ Mayor Karlichek 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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Arts, Crafts, Clubs & Other

Chair Massage

Thursday, May 9th - 12:00 p.m. - 3:45 p.m.

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

Flushing Artistic Gathering

Each Monday & Wednesday at 9:30 a.m.

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

Fly Tying

Each Friday at 9:30 a.m.

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

Gary Nickel Photography Class

Monday, May 13th at 2:30 p.m. - Free of Charge

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

Knit - Crochet - Craft

Each Tuesday at 9:30 a.m.

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

Lending Library

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

Make It, Take It Card Making Class

Monday, May 13th 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 by contacting the Center.

Senior Women's Book Club

Tuesday, May 21st 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 16th 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*

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 - 9:30 a.m. - 12:00 p.m.

Wednesdays - 1:30 p.m. - 4:00 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, May 14th - 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 have written either poems or some type of personal life story or maybe started to write a book.

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.

Flushing Connected

Coffee Talk w/ Mayor Joe Karlichek



Come join us to receive the latest updates as well as ask questions of the Mayor along with representatives of City Council.

**FRIDAY,
MAY 31ST
@ 10:00 A.M.**



Flushing Area Senior Center
106 Elm Street
Flushing, MI 48433
810-659-4735

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



SENIOR MILLAGE RENEWAL INFO

What: The Senior Services Millage is up for a 10-year **renewal**. This is a **renewal** at the current rate (.6852), **not an increase**. The millage provides funds to Genesee County's 16 senior centers as well as a whole host of other services for seniors including:

- In-home personal care/ homemaking services
- Home-delivered meals
- Legal Services
- Adult Day Care
- Elder Abuse and Exploitation Prevention
- Medical Transportation with Liaison Services
- Lawn Care
- Visual and Hearing Impaired Services
- Ramp Construction



When: August 6, 2024 (Primary Election)

*For the average homeowner in Genesee County, the cost of the renewal will remain at just \$4 per month.**

A 'Yes' Vote Means: You want to continue funding the programs and services listed above using the Senior Services Millage.

A 'No' Vote Means: You do not want to continue funding the programs and services listed above using the Senior Services Millage.





For more information, contact Lynn Radzilowski at (810) 424-4478 or by email at AllSeniorServices@geneseecountymt.gov

*Based on the average taxable value of properties in Genesee County in 2023



MAY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

		1	2	3
		Tangerine Chicken Shrimp Fried Rice Winter Blend Veggies Pineapple Cup Margarine Flatbread Milk	Meatloaf w/Gravy Mashed Potatoes Sweet Peas Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice	Pub Burger w/Cheese Leaf Lettuce & Sliced Tomato Cole Slaw Ranch Potato Wedges Fruit Salad Whole Wheat Bun Margarine Milk
Beef Tacos w/HM Pico Vegetable Blend Corn & Black Beans Diced Peache Margarine Milk 	Chef Salad w/Cheese, Tomatoes Ham & Turkey Cole Slaw Fruit Salad Flatbread Dressing 100% Fruit Juice	Chinese Pepper Steak Sicilian Veggie Blend Succotash Fruit Cocktail Brown Rice Wheat Roll Margarine Milk	Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine 100% Fruit Juice 	Baked Herb Pork Chop Green Bean Casserole Sweet Corn Potato Roll Mixed Fruit Cup Margarine Milk
Ravioli W/Beef & Sauce Roasted Brussel Sprouts Steamed Cauliflower Potato Roll Margarine Fresh Pear Milk	Maple-Glazed Chicken w/ Roasted Sweet Potatoes & Broccoli Blend Garlic Bread Mandarin Orange Cup Margarine 100% Fruit Juice	HM Beef Chili Chuck Wagon Blend Italian Vegetables Peach Cup Corn Muffin Margarine Milk	Chicken & Penne Alfredo French Cut Green Beans Diced Carrots Crunchy Breadsticks Fresh Apple Margarine 100% Fruit Juice Birthday Cake 	Glazed Ham Steak Mixed Greens Mashed Sweet Corn Bread Fruit Salad Margarine Milk
Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets Crunchy Bread Stick Fresh Pear Margarine Milk	Roast Beef Slice Veggie Blend Roasted Potatoes Wheat Roll Pear Cup Margarine 100% Fruit Juice	Chef's 	Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Choic Spinach Tortilla Shell Fruit Cocktail Caesar Salad Dre: 100% Fruit Juice Cookie of the Month 	HM Spaghetti & Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine Milk
	Sweet & Sour Chicken Wings French Cut Green Beans Diced Carrots Fresh Pear Bread Stick Margarine Milk	HM Sloppy Joes Garden Pasta Veggie Blend Cauliflower Fresh Apple WG Bun Margarine 100% Fruit Juice	HM Beef Stroganoff Egg Noodles Garlic Veggie Blend Fresh Orange Wheat Roll Margarine Milk	Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chun WG Bun Ketchup & Must 100% Fruit Juice 

PLEASE CALL THE DAY BEFORE 1:00 P.M. TO ORDER LUNCH – (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.

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OPEN 7 DAYS A WEEK
M-F: 10AM-8PM, SAT & SUN: 10AM-6PM




May Birthdays

Kay Adams
Russell Allie
Trudy Anderson
Karin Andrews
Marla Atwell
Jim Augustine
Scott Baker
Richard Barber
Wayne Barber
Jennine Barrett
Rev. James Batcha
Sue Belcher
Sheila Bisaha
Barbara Bishop
Juanita Blaisdell
Jean Blower
Ron Bond
A.J. Brabazon
Elizabeth Brooks
Michele Brown
Kay Bushey
Gerald Byard
Dennis Cady
Mary Cafarelli
Beverly Capua
Jon Care
Debbie Carlson
Judith Chapman
Deborah Collier
Caryle Collins
Craig Conklin
Scott Cragg
Ardath Crandell
Carol Cruz
Garry Cruzen
Rita Dafoe
Bob Davies



Judy Dawson
Robert Dear
Terri Delbridge
Wayne Denkins
Ray Dennie
Diana Desilva
Joyce Devantier
Carol Dewitt
Kathleen Dockter
Paul Dolan
Cathie Draheim
Patricia Dunnigan
Jan Easter
Beth Eck
Dan Elder
Nancy Elsner
Kenneth Engel
Linda Evans
Teresa Exenkemper
Jane Farver
Frances Fisher
Helen Flesher
Elaine Folger
George Forrest
Gloria Foster
Joan Fox
Clarence Frost
Deanna Frye
Sandy Galko
Jarret Gansen
Claudia Garabelli
David Gauthier
George Gawthrop
Lucia Gillette
Steve Golding
Pam Goodwin
Nancy Goyette

Nancy Greenfelder
Susan Haas
Cecil Hahn
Mary Harper
John Hice
Julie Hickok
Brenda Hilliker
Julie Hodges
Barbara Holmer
Donna Howse
Jim Huffman
Joan Huffman
Sally Ingalls
Sonya Jackson
Diane Jerichow
Roger Johnson
Deborah Jones
Kim Jones
Jeanette Jozwiak
Rebecca Katura
Janis Kauzlarich
Carol Kerry
Denise Ketchmark
Charlotte Kidder
Brian Kitchen
Ellin Kohlmann
Wendy Krupp
Carol Labrecque
Curt Lapham
Eugene Lasky
Joseph Ledger
Melvin Lee
Cindy Lewicki
Bonnie Lipinski
Lisa Lorinczi
Beth Lubin
Martin Lueker



Cynthia Kay Luxton
Faye Marenkewicz
Jerry Marenkewicz
Abbie Mars
Judy Martz
Mike Marvin
Greg Matheson
Deanna Mazar
Jeff Meyer
Jerry Morford
John Morrow
Peggy Morse
Raquel Mossman
Shannon Murchie
Mary S. Murphy
Gretchen Murray
Gretchen Murray
Kim Murray
Cindy Nelson
Alger Newberry
Annette Nickel
Chris Nickel
David Oatley
Betty Pierce
Karyn Pilon
Mary Powell
Michelle Puckett
Greg Purzycki-Sova
Robert Ragnone
Bob Ransom
Bruce Ray
Kathleen Rhoads
Cindy Ruddy
Sandi Rundell
Darwin Scherba
Charlene Schotter
Ray Schotter

Suzette Sellers
Stacey Shaheen
Mark Shassberger
Karen Sheets
Kristin Shively
Kathy Shufelt
Beatrice Simmonds
Maryann Simor
Donald Simpson
Margaret Slusser
Greg Smith
Dennis Sopka
Joyce Stafford
Bev Stone
Rhonda Sullivan
Onalee Summers
Robert Sutherby
Douglas Thomas
Mary Thomas
Lisa Thompson
Leigh Triplett
Marcia Turcsak
Valerie Tylus
Kathy Valasek
Charl Vandenbosch
Joanne Vath
Delana Vroman
Chrystal Wells
Debbie White
Howard Whitlock
Marlene Willett
Carol Willy
Leslie Wilson
Martha Wilson
Linda Woodruff

FASC Information

The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com

Center Hours

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

Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

Karen Herriman - Office Assistant

Board of Directors

Michael Stanton - Chairperson - *At-Large Member*

Sharri Willette - Co-Chair - *Flushing Township*

Marie Zuk - Secretary - *City of Flushing*

Sharon Vance - Treasurer - *At-Large Member*

Lois Nickel - *At-Large Member*

Eric Johnson - *City of Flushing*

Sue Leonard - *City of Flushing*

Mary Smith - *City of Flushing*

Richard Wagonlander - *City of Flushing*

Shelley Thompson - *Clayton Township*

Rick Bigelow - *Flushing Township*

Terry Pattillo - *Flushing Township*

Upcoming Board Meetings

◆ Tuesday, May 28th 7:00 p.m.

◆ Tuesday, June 25th 11:00 a.m.

◆ Tuesday, July 23rd 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.

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

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.



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.



Enjoy a Daily Lunch!

Eat In or Pick-up at the Flushing Area Senior Center

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



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

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