



Monthly Publication brought to you by the Flushing Area Senior Center

February
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

COMMUNITY CONVERSATION

CONNECTING WITH OUR COMMUNITY



Hosted by
STATE SENATOR
John Cherry

Sign Up for My
Enewsletters



Monday, February 9 | 10 to 11 AM

Flushing Senior Center
106 Elm St., Flushing, MI 48433

STATE SENATOR JOHN CHERRY | (517) 373-0142 | Sen.JCherry@senate.michigan.gov

PRINTED IN-HOUSE

VALENTINES DAY LUNCHEON

Friday, February 13th
@ 11:30 a.m.

- **FREE GCCARD LUNCH PROVIDED**
 - BAKED FISH IN CREAM SAUCE
 - RICE PILAF
 - VEGGIE BLEND
 - MIXED FRUIT SALAD
 - HAWAIIAN ROLL
 - MILK
- SPECIAL SWEET TREATS
- PHOTO BOOTH
- PRIZES

Reservations
will be
accepted
beginning
February 2nd



Special for you



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: Wednesday, February 18th
Time: 10:00 a.m. - 3:00 p.m.
Location: FASC West Wing
106 Elm St., Flushing



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

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

324 S. Saginaw 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 here at the center on
Wednesday, February 25th.

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

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

RESCHEDULED - FASC Open House

Friday, March 6th - 10:00 a.m. - 11:30 a.m.

You're invited to an Open House celebrating the grand opening of the new "WEST WING" at the Flushing Area Senior Center!

This special event will feature:

- Light refreshments
- Tour of the expanded space
- Highlights of new programs
- A special dedication of the new Coffee Lounge in honor of Marcy LaSalle



Call to RSVP - (810)659-4735

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



**FASC TAX
PREPARATION
SERVICES**



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

1040 Federal & State Filing is only \$75.00!



WWW.FLUSHINGSENIORCENTER.COM

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

Beating the Winter Blues: Tips for Seniors

As the cold winter days continue, some people experience low mood, fatigue, or loss of interest in activities. This is often called Seasonal Affective Disorder (SAD), or the “winter blues.” The good news is there are simple ways to help prevent it.

Get More Light

Sunlight helps regulate mood. Spend time outdoors during daylight hours when possible, or sit near sunny windows. Keeping curtains open during the day can brighten your home.

Stay Active

Gentle exercise such as walking, stretching, or chair exercises can boost energy and improve mood. Even a little movement each day helps.

Stay Connected

Social interaction is important year-round. Call friends, attend community programs, or participate in group activities to avoid isolation.

Eat Well

Nutritious meals and staying hydrated support both physical and emotional health. Try to eat regular meals with fruits, vegetables, and whole grains.

Keep a Routine

Maintaining a daily schedule for meals, sleep, and activities provides structure and gives you something to look forward to each day.

Ask for Help if Needed

If feelings of sadness or low energy last more than two weeks, talk with a healthcare provider. SAD is treatable, and support is available.

With healthy habits and staying connected, winter can be a season of comfort, activity, and well-being.

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Exercise Programs

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Basic Flow Yoga Gold

Tuesdays & Thursdays at 10:00 a.m.

Yoga Mat Required

Free of Charge

Instructor: Rhonda Straley

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

Beginning Line Dancing

Each Monday at 9:00 a.m.

Free of Charge

Instructor: Darci

Learn the basic steps. Focus on simpler dances. Line Dancing provides heart healthy benefits of an aerobic exercise while engaging in a social activity and stimulates the mind!

Body Balance & Mobility

Wednesdays at 9:30 a.m.

& Fridays at 10:30 a.m.

Free of Charge

Instructor: Theresa Landis

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

Chair Volleyball

Tuesdays at 12:30 p.m.

Free of Charge

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

Drums Alive

Mondays & Wednesdays at 11:00 a.m.

Free of Charge

Instructor: Tobi Williams

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

Exercises for Everyday Living

Tuesdays & Thursdays at 8:40 a.m.

Free of Charge - Instructor: Darci

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

Exercise Station - Free of Charge

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

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

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

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

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

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

Pickleball @ E.C.C.

Mondays & Thursdays

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

Free of Charge

All abilities welcome!

Pickleball Informational Meeting

Wednesday, February 18th at 3:15 p.m.

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

Silver Sneakers Stability

Each Tuesday at 2:00 p.m.

Free of Charge

Instructor: Abbie Mars

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

Tai Chi

Each Thursday at 1:00 p.m.

Free of Charge

Instructor: Darci

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

Fun & Games

Bunco

Each Thursday at 2:00 p.m.

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

Cornhole

Each Thursday at 2:15 p.m.

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

Dominoes

Each Monday at 12:30 p.m.

Come and play Mexican Train Dominos.

No experience necessary!

Euchre

Each Tuesday at 1:00 p.m.

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

Hand Knee & Foot

Each Thursday at 9:00 a.m.

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

Jigsaw Puzzles

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

Mah Jongg

Wednesdays & Fridays at 1:00 p.m.

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

Training available by request.

Penny Bingo

Each Friday at 1:00 p.m.

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

Ping Pong

Wednesdays & Fridays at 2:30 p.m.

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

Poker

Each Monday at 6:00 p.m.

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

Samba

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

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

Travel

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:

- * **Lovin' Spoonful**
Date: Saturday, February 7th
Cost: \$88.00 per person
Departure: 4:30 p.m. from the Clio Kmart
- * **The Classic King**
Date: Wednesday, February 11th
Cost: \$90.00 per person
Departure: 1:00 p.m. from the Clio Kmart
- * **Hollywood Nights – Bob Seger**
Date: Friday, February 20th
Cost: \$98.00 per person
Departure: 4:30 p.m. from Clio Kmart
- * **Taste of Broadway – Turkeyville**
Date: Tuesday, February 24th
Cost: \$95.00 per person
Departure: 9:30 a.m. from Clio Kmart
- * **What The Constitution Means To Me**
Date: Wednesday, March 4th
Cost: \$80.00 per person
Departure: 11:00 a.m. from Clio Kmart
- * **Manhattan Dolls – Turkeyville**
Date: Wednesday, March 11th
Cost: \$95.00 per person
Departure: 9:30 a.m. from Clio Kmart
- * **Menopause the Musical 2**
Date: Sunday, March 15th
Cost: \$100.00 per person
Departure: 12:15 p.m. from Clio Kmart
- * **Dial M for Murder – Turkeyville**
Date: Thursday, March 26th
Cost: \$95.00 per person
Departure: 9:30 a.m. from Clio Kmart
- * **Come From Away**
Date: Wednesday, April 1st
Cost: \$80.00 per person
Departure: 11:00 from the Clio Kmart
- * **Murder On The Links**
Date: Wednesday, April 15th
Cost: \$90.00 per person
Departure: 1:00 p.m. from the Clio Kmart
- * **Divine Women 2 – Petrolia**
Date: Thursday, April 23rd
Cost: \$130.00 per person
Departure: 8:45 a.m. from Clio Kmart

Support Groups / Senior Services

Alzheimer's Support Group

Thursday, February 5th 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, February 10th & 24th - 2:00 p.m.

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

Legal Assistance

Friday, February 13th

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, February 6th & 20th - 9:30 a.m.

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

Veterans Services

Wednesday, February 25th - 9:30 a.m. - 2:30 p.m.

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

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



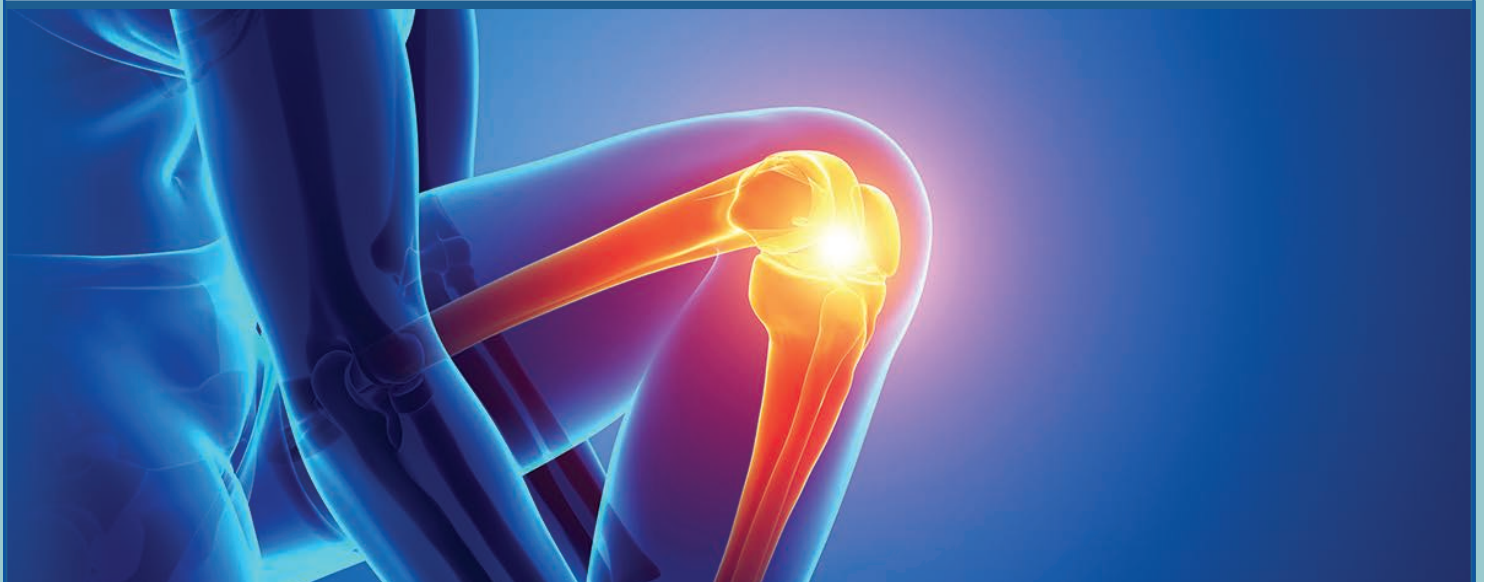
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Office Hours
Monday - Friday
8:00 a.m. - 4:00 p.m.

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
2 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 6:00 Poker	3 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers	4 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Shopping @ Walmart 2:30 Ping Pong	5 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 2:15 Cornhole 2:15 Exercise Station	6 8:00 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
9 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:00 Community Conversation w/Senator Cherry 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 6:00 Flushing Township Planning Commission Meeting	10 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 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group 6:00 Flushing Township Board of Trustees Meeting	11 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong	12 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 11:00 Pickleball @ E.C.C. 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	13 8:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Valentines Day Luncheon 1:00 Penny Bingo 1:00 Mah Jongg 1:00 Legal Assistance 2:30 Ping Pong

16	 <p>HAPPY PRESIDENTS DAY!</p> <p>CENTER CLOSED</p>	17 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlette 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers	18 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:00 Mobile Secretary of State 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:30 Ping Pong 3:15 Pickleball Informational Meeting @ FASC	19 8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	20 8:00 Exercise Station 9:00 Shopping @ ALDI 9:00 SWG Senior Grand Prix @ FASC 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 1:00 SWG Spelling Bee @ FASC 2:30 Ping Pong
23	8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 6:00 Poker	24 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 10:00 Woodshop Safety Training @ FASC 11:30 Exercise Station 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group	25 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 9:30 Veteran Services @ FASC 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong	26 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 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	27 8:00 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

Flushing Area Senior Center

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, February 12th - 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, February 11th & 25th - 1:00 p.m.—3:30 p.m.

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

Flushing Artistic Gathering

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

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

Fly Tying

Each Friday at 9:30 a.m.

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

Knit - Crochet - Craft

Each Tuesday at 9:30 a.m.

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

Lending Library

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

Make It, Take It Card Making Class

Monday, February 9th 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, February 17th at 12:30 p.m.

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

Strayed Quilters

Thursday, February 19th at 12:30 p.m.

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

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

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

Tech Tutoring w/Charlotte & Sawyer - FREE!

Tuesday, January 6th & 20th - 9:00 a.m. - 12:00 p.m.

Friday, February 24th - 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!

Woodshop Safety Training @ FASC

Tuesday, February 24th - 10:00 a.m. - 11:30 a.m.

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

Writers' Group

Each Wednesday at 1:00 p.m.

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

FASC BUS SCHEDULE

SHOPPING @ ALDI

3RD FRIDAY OF EACH MONTH @ 9:00 A.M.

SHOPPING @ BUECHE'S

EACH TUESDAY @ 9:00 A.M.

SHOPPING @ MEIJER - SWARTZ CREEK

4TH THURSDAY OF EACH MONTH

DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.

SHOPPING @ WALMART - CLIO

1ST WEDNESDAY OF EACH MONTH

DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.



Please call the Center at least one day in advance for a ride. Please be ready when the bus arrives. Cancellations should be made by contacting the Center in a timely manner.

The Center retains the right to revoke any rider for any reason from the program.

Our bus is not equipped for wheelchair transportation and our volunteer drivers are not qualified to care for dependent Seniors; therefore, riders must be able to enter and exit the bus without assistance. We are not designated for emergency assistance.

Riders are required to follow all safety regulations when riding on the bus.

Suggested donation per round trip - \$3.00

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



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Lindsay Caterer Zofchak - Owner, Manager



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15-0667

LUNCH TIME!

FEBRUARY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
2	2	2	2	2
Meatloaf w/Gravy Redskin Mashed Potatoes-4 oz. Sweet Green Peas-4 oz. Fresh Apple Multi-Grain Roll Margarine Milk	HM White Chicken Chili-8 oz. Whole Kernel Corn-4 oz. Mini Corn Muffin Pear Cup Margarine 100% Fruit Juice 	Turkey Tetrazzini-8 oz. Chuck Wagon Veggies-4 oz. Key West Vegetable Blend-4 oz. Strawberry Applesauce Potato roll Milk	Sweet & Sour Pork Loin California Blend-4 oz. Rosemary Potatoes-4 oz. Pineapples Dinner Roll Margarine 100% Fruit Juice	Turkey, Ham & Cheese Sub Pasta Salad-4 oz. Baby Carrots-4 oz. WG Bun Mandarins-4 oz. Mayo & Mustard Milk
9	10	11	12	13
Cheese Ravioli w/Meat Sauce Cauliflower-4 oz. Diced Carrots-4 oz. Peaches-4 oz. Potato Roll Margarine Milk	HM Beef Stew-6 oz. w/ Stewed Vegetables Green Beans-4 oz. Warm Peaches-4 oz. Biscuit 100% Fruit Juice	Chicken Parm Sandwich Potato wedges-4 oz. Mixed Veggies-4 oz. Diced Pears-4 oz. WG Bun Margarine Milk 	Potato Soup w/Ham & Bacon-8 oz. Sweet Corn-4 oz. Corn Muffin Fresh Orange Margarine 100% Fruit Juice Cookie of the Month	Baked Fish in Lemon Cream Sauce Rice Pilaf-4 oz. Veggie Blend-4 oz. Mixed Fruit Salad-4 oz. Hawaiian Roll Margarine Milk 
16	17	18	19	20
	HM Sloppy Joes-3 oz. Veggie Blend-4 oz. Cauliflower-4 oz. Golden Apple WG Bun Margarine 100% Fruit Juice	Tangerine Chicken in Stir fry Vegetables-6 oz. Crinkle Cut Carrots-4 oz. Brown Rice-4 oz. Diced Pineapples-4 oz. Potato Roll Margarine Milk	Baked BBQ Chicken Thighs Loaded Potato Salad-4 oz. Southern Green Beans-4 oz. Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake	Artisan Mac & Cheese-8 oz. Stewed Tomatoes-4 oz. Steamed Broccoli-4 oz. Potato Roll Margarine Diced Pears-4 oz. Milk 
23	24	25	26	27
Breaded Chicken Sandwich Diced Potatoes-4 oz. Winter Blend Veggies-4 oz. Apricots-4 oz. Wheat Bun Margarine Milk	Chef Salad w/Turkey, Cheese & Eggs-3 oz. Romaine Lettuce-4 oz. Sliced Cucumbers-4 oz. Fruit Cocktail-4 oz. Flatbread Half 100% Fruit Juice 	HM Goulash-8 oz. Spinach-4 oz. Baby Carrots-4 oz. Fresh Apple Corn Bread Margarine Milk	Chicken & Sausage Jambalaya w/Brown Rice Corn Bake-2 oz. Green Beans-4 oz. Diced Peaches-4 oz. 100% Fruit Juice	Turkey Burger w/ Cheese Leaf Lettuce/Sliced Tomato Cole Slaw-4 oz. Peas & Carrots-4 oz. Fruit Salad Whole Wheat Bun Mayo & Mustard Milk

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

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

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HAPPY, HAPPY, HAPPY BIRTHDAY!!!

FEBRUARY BIRTHDAYS

Linda Adair
Robert Amesbury
Martin Beatenhead
Carol Belford
Terry Bigelow
Michael Bishop
Linda Bjaland
Diane Blower
Dawn Bowman
Ruth Brandes
Angela Brandt
Randy Brigglin
Kaye Brisson
Roy Brown
Lisa Campbell
Marcia Carley
Nancy Chapman
Carol Chappel
Karen Clark
Paula Craney
Charles Davey
Gary Dearing
Janis Denkins
Stephany Diana
Carrie Dickinson
Rick Doerr
Al DuBois

Frank Dumas
Doug Earhart
Rusty Eavy
Betsy Eller
Janise Epperson
Yvonne Etzler
Sue Faris
Marty Ferrara
Carolyn Fitzpatrick
Carol Flowers
Mike Flowers
Debbie Foltz
Tom Forsythe
Lawrence Fortune
Lamont Frazer
Carol Fritz
Deborah Funches
Jennifer Gagne
Michael Gallagher
Marie Gengler
Mac Gentry
John Gillett
Peggy Gonyea
Peggy Gray
Connie Grice
Mary Guthrie
David Ham

Peggy Hammond
Philip Hanna
Valerie Harland
Dave Hendry
Rebecca Herr
Karen Herriman
Barbara Hill
Georgette Howko
Bettie Hunter
Kalus Jackson
Mildred Jackson
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Loren Johnson
Brenda Jordan
Jane Jozsa
Tim Judson
Barb Kanaar
Kevin Keane
Lee Kerry
Michael Kraemer
Rita Kuchar
Carla LaBombard
Connie LaBombard
Roger Laing
Sue Leonard
Barbara Loanman
Debbie Locke

Marcia Loje
Dave Lucas
Mildred MacMain-Prause
Richard Magee
Steve Makranyi
Denise Malone
Anne Mark
Julie Maslak
Sean McCormick
Margaret McLaughlin
Annette McLeod
Bruce McPherson
Hilda McShane
Jamie Meacham
Theresa Medley
Robert Meinzer
Doug Miller
Marguerite Miller
Carol Mitsdarler
Margie Mize
Wendy Morrish
Ruth Nagel
Carrie Nettleton
Barbara Newtown
Joe Okoneski
Robert Oles
Milo Olson

Cheri Palmer
Sharon Papcun
Frann Parker
Jim Payne
Paul Pittenturf
Dolores (Dee) Poindexter
Mary Lou Poniers
Denise Putman
Jill Rajewski
Pamela Redman
Janet Reem
Elizabeth Reger
Cathy Riley
Thomas Rudich
Carol Ruppel
Carla Russell
Dennis Sanborn
Marv Schiefer
Shirley Schiefer
Merril Shaw
Mike Sheets
Dorothy Shuck
Charles Snooks
Debbie Soltys
Noreen Spencer
Frances Stamm
Tom Stevens

Don Stranahan
Janet Sulz
Marcia Thomas
Kathy Thorsby
Ruth Thrash
Ronald Tratas
Michelle VanBuskirk
Veronica Vanitvelt
Richard Wagonlander
Marion Walden
Holly Walker-Herr
Pamela Ward
Betty Way
Ila (Jean) Weirauch
Pamela White
Martha Williams
Sandra Williams
Shelley Wilson
William Wilson
Thomas Wittcock
Dale Wolbert
Kathryn T. Wright
Clarence Yax



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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, March 24th 7:00 p.m.
- ♦ Tuesday, May 26th 7:00 p.m.

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

Our Mission Statement

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

Flushing Area Senior Center

Funding Sources

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

Memorial Donations

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

FASC **Winter Weather** **Closing Policy**

Living in Michigan, we all know that winter weather can shut down our normal activities in a hurry. Because every storm can look different, we would ask you to check the following sources for updates regarding the potential closure of the center:

- * Local TV Stations
- * FASC Website
- * FASC Facebook Site



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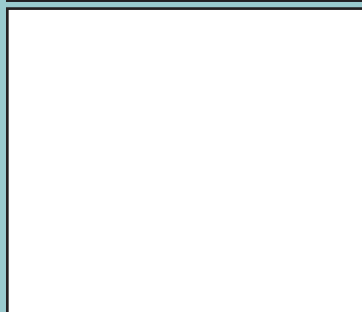
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Other funding sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.



Enjoy a Daily Lunch!

Eat In at the Flushing Area Senior Center

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



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

Reservations are required. Call the Center at 810-659-4735
by 1:00pm the weekday before to place your lunch
reservation. See Page 10 for full menu.