



Monthly Publication brought to you by the Flushing Area Senior Center

AUGUST
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



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



Watercolor Basics

w/Christie Macclomel

Wednesday, August 5th - 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 Beacon



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

NEW
NEW
NEW
NEW

NEW
NEW
NEW
NEW

COLOR & CONNECT

Wednesday, August 5th & 19th @ 12:30 p.m.

Join us for a relaxing adult coloring group. Supplies are provided, and no artistic experience is needed.

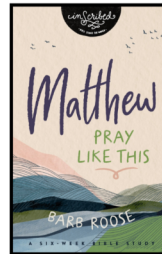
NEW
NEW
NEW
NEW

NEW
NEW
NEW
NEW

Faith & Fellowship

w/Brenda

Tuesday, August 11th & 25th @ 10:00 a.m.



Want to learn more about prayer?
Join Brenda for a study of the book,
Matthew Pray Like This.

Bring your bible as well.

Cost - \$10.00 - Covers cost of book

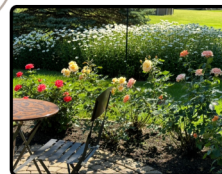
Call the Center to RSVP - (810)659-4735

Garden Tour Adventure

Home of Mike and Connie Stanton

Wednesday, August 12th

(The FASC bus departs the Memorial Healthcare parking lot on Main Street @ 12:45 p.m. and returns around 3:00 p.m.)



- Stroll through Mike & Connie's stunning display gardens
- Gather ideas for your own landscape
- Enjoy a relaxing afternoon with friends!

Cost
Free!

Call to RSVP
(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

Date: Wednesday, August 12th
Time: 10:00 a.m. - 3:00 p.m.
Location: FASC - West Wing
106 Elm St., Flushing

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



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

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Programs / Events / Activities

FASC DAY TRIP

Marjie's Farm



**THURSDAY,
AUGUST 13TH**

(The bus departs the Bueches parking lot @ 9:30 a.m. and returns around 11:30 a.m.)

Members will have an opportunity for a brief tour of the farm as well as shop for produce.

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

**COST
FREE!**



Signs & Symptons of Dementia

w/ Melissa Lee, Nurse Practitioner
Memorial Healthcare Institute of Neuroscience



Thursday, August 13th @ 10:00 a.m.

Discussion Topics Include:

- What dementia is and how it affects the brain
- Common signs and symptoms of dementia
- The difference between normal aging & dementia
- When to seek medical advice

Junk Removal **The JUNKLUGGERS** Sevice Presentation

Thursday, August 13th @ 12:00 p.m.

Come join us for ice cream sundaes while representatives from The Junkluggers discuss the services they provide, including:

- Junk removal during home renovations
- Estate clean-out services
- Appliance removal
- Dumpster rentals
- And more!

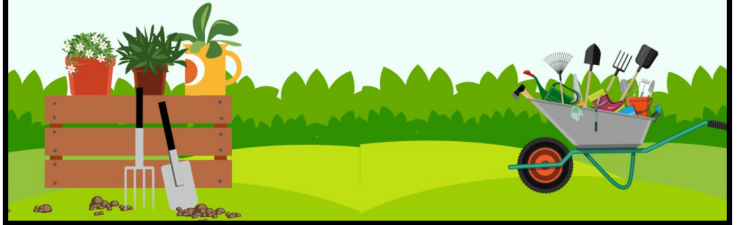
Learn how The Junkluggers can help make decluttering, moving, and clean-up projects easier. There will also be an opportunity to ask questions.



Weeding Party!

Friday, August 14th - 8:00 a.m. to 10:00 a.m.

Come join us anytime between 8:00 a.m. and 10:00 a.m. for a morning of weeding, fresh air and community pride! Coffee & treats will be provided afterward.



COFFEE TALK

w/ Mayor Ed Sullivan

Monday, August 17th @ 2:00 p.m.

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



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



Red Flags of Fraud 🔍

w/ Monica Beach, Educational Foundation Manager
Blue Cross, Blue Shield, Blue Care Network of Michigan

Tuesday, August 18th @ 10:00 a.m.

- Scammers are getting more convincing every day, through phone calls, emails, texts, and more. It's not always easy to tell what's real and what's a scam. The continued progression of AI has only made these attempts all the more difficult to recognize.
- The Better Business Bureau will teach you what current "red flags" to watch for, and provide practical tips to help you protect yourself and your loved ones from fraud.
- This program is presented in partnership with Blue Cross Blue Shield of Michigan and other trusted community partners, working together to keep our community healthy and safe.



**Blue Cross
Blue Shield
Blue Care Network
of Michigan**

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Programs / Events / Activities

FASC DAY TRIP SOARING EAGLE CASINO



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!

**THURSDAY,
AUGUST 20TH**

**COST
\$10.00**

Seating is limited.
Payment secures seat.
Reservations will be
accepted beginning
August 7th.
Call (810)659-4735.

**FASC BUS LEAVES
MEMORIAL HEALTHCARE
PARKING LOT @ 8:30 A.M.
& RETURNS @ 3:30 P.M.**

FASC Gardening Club

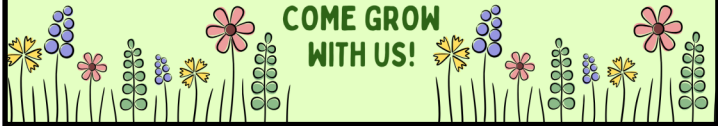
Thursday, August 20th @ 10:00 a.m.

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

Come 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!**



SULLIVAN'S IRISH ALLEY & TRAVEL PRESENTATION

Monday, August 24th
@ 2:00 p.m.

Come join Caron & Ed Sullivan of Sullivan's Irish Alley & Travel as they are promoting a trip to Ireland in April 2027. If you sign up through the center, a portion of the commission comes back to the center!

Go to IRELAND with us NEXT APRIL!

VISITS AND OVERNIGHTS INCLUDE DUBLIN, GALWAY, DONEGAL, BELFAST & DERRY.

We will Venture north for spectacular beauty

Scenic wonders, lively cities, and cozy firesides this tour of Ireland showcases the best of the northern half of the island. Experience walking tours in Galway and Derry, Giant's Causeway, the Game of Thrones Studio Tour, and more.

TOUR STARTS SUN, 18 APR. 2027 in Dublin

TOUR ENDS SAT, 24 APR. 2027 in Dublin

\$1,695 SAVE \$300 Yes!! \$1,395 per person for a limited time!

CALL US ASAP 810-814-9232 810-487-2473

DON'T MISS OUT

ESTATE PLANNING SEMINAR

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

Tuesday, August 25th @ 10:00 a.m.

Come join us 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.

Other Topics Include:

- Wills vs. Trusts
- Power of Attorney
- Lady Bird Deeds
- Potential Elder Abuse

RSVP Deadline
Friday, August 21st
(810)659-4735



SENIOR DAY!

Wednesday,
August 26th
9:00 a.m. - 2:00 p.m.

PARKING &
ADMISSION
ARE FREE!!

TIME	EVENT
9:00 a.m.	Tent Opens
9:00 a.m.	Performance - D.J. John Davis
9:00 a.m. to 12:00 p.m.	Vendor Fair / Coffee & Donut
9:30 a.m.	Performance - Jerry & Mary
10:30 a.m.	Performance - Gary Dixon
11:30 a.m.	Performance - Bryan Dixon
12:30 p.m.	Scavenger Hunt
1:30 p.m.	Free Ice Cream!

All activities under
the community
tent are FREE!!

Need a ride?

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

Cost - \$5.00

Call to reserve your seat!
(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, August 26th.

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

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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

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.

Chair Yoga

Wednesdays @ 1:00 p.m.

Free of Charge

Instructor: Machele 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. Buckets, balls and sticks 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.

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!

NEW!! Total Body Senior Fitness

Mondays @ 5:30 p.m.

Free of Charge

Instructor: Theresa Landis

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. Please bring an exercise mat.

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 West Wing. 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.

Fun & Games

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!

Cornhole

Thursdays at 2:15 p.m.

Looking for new and experienced players to join in our new weekly cornhole 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@annsadvntures.net
Website: www.annsadvntures.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)640-8303.

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

- ⇒ **Annual Summer Picnic!**
Date: Tuesday, August 4th
Cost: \$10.00 per person
Location: Fireman's Park
- ⇒ **Mud Hens & Tony Packos**
Date: Wednesday, August 5th
Cost: \$75.00 per person
Departure: 2:00 p.m. from the Clio K-mart
- ⇒ **Grandparent / Grandkids Annual Trip**
Date: Thursday, August 6th
Cost: \$65.00 per person
Departure: 8:00 a.m. from the Clio Kmart
- ⇒ **Piano Legends – Petrolia**
Date: Tuesday, August 11th
Cost: \$130.00 per person
Departure: 8:45 a.m. from Clio Kmart
- ⇒ **Labor Day Bridge Walk**
Date: Monday, September 7th
Cost: \$70.00 per person
Departure: 2:00 a.m. from Clio K-mart
- ⇒ **Meijer Gardens featuring Chihuly Glass Exhibit**
Date: Tuesday, September 8th
Cost: \$110.00 per person
Departure: 8:30 a.m. from former Clio Kmart
- ⇒ **A Closer Walk With Patsy Cline – Turkeyville**
Date: Wednesday, September 9th
Cost: \$95.00 per person
Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Music of the Beatles – Petrolia**
Date: Wednesday, September 16th
Cost: \$130.00 per person
Departure: 8:45 a.m. from Clio Kmart
- ⇒ **Thunder Bay / Fall Color / Elk Viewing**
Date: Wednesday, October 14th
Cost: \$210.00 per person
Departure: 8:30 a.m. from Clio Kmart

Support Groups / Senior Services

Alzheimer's Support Group

Thursday, August 6th 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, August 11th & 25th - 2:00 p.m.

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

Legal Assistance

Friday, August 14th

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, August 7th & 21st - 9:30 a.m.

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

Veterans Services

Wednesday, August 26th - 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.

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



Pet supply store dedicated to helping rescues, shelters & pet medical needs.

(810) 293-1301
animalrescue99@outlook.com
cloespetsboutique.com

STALEY'S Plumbing, Heating & Air Conditioning, Inc.

121 N. Cherry St. • Flushing
www.StaleyPlumbingHeating.com

(810) 659-5572

Dave Lennox
PREMIER DEALER
LENNOX



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307 E. Main St. Flushing

rossellfh.com

Lindsay Caterer Zofchak - Owner, Manager



Ready - Set - Medicare!



**health
markets**

Andrew Storing
Licensed Insurance Agent
(810) 867-4217
dstoring@HealthMarkets.com
HealthMarkets.com/dstoring

1323 E Main St, Suite 1, Flushing, MI 48433 | Let's talk! Over the phone appointments welcome. No cost, no obligation.

Confused
about
Medicare?

I can help!



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HAND
DELIVERED

133 N. Cherry St., Flushing, MI

Call us today at (810) 659-2020 | www.Paschketchiropractic.com

Choose Chiropractic, your problems won't go away on their own.



**DECKS
PORCHES
RAMPS**



Bossman CONSTRUCTION

6327 W Coldwater Rd Flushing, MI 48433

www.GoBossman.com



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For ad info. call 1-800-950-9952 • www.4lpi.com

Flushing Area Senior Center, Flushing, MI

15-0667

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

Flushing Area Senior Center
106 Elm Street, Flushing, MI 48433
www.flushingseniorcenter.com
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
3 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 11:30 Congregate Meal 12:30 Samba 12:30 Woodcarving 12:30 Dominoes 5:30 Total Body Senior Fitness 6:00 Poker	4 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 2:00 Silver Sneakers	5 8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Watercolor Basics Class 10:30 Pop-up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 12:30 Color & Connect 1:00 Writers Group 1:00 Mah Jongg 1:00 Chair Yoga 1:00 Euchre 1:00 Shopping @ Walmart 2:30 Ping Pong	6 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 11:30 Congregate Meal 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Alzheimer's Support Group 2:00 Bunco 2:15 Cornhole	7 8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:30 Veterans Coffee Hour 9:30 Fly Tying 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong CANCELLED: Body Balance & Mobility
10 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 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:30 Gary Nickel Photography Class 6:00 Poker CANCELLED: Total Body Senior Fitness	11 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 10:00 Faith & Fellowship 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 2:00 Silver Sneakers 2:00 Grief Support Group	12 8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 10:00 Mobile Secretary of State 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 1:00 Chair Yoga 1:00 Writers Group 1:00 Euchre 1:00 Connecting Threads 1:00 Mah Jongg 1:00 Tour - Stanton Gardens 2:30 Ping Pong	13 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 9:30 Tour Marjie's Farm 10:00 Workshop - Signs/Symptoms of Dementia 11:30 Congregate Meal 12:00 Junkluggers Presentation 12:00 Chair Massage 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole	14 8:00 Weeding Party 8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 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

17 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 11:30 Congregate Meal 11:45 Elmcrest/FCOC Shopping Trip 12:30 Woodcarving 12:30 Samba 12:30 Dominoes 1:00 Make It, Take It Card Class 2:00 Coffee Talk w/Mayor Sullivan 5:30 Total Body Senior Fitness 6:00 Poker	18 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 10:00 Red Flags of Fraud Presentation 11:30 Congregate Meal 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:00 Euchre 2:00 Silver Sneakers	19 8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 12:30 Color & Connect 1:00 Writers Group 1:00 Chair Yoga 1:00 Euchre 1:00 Mah Jongg 2:30 Ping Pong	20 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 11:30 Congregate Meal 12:30 Strayed Quilters 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole	21 8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:00 Shopping @ ALDI 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong
24 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 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:00 Sullivan's Irish Alley & Travel Presentation 5:30 Total Body Senior Fitness 6:00 Poker	25 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 10:00 Faith & Fellowship 10:00 Estate Planning Seminar 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 2:00 Silver Sneakers 2:00 Grief Support Group	26 8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Senior Day @ the Fair 9:30 Body Balance & Mobility 9:30 Veterans Services @ FASC 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Connecting Threads 1:00 Mah Jongg 1:00 Chair Yoga 1:00 Euchre 2:30 Ping Pong	27 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 11:30 Congregate Meal 1:00 Tai Chi 1:00 Shopping @ Meijer 2:00 Joint Replacement Seminar 2:00 Bunco 2:15 Cornhole CANCELLED: Texas Hold'em	28 8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:00 FASC Day Trip - Dow Gardens 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
31 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 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 5:30 Total Body Senior Fitness 6:00 Poker				

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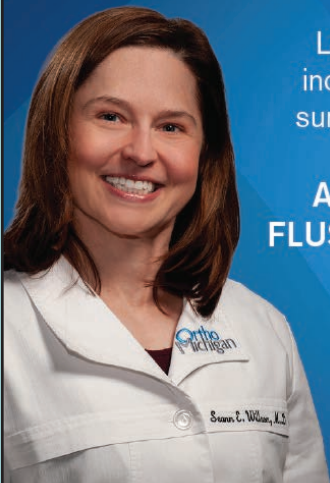
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Flushing Area Senior Center, Flushing, MI

15-0667

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, August 13th - 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.

NEW!! Color & Connect

Wednesday, August 5th & 19th - 12:30 p.m.

Join us for a relaxing adult coloring group. Supplies are provide, and no artistic experience is needed.

Connecting Threads

Wednesday, August 12th & 26th - 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!

Gardening Club

Thursday, August 20th at 10:00 a.m.

Come join us on a monthly basis to connect with friends, learn new gardening tips and enjoy the outdoors together.

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, August 17th 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, August 18th at 12:30 p.m.

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

Strayed Quilters

Thursday, August 20th at 12:30 p.m.

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

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

Tech Tutoring w/Sawyer - FREE!

Friday, August 28th - 10:00 a.m. - 12:00 p.m.

Sawyer can assist with smartphones, laptops, other electronics and basic computer skills. Call to make an appointment. Reservations are accepted on the first business day of the month.

Watercolor Basics w/Christie Macciomei

Wednesday, August 5th @ 9:30 a.m.

Cost - \$10.00

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

Woodcarving

Each Monday at 12:30 p.m.

This group works mostly with bass wood using a variety of carving tools. The group has many experienced woodcarvers willing to share techniques and advice on whatever project you are working on. Newcomers to woodcarving are welcome!

Writers' Group

Each Wednesday at 1:00 p.m.

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

FASC BUS SCHEDULE

Shopping @ ALDI

3rd Friday of each month @ 9:00 a.m.

Shopping @ Bueche's

Each Tuesday @ 9:00 a.m.

Shopping @ Flushing Christian Outreach Center

3rd Monday of each month
Depart from Elmcrest Village Apartments
@ 11:45 a.m. & 12:30 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.

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

Joint Replacement Seminar

w/ Dr. Seann Willson
Board Certified Orthopedic Surgeon

Thursday, August 27th
@ 2:00 p.m.

Dr. Willson is fellowship-trained in lower extremity reconstruction and hip and knee replacement.

She specializes in total knee and hip replacements, as well as partial knee replacements, using the Mako robotic arm-assisted technology.

She has been caring for patients at McLaren Flint since 2008.



Dr. Willson will discuss arthritis, non-surgical treatments for arthritis, when to consider joint replacement, and Mako robotic-assisted surgery. She will also welcome attendees questions.

FASC Day Trip to DOW GARDENS

Friday, August 28th

Includes: bus ride, general admission & guided walking tour Cost \$25.00

Itinerary

- 9:00 a.m. - Depart from Memorial Healthcare parking lot
- 10:00 a.m. - Arrive @ Dow Gardens
- 10:30 a.m. - Guided walking tour
- 12:00 p.m. - Lunch on your own @ Cafe
- 2:30 p.m. - Depart for Flushing

RSVP Deadline - August 21st - (810)659-4735

AUGUST BIRTHDAYS

HAPPY BIRTHDAY

HAPPY BIRTHDAY

Rita Akins	Larry David	Keith Graham	Jeff Johnson	Laura McMahan	Hilda Quijano	Delia Thibodeau
Sandra Alderson	Geraldine DeBolt	Maddie Graham	Rodney Jones	Gordon McPherson	Marrie Raab	Joyce Thomas
Karen Allman	Janice Denton	Juliana Grai	Joy Joseph	Karen Meyers	Daniel Radspieler	Mark Tylus
Anne Anderson	Mary Dietrich	Al Grain	Joe Juhasz	Jimmy Miller	Janet Rankin	Jim Vandyke
Daniel Anderson	Joy Dingman	Michele Gray	Marlene Juhasz	Ralph Mills	Gary Rigiel	Judy Vandyke
Kathryn Andrews	Gregory Disberry	John Haas	Jean Kadlechik	Kathryn Minaudo	Sue Ringle	Darrell Viers
Linda Arnold	Wilma Dortch	Nancy Hager	Kitty Kareus	Marlene Montini	Janis Rizzo	Lata Von Brockdorff
Cathy Asplund	Mary Dresbach	Carol Halk	Emma Kehler	Jean Moore	Margaret Ann Rose	Christine VonFintel
Diana Babieracki	Ruth Ann Dresser	Kay Hall	Nancy Kelley	Martha Morin	Linda Rowland	Warren Vyvyan
Diane Baier	Mary Eaton	Randy Hardy	Laura Kent	Richard Naber	Brian Roy	Betty Wagner
Jeanette Betts	Nancy Edington	Mary Harner	Sharrel Killbreath	Steve Nelson	Sandy Rummel	Dorothy Warren
Sherri Boike	Margaret Elder	Ella Harrington	Mike Kleindler	Mary Nitsos	Edna Sabucco	Noreen Welsby
James Bolen	Nancy Elledge	Tammy Harrington	Nick Kloska	Jon Northrup	David Sanders	Gary Whitmire
Patty Bowen	Tim Fagan	John Hasselbach	Michael Knag	Carole Noye	Dennis Sarka	Janet Wicjorek
Mike Brabbs	Linda Fleck	Debbie Hayes	Gary Kottark	Ruth O'Brien	Brandi Schmidt	Bradley Wiget
Paul Brayan	Gary Flinn	Deborah Hayes	Catherine Kruse	Laurie Okoneski	Lisa Scott	Debbie Williams
Ruth Brown	Karen Florida	Linda Heglas	Janet LaForest	Joanne Osburn	Mary Beth Seaward	Don Wilson
Mariana Bruma	Kimberly Flowers	Gayla Heilbronn	Lisa Lapham	Carrie Otis	Kavos Siavoshnia	Mike Wilson
Larry Burns	Mary Ellen Fox	Kris Henderson	Diana Lawrence	Theresa Page	Vivianne Simpson	Dave Witzman
Barbara Carlin	Douglas Fraser	Wanda Herrington	Tim Lawrence	Ralph Palka	Rhonda Skene	Shelly Wolbert
JoAnn Carpenter	Elaine Freiheit	Rae Lynn Hicks	Dean Lewis	Elena Partlow	Bruce Smith	Leigh Ann Wood
Marcia Carter	Mary Kay Gallagher	Marsha Hildreth	John Linker	Joel Pegley	Constance Smith	Wendy Ylinen
Patsy Clancy	Roxann Gancarz	Charlene Holbic	Christie Macciomei	Linda Perini	Glenn Smith	Dennis Zawol
Gene Cole	Grace Gatzemeyer	Brenda Hollenbeck	Deborah Mageli	Elaine Perry	David Smithkey	Rose Zellar
Mary Cole	Roxanna Gay	Stan Holmes	Sandra Martin	Beth Personett	Sandra Snyder	Denys Zucker
Nancy Compton	Cindy Gentilly	Beth Hughes	Silvia Martin-Duty	Marcia Peterson	Timothy Sodeman	
Donna Comstock-Herman	Cheryl Gillelan	Bob Hughes	Sarah Massimino	Karen Petroff	Sharon Southerby	
Beverly Cousins	Valley Ginn	Ellen Hughes	Jean Mawdsley	Karen Petroff	Gayla Staffne	
Jo Ann Crafts	Maggie Giordano	Valerie Hulet-McCarty	Wilma McCabe	JoAnn Petrowski	Jeffrey Straley	
Colleen Crandell	John Gleason	Laura Ikerd	Jana McCreadie	Mary Pettegrew	Cheryl Struble	
Gail Crandell	Sherry Golding	Leslee Jakeway	Mary McDonald	Margo Phillips	Kristina Supernaw	
Diane Curry	Jan Goldman	Deborah James	Debbie McKillop	Carl Pierce	Dianne Swyrtek	
Maria Czyzio	Karen Gonzalez	Herbert James	Connie McKinney	Genet Pirtle	Ilene Taylor	
Joe Darnell	Gary Goodenough	Emma Marie Jenkins	Debbie McKnight	Pam Plouffe	Jean Terpening	
Robyn Davey	Karen Goodenough	Jeanne Johns	Duff McKnight	Geneva Poe	Ken Teveit	
				Susan Price Selling		

Hello
Summer

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FASC POP-UP FARMERS MARKET

Market Schedule - Rain/Shine
Wednesdays - 10:30 a.m. to 1:30 p.m.

Stop by to shop, connect and support local vendors in a friendly, welcoming space!

FEATURED FARM: **Marjie's Farm**

Open to the public!



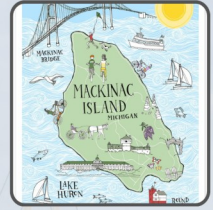
Mackinac Island Day Trip

Thursday, September 10th

Cost: \$74/per person

Itinerary

- Meet at Memorial Healthcare Lot - 5:30 a.m.
- Depart - 6:00 a.m.
- Rest Stop in Grayling
- Board Ferry - 10:00 a.m.
- Arrive on Island - 10:30 a.m.
- Meet at Ferry - 5:00 p.m.
- Depart - 6:00 p.m.
- Rest Stop in Grayling
- Arrive at Memorial Healthcare Lot - 10:00 p.m.



Price Includes

- ✓ Bus ride
- ✓ Ferry Ride

(Times are approximate & subject to change)



Call FASC to RSVP

810-659-4735

Payment Secures Seat



AUGUST CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
BBQ Pulled Chicken Sandwich Italian Blend Vegetables Scalloped Potatoes Diced pears Burger Bun Margarine Milk	HM Mini Beef Tacos 3 oz. Mexican Rice 4 oz. Chuck Wagon 4 oz. Pineapple Tidbits 4 oz. Tortilla Shell (2) 100% Fruit Juice	Chicken Caesar Salad w/Romaine Cucumber Slices Pita Pocket Half Caesar Dressing Pkt. Fruit Cocktail Milk	BBQ Chicken Thighs Southern Style Green Beans Key West veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice	Turkey Burger w/Cheese Broccoli Florets Mixed Vegetables Whole Wheat Bun Tropical Fruit Salad Milk
10	11	12	13	14
Boneless Rib in sauce Baked Beans Peas & Carrots Whole Grain Bun Diced Peaches Milk	Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice	Smothered Fried Chicken Really?! Green Beans Mashed Potatoes Corn Muffin Mandarin Oranges Margarine Milk	Sloppy Joe Rosemary Potatoes Winter Blend Vegetables Wheat Bun Mango & Papaya Margarine 100% Fruit Juice	Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll Margarine Milk
17	18	19	20	21
BBQ Boneless Chicken Wings Whole Kennel Corn Roasted Sweet Potatoes Potato Roll Sliced Peaches Margarine Milk	HM Chicken & Cheese Fajitas Refried Beans Spanish Rice with Corn Tortilla Shell Golden Apple 100% Fruit Juice Taco Sauce pkt	Chef's Choice	Pepper Steak w/Veggies 4 oz. Asian Rice Blend 4 oz. Succotash Veggie Blend 4 oz. Wheat Roll Tropical Fruit Salad 4 oz. Margarine 100% Fruit Juice Birthday Cake	Fish Taco w/HM Roasted Corn Salsa Scalloped Potatoes Cole Slaw Fresh Pear Tortilla shell Lemon Juice pk Milk
24	25	26	27	28
HM Meatloaf w/gravy Rice Pilaf Sweet Peas Tropical Fruit Potato Roll Margarine Milk	Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Ketchup 100% Fruit Juice	HM Beef Goulash Cauliflower Scandinavian Blend Veggies Garlic Roll Fresh Orange Margarine Milk	Open Face Turkey Sandwich Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast Margarine 100% Fruit Juice Cookie of The Month	HM Chicken & Penne Alfredo French Green Beans Diced Carrots Fruit Cocktail Baked Bread Stick Margarine Milk
31				
Turkey Polish Sausage Veggie Blend Potatoe Wedges Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk	Genesee County Community Action Resource Department CARD	VAM Valley Area Agency On Aging Answers, Action & Advocacy for All Things Senior	GENESEE COUNTY MICHIGAN	AUGUST

PLEASE CALL THE DAY BEFORE 1:00 P.M. TO ORDER LUNCH - (810)659-4735

YOU ARE ABLE TO ORDER MULTIPLE DAYS IN ADVANCE!

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

FASC Information

The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com

Center Hours

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

Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

Board of Directors

Michael Stanton - Chairperson - *At-Large Member*

Sharri Willette - Co-Chair - *Flushing Township*

Marie Zuk - Secretary - *City of Flushing*

Sharon Vance - Treasurer - *At-Large Member*

Lois Nickel - *At-Large Member*

Eric Johnson - *City of Flushing*

Sue Leonard - *City of Flushing*

Mary Smith - *City of Flushing*

Richard Wagonlander - *City of Flushing*

Shelley Thompson - *Clayton Township*

Rick Bigelow - *Flushing Township*

Terry Pattillo - *Flushing Township*

Upcoming Board Meetings

⇒ Tuesday, September 22nd 7:00 p.m.

⇒ Tuesday, November 24th 7:00 p.m.

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

Our Mission Statement

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

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.

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LPi Larry Burgett
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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.



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 11 for full menu.