



Monthly Publication brought to you by the Flushing Area Senior Center

JULY
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

Watercolor Basics

w/Christie Macciomel

Wednesday, July 1st - 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

Sojourn



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



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



VITAMINS: WHAT'S ON THE LABEL?

Tuesday, July 14th @ 10:00 a.m.

Join Mr. Tim Messler as he provides an overview of vitamins functions, classification, and specific roles.

The overview will also cover:

- Supplements and drug interactions
- Fat-soluble vs water-soluble vitamins
- RDA vs ODA and much more

FASC DAY TRIP SOARING EAGLE CASINO



THURSDAY,
JULY 16TH

Each passenger receives:

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

COST
\$10.00



Seating is limited.
Payment secures seat.

Reservations will be accepted beginning

July 6th.

Call (810)659-4735.

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

FASC Gardening Club

Thursday, July 16th @ 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!

ELMCREST / FCOC SHOPPING TRIP

FASC is now offering monthly shopping trips from Elmcrest Apartments to the Flushing Christian Outreach Center.

Trips will take place on the third Monday of each month at 11:45 a.m. & 12:30 p.m.

As with all local trips, the Flushing Area Senior Center suggests a \$3.00 donation per round trip.

Participants must contact the Flushing Area Senior Center at (810) 659-4735 to register.

Next Trip
Monday, July 20th



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Programs / Events / Activities



ELDER SCAMS SEMINAR

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

WHEN: **Tuesday, July 21st @ 10:00 a.m.**

WHERE: **Flushing Area Senior Center**

Come join us as Seth shares:

- *The different types of scams that are being used.
- *How to protect yourself from becoming a victim.
- *What resources are available to victims.

Please RSVP by Friday, July 17th



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TOPICS INCLUDE

Types of Scams being used to Target Seniors

How To Spot a Scam

Resources Available to Scam Victims

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



Downsizing 101

w/Lisa Burgess

Thursday, July 23rd @ 10:00 a.m.



Come join us as Lisa provides practical strategies for decluttering, organizing, and letting go of unwanted and/or sentimental items at your own pace.



Benefits to downsizing: lowers fall risks, enhances emotional well-being, provides for easier upkeep, and simplifies estate planning.



FASC DAY TRIP!



Horrocks Farm Market is a family owned and operated business in Lansing. They offer fresh produce, gourmet coffee, candy, beer, wine & a full nursery and floral department.

Friday, July 24th
Cost: \$10.00

Limited Seating. Payment secures your seat.
Reservations accepted beginning July 6th.
(810)659-4735

FASC bus leaves Memorial Health Care parking lot at 9:30 am. Returns approximately at 1:30 p.m.



FASC KAYAK TRIP!

Monday, July 27th
9:00 a.m. - 1:00 p.m.

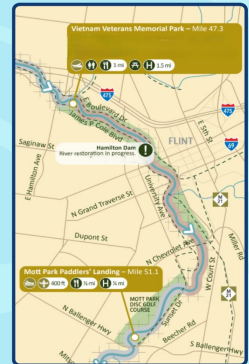
Itinerary

- 9:30 a.m. Arrive at Vietnam Veterans Memorial Park
- 10:00 a.m. Guided Trip Begins
- 12:00 p.m. Arrive at Mott Park Paddlers' Landing
- 12:30 p.m. Bus Departs for Flushing

COST
\$35.00

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

Call (810) 659-4735 to RSVP by Monday, July 20th.
Bus loading begins at 9:00 a.m. at the Memorial Healthcare parking lot.



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Programs / Events / Activities



DONATE BLOOD

Monday
July

27

10:30 AM - 3:00 PM

Helpful tip:
Make sure to eat a healthy meal and drink plenty of water before donating.

For eligibility questions please call 866-642-5663

Flushing Area Senior Center Community Blood Drive!

106 Elm St.
Flushing, MI 48433

APPOINTMENTS PREFERRED
-Call 866-642-5663
-Visit versiti.org/mi
-Or scan the QR code below

*Walk-ins welcome, as schedule allows!

All donors will receive a \$10.00 travel gift certificate that may be used on any center-sponsored day trip!



DETROIT TIGERS BASEBALL Game

Wednesday,
July 29th
Cost:
\$60.00

CALL
810-659-4735
TO RSVP

TIGERS VS ORIOLES

Bus will leave Memorial Healthcare parking lot at 10:00 a.m. Game starts at 1:10 p.m. Seats are in shade but it's always a good idea to wear sunscreen.

Comerica Park is cashless. You must have credit card to purchase food or convert your cash to a card via machines located in concourse. Cost includes bus ride and entry ticket to game. Payment secures seat.

VA's Connected Care / Telehealth Presentation

w/ Laurel Nowak

Thursday, July 30th
@ 10:00 a.m.

CALLING ALL VETS! Come join us as Laurel assist Veterans with My Healthy Vet sign in changes and education about Telehealth benefits, programs, devices and access to Telehealth appointments.

Call (810)659-4735 to RSVP

FASC DAY TRIP

VIETNAM VETERANS MOVING WALL

Friday, July 31st
10:30 a.m. - 1:30 p.m.
Blue Bell Beach

FASC bus leaves Memorial Healthcare parking lot @ 10:30 a.m. and returns approximately @ 1:30 p.m.

FOOD TRUCKS ON SITE - CASH/CARD

FREE FOR VETERANS AND ONE GUEST

Call (810)659-4735
to RSVP.



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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: Mabelle 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.

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.

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.

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)640-8303.

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

- ⇒ **Bay City Fireworks**
 Date: Saturday, July 4th
 Cost: \$50.00 per person
 Departure: 5:30 p.m. from Clio Kmart
- ⇒ **Escape To Margaritaville -Turkeyville**
 Date: Thursday, July 9th
 Cost: \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **The Henry Ford Museum
 Freedom Plane National Tour**
 Date: Friday, July 10th
 Cost: \$85.00 per person
 Departure: 8:00 a.m. from the former Clio Kmart
- ⇒ **Lancaster – Joshua # 1**
 Date: Monday, July 13th to Thursday, July 16th
 Cost: \$740.00 per person double occupancy
 Deposit \$140.00 per person
 Final payment due: June 1st
- ⇒ **Good Vibrations – Petrolia #2**
 Date: Friday, July 17th
 Cost: \$130.00 per person
 Departure: 8:45 a.m. from Clio Kmart
*****Passport or MI Enhanced Driver License required*****
- ⇒ **Emma's Wedding(s)**
 Date: Wednesday, July 29th
 Cost: \$90.00 per person
 Departure: 1:00 p.m. from the Clio Kmart
- ⇒ **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
- ⇒ **Labor Day Bridge Walk**
 Date: Monday, September 7th
 Cost: \$70.00 per person
 Departure: 2:00 a.m. from Clio K-mart
- ⇒ **A Closer Walk With Patsy Cline – Turkeyville**
 Date: Wednesday, September 9th
 Cost: \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart

Alzheimer's Support Group

Thursday, July 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

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, July 14th & 28th - 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, July 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 / 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, July 17th - 9:30 a.m.

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

Veterans Services

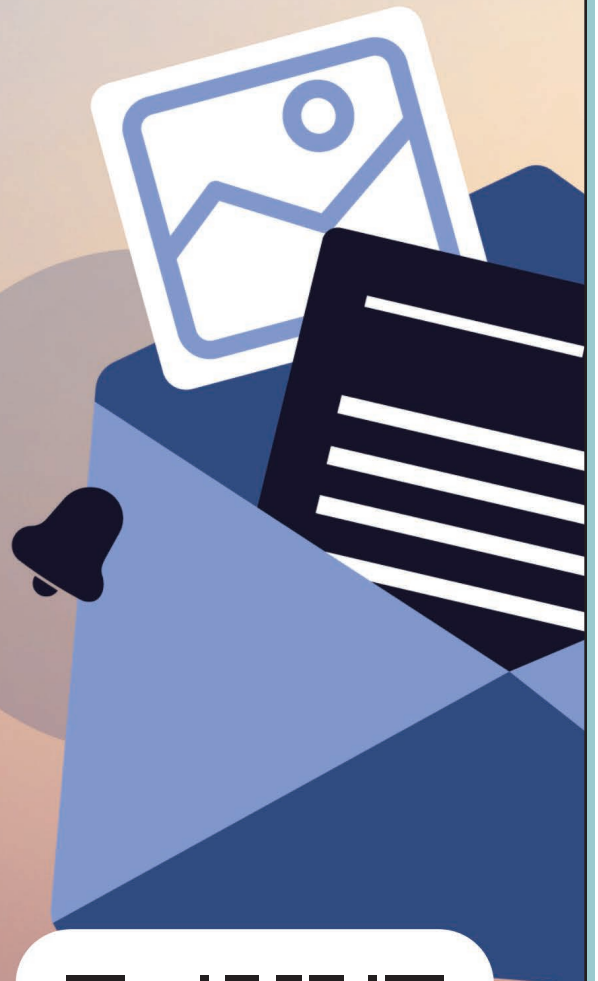
Wednesday, July 29th - 9:30 a.m. - 2:30 p.m.

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

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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<p>13</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Samba 12:30 Dominoes 2:30 Gary Nickel Photography Class 5:30 Total Body Senior Fitness 6:00 Poker</p>	<p>14</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 10:00 Vitamins/Supplements Presentation 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 2:00 Silver Sneakers 2:00 Grief Support Group</p>	<p>15</p> <p>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 1:00 Writers Group 1:00 Chair Yoga 1:00 Euchre 1:00 Mah Jongg 2:30 Ping Pong</p>	<p>16</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 8:30 Soaring Eagle Casino Trip 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 10:00 Gardening Club 11:30 Congregate Meal 12:30 Strayed Quilters 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole</p>	<p>17</p> <p>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</p>
<p>20</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:30 Congregate Meal 11:45 Elmcrest/FCOC Shopping Trip 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 1:00 Make It, Take It Card Class 5:30 Total Body Senior Fitness 6:00 Poker</p>	<p>21</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 10:00 Elder Scam Seminar 11:30 Congregate Meal 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:00 Euchre 2:00 Silver Sneakers</p>	<p>22</p> <p>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 1:00 Writers Group 1:00 Connecting Threads 1:00 Mah Jongg 1:00 Chair Yoga 1:00 Euchre 2:30 Ping Pong</p>	<p>23</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 10:00 Downsizing Workshop 11:30 Congregate Meal 1:00 Tai Chi 1:00 Shopping @ Meijer 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole</p>	<p>24</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:00 Weeding Party @ FASC 9:30 Fly Tying 9:30 Horrock's Day Trip 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p>27</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 9:00 FASC Kayak Trip 10:30 FASC Blood Drive 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</p>	<p>28</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 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 Grief Support Group 2:00 Silver Sneakers 7:00 FASC Board Meeting</p>	<p>29</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 10:00 Detroit Tigers Game 10:30 FASC Pop-up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Chair Yoga 1:00 Euchre 2:30 Ping Pong</p>	<p>30</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Connected Care Presentation 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 Bunco 2:15 Cornhole</p>	<p>31</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:30 Fly Tying 10:00 Tech Tutoring w/Sawyer 10:30 Body Balance & Mobility 10:30 FASC Day Trip - Moving Wall 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>



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Lindsay Caterer Zofchak - Owner, Manager



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dstoring@HealthMarkets.com
HealthMarkets.com/dstoring

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about
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Arts, Crafts, Clubs & Other

Chair Massage

Thursday, July 9th - 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, July 8th & 22nd - 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, June 16th 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, July 20th 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, July 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, July 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*

Tech Tutoring w/Sawyer - FREE!

Friday, July 31st - 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.

Watercolor Basics w/Christie Macciomei

Wednesday, July 1st @ 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.

FLUSHING AREA SENIOR CENTER POP-UP FARMERS MARKET



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

Market Schedule - (Rain or Shine)

Wednesdays from 10:30 a.m. to 1:30 p.m.
Beginning May 27th / Ending October 21st

Open to seniors and the entire community!

FEATURED FARM:

Marjie's Farm



Accepted Payment Methods:



FASC, 106 Elm Street, Flushing

What You'll Find:

- Fresh produce
- Health & wellness resources

HAPPY BIRTHDAY

JULY BIRTHDAYS



- | | | | | | | |
|------------------|--------------------|-------------------|-------------------|---------------------------|----------------------|--------------------|
| Karen Acha | Timothy Cassady | Kenneth Freeman | Emily Kahlstrom | Josalyn Moore | Veronica Robinson | Fred Thorsby |
| Martha Allie | Renaе Chambry | Dale Fulkerson | Meri Beth Kerns | Sherry Moore | Susan Roy | Barry Travis |
| Nancy Anderson | Cheryl Childers | Harry Garrison | Kim Kesel | Susan Murdie | Debbie Ruppel | Polly Vance |
| Julia Asselin | Virginia Churchill | James Gay | Valerie Kish | Adrienne Nance | Sue Sabourin | Sharon Vance |
| Paul Atkins | Curtis Collier | Jacqueline Giles | Judy Klette | Gary Nelson | Rosalind Salbenblatt | Jerry Vanderstelt |
| Timeka Atkins | Randy Conat | Carl Glover | Peggy Klock | Emma Nitsos | Diane Sanders | Pam VanRaedonck |
| Madonna Aubrey | Bonnie Cruzen | Debbie Glover | Beth Kotlark | Len Norris | Patricia Sartor | Cheryl Voss |
| Barbara Bailey | Harry Cybulski | Marilyn Gogas | Tammy Langston | Kenneth Nowak | John Schaar | Shawn Wascher |
| Valerie Baker | Nick Daddario | Marjorie Goza | Terry Laurie | Patricia Noyle-Schoenherr | Lori Schaeffer | Mary Weaver |
| Patricia Baldes | Cathy Daly | Rosie Grain | Dorothy Lemieux | Nancy Olson | Reta Schafer | Connie Wellman |
| Steven Banwell | Gloria Davis | Linda Green | Ron Letts | Judy Orbon | Allyn Schultz | Lynne Welsby |
| Alan Basner | Clarence Decker | Robin Groff | Richard Lewis | George Pajtas | Becky Schultz | Peggy Wescott |
| Janeane Bastien | Carla DeLarosa | Regan Guevara | Shelly Lewis | Paula Pankotai | Brian Schutte | Patricia White |
| Dennis Beals | Nick DeVantier | Sherry Handa | Patricia Leyva | Kristine Parkinson | Charlotte Seehafer | Susan White |
| Jeannette Bedell | Phyllis Disberry | Melva Harris | Jean Liwak | Mary Parks-Deason | Veronika Serna | Bruce Williams |
| Susan Beggs | Diane Dove | Brenda Hartley | Carol Lizzio | Alta Parsons | Nancy Shell | Trishanda Williams |
| Julie Bemis | Linda Dupuis | Mary Haywood | Annette Lucky | Vince Pattillo | Marsha Shilling | Janice Wilson |
| Sharon Blaisdell | Linda Dupuis | Greg Helinski | Dale Massey | Doug Pearce | Rosanne Slagor | Marjorie Wilson |
| Mick Bowers | Deanna Durbin | Kip Hogan | Sharon Masterson | Shirlee Peterson | Sheila Smith | Helen Woodke |
| Tim Bradish | Durwood Dyer | Brenda Holmes | Rett McAllister | Barbara Pethers | Nancy Somers | Beverly Woods |
| Doretha Bright | Denise Eggert | Judy Hummel | Eureka McCormick | Randee Pieper | Pam Staley | Tammy Workman |
| Janet Bright | James Estes | Dawn Hyde | Tina McGinnis | Rosan Polk | Connie Stanton | Nancy Yeckl |
| Leigh Brisbin | Bonnie Farrow | Suzanne Jackovich | Mary McPhillimy | Kathleen Powell | Peggy Stein | John Young |
| Nancy Brown | Toba Feiner | Kelly Jacobs | Elizabeth Melchor | Carrie Anne Pummill | Mary Jo Sterling | |
| Shelley Burner | Julius Ferrara | Lisa Janson | Lawrence Melchor | Mark Purzycki-Sova | Virginia Stratton | |
| Paula Caras | Mary Ann Ferrara | Melanie Jillson | Olivia Michaelou | Flora Radspieler | James Strauss | |
| Steve Carlson | Larry Fidler | Judy Johnson | Jim Millan | Brian Reed | Susan Sullivan | |
| Chuck Carter | Theresa Fournier | Linda Johnson | Robert Miller | Larry Renner | Larry Szczepanik | |
| Teresa Cassady | Margaret Fox | Jerry Kadlechik | Joyce Mitchell | Richard Richardson | Jane Thoms | |



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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Call the GHP Medicare Hotline: 810-339-6363.

CENTURY 21




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PROJECT

The Senior Project Fresh Program is once again providing financial assistance valued at \$25.00 per eligible person/per county for the purchase of fresh, nutritious fruits and vegetables grown in Michigan. Benefits may be used at any authorized farmers market or roadside stand, including our weekly Pop-Up Farmers Market beginning May 27th. This program is available to low-income seniors age 60 and older who reside in Genesee County and meet the following household income guidelines: Individual household of : \$28,952.50 or less. Couple household of \$39,127.50 or less.












Participants can access the online application through either a mobile application (app) or a web application (see link) <https://www.healthytogether.co/onboarding/michigan-sfmrnp>

Feel free to contact the center if you need any assistance - (810)659-4735.

FRESH

JULY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled Chicken Sandwich Chuck Wagon Vegetables Chopped Broccoli WG Bun Mixed Fruit Cup Margarine/Mayo Milk	2 Italian Grinder Wrap w/Pepperoni, Salami & Ham Lettuce, tomatoes, onions Pasta Salad Diced Pineapples Tomato Tortilla Italian Dressing Packet 100% Fruit Juice	3 
6 Meatball Sub w/cheese Sweet Peas Mashed Potatoes Sub Bun Fruit Cup Margarine Milk	7 Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Pears Wheat Roll Salad Dressing 100% Fruit Juice 	8 Tangerine Chicken w/Rice Green Beans Diced Carrots Hawaiian Roll Applesauce Fortune Cookie Milk	9 HM Stuffed Peppers Sliced Beets Cauliflower Pineapple Tidbits WW Roll Margarine 100% Fruit Juice 	10 Chinese Pepper Steak w/R Succotash Mixed Fruit Cup Potato Roll Margarine Milk
13 Smothered Chicken Breast Lima Beans Mashed Potatoes Corn Muffin Fresh Apple Margarine Milk	14 Turkey Tetrzzini Veggie Blend Steamed Broccoli Dinner Roll Pineapples Margarine 100% Fruit Juice	15 Chef's Choice 	16 Turkey & Cheese Sub HM Antipasto Pasta Salad Fresh Cauliflower WG Bun Tropical Fruit Salad Birthday Cake 100% Fruit Juice	17 Mac & Cheese French Cut Green Beans Corn Potato Roll Margarine Fresh Pear Milk 
20 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail Milk 	21 BBQ Pulled Pork Cole Slaw Baked Beans Wheat Bun Peaches 100% Fruit Juice	22 Fiesta Lime Chicken Roasted Corn & Black Beans Brown Rice Peaches Flatbread Margarine Milk	23 Philly Chicken w/Cheese Diced Potatoes Riviera Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine-Cookie 100% Fruit Juice 	24 Oven Fried Fish Baked Mac & Cheese Tomatoes & Zucchini Dinner Roll Diced Peaches Margarine Milk
27 HM Deluxe Fried Rice w/ Beef, Chicken, Ham, Shrimp & Peas and Carrots Steamed Broccoli Fresh Orange Breadsticks Margarine Milk	28 Steak Fajitas  Spanish Rice Black Beans Mandarin Oranges Tortilla Shells-2 Sour Cream 100% Fruit Juice	29 BBQ Chicken Legs Potato Salad Southern Green Beans Pineapples Sweet Roll Margarine Milk	30 Ravioli w/Chicken & Sauce Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine 100% Fruit Juice	31 Polish Sausage Battered Potatoes Sliced Carrots WG Hotdog Bun Strawberry Applesauce Margarine & 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!**

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, July 28th 7:00 p.m.

⇒ Tuesday, September 22nd 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.

SENIOR SPOTLIGHT

Dear Friends,

The Genesee County Board of Commissioners is committed to helping residents access services that protect their homes, property, and personal information.

Through the Office of the Genesee County Clerk-Register, Genesee County residents have access to *Property Fraud Alert*, a free and easy-to-use online subscription service that monitors activity within the Clerk-Register's Office. Once enrolled, residents can have their name monitored for recorded documents that may affect their property.

As mortgage fraud and identity theft crimes continue to rise, property owners may not always know right away when suspicious or fraudulent activity has occurred. In some cases, victims are unaware that someone has attempted to use their identity or file documents connected to their home or property.


Property Fraud Alert serves as an early warning system. While it does not, by itself, prevent fraud, it can notify property owners when a document is recorded under their name, giving them the opportunity to review the activity and take appropriate action if anything appears suspicious.

Signing up is free and simple. Residents may enroll by visiting PropertyFraudAlert.com. Once you are on the site, you can click on "Michigan" and then "Genesee County."

They will only ask for your name and contact information.

The Board of Commissioners encourages residents to take advantage of this free service as one more way to help protect one of your most important assets: your property.

In service,
Dale K. Weighill



Dale K. Weighill
Commissioner - District 8

810-341-3085 DWeighill@GeneseeCountyMI.gov



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FLUSHING AREA SENIOR CENTER
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These programs and/or services are fully or partially funded by the Genesee County Senior Millage funds. Your tax dollars are at work! Other funding sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.



Enjoy a Daily Lunch!

Eat In at the Flushing Area Senior Center

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



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

Reservations are required. Call the Center at 810-659-4735
by 1:00pm the weekday before to place your lunch
reservation. **See Page 11 for full menu.**