



Monthly Publication brought to you by the Flushing Area Senior Center

FEBRUARY  
2024

*Our*  
**Perspective**  
**for the 50+ generation**

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



## Programs / Events / Activities

# coffee talk



With : **County Commissioner Dale Weighill**

**Monday, February 5th @ 2:30 p.m.**

**Come join us to receive the latest county updates as well as ask questions of the Commissioner.**



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

## Medilodge of Montrose Lunch & Learn

Tuesday, February 6th @ 12:00 p.m.

### Guest Speakers

McLaren Homecare/Hospice & Mannor Law

**Medilodge will provide lunch, drinks & dessert for anyone in attendance.**

Come join us to learn more about Medilodge of Montrose and planning for your future.



**RSVP DEADLINE WEDNESDAY, JANUARY 31ST**

## FREE TECH TUTORING

WITH CHARLOTTE

TUESDAY, FEBRUARY 6TH & 20TH  
9:00 A.M. - 12:00 P.M.

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



### SHE CAN ASSIST WITH:

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

Do you have tech questions?

Join Charlotte for a 1 on 1 session!



MICHIGAN SECRETARY OF STATE  
**MOBILE OFFICE IS COMING TO YOU**

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



First-time Michigan ID



Renew driver's license or ID



Transfer title



Apply for/renew disability placard



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

Date: Friday, February 9th  
Time: 10:00 a.m. - 3:00 p.m.  
Location: FASC Annex  
106 Elm St., Flushing



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



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## Programs / Events / Activities

**FASC PRESENTS**

# Valentine's Celebration

**Wednesday, February 14th**  
5:30 p.m. - 7:30 p.m.

**MUSIC | FOOD | FUN**

Menu: Apple Bourbon Chicken Thighs, Herbed Rice Pilaf, Roasted Carrots, Strawberry Spinach Salad, Fruit Tray, Dinner Rolls, Chocolate Mouse


**COST: \$18.00 PER PERSON**

**RSVP DEADLINE**  
**WEDNESDAY, FEBRUARY 7TH**  
810-659-4735




# Flushing Connected

## Coffee Talk w/ Mayor Joe Karlichek



**FRIDAY, FEBRUARY 23RD**  
**@ 10:00 A.M.**


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



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

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

# FREE TECH TUTORING



**Monday, February 26th**  
2:00 p.m. - 5:00 p.m.

**w/ Ryan!**

**YOU'VE GOT TECH QUESTIONS? RYAN'S GOT ANSWERS!**


For Appointment, Call: (810)659-4735

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Also:

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- Facebook
- Zoom
- Any other computer skill



**GENESEE DISTRICT LIBRARY**



## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

1101 Beach 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:

- **Agent Orange** - Information describing what Agent Orange is, who may have been exposed, health problems and conditions related to agent orange exposure, compensation, and how to get more information.
- **Burial Allowance** - Information describing what the VA burial allowance is, who is eligible, how much the VA pays, how to apply, and other related benefits.
- **Disability Compensation** - Information describing what the VA disability compensation program is, who is eligible, how to apply, and other disability compensation related benefits.
- **Former POW** - Former Prisoners of War historical data, compensation, medical care, and how to get more information.
- **Persian Gulf Veterans** - Persian Gulf veterans physical examination and special eligibility for follow-up care, statistics, compensation, and how to get more information.
- **PTSD (Post-Traumatic Stress Disorder)** - Information about what Post-Traumatic Stress Disorder is, Vet Centers, Medical Center Programs, National PTSD Center, and how to get more information.
- **VA Home Loans** - Information about how to apply, update a Certificate of Eligibility, or get information on the processing of your loan.

### VETERANS 50 YRS & OLDER

You can schedule an appointment at the Department of Veterans Services Office **or** one of the following designated senior activity centers to assure you are receiving all of the benefits you are entitled to.

**Clio Senior Center**  
(810)687-7620

**Davison Area Senior Center \*\*\***  
(810)658-1566

**Flushing Area Senior Center \*\*\***  
(810)659-4735

**Grand Blanc Senior Center \*\*\***  
(810)695-3202

**Loose Senior Center**  
(810)735-9406

**Swartz Creek Area Senior Center \*\*\***  
(810)635-4122

(\*\*\* Appointments available every other month.)

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

## Valentine Words

E E O C D B T R A E H T E E W S H G R  
 O R J U N E R G B H G S M H R S T N A  
 E I R S P M A I C E T F Q E I O N I E  
 T S K U E I E R F A R N R R O S N L B  
 A E I O N N H D P I N K E R I P E R Y  
 L D S R D E D A E S O H E E D U C A D  
 O R S O E S D N S W C R E E T R S D D  
 C O E M A O D E Y A I B V E O R L H E  
 O S S A R S N N N M G O E M R S U G T  
 H E N E M R H D D D T T A L I E V O L  
 C S S S E I Y A I I V N T E O T C B F  
 O H G D N S T P O S C Z V A M V U F R  
 C U N M T E U N N E M B R A C E E Y E  
 H E L E R C D N O I T C E F F A D D D  
 T I E C E C A N D L E L I G H T P W V  
 A W E S D R I B E V O L T E U Q U O B  
 S S S R E W O L F K E J E W O R R A X  
 V E U D M C A R D S X F E B R U A R Y  
 R C B U R E H C Y E N O H E S R M K Z

### Word List:

ADORE	AFFECTION	AMOROUS	ARROW
BELOVED	BEMINE	BOUQUET	CANDLELIGHT
CANDY	CARDS	CHERISH	CHERUB
CHOCOLATE	CUPID	DARLING	DEAR
DESIRE	DEVOTION	EMBRACE	ENDEARMENT
FEBRUARY	FLOWERS	FOURTEENTH	FRIENDS
HEART	HONEY	HUGS	KISSES
LOVE	LOVEBIRDS	PINK	POEM
RED	ROMANCE	ROSES	SECRETADMIRER
SWEETHEART	SWEETS	TEDDYBEAR	TENDERNESS

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# Exercise Programs

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## **Basic Flow Yoga Gold**

**Tuesdays & Thursdays at 10:00 a.m.**

**Yoga Mat Required**

**Free of Charge**

Instructor: Rhonda Straley

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

## **Body Balance & Mobility**

**Each Friday at 10:30 a.m.**

**Free of Charge**

Instructor: Theresa Landis

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

## **Drums Alive**

**Mondays & Wednesdays at 11:00 a.m.**

**Free of Charge**

Instructor: Tobi Williams

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

## **Exercises for Everyday Living**

**Tuesdays & Thursdays at 8:40 a.m.**

**Free of Charge** - Instructor: Darci

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

## **Exercise Station - Free of Charge**

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

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

- Wednesdays - 8:15 a.m. - 10:45 a.m.

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

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

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

## **Line Dancing**

**Each Monday at 9:00 a.m.**

**Free of Charge**

Instructor: Darci

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

## **Pickleball @ E.C.C.**

**Mondays & Thursdays**

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

**Free of Charge**

All abilities welcome!

## **Pickleball Informational Meeting**

**Wednesday, February 7th at 3:15 p.m.**

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

## **Silver Sneakers Stability**

**Each Tuesday at 2:00 p.m.**

**Free of Charge**

Instructor: Abbie Mars

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

## **Tai Chi**

**Each Thursday at 1:00 p.m.**

**Free of Charge**

Instructor: Darci

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

# Fun & Games

## **Bunco**

**Each Thursday at 2:00 p.m.**

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

## **Cornhole**

**Each Thursday at 2:15 p.m.**

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

## **Dominoes**

**Each Monday at 12:30 p.m.**

Come and play Mexican Train Dominoes.

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 am – 5:00 pm  
Hours may vary when Ann is traveling  
Office phone: 810-640-8303  
E-mail: [aanderson@annsadventures.net](mailto:aanderson@annsadventures.net)  
Website: [www.annsadventures.net](http://www.annsadventures.net)

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

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

- ⇒ **Steve Solomon's Cannoli, Latkes & Guilt!**  
... the therapy continues  
Date: Saturday, February 3, 2024  
Cost: \$95.00 per person  
Departure: 12:00 p.m. from Clio Kmart
- ⇒ **Wicked # 2 New!**  
Date: Wednesday, February 7, 2024  
Cost: \$132.00 per person  
Departure: 4:00 p.m. from the Clio Kmart
- ⇒ **Australia's Outback to New Zealand Updated Info!**  
**Dates: February 14, – March 4, 2024**  
Cost: \$9,948.00 per person double occupancy  
Deposit: \$1,297.00 per person  
Insurance included in price (valued at \$599.00)  
Final payment due: December 16, 2023
- ⇒ **A Little More Alive**  
**Date: Wednesday, March 6, 2024**  
Cost: \$75.00 per person  
Departure: 11:00 a.m. from Clio Kmart
- ⇒ **To Kill A Mockingbird**  
Date: Tuesday, March 12, 2024  
Cost: \$125.00 per person  
Departure: 4:00 p.m. from Clio Kmart
- ⇒ **Alfreda Sings Aretha**  
Date: Friday, March 15, 2024  
Cost: \$95.00 per person  
Departure: 4:30 p.m. from Clio Kmart
- ⇒ **Red Wings Game**  
**Date: Tuesday, March 19, 2024**  
Cost: \$118.00 per person  
Departure: 5:00 p.m. from the Clio K-mart
- ⇒ **My Way – Turkeyville**  
Date: Thursday, March 21, 2024  
Cost: \$88.00 per person  
Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Total Eclipse of the Sun**  
**Viewing at the Indianapolis 500 Speedway**  
Date: Sun – Tues, April 7 - 9, 2024  
Cost: \$580.00 per person double occupancy  
Departure: 10:00 a.m. from PNC Bank
- ⇒ **Native Gardens**  
**Date: Wednesday, April 10, 2024**  
Cost: \$75.00 per person  
Status: Seats Available!  
Departure: 11:00 a.m. from Clio Kmart

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## Support Groups / Senior Services

### Alzheimer's Support Group

**Thursday, February 1st at 2:00 p.m.**

This group, facilitated by Dawn Shurter, is open to anyone caring for a family member or friend with either Alzheimer's Disease or some form of dementia.

### Blood Pressure Check

**Each Thursday from 10:00 a.m. - 11:00 a.m.**

No appointment necessary. Walk-Ins welcome!

### FASC Support Group

**Wednesday, February 14th at 10:00 a.m.**

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

### Free Notary Services for Seniors 50 and Older

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

### Grief Support Group

**Tuesday, February 27th at 2:00 p.m.**

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

### Legal Assistance

**Friday, Feb. 9th - 9:00 a.m.-12:00 p.m. & 1:00 p.m.-2:00 p.m.**

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

### Loan Closet

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

### Medicare Assistance (MMAP)

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

### Veterans Coffee Hour

**Friday, February 2nd & 16th - 9:30 a.m.**

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

### Veterans Services

**Wednesday, February 28th - 9:30 a.m. - 3:00 p.m.**

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

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

**Flushing Area Senior Center**  
106 Elm Street, Flushing, MI 48433  
[www.flushingseniorcenter.com](http://www.flushingseniorcenter.com)  
Phone 810.659.4735  
Fax 810.659.4686

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> 9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 1:30 The Learning Kitchen Workshop 2:30 Coffee Talk w/ Dale Weighill 6:00 Poker	<b>6</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/ Charlotte 9:30 Woodshop @ E.C.C. 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 12:00 Medicare Lodge Lunch n Learn 1:00 Euchre 2:00 Silver Sneakers  <b>CANCELLED - Exercise Station</b>	<b>7</b> 9:30 <b>RESCHEDULED -</b> Body Balance & Mobility 9:30 Flushing Artistic Gathering 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Shopping @ Walmart 1:30 Woodshop @ E.C.C. 2:30 Ping Pong 3:15 Pickleball Informational Meeting @ FASC  <b>CANCELLED - Exercise Station</b>	<b>8</b> 8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga Gold 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	<b>9</b> 8:15 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:00 Mobile SOS 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Legal Assistance 1:00 Mah Jongg  <b>CANCELLED - Ping Pong</b>
<b>1</b> 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				
<b>2</b> 8:15 Exercise Station 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong				



<b>12</b> 9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 1:00 The Learning Kitchen Workshop 2:30 Gary Nickel Photography Class 6:00 Poker	<b>13</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 9:30 Woodshop @ E.C.C. 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 1:00 Euchre 2:00 Silver Sneakers 2:00 Woodshop Safety Training @ FASC	<b>14</b> 8:15 Exercise Station 9:30 Flushing Artistic Gathering 10:00 FASC Support Group 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:30 Woodshop @ E.C.C. 2:30 Ping Pong 5:30 Valentine Dinner/Dance	<b>15</b> 8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga Gold 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	<b>16</b> 8:15 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
<b>19</b>  <b>CENTER CLOSED</b>	<b>20</b> 8:40 Exercises for Everyday Living 9:00 Tech Tutoring w/ Charlotte 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 9:30 Woodshop @ E.C.C. 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 12:30 Senior Women's Book Club 1:00 Euchre 2:00 Silver Sneakers 6:00 Poker	<b>21</b> 9:30 <b>RESCHEDULED -</b> Body Balance & Mobility 9:30 Flushing Artistic Gathering 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:00 <b>LATE START -</b> Woodshop @ E.C.C. 2:30 Ping Pong  <b>CANCELLED - Exercise Station</b>	<b>22</b> 8:40 Exercises for Everyday 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	<b>23</b> 9:00 SWG - Dominoes @ FASC 9:30 Fly Tying 10:00 Coffee Talk w/ Mayor Karlichek 11:30 Congregate Meal 1:00 Penny Bingo 1:00 SWG - Spelling Bee @ FASC  <b>CANCELLED - Exercise Station,</b> Mah Jongg, Ping Pong
<b>26</b> 9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 1:00 Make It, Take It Card Class 2:00 Tech Tutoring w/ Ryan 6:00 Poker	<b>27</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Woodshop @ E.C.C. 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 2:00 Grief Support Group 2:00 Silver Sneakers	<b>28</b> 8:15 Exercise Station 9:30 Flushing Artistic Gathering 9:30 Veterans Services @ FASC 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:30 Woodshop @ E.C.C. 2:30 Ping Pong	<b>29</b> 8:40 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	



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## Arts, Crafts, Clubs & Other

### Chair Massage

**Thursday, February 8th - 12:00 p.m. - 3:45 p.m.**

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

### Flushing Artistic Gathering

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

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

### Fly Tying

**Each Friday at 9:30 a.m.**

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

### Gary Nickel Photography Class

**Monday, February 12th at 2:30 p.m. - Free of Charge**

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

### Knit - Crochet - Craft

**Each Tuesday at 9:30 a.m.**

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

### Lending Library

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

### Make It, Take It Card Making Class

**Monday, February 26th at 1:00 p.m. - Free of Charge**

Instructor: Rosemary Magley

Samples of this month's cards are on display in the Lunch Room. Bring your own scissors and adhesive. If needed, you can purchase adhesive from Rosemary. Additional cards are available to purchase on class day. Please sign up in advance by contacting the Center.

### Senior Women's Book Club

**Tuesday, February 20th 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 15th at 12:30 p.m.**

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

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

### Woodcarving

**Each Monday at 12:30 p.m.**

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

### Woodshop @ ECC

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

**Wednesdays - 1:30 p.m. - 4:00 p.m.**

The woodshop is located at the Early Childhood Center is open during the school year. Available equipment includes a table saw, lathe, planer, jointer, belt sander, disc sander, miter saw, router table and drill press. Talented members are available to help with equipment and projects!

### Woodshop Safety Training @ FASC

**Tuesday, February 13th - 2:00 p.m. - 3:30 p.m.**

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

### Writers' Group

**Each Wednesday at 1:00 p.m.**

We are a gathering of men and women who have written either poems or some type of personal life story or maybe started to write a book.

## FASC BUS SCHEDULE

### SHOPPING @ ALDI

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

### SHOPPING @ BUECHE'S

**EACH TUESDAY @ 9:00 A.M.**

### SHOPPING @ MEIJER - SWARTZ CREEK

**4TH THURSDAY OF EACH MONTH  
DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.**

### SHOPPING @ WALMART - CLIO

**1ST WEDNESDAY OF EACH MONTH  
DEPART @ 1:00 P.M. / RETURN @ 3:00 P.M.**



**Please call the Center at least one day in advance for a ride.**  
**Please be ready when the bus arrives.** Cancellations should be made by contacting the Center in a timely manner. The Center retains the right to revoke any rider for any reason from the program.

Our bus is not equipped for wheelchair transportation and our volunteer drivers are not qualified to care for dependent Seniors; therefore, riders must be able to enter and exit the bus without assistance. We are not designated for emergency assistance. Riders are required to follow all safety regulations when riding on the bus.

**Suggested donation per round trip - \$3.00**



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

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

## FEBRUARY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5	 6	 7	1 Turkey Tetrazzini Chuck Wagon Veggies Key West Vegetable Blend Strawberry Applesauce Potato roll 100% Fruit Juice	2 Asian Chicken Bowl Brown Cilantro Rice w/Peppers, Onions & Pineapples Apricots Veggie Blend Hawaiian Roll Milk
11 HM Beef Stew w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk	12 HM White Chicken Chili Whole Kernel Corn Mini Muffin Pear Cup Margarine 100% Fruit Juice 	13 Turkey Burger w/ Cheese Leaf Lettuce/Sliced Tomato Potato Salad Peas & Carrots Fruit Salad Whole Wheat Bun Mayo & Mustard Milk	14 Pork Loin California Blend Rosemary Potatoes Applesauce Dinner Roll Margarine 100% Fruit Juice	15 Chef G's Choice 
18 Cheese Ravioli w/Meat Sauce Italian Veggie Blend Roasted Potatoes Fresh Pear Potato Roll Margarine Milk	19 HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine Milk	20 Chicken Parm Sandwich Potato wedges Mixed Veggies Diced Peas WG Bun Margarine 100% Fruit Juice 	21 Potato Soup w/Ham & Bacon Sweet Corn Croissant Fresh Orange Margarine 100% Fruit Juice Cookie of the Month	22 Citrus Glazed Salmon Pineapple Brown Rice Veggie Blend Mixed Fruit Salad Hawaiian Roll Margarine Milk
25 	26 Meatloaf w/Gravy Redskin Mashed Potatoes Sweet Green Peas Fresh Apple Multi-Grain Roll Margarine Milk	27 Tangerine Chicken in Stir fry Vegetables Peas & Carrots Brown Rice Diced Pineapples Potato Roll Margarine Milk	28 Baked BBQ Chicken Thighs Loaded Potato Salad Southern Green Beans Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake	29 Artisan Mac & Cheese Stewed Tomatoes Steamed Broccoli Potato Roll Margarine Diced Peas Milk 
31 Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine Milk	32 Chef Salad w/Turkey, Cheese & Eggs Romaine Lettuce Fresh Broccoli Floret Fruit Cocktail Flatbread Half 100% Fruit Juice 	33 HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine 100% Fruit Juice	34 Chicken & Sausage Jambalaya Brown Rice Corn Bake Green Beans Diced Peaches 100% Fruit Juice 	

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

FASC is once again collaborating  
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## Happy Birthday!

# ♥ FEBRUARY ♥ BIRTHDAYS ♥

LINDA ADAIR	GERRY ERWIN	PAUL KIRKPATRICK	SHEILA PETERSON
JULIE ALEXANDER	YVONNE ETZLER	MICHAEL KRAEMER	DEE POINDEXTER
ROBERT AMESBURY	SUE FARIS	CATHY KRIBS	MARY PONIERS
DEBORAH AVERY	JANE FIELDS	RITA KUCHAR	JILL RAJEWSKI
AARON BALCOM	JUNE FITTANTE	CARLA LABOMBARD	JANET REEM
MONA BALLGE	CAROLYN FITZPATRICK	CONNIE LABUMBARD	ELIZABETH REGER
CAROL BELFORD	CAROL FLOWERS	STEVEN LACKIE	RUTH RIDDLE
TERRY BIGELOW	DEBBIE FOLTZ	SANDY LANG	EDNA ROBINSON
MICHAEL BISHOP	JIM FONGER	PATRICIA LAURHAM	RALPH ROSSELL
BOB BLAIR	TOM FORSYTHE	ANITA LAYMAN	THOMAS RUDICH
DIANE BLOWER	LAMONT FRAZER	STEVE LEIST	ROZELLA SALTER
RUTH BRANDES	MARIE GENGLER	SUE LEONARD	DENNIS SANBORN
ANGELA BRANDT	CARISA GOFORTH	SHERI LETTS	MARV SCHIEFER
JOANNE BREWER	DAVID GOGGINS	MARCIA LOJE	JOAN SCHONEWETTER
KAYE BRISSON	PEGGY GONYEA	DAVE LUCAS	NANCY SCHULTHEISS
ROY BROWN	PEGGY GRAY	SUZANNE LUMSDEN	MIKE SHEETS
STEVEN BUECHE	ALLISON GUTE	LARRY LYONS	RICHARD SKENE
MARCIA CARLEY	MARY GUTHRIE	STEVE MAKRANYI	JANINE SMITH
IDA CARTHAN	DAVID HAM	DENISE MALONE	SHARON SMITH
DIANA CASTLE-MESZAROS	PEGGY HAMMOND	ROBIN MALUGIN	CHARLES SNOOKS
MILAS CAUDLE	PHILIP HANNA	ANNE MARK	TOM STEVENS
FLORENCE CHAMBERLAIN	MARJORIE HARDY	JULIE MASLAK	DORIS STURGEON
NANCY CHAPMAN	JERI HARRIS	PHYLLIS MATTIS	JANET SULZ
BEATRICE CINKE	DON HENDERSON	MARGARET MCLAUGHLIN	CHARLOTTE TAYLOR
KAREN CLARK	DAVE HENDRY	LINDA MCNEAL	NANCY THAMES
MARLENE CLEVELAND	KAREN HERRIMAN	BRUCE MCPHERSON	LORI THOMAS
MARGERY COLOSKY	JEAN HERRON	HILDA MCSHANE	NONA THOMAS
JANICE COOLEY	BARBARA HILL	JAMIE MEACHAM	RUTH THRASH
HENRY COOPER	RICHARD HODGINS	ROBERT MEINZER	VERONICA VANITVELT
LOUISE CRAWFORD	JULIE HOLEVAC	SHIRLEY METIVA	BARBARA VANTOL
MARY DARK	RAY HOWELL	DOUG MILLER	DONNA VAUGHN
MICHELLE DE LOSH	MILDRED JACKSON	CAROL MITS DARFER	RICHARD WAGONLANDER
GARY DEARING	CAMILLE JACOBS	SANDRA MOTES	MARION WALDEN
GARY DEITERING	JAMES JENSEN	RUTH NAGEL	HOLLY WALKER-HERR
JANIS DENKINS	ROBERTA JENTZEN	DANA NERYCHEL	PAM WARD
STEPHANY DIANA	CAROL JOHNSON	CARRIE NETTLETON	ILA (JEAN) WEIRAUCH
CARRIE DICKINSON	EDWIN JOHNSON	CHERYL NIXON	PATRICIA WELLESLEY
ROBERTA DMOCH	LOREN JOHNSON	TERRY LYNN O'BRIEN	JEAN WHITINGER
RICK DOERR	BRENDA JORDAN	CAROL OLSON	MARTHA WILLIAMS
AL DUBOIS	TIM JUDSON	MILO OLSON	SHELLEY WILSON
FRANK DUMAS	BARB KANAAR	SHARON PAPCUN	THOMAS WITTOCK
DOUG EARHART	KEVIN KEANE	FRANN PARKER	DALE WOLBERT
RUSTY EAVY	LEE KERRY	BARBARA PAYNE	KATHRYN T. WRIGHT
TOM ELLIS	KIRWIN KINNEE	JIM PAYNE	DIANE YANTA-TAGGART

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](mailto:greg@flushingseniorcenter.com)

Website: [www.flushingseniorcenter.com](http://www.flushingseniorcenter.com)

## Center Hours

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

## Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

Karen Herriman - Office Assistant

## Board of Directors

Michael Stanton - Chairperson - *At-Large Member*

Sharri Willette - Co-Chair - *Flushing Township*

Marie Zuk - Secretary - *City of Flushing*

Sharon Vance - Treasurer - *At-Large Member*

Lois Nickel - *At-Large Member*

Eric Johnson - *City of Flushing*

Sue Leonard - *City of Flushing*

Mary Smith - *City of Flushing*

Richard Wagonlander - *City of Flushing*

Shelley Thompson - *Clayton Township*

Rick Bigelow - *Flushing Township*

Terry Pattillo - *Flushing Township*

## Upcoming Board Meetings

♦ Tuesday, March 26th 7:00 p.m.

♦ Tuesday, May 28th 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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## **Enjoy a Daily Lunch!**

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

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



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

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