



Our Perspective

for the 50+ generation

Monthly Publication brought to you by the Flushing Area Senior Center

September 2026

Welcome!

Our Mission

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.

What's Inside

Pages 2-3

- Special Events

Page 4

- Staying Connected

Page 5

- Exercise Programs
- Fun & Games

Page 6

- Travel
- Support Groups
- Senior Services

Pages 7-8

- Calendar of Events

Page 9

- Arts, Crafts, Clubs & Other

Page 10

- September Birthdays

Page 11

- September Lunch Menu

Page 12

- FASC General Information

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



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



www.facebook.com/flushingseniorcenter/

Special Events

Watercolor Basics

w/Christie Macclomel

Wednesday, September 2nd - 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

Pica & Elite



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

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!



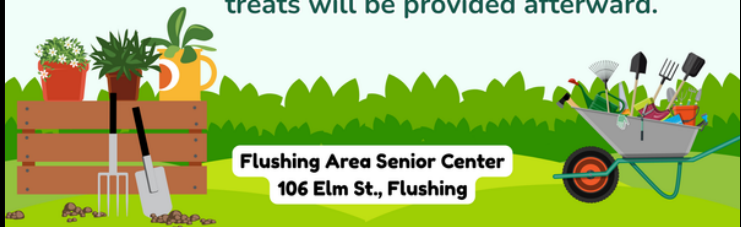
Accepted Payment Methods:



Weeding Party!

Friday, September 4th & 25th
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.



Flushing Area Senior Center
106 Elm St., Flushing

FASC

PICKLEBALL @ E.C.C.

Pickleball is back at the E.C.C. beginning Monday, September 14th
WEEKLY SCHEDULE
MONDAYS & THURSDAYS
11:00 A.M. - 1:00 P.M.

PLEASE NOTE

All participants must attend a one-time informational meeting at the center prior to participating.

Informational Meeting @ FASC

Wednesday, September 16th
@ 3:15 p.m.

Dinner w/Dale



Join County Commissioner Dale Weighill on Monday, September 14th
@ 5:30 p.m.

Menu

Pizza, Salad
Coffee, Water, Soda



RSVP DEADLINE
FRIDAY, SEPTEMBER 11TH
810-659-4735

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.

LEGAL PLANNING FOR SENIORS

Free Event

Breakfast provided

Join attorney Ashley Prew at the Flushing Senior Center for a free breakfast event about probate court, proper planning, and how to protect your family by preparing for tomorrow, today.

September 15, 2026
10:00AM - 11:00AM

Flushing Senior Center
106 Elm St.
Flushing, MI 48433

RSVP TODAY AT:

810-659-4735



Special Speaker:

Ashley Prew

Former Probate Attorney

For educational purposes only. Not legal advice or legal representation. The Senior Center does not endorse candidates.

Special Events

Woodshop @ E.C.C.

The Woodshop at the Early Childhood Center will be open starting on Tuesday, September 15th | Normal hours are:

- Tuesdays - 1:30 p.m. - 4:00 p.m.
- Wednesdays - 9:30 a.m. - 12:00 p.m.

PLEASE NOTE - Using the woodshop requires you to complete a one-time safety training course as well as have an annual criminal background check completed. Our next training course will take place at the center on Tuesday, September 15th @ 2:00 p.m.



Equipment available to use includes a table saw, lathe, planer, jointer, belt sander, disc sander, miter saw, router table, and drill press. Talented people are available to help with equipment and projects.



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,
SEPTEMBER 17TH**

**COST
\$10.00**

Seating is limited.
Payment secures seat.
Reservations will be accepted beginning September 4th.
Call (810)659-4735.

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

FASC Gardening Club

Thursday, September 17th @ 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!**



Seed & Plant Exchange

**Tuesday, September 22nd
@ 10:00 a.m.**

Swap seeds, plants, and garden tips with friends and neighbors!
No experience needed. Just bring what you can share!



Meet The Candidates

Patrick Duvendek & Tom Smith

Tuesday, September 22nd @ 2:00 p.m.

Patrick Duvendek is running for Michigan House of Representatives for the 69th Michigan House District.

Tom Smith is running for US House of Representatives for the 8th US House District.

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

Any/all members are welcome to join us to hear from the candidate as well as ask questions.

FASC FALL CLINIC

WEDNESDAY, SEPTEMBER 23RD
8:00 A.M. - 12:00 P.M.

Flushing Area Senior Center is once again teaming up with Big Brothers Pharmacy

to offer a Fall Clinic offering:

- Updated COVID-19 Moderna Booster
- Flu Shot
- Pneumonia
- Shingrix - (Require 2 Doses)
- RSV Vaccine
- Tetanus

PARTICIPANTS NEED TO BRING:

- VALID ID
- INSURANCE CARD - EXAMPLES INCLUDE:
 - MEDICARE - (RED, WHITE & BLUE CARD)
 - MEDICARE ADVANTAGE
 - PRIVATE INSURANCE



4801 Fenton Rd.
Flint, MI 48507
(810)820-8685

WHERE
FASC West Wing
106 Elm St.
Flushing, MI 48433

REGISTRATION DEADLINE
Friday, September 18th
(810)659-4735



Staying Connected

Protecting Our Mental Health As We Age

As we move into September and enjoy the changing season, it is a good time to think about something that is just as important as staying physically active: staying socially and emotionally connected.

As we get older, life can bring changes that affect our social connections. Retirement, the loss of a spouse or friend, health concerns, transportation difficulties, or simply living farther away from family can sometimes lead us to spend more time alone.

Being alone and being lonely, however, are not necessarily the same thing. Social isolation refers to having few social contacts or relationships, while loneliness is the feeling of being alone or disconnected from others. A person can live alone and feel perfectly content, while someone who is surrounded by people can still feel lonely.

Why Does Connection Matter?

Research has consistently found that loneliness and social isolation can affect both physical and mental health. Among older adults, they are associated with an increased risk of depression, anxiety, cognitive decline, and other health problems.

The good news is that connection can be built at any age. Sometimes the smallest steps make a difference:

- Call a friend or family member you haven't spoken with recently.
- Invite someone to have coffee or lunch.
- Join an activity, class, or exercise program.
- Volunteer your time or share a skill with others.
- Take a walk with a neighbor.
- Attend an event at the Flushing Area Senior Center.
- If you're feeling persistently lonely, sad, or withdrawn, talk with your doctor or another trusted professional.



One of the wonderful things about a senior center is that you don't have to arrive knowing everyone. Simply showing up is a first step. Activities, meals, games, exercise programs, educational opportunities, and conversations can provide opportunities to meet people and develop friendships.

You may come for an activity and leave with a new friend.

You may come because you know someone here and discover that someone else needs the friendship you can offer.

And sometimes, simply having a place where people know your name can make a meaningful difference.

This September, consider making connection part of your healthy-aging routine. Reach out. Say hello. Join an activity. Invite someone to sit with you. You never know how much a simple conversation might mean to someone else or to you.

You belong here at the center. We are stronger when you are part of it!

Sources: National Institute on Aging and Centers for Disease Control and Prevention.

Exercise Programs

Basic Flow Yoga Gold

Tuesdays & Thursdays at 10:00 a.m.

Yoga Mat Required

Instructor: Rhonda Straley

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

Beginning Line Dancing

Each Monday at 9:00 a.m.

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.

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.

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.

Instructor: Machel 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.

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.

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

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.

Pickleball @ E.C.C. - Beginning Sept. 14th

Mondays & Thursdays

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

Free of Charge

All abilities welcome!

Pickleball Informational Meeting

Wednesday, September 16th @ 3:15 p.m.

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

Silver Sneakers Stability

Tuesdays at 2:00 p.m.

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.

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!

Total Body Senior Fitness

Mondays @ 5:30 p.m.

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 Dominoes.

No experience necessary!

Euchre

Tuesdays & Thursdays 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

Tuesdays 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@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:

- **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
- **Closer Walk with Patsy Cline – Turkeyville**
Date: Wednesday, September 9th
Cost: \$95.00 per person
Departure: 9:30 a.m. from Clio Kmart
- **Experience Fall in Branson**
Date: Sunday, Sept. 13th - Saturday, Sept. 19th
Cost: \$1545.00 per person double occupancy
Deposit: \$165.00 per person
Cancellation protection: \$100.00 per person
Final payment due: August 10th
Departure: 6:30 a.m. from city parking lot across from Ann's Adventure office.
- **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
- **The Notebook**
Date: Thursday, October 29th
Cost: \$ 120.00 per person
Departure: 6:00 p.m. from Clio Kmart

Alzheimer's Support Group

Thursday, September 3rd 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, September 8th & 29th - 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, September 18th

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, September 4th & 18th - 9:30 a.m.

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

Veterans Services

Wednesday, September 23rd - 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.



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Flushing Area Senior Center, Flushing, MI

15-0667

Our Perspective

September 2026

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

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 Assistance

Monday



Tuesday

1
8:00 Coffee Lounge
8:00 Exercise Station
8:30 Exercises for Everyday Living
9:00 Shopping @ Bueches
9:30 Knit, Crochet & Craft
10:00 Basic Flow Yoga
11:30 Congregate Meal
12:30 Chair Volleyball
1:00 Euchre
2:00 Silver Sneakers
6:00 Poker

Wednesday

2
8:00 Coffee Lounge
8:00 Exercise Station
8:30 Flushing Artistic Gathering
9:30 Body Balance & Mobility
9:30 Watercolor Basics
10:30 Pop-Up Farmers Market
11:00 Drums Alive
11:30 Congregate Meal
12:30 Color & Connect
1:00 Chair Yoga
1:00 Mah Jongg
1:00 Writers Group
1:00 Shopping @ Walmart
2:30 Ping Pong

Thursday

3
8:00 Coffee Lounge
8:00 Exercise Station
8:30 Exercise for Everyday Living
9:00 Hand, Knee & Foot
10:00 Basic Flow Yoga
10:00 Blood Pressure Check
11:30 Congregate Meal
1:00 Tai Chi
1:00 Euchre
1:00 Shopping @ Walmart
1:30 Texas Hold'em
2:00 Alzheimer's Support Group
2:00 Bunco
2:15 Cornhole

Friday

4
8:00 Coffee Lounge
8:00 Exercise Station
8:00 Weeding Party
9:30 Fly Tying
9:30 Veterans Coffee Hour
10:30 Body Balance & Mobility
11:30 Congregate Meal
1:00 Mah Jongg
1:00 Penny Bingo
2:30 Ping Pong

7



Center Closed

8
8:00 Coffee Lounge
8:00 Exercise Station
8:30 Exercises for Everyday Living
9:00 Shopping @ Bueches
9:30 Knit Crochet & Craft
10:00 Basic Flow Yoga
11:30 Congregate Meal
12:30 Chair Volleyball
1:00 Euchre
2:00 Grief Support Group
2:00 Silver Sneakers
6:00 Poker

9
8:00 Coffee Lounge
8:00 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 Connecting Threads
1:00 Chair Yoga
1:00 Mah Jongg
1:00 Writers Group
2:30 Ping Pong

10
5:30 Mackinac Island Day Trip
8:00 Coffee Lounge
8:00 Exercise Station
8:30 Exercise for Everyday Living
9:00 Hand, Knee & Foot
10:00 Basic Flow Yoga
10:00 Blood Pressure Check
11:30 Congregate Meal
12:00 Chair Massage
1:00 Euchre
1:00 Tai Chi
1:00 Texas Hold'em
2:00 Bunco
2:15 Cornhole

11
8:00 Coffee Lounge
8:00 Exercise Station
9:30 Fly Tying
10:30 Body Balance & Mobility
11:30 Congregate Meal
1:00 Mah Jongg
1:00 Penny Bingo
2:30 Ping Pong

14	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Dominoes 12:30 Samba 12:30 Woodcarving 2:30 Gary Nickel Photography Class 5:30 Dinner w/Dale Weighill 5:30 Total Body Senior Fitness	15	8:00 Coffee Lounge 8:00 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 Probate Court 11:30 Planning Seminar 12:30 Congregate Meal 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Woodshop Safety Training 6:00 Poker	16	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 12:30 Color & Connect 1:00 Chair Yoga 1:00 Mah Jongg 1:00 Writers Group 2:30 Ping Pong 3:15 Pickleball Information Meeting	17	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Soaring Eagle Day Trip 8:30 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga 10:00 Gardening Club Meeting 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Strayed Quilters 1:00 Euchre 1:00 Tai Chi 1:30 Texas Hol'em 2:00 Bunco 2:15 Cornhole	18	8:00 Coffee Lounge 8:00 Exercise Station 9:00 Legal Assistance 9:00 Shopping @ ALDI 9:30 Fly Tying 9:30 Veteran Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Mah Jongg 1:00 Penny Bingo 2:30 Ping Pong
21	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 11:45 Elmcrest/FCOC Bus Trip 12:30 Dominoes 12:30 Samba 12:30 Woodcarving 1:00 Make It, Take It Card Class 5:30 Total Body Senior Fitness	22	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Plant & Seed Exchange 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Meet the Candidates 6:00 Poker 7:00 FASC Board Meeting CANCELLED - Silver Sneakers	23	8:00 Coffee Lounge 8:00 Exercise Station 8:00 Fall Vaccine Clinic 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 12:30 Connecting Threads 1:00 Chair Yoga 1:00 Mah Jongg 1:00 Writers Group 2:30 Ping Pong	24	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Beltone Hearing & Wax Screening 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga 10:00 Blood Pressure Check 10:00 Rooted in History Presentation 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Euchre 1:00 Shopping @ Meijer 1:00 Tai Chi 1:30 Texas Hol'em 2:00 Bunco 2:15 Cornhole	25	8:00 Coffee Lounge 8:00 Exercise Station 8:00 Weeding Party 9:30 Fly Tying 10:00 Tech Tutoring w/ Sawyer 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Mah Jongg 1:00 Penny Bingo 2:30 Ping Pong
28	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Dominoes 12:30 Samba 12:30 Woodcarving 5:30 Total Body Senior Fitness	29	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Basic Flow Yoga Gold 10:00 Knit/Crochet/Craft 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Grief Support Group 2:00 Silver Sneakers 6:00 Poker	30	8:00 Coffee Lounge 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Gilmore Car Museum Day Trip 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 1:00 Chair Yoga 1:00 Mah Jongg 1:00 Writers Group 2:30 Ping Pong				



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Flushing Area Senior Center, Flushing, MI

15-0667

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, September 10th - 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, September 2nd & 16th - 12:30 p.m.

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

Connecting Threads

Wednesday, September 9th & 23rd - 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, September 17th 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, September 21st at 1:00 p.m. - Free of Charge

Instructor: Rosemary Magley

Samples of this month's cards are on display in the lunchroom. Bring your own scissors and adhesive. If needed, you can purchase adhesive from Rosemary. Additional cards are available to purchase on class day. Reservations are accepted on the first business day of the month.

Senior Women's Book Club

Tuesday, September 15th 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, September 17th at 12:30 p.m.

This group makes quilts at home then brings them to the monthly meetings to donate to Project Linus.

Tech Tutoring w/Sawyer - FREE!

Friday, September 25th - 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.

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 - Beginning September 15th

Tuesdays - 1:30 p.m. - 4:00 p.m.

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

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

Woodshop Safety Training @ FASC

Tuesday, September 15th - 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 share writings of life experiences, interests and more. This can include journals, poems, short stories and readings. Writing prompts are available.



FREE HEARING SCREENING & WAX CHECKS

Thursday, September 24th
9:00 a.m. - 12:30 p.m.

For Appointment,
Call (810)659-4735



Rooted in History Native Plants & Natural Landscaping w/Angela Nelson

Thursday, September 24th @ 10:00 a.m.

Angela Nelson is a horticulturist and owner of East Michigan Native Plants. In her workshop, she will discuss Michigan native plants, natural landscaping, and ecological gardening. You'll learn:

- What qualifies a plant as "native"
- How native plants connect to Michigan's landscape and history
- Why native wildflowers and grasses are important for today's ecosystems
- Basics of natural landscaping, including site planning and maintenance
- Examples of valuable Michigan native plants

(A mini native plant sale will take place after the workshop - cash/check/card accepted)



SEPTEMBER BIRTHDAYS



Sharon Allore
Marjie Andrejciw
Sandra Anthony
Lillian Antos
Sandy Augustine
Bill Bain
Donna Baroski
Cindy Beliveau
Nora Bemis
Brenda Bennett
Jeanne Beresford
Darlene Bessey
Brenda Birchmeier
Lynn Bitterman
Gerrie Blakely
Lynnette Bobb
Maribeth Boon-Pajtas
Charlette Brege
Brenda Brown
Cheryl Brown
Donna Brown
Cynthia Burns
Joann Cathey
Kenneth Cathey
Pam Conforti
Natalie Cooper
Jane Copeland
Nancy Corliss
Paul Corliss

Janet Correll
Betty Cowden
Christine Craft
Lisa Culp
Mary Cuzzocrea
Steve Dabish
Mary Ann Davenport
Susan Davidson
Walter Davis
Steven Dickenson
Thomas Discenna
Geney DuBois
Paul Easter
Lee Eck
Jean Edwards
Audrie Elliott
Dianne Ensign
Deborah Estes
Freddy Fernandes
Sue Finley
Robert Florkowski
Judy Fonger
Thomas Fonger
Margy Forsythe
Don Fournier
Paula Franco
Dean Freiheit
Deborah Gardner
Barbara Gibbs

Dorie Gibbs
Bill Gifford
Terri Gillard
Lorry Goldman
David Gonzalez
Beth Goss
Debbie Grant
Terry Grice
Ann Guiles-Smith
Sandra Hale
Betty Hammar
Joy Harris
Sally Herzberg
Dawn Hessel
Randall Hickey
Bob Holbeck
Kathy Hortze
Jennifer Howard
Greg Hynes
James Jerichow
Margaret Jones
Peter Joseph
Chuck Karala
Cherie King
Tammy Kitchen
Janet Klein
Marie Kosalski
James Kostyla
Pam Kranzo

Tammy Krul
Theresa Landis
Mike Laux
Jan Lord
Mary Lorenz
Shirley Love
Charlesta Lucas
Kathleen Lukes
Jackie Mac Donald
Cheryl MacAskill
Jo Macek
Judy Mack
Bill Mair
Renee Markva
Pam Marshall
Carol Materia
June Matus
Joan Mauer
Matt McCabe
Edna McClure
Ruth McDaniel
David McKeighan
Richard McNally
Scot McPherson
Barbara Medina
Jack Merrifield
Cecil Miller
Michael Minaudo
Terry Mitchell

Karen Monahan
Brenda Monty
Sandra Murphy
James Musgrave
Judy Neblock
Jody Neurohr
Mike Neurohr
Alice Norris
Julie Odegard
Jane O'DELL
JoAnn Oles
Mary Ann Olsey
Joseph Oostermeyer
Mickle Ordway
Dennis Parcels
Nancy Parker
Doug Parkinson
Amy Paschack
Debbie Pate
Mary Pattillo
Kyle Radka
Larry Ratza
Rebecca Ray
Laura Riddle
Becky Ritter
Natalie Robinson
Terry Robinson
Maryann Rosinski
Marie Sanabria

Shirley Sanborn
Dave Sanders
Caroline Sanderson
Barbara Sartor
George Saucier
Karen Schlieger
Rose Schlott
Arlene Schmitzer
Kathleen Schofield
James Shaw
Sandra Shaw
Sherry Shaw
Diane Sikora
Wilford Simmons
Robert Simpson
Sherry Singleton
Lon Smith
Menda Somers
Jennifer Sopka
Cathy Spomer
Jeffrey Stacy
Paul Staley
George Stewart
Patricia Stewart
Kevin Szuch
Molly Taylor
Sherry Taylor
Bonnie TerBush
Donna Thodoroff

Carolyn Thomas
Janet Thompson
Nancy Tinnin
Tina Traver
Jack Tylus
Veronica Usher-Davenport
Judy Varosi
Erik Von Brockdorff
Teri Wallace
Rebecca Waterson
Leslie Wells
Lionel Wernette
Rory Wiesen
Jim (Hugh) Williams
Larry Williams
Robert Williams
Joyce Wilson
Mildred Wint
Shirley Wirgau
Madeline Workman
Tina Wray
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FASC DAY TRIP

WEDNESDAY, SEPTEMBER 30TH



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FASC BUS LEAVES MEMORIAL HEALTHCARE LOT AT 9:00 A.M. WITH AN ESTIMATED RETURN TIME OF 5:00 P.M.



SPACE IS LIMITED. CALL (810)659-4735 TO RESERVE YOUR SEAT.

REMINDER! Thanks to a generous donation from the Lucy Ham Group, the center has a desktop computer for members to access during normal center hours. We suggest you call in advance for availability - (810)659-4735.



SEPTEMBER CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7  14 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk 21 Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk 28 Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple Milk	8 HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz 100% Fruit juice 15 Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice 22 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Crunchy Breadsticks Margarine-1 ct Applesauce-1 ct 100% Fruit Juice 29 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail 100% Fruit Juice	2 Pork Chop w/gravy-3oz Mashed Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Orange Milk  9 Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple Ketchup & Mustard Milk 16 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk 23 Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk 30 HM Beef & Broccoli over Lo Mein Noodles Oriental Veggie Blend Flatbread Pineapple Cup Milk 	3 Peppered Beef Steak w/gravy-1 Brown Rice-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice 10 Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine  17 Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Mandarin Oranges 100% fruit juice Cookie of the month  24 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% fruit juice 	4 Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 Milk 11 Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce Milk 18 Chicken Marsala over Rice Pilaf Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk 25 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz 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 General 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 through 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

Joan Stone Flushing Township

Terry Pattillo Flushing Township

Upcoming Board Meetings

Tuesday, September 22nd 7:00 p.m.

Tuesday, November 24th 7:00 p.m.

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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Larry Burgett
(440)983-9133
Lburgett@4Lpi.com

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.

Shopping @ Meijer - Swartz Creek

4th Thursday of each month

Depart @ 1:00 p.m. / Return @ 3:00 p.m.

Shopping @ Walmart - CLIO

1st Wednesday & Thursday of each month

Depart @ 1:00 p.m. / Return @ 3:00 p.m.



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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.

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Reservations required. Call the Center at 810-659-4735 by 1:00 p.m. the
weekday before to place your lunch order. See page 11 for full menu.