



Monthly Publication brought to you by the Flushing Area Senior Center

November  
2025

# *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

Reminder: Annual Veteran's Appreciation Luncheon  
Friday, November 7<sup>th</sup> - (RSVP Required)

We'd like to remind everyone that our Annual Veteran's Appreciation Luncheon is coming up on Friday, November 7<sup>th</sup>. This special event is one of the highlights of our year, featuring a keynote speaker, live entertainment, a catered lunch, and a variety of door prizes.

If you're unable to attend but would still like to show your support for our local veterans, we welcome donations of \$25 gift cards from local stores or restaurants. These will be given out as additional door prizes during the luncheon.

We would be happy to recognize your name or business when the donated gift is awarded, if you'd like. Gift cards can be dropped off at the center anytime between now and Thursday, November 6<sup>th</sup>.

Thank you in advance for helping us honor our local veterans!

## Watercolor Basics

w/Christie Macclomel

**Wednesday, November 5<sup>th</sup> - 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

### Twilight



### 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

# VETERAN'S APPRECIATION LUNCHEON

Friday, November 7<sup>th</sup> @ 11:30 a.m.

(Registration begins @ 11:00 a.m.)

**FREE LUNCH - EACH VETERAN & ONE GUEST**

RESERVATIONS REQUIRED. PLEASE CALL THE CENTER  
BY FRIDAY, OCTOBER 31<sup>ST</sup> - (810)659-4735

Location - Flushing Community Church  
9500 Pierson Road, Flushing

Entertainment - Mr. Tim

### MENU -

PARMESAN MEATBALLS, OVEN FRIED CHICKEN, HERB ROASTED RED SKIN POTATOES, BAKED MOSTACCIOLI, SOUTHERN STYLE GREEN BEANS, GAREN TOSSED SALAD, BOW TIE PASTA SALAD, GLAZED FRUIT SALAD, FRENCH BREAD/SOFT ROLLS, ASSORTED PIES

### SPECIAL THANKS TO THE FOLLOWING SPONSORS

LISKE, MASSEY & BUECHE / I CAN MARKET THAT / LUCY HAM REALTY GROUP  
MERLE NORMAN / ROSSELL FUNERAL HOME / DALE AND SHELLY WOLBERT  
WOODHAVEN SENIOR COMMUNITY / BIG FOOT PRO / BUECHES

### SPECIAL THANKS TO THE FOLLOWING SPONSORS

EDWARD JONES INVESTMENTS / DR. DAVID PASCHET

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## Programs / Events / Activities

### IKEA DAY TRIP



**WEDNESDAY, NOVEMBER 12<sup>TH</sup>**

FASC BUS LEAVES BUECHES PARKING LOT AT 8:45 A.M. WITH AN ESTIMATED RETURN TIME OF 3:15 P.M.



**COST - \$10.00**

WEAR COMFORTABLE SHOES. LUNCH IS ON YOUR OWN AT THE STORE CAFETERIA.

**SPACE IS LIMITED. CALL (810)659-4735 TO RESERVE YOUR SPOT BEGINNING NOVEMBER 3RD.**

### FASC DAY TRIP SOARING EAGLE CASINO



**THURSDAY, NOVEMBER 13<sup>TH</sup>**

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 November 3rd. Call (810)659-4735.

FASC BUS LEAVES BUECHE'S PARKING LOT @ 8:30 A.M. & RETURNS @ 3:30 P.M.

### TECHNOLOGY FRAUD WORKSHOP

Friday, November 14<sup>th</sup> @ 10:00 a.m.

Presented by the Genesee County Information Technology Department



#### TECHNOLOGY FRAUD Tips and Tricks



##### People You Know Schemes

- Criminals pretend to be a grandchild, child, or even a caregiver in urgent need of money. They play on trust and emotion to get quick payments.



##### Working Professional Schemes

- Scammers pose as government officials, tech support, or other authority figures. They threaten arrest, offer fake repairs, or pressure you into giving personal info or payments.



##### Prize & Charity Schemes

- Fraudsters claim you've won a sweepstake, lottery, or contest—but you must first pay fees or taxes. Others ask for donations to fake charities or causes.



##### Home & Service Schemes

- Con artists show up offering cheap home repairs, financial services, or advertised "specials." They demand upfront payment and disappear without doing the work.



##### Protect Yourself!

- If someone contacts you unexpectedly and asks for money, personal information, or access to your computer—stop, verify, and don't give money or personal information out.

If you suspect you are the victim of fraud, call the Genesee County Sheriff Elder Abuse Task Force Hotline: 810-257-8422

### FASC DAY TRIP!



**HORROCKS FARM MARKET**

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.

**Monday, November 17<sup>th</sup>**

**Cost - \$10.00**

Limited Seating. Payment secures your seat. Reservations accepted beginning November 3rd. (810)659-4735

FASC bus leaves Bueche's @ 9:30 a.m. Returns approximately @ 1:30 p.m.

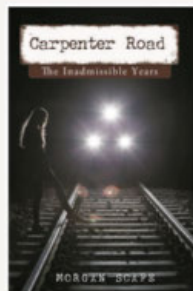


### BOOK DISCUSSION

**Carpenter Road**  
The Inadmissible Years

W/ AUTHOR MORGAN SCAFE

**Wednesday, November 19<sup>th</sup> @ 2:00 p.m.**



*Carpenter Road: The Inadmissible Years* is the explosive prequel to *Carpenter Road: Sentenced to Silence*. This heartbreaking memoir prequel delves into the unspeakable abuse Morgan suffered during her childhood at the hands of her best friend's father. The story centers on Morgan's fight to survive the severe abuse inflicted by evil. The trauma she endured, physically, sexually, and emotionally, shapes her entire childhood and permanently alters her perception of the world. Her journey is one of resilience against unimaginable horrors, driven by a desperate need for love and protection in a world that consistently fails her.

BOOKS AVAILABLE FOR PURCHASE FOR \$20.00 (CASH OR CHECK)

### Senior Winter Games of Genesee County Informational Meeting

Stay active, have fun and join the excitement this winter! Come learn about the upcoming Senior Winter Games of Genesee County, including event details, registration and cost.

- Date - Thursday, November 20<sup>th</sup>
- Time - 12:00 p.m.

(Participants are encouraged to sign up for lunch prior to meeting!)



Who should attend?

- Genesee County residents age 50 or older.
- Community members interested in volunteering
- Anyone who loves friendly competition and winter fun!



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## Programs / Events / Activities



### FASC DAY TRIP

**21 NOV**

**GRAND RAPIDS CHRISTKINDL MARKET**  
AT THE DOWNTOWN MARKET

**COST \$10**

The **Grand Rapids Christkindl Markt** takes place outside, adjacent to an enclosed Market Shed which has been turned into a Bavarian-style beverage hall serving Glühwein, beer, hot chocolate, and hot cider. Wooden community tables fill this hall for dining and beverage enjoyment. 30+ wooden stalls line both sides of the Market Shed housing local, regional, national, and international artisan gift and food vendors.

FASC bus leaves Bueches parking lot at 9:00 a.m. with an estimated return time of 4:00 p.m. Space is limited. Call (810)659-4735 to reserve your seat beginning **November 3<sup>rd</sup>**.



JOIN US FOR A

## THANKS GIVING

*Luncheon*

**Free of Charge!**  
**Seating is Limited**  
**Call to (810)659-4735**  
**to reserve your seat**  
**beginning November 3<sup>rd</sup>.**

**MENU**  
TURKEY BREAST W/ GRAVY, MASHED POTATOES  
CHEF GAREY'S FAMOUS GREEN BEANS  
HM MAC & CHEESE, WHEAT ROLL  
HOLIDAY COOKIE, FRUIT JUICE, PUMPKIN PIE

**Tuesday, November 25th**  
**11:30 a.m. - 12:30 p.m.**

## Coffee Talk



With :

### County Commissioner Dale Weighill

**Wednesday, November 26<sup>th</sup>**  
**@ 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.

## COFFEE TALK

w/ Mayor Ed Sullivan

**Monday, December 1<sup>st</sup> @ 2:00 p.m.**

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



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




**FLUSHING AREA SENIOR CENTER**

### Ladies Christmas Tea

**Monday, December 15<sup>th</sup>**  
**@ 12:00 p.m.**

**LUNCH | ENTERTAINMENT | FUN**

**COST - \$18.00**

Interested in hosting a table?  
Please contact us for details.

**RSVP by Monday, December 8<sup>th</sup>**  
**(810)659-4735**



## SENIOR WINTER GAMES IS BACK!!

**FEBRUARY 2<sup>ND</sup> - MARCH 4<sup>TH</sup>, 2026**

**COST: \$15.00 PER PERSON**  
**(EXTRA \$3.00 FEE FOR BOWLING EVENT)**

**REGISTRATION WINDOW**  
**MONDAY, NOVEMBER 10<sup>TH</sup>**  
**TO THURSDAY, JANUARY 8<sup>TH</sup>**

**INCLUDES: T-SHIRT, UNLIMITED EVENTS, OPENING CEREMONY**  
**WITH ENTERTAINMENT & CLOSING BANQUET LUNCHEON!**

**2026 EVENTS INCLUDE:** PIE EATING, BOWLING, JIGSAW PUZZLE, SPADES, CHECKERS, SCRABBLE, YAHTZEE, HAND KNEE FOOT, SHUFFLEBOARD, COMPETITIVE TABLE TENNIS, RECREATIONAL PING PONG, CRIBBAGE, PINOCHE (SINGLE DECK), DOMINOES (MEXICAN TRAIN), SOFTBALL TOSS, FREE THROW, EUCHRE, BAKING, PICKLEBALL, WALKING, DARTS, CORN HOLE, ARTS & CRAFTS, SENIOR GRAND PRIX, SPELLING BEE, LINE DANCING, POOL, MINI GOLF, FRISBEE TOSS AND LADDER GOLF



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# Exercise Programs

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## **Basic Flow Yoga Gold**

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

**Yoga Mat Required**

**Free of Charge**

Instructor: Rhonda Straley

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

## **Beginning Line Dancing**

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

**Free of Charge**

Instructor: Darci

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

## **Body Balance & Mobility**

**Wednesdays at 9:30 a.m.**

**& Fridays at 10:30 a.m.**

**Free of Charge**

Instructor: Theresa Landis

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

## **Chair Volleyball**

**Tuesdays at 12:30 p.m.**

**Free of Charge**

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

## **Drums Alive**

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

**Free of Charge**

Instructor: Tobi Williams

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

## **Exercises for Everyday Living**

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

**Free of Charge** - Instructor: Darci

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

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

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

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

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

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

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

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

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

**Mondays & Thursdays**

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

**Free of Charge**

All abilities welcome!

## **Pickleball Informational Meeting**

**Wednesday, November 12th at 3:15 p.m.**

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

## **Silver Sneakers Stability**

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

**Free of Charge**

Instructor: Abbie Mars

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

## **Tai Chi**

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

**Free of Charge**

Instructor: Darci

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

# Fun & Games

## **Bunco**

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

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

## **Cornhole**

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

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

## **Dominoes**

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

Come and play Mexican Train Dominos.

No experience necessary!

## **Euchre**

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

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

## **Hand Knee & Foot**

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

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

## **Jigsaw Puzzles**

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

## **Mah Jongg**

**Wednesdays & Fridays at 1:00 p.m.**

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

**Training available by request.**

## **Penny Bingo**

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

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

## **Ping Pong**

**Wednesdays & Fridays at 2:30 p.m.**

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

## **Poker**

**Each Monday at 6:00 p.m.**

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

## **Samba**

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

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

## Travel

### Ann's Adventures

Office Hours: Mon – Fri 9:00 a.m. – 5:00 p.m.  
Hours may vary when Ann is traveling  
Office phone: 810-640-8303  
E-mail: [aanderson@annsadventures.net](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:

- ⇒ **First Ladies of Song**  
Date: November 7th  
Cost: \$90.00 per person  
Departure: 5:30 p.m. from Clio Kmart
- ⇒ **The Naughty List – Turkeyville # 1**  
Date: Thursday, November 13th  
Cost: \$95.00 per person  
Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Starbright Christmas # 1 – Petrolia**  
Date: Tuesday, November 25th  
Cost: \$125.00 per person  
Departure: 8:45 a.m. from Clio Kmart
- ⇒ **Starbright Christmas # 2 – Petrolia**  
Date: Tuesday, December 2nd  
Cost: \$125.00 per person  
Departure: 8:45 a.m. from Clio Kmart
- ⇒ **Starbright Christmas # 3 – Petrolia**  
Date: Wednesday, December 3rd  
Cost: \$125.00 per person  
Departure: 8:45 a.m. from Clio Kmart
- ⇒ **Steve Solomon Home For The Holidays**  
Date: Saturday, December 6th  
Cost: \$85.00 per person  
Departure: 1:15 p.m. from Clio Kmart
- ⇒ **A Christmas Carol**  
Date: Wednesday, December 10th  
Cost: \$80.00 per person  
Departure: 11:00 a.m. from Clio Kmart
- ⇒ **Cirque Dreams Holidaze**  
Date: Thursday, December 11th  
Cost: \$118.00 per person  
Departure: 4:30 p.m. from Clio Kmart
- ⇒ **The Naughty List – Turkeyville # 2**  
Date: Tuesday, December 16th  
Cost: \$95.00 per person  
Departure: 9:30 a.m. from Clio Kmart
- ⇒ **All Shook Up**  
Date: Wednesday, January 21st  
Cost: \$80.00 per person  
Departure: 11:00 a.m. from Clio Kmart

## Support Groups / Senior Services

### Alzheimer's Support Group

**Thursday, November 6th at 2:00 p.m.**

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

### Blood Pressure Check

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

No appointment necessary. Walk-Ins welcome!

### Grief Support Group

**Tuesday, November 4th & 25th - 2:00 p.m.**

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

### Legal Assistance

**Friday, November 14th**

**9:00 a.m.-12:00 p.m. & 1:00 p.m.-2:00 p.m.**

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

### Loan Closet

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

### Medicare / Medicaid Questions?

Call **1-800-803-7174**. You will be connected to a call center that will direct you to local agencies such as Elder Law, Genesee Health Plan and MiGen assist you with your insurance needs.

### Veterans Coffee Hour

**Friday, November 7th & 21st - 9:30 a.m.**

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

### Veterans Services

**Wednesday, November 26th - 9:30 a.m. - 2:30 p.m.**

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





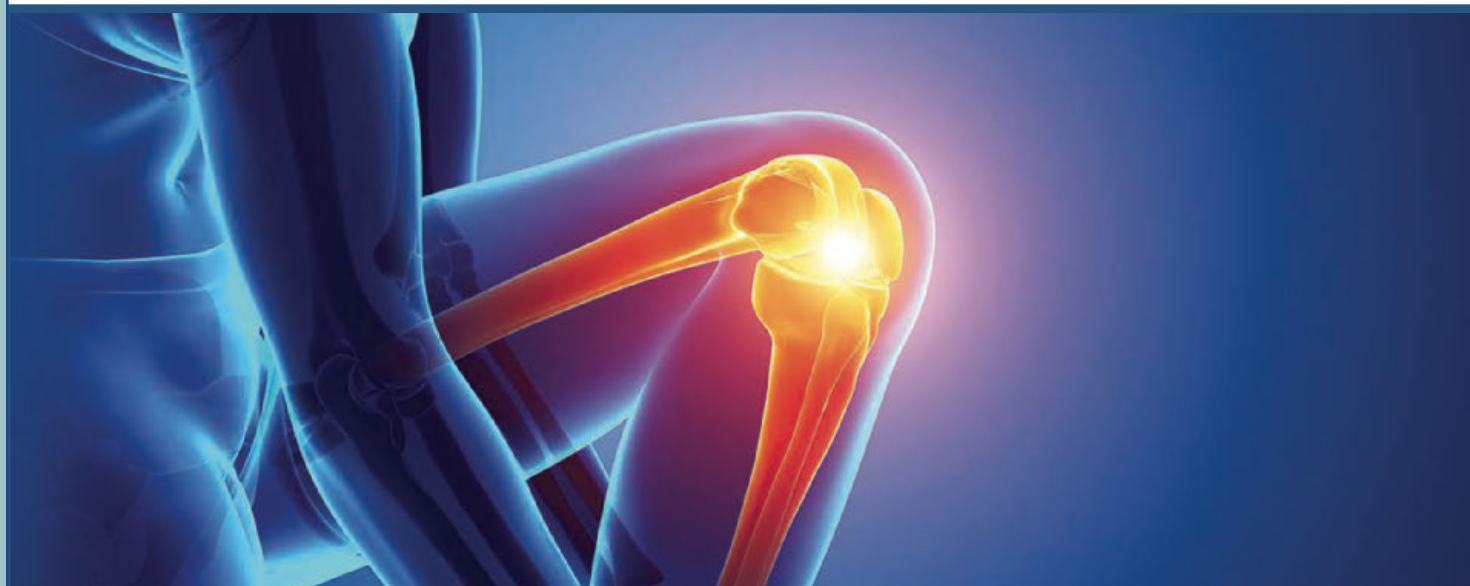
Integrated Vascular  
Vein Center  
*of Michigan*

## CHRONIC KNEE PAIN

Ask Us About A New Procedure

### Genicular Artery Embolization

- Treatment of Osteoarthritis
- Clinically Proven
- Positive Results
- Performed in Office
- Failed Knee Injections?
- Not ready for Surgery?



**Thomas A. Shuster, D.O. • Joseph Paulisin, D.O.**

#### **GRAND BLANC**

600 Health Park Blvd.,  
Ste G

#### **LAPEER**

944 Baldwin Rd.,  
Ste. D.


**810.606.1660 • [FlintKneePain.com](http://FlintKneePain.com)**



**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**

Monday	Tuesday	Wednesday	Thursday	Friday
3  8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 6:00 Poker	4  8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group	5  8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Water Color Basics Class 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Shopping @ Walmart 2:30 Ping Pong	6  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	7  8:00 Exercise Station 9:30 Veterans Coffee Hour 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Veterans Appreciation Luncheon 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong
10  8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 1:00 Make It, Take It Card Class 2:30 Gary Nickel Photography Class 6:00 Poker	<div><p><b>VETERANS DAY</b> Honoring All Who Served ★ ★ 11TH NOVEMBER ★ ★</p><p><b>CENTER CLOSED</b></p></div>			
11	12  8:00 Exercise Station 8:30 Flushing Artistic Gathering 8:45 IKEA Day Trip 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong 3:15 Pickleball Informational Meeting @ FASC	13  8:30 FASC Day Trip - Soaring Eagle 8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	14  8:00 Exercise Station 9:00 Legal Assistance 9:00 RESCHEDULED - Shopping @ ALDI 9:30 Fly Tying 10:00 Technology Fraud Presentation 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Legal Assistance 1:00 Mah Jongg 2:30 Ping Pong	



<b>17</b> 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 9:30 FASC Day Trip - Horrock's 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 6:00 Poker	<b>18</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Congregate Meal 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Woodshop Safety Training @ FASC 2:00 Silver Sneakers	<b>19</b> 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:00 Morgan Scafe 2:30 Ping Pong	<b>20</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 12:00 SWG Informational Meeting 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	<b>21</b> 8:00 Exercise Station 9:00 FASC Day Trip - Christkindl Markt 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>24</b> 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 6:00 Poker	<b>25</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Exercise Station 11:30 Thanksgiving Luncheon 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group 7:00 FASC Board Meeting	<b>26</b> 8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong 2:30 Coffee Talk w/Dale Weighill	<b>27</b> 	<b>28</b> 

**CANCELLED - Pickleball @ E.C.C.**

**CENTER CLOSED**

**CENTER CLOSED**

FLUSHING AREA



SENIOR CENTER



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

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

## STALEY'S

Plumbing, Heating & Air Conditioning, Inc.

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

(810) 659-5572

Dave Lennox  
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15-0667



# Arts, Crafts, Clubs & Other

## Chair Massage

**Thursday, November 13th - 12:00 p.m. - 3:30 p.m.**

Chair massages are given by certified massage therapist: Mary Ann Orme. During a chair massage you stay fully dressed and experience a massage for your shoulders, neck, arms, back, legs, hands and feet. The cost is **\$7.00 for 10 minutes**. Appointments are accepted on the first business day of the month.

## Connecting Threads

**Wednesday, November 12th & 26th - 1:00 p.m.—3:30 p.m.**

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

## Flushing Artistic Gathering

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

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

## Fly Tying

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

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

## 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, November 10th 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, November 18th at 12:30 p.m.**

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

## Strayed Quilters

**Thursday, November 20th at 12:30 p.m.**

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

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

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

## Tech Tutoring w/Charlotte - FREE!

**Tuesday, November 4th - 9:00 a.m. - 12:00 p.m.**

Charlotte can assist with smartphones, laptops, other electronics and basic computer skills. Call to make an appointment.

## Woodcarving

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

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

## Woodshop @ ECC

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

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

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

## Woodshop Safety Training @ FASC

**Tuesday, November 18th - 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.

## **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.**

## DONATIONS FOR VETS

FASC is collecting the following items to be donated to the Saginaw VA Medical Center for those veterans in need.

Simply drop off the items any time between 8:00 a.m. – 4:00 p.m.

Thank you for your generosity and efforts to provide for our veterans!

- NEW OR LIKE NEW CONDITION FOR ALL CLOTHES
- MEN'S T-SHIRTS, SWEATSHIRTS, OR SWEATPANTS - (SIZES MED - 6X)
- MEN'S SHOES AND SOCKS - (SIZES 8-13)
- MEN'S BRIEFS - (SIZE MED-3X)
- WOMEN'S T-SHIRTS AND UNDERGARMENTS - (ALL SIZES)
- COATS FOR THE CURRENT SEASON
- BODY WASH, RAZORS, SHAVING CREAM, COMBS, BRUSHES, TOOTHPASTE, TOOTHBRUSHES, NON-ALCOHOL MOUTHWASH
- LAUNDRY DETERGENT - (NAME BRAND ONLY)
- GIFT CARDS - (GAS, MASTER CARD, MEIJER, WALMART - PRICE RANGE - \$10 - \$50)

## NOVEMBER CONGREGATE MENU

3	4	5	6	7
Asian Turkey Burger Sweet Potato Wedges 4 oz Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz Milk	Fiesta Chicken w/onions & Pepp Roasted Corn & Black Beans 4 oz Cilantro Lime Rice 4 oz WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	Salisbury Steak w/Gravy Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	Cheese Ravioli w/Spinach & Mushroom Sauce Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea 100% Juice	New Orleans Chicken StirFry Over Lo Mein Noodles 2 oz Vegetable Blend-4 oz Steamed Brocc Hawaiian Roll Apricots-4oz Milk-8 oz Fotune Cookie- 
10	11	12	13	14
Chicken Fajitas 3 oz Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells 2 ea Birthday Cake Pineapple Cup Milk		Honey Glazed Chicken Fillets Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz Milk-8 oz	Pub Burger w/Cheese Potato Wedges 4 oz Lettuce/Tomato/ Fruit Cocktail-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice 	Vegetable Beef Stew 8 oz. Tomatoes & Zucchini 4 oz. Garlic Roll Margarine Mixed Fruit Cup Milk-8 oz
17	18	19	20	21
Swedish Meatballs 6 ea Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	BBQ Pork Loin Sweet Corn 4 oz Cole Slaw 4 oz Wheat Roll Mango & Papaya 4 oz Margarine 100% Fruit Juice	Crispy Chicken Salad 3 oz w/Apples, Cranberries & Feta Cole Slaw-4 oz Potato Roll Diced Pears  Milk-8 oz	Mostaccioli w/Meat Sauce 8 oz French Green Beans 4 oz Corn on the Cob 1 ea Fresh Pear Baked Breadstick 100% Fruit Juice	Philly Chicken w/Cheese 3 oz Potato Wedges 4 oz Veggie Blend 4 oz Sub Bun Margarine-1 ea 100% Fruit Juice
24	25	26	27	28
Chili W/Ground Beef 8 oz Veggie Blend 4 oz Corn Bake 4 oz Strawberry Applr Milk 	Turkey Breast W/Gravy 3 oz Mashed Potatoes 4 oz Garey's Famous Green Beans 4 oz HM Mac & Cheese 4 oz Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4 oz	Cobb Salad 4 oz w/Turkey, Cheese, Egg, Bacon Pasta Salad 4 OZ Fruit Muffin-1 ea Mandarin Oranges-4 oz Salad Dressing Pkt-1 ea Milk-8 oz		

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15-0667





The Old Newsboys of Flint are collecting the following for children newborn to age 18: hats, scarves, mittens, gloves, books, toys, games, stuffed animal, school supplies, fleece blankets, socks, and underwear.

You can also sponsor a child for \$20. Donations can be dropped off at the center up through Friday, December 19<sup>th</sup>.




## MEDICARE OPEN ENROLLMENT

**OCTOBER 15TH – DECEMBER 5TH**

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.

# November Birthdays

Ted Albee  
Christine Allen  
Ellen Allen  
Sandy Allison  
Eileen Anderson  
Bob Aris  
Dave Babieracki  
Lori Barton  
William Bastien  
Dean Bemis  
Rebecca Bernard  
Neil Blackmore  
Jeanne Blanton  
Roberta Blood  
Marie Bordash  
Julie Bowers  
Joan Brasseur  
Rita Brimley  
Brenda Brown  
Sandra Brown Gellis  
Kim Buckner  
Marty Calhoun  
Terry Carley  
Donna Carpenter  
Julie Carter  
Marie Christopher  
Don Clough

Lisa Cochran  
Eunice Commet  
Laura Conover  
Kim Cronin  
Sara Cronin  
Elaine Cullen  
Mary Cussans  
Tammy Davis  
Stephen Day  
Danelle Duplanty  
Janet Edwards  
Terry Ensign  
Betty Fisher  
Rosalie Fraley  
Jill Freeman  
Rebecca Freiburger  
Laura Friesen-Green  
Maryanne George  
Stephenie Gonzalez  
Jim Graham  
Elaine Gray  
Robert Griffiths  
Bethany Hack  
Terry Hackney  
Helen Haggadone  
Jerry Hammond  
Denise Harris

Paul Hartman  
Susan Hasal  
Ranee Hill  
James Hough  
John Howe  
Susan Hummel  
Carla Iacoboni  
Suzette Jarman  
Jane Johnson  
Denise Jones  
Carol Keane  
Arellia Kilbourn  
Pat King  
Mary Kirkpatrick  
Audrey Kleinedler  
Marilynn Klocke  
Tim Klump  
Connie Koviak  
Jackie Kulis  
Joe Langdon  
Cheryl LeMieux  
Melvin Letts  
Sherrie Lied  
Evelyn Liversedge  
Natalie Lucas  
Tom Lyman  
Lisa MacDonald

Belinda Mack  
Allen Marshall  
Sue Matlock  
Janet Matsko  
Ray McCARTY  
Dick McComb  
Barbara McKenna  
Sally McKenzie  
Marian McTaggart  
John Mikesell  
Sandra Mohr  
Michelle Montpas  
Katrece Moore  
Marisol Moreno  
Paul Morgan  
Tony Morrissett  
Barbara Newman  
Kimberly Paeth  
Jennifer Peek  
Mike Personett  
Karen Peterli  
Laverne Poe  
Mike Potoczny  
Fred Rau  
Karen Ribant  
Nancy Richard  
Kimberly Richards

Steve Ridley  
Teresa Ridley  
Rick Riess  
John Ringwelski  
Carol Risinger  
Alan Rockwood  
Cindy Rolla  
James Rotta  
Kathy Sager  
Helen Samples  
Maureen Sanders  
John Satterwhite  
Cindy Schabel  
Stephen Schlott  
Patricia Schneider  
Cindy Schultz  
John Scott  
Leslie Sedlarik  
Doug Sellers  
Rene Sherwood  
Greg Slagor  
Beverly Slisko  
Mariann Smith  
Scott Smith  
Matt Srda  
Michael Stanton  
Laura Stewart

Ganograt Sturt  
Willene Sumpter  
Susan Swan  
Jean Szukhent  
Lucy Thomas  
Daryl Tilley  
Carol Utsey  
Janet Vaughan  
Belinda Vaughn  
Lionel Verdun  
Ronald Veronda  
Diane VyVyan  
Catherine Wallace  
Lynette Walters  
Elizabeth Wates  
Allen Welsby  
Bill White  
Don Whiteside  
Frances Wilkinson  
Sylvia Williams  
Lisa Witzman  
Pam Workman  
Barbara Wright  
Dave Young  
Paul Young



# 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

## 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, November 25th 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.

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Every time an enrolled member of the Flushing Area Senior Center shops at Kroger using his or her Kroger Plus Card, the Center will earn cash rewards. Enrollment does not take away your points for gas or other discounts.



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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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 10 for full menu.**