



Monthly Publication brought to you by the Flushing Area Senior Center

MAY
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

Coffee talk



With : **County
Commissioner
Dale Weighill**

**Monday,
May 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.

MOTHER'S DAY PROJECT



The Center will be collaborating with Ms. Matheson's & Ms. Costa's kindergarten classes in helping create Mother's Day gifts on Tuesday, May 6th from 1:00 p.m. to 4:00 p.m.

We could use your help! We are in need of:

- 30-40 clean soup or vegetable cans
- 8-10 volunteers to assist students

Cans can be dropped off at the center up through Monday, April 28th. If you would like to help on the May 6th, feel free to contact the center @ (810)659-4735.



Watercolor Basics w/ Christie Macciomei



**Wednesday, May 7th
9:30 a.m. – 11:00 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**

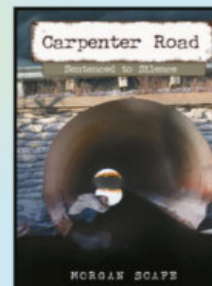
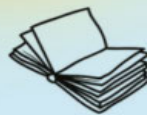
Recommended Supplies

- Paper – 11" x 14" Arches Cold Pressed #140 Block
- Brushes – 1/2" Flat, Bristle, Rigger, Round
- Box of Inexpensive Tissue
- Container for Water
- Palette
- Elegant Writer Pen
- Paint – Artists' Grade
 - Quinacdrone Gold
 - Dark Green (Shadow)
 - Yellow
 - Red – (Permanent Rose)
 - Recommended Brands
 - M. Graham / Holbein / Winsor & Newton
 - Daniel Smith / MaimeriBlue / Koi / Sommeier

Pure Michigan



BOOK PRESENTATION



Carpenter Road

Sentenced to Silence
W/ AUTHOR MORGAN SCAFE


Wednesday, May 7th @ 2:00 p.m.

What happens to a child when no one is paying attention? Evil comes calling. A harrowing true story of a little girl caught in the perfect storm. After years of sickening abuse perpetrated by her best friend's father, the 14-year-old learns that some silences are meant to be broken. But who can she turn to? If she tells, he will kill her. Desperate for help that she cannot summon, she writes an anonymous note to her teacher.

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

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Programs / Events / Activities



ELDER SCAMS SEMINAR

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

WHEN: Monday, May 12th @ 10:30 a.m.
WHERE: Flushing Area Senior Center

Come join us for light refreshments as Seth shares:

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

Please RSVP by
Friday, May 9th

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

TOPICS INCLUDE

Types of Scams being used to Target Seniors

How To Spot a Scam

Resources Available to Scam Victims

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

BOOK SALE



Sponsored by the Friends of the Flushing Area Library

Friday May 16 @ 9am-5pm

Saturday May 17 @ 9am-3pm

\$2/BAG ALL DAY SATURDAY

Flushing Area Library
120 N Maple St., Flushing, MI 48433
For more info, call (810) 659-9755

FASC DAY TRIP SOARING EAGLE CASINO

MONDAY, MAY 19TH

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

Each passenger receives:

- \$20 Premium Play pre-loaded on your ACCESS club card!
- If you earn 600 points you receive and extra \$10!
- \$10 Lunch Coupon!

COST
\$10.00



Seating is limited. Payment secures seat. Reservations will be accepted beginning May 1st. Call (810)659-4735.

LADIES SPRING TEA

**Monday, May 19th
12:00 p.m.**

We invite you to enjoy a spring day filled with good friends and entertainment.

MENU

Chicken Salad Croissant Sandwich
Broccoli Cheddar Soup, Antipasto Salad,
Fruit Topped Cheesecake

Entertainment
Bryan Dixon, A.K.A. Elvis

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

**RSVP by May 14th
(810)659-4735**

COST
\$15.00

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Farewell Open House for Karen Herriman

Tuesday, May 20th - 1:30 p.m. - 3:00 p.m.

After 19 years of serving the senior community,
our dear friend Karen is retiring...

Come join us as we honor Karen
for her outstanding dedication to
the thousands of members of the
Flushing Area Senior Center.

(Snacks & Refreshments Provided)

Please call (810)659-4735
by Friday, May 16th to RSVP.



SENIOR POWER DAY 2025

TO-GO
LUNCH
PROVIDED
on a first come
first serve basis

FREE
GIFT

Wednesday, May 21, 2025
9:00 a.m. - 2:00 p.m.
Crossroads Village
6140 Bray Rd., Flint

Tickets \$5.00

Available at your local senior center,
VAAA's office at 225 E 5th Street, Flint, MI
48502, and the Genesee County Parks
office at 5045 Stanley Rd., Flint, MI 48506.
They can also be purchased the day of the
event at the Crossroads Village.
For information about ticket purchase
locations, please call (810) 239-7671

Ticket includes Lunch, Train Ride, Resources, and
Legislative updates that affect Seniors and Caregivers.

**FASC is offering transportation for an
additional \$5.00 per person. The bus departs
the Bueche's parking lot at 8:30 a.m. and
returns at 2:30 p.m. Call or stop by the center
to reserve your seat - (810)659-4735**

Pop-up Farmers Markets

**Featured
Farms:**



**Marjie's
Farm**



Flushing Area Senior Center

106 Elm St, Flushing, MI 48433

Time

10:30a.m. – 1:30p.m.

Dates:

1st & 3rd Wednesdays

June 4th & 18th

September 3rd & 17th

July 2nd & 16th

October 1st & 15th

August 6th & 20th

**Accepted
Payment
Methods:**



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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.

NEW! 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, May 21st at 3:15 p.m.

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

Silver Sneakers Stability

Each Monday 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!

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.

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.

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
Website: www.annsadventures.net

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

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

- ♦ **Vera Bradley Annual Outlet Sale**
Date: Thursday, May 1
Cost: \$90.00 per person
Departure: 7:00 a.m. from the Clio K-mart
- ♦ **Nunsense – Turkeyville**
Date: Tuesday, May 6
Cost: \$95.00 per person
Departure: 9:30 a.m. from Clio Kmart
- ♦ **Daniel O'Donnell @ Shipshewana**
Dates: Wednesday, May 28 – Thursday, May 29
Cost: \$330.00 per person double occupancy
Deposit: \$80.00 per person
Cancellation Protection: \$50.00 per person (optional)
Final Payment Due: April 28,
Departure: 8:00 a.m. from PNC Bank
- ♦ **Spring Mystery Trip**
Date: Tuesday, June 3
Cost: \$100.00 per person
Departure: 8:30 a.m. from Clio Kmart
- ♦ **Shear Madness**
Date: Wednesday, June 4
Cost: \$78.00 per person
Departure: 11:00 a.m. from Clio Kmart
- ♦ **Dear Jack, Dear Louise – Petrolia**
Date: Tuesday, June 17
Cost: \$125.00 per person
Departure: 8:45 a.m. from Clio Kmart
(Passport or MI Enhanced Driver License required)
- ♦ **The WIZ**
Date: Wednesday, June 18
Cost: \$122.00 per person
Departure: 4:30 p.m. from Clio Kmart
- ♦ **Zekelman Holocaust Center**
Date: Tuesday, June 24
Cost: \$70.00 per person
- ♦ **Grandparent / Grandkid Trip**
Date: Thursday, June 26
Cost: \$65.00 per person
Departure: 9:00 a.m. from Clio Kmart

Support Groups / Senior Services

Alzheimer's Support Group

Thursday, May 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!

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, May 13th & 27th - 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, May 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.

Veterans Coffee Hour

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

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

Veterans Services

Wednesday, May 28th - 9:30 a.m. - 2:45 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 at the Swartz Creek Area Senior Center.

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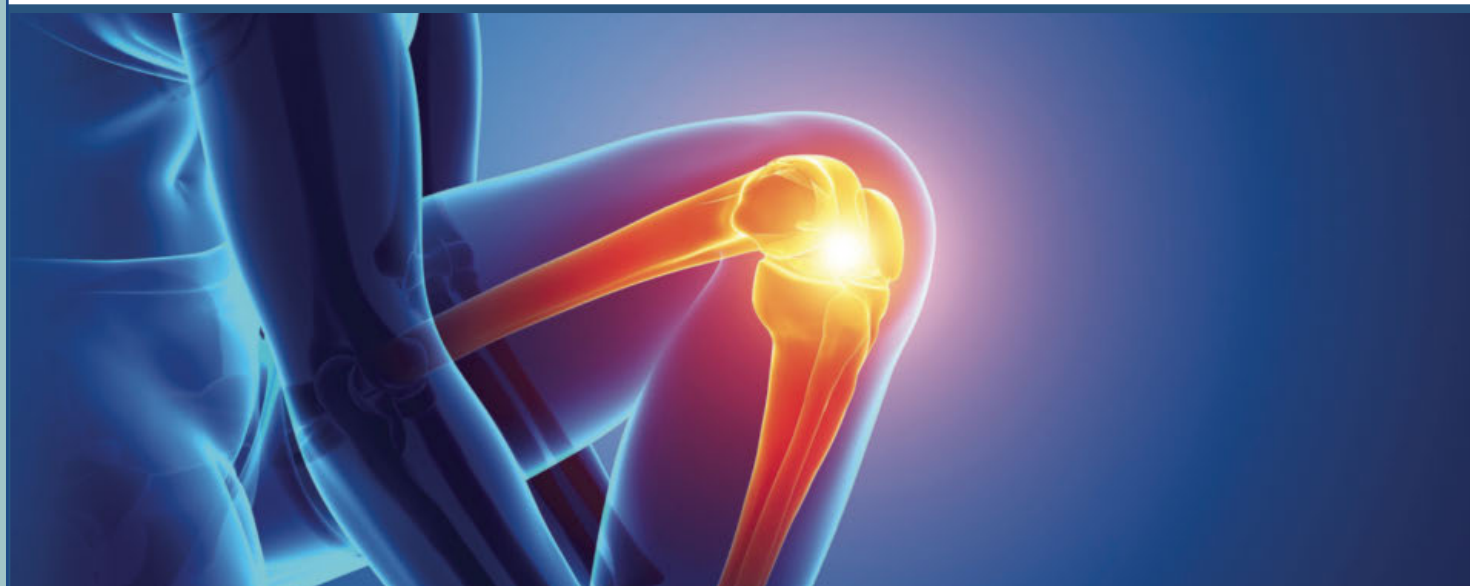
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Office Hours
Monday - Friday
8:00 a.m. - 4:00 p.m.

Flushing Area Senior Center
106 Elm Street, Flushing, MI 48433
www.flushingseniorcenter.com
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
<p>5</p> <p>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 2:00 Coffee Talk w/Dale Weighill 6:00 Poker</p> <p>CANCELLED: Silver Sneakers</p>	<p>6</p> <p>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. 1:30 Mother's Day Project</p>	<p>7</p> <p>8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Watercolor Basics Class 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 Shopping @ Walmart 2:00 Book Presentation: Carpenter Road 2:30 Ping Pong</p>	<p>8</p> <p>8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station</p> <p>9</p> <p>8:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Legal Assistance 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p> <p>CANCELED: Pickleball @ E.C.C.</p>	<p>1</p> <p>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</p> <p>2</p> <p>8:00 Exercise Station 8:45 IKEA Day Trip 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>



12	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 2:00 Scam Presentation 2:30 Gary Nickel Photography Class 6:00 Poker	13	8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 10:00 Woodshop Safety Training @ FASC 11:30 Exercise Station 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group	14	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 RESCHEDULED - Make It, Take It Card Class 2:30 Ping Pong	15	9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Strayed Quilters 2:00 Bunco CANCELED: Exercises for Everyday Living, Basic Flow Yoga Gold, Tai Chi, Cornhole, Exercise Station	16	9:00 Spring Book Sale 9:00 Shopping @ ALDI 9:30 Fly Tying 9:30 Veterans Coffee Hour 11:30 Congregate Meal 1:00 Penny Bingo CANCELLED: Exercise Station, Body Balance & Mobility, Mah Jongg, Ping Pong
19	8:30 FASC Day Trip - Soaring Eagle Casino 9:00 Flushing Artistic Gathering 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:00 Ladies Spring Tea 12:30 Woodcarving 12:30 Dominoes 6:00 Poker CANCELLED: Beginning Line Dancing, Exercise Station, Drums Alive	20	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 Exercise Station 11:30 Congregate Meal 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:30 Farewell Open House - Karen Herriman 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers	21	8:00 Exercise Station 8:30 Flushing Artistic Gathering 8:30 FASC Day Trip - Senior Power Day 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 9:30 Senior Astronomers @ Clio Senior Center 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 RESCHEDULED - Euchre 2:30 Ping Pong 3:15 Pickleball Information Meeting @ FASC	22	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 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	23	8:00 Exercise Station 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong
26	 <p>CENTER IS CLOSED</p>	27	8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 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 7:00 FASC Board Meeting	28	8:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Woodshop @ E.C.C. 9:30 Body Balance & Mobility 9:30 Veterans Services at Swartz Creek Senior Center 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:30 Ping Pong	29	8:40 Exercise 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 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	30	8:15 Exercise Station 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong

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**Confused
about
Medicare?

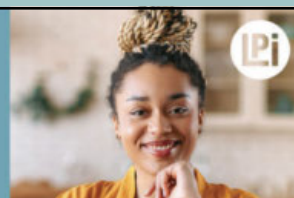
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Arts, Crafts, Clubs & Other

Chair Massage

Thursday, May 8th - 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**. Call the center on the first business day for an appointment.

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!

Gary Nickel Photography Class

Monday, May 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

Wednesday May 14th 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.

Senior Women's Book Club

Tuesday, May 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, May 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*

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, May 6th & 20th - 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, May 13th - 10:00 a.m. - 11:30 a.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.

Programs / Events / Activities

BALANCE & COGNITIVE/MEMORY ASSESSMENT DAY

FRIDAY, JUNE 6TH - 10:00 A.M. TO 2:00 P.M.
FASC ANNEX - 106 ELM ST.

Cognitive Memory Testing assesses thinking abilities like memory, language, reasoning and perception to detect cognitive impairment or early dementia.



PRIMARY PREVENTION PHYSIOTHERAPY



Advance registration & health history form completion required.

Call the Center @ 810-659-4735 to schedule your appointment time.

The assessments may take up to an hour and a half and include a "score interpretation and recommendations" consultation with a Doctor of Physical Therapy.

All abilities are welcome!

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PRIMARY PREVENTION PHYSIOTHERAPY
IN COLLABORATION WITH THE
UNIVERSITY OF MICHIGAN-FLINT
DEPARTMENT OF PHYSICAL THERAPY.

A Balance Assessment can be the first step to help reduce falls. Falls represent one of the biggest threats to the health and functional independence of older adults. Unfortunately, falls are common among older adults and often result in debilitating fractures.

Participate in standardized tests that measure multiple dimensions of balance, along with tests for cognitive memory.



MAY CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

			<p>1</p> <p>Tangerine Chicken 4 oz Shrimp Fried Rice 4 oz Winter Blend Veggies 4 oz Pineapple Tidbits 4 oz Margarine Flatbread 100% Fruit Juice</p>	<p>2</p> <p>Breaded Chicken Sandwich Diced Potatoes 4 oz Vegetable Blend 4 oz Applesauce 4 oz Wheat Bun Margarine Milk</p> 
<p>5</p> <p>Beef Tacos w/HM Pico 2 ea Corn & Black Beans 4 oz Diced Peaches 4 oz Soft Tortilla-2 Margarine Milk</p> 	<p>6</p> <p>Chef Salad w/Egg & Tomatoes Ham, Turkey & Cheese 3 oz Cole Slaw 4 oz Fruit Salad 4 oz Flatbread Dressing 100% Fruit Juice</p>	<p>7</p> <p>Chinese Pepper Steak 4 oz Sicilian Veggie Blend 4 oz Succotash 4 oz Fruit Cocktail 4 oz Brown Rice 3 oz Wheat Roll Margarine Milk</p>	<p>8</p> <p>Pub Burger w/Cheese Leaf Lettuce & Sliced Tomato Cole Slaw 4 oz Ranch Potato Wedges Fruit Salad 4 oz Whole Wheat Bun Margarine 100% Fruit Juice</p>	<p>9</p> <p>Baked Herb Pork Chop Green Bean Casserole 4 oz Sweet Corn 4 oz Potato Roll Mixed Fruit Cup Margarine Milk</p>
<p>12</p> <p>Ravioli W/Beef & Sauce Roasted Brussel Sprouts 4 oz Steamed Cauliflower 4 oz Potato Roll Margarine Fresh Pear Milk</p>	<p>13</p> <p>Maple-Glazed Chicken w/ Roasted Sweet Potatoes & Broccoli Blend Baby Carrots 4 oz Garlic Bread Mandarin Oranges 4 oz Margarine 100% Fruit Juice</p>	<p>14</p> <p>HM Beef Chili 8 oz Chuck Wagon Blend 4 oz Italian Vegetables 4 oz Peaches 4 oz Corn Muffin Margarine Milk</p> 	<p>15</p> <p>Chicken & Penne Alfredo 8 oz French Cut Green Beans 4 oz Diced Carrots 4 oz Crunchy Breadsticks Fresh Apple Margarine 100% Fruit Juice Birthday Cake</p> 	<p>16</p> <p>Salisbury Steak w/gravy Mixed Greens 4 oz Mashed Potatoes 4 oz Corn Bread Fruit Salad Margarine Milk</p>
<p>19</p> <p>Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets 4 oz Crunchy Bread Stick Fresh Orange Margarine Milk</p>	<p>20</p> <p>Roast Beef Slice Veggie Blend 4 oz Roasted Potatoes 4 oz Wheat Roll Pears 4 oz Margarine 100% Fruit Juice</p>	<p>21</p> <p>Chef's</p> 	<p>22</p> <p>Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Tortilla Shell Fruit Cocktail Caesar Salad Dressing 100% Fruit Juice Cookie of the Month</p> 	<p>23</p> <p>HM Spaghetti & Meatballs Steamed Broccoli 4 oz Italian Veggie Blend 4 oz Garlic Bread Cinnamon Applesauce Margarine Milk</p>
<p>29</p>  <p>THANK YOU!</p>	<p>27</p> <p>Sweet & Sour Chicken Wings-3 French Cut Green Beans 4 oz Diced Carrots 4 oz Mango & Papaya Bread Stick Margarine Milk</p>	<p>28</p> <p>HM Sloppy Joes 3 oz Cauliflower 4 oz Fresh Apple WG Bun Margarine Milk</p>	<p>28</p> <p>Meatloaf w/Gravy Mashed Potatoes 4 oz Sweet Peas 4 oz Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice</p>	<p>29</p> <p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chunk WG Bun Ketchup & Must Milk</p> 

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

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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SENIOR ASTRONOMERS

w/ Bob Kren

Come join Bob as he meets with seniors across the county to discuss their shared passion for astronomy. Meetings take place the third Wednesday of each month @ 10:00 a.m. See schedule below:

- | | |
|-----------------------------------|----------------|
| • Clio Senior Center | May 21st |
| • Swartz Creek Area Senior Center | June 18th |
| • Grand Blanc Senior Center | July 16th |
| • Davison Senior Center | August 20th |
| • Flushing Area Senior Center | September 17th |

Members will also schedule dates for evening observations!

FREE Document Shredding Event for Genesee County Senior Citizens

Thursday, May 1, 2025
10AM - 1PM

Mundy Miracle Commons—Presented by
the Mundy Senior & Enrichment Center
1286 W. Hill Rd Flint, MI 48507

Bring your bag filled with your confidential documents for **FREE, SAFE, & CONTACTLESS** on-site paper shredding and recycling!

Medication take back will be available on site.

Wednesday, June 25, 2025
10AM - 1PM

Riverview Park—Presented by the Flushing Area
Senior Center
230 S. Cherry St. Flushing, MI 48433



Thursday, September 25, 2025
10AM - 1PM

Swartz Creek Senior Center
8095 Civic Dr. Swartz Creek, MI 48473

Recycling Event Questions?
(810) 424-4478

This event is paid for by the Genesee County Senior Millage & Solid Waste Ordinance Funds



HAPPY BIRTHDAY

Kay Adams	Wanda Davidek	George Gawthrop	Eugene Lasky	Chris Nickel	Beatrice Simmonds
Dawn Allen	Bob Davies	Lucia Gillette	Melvin Lee	Noletta Nyland	Mary Ann Simor
Russell Allie	Judy Dawson	Susan Glusica	Cindy Lewicki	David Oatley	Donald Simpson
Trudy Anderson	Loretta Debevec	Steve Golding	Bonnie Lipinski	Diann Parks-Cameron	Margaret Slusser
Maria Atwell	Wayne Denkins	Pam Goodwin	Martin Lueker	Adeline Pauldine	Richard Smart
Jim Augustine	Ray Dennie	Nancy Greenfelder	Cynthia Kay Luxton	Karyn Pilon	Earl Smith
Kathy Bacha	Diana Desilva	Cecil Hahn	Denise Macko	Kay Porter	Joyce Stafford
Wayne Barber	Joyce Devantier	Mary Harper	Linda Mair	Mary Powell	Bev Stone
Margaret Beatenhead	Carol Dewitt	John Hice	Faye Marenkewicz	Michelle Puckett	Onalee Summers
Sue Belcher	Linda Doyle	Julie Hickok	Jerry Marenkewicz	Greg Purzycki-Sova	Robert Sutherby
Sheila Bisaha	Cathie Draheim	Brenda Hilliker	Karen Markuszewski	Jean Rademacher	Ken Taylor
Barbara Bishop	Patricia Dunnigan	Julie Hodges	Janie Marshall	Robert Ragnone	Paul Taylor
Juanita Blaisdell	Jan Easter	Barbara Holmer	Juan Martinez	Bruce Ray	Douglas Thomas
Jean Blower	Beth Eck	Donna Howse	Judy Martz	Kathleen Rhoads	Lisa Thompson
Elizabeth Brooks	Annette Elde	Jim Huffman	Greg Matheson	Larry Richard	Valerie Tylus
Jennifer Burrows	Karen Ellis	Joan Huffman	Deanna Mazar	Ronald Rinna	Kathy Valasek
Cynthia Butcher	Nancy Elsner	Sally Ingalls	Darlene McClendon	Walter Rosinski	Charl Vandenbosch
Gerald Byard	Kenneth Engel	Sonya Jackson	Jeff Meyer	Cindy Ruddy	Jeanie Vanderpool
Beverly Capua	Linda Evans	Diane Jerichow	Michael Montpas	Ralph Ruddy	Joanne Vath
Jon Care	Jane Farver	Kim Jones	Jerry Morford	Sandi Rundell	Gerry Waite
Debbie Carlson	Frances Fisher	Jeanette Jozwiak	John Morrow	Susan Sage	Chrystal Wells
Judith Chapman	Elaine Folger	Janis Kautzarich	Peggy Morse	Darwin Scherba	Martene Willett
Deborah Collier	Gloria Foster	Carol Kerry	Shannon Murchie	Charlene Schotter	Carol Willy
Caryle Collins	Joan Fox	Denise Ketchmark	Mary S. Murphy	Ray Schotter	Lestlie Wilson
Craig Conklin	Clarence Frost	Charlotte Kidder	Gretchen Murray	Suzette Sellers	Martha Wilson
Greg Corbin	Deanna Frye	Brian Kitchen	Kim Murray	Dennis Serra	Mary Ann Witter
Ardath Crandell	Sandy Galko	Brian Kosbar	Cindy Nelson	Stacey Shaheen	
Carol Cruz	Claudia Garabelli	Carol Labrecque	Alger Newberry	Karen Sheets	
Rita Dafeo	David Gauthier	Curt Lapham	Annette Nickel	Kathy Shufelt	

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

FASC Information

The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com

Center Hours

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

Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

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, May 27th 7:00 p.m.

♦ Tuesday, June 24th 11:00 a.m.

(Annual Member Meeting)

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

Our Mission Statement

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

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

Flushing Area Senior Center

Funding Sources

The majority of funding is from the Genesee County Senior Millage. Other Funding Sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.

Memorial Donations

Memorial Donations to the Flushing Area Senior Center are a nice way to create a lasting memory in remembrance of a loved one, family member or friend. Donation envelopes are available at the Center or at area funeral homes. The Flushing Area Senior Center is a private, non-profit organization and all of the donations are tax-deductible.



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



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Other funding sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.



Enjoy a Daily Lunch!

Eat In at the Flushing Area Senior Center

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



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

Reservations are required. Call the Center at 810-659-4735
by 1:00pm the weekday before to place your lunch
reservation. See Page 10 for full menu.