



Monthly Publication brought to you by the Flushing Area Senior Center

MARCH
2026

Our
Perspective
for the 50+ generation

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

Programs / Events / Activities

PROGRAMMING UPDATE!



With the West Wing opening in March, FASC will be pleased to offer a full-time, walk-in exercise station featuring five pieces of equipment, a TV and streamable music to enhance your workout experience.



In addition, we will be offering a full-time coffee lounge featuring a self-serve coffee bar, a refrigerator stocked with bottled water, and a variety of comfortable accent chairs designed for relaxing. Our loan library will also be relocated to this area.

ALL YOU NEED IS LOVE, COFFEE & A LITTLE EXERCISE!

Dementia Caregiving



ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend an in-person workshop series for help!

This Dementia Caregiving workshop is a 3-session program for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementia-related behaviors
- Create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



DEMENTIA CAREGIVING WORKSHOP

Flushing Area Senior Center
106 Elm Street, Flushing
Tuesdays, March 3rd, 10th & 17th
6:00 p.m. to 7:30 p.m.
To register call (810) 659-4735

This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports



FASC Open House

Friday, March 6th - 10:00 a.m. - 11:30 a.m.

You're invited to an Open House celebrating the grand opening of the new "WEST WING" at the Flushing Area Senior Center!

This special event will feature:

- Light refreshments
- Tour of the expanded space
- Highlights of new programs
- A special dedication of the new Coffee Lounge in honor of Marcy LaSalle



Call to RSVP - (810)659-4735

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Dinner w/Dale



Join County Commissioner Dale Weighill on **Monday, March 9th @ 5:30 p.m.**



Menu
Pizza, Salad
Coffee, Water, Soda



RSVP DEADLINE
FRIDAY, MARCH 6TH
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.

SOCIAL SECURITY SEMINAR

Tuesday, March 10th @ 10:00 a.m.

- Social Security is a major part of your retirement. Get the facts about this key retirement benefit.
- Learn how Social Security benefits work and major considerations when making your claiming decision.
- Read about the latest Social Security cost-of-living adjustment (COLA) and strategies to put it to work.

Call to RSVP
(810)659-4735

Edward Jones



Kimberly Strnad
Financial Advisor
121 E Main Street
Flushing, MI 48433
810-659-0494



FIA Day Trip

Wednesday, March 11th
11:30 a.m. - 3:00 p.m. **Cost Free!**

Call to RSVP
(810)659-4735

The FASC bus leaves the Memorial Healthcare parking lot on Main Street at 11:30 a.m. and returns around 3:00 p.m.

(Participants are encouraged to bring lunch or pick up something from the Palette Café. Coffee, tea, and cookies are provided.)

- **Art à la Carte Series - Beautiful Losers** - Beautiful Losers is a 2008 documentary that explores the work of artists from the San Francisco Bay Area Mission School Movement, an art movement of the '90s and '00s that was marked by its street art aesthetics.
- **Art Chart** - Join a friendly docent-led conversation that invites you to slow down and deeply connect with select works in the galleries that connect with the Films from our Art à la Carte series.

Texas Hold'em Informational Meeting

Friday, March 13th @ 10:00 a.m.

Interested in learning more about Texas Hold'em? Join us for an informational meeting to learn:

- The basics of Texas Hold'em
- Game rules and structure
- How to participate
- Upcoming schedule and details

FASC Gardening Club Informational Meeting

Friday, March 13th @ 2:00 p.m.

Do you enjoy flowers, vegetables, or spending time outdoors? Have you always wanted to garden but prefer to do it with friends?

The Flushing Area Senior Center is starting a brand-new Gardening Club and we invite you to join us!

At the meeting, we will discuss:

- Plans for flower and vegetable gardening
- Seasonal planting ideas
- Ways to participate at your own pace
- Sharing gardening tips and experiences

COME GROW WITH US!

NEW CLUB ALERT

Budget Like a Boss Financial Education Class

During this budgeting presentation, participants will gain a clear understanding of budgeting and its importance for financial success. They will learn how to track income and expenses, set realistic financial goals, and create a budget that works for them. The presentation will also cover practical tips on saving money, reducing unnecessary spending, and sticking to a budget. Participants will be empowered to take control of their finances with the tools they gain in the Budget Like a Boss class.

COURSE OVERVIEW:



What is a budget?

- How to manage your money
- Track your income vs. expenses
- Future savings



What is a good budget?

- Wants vs. Needs
- Prioritizing savings and debt
- Understand basics to keep you on track



Where do I start?

- Tips for tracking income and spending
- How to set realistic goals
- Creating a budget that works for you



What to expect

- Active Q & A session
- Handouts and resources to use after the class
- 45-60 minute educational class
- Refreshments provided

Monday, March 16th @ 10:00 a.m.

Call to RSVP - (810)659-4735

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Programs / Events / Activities



St. Patrick's Day Party

TUESDAY, MARCH 17TH
1:30 P.M. - 3:00 P.M.

FOOD, GAMES, PRIZES, MUSIC & MORE!

FREE OF CHARGE!

CALL (810)659-4735 TO RSVP. Space is limited.

See you there!



FASC DAY TRIP SOARING EAGLE CASINO

THURSDAY, MARCH 19TH

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 March 2nd. Call (810)659-4735.

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

Story of our Lives w/Harry Cybuski



Thursday, March 19th @ 2:00 p.m.

Join us as Harry shares his firsthand experience of growing up in Paris during World War II, when German forces invaded France. Through his memories, Harry will recount what daily life was like under occupation.

He will also reflect on the profound and lasting impact the war had on his family members, from separation and loss to the ways those experiences shaped his life coming to America.

HOPE Property Tax Exemption Presentation

w/ Robin Teeple
Tax Forclosure Outreach Specialist
Genesee County Treasurer's Office

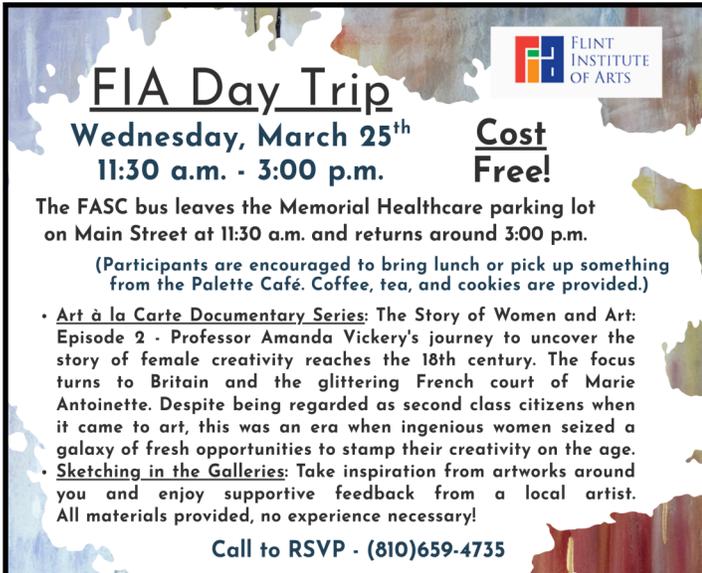
Tuesday, March 24th @ 10:00 a.m.

Many seniors may be eligible for property tax exemptions or reductions but not everyone knows they qualify.



Join us for this informational session to help you understand:

- Available senior exemptions
- How much you could save
- Application steps and required documents
- Where to get assistance



FIA Day Trip

Wednesday, March 25th
11:30 a.m. - 3:00 p.m.

Cost Free!

The FASC bus leaves the Memorial Healthcare parking lot on Main Street at 11:30 a.m. and returns around 3:00 p.m.

(Participants are encouraged to bring lunch or pick up something from the Palette Café. Coffee, tea, and cookies are provided.)

- Art à la Carte Documentary Series:** The Story of Women and Art: Episode 2 - Professor Amanda Vickery's journey to uncover the story of female creativity reaches the 18th century. The focus turns to Britain and the glittering French court of Marie Antoinette. Despite being regarded as second class citizens when it came to art, this was an era when ingenious women seized a galaxy of fresh opportunities to stamp their creativity on the age.
- Sketching in the Galleries:** Take inspiration from artworks around you and enjoy supportive feedback from a local artist. All materials provided, no experience necessary!

Call to RSVP - (810)659-4735



Welcome To...

PEACE, LOVE & TRIVIA W/GORDON

FOCUSING ON 60S & 70S EVENTS & MUSIC TRIVIA

Monday, March 30 @ 2:00 p.m.

COST - \$5.00 - INCLUDES TRIVIA, SNACKS & DRINKS

Call to RSVP - (810)659-4735

DUST OFF YOUR BELL-BOTTOMS AND TURN UP THE VINYL... IT'S TIME TO REWIND TO THE MOST UNFORGETTABLE DECADES EVER!

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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

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.

Mondays & Thursdays

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

Free of Charge

All abilities welcome!

Pickleball Informational Meeting

Wednesday, March 11th at 10:00 a.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!

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.

Ann's Adventures

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

Going on a trip with Ann?
Please register through the Center and
help us earn \$5.00 with every trip you take!
Questions? Call (810)814-9232.

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

- * **What The Constitution Means To Me**
 Date: Wednesday, March 4th
 Cost: \$80.00 per person
 Departure: 11:00 a.m. from Clio Kmart
- * **Manhattan Dolls – Turkeyville**
 Date: Wednesday, March 11th
 Cost: \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- * **Menopause the Musical 2**
 Date: Sunday, March 15th
 Cost: \$100.00 per person
 Departure: 12:15 p.m. from Clio Kmart
- * **Dial M for Murder – Turkeyville**
 Date: Thursday, March 26th
 Cost: \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- * **Come From Away**
 Date: Wednesday, April 1st
 Cost: \$80.00 per person
 Departure: 11:00 from the Clio Kmart
- * **Murder On The Links**
 Date: Wednesday, April 15th
 Cost: \$90.00 per person
 Departure: 1:00 p.m. from the Clio Kmart
- * **Divine Women 2 – Petrolia**
 Date: Thursday, April 23rd
 Cost: \$130.00 per person
 Departure: 8:45 a.m. from Clio Kmart
- * **Vera Bradley Annual Outlet Sale**
 Date: Wednesday, April 29th
 Cost: \$90.00 per person
 Departure: 7:00 a.m. from the Clio K-mart
- * **Elvis Has Left The Building – Turkeyville**
 Date: Tuesday, May 5th
 Cost \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- * **Million Dollar Quartet**
 Date: Wednesday, May 6th
 Cost: \$80.00 per person
 Departure: 5:00 p.m. from the Clio Kmart
- * **Hamilton**
 Date: Thursday, May 7th
 Cost: \$175.00 per person
 Departure: 5:00 p.m. from the former Clio Kmart

Alzheimer's Support Group

Thursday, March 5th 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, March 10th & 31st - 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, March 13th

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, March 6th & 20th - 9:30 a.m.

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

Veterans Services

Wednesday, March 25th - 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 here at the Swartz Creek Area Senior Center.

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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.

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LAPEER

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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.flushingseiorcenter.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
<p>2</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 6:00 Poker</p>	<p>3</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 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 Silver Sneakers 6:00 Dementia Caregiver Series</p>	<p>4</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 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 1:00 Shopping @ Walmart 2:30 Ping Pong</p>	<p>5</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 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</p>	<p>6</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:30 Veterans Coffee Hour 9:30 Fly Tying 10:00 FASC Open House 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p>9</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 2:30 Gary Nickel Photography Class 5:30 Dinner w/ Commissioner Weighill 6:00 Poker</p>	<p>10</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Social Security Seminar 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 Silver Sneakers 2:00 Grief Support Group 6:00 Flushing Township Board of Trustees Meeting 6:00 Dementia Caregiver Class</p>	<p>11</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:00 Pickleball Informational Meeting @ FASC 11:00 Drums Alive 11:30 Congregate Meal 11:30 FIA Day Trip 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong</p>	<p>12</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 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 11:00 Pickleball @ E.C.C. 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:15 Cornhole</p>	<p>13</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:00 Texas Hold'em Informational Meeting 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 1:00 Legal Assistance 2:00 Gardening Club 2:30 Informational Meeting 2:30 Ping Pong</p>

<p>16</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:00 Financial Education Class 11:00 Pickleball @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 1:00 Make It, Take It Card Class 6:00 Poker</p>	<p>17</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlette 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:00 Euchre 1:30 Woodshop @ E.C.C. 1:30 St. Patrick's Day Party 2:00 Silver Sneakers 6:00 Dementia Caregiver Series</p>	<p>18</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 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 2:30 Ping Pong</p>	<p>19</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Soaring Eagle Casino Trip 8:30 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 12:30 Strayed Quilters 1:00 Tai Chi 2:00 Bunco 2:00 Story of our Lives w/ Harry Cyboliski 2:15 Cornhole</p>	<p>20</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:00 Shopping @ ALDI 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p>23</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 6:00 Poker</p>	<p>24</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 10:00 HOPE Property Tax Reduction Presentation 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Woodshop Safety Training @ FASC 7:00 FASC Board Meeting</p>	<p>25</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 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 11:30 FIA Day Trip 1:00 Writers Group 1:00 Mah Jongg 1:00 Connecting Threads 2:30 Ping Pong</p>	<p>26</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole</p>	<p>27</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:30 Fly Tying 10:00 Tech Tutoring w/Sawyer 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong</p>
<p>30</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 2:00 Trivia w/Gordon 6:00 Poker</p> <p>CANCELLED: Pickleball @ E.C.C.</p>	<p>31</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 2:00 Grief Support Group</p> <p>CANCELLED: Woodshop @ E.C.C., Silver Sneakers</p>	 <p>FLUSHING AREA SENIOR CENTER</p>		

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, March 12th - 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, March 11th & 25th - 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 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, March 16th 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, March 17th 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, March 19th at 12:30 p.m.

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

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

Tech Tutoring w/Charlotte & Sawyer - FREE!

Tuesday, March 3rd & 17th - 9:00 a.m. - 12:00 p.m.

Friday, March 27th - 10:00 a.m. - 12:00 p.m.

Charlotte & Sawyer 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, March 24th - 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.

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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UPDATE - BATTERY RECYCLING

FASC is no longer accepting used batteries at this time. Unfortunately, the county has been unable to provide the appropriate shipping buckets in a timely manner, which has resulted in boxes of batteries being stored at the center. We apologize for any inconvenience this may cause.

HOW DO I BECOME A MEMBER OF THE FLUSHING AREA SENIOR CENTER?

**YOU ARE 50 YEARS OR OLDER
RESIDENT OF GENESEE COUNTY
FILL OUT A PARTICIPATION FORM**

*OPTIONAL - \$12.00 ANNUAL DONATION
NOT REQUIRED FOR MEMBERSHIP*

Questions? Call (810)659-4735



MARCH CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Smothered Pork Chop Mashed Potatoes Mixed Greens Honey Wheat Roll Diced Pears Margarine Milk	3 Spaghetti & Meatballs Sweet Peas Italian Veggie Blend Fresh Apple Garlic Bread Margarine 100% Fruit Juice	4 Beef Fajitas w/ Peppers/Onions Mexican Rice Black Beans Fruit Cocktail Tortilla Shell Sour Cream Milk 	5 Oven Fried Chicken Chuck Wagon Blend Potato Salad Fresh Orange WG Roll Margarine 100% Fruit Juice	6 Korean Beef Bowl w/Rice w/Snap Peas, Peppers, Onions & Broccoli Peas & Carrots Pineapples Hawaiian Roll Milk Margarine 
9 Roasted Turkey & Gravy w/ Mashed Potatoes Southern Green Beans Warm Peaches Biscuit Milk	10 Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits WG Bun Margarine 100% Fruit Juice 	11 Chicken Tenders over Creamy Cavatappi Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk	12 BBQ Pulled Pork Baked beans Mixed Vegetables Fresh Orange WG Bun Margarine 100% Fruit Juice Birthday Cake	13 Breaded Cod Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk
16 Boneless BBQ Riblet Mixed Vegetables Fruit Cup WG Bun Diced Peaches Milk	17 Salisbury Steak w/gravy Brown Rice Italian Green Beans Fresh Pears Potato Roll 100% Fruit Juice 	18 Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Pears Sliced Croissant Milk	19 Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice Cookie of the Month 	20 Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine Milk
23 Beef Goulash Lima Beans Cauliflower Golden Apple Potato Roll Margarine Milk	24 White Chicken Chili Whole Kernel Corn Mixed Greens Mango & Papaya Fruit Cup Corn muffin 100% Fruit Juice	25 Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk 	26 Baked Chicken Breast Green Beans Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice	27 Pub Burger w/Cheese Potato Salad Peas & Carrots Fruit Cocktail WG Bun Mayo & Mustard Milk 
30 Creole Steak European Veggies Diced Potatoes Golden Delicious Apple Potato Roll Margarine Milk	31 Italian Wedding Soup Diced Carrots Veggie Blend Diced Peaches Wheat Roll Margarine 100% Fruit Juice			

**PLEASE CALL THE DAY BEFORE 1:00 P.M. TO ORDER LUNCH - (810)659-4735
YOU ARE ABLE TO ORDER MULTIPLE DAYS IN ADVANCE!**

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

FASC is once again collaborating with Tyron & Associates LLC to assist you with your tax preparation and planning needs at a discounted rate.



FASC TAX PREPARATION SERVICES

Informational packets with price lists can be picked up at the center or can be accessed under the quick links section of our website.

1040 Federal & State Filing is only \$75.00!

WWW.FLUSHINGSENIORCENTER.COM

MARCH BIRTHDAYS

Pete Alcser
Karen Alexander
Yetiva Allen
Laurel Allyn
John Ambrosier
Debra Arnold
Gloria Austin
Nancy Bailey
Carol Bakke
Matthew Balgenorth
Peggy Banks
Nancy Barnhart
Mark Bauman
Robert Beatenhead
Michael Beckman
Domingue Beer
Max Belcher
Mary Beill
Richard Beliveau
Anna Berney
Vicki Bidwell
Rick Bigelow
Elizabeth Binasio
Kathy Birchmeier
Dawn Bitterman
Lorraine Black
Buddy Blaisdell
Gail Blaszkowski
Eileen Bleck
Brian Boudreau
Pam Braden

Kelly Brahce
Andy Brandes
Lisa Briggs
Tamara Brown
Joyce Burkley
Steve Caldwell
Ruth Cawthray
Carmelita Chipman
Kevin Clarambeau
Christina Clarence
Linda Clark
John Commet
Michele Corbat
Diane Crandell
Steve Cummins
Delois Dawkins
Shirley Delbridge
Claudine DeSilva
Barbara Diffin
Connie Doerr
John Donnelly
Grace Dorrance
Mary Earp
Emma Eaton
Karen Edwards
Jeffery Estes
Diane Evans
Paul Fannin
Kim Fisher
Velevia Ford
Marty Franz

Karen Gasperosky
Doreen Gawthrop
Sandy George
Charles Gerlach
Linda Gifford
Marlene Goedike
Nancy Gonyea
Susan Goodrich
Jeanette Graham
Ann Ham
Dawn Hamlin
Diane Harbin
Mary Hawes
Jennifer Hayes
Cathy Heiman
Laura Hice
Mark Hilden
Kathy Hradecky
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Eric Johnson
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Nancy Kertesz
Joan Kippe
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Steve Kotsiris
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Roger Kyllonen
Gary LaBrecque
Robert Lanckton

David J. Leach
Randy Leininger
Kristin Lewis
Tom Lipinski
Kerry MacGregor
Adelia Marshall
Bill Martin
Karen Matheson
Larry Mathis
Jack Matsko
Patricia Matts
George Mawdsley
Nancy McCollum
Katherine McGinnis
Karen McIntosh
Keith McKenzie
Dennis McKnight
Allan Miller
Barbara Miller
Becky Mills
Patricia Morse
Ruthanne Mosher
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Regina Myers
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Larry Raymond
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Bonita Reinhart
John Reinhart
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Dick Richmond
Elly Richmond
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Joretta Roy
Marcia Rutter
Muhommad Salaam
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Linda Saucier
Dennis Sawinska
Sandra Scherbovich
Elaine Schott
Karen Scott

Diane Shaw
Rhonda Simek
Kenneth Sitko
Ann Sleva
Kathleen Smith
Norma Smith
Margaret Smithwick
Fran Snyder
Gary Soucy
Martha (Martie) Spence
Irene Spinney
Carol Steel
John Tierney
Yodit Tsegay
Linda Urchike
Richard Vaughn
Dennis Wallace
Sheryl Watts
Jarrett Way
Toni Webb
Willard Weber
Greg Wenn
Charles White
Vivian Whitmire
Deb Williams
Denise Williams
William Wilson
Dale Wolfe
Debra Wraight
Viginia Yocom-Harp
Steve Zarko

FASC Information

The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com

Center Hours

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

Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

Board of Directors

Michael Stanton - Chairperson - *At-Large Member*

Sharri Willette - Co-Chair - *Flushing Township*

Marie Zuk - Secretary - *City of Flushing*

Sharon Vance - Treasurer - *At-Large Member*

Lois Nickel - *At-Large Member*

Eric Johnson - *City of Flushing*

Sue Leonard - *City of Flushing*

Mary Smith - *City of Flushing*

Richard Wagonlander - *City of Flushing*

Shelley Thompson - *Clayton Township*

Rick Bigelow - *Flushing Township*

Terry Pattillo - *Flushing Township*

Upcoming Board Meetings

- ◆ Tuesday, March 24th 7:00 p.m.
- ◆ Tuesday, May 26th 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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Larry Burgett from LPi, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.

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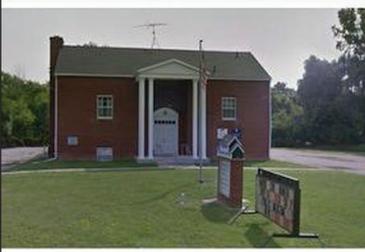


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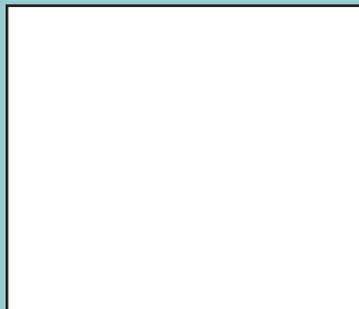
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Other funding sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.



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.