



Our Perspective

for the 50+ generation

Monthly Publication brought to you by the Flushing Area Senior Center

OCTOBER 2026

Welcome!

Our Mission

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

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



The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com



www.facebook.com/flushingseniorcenter/

Special Events

COMMUNITY CONVERSATION



STATE SENATOR
John Cherry



GENESEE CO. COMMISSIONER
Dale Weighill

**Monday,
October 5th
@ 10:00 a.m.**

Join us to hear the latest county and state updates and take the opportunity to ask questions directly to the Senator and County Commissioner.

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

FROM SMALL PROPELLER AIRPLANES TO AIRLINE CAPTAIN w/ David Fatell



**Tuesday, October 6th
@ 2:00 p.m.**

Learn about the aviation journey of David Fatell; A Davison native, who began flying at the age of 12 out of Bishop and Flushing Dalton Airports and is now a Delta Air Lines' Captain.



Watercolor Basics

w/Christie Macclomel

Wednesday, October 7th - 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

Quietude



Recommended Supply List

- Paper - 11" x 14" Arches Cold Pressed Block
- Brushes - Large Bristle Brush, Rigger, Flat, Round
- Box of Inexpensive Tissue
- Container for Water
- Palette
- Paint - Artists' Grade Recommended
 - Dark Green (Shadow)
 - Dark Blue (Cobalt)
 - Dark Brown (Burnt Umber)
 - Yellow (Transparent Lemon)
 - Red (Primary Red Magenta)
 - Gray (Paynes Gray)
- Recommended Brands
 - M. Graham / Holbein / Winsor & Newton
 - Daniel Smith / MaimeriBlu / Sennelier

FASC POP-UP FARMERS MARKET

Market Schedule - Rain/Shine
Wednesdays - 10:30 a.m. to 1:30 p.m.
up through October 21st

Stop by to shop, connect and support local vendors in a friendly, welcoming space!

FEATURED FARM: Marjie's Farm

Open to the public!



Accepted Payment Methods:



HOPE Property Tax Exemption Presentation

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

Monday, October 12th @ 2:00 p.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



MEET THE CANDIDATE



Meet Bill Bain

State Senate Candidate
District #27 (Genesee County)

**Tuesday, October 13th
@ 2:00 p.m.**



Special Events



MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU



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



First-time
Michigan ID



Renew driver's
license or ID



Transfer title



Apply for/renew
disability placard

Date: Wednesday, October 14th
Time: 10:00 a.m. – 3:00 p.m.
Location: FASC – West Wing
106 Elm St., Flushing

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

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



Need to update your voter registration information? You can take care of it right here at our Mobile Secretary of State. Stop by and get it updated quickly and conveniently!



Blank voter registration forms are also available at the front desk for anyone who needs to register or update their information.



FASC KAYAK TRIP!

Wednesday, October 14th
11:00 a.m. – 3:00 p.m.

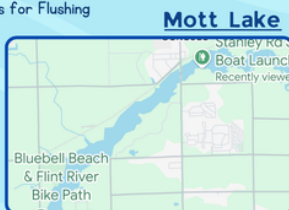
Itinerary.

- 11:00 a.m. Bus Departs Memorial Healthcare Parking Lot
- 11:30 a.m. Arrive at Mott Lake – Stanley Road Boat Launch
- 12:00 p.m. Guided Trip Begins
- 2:00 p.m. Participants Arrive at Bluegill Boat Launch
- 2:30 p.m. Bus Departs for Flushing

COST
\$35.00

Includes

- Bus Ride
- All Equipment
- Paddle Guides
- Water & Snacks



Call (810)659-4735 to RSVP. Payment secures seat. Bus loading begins at 8:45 a.m. at the Main St. Rite Aid parking lot.

FASC DAY TRIP SOARING EAGLE CASINO



Each passenger receives:

- \$20 Premium Play pre-loaded on your ACCESS club card!
- 5000 points = \$10 for food!
- 5000 points = \$10 for Bingo!
- If you earn 600 points you receive and extra \$10 Premium Play!

THURSDAY,
OCTOBER 15TH

COST
\$10.00



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

Seating is limited. Payment secures seat. **Reservations will be accepted beginning October 5th.**
Call (810)659-4735.

FASC Gardening Club

Thursday, October 15th @ 10:00 a.m.

Do you enjoy flowers, fresh vegetables, or simply spending time outdoors? Have you always wanted to garden, but prefer doing it alongside others?

Come join us on a monthly basis to connect with friends, learn new gardening tips, and enjoy the outdoors together.

Whether you're an experienced gardener or just getting started, everyone is welcome.

**COME GROW
WITH US!**



ELMCREST / FCOC SHOPPING TRIP

FASC is now offering monthly shopping trips from Elmcrest Apartments to the Flushing Christian Outreach Center.

Trips will take place on the third Monday of each month at 11:45 a.m.

As with all local trips, the Flushing Area Senior Center suggests a \$3.00 donation per round trip.

Participants must contact the Flushing Area Senior Center at (810) 659-4735 to register.

Next Trip
Monday, October 19th



Special Events

FASC Day Trip

Wednesday,
October 21st
Older Persons' Commission
in Rochester



Call (810)659-4735
to RSVP. Payment
secures your seat!



Lunch Menu - parmesan crusted chicken,
mashed potatoes, vegetables, salad & dessert

Cost - \$30.00

Includes: Bus Trip / Lunch / Show

Trip Details - The bus will depart from the
Memorial Healthcare parking lot at 10:00 a.m.
This will give us plenty of time to check out the
gift shop and explore the center before the show.
Following the conclusion of the show at 3:00 p.m.,
we will depart with and estimated arrival back at
4:00 p.m.

IKEA DAY TRIP



FRIDAY, OCTOBER 23RD

FASC BUS LEAVES MEMORIAL HEALTHCARE
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.**

COFFEE HOUR



With :

**State Representative
Jasper Martus**

Friday, October 23rd - 10:00 a.m.



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

It is important to our office that community
members and neighbors are always able to
share their thoughts and concerns with me,
so we hope to see you there! If you have any
questions, please do not hesitate to reach out
by email at JasperMartus@house.mi.gov or by
phone at (517) 373-1786.



FOR YOUR HEALTH... Parkinson's Disease

with Dr. Gasparotto

Monday, October 26th - 2:00 p.m.

This informative presentation will
cover the signs and symptoms of
**Parkinson's disease, treatment
options, and resources for
individuals and caregivers.**



**GENESEE COUNTY
DEPARTMENT OF
VETERANS SERVICES**
324 S. Saginaw St., Flint, MI 48502
(810) 257-3068



MISSION STATEMENT

Strengthening the lives of
Genesee County Veterans
and their families through
compassionate service,
supportive resources, and
professional advocacy.



BENEFIT SERVICES INCLUDE:

- Disability Compensation
- Pension Benefits
- Federal Burial Benefits
- VA Home Loans
- Additional Services
Provided at our Office

A Veterans Service Officer
is available to meet with
you here at the center on
Wednesday, October 28th.

Call (810)659-4735 to make
an appointment so as to
assure you are receiving
all of the benefits you
are entitled to.

HALLOWEEN LUNCHEON!

- COSTUME CONTEST
- GAMES & PRIZES
- GCARD LUNCH
- FUN & MUSIC



FRIDAY, OCTOBER 30TH @ 1130 A.M.
CALL (810)659-4735 TO RSVP.
SPACE IS LIMITED!

Exercise Programs

Basic Flow Yoga Gold

Tuesdays & Thursdays at 10:00 a.m.

Yoga Mat Required

Instructor: Rhonda Straley

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

Beginning Line Dancing

Each Monday at 9:00 a.m.

Instructor: Darci

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

Body Balance & Mobility

Wednesdays at 9:30 a.m.

& Fridays at 10:30 a.m.

Instructor: Theresa Landis

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

Chair Volleyball

Tuesdays at 12:30 p.m.

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

Chair Yoga

Wednesdays @ 1:00 p.m.

Instructor: Machel Duprey

Chair Yoga offers gentle stretching, breathing, and relaxation exercises using a chair for support. This class is perfect for improving flexibility, balance, and is suitable for all ability levels!

Drums Alive

Mondays & Wednesdays at 11:00 a.m.

Instructor: Tobin Williams

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

Exercises for Everyday Living

Tuesdays & Thursdays at 8:30 a.m.

Instructor: Darci

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

Exercise Station

Monday Through Friday

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

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

Pickleball @ E.C.C.

Mondays & Thursdays

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

Free of Charge

All abilities welcome!

Pickleball Informational Meeting

Wednesday, October 14th @ 3:15 p.m.

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

Silver Sneakers Stability

Tuesdays at 2:00 p.m.

Instructor: Abbie Mars

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

Tai Chi

Thursdays at 1:00 p.m.

Instructor: Darci

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

Total Body Senior Fitness

Mondays @ 5:30 p.m.

Instructor: Theresa Landis

Designed for seniors seeking a well-rounded workout and who can safely get down to and up from the floor independently. This class combines simple aerobic steps, functional movement, and brain-boosting exercises to enhance coordination between mind and body. Please bring an exercise mat.

Fun & Games

Bunco

Thursdays at 2:00 p.m.

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

Cornhole

Thursdays at 2:15 p.m.

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

Dominoes

Mondays at 12:30 p.m.

Come and play Mexican Train Dominoes.

No experience necessary!

Euchre

Tuesdays & Thursdays at 1:00 p.m.

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

Hand Knee & Foot

Thursdays at 9:00 a.m.

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

Jigsaw Puzzles

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

Mah Jongg

Wednesdays & Fridays at 1:00 p.m.

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

Training available by request.

Penny Bingo

Fridays at 1:00 p.m.

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

Ping Pong

Wednesdays & Fridays at 2:30 p.m.

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

Poker

Tuesdays at 6:00 p.m.

\$5.00 Buy-In. Play dealer's choice and play a variety of games. All games are based on a five card poker hand. Available to anyone 60 years/older.

Samba

Mondays at 12:30 p.m.

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

Texas Hold'em

Thursdays at 1:30 p.m.

\$5.00 Buy-In. Limit & no limit play. Fun, friendly games everyone 60 years/older.

Ann's Adventures

Office Hours: Mon – Fri 9:00 a.m. – 5:00 p.m.

Hours may vary when Ann is traveling

Office phone: 810-640-8303

E-mail: aanderson@annsadvntures.net

Website: www.annsadvntures.net

Going on a trip with Ann? Please register through the Center and help us earn \$5.00 with every trip you take! Questions? Call (810)640-8303.

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

- **The Notebook**
Date: Thursday, October 29th
Cost: \$ 120.00 per person
Departure: 6:00 p.m. from former Clio Kmart
- **Halloween Honors Houdini**
Date: Saturday, October 31st
Cost: \$140.00 per person
Departure: 8:30 a.m. from the former Clio Kmart
- **Late Nite Catechism**
Date: Saturday, November 7th
Cost: \$95.00 per person
Departure: 4:30 p.m. from the former Clio Kmart
- **Away in the Basement # 1 – Turkeyville**
Date: Thursday, November 12th
Cost: \$95.00 per person
Departure: 9:30 a.m. from former Clio Kmart
- **The Singing Christmas Tree**
Date: Saturday, December 5th
Cost: \$110.00 per person
Departure: 9:30 a.m. from former Clio Kmart
- **Starbright Christmas # 4 – Petrolia**
Date: Sunday, December 6th
Cost: \$130.00 per person
Departure: 8:45 a.m. from former Clio Kmart
- **Away In The Basement # 2 – Turkeyville**
Date: Wednesday, December 9th
Cost: \$95.00 per person
Departure: 9:30 a.m. from former Clio Kmart
- **Midtown Men – Holiday Hits**
Date: Saturday, December 12th
Cost: \$105.00 per person
Departure: 4:30 p.m. from former Clio Kmart.

Alzheimer's Support Group

Thursday, October 1st - 2:00 p.m.

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

Blood Pressure Check

Thursdays from 10:00 a.m. - 11:00 a.m.

No appointment necessary. Walk-Ins welcome!

Free Notary Services for Seniors 50 and Older

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

Grief Support Group

Tuesday, October 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, October 9th

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

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

Loan Closet

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

Medicare / 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, October 2nd & 16th - 9:30 a.m.

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

Veterans Services

Wednesday, October 28th - 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 center.



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cloespetboutique.com

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Flushing Area Senior Center, Flushing, MI

15-0667

Our Perspective

October 2026

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

Office Hours

Monday - Friday

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

Flushing Area Senior Center

106 Elm Street, Flushing, MI 48433

www.flushingseniorcenter.com

Phone 810.659.4735 ~ Fax 810.659.4686

Greg Matheson, Executive Director
Roxanna Gay, Office Manager
Erin Faith, Office Assistance

Monday	Tuesday	Wednesday	Thursday	Friday
<u>DAILY ACTIVITIES</u> <u>8:00 A.M. - 4:00 P.M.</u> • COFFEE LOUNGE • PUZZLE ROOM • EXERCISE STATION			1 8:30 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Euchre 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Alzheimer's Support Group 2:00 Bunco 2:15 Cornhole	2 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Mah Jongg 1:00 Penny Bingo 2:30 Ping Pong
5 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 10:00 Community Conversation 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Dominoes 12:30 Samba 12:30 Woodcarving 5:30 Total Body Senior Fitness	6 8:30 Exercise for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit Crochet & Craft 10:00 Basic Flow Yoga 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Dave Fatell Presentation 2:00 Silver Sneakers 6:00 Poker	7 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Watercolor Basics Class 9:30 Woodshop @ E.C.C. 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 12:30 Color & Connect 1:00 Chair Yoga 1:00 Mah Jongg 1:00 Shopping @ Walmart 1:00 Writers Group 2:30 Ping Pong	8 8:30 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:00 Chair Massage 1:00 Euchre 1:00 Shopping @ Walmart 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole	9 9:00 Legal Assistance 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Legal Assistance 1:00 Mah Jongg 1:00 Penny Bingo 2:30 Ping Pong

12 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Dominoes 12:30 Samba 12:30 Woodcarving 2:00 Hope Property Tax Presentation 2:30 Gary Nickel Photography Class 5:30 Total Body Senior Fitness	13 8:30 Exercise for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit Crochet & Craft 10:00 Basic Flow Yoga 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Grief Support Group 2:00 Meet the Candidate Bill Bain 2:00 Silver Sneakers 6:00 Poker	14 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:00 Mobile Secretary of State 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 12:30 FASC Kayak Trip 12:30 Connecting Threads 1:00 Chair Yoga 1:00 Mah Jongg 1:00 Writers Group 2:30 Ping Pong 3:15 Pickleball Info. Meeting @ FASC	15 8:30 Exercise for Everyday Living 8:30 Soaring Eagle Bus Trip 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga 10:00 Blood Pressure Check 10:00 Gardening Club 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Strayed Quilters 1:00 Euchre 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole	16 9:00 Shopping @ ALDI 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Mah Jongg 1:00 Penny Bingo 2:30 Ping Pong
19 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 11:45 Elmcrest/FCOC Shopping Trip 12:30 Dominoes 12:30 Samba 12:30 Woodcarving 1:00 Make It, Take It Card Class 5:30 Total Body Senior Fitness	20 8:30 Exercise for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit Crochet & Craft 10:00 Basic Flow Yoga 11:30 Congregate Meal 12:30 Chair Volleyball 12:30 Senior Women's Book Club 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Woodshop Safety Training 2:00 Silver Sneakers 6:00 Poker	21 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 10:00 OPC Day Trip 10:30 Pop-Up Farmers Market 11:00 Drums Alive 11:30 Congregate Meal 12:30 Color & Connect 1:00 Chair Yoga 1:00 Mah Jongg 1:00 Writers Group 2:30 Ping Pong	22 8:30 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Euchre 1:00 Shopping @ Meijer 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole	23 8:45 IKEA Day Drip 9:30 Fly Tying 10:00 Coffee Hour w/ Jasper Martus 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Mah Jongg 1:00 Penny Bingo 2:30 Ping Pong
26 8:30 Flushing Artistic Gathering 9:00 Beginning Line Dancing 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Dominoes 12:30 Samba 12:30 Woodcarving 2:00 Parkinson Presentation 5:30 Total Body Senior Fitness	27 8:30 Exercise for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit Crochet & Craft 10:00 Basic Flow Yoga 11:30 Congregate Meal 12:30 Chair Volleyball 1:00 Euchre 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group 6:00 Poker	28 8:30 Flushing Artistic Gathering 9:30 Body Balance & Mobility 9:30 Woodshop @ E.C.C. 9:30 Veteran Services @ FASC 11:00 Drums Alive 11:30 Congregate Meal 12:00 Rain Date - FASC Kayak Trip 1:00 Connecting Threads 1:00 Chair Yoga 1:00 Mah Jongg 2:30 Writers Group Ping Pong	29 8:30 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Euchre 1:00 Tai Chi 1:30 Texas Hold'em 2:00 Bunco 2:15 Cornhole	30 9:30 Fly Tying 10:00 Tech Tutoring w/ Sawyer 10:30 Body Balance & Mobility 11:30 Halloween Luncheon 1:00 Mah Jongg 1:00 Penny Bingo 2:30 Ping Pong

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HOURS: MON-FRI: 9AM-5:30PM • SAT: 10AM-1P



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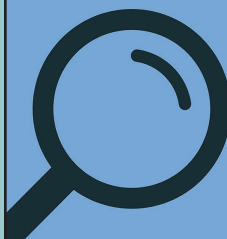
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www.woodhavensenior.com

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Flushing Area Senior Center, Flushing, MI

15-0667

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, October 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. Appointments are accepted on the first business day of the month.

Color & Connect

Wednesday, October 7th & 21st - 12:30 p.m.

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

Connecting Threads

Wednesday, October 14th & 28th - 1:00 p.m. - 3:30 p.m.

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

Flushing Artistic Gathering

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

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

Fly Tying

Each Friday at 9:30 a.m.

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

Gardening Club

Thursday, October 15th at 10:00 a.m.

Come join us on a monthly basis to connect with friends, learn new gardening tips and enjoy the outdoors together.

Knit - Crochet - Craft

Each Tuesday at 9:30 a.m.

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

Lending Library

Gently-used books available to lend out in the Lending Library located in the West Wing coffee lounge. Come browse the wide selection of books available to borrow. Donations of new or gently-used books are always welcome.

Make It, Take It Card Making Class

Monday, October 19th at 1:00 p.m. - Free of Charge

Instructor: Rosemary Magley

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

Senior Women's Book Club

Tuesday, October 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, October 15th at 12:30 p.m.

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

Tech Tutoring w/Sawyer - FREE!

Friday, October 30th - 10:00 a.m. - 12:00 p.m.

Sawyer can assist with smartphones, laptops, other electronics and basic computer skills. Call to make an appointment. Reservations are accepted on the first business day of the month.

Woodcarving

Each Monday at 12:30 p.m.

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

Woodshop @ ECC

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, October 20th - 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 PRESENTS

VETERAN'S APPRECIATION LUNCHEON

Tuesday, November 10th @ 11:00 a.m.

(Registration begins @ 10:30 a.m.)

FREE LUNCH - EACH VETERAN & ONE GUEST

RESERVATIONS REQUIRED. PLEASE CALL THE CENTER
BY TUESDAY, NOVEMBER 3RD - (810)659-4735

FLUSHING COMMUNITY CHURCH
9500 PIERSON ROAD, FLUSHING

OCTOBER BIRTHDAYS

EDITH ALMASY
DAVID ANDREJCIAW
VIRGINIA ANSPAUGH
WILLIAM ARN
PAMELA ARNDT
PAULETTE ATAIO
DICK BADE
BEV BAKER
HELEN BAKER
JIM BALCER III
MARGIE BALL
SUSAN BALL
CHIHIO BARE
MICHAEL BARRON
GAYLE BARTHEL
JANET BARTHOLOMEW
MARGIE BEARDSLEY
LAURA BEHAN
DAVID BERNARD
HELEN BISON
DONNA BLACK
BRIAN BUR
MIKE BUZA
SHELLI CANDY
ALTHEA CARDWELL
KAREN CHILDS
DENISE CHURCHILL
PAM CLOUGH
DARCY COLLINS

BRIAN CONOVER
CATHY COOK
SUE CRISP
KEN CULLEN
LORE DEARING
PHILLIP DECKER
BARB DEVONCE
MARY ANN DOVER
DENNIS DRUMM
CAROL DUNCAN
CECILIA DUROCHER
KAREN DUTIL
ALISON DYE
LORI ELASIVICH
CATHY EPPERSON
GEORGE ERINJERI
THOMAS ESPE
MATTHEW FARVER
ANN FERRARA
PAT FIDLER
MARY FOSTER
EILEEN FROST
BOB GANNON
MARILYN GIACUMBO
HEADY GIST
AMY GOODMAN
ROSE MARY GORKE
ROBERT HALBEDEL
CAROL HAMLIN

AUDREY HARDY
LINDA HARRIS
FRANK HAWES
JUDY HAYES
KEN HEDGES
BETTY HEDRICH
PATRICIA HENDRY
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BEVERLEY HOAG
JIM HOPPENRATH
LORI HORCHA
SHERYL HOUGH
JOANN HOWARD
SUSAN HUGHES
CLARK INGHAM
LAURA JANKOWSKI
CAROLINE JENSEN
SUSAN JOHNSON
PEGGIE JOHNSTON
EVA JOUBRAN
LISA JUDSON
MICHAEL KEELER
NANCY KIDDER
DENISE KILPATRICK
DIANE KLUMP
BOB KREN
LYNN KRUSE
BARBARA LEITGEB

CURTIS LEWIS
NANCY LOPER
ANNETTE LUKASAVITZ
PAM MACLACHLAN
WALT MACLACHLAN
JENNIFER MANSFIELD
PEGGY MARSHALL
JUDITH MARVIN
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BETH MAURER
TOM MCCABE
JULIE MCGLAUGHLIN
LORI MCKERRACHER
PAUL MCSHANE
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GORDON MILLER
JESSICA MILLER
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RICHARD NYQUIST
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JOHN POBOCIK
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UPDATE - CENTER PARTICIPATION

Since moving into the new West Wing in March, we have seen a measurable increase in center participation compared to the same period last year, as reflected in the statistics below:

2025 - (March 1 to August 31)

- Unduplicated Membership 1,385
- Number of Event Participated 14,416
- Hours of Participation 44,214
- Avg. Event Daily Participation 114

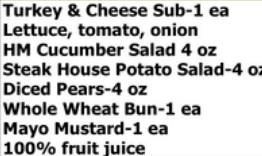
We are fortunate to have this additional space and will continue to utilize it to expand programming based on the needs and interests of our members!

2026 - (March 1 to August 31)

- Unduplicated Membership 1,628
(18% Increase)
- Number of Event Participated 20,866
(48% Increase)
- Hours of Participation 67,706
(53% Increase)
- Avg. Event Daily Participation 163
(43% Increase)

OCTOBER CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 		
5	6	7	8	9
Salisbury Steak-1 ea Redskin Mashed Potatoes-4 oz Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea Milk 8 oz.	Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice	HM Broccoli & Cheddar Soup 8 oz Diced Potatoes 4 oz Oyster Crackers Golden Delicious Apple Margarine-1 ct Milk 8 oz.	Turkey & Cheese Sub-1 ea Lettuce, tomato, onion HM Cucumber Salad 4 oz Steak House Potato Salad-4 oz Diced Pears-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice	Creamy Santa Fe Chicken Soup 8 oz Diced Carrots 4 oz Tortilla Strips-1 oz Fruit Cocktail-4 oz Corn Muffin Milk 8 oz
12	13	14	15	16
Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll-1 ct Margarine-1 ct Cinnamon Applesauce Milk 8 oz	Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Pasta Salad 4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea 100% Fruit Juice	Creole Steak w/tomatoes In Sauce European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz	HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake	Citrus Glazed Salmon 1 ea. Lo Mein Noodles Spinach 4 oz. Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz
19	20	21	22	23
Bean Soup w/ Turkey Ham-8 oz Warm Apples-4 oz Corn Muffin-1 ea Margarine-1 ea Milk 8 oz	Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice	HM Sloppy Joes-3 oz Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz	HM Creamy Chicken & Noodles 8 oz Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month	Breaded Chicken Sandwich-1 ea Ranch Potato Wedges-4 oz Macaroni Salad-4 oz Whole Wheat Bun Fresh Orange Milk 8 oz mayo pkt
26	27	28	29	30
Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz Milk-8 oz	Boneless BBQ Riblet Veggie Blend-4 oz Baked Beans-4 oz Sliced Sub Bun Diced Peaches-4 oz 100% Fruit Juice	Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	HM Beef Tacos-2 ea Roasted Corn & Black Beans-4 oz Mexican Rice- 4 oz Tortilla Shells-2 Mango & Papaya Cup Taco Sauce Pkt. 100% Fruit Juice	HM Beef Goulash-8 oz Zombie Finger Carrots-4 oz Spooky Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct Milk 8 oz

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

YOU ARE ABLE TO ORDER MULTIPLE DAYS IN ADVANCE!

FASC General Information

The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com

Center Hours

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

Office Staff

Greg Matheson	Executive Director
Roxanna Gay	Office Manager
Erin Faith	Office Assistant

Board of Directors

Michael Stanton	Chairperson - At-Large Member
Sharri Willette	Co-Chair - Flushing Township
Marie Zuk	Secretary - City of Flushing
Sharon Vance	Treasurer - At-Large Member
Lois Nickel	At-Large Member
Eric Johnson	City of Flushing
Sue Leonard	City of Flushing
Mary Smith	City of Flushing
Richard Wagonlander	City of Flushing
Shelley Thompson	Clayton Township
Joan Stone	Flushing Township
Terry Pattillo	Flushing Township

Upcoming Board Meetings

Tuesday, November 24 th	7:00 p.m.
Tuesday, January 26 th	7:00 p.m.

Flushing Area Senior Center Funding Sources

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

Memorial Donations

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



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Larry Burgett 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.



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

FASC BUS SCHEDULE

Shopping @ ALDI

3rd Friday of each month @ 9:00 a.m.

Shopping @ Bueche's

Each Tuesday @ 9:00 a.m.

Shopping @ Flushing Christian Outreach Center

3rd Monday of each month

Depart from Elmcrest Village Apartments
@ 11:45 a.m.

Shopping @ Meijer - Swartz Creek

4th Thursday of each month

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

Shopping @ Walmart - CLIO

1st Wednesday & Thursday of each month

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



**SUGGESTED
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TRIP - \$3.00**

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

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.

Flushing Area Senior Center
106 Elm Street
Flushing, MI 48433

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(Actual Meal!)

ENJOY A DAILY LUNCH AT THE FLUSHING AREA SENIOR CENTER!

Daily congregate lunch is available Monday
through 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 ARE REQUIRED TO PAY \$6.00



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