



Monthly Publication brought to you by the Flushing Area Senior Center

*April*  
*2024*

*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

## FREE TECH TUTORING

WITH CHARLOTTE & RYAN



- Tuesday, April 2nd
- Tuesday, April 16th
- Monday, April 29th
- Tuesday, April 30th



Call to make an appointment - (810)659-4735

### THEY CAN ASSIST WITH:

- Smartphone
- Laptop
- Tablet
- Other Electronics
- Basic Computer skills

Do you have tech questions?

Come join us for a 1 on 1 session!



## Watercolor Basics w/ Christie Macciomei



Wednesday, April 3rd  
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 / Sommelier

### Roses



## Overview

## Genesee District Library



w/ Ryan Tackabury  
Digital Services Librarian



**Thursday, April 11th @ 2:30 p.m.**

Come join Ryan as he reviews the variety of ways in which you can access the programs and services provided by our Genesee District Library including books, movies, music & technology!



## **COMMUNITY FORUM**

### **FLUSHING COMMUNITY SCHOOLS IMPROVEMENT BOND**

Wednesday, April 24th @ 9:30 a.m.

Superintendent Matt Shanafelt will be here at the center to provide an overview of the proposed improvement bond that voters will be asked to approve on May 7th. Any/all members are welcome to attend.

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# Programs / Events / Activities

**GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES**  
 1101 Beach 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** – Any disability that started and/or was caused by an event, injury, or exposure to something during your military service will be considered for a disability claim.
- **Pension Benefits** - Pension is a needs-based benefit for wartime Veterans, who are age 65 or older or have a permanent and total nonservice – connected disability, and who have limited income and net worth. Veterans who are more seriously disabled may qualify for pension at the increased housebound or aid and attendance rates.
- **Federal Burial Benefits** – Benefits are applicable if a veteran received a monthly check from the VA; died in a VA facility; or if the death is service-connected. Pre – Need Determination of Eligibility for Burial in a VA National Cemetery.
- **VA Home Loans** – Apply for a Certificate of Eligibility that you can provide to your financial institution when you're ready to buy a home.
- **Additional Services Provided at our Office –**
  - County burial benefits
  - Emergent Need Grant applications
  - PTSD Counseling
  - Legal Services
  - Transportation



**A Veterans Service Officer is available to meet with you at the Flushing Area Senior Center on Wednesday, April 24th.**

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

**STATE SENATOR JOHN CHERRY**



**COMMUNITY Conversation**

**Friday, April 26th @ 10:00 a.m.**

**Come join us to receive the latest state updates as well as ask questions of the Senator.**



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





**FREE HEARING SCREENING & WAX CHECK**

Monday, April 29th  
 9:00 A.M. - 12:00 P.M.

FOR APPOINTMENT, CALL: (810)659-4735

FLUSHING AREA SENIOR CENTER

**Ladies Spring Tea**

Monday, May 20th  
 @ 12:00 p.m.



LUNCH | ENTERTAINMENT | FUN



COST - \$15.00

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



RSVP by Monday, May 13th  
 (810)659-4735



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## Just for Fun!

### What's In Your Garden

G S H T E W E D Y E N O H B L  
A Q C N R O C N R N K B P E T  
R U A E A A O E I A E R T A U  
L A N A R I B K L E T T N N R  
I S I S N M P E T O U S L S N  
C H P O U M B R O C C O L I I  
K Z S C U G I R E O K T A S P  
O U U P A R A B R A B U H R C  
H C O U C P A R S N I P S T O  
L C T A A R E I A T U H R O L  
R H A R R R S R E P P E P L L  
A I T K R S I O O C S A N L A  
B N O O O H S I D A R A E A R  
I I P E T P U C H A R D N H D  
E P E A S T A L U G U R A S S

**Word List:**

CARROTS  
PEPPERS  
CUCUMBER  
TURNIP  
ONION  
POTATO  
OKRA  
LETTUCE

PARSNIPS  
ZUCCHINI  
RADISH  
ARUGULA  
GARLIC  
RHUBARB  
SQUASH

PEAS  
HONEYDEW  
PUMPKIN  
KALE  
SHALLOT  
CORN  
COLLARDS

BEANS  
BROCCOLI  
SPINACH  
BEET  
KOHLRABI  
CHARD  
ASPARAGUS

**(ANSWER KEY ON PAGE 12)**

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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.

## **Body Balance & Mobility**

**Each Friday 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.

## **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 - 8:15 a.m. - 10:45 a.m.

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

- Fridays - 8:15 a.m. - 10:15 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.

## **Line Dancing**

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

**Free of Charge**

Instructor: Darci

Line Dancing provides heart healthy benefits of an aerobic exercise while engaging in a social activity and stimulates the mind!

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

**Mondays & Thursdays**

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

**Free of Charge**

All abilities welcome!

## **Pickleball Informational Meeting**

**Wednesday, April 17th at 3:15 p.m.**

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

## **Silver Sneakers Stability**

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

**Free of Charge**

Instructor: Abbie Mars

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

## **Tai Chi**

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

**Free of Charge**

Instructor: Darci

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

# Fun & Games

## **Bunco**

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

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

## **Cornhole**

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

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

## **Dominoes**

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

Come and play Mexican Train Dominos.

No experience necessary!

## **Euchre**

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

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

## **Hand Knee & Foot**

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

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

## **Jigsaw Puzzles**

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

## **Mah Jongg**

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

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

**Training available by request.**

## **Penny Bingo**

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

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

## **Ping Pong**

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

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

## **Poker**

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

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

## **Samba**

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

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



## Ann's Adventures

Office Hours: Mon – Fri 9:00 am – 5:00 pm  
 Hours may vary when Ann is traveling  
 Office phone: 810-640-8303  
 E-mail: [aanderson@annsadvntures.net](mailto:aanderson@annsadvntures.net)  
 Website: [www.annsadvntures.net](http://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!

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

- ⇒ **Total Eclipse of the Sun**  
**Viewing at the Indianapolis 500 Speedway**  
**Date: Sun – Tues, April 7 - 9, 2024**  
 Cost: \$580.00 per person double occupancy  
 Departure: 10:00 a.m. from PNC Bank
- ⇒ **Native Gardens**  
**Date: Wednesday, April 10, 2024**  
 Cost: \$75.00 per person  
 Status: Seats Available!  
 Departure: 11:00 a.m. from Clio Kmart
- ⇒ **Ark Encounter & Creation Museum**  
**Date: Thursday April 18 – Friday April 19**  
 Cost: \$330.00 per person (double occupancy)  
 Deposit: \$80.00 per person  
 Cancellation Protection: \$60.00 per person w/ deposit  
 Final Payment due: March 15, 2024  
 Departure: 6:30 a.m. from the PNC Bank
- ⇒ **Route 66 – Musical Review**  
**Date: Wednesday, April 24, 2024**  
 Cost: \$75.00 per person  
 Status: Seats available!  
 Departure: 5:00 p.m. from Clio Kmart
- ⇒ **Spring Mystery Trip**  
**Date: Tuesday, April 30, 2024**  
 Cost: \$95.00 per person  
 Departure: 8:30 a.m. from Clio Kmart
- ⇒ **Oklahoma! – Turkeyville**  
**Date: Wednesday, May 1, 2024**  
 Cost: \$88.00 per person  
 Departure: 9:30 a.m. from Clio Kmart
- ⇒ **Vera Bradley Annual Outlet Sale**  
**Date: Thursday, May 2, 2024**  
 Cost: \$85.00 per person  
 Departure: 7:00 a.m. from the Clio K-mart
- ⇒ **Tulip Festival**  
**Date: Thursday, May 9, 2024**  
 Cost: \$160.00 per person  
 Departure: 7:00 a.m. from Clio Kmart
- ⇒ **Senior Power Day**  
**Date: Wednesday, May 22, 2024**  
 Cost: To be announced!
- ⇒ **Oil Rush – Petrolia—Musical**  
**Date: Thursday, May 23, 2024**  
 Cost: \$125.00 per person  
 Departure: 8:45 a.m. from Clio Kmart

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### Alzheimer's Support Group

**Thursday, April 4th 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!

### FASC Support Group

**Wednesday, April 10th at 10:00 a.m.**

This member led group is open to anyone struggling with depression, isolation or life transitions.

### 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, April 30th at 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, April 12th - 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 Assistance (MMA)

A MMA counselor is available by appointment only to help with any of your Medicare paperwork / questions. This is a free service that can help you make informed and educated health decisions. If you need assistance, call the center at (810)659-4735 to make an appointment.

### Veterans Coffee Hour

**Friday, April 5th & 19th - 9:30 a.m.**

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

### Veterans Services

**Wednesday, April 24th - 9:30 a.m. - 3:00 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 here at the center.

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**Flushing Area Senior Center**  
106 Elm Street, Flushing, MI 48433  
www.flushingseiorcenter.com  
Phone 810.659.4735  
Fax 810.659.4686

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

**Greg Matheson, Executive Director**  
**Roxanna Gay, Office Manager**  
**Erin Faith, Office Assistant**  
**Karen Herriman, Office Assistant**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>	9:00 Line Dancing 9:30 Flushing Artistic Gathering 10:15 Exercise Station 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 6:00 Poker	8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:00 Tech Tutoring w/Charlotte 9:30 Knit/Crochet/Craft 9:30 Woodshop @ E.C.C. 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 2:00 Silver Sneakers	<b>3</b> 8:15 Exercise Station 9:30 Flushing Artistic Gathering 9:30 Watercolor Basics Class 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Shopping @ Walmart 1:30 Woodshop @ E.C.C. 2:30 Ping Pong	<b>4</b> 8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 2:00 Alzheimer's Support Group 2:00 Bunco 2:15 Cornhole 2:15 Exercise Station	<b>5</b> 8:15 Exercise Station 9:30 Fly Tying 9:30 Veterans Coffee Hour 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Mah Jongg 2:30 Ping Pong
<b>8</b>	9:00 Line Dancing 9:30 Flushing Artistic Gathering 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 2:30 Gary Nickel Photography Class 6:00 Poker	8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Woodshop @ E.C.C. 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 2:00 Silver Sneakers 2:00 Woodshop Safety Training @ FASC	<b>10</b> 8:15 Exercise Station 9:30 Flushing Artistic Gathering 10:00 FASC Support Group 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:30 Woodshop @ E.C.C. 2:30 Ping Pong	<b>11</b> 8:40 Exercises 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 12:00 Chair Massage 1:00 Tai Chi 2:00 Bunco 2:30 GDL Presentation w/Ryan	<b>12</b> 8:15 Exercise Station 9:00 Legal Assistance 9:30 Fly Tying 10:30 Body Balance & Mobility 11:30 Congregate Meal 1:00 Penny Bingo 1:00 Legal Assistance 1:00 Mah Jongg 2:30 Ping Pong
				<b>CANCELLED</b> - Exercise Station, Cornhole	



<p><b>15</b></p> <p>9:00 Line Dancing  9:30 Flushing Artistic Gathering  10:15 Exercise Station  11:00 Drums Alive  11:00 Pickleball @ E.C.C.  11:30 Congregate Meal  12:30 Woodcarving  12:30 Dominoes  1:00 Make It, Take It Card Class  6:00 Poker</p>	<p><b>16</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:00 Tech Tutoring w/Charlotte  9:30 Knit/Crochet/Craft  9:30 Woodshop @ E.C.C.  10:00 Basic Flow Yoga Gold  11:30 Exercise Station  11:30 Congregate Meal  12:30 Senior Women's Book Club  1:00 Euchre  2:00 Silver Sneakers</p>	<p><b>17</b></p> <p>8:15 Exercise Station  9:30 Flushing Artistic Gathering  11:00 Drums Alive  11:30 Congregate Meal  1:00 Writers Group  1:00 Mah Jongg  1:30 Woodshop @ E.C.C.  2:30 Ping Pong  3:15 Pickleball Informational Meeting @ FASC</p>	<p><b>18</b></p> <p>8:40 Exercises for Everyday Living  9:00 Hand, Knee &amp; Foot  10:00 Basic Flow Yoga Gold  10:00 Blood Pressure Check  11:00 Pickleball @ E.C.C.  11:30 Congregate Meal  12:30 Strayed Quilters  1:00 Tai Chi  2:00 Bunco  2:15 Cornhole  2:15 Exercise Station</p>	<p><b>19</b></p> <p>8:15 Exercise Station  9:00 Shopping @ ALDI  9:30 Fly Tying  9:30 Veterans Coffee Hour  10:30 Body Balance &amp; Mobility  11:30 Congregate Meal  1:00 Mah Jongg  1:00 Penny Bingo  2:30 Ping Pong</p>
<p><b>22</b></p> <p>9:00 Line Dancing  9:00 Volunteer Appreciation  Breakfast  10:15 Exercise Station  11:00 Drums Alive  11:00 Pickleball @ E.C.C.  11:30 Congregate Meal  12:30 Woodcarving  12:30 Dominoes  12:30 Samba  6:00 Poker</p> <p><b>CANCELLED</b> - Flushing Artistic Gathering</p>	<p><b>23</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:30 Knit/Crochet/Craft  9:30 Woodshop @ E.C.C.  10:00 Basic Flow Yoga Gold  11:30 Exercise Station  11:30 Congregate Meal  1:00 Euchre  2:00 Silver Sneakers</p>	<p><b>24</b></p> <p>8:15 Exercise Station  9:00 FCS Community Forum  9:30 Veterans Services @ FASC  9:30 Flushing Artistic Gathering  11:00 Drums Alive  11:30 Congregate Meal  1:00 Writers Group  1:00 Mah Jongg  2:00 Woodshop @ E.C.C.  2:30 Ping Pong</p>	<p><b>25</b></p> <p>8:40 Exercises for Everyday  9:00 Hand, Knee &amp; Foot  10:00 Blood Pressure Check  10:00 Basic Flow Yoga Gold  11:00 Pickleball @ E.C.C.  11:30 Congregate Meal  1:00 Shopping @ Meijer  1:00 Tai Chi  2:00 Bunco  2:15 Cornhole  2:15 Exercise Station</p>	<p><b>26</b></p> <p>8:15 Exercise Station  9:30 Fly Tying  10:00 Coffee Hour w/John Cherry  10:30 Body Balance &amp; Mobility  11:30 Congregate Meal  1:00 Penny Bingo  1:00 Mah Jongg  2:30 Ping Pong</p>
<p><b>29</b></p> <p>9:00 Line Dancing  9:00 Beltone Hearing &amp; Wax Checks  9:30 Flushing Artistic Gathering  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 Tech Tutoring w/Ryan  6:00 Poker</p>	<p><b>30</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:00 Tech Tutoring w/Charlotte  9:30 Knit/Crochet/Craft  9:30 Woodshop @ E.C.C.  10:00 Basic Flow Yoga Gold  11:30 Congregate Meal  11:30 Exercise Station  1:00 Euchre  2:00 Silver Sneakers  2:00 Grief Support Group</p>	 <p style="text-align: center;"><b>Flushing Area Senior Center</b></p>		



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## Arts, Crafts, Clubs & Other

### Chair Massage

**Thursday, April 11th - 12:00 p.m. - 3:45 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 for an appointment.

### Flushing Artistic Gathering

**Each Monday & Wednesday at 9:30 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, April 8th 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

**Monday, April 15th 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 by contacting the Center.

### Senior Women's Book Club

**Tuesday, April 16th 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, April 18th 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*

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

**Wednesdays - 1:30 p.m. - 4:00 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, April 9th - 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 have written either poems or some type of personal life story or maybe started to write a book.

## 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.

# April Congregate Menu

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun  Ketchup & Mustard Milk	Antipasto Salad w/Pepperoni Salami, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Stick:  Salad Dressing  100% Fruit Juice	Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk	HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	 Chef's Choice
8	9	10	11	12
Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies  Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie	HM Chicken Parmesan w/Spaghetti Steamed Broccoli Sliced Pears Mixed Vegetables Wheat Roll Margarine 100% Fruit Juice	Ham & Turkey Sub Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Sub Bun Dressing Packet Milk	BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice	HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk
15	16	17	18	19
Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk	Turkey Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice	Swedish Meatballs Brown Rice Steamed Cauliflower Applesauce Garlic Breadstick Margarine Milk	HM Chicken Salad Sandwich Cucumber Salad Baked Beans  Fresh Banana Sliced Croissant  100% Fruit Juice Cookie of the Month	Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk
22	23	24	25	26
Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples  Mini Muffins  Milk	Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice	Turkey Polish Dog Potato Wedges Mixed Veggies  Diced Pears Hotdog Bun Mustard Packet Milk	 Chef's Choice	Chipotle Bowl w/Beef & Beans Mexican Rice Chuck Wagon Blend Fruit Cocktail Tortilla Shell  Mild Salsa Cup Milk
29	30			
HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk	Italian Grinder Wrap w/Pepperoni, Salami & Ham Lettuce, tomatoes, onions Pasta Salad Diced Pineapples Tomato & Basil Tortilla Italian Dressing Packet 100% Fruit Juice			

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

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# APRIL BIRTHDAYS

WILLIAM ABENDSCHEIN  
RUFUS ALEXANDER  
RUSTY ALLEN  
MARK ANDERSON  
CHRIS ANDREWS  
RICHARD BACHA  
CONCETTA BAKER  
EUGENE BAKER  
ROSE BARGO  
NORMA BAXTER  
SANDRA BEAUBIEN  
DONNA BEDARD  
DOREEN BENNING  
TERESA BILA  
JACKIE BINELLI  
DIANE BINKOWSKI  
JEANETTE BIRMINGHAM  
JOANN BOBO  
MARIE BODEM  
PATSY BOVAN  
DARLENE BRANTLEY  
ANN BRASIER  
GERI BROWN  
BRIDGET BRYSON  
MARY ANN BURKHARDT  
BARBARA CALANDRO  
NICHELE CARE  
PAUL CARLE  
JULIE CARR  
BERLEY CAVNESS  
TAMMY CECE  
CARL CLARK  
JOYCE CLEVINGER  
JEAN COOK  
BRENDA COOKINGHAM

PAMELA CRAFTS  
TOM CRANDELL  
JANET CYBULSKI  
DENNIS DAVIS  
DIANE DAVIS  
RODNEY DAVIS  
SHARON DICKERSON  
RODNEY DICKSON  
SUSAN DIEBOLD  
KATHY DISCENNA  
PAMELA DMOCH  
TIM DUTIL  
IRMA ELLERY  
KENDRA ESHBAUGH  
FRANKLIN FARNEY  
CHRISTIE FIELDS  
DAVID FINGER  
BONNIE FISHER  
JOE FISHER  
DONNA FORTUNE  
CARL FOSTER  
PETE FOSTER  
JOSEPHINE FRAZER  
GINA GALER  
CAROL GASPER  
RAEANN GATENBY  
KATHIE GATZ  
PEGGY GILBERTSON  
CHRIS GIRARD  
NARENA GLYNN  
DEBI GOULET  
MICHELLE GUSHEN  
MARY HACKETT  
LAWRENCE HALK  
LUCY HAM

CARL HANSEN  
GARY HARTLEY  
ROSE HENDRICKSON  
DONNA HENNEKE  
TRUMAN HILDRETH  
KATHLEEN HODGES  
ROBERT HOFFMAN  
PAULA HORNE  
BARBARA IRVINE  
KAY JOHNSON  
SHARON JOHNSON  
BARB JOHNSTON  
JIM JOUBRAN  
JUDY KEELER  
MARY KELLNER  
EILEEN KELLY  
BETH KERR  
DAVID KIDDER  
AMY KLUMP  
MARIE KUDEJ  
MARY LABRANCHE  
MAJOR LANXTON  
CINDY LAUX  
KATHY LAUX  
BARBARA LAVALLEY  
DAVID LEACH  
JACKIE LEE  
JAMES LEE  
ATILLA LEHOTZKY  
DOLORES LETAVIS  
LINDA LISKE  
RONALD LOAFMAN  
MARCIA LOREE  
CAROLYN MALASKI  
TOM MARK

JUDI MARSHALL-HARMS  
JOYCE MCCARTNEY  
COLLEEN MCELRATH  
BRIDGET MCGRAW  
ROSANNE MCKERCHIE  
FRED MEREDITH  
PAT MOORE  
DONALD MOREY  
NANCY MORGAN  
ROSE MUSGRAVE  
DONNA NEALL  
LOIS NICKEL  
DEAN NORROW  
RICHARD NOTEBOOM  
CHRISTY OGLES-CHAMPBELL  
IRENE ORVIS  
MARGARET O'SULLIVAN  
KATHY PALUMBO  
ANN MARIE PARKER  
GLENNA PERRY  
LLOYD PETERSEN  
JANICE PHIPPS  
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TRUDY PLUMB  
CINDY PRATT  
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CANDICE SHEEHAN  
DENNIS SHERIDAN  
SARA SKUTT  
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WILLIS STANKE  
GARY STROUB  
ELLIE STRUBLE  
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CAROL STUDAKER  
JAMES THOMPSON  
GENIE TREVITHICK  
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PAULA WANGBICHLER  
MELVIN WEEDEN  
ED WELEHODSKY  
JOAN WIDGREN  
SHARILYNN WILLETTE  
ROBIN WILLIAMS  
DEBORAH WILLS  
MARY WILSON  
EDWIN WINER  
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JOANN ZITTERKOPF

# FASC Information

## The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: [greg@flushingseniorcenter.com](mailto:greg@flushingseniorcenter.com)

Website: [www.flushingseniorcenter.com](http://www.flushingseniorcenter.com)

## Center Hours

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

## Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

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, March 26th 7:00 p.m.

◆ Tuesday, May 28th 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

**What's In Your Garden**

Word List:

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PEPPERS	ZUCCHINI	HONEYDEW	BROCCOLI
CUCUMBER	RADISH	PUMPKIN	SPINACH
TURNIP	ARUGULA	KALE	BEET
ONION	GARLIC	SHALLOT	KOHLRABI
POTATO	RHUBARB	CORN	CHARD
OKRA	SQUASH	COLLARDS	ASPARAGUS
LETTUCE			



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## **Enjoy a Daily Lunch!**

**Eat In or Pick-up at the Flushing Area Senior Center**

The Meal is available to eat in or take home  
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 4 for full menu.**