



Monthly Publication brought to you by the Flushing Area Senior Center

APRIL
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 open, FASC is pleased to offer the following:

A full-time exercise room!



A full-time coffee lounge!



A full-time puzzle room!



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

FASC INVITES YOU TO OUR

Easter Luncheon

Thursday, April 2nd

11:30 a.m. - 12:30 p.m.

FREE OF CHARGE!

MENU

Glazed Ham / Fried Cabbage
Scalloped Potatoes
HM Cherry Crisp / Sweet Roll
Fruit Juice / Coffee

PLEASE NOTE - MEAL IS SERVED CONGREGATE STYLE ONLY

Call (810)659-4735 to RSVP as seats are limited.



MICHIGAN SECRETARY OF STATE
MOBILE OFFICE IS COMING TO YOU

The Secretary of State Mobile Office will be visiting
FLUSHING SENIOR CENTER
to provide service to
members and staff
to complete Secretary of State transactions

Date: Wednesday April 8th

Time: 10 A.M. TO 3 P.M.

Location: 106 Elm St, Flushing 48433

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



First-time Michigan ID



Renew driver's license or ID



Vehicle services
Note: Instant title services not available



Apply for/renew disability placard

For more information, contact
Flushing Senior Center
at 810-659-4735
to schedule your visit for this mobile office event!



Watercolor Basics w/ Christie Macciemei

**Wednesday, April 8th
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

Gone Fishin'



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

NEW! FREE!
CHAIR YOGA

W/Machelle Duprey



Beginning April 8th
Wednesdays @ 1:00 p.m.

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!

FASC DAY TRIP!



Horrocks Farm Market is a family owned and operated business in Lansing. They offer fresh produce, gourmet coffee, candy, beer, wine & a full nursery and floral department.

Monday, April 10th
Cost: \$10.00

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

FASC bus leaves Memorial Urgent Care at 9:30 am. Returns approximately at 1:30 p.m.



FASC DAY TRIP
SOARING EAGLE CASINO

THURSDAY, APRIL 16TH

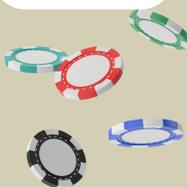
FASC BUS LEAVES BUECHE'S PARKING LOT @ 8:30 A.M. & RETURNS @ 3:30 P.M.



Each passenger receives:

- \$20 Premium Play pre-loaded on your ACCESS club card!
- 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 **April 3rd.** Call (810)659-4735.



Guarding Your Green
Financial Fraud Education Class

Participants will gain the skills to identify common fraud schemes and understand the tactics used by fraudsters, including manipulation and creating a sense of urgency. They will also gain practical methods for securing their personal and financial data and learn about available resources to protect themselves from potential threats.

COURSE OVERVIEW:



- Check Scams**
- Unexpected checks
 - Lottery and sweepstakes
 - Over-payment



- Romance Scams**
- Common grooming practices
 - How romance scams find you
 - Tips to avoid being scammed



- Technology Scams**
- Spoofing
 - Phishing
 - Text and email



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

WE CARE ABOUT YOUR FINANCIAL HEALTH

Join us for Financial Fraud Education!
 Date: Monday, April 20th
 Time: 10:00AM



www.ELGACU.com · (810) 715-3542

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

**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, April 22nd.

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

**FASC SECURITY
UPDATE**

As part of the renovations to the West Wing, 360-degree interactive cameras have been installed in the main room, entryway, and exercise room. Additional cameras have also been installed in the annex and breezeway.

All FASC staff have access to the five cameras on their computers. This allows us to see, hear, and communicate with anyone in these specific areas.

The purpose of this initiative is to provide additional security and support for members and visitors in areas that are not currently staffed.

If you have any questions regarding this initiative, please do not hesitate to reach out to the Director at your convenience.



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

Exercise Programs

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

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

Mondays 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.

NEW!! Chair Yoga

Beginning April 8th

Wednesdays @ 1:00 p.m.

Free of Charge

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.

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 8:30 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, April 15th 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

Tuesdays 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

Thursdays 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

Mondays at 12:30 p.m.

Come and play Mexican Train Dominos.

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 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

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

Mondays 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

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

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.

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:

- * **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
- * **I DO! I DO! – Petrolia**
 Date: Thursday, May 14th
 Cost: \$130.00 per person
 Departure: 8:45 a.m. from Clio Kmart
- * **Opry! 100th The Celebration Continues**
 Date: Tuesday May 26th – Saturday May 30th
 Cost: \$1500.00 per person double occupancy
 Deposit: \$250.00 per person
 Final payment due: April 24th
 Cancellation protection: \$160.00 per person due w/ deposit
 Departure: 6:00 a.m. from City Lot near Veterans Park
- * **Run For Your Wife – Turkeyville**
 Date: Thursday, June 4th
 Cost: \$95.00 per person
 Departure: 9:30 a.m. from Clio Kmart
- * **Shipshewana**
 Date: Monday June 8th – Tuesday June 9th
 Cost: \$265.00 per person, double occupancy
 Deposit: \$65.00 per person
 Final payment due April 30th
 Departure: 8:00 a.m. from Clio City Lot

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

Alzheimer's Support Group

Thursday, April 2nd 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

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

No appointment necessary. Walk-Ins welcome!

Grief Support Group

Tuesday, April 14th & 28th - 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 10th

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, April 17th - 9:30 a.m.

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

Veterans Services

Wednesday, April 22nd - 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.



Integrated Vascular Vein Center *of Michigan*

CHRONIC KNEE PAIN

Ask Us About A New Procedure

Genicular Artery Embolization

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



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

GRAND BLANC

600 Health Park Blvd.,
Ste G

LAPEER

944 Baldwin Rd.,
Ste. D.

810.606.1660 • FlintKneePain.com



<p>13</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 Pickleball @ E.C.C. 11:00 Drums Alive 11:30 Congregate Meal 12:30 Woodcarving 12:30 Samba 12:30 Dominoes 2:30 Gary Nickel Photography Class 6:00 Poker</p>	<p>14</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 1:30 Woodshop @ E.C.C. 2:00 Silver Sneakers 2:00 Grief Support Group 6:00 Flushing Twp. Board Meeting</p>	<p>15</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 Chair Yoga 1:00 Mah Jongg 2:30 Ping Pong 3:15 Pickleball Informational Meeting @ FASC</p>	<p>16</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 1:00 Euchre 2:00 Bunco 2:15 Cornhole</p>	<p>17</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>20</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 Fraud Prevention Workshop 11:00 Drums Alive 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 12:30 Samba 1:00 Make It, Take It Card Class 6:00 Poker</p>	<p>21</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/Charlote 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. 2:00 Silver Sneakers 2:00 Woodshop Safety Training @ FASC</p>	<p>22</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. 9:30 Veterans Services @ FASC 11:00 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 1:00 Chair Yoga 1:00 Connecting Threads 2:30 Ping Pong</p>	<p>23</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 Euchre 1:00 Shopping @ Meijer 2:00 Bunco 2:15 Cornhole</p>	<p>24</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 9:00 Volunteer Appreciation Breakfast 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>27</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>28</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 1:30 Woodshop @ E.C.C. 2:00 Grief Support Group 2:00 Silver Sneakers</p>	<p>29</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 Chair Yoga 2:30 Ping Pong</p>	<p>30</p> <p>8:00 - 4:00 Coffee Lounge 8:00 - 4:00 Exercise Station 8:30 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Basic Flow Yoga Gold 10:00 Blood Pressure Check 11:00 Pickleball @ E.C.C. 11:30 Congregate Meal 1:00 Tai Chi 1:00 Euchre 2:00 Bunco 2:15 Cornhole</p>	

Arts, Crafts, Clubs & Other

Chair Massage

Thursday, April 9th - 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, April 8th & 22nd - 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 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, April 20th 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, April 21st 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 16th at 12:30 p.m.

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

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

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

9 • Flushing Area Senior Center • 810.659.4735

Tech Tutoring w/Charlotte & Sawyer - FREE!

Tuesday, April 7th & 21st - 9:00 a.m. - 12:00 p.m.

Friday, April 24th - 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, April 21st - 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

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.



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

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



ROSSELL

Funeral Home and Cremation Services

Our Service Belongs to the Community

810-659-6342

307 E. Main St. Flushing
rossellfh.com

Lindsay Caterer Zofchak - Owner, Manager



Ready - Set - Medicare!



health
markets

Andrew Storing
Licensed Insurance Agent
(810) 867-4217
dstoring@HealthMarkets.com
HealthMarkets.com/dstoring

1323 E Main St, Suite 1, Flushing, MI 48433 | Let's talk! Over the phone appointments welcome. No cost, no obligation.

Confused
about
Medicare?
I can help!



CHIROPRACTIC
IS HEALTH
HAND
DELIVERED

133 N. Cherry St., Flushing, MI

Call us today at (810) 659-2020 | www.Paschketchiropractic.com

Choose Chiropractic, your problems won't go away on their own.



DECKS
PORCHES
RAMPS



Bossman

CONSTRUCTION

6327 W Coldwater Rd Flushing, MI 48433

www.GoBossman.com



Find us on
Facebook

(810) 867-4935



- SENIOR DISCOUNTS AVAILABLE
- LOCALLY OWNED & OPERATED
- LICENSED & INSURED



SPECIAL THANKS TO OUR VOLUNTEERS!

APRIL 20TH - 24TH IS
NATIONAL VOLUNTEER WEEK!

"Volunteers are the heart of our community! Your kindness, time, and dedication make the Flushing Area Senior Center a place where everyone feels valued and connected."



APRIL CONGREGATE MENU

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk	Easter Luncheon Glazed Ham Fried Cabbage Scalloped Potatoes HM Cherry Crisp Sweet Roll Margarine 100% Fruit Juice	
Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Mango & Papaya Margarine Milk Fortune Cookie	Chicken Parmesan w/Spaghetti Steamed Broccoli Mixed Vegetables Sliced Pears Wheat Roll Margarine 100% Fruit Juice	Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard 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
Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk	HM Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice	Turkey & Cheese Sandwich Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Bun Dressing Packet Milk	HM Creamy Tortellini & Beef Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk
Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Margarine Milk	Ham Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice	Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine Milk	<i>Bon appetit</i> Chef's Choice	Chipotle Bowl w/Beef & Beans Over Mexican Rice w/HM Pico Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk
HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk	Antipasto Salad w/Pepperoni Salami, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice	BBQ Pork Burger Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Milk	Chicken Salad Sandwich Pasta Salad HM Cucumber Salad Fresh Pears Sliced Croissant 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.

DONATIONS FOR VETS

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

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

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

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

HAPPY BIRTHDAY

APRIL BIRTHDAYS!

HAPPY BIRTHDAY

William Abendschein
Nancy Accardo
Ruby Adolph
Rufus Alexander
Elizabeth Alunno
Mark Anderson
Charlene Angst
Stan Avery
Richard Bacha
Rose Bargo
Dean Bartz
Donna Bedard
Teresa Bila
Jackie Binelli
Jeanette Birmingham
Lynn Black
Phillip Bleck
JoAnn Bobo
Bridget Bryson
David Bump
Kathy Bump
Becky Buxton
Beatrice Campbell
Michele Care
Sharleen Carrigan
Tammy Cece
Joan Chrivia
Jerry Church

Carl Clark
Brenda Cookingham
Julia Cox
Pamela Crafts
Tom Grandell
Bobbie Cruz-Ramirez
Janet Cybulski
Dennis Davis
Mary Deering
Susan Diebold
Kathy Discenna
Pamela Dmoch
Eddie Dolgan
Machelle Duprey
Tim Dutil
Thomas Dutkowski
Valerie Dutkowski
Kendra Eshbaugh
John Farney
Roberta Fent
Christie Fields
Sandra Finch
Bonnie Fisher
Joe Fisher
Donna Fortune
Pete Foster
Josephine Frazer
Raean Gatenby

Garack Goza
Maggie Gregg
Mary Hackett
Lawrence Halk
Lucy Ham
Robert Hamsher
Gary Hartley
David Hedges
Judy Heenan
Donna Henneke
Truman Hildreth
Leonard Hoffman
Robert Hoffman
Paula Horne
Patricia Hudkins
Barbara Irvine
Denise James
Kay Johnson
Sharon Johnson
Barb Johnston
Mary Kellner
Eileen Kelly
Amy Klump
Lani Koon
Deanna Korth
Marie Kudej
Ruth Ann Laing
Gary Lapham

Cindy Laux
Kathy Laux
Christina Lazowski
Attila Lehotzky
Dolores Letavis
Clare Lewis
Ronald Loanman
Karen Lorenc
Eileen Mahon
Carolyn Malaski
Tom Mark
Judi Marshall-Harms
Teresa McComb
Colleen McElrath
Laura McKellar
Rosanne McKerchie
Fred Meredith
Willie Mitchell
Nancy Morgan
Pat Mroczek
Rose Musgrave
Marcia Naas
Lois Nickel
Karl Nock
Dean Norrow
Margaret O'Sullivan
Kathy Owen
Kathy Palumbo

Ann Marie Parker
Laurie Pieniozek
Roberta Pixley
Brenda Platt
Mary Promenchenkel
Duncan Pyscher
Cynthia Ragan
Kristie Ream
Karen Reid
Paula Rettenmund
Catherine Richardson
Dyan Ricker
Margaret Rodriguez
Gerald Rozen
Rhonda Ruterbusch
Dave Seavey
Karen Shaheen
Denise Sheridan
Dennis Sheridan
Becky Slisko
Judy Smith
Wendy Smith
Joseph Snell
Royaa Softani
Melissa Stemple
Cindy Stevens
Joan Stone
Ellie Struble

Carol Studaker
Steven Sweeza
Shirley Symon
Toshie Takahashi-Cripps
Thomas Theile
Vickie Thompson
Christa Tylus-Petra
Marcos Vargas
Geraldine Vinson
Casey Waite
Bob Walls
Paula Wangbichler
Cynthia Weller
Joan Widgren
Joyce Wierzbicki
David Wiget
Kathleen Wiget
Dianne Wilcosh
Edie Wilkins
Sharilynn Willette
Mary Wilson
Edwin Winer
Mary Withey
Brigitte Woodbury
Karen A. Woods
Rose Wurtz
JoAnn Zitterkopf

HAPPY BIRTHDAY

HAPPY BIRTHDAY

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

FASC Information

The Flushing Area Senior Center

106 Elm Street, Flushing MI 48433

Phone: 810.659.4735

Fax: 810.659.4686

Email: greg@flushingseniorcenter.com

Website: www.flushingseniorcenter.com

Center Hours

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

Office Staff

Greg Matheson - Executive Director

Roxanna Gay - Office Manager

Erin Faith - Office Assistant

Board of Directors

Michael Stanton - Chairperson - *At-Large Member*

Sharri Willette - Co-Chair - *Flushing Township*

Marie Zuk - Secretary - *City of Flushing*

Sharon Vance - Treasurer - *At-Large Member*

Lois Nickel - *At-Large Member*

Eric Johnson - *City of Flushing*

Sue Leonard - *City of Flushing*

Mary Smith - *City of Flushing*

Richard Wagonlander - *City of Flushing*

Shelley Thompson - *Clayton Township*

Rick Bigelow - *Flushing Township*

Terry Pattillo - *Flushing Township*

Upcoming Board Meetings

- ◆ Tuesday, May 26th 7:00 p.m.
- ◆ Tuesday, June 23rd 11:00 a.m.
(Annual Membership Meeting)

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

Our Mission Statement

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

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.

AVAILABLE NOW!
PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

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.

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



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



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

BUECHE'S FOOD WORLD

*Proudly serving the
Flushing Community for
Four Generations*
**300 W. MAIN
659-6162**



**A Better ROOF For Less!
Guaranteed Leak Repair
as low as \$98**
Serving Genesee County for 24 years
810-687-3599
abetterroofforall.com
Repair • Recover • Replace

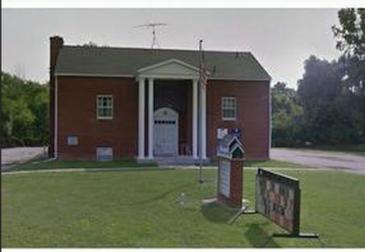


810-820-8685
4801 Fenton Rd.
Flint, MI 48507
(AT FENTON & HEMPHILL)
Pharmacy
FREE Delivery*
**FREE Bubble Pack
Walk-In Immunizations**
*conditions apply
HOURS: MON-FRI: 9AM-5:30PM • SAT: 10AM-1P



Woodhaven
Senior Community
"Where Seniors Love to Live"
5201 Woodhaven Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505
www.woodhavensenior.com

Flushing Masonic Temple Association
HALL RENTAL



- Seating for 200
- Warming Kitchen with Refrigeration
- Air Conditioned
- Handicap Access
- Tables & Chairs

RENTAL INQUIRIES CALL 810-210-6475
EMAIL RENTAL@FLUSHINGHALL.COM
Flushing Masonic Temple
349 S. Seymour Rd.
Flushing, MI 48433
www.flushinghall.com

Little
space.
Big
impact.

Advertise here
Call 800-950-9952

**Dementia Diagnosis?
We can help.**
Call today (800)990-6030



MANNORLAWGROUP
Excellence in Estate Planning and Elder Care

- Estate Planning & Probate
- Elder Law & Care Navigation
- Medicaid, VA Benefits & More

www.mannorlawgroup.com

CENTURY 21




KYLE RAUP
810-513-3417 cell
810-659-3161 office
kraup@c21signature.net
720 E. Main St.
Flushing, MI 48433

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider | SafeStreets | **833-287-3502**

**Support Our
Advertisers!**



VICINIA GARDENS
LUXURY SENIOR LIVING



www.ViciniaGardens.com Call Today! (810) 354-7050

LICENSED CAMPUS

- Independent Living ✓
- Assisted Living ✓
- Intermediate Care ✓
- Memory Care ✓
- All Inclusive Rates ✓
- 10 Years of Excellence ✓
- In the heart of Fenton, MI ✓

MENTION THIS AD FOR
\$1000 OFF OUR
COMMUNITY FEE TODAY!
(THE INDEPENDENT ONLY)

Let's put your
back pain behind you.

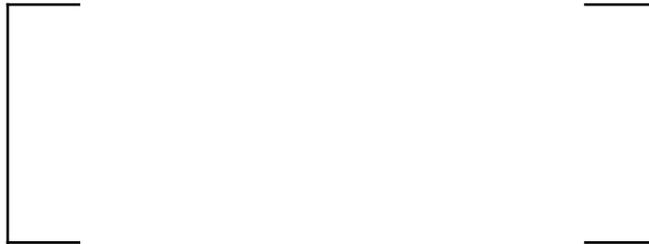
NEUROLOGICAL CENTER



FLUSHING AREA SENIOR CENTER
106 Elm Street
Flushing, MI 48433

PRSR STD
U.S. Postage
PAID
Flushing, MI
Permit No. 217

**If date under your address
is highlighted, it means
it's time to renew your
membership, which is a
\$12 donation**



These programs and/or services are fully or partially funded by the Genesee County Senior Millage funds. Your tax dollars are at work! Other funding sources are: City of Flushing, Charter Township of Flushing, United Way of Flushing, Member Contributions, Memorial Donations and Fundraisers.



Enjoy a Daily Lunch!

Eat In at the Flushing Area Senior Center

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



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

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