



Monthly Publication brought to you by the Flushing Area Senior Center

*January*  
**2022**

# Our Perspective

**for the 50+ generation**

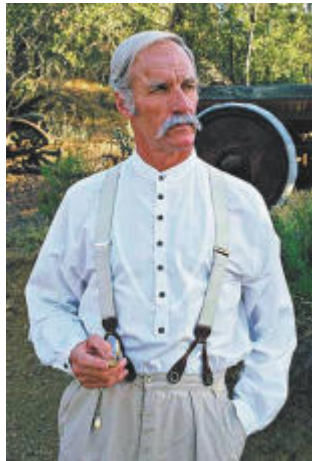
These programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work.

## Upcoming Events & Other Information

### Wyatt Earp One Man Show

January 19 - 3:00 p.m. @ FASC

Wyatt Earp has been portraying his famous relative in his one-man play called "Wyatt Earp: A Life on The Frontier" since 1996. Wyatt has done over 690 performances of the play throughout the United States, Canada, and Europe.



In 1998 he began performing another one-man play "The Gentleman Doc Holliday" which is based on the book "Doc Holliday: A Family Portrait" by Karen Holliday Tanner, who is the closest living relative of Doc Holliday", which the play is primarily, based on.

### **RESCEDULED**

### **OUTSMART THE SCAMMERS** **PRESENTATION**

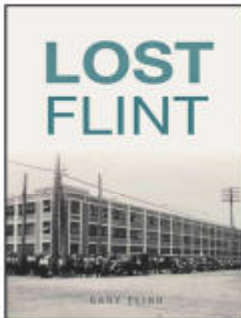
w/ Rich Lewis II

Friday, January 14th @ 10:00 a.m.

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. And while no one is immune, there are steps you can take to Outsmart the Scammers.

**Join us for this presentation and learn important strategies to help protect you and the ones you love .**

### **LOST FLINT**



EVENT DETAILS

**Monday, January  
24th at 2:30 PM**  
**Flushing Area Senior  
Center**  
**106 Elm Street,  
Flushing, MI**

TITLES BY GARY FLINN

- Hidden History of Flint \$21.99
- Remembering Flint, Michigan: Stories from the Vehicle City \$19.99
- Lost Flint \$21.99

Payment by cash or check

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PUBLISHING**  
AND  
**The History Press**

### **Lost Flint Book Presentation**

With Author Gary Flinn

Explore the Deteriorating Structures of Flint's Past

The city of Flint waxed and waned with the automotive industry of the twentieth century. Where they have not vanished completely, crumbling signs of past opulence stand as painful reminders of more recent struggles. Hardly a trace remains of the Buick City factory complex that sprawled across the city's north side. The placid waters of Flint Park Lake once echoed with the sounds of an amusement park—games, dancing, circus acts and even a roller coaster. Flint Community Schools pioneered a model for how schools can function outside regular hours, but too many now are closed and deteriorating. Local author Gary Flinn uncovers the abandoned places and lost traditions from the Vehicle City's past.

ABOUT THE AUTHOR



Gary Flinn is a product of the Flint Community Schools and a graduate of Mott Community College and Michigan State University who has lived in the Flint area for most of his life. His earliest writings were for Flint Central High School publications the Tribal Times and the Arrow Head. He also contributed articles for the Uncommon Sense, Broadside, Your Magazine, the Flint Journal and Downtown Flint Revival magazine. He presently lives on Flint's west side

We are proud to announce that the center is the recipient of the 2021 Commanders Award for support and services provided to our Flushing Veterans.

On behalf of our staff, Board of Directors, and entire membership, we would like to thank  
**The American Legion Flushing Post  
No. 283** for this recognition.

*It is our honor to serve you!*



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# 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 10:00am**  
**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.

## **Drums Alive**

**Each Wednesday at 10:30 a.m.**  
**Free of Charge - Masks Optional**

Instructor: Mary Lou Kellett

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**

**Each Tuesday & Thursday at 8:40am**

**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 - 10:15am - 12:15pm**
- **Tuesdays - 11:30am - 1:00pm**
- **Wednesdays - 8:15am - 10:15 am**
- **Thursdays - 2:15pm - 4:00pm**
- **Fridays - 8:15am - 12:15pm**

Thanks to a generous grant from the Community Foundation of Greater Flint, the center has acquired 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 9:00am**  
**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!

## **Silver Sneakers Stability**

**Each Tuesday at 2:00pm**  
**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 pm**  
**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!

## **Zumba Gold**

**Each Tuesday at 5:45pm**  
**Free of Charge**

Instructor: Kimberly Warchol-Smith

Zumba Gold combines enticing Latin rhythms with easy-to-follow health-boosting moves. Through low impact and modified levels of movement, you can help prevent age-related bone loss, increase muscle strength definition, reduce body fat, improve mobility, endurance & coordination.

# Fun & Games

## **Adult Coloring Group**

**Each Monday at 9:30am - FREE**

Color and relax, it's a great stress reliever! All supplies provided!

## **Advanced Ping Pong & Pool**

**Each Wednesday from 2:30pm - 4:00pm**

Wednesday Ping Pong is fun but competitive. This is the time when you bring your A-game and use all your skills to your best advantage and maybe win!

## **Bunco**

**Each Thursday at 2:00pm**

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

## **Dominoes**

**Each Monday at 12:30pm**

Come and play Mexican Train Dominos. No experience necessary!

## **Euchre**

**Each Tuesday at 1:00pm**

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

## **Hand Knee & Foot**

**Each Thursday at 9:00am**

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**

**Each Wednesday at 1:00pm**

Play using American Mah-Jongg rules. Please purchase and bring your own card. Players need to already know how to play. This will be a new game at the Senior Winter Games! Training available by request.

## **Penny Bingo**

**Each Friday at 1:00pm**

Use pennies as markers. Winner wins everyone's markers. Cards cost \$0.25 each or 5 for \$1 (5 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 & Pool**

**Each Friday from 2:30pm - 4:00pm**

Friday Ping Pong is recreational so it's not as competitive as Ping Pong is on Wednesdays. On Fridays we play just for fun!

## **Pinochle**

**Each Friday at 1:00pm**

Play single deck. New players need to already have the skills and knowledge to play.

## **Poker**

**Each Tuesday at 7:00pm**

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

## Travel

### 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:

- \* **Nana Does Vegas – Meadow Brook Theatre**  
Date: Wednesday, January 19, 2022  
Cost: \$75.00 per person  
Departure: 11:00 a.m. from Clio Kmart  
Protocol: Masks are required
- \* **Genitti's**  
Date: Tuesday, January 25, 2022  
Cost: \$82.00 per person  
Departure: 9:30 a.m. from the Clio Kmart
- \* **Disney's Musical "Frozen"**  
Date: Wednesday, February 2, 2022  
Cost: \$100.00 per person  
Departure: 5:45 p.m. from the Clio Kmart
- \* **Lion King at the Detroit Opera House**  
Date: Tuesday, February 8, 2022  
Cost: \$115.00 per person  
Departure: 4:30 p.m. from Clio Kmart
- ◇ **Writing Kevin Taylor - Meadow Brook Theatre**  
Date: Wednesday, February 16, 2022  
Cost: \$75.00 per person  
Departure: 5:00 p.m. from the Clio Kmart
- ◇ **Hamilton!**  
Date: Thursday, February 17, 2022  
Cost: \$190.00 per person  
Departure: 3:30 p.m. from Clio Kmart

## Support Groups

### Alzheimer's Support Group

**Thursday, January 6th at 2:00pm**

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.

### Grief Support Group

**Tuesday, January 25th at 2:00pm**

Heartland Hospice provides on-going grief support for anyone who has experienced the death of a loved one. Their purpose is to provide education about normal grief reactions, as well as a safe environment where feelings are validated and accepted.

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

## January Lunch Menu

Monday -	1/3	HM Chicken Pot Pie
Tuesday -	1/4	Beef Fajitas w/ Peppers & Onions
Wednesday -	1/5	Turkey Burger w/ Cheese
Thursday -	1/6	Pork Chop w/ Mushroom Sauce
Friday -	1/7	BBQ Chicken Tenders
Monday -	1/10	Chicken Caesar Wrap
Tuesday -	1/11	HM Sweet & Sour Meatballs
Wednesday -	1/12	Open-Face Turkey Sandwich
Thursday -	1/13	HM Chili
Friday -	1/14	Grilled Chicken Breast
Monday -	1/17	CENTER IS CLOSED
Tuesday -	1/18	HM Mexican Chicken & Rice Soup
Wednesday -	1/19	Creole Steak
Thursday -	1/20	HM Roasted Pork Loin
Friday -	1/21	Crispy Fish Taco
Monday -	1/24	Ham, Bacon & Cheese Frittata
Tuesday -	1/25	Crispy Chicken Salad
Wednesday -	1/26	Roasted Chicken Breast
Thursday -	1/27	HM Liver & Onions w/ Gravy
Friday -	1/28	HM Mac & Cheese
Monday -	1/31	HM Goulash
	HM	(Homemade)

## Senior Services

### Blood Pressure Check

**Each Thursday from 10:00am - 11:00am**

No appointment necessary. Walk-Ins welcome!

### Free Notary Services for Seniors 50 and Older

Karen Herriman is a Notary Public and can seal your documents for you at no cost. Call the Center to make an appointment. You must sign in the presence of the notary and bring your picture ID.

### Legal Assistance

**Appointments available - January 14th - 1:30pm - 3:30pm**

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

### Loan Closet

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

### Veterans Services

**Appointments available - January 3rd - 8:15am - 11:45am**

Are you a Veteran? Are you receiving all of the benefits you should be receiving because of your service to our country? Call the Flushing Area Senior Center office to schedule an appointment with Carrie Burns from the Genesee County Department of Veterans Services to make sure you are receiving all of the benefits you are entitled to.

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

**Flushing Area Senior Center**  
106 Elm Street, Flushing, MI 48433  
[www.flushingseniorcenter.com](http://www.flushingseniorcenter.com)  
Phone 810.659.4735  
Fax 810.659.4686

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:15 Veterans Services 9:00 Line Dancing 9:30 Adult Coloring 9:30 Watercolor 10:15 Exercise Station 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes	<b>4</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 2:00 Silver Sneakers 5:45 Zumba Gold 7:00 Poker	<b>5</b> 8:15 Exercise Station 9:30 Flushing Artist Network 10:30 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Shopping @ Walmart 1:00 Mah Jongg 2:30 Advanced Ping Pong & Pool	<b>6</b> 8:40 Exercises for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 1:00 Tai Chi 2:00 Alzheimer's Support Group 2:00 Bunco 2:15 Exercise Station	<b>7</b> 8:15 Exercise Station 9:30 Fly Tying 11:30 Congregate Meal 1:00 Pinochle 1:00 Penny Bingo 2:30 Ping Pong & Pool
<b>10</b> 9:00 Line Dancing 9:30 Adult Coloring 9:30 Watercolor 10:15 Exercise Station 11:30 Congregate Meal 12:30 Woodcarving 12:30 Dominoes 1:00 Make It, Take It Card Class Gary Nickel 2:30 Photography Class	<b>11</b> 8:40 Exercises for Everyday Living 9:00 Shopping @ Bueches 9:30 Knit/Crochet/Craft 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 11:30 Exercise Station 1:00 Euchre 2:00 Silver Sneakers 5:45 Zumba Gold 7:00 Poker	<b>12</b> 8:15 Exercise Station 9:30 Flushing Artists' Network 10:30 Drums Alive 11:30 Congregate Meal 1:00 Writers Group 1:00 Mah Jongg 2:30 Advanced Ping Pong & Pool	<b>13</b> 8:40 Exercise for Everyday Living 9:00 Hand, Knee & Foot 10:00 Blood Pressure Check 10:00 Basic Flow Yoga Gold 11:30 Congregate Meal 1:00 Tai Chi 1:00 Shopping @ Meijer 2:00 Chair Massage 2:00 Bunco 2:15 Exercise Station	<b>14</b> 8:15 Exercise Station 9:30 Fly Tying 10:00 Outsmart the Scammers Presentation 11:30 Congregate Meal 1:00 Pinochle 1:00 Penny Bingo 1:30 Legal Assistance 2:30 Ping Pong & Pool

<p><b>17</b></p>  <p><b>MARTIN LUTHER KING JR. DAY</b></p> <p><b>CENTER IS CLOSED</b></p>	<p><b>18</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:30 Knit/Crochet/Craft  10:00 Basic Flow Yoga Gold  11:30 Exercise Station  11:30 Congregate Meal  1:00 Euchre  1:00 Senior Women's Book Club  2:00 Silver Sneakers  5:45 Zumba Gold  7:00 Poker</p>	<p><b>19</b></p> <p>8:15 Exercise Station  9:30 Flushing Artists' Network  10:30 Drums Alive  11:30 Congregate Meal  1:00 Writers Group  1:00 Mah Jongg  2:30 Advanced Ping Pong &amp; Pool  3:00 Wyatt Earp One-Man Show</p>	<p><b>20</b></p> <p>8:40 Exercise for Everyday Living  9:00 Hand, Knee &amp; Foot  10:00 Blood Pressure Check  10:00 Basic Flow Yoga Gold  11:30 Congregate Meal  12:30 Strayed Quilters  1:00 Tai Chi  2:00 Bunco  2:15 Exercise Station  5:30 Creating Confident Caregivers</p>	<p><b>21</b></p> <p>8:15 Exercise Station  9:30 Fly Tying  11:30 Congregate Meal  1:00 Pinochle  1:00 Penny Bingo  2:30 Ping Pong &amp; Pool</p>
<p><b>24</b></p> <p>9:00 Line Dancing  9:30 Adult Coloring  9:30 Watercolor  10:15 Exercise Station  11:30 Congregate Meal  12:30 Woodcarving  12:30 Dominoes  2:30 Lost Flint Book Presentation  w/ Gary Flinn</p>	<p><b>25</b></p> <p>8:40 Exercises for Everyday Living  9:00 Shopping @ Bueches  9:30 Knit/Crochet/Craft  10:00 Basic Flow Yoga Gold  11:30 Exercise Station  1:00 Euchre  2:00 Silver Sneakers  2:00 Grief Support Group  5:45 Zumba Gold  7:00 Poker  7:00 Board Meeting</p>	<p><b>26</b></p> <p>8:15 Exercise Station  9:30 Flushing Artists' Network  10:30 Drums Alive  11:30 Congregate Meal  1:00 Writers Group  1:00 Mah Jongg  2:30 Advanced Ping Pong &amp; Pool</p>	<p><b>27</b></p> <p>8:40 Exercises for Everyday Living  9:00 Hand, Knee &amp; Foot  10:00 Blood Pressure Check  10:00 Basic Flow Yoga Gold  11:30 Congregate Meal  1:00 Shopping @ Meijer  1:00 Tai Chi  2:00 Bunco  5:30 Creating Confident Caregivers</p>	<p><b>28</b></p> <p>8:15 Exercise Station  9:30 Fly Tying  11:30 Congregate Meal  1:00 Pinochle  1:00 Penny Bingo  2:30 Ping Pong &amp; Pool</p>
<p><b>31</b></p> <p>9:00 Line Dancing  9:30 Adult Coloring  9:30 Watercolor  10:15 Exercise Station  11:30 Congregate Meal  12:30 Woodcarving  12:30 Dominoes</p>				

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## Arts, Crafts, Clubs & Other

### Chair Massage

**Thursday, January 13th - 2:00 to 4:00pm**

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 for 10 minutes. There are only eight spots available. Call the Center for an appointment.

### Flushing Artist Network

**Each Wednesday at 9:30am**

A time to paint and try something different. All mediums are allowed except oils. Meet new friends and enjoy painting with others. No experience necessary. You must bring your own materials.

### Fly Tying

**Each Friday at 9:30am**

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, January 10th at 2:30pm - Instructor - Gary O'Boyle**

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 9:30am**

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 - FREE OF CHARGE!

**Monday, January 10th at 1:00pm**

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, January 18th at 1:00pm**

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, January 20th at 12:30pm**

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*

### Watercolor

**Each Monday at 9:30am**

Learn new tricks and techniques. Some experience preferred but not necessary. You must bring your own materials.

### Woodcarving

**Each Monday at 12:30pm**

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!

### Writers' Group

**Each Wednesday at 1:00pm**

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.

## Flushing Senior Center Bus Schedule

### **GROCERY SHOPPING - BUECHE'S**

Each Tuesday at 9:00am

### **SHOPPING - WAL-MART - Clio Store**

1st Wednesday of each month

Depart at 1:00pm / Return at 3:00pm

### **SHOPPING - MEIJER - Swartz Creek Store**

2nd & 4th Thursday of each month

Depart at 1:00 pm / Return at 3:00 pm

**Please call the Center one day in advance for a ride. Please be ready when the van 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 van without assistance. We are not designated for emergency assistance. Riders are required to follow all safety regulations when riding on the bus.

**Suggested donation for each 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.

# Upcoming Events

## Update - Senior Winter Games

Senior Winter Games of Genesee County provides area seniors with an opportunity to engage in socialization, exercise, and hours of friendly competition. The events typically take place throughout the entire month of February and are designed to include seniors of all physical abilities. Events have included Bowling, Softball Toss, Shuffleboard, Table Tennis, Archery, Pickleball, Baking, Pool, Line Dancing, Karaoke, Arts & Crafts, Miniature Golf, various card games and much more.



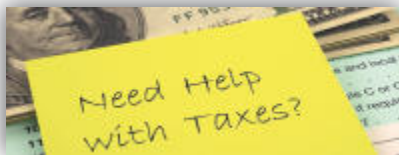
We are happy to announce that the games are scheduled to return in **June 2022**! The decision was made to hold it in the summer for this coming calendar year as a precaution to the number of COVID-19 positive cases we are currently experiencing. Our hope is to have the games return to their normal schedule in the Winter of 2023. More updates will be coming soon!



## Valentine Dinner & Dance

**Monday, February 14th**  
**5:00 - 8:00 p.m.**

- ⇒ **Catered Dinner Buffet**
- ⇒ **Music Entertainment**
- ⇒ **Updates Coming!**



FASC will once again be collaborating with Kevin Tryon of Tryon & Associates LLC.

Kevin is a private tax preparer who can assist you with your tax return preparation and planning needs.

(1040 Federal & State-\$75.00)

More information will be coming soon regarding complete price list, process & schedule.

## Creating Confident Caregivers

A program for family members caring for a loved one with dementia and/or memory loss.

Provided by  
**VAAA**  
Valley Area  
Agency On Aging  
Answers, Action & Advocacy  
for All Things Senior



### Testimonial

*"After the first class, I felt a weight had been lifted. I learned so much. It's helpful to know what I'm experiencing is normal and I'm not alone."*

### What's in It for You?

#### Learn about:

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

Paid for with funding from Valley Area Agency on Aging (VAAA) and the Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at Valley Area Agency on Aging at 810-600-0633.

### About the program

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two-hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

### Classes Offered

#### Thursdays:

**January 20, 27, February 3, 10, 17, 24**  
**5:30pm – 7:30pm**

**Meeting two hours each week for 6 weeks**

#### Location:

**Flushing Senior Center**  
**106 Elm St Flushing, MI 48433**

**To register for this class contact:**  
**Flushing Senior Center at (810) 659-4735.**

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

# Senior Center 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

Karen Herriman - Office Manager

Roxanna Gay - Office Assistant

## Board of Directors

Michael Stanton - Chairperson - *At-Large Member*

Eileen Dunning - Co-Chairperson - *City of Flushing*

Pat DeMoss - Treasurer - *At-Large Member*

Marie Zuk - Secretary - *City of Flushing*

Sharon Vance - *At-Large Member*

Mark Gellis - *City of Flushing*

Karen McIntosh - *City of Flushing*

Richard Wagonlander - *City of Flushing*

Shelley Thompson - *Clayton Township*

Rick Bigelow - *Flushing Township*

Terry Pattillo - *Flushing Township*

Sharri Willette - *Flushing Township*

## Upcoming Board Meetings

\* Tuesday, January 25th, 2022 - 7:00 p.m.

\* Tuesday, March 22nd, 2022 - 7:00 p.m.

\* Tuesday, May 24th, 2022 - 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.

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

### 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.



Remember to sign in with [smile.amazon.com](http://smile.amazon.com) so that the Flushing Area Senior Center will get the donation!

### Here's How!

- \* Enter "smile.amazon.com" in your browser address bar
- \* Shop & place your order
- \* Amazon donates



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.





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

The Meal is available to eat in or take home

Monday thru Friday from 11:30am to 12:30pm



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.

