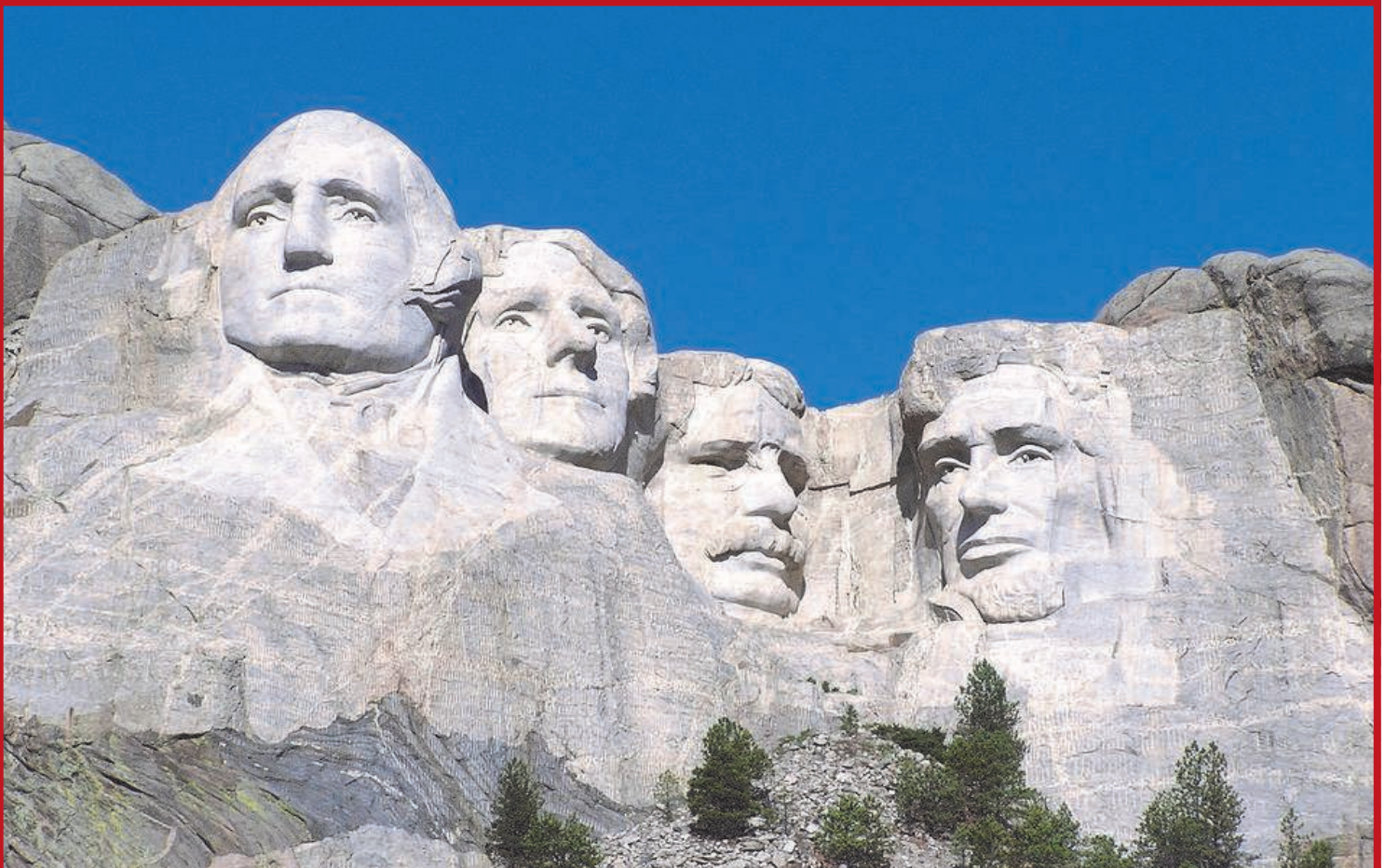


February 2016

Our **Perspective** for the 50 + generation

FLUSHING AREA SENIOR CENTER



**38th Annual
Senior Winter Games
of Genesee County
February 1 - 25, 2016**

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Karen Herriman, Office Manager
Paula Daughenbaugh, Office Assistant
Connie Wilke, Assistant Office Manager
Karasten Birge, Senior Needs Coordinator

Flushing Area Senior Center

106 Elm Street, Flushing
810.659.4735 - Fax 810.659.4686
Office Open:
Mon. Tues. Thurs. Fri. - 8:00 am - 7:00 pm
Wednesday - 8:00 am - 9:00 pm
www.flushingseniorcenter.com
Email Karen Popovits at:
cendirector@flushingseniorcenter.com

SENIOR WINTER GAMES INFO



38th Annual Senior Winter Games of Genesee County February 1st - 25th, 2016



Opening Ceremony
Monday, February 1, 2016
1:00 pm
Davison Senior Center
10135 Lapeer Rd.
Davison, MI

Closing Ceremony & Banquet
Thursday, February 25, 2016
11:00 am
Davison K of C Hall
8428 Davison Road
Davison, MI

Archery* (bring bow and arrows)
Baking
Basketry, Pottery, & Paper Art
Bean Bag Toss
Bowling*
Checkers*
Cribbage*
Darts (Electronic)
Dominoes*
Euchre*
Fitness Walk
Free Throw

Frisbee Toss
Hand, Knee & Foot
Jigsaw Puzzles
Karaoke
Lawn Bowling*
Line Dancing
Metal, Wood, Glass
Mixed Media
Painting/Drawing
Photography
Pickleball
Pie Eating

Pinochle*
Pool (8-Ball)* Men/Women
Scrabble
Shuffleboard* Men/Women
Soccer - Free Kick*
Softball Toss
Spades*
Spelling Bee
Sudoku
Textiles, Jewelry
Volleyball*
Water Walk

* Must know the rules and how to play the game to enter

You must be at least 50 years of age by January 7th, 2016 - Birthdate required for participation

**The following Senior Winter Games will be held at the
Flushing Senior Center:**

Checkers
Tuesday, February 16th
10:00 am

Dominoes
Tuesday, February 16th
1:00 pm

**For more information, call
Flushing Senior Center
at 810.659.4735**

Senior Winter Games of Genesee County sponsored by:
First Merit Bank
UAW Region 1-D
Genesee County Senior Millage
Valley Area Agency on Aging

UPCOMING EVENTS

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



MICHIGAN
Partners
on the
PATH

Diabetes - PATH *Personal Action Toward Health*

**Each Tuesday,
January 26th - March 1st**

1:00 - 3:30 pm - (6-week program) Free of Charge

TOPICS COVERED

- ◆ Techniques to deal with symptoms of diabetes, fatigue, pain hyper/hypoglycemia, stress and emotional problems such as depression, anger, fear and frustration
- ◆ Appropriate exercise for maintaining and improving strength and endurance
- ◆ Healthy eating and meal planning
- ◆ Appropriate use of medication
- ◆ Importance of monitoring blood glucose
- ◆ Working more effectively with health care providers

Participants develop an action plan each week. They learn how to build their own self-management program and gain the confidence and tools to carry it out.

Sponsored by The National Kidney Foundation of Michigan

Sign up by calling 810.659.4735



Catholic Charities of Genesee Counties Senior Education Series

***Have you lost interest in doing things?
Have you lost enthusiasm in activities?
Have you been feeling down or blue?***

If you answered "Yes" to any of these questions, there may be something WE can do to help!

We have a program called PEARLS:

Program to Encourage Active Rewarding LiveS

Often the losses we endure as we age, such as loss of loved ones, independence, physical health or social isolation, can lead to feelings of loneliness, sadness, frustration, irritability, anxiousness or restlessness. Unattended, these feelings can lead to depression, affecting our quality of life. The PEARLS program teaches you skills to manage these unpleasant feelings and improve your quality of life. Learn how to re-establish healthy routines, increase positive experiences, and make changes to lead a more active and rewarding life.

**PEARLS is no-cost 6-week series of classes
Wednesday, January 13th - February 17th
1:00 pm - Flushing Senior Center Annex
If you wish to attend, please call 810-659-4735**

Are You Raising a Relative's Child?



The Kinship Program offers support for grandparents or other family members raising a relative's child. This is a **free program**.

**For more information, come see Heddy Gist
available each Wednesday at 2:30 pm
January 13th - February 17th**

Learn to Play Mah-Jongg



**Each Wednesday
at 1:00 pm**

**Dick Flory will teach you
how to play Mah-Jongg**

Call 810.659.4735 if you want to come and learn!

Come join the pre-game festivities



**Snacks
Games
Prizes**

**Friday,
February
5th at
12:00
pm**

Call 810.659.4735 if you plan to attend

**Are you ready
for some football?**



**MICHIGAN STATE
UNIVERSITY | Extension**

COOKING MATTERS

**Taught by Chef & Nutritionist
Each Friday, Jan. 8th - Feb. 19th
1:30 - 3:30 pm - Free of charge**

FREE GROCERIES: Makes recipes at home
FREE COOKBOOK: Secrets from the pros!

TOPICS:

*Healthy Snacks
Food Safety
Balanced Meals
Shopping Smart
Cooking Tips*

**Call
810.659.4735
to sign up for
classes**

UPCOMING EVENTS

The Flushing Senior Center will be closed when the Flushing Community Schools close due to inclement weather. Check ABC12, NBC25, & CBS for any school closings



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



VA BENEFITS

U. S. Dept. of Veterans Affairs offers a wide range of benefits for our Nation's Veterans, service members, and their families.

Meet with **JOHN NELSON,**

Service Officer,
Genesee County Department
of Veterans Services

Monday, February 8th
9:00 - 11:00 am by appt.
Call 810.659.4735 to schedule
an appointment

The Flushing Senior Center will be closed:

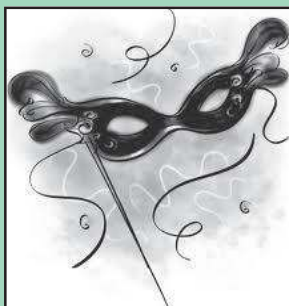


**Friday,
February 12th
for
Abraham Lincoln's
Birthday**

**Monday,
February 15th
for
Presidents'
Day**



MARDI GRAS PARTY



**Tuesday,
February 9th**
12:00 pm
Come and enjoy a
paczki!

alzheimer's association SUPPORT GROUP MEETING

Thursday, February 11th- 7:00 pm
Karen Popovits, Facilitator

DAYTIME
SUPPORT GROUP MEETING
Thursday, February 25th - 2:00 pm

These groups are open to anyone caring for a family member or friend with either Alzheimer's Disease or some form of dementia. Come to our Support Group because this journey is not one you need to take alone.



Any questions, please call
Karen Popovits at 810.659.4735

SENIOR WOMEN'S BOOK CLUB



Are you a book lover?
When you finish a book, do you wish
you had someone to talk about it?

Come join us on

TUESDAY, February 16th
1:00 - 3:00 pm

Limit of 4 additional people
Kathy Discenna, Facilitator

To register, please call 810.659.4735

LEGAL SERVICES OF EASTERN MICHIGAN

Meet with Seth Neblock, Elder Law Attorney
Friday, February 19th - 2:30 or 3:00 pm
Call 810.659.4735 - By appointment only

Legal Services of Eastern Michigan
is available to provide free services at
our Senior Center in the areas of:

Elder Law - Housing Complaints - Public Benefits
Domestic Violence - Consumer Bankruptcy
Family Law - Social Security Assistance
Employment Issues

UPCOMING EVENTS



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

FEBRUARY POTLUCK Thursday, February 18th 12:00 pm

Featuring
"Brothers in Song"
Barbershop Quartet Group



A special treat for
those with a February
birthday!

**RESERVATIONS
NEEDED**

Sponsored in part by:
**HEARTLAND MEDRIDGE
FOSTRIAN of Flushing**

Call 810.659.4735
if you plan to attend



"Getting into Paint"

Each Monday, February 29th – March 21st
1:00 – 2:30 pm – Instructor: Melissa Boyd
This is a basic painting 101 class using acrylics.
If you ever wanted to paint, but never knew
how, then this is the class for you!

\$40 for a 4-week class.

Painting supplies provided.

Call 810.659.4735 to sign up for the class

ATTENTION

**NEW
MEMBERS**



Join us for
a cup of
coffee
and some
breakfast
goodies

10:00 am - Monday, February 22nd

If you have recently joined the center,
we would like to meet with you
to welcome you and let you know all the
Flushing Senior Center has to offer and
answer any questions you may have.



BLOOD PRESSURE CHECK

Each Thursday
9:30 - 11:30 am

**S
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Watercolor Seminar with Sandra L. Strohschein

Fine Artist Watercolor & Pastel

*"Paint what you love and you
will love what you paint" . . . Sandy*

Thursday and Friday
March 31st & April 1st, 2016

9:00 am - 4:00 pm

Flushing Area Senior Center
106 Elm St. - Flushing, MI
Lunch included

Cost: \$170

Call 810.659.4735 to register
Visit www.fineartamerica.com

HEALTHY LIVING CLASSES

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

**We will start registering for
Session 2 of the Healthy Living
Classes on Wednesday, Feb. 10th**

Registration is based on a first come,
first served basis. Anyone registering by
mail will be added to the class at the end of
the registration day, based on availability.
Any questions, call 810.659.4735

TOTAL BODY FITNESS

\$20 for 10 weeks
January 4th - March 16th
(No class on February 15th)
Monday & Wednesday - 9:30 am
Instructor: Bobbi Schoolfield

GENTLE YOGA

\$24 for 7 weeks
February 29th - April 25th
(No class on April 4th & 11th)
Each Monday - 5:45 pm
Instructor: Dottie Tynes

YOGA GOLD

\$30 for 9 weeks
March 1st - April 26th
Each Tuesday - 10:00 am
Instructor: Rhonda Straley
A yoga mat is needed

SLOW FLOW YOGA

\$30 for 9 weeks
March 1st - April 26th
Each Tuesday - 5:15 pm
Instructor: Rhonda Straley
A yoga mat is needed.

ZUMBA GOLD

\$30 for 9 weeks
March 2nd - April 27th
Each Wednesday at 5:45 pm
Instructor: Kimberly Warchol-Smith

SASSIES WITH DARCY

\$14 for 7 weeks
March 3rd - April 21st
(No class on March 17th)
Each Thursday - 8:50 - 9:30 am
Instructor: Darcy Bobb

YOGA GOLD

\$20 for 6 weeks
March 4th - April 22nd
(No class on March 18th & 25th)
Each Friday - 10:00 am
Instructor: Rhonda Straley
A yoga mat is needed.

U of M BALANCE EXERCISE



Free of Charge
January 22nd - March 4th
(No class on February 12th)
Each Friday - 11:30 am
Instructor: Joe Zielinski

TAI CHI

\$27 for 8 weeks
March 4th - April 29th
(No class on March 25th)
Each Friday - 5:30 pm
Instructor: Darcy Bobb

FEBRUARY COMPUTER CLASSES

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

Dan Machuk, Instructor



Call 810.659.4735 to sign up for classes.

GET FAMILIAR WITH WINDOWS 10 **\$15**

Tuesday, February 2nd 2:00 pm - 4:00 pm

Windows 10 is the latest Windows release. This class will cover the understanding of the Windows 10 operating system. You will learn how to customize it to fit your personal preferences and how to navigate around it. If you have a Windows 10 laptop and you'd like to bring to class, please do.

UNDERSTANDING YOUR IPHONE & iPad **\$15**

Friday, February 5th 10:00 am - 12:00 pm

Do you want to learn more about your iPad or iPhone? Understanding how to use these two Apple products can be frustrating at first. This iPad & iPhone class covers all the basics for using your iPad or iPhone to its potential. We will go over security, basic settings, the App Store and more. Learn how to save battery life and decrease charging time. This class is interactive, so if you would like to bring your device, please do so. *If you do not have basic knowledge of your Apple Devices, take our "Getting to Know your iPad/iPhone" class before taking this class.*

UNDERSTANDING YOUR ANDROID SMARTPHONE OR TABLET **\$15**

Friday, February 5th 12:30 pm - 2:30 pm

Bring your Android device to learn about one of the most powerful mobile computing platforms. Learn tips and tricks to make using your Android device easy, fun, and rewarding. Browse default applications and discover other useful apps. Learn how to set up email, GPS, shoot photos & videos to save or share, how to connect to WiFi and more. Also learn how to save battery life and decrease charging time. This class is interactive, so if you would like to bring your device, please do so. *If you do not have basic knowledge of your Android device, take our "Getting to Know your Android Smartphone or Tablet" class before taking this class.*

WORKING WITH DIGITAL PHOTOS **\$15**

Friday, February 5th 3:00 pm - 5:00 pm

The Holidays are over! You've taken a bunch of photos on your digital camera, smartphone or tablet. Now what? With so many options available these days, taking and editing photos can be complicated. If you're new to digital photography, editing your images might seem like a daunting task. This class will walk you through some basic image editing basics: straightening, cropping, exposure, contrast, saturation, spot correcting, adding text, borders and more. Learn how to transfer pictures to and from your computer, tablet or smartphone and how to post them to sites such as Facebook and Instagram. Backing your photos up to a flashdrive or CD will also be covered.

GETTING TO KNOW YOUR IPHONE 6S or 6S+ **\$15**

Tuesday, February 9th 2:00 pm - 4:00 pm

Did you have the new iPhone 6S or 6S+? Understanding how to use it can be very frustrating at first, but it doesn't have to be! This iPhone 6S & 6S+ class covers all the basics for using your new iPhone to its potential. We will go over security, basic settings, The App Store, and more. Learn how to use some of the new features like the 3D touch trackpad, the peek & pop on emails, texts and webpages, live photos, live wallpapers, and quick actions from the home screen. This is interactive, so if you'd like to bring your device, please do so. *If you do not have basic knowledge of your iPhone, you may want to take out "getting to know Your iPad or iPhone" class before taking this class."*

THE BASICS OF USING YOUR KINDLE FIRE/HD/HDX **\$15**

Tuesday, February 16th 2:00 pm - 4:00 pm

Did you get a Kindle for Christmas? If you did, and are only using it for reading, you are missing out! This course is designed for Kindle owners who want to learn how to use different aspects of a tablet. You will learn how to use basic functions and applications, and we will also go over settings, organizing, surfing the web, checking email, watching movies, listening to music, reading books, and more. Please bring your fully charged Kindle to class.

UNDERSTANDING THE CLOUD **\$15**

Friday, February 19th 10:00 am - 12:00 pm

Have you ever heard the term "save it to the cloud" and you have no idea what someone is talking about? Come learn about what the cloud is, and learn about the most-used cloud applications like Dropbox, OneDrive, and Google Drive. Learn how to create your own cloud account and save and share pictures and/or documents with friends and family. This class will also teach you how to use Microsoft Office compatible applications (for free) on Google Drive. A Gmail account is required to access Google Drive. If you need help creating your own Gmail account, please arrive 15 minutes prior to start time.

FEBRUARY COMPUTER CLASSES

CALL 810.659.4735 TO REGISTER FOR CLASSES

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

GETTING TO KNOW YOUR iPad Pro **\$15**

Friday, February 19th **12:30 pm - 2:30 pm**

Do you have the new iPad Pro? Understanding how to use it can be frustrating at first, but it doesn't have to be! This iPad Pro class covers all the basics for using your new iPad Pro to its potential. We will go over the new advanced security on the iPad, how Siri & Spotlight Search has improved, how multi-tasking makes running two apps at once a snap, and we'll even learn about the hi-fidelity speakers. We will also touch on iPad Pro extras like the smart keyboard and the Apple pencil (not included in the purchase of the iPad). This class is interactive, so if you'd like to bring your device, please do so. *If you do not have basic knowledge of your iPad, you may want to take our “getting to know your iPhone or iPad” class before taking this class.*

COMPUTERS FOR BEGINNERS **\$15**

Tuesday, February 23rd **2:00 pm - 4:00 pm**

Are you new using computers? Do you wonder what people mean when they say the cloud, Windows, ISP, or app? Perhaps you just want to know how computers work. When it comes to learning today's technology, our “Computers For Beginners” class has all of the basic concepts covered.



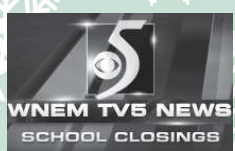
COMPUTER CLASS **REFUND POLICY**

In order to receive a refund for a class, you need to notify us if you are not coming at least 24 hours in advance of the class.

A refund will also be given in the event a class is cancelled.

The Flushing Senior Center will be closed when the Flushing Community Schools close due to inclement weather.

Check your local TV stations for school closings.



ALL ABOUT APPS FOR ANDROID DEVICES **\$15**

Friday, February 26th **10:00 am - 12:00 pm**

With over 1,000,000 apps available on our smart phones and tablets, it can be quite a task finding anything that is actually useful to use in our everyday lives. The apps are out there, but sometimes they are just hard to find. This class will cover some popular health apps, medical apps, weather apps, apps for memory and more! You will definitely pick up some helpful tips that you can put to good use! Feel free to bring smartphone/Tablet because this is an interactive class. This class is for Android devices only.

ALL ABOUT APPS FOR APPLE DEVICES **\$15**

Friday, February 26th **12:30 pm - 2:30 pm**

With over 1,000,000 apps available on our smart phones and tablets, it can be quite a task finding anything that is actually useful to use in our everyday lives. The apps are out there, but sometimes they are just hard to find. This class will cover some popular health apps, medical apps, weather apps, apps for memory and more! You will definitely pick up some helpful tips that you can put to good use! Feel free to bring smartphone/Tablet because this is an interactive class. This class is for Apple devices only.

INTRO TO TODAY'S SMART DEVICES **\$15**

Friday, February 26th **3:00 pm - 5:00 pm**

Did you get a gift certificate for Christmas for a smart device? Have you been thinking about upgrading your cell phone? Getting a tablet? Trying to decide between a laptop and a desktop? Looking for a new TV? If you answered yes to any of these questions, come learn about your options in this class! We will go over price ranges, pros and cons and more.



Karasten Birge, FSC Senior Needs Coordinator,

is available to assist you with identifying resources regarding specialized services and to provide a listening ear when you need someone to talk to.

**Call 810.659.4735
to schedule an appointment.**

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Ralph R. Rossell
Owner



Lindsay C. Christopher
Manager, Director

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Flushing Area Senior Center

106 Elm Street, Flushing, MI 48433

www.flushingseniorcenter.com

Phone810.659.4735

Fax.....810.659.4686

Office Hours:


Mon., Tues., Thurs. & Fri.8:00 a.m. - 7:00 pm

Weds.8:00 a.m. - 9:00 pm

Email Karen Popovits

cendirector@flushingseniorcenter.com

Executive Director..... Karen Popovits
Administrative Asst...... Elaine Liversedge
Office Manager..... Karen Herriman
Office Assistant..... Paula Daughenbaugh
Assistant Office Manager..... Connie Wilke
Senior Needs Coordinator..... Karasten Birge

Monday	Tuesday	Wednesday	Thursday	Friday
1 SENIOR WINTER GAMES OPENING CEREMONY at 1:00 pm 8:45 - GV Mall Walkers 9:30 - Total Body Fitness 12:00 - Congregate Meal: Roasted Chicken 12:30 - Bridge Players 12:30 - 4:30 - MMAP & MiCafe Assistance 12:30 - Woodcarvers 2:00 - Dominoes 5:45 - Gentle Yoga	2 8:30 - 1:30 - Computer Lab Open 9:00 - Van to Bueches 9:30 - Knit/Crochet/Craft 10:00 - Yoga Gold 12:00 - Congregate Meal: Marinated Steak Patty/Gravy 1:00 - Diabetes PATH 1:00 - Euchre 2:00 - Get Familiar with Windows 10 4:30 - 6:30 - Computer Lab Open 5:15 - Slow Flow Yoga	3 9:00 - Consumer Protection 9:30 - Flushing Artists' Network 9:30 - Total Body Fitness 12:00 - Congregate Meal: Pork Burger - Hickory Sauce 1:00 - Learn to Play Mah-Jongg 1:00 - PEARLS Class 1:00 - Writer's Workshop (Annex) 2:30 - Kinship Program 3:00 - Ping Pong 3:00 - 9:00 - Adv. Square Dancing 5:45 - Zumba Gold 7:00 - Poker	4 9:30 - 11:30 - Blood Pressure Check 9:30 - Watercolor Class 12:00 - Congregate Meal: Pot Roast in Gravy 1:00 - Van to Meijer - Sw. Creek 1:00 - Beg. Line Dancing 2:00 - Inter. Line Dancing 4:45 - Bunco 5:00 - 6:30 - Computer Lab Open	5 8:45 - GV Mall Walkers 9:30 - Fly Tying 10:00 - Understanding iPhone/iPad 10:00 - Yoga Gold 11:30 - UM Balance Exercises 12:00 - Congregate Meal: Pork Chop with Gravy 12:00 - BIG GAME PARTY 12:00 - 4:00 - Popcorn 12:30 - Android Smartphone/Tablet 1:00 - Pinochle 1:30 - Cooking Matters 3:00 - Working with Digital Photos 5:30 - Tai Chi
8 8:45 - GV Mall Walkers 9:00 - VA Benefits 9:30 - Total Body Fitness 12:00 - Congregate Meal: Stuffed Green Peppers 12:30 - Bridge Players 12:30 - 4:30 - MMAP & MiCafe Assistance 12:30 - Woodcarvers 2:00 - Dominoes 5:45 - Gentle Yoga	9 8:30 - 1:30 - Computer Lab Open 9:00 - Van to Bueches 9:30 - Knit/Crochet/Craft 10:00 - Yoga Gold 12:00 - Congregate Meal: BBQ Turkey Sandwich 12:00 - MARDI GRAS PARTY 1:00 - Diabetes PATH 1:00 - Euchre 2:00 - Getting to Know iPhone 6 or 6S+ 5:15 - Slow Flow Yoga	10 Registration for Healthy Living Classes begins 9:00 - Consumer Protection 9:30 - Flushing Artists' Network 9:30 - Total Body Fitness 12:00 - Country Style Chicken 1:00 - Learn to Play Mah-Jongg 1:00 - PEARLS Class 1:00 - Van to Wal-Mart 1:00 - Writer's Workshop (Annex) 2:30 - Kinship Program 3:00 - Ping Pong 3:00 - 9:00 - Adv. Square Dancing 5:45 - Zumba Gold	11 9:30 - 11:30 - Blood Pressure Check 9:30 - Watercolor Class 12:00 - Congregate Meal: Chili with Ground Beef 1:00 - Beg. Line Dancing 2:00 - Inter. Line Dancing 4:45 - Bunco 5:00 - 6:30 - Computer Lab Open 7:00 - Alzheimer's Support Group	12  The Flushing Senior Center is closed for Lincoln's Birthday

<div>15</div>  <div>The Flushing Senior Center is closed for Presidents' Day</div>	<div>16</div> <div>8:30 - 1:30 - Computer Lab Open</div> <div>9:00 - Van to Bueches</div> <div>10:00 - SWG - Checkers</div> <div>10:00 - Yoga Gold</div> <div>12:00 - Congregate Meal: Bean Soup with Turkey Ham</div> <div>1:00 - Women's Book Club</div> <div>1:00 - Diabetes PATH</div> <div>1:00 - Euchre</div> <div>1:00 - SWG - Dominoes</div> <div>2:00 - Kindle Fire/HD/HDZ</div> <div>5:15 - Slow Flow Yoga</div>	<div>17</div> <div>9:00 - Consumer Protection</div> <div>9:30 - Total Body Fitness</div> <div>9:30 - Flushing Artists' Network</div> <div>12:00 - Congregate Meal: Salisbury Steak in Broth</div> <div>1:00 - Learn to Play Mah-Jongg</div> <div>1:00 - PEARLS Class</div> <div>1:00 - Writer's Workshop (Annex)</div> <div>2:30 - Kinship Program</div> <div>3:00 - 9:00 - Adv. Square Dancing</div> <div>3:00 - Ping Pong</div> <div>5:45 - Zumba Gold</div> <div>7:00 - Poker</div>	<div>18</div> <div>9:30 - Watercolor Class</div> <div>9:30 - 11:30 - Blood Pressure</div> <div>12:00 - BIRTHDAY POTLUCK Featuring "Brothers in Song" Barbershop Quartet Group</div> <div>1:00 - Beg. Line Dancing</div> <div>1:00 - Van to Meijer - Sw. Creek</div> <div>2:00 - Inter. Line Dancing</div> <div>4:45 - Bunco</div> <div>5:00 - 6:30 - Computer Lab Open</div>	<div>9:00 - Newsletter Mailing</div> <div>8:45 - GV Mall Walkers</div> <div>9:30 - Fly Tying</div> <div>10:00 - Understanding the Cloud</div> <div>10:00 - Yoga Gold</div> <div>11:30 - UM Balance Exercises</div> <div>12:00 - Congregate Meal: Baked White Fish</div> <div>12:00 - 4:00 - Popcorn</div> <div>12:30 - Getting to Know iPad Pro</div> <div>1:00 - Pinochle</div> <div>1:30 - Cooking Matters</div> <div>2:30 - Legal Services of MI</div> <div>5:30 - Tai Chi</div>
<div>22</div> <div>8:45 - GV Mall Walkers</div> <div>9:30 - Total Body Fitness</div> <div>10:00 - New Members Meeting</div> <div>12:00 - Congregate Meal: Beef Stew with Vegetable</div> <div>12:30 - Bridge Players</div> <div>12:30 - 4:30 - MMAP & MiCafe Assistance</div> <div>12:30 - Strayed Quilters</div> <div>12:30 - Woodcarvers</div> <div>2:00 - Dominoes</div> <div>5:45 - Gentle Yoga</div> <div>6:30 - VFW Meeting</div>	<div>23</div> <div>8:30 - 1:30 - Computer Lab Open</div> <div>9:00 - Van to Bueches</div> <div>9:30 - Knit/Crochet/Craft</div> <div>10:00 - Yoga Gold</div> <div>12:00 - Congregate Meal: Oven Fried Chicken</div> <div>1:00 - Diabetes PATH</div> <div>1:00 - Euchre</div> <div>2:00 - Computers for Beginners</div> <div>5:15 - Slow Flow Yoga</div> <div>7:00 - Board Meeting</div>	<div>24</div> <div>9:00 - Consumer Protection</div> <div>9:30 - Total Body Fitness</div> <div>9:30 - Flushing Artists' Network</div> <div>10:00 - Van to Dollar Tree</div> <div>12:00 - Congregate Meal: Turkey & White Bean Soup</div> <div>1:00 - Learn to Play Mah-Jongg</div> <div>1:00 - Pearls Group</div> <div>1:00 - Writer's Workshop (Annex)</div> <div>2:30 - Kinship Program</div> <div>3:00 - 9:00 - Adv. Square Dancing</div> <div>3:00 - Ping Pong</div> <div>5:45 - Zumba Gold</div>	<div>25</div> <div>9:30 - Watercolor Class</div> <div>9:30 - 11:30 - Blood Pressure</div> <div>12:00 - Congregate Meal: Liver & Onions in Gravy</div> <div>1:00 - Beg. Line Dancing</div> <div>2:00 - Inter. Line Dancing</div> <div>2:00 - Alzheimer's Support Daytime Group</div> <div>4:45 - Bunco</div> <div>5:00 - 6:30 - Computer Lab Open</div>	<div>26</div> <div>8:30 - 9:30 - Computer Lab Open</div> <div>8:45 - GV Mall Walkers</div> <div>9:30 - Fly Tying</div> <div>10:00 - Apps for Android Devices</div> <div>10:00 - Yoga Gold</div> <div>11:30 - UM Balance Exercises</div> <div>12:00 - Congregate Meal: Baked Macaroni & Cheese</div> <div>12:00 - 4:00 - Popcorn</div> <div>12:30 - Apps for Apple Devices</div> <div>1:00 - Pinochle</div> <div>3:00 - Today's Smart Devices</div> <div>5:30 - Tai Chi</div>
<div>29</div> <div>8:45 - GV Mall Walkers</div> <div>9:30 - Total Body Fitness</div> <div>12:00 - Congregate Meal: Chicken ala King</div> <div>12:30 - Bridge Players</div> <div>12:30 - 4:30 - MMAP & MiCafe Assistance</div> <div>12:30 - Woodcarvers</div> <div>1:00 - Getting into Paint</div> <div>2:00 - Dominoes</div> <div>5:45 - Gentle Yoga begins</div>	<div>38th ANNUAL SENIOR WINTER GAMES</div> <div>Opening Ceremony</div> <div>1:00 pm - Monday, February 1, 2016</div> <div>Davison Area Senior Center</div> <div>10135 Lapeer Rd. - Davison</div> <div>Closing Ceremony & Banquet</div> <div>11:00 am - Thursday, February 25, 2016</div> <div>Davison K of C Hall</div> <div>8428 Davison Rd. - Davison</div>	<div>The Flushing Senior Center will host the following Senior Winter Games:</div> <div>CHECKERS</div> <div>Tuesday, February 16th</div> <div>10:00 am</div> <div>DOMINOES</div> <div>Tuesday, February 16th</div> <div>1:00 pm</div>	<div>FEBRUARY BIRTHDAY POTLUCK</div> <div>12:00 pm - Thursday, February 18th</div> <div>"Brothers in Song"</div> <div>Barbershop Quartet Group</div> <div>Sponsored in part by:</div> <div>HEARTLAND MEDRIDGE FOSTRIAN of Flushing</div>	<div>FEBRUARY</div> <div>BLACK HISTORY MONTH</div>

TRANSPORTATION SCHEDULE & RECREATIONAL ACTIVITIES

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

TRANSPORTATION SCHEDULE

Please call 659.4735 one day in advance to schedule a ride. A \$3.00 donation is suggested.

Transportation is provided for our membership as a service. The van operates Monday - Friday.

If you require handicap accessible transportation, we are collaborating with the Montrose Senior Center to provide you with that service. Please call the Flushing Senior Center at 810.659.4735 to make arrangements.

GENESEE VALLEY MALL WALKERS

Each Monday & Friday

Depart 8:45 am / Return 11:00 am

GROCERY SHOPPING/BUECHE'S

Each Tuesday

Depart Elmcrest Village at 9:00 am or
from your residence

SHOPPING/WAL-MART - Clio Store

2nd Wednesday of each month

Depart 1:00 pm / Return 3:00 pm

SHOPPING/DOLLAR TREE

By Genesee Valley Mall

4th Wednesday

Depart 10:00 am / Return 11:00 am

SHOPPING/MEIJER - Swartz Creek Store

1st Thursday of each month

Depart 1:00 pm / Return 3:00 pm

SHOPPING/MEIJER - Swartz Creek Store

3rd Thursday of each month

Depart 1:00 pm / Return 3:00 pm

GROCERY SHOPPING/FOOD PANTRY

By appointment only

HEALTH

Adv. Square Dancing - Wed. - 3:00 pm

Line Dancing:

Beginner Class - Thurs. - 1:00 pm

Intermediate - Thurs. - 2:00 pm

Genesee Valley Mall Walkers:

Mon. & Fri. - 8:45 am

Ping-Pong - Wed. - 3:00 pm

SOCIAL

Bridge - Mon. - 12:30 pm - Annex

Bunco - Thurs. - 4:45

Dominoes - Mon. - 2:00 pm

Euchre - Tues. - 1:00 pm - Annex

Mah-Jongg - Wed. - 1:00 pm - Annex

Pinochle - Fri. - 1:00 pm - Annex

Poker - 1st and 3rd Wed. - 7:00 pm - Annex

EDUCATIONAL

Crochet/Knit/Craft - Tues. - 9:30 am

Fly Tying - Fri. - 9:30 am

Flushing Artists' Network - Wed. - 9:30 am

Watercolor - Thurs. - 9:30 am

Strayed Quilters - 4th Mon. - *for February only*
12:30 pm - Annex

Woodcarvers - Mon. - 12:30 pm

Writers' Workshop - Wed. - 1:00 pm - Annex

A day at the center is a day spent with friends!

VOLUNTEERS NEEDED

We are in need of volunteers in the
following areas:

Blood Pressure (1 Thursday per month)

Van Drivers (1 day per week)

Kitchen Workers (1 day per week)

Van Washer (per as needed)

If you would like to volunteer in any of these areas,
please call 810.659.4735.

Your help would be greatly appreciated.

ADDITIONAL SERVICES

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

CONSUMER FRAUD ASSISTANCE

Each Wednesday, 9:00 - 11:00 am

If you are having any problems with a business or are wondering if you have been scammed, call 810.659.4735 for an appointment or stop by and talk to Bill Anderson, a CPS Volunteer of the Genesee County Sheriff's Office. Their mission is to protect the citizens of Genesee County by gathering, processing and investigating consumer complaints and attempting to solve them.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Monday of each month, 9:00 - 11:00 am

John Nelson, Service Officer, is available to assist our local veterans and their families in obtaining veteran benefits from Federal, State and County Agencies.

Call 810.659.4735 for an appointment.

LOAN CLOSET

We have medical equipment available to borrow which includes: walkers, wheelchairs, canes, bath seats and commodes. Please call 810.659.4735 if you are in need of medical equipment. If you have clean medical equipment to donate, feel free to drop it off during business hours.

MEDICARE ASSISTANCE (MMA)

Our MMA Counselor, Kathy Adamson, is available by appointment only to help you with your Medicare paperwork/questions. This is a free service that can help you make health insurance decisions. MMA's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. If you need assistance, call 810.659.4735 for an appointment.

KARASTEN BIRGE

Flushing Senior Center Senior Needs Coordinators

Our Senior Needs Coordinators are able to assist you with identifying resources available for specialized services and to provide a listening ear when you need someone to talk to **Monday - Thursday**.

Call 810.659.4735 to schedule an appointment

MiCAFE (Bridge Card/Food Stamps) & MEDICAID

Michigan Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need and maintain their health and independence. The assistance is provided through the Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, call 810.659.4735.

CONGREGATE MEALS by G.C.C.A.R.D.

12:00 pm - Monday through Friday congregate meals are provided at the Senior Center. See the calendar on pages 12/13 for list of main entrees for each day or stop by the Senior Center to get a full menu.

Age 60 and over - \$2 per meal - suggested donation

Age 59 and under - \$3.50 per meal

Please call **810.659.4735 by 1:00 pm the day before** to make a luncheon reservation; otherwise a lunch may not be available for you.

WE ALSO PROVIDE ADDITIONAL INFORMATION FOR:

Adult Care Facilities, Housing for Seniors, In-Home Care, Educational Opportunities, Meal Programs and Transportation - Call 810.659.4735 or stop by for more information

GENESEE COUNTY CASE MANAGEMENT & REFERRAL SERVICES

The Alzheimer's Association now offers Case Management and Referral Services funded by the Genesee County Senior Millage. They will provide comprehensive multi-disciplinary evaluations and coordinated plans of care for programs such as:

- Adult Day Care
- Respite Care
- Personal Care
- Home-Delivered Meals
- Chore Services
- Geriatric Assignments
- Legal Services
- Guardianships and Conservatorships

For more info, please call (810) 780-4163

TRAVEL

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

RED WINGS GAME #2

Monday, February 8, 2016

Detroit Red Wings vs. Florida Panthers - 7:30 pm game - Seats are in Section 216A. Plan to eat at stadium.

COST: \$78 per person

ANN'S ADVENTURES

CHELSEA - ODD COUPLE AT PURPLE ROSE & JIFFY MIX

Wed., Feb. 17, 2016

3:00 pm matinee of the Odd Couple. Tour of Jiffy Mix Plant and learn about "Made in Michigan" products. Includes lunch at the Common Grill.

COST: \$72 per person

ANN'S ADVENTURES

NIAGARA FALLS - Winter Escape!

February 19-20, 2016

Escape from the February Blues by going on a winter trip to Niagara Falls. It can be beautiful with the spray from the falls freezing on the trees and glistening in the sun! This trip includes one night at the Embassy Suites with rooms overlooking the falls, a tour of the Niagara Area, winery tour and sampling, one dinner show and a breakfast.

COST: \$270 per person (dbl. occ.) - \$50 dep. - bal. due 1/15/16

ANN'S ADVENTURES

AUTORAMA - Cobo Hall in Detroit

Saturday, February 27, 2016

America's Greatest Hot Rod Show! It is a huge array of custom made unique vehicles. There is a Food Court at the Autorama for lunch. We will make a food stop on the way home.

COST: \$50 per person

ANN'S ADVENTURES

MOTOWN THE MUSICAL - Wharton Center

Wednesday, March 16, 2016

The true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson, and many more. Experience it live on stage in the record-breaking smash.

COST: \$95 per person

ANN'S ADVENTURES

DUELING PIANOS

Wednesday, March 23, 2016

Join us for an evening in Saginaw for dinner and a show. We will enjoy dinner at the Montague Inn, a historical home built in 1929 & 1930. After dinner we will go to the Temple Theatre and enjoy the music of the Dueling Pianos.

COST: \$62 per person

ANN'S ADVENTURES

SPRING MYSTERY TRIP

Monday, April 11, 2016

Leaving at 8:30 am - going somewhere unique - dress for the weather - comfortable shoes

COST: \$85 per person

ANN'S ADVENTURES

VERA BRADLEY

Wednesday, April 13 OR Thursday, April 14, 2016

Going to Fort Wayne, Indiana for the Annual Vera Bradley Outlet Sale at the Memorial Coliseum. Items are marked 40% to 60% off. Special entrance for groups and own check out avoiding lines.

COST: \$70 per person

ANN'S ADVENTURES

Call 810.659.4735 for all travel reservations

TRAVEL

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

SAUDER VILLAGE ANNUAL QUILT SHOW

Wednesday, April 27, 2016

Join us for the annual Quilt Show at Sauder Village in Archbold, Ohio. The day includes admission to the village, the quilt show, lunch at the Barn Restaurant, motor coach transportation and taxes and tips. With hundreds of quilts on display, the annual quilt show is always a kaleidoscope of color and creativity.

COST: \$78 per person

ANN'S ADVENTURES

GARRISON KEILLOR

Thursday, April 28, 2016

Join master storyteller and award - winning radio host of Public Radio's "A Prairie Home Companion", as he shares hilarious anecdotes about growing up in the America Midwest, the people of Lake Wobegon, and "late - life fatherhood". This trip includes transportation and main floor tickets. We will make a super stop on the way to this 7:30 p.m. show!

COST: \$88 per person

ANN'S ADVENTURES

JEANNE ROBERTSON

Sunday, May 8, 2016

You have enjoyed this tall lady with a tall sense of humor on DVD's I frequently show on the bus trips. Now you can see her in person at the Macomb Center of Performing Arts. This is Mother's Day but there are some out there that do not have family living nearby and would find this performance a delightful way to spend this day.

COST: \$58 per person

ANN'S ADVENTURES

SCOTLAND SINGS - Victoria Playhouse, Petrolia, Ontario **Tues., May 10, 2016**

Gala celebration of Scotland's magnificent music, song and dance, along with the grandeur of the Bagpipe, toe-tapping music of the fiddle and reels and jigs of Highland Dance. Light supper stop in Port Huron on way home. **A passport or Michigan Enhanced Driver's License required.**

COST: \$110 per person

ANN'S ADVENTURES

DRIVING MISS DAISY - Victoria Playhouse, Petrolia, Ontario **Fri., July 8, 2016**

Four time Emmy Award Winner Michael Learned stars as Miss Daisy, who is reluctant to accept help from anyone, especially the new chauffeur hired by her son. **A passport or Michigan Enhanced Driver's License required.**

COST: \$110 per person

ANN'S ADVENTURES

LANCASTER- SAMSON! - MARY POPPINS!

Mon. - Thur., July 11-14, 2016

Highlights: "Samson" at the Sight & Sound Theater - "Mary Poppins" at the Dutch Apple Dinner Theatre - Tour of the Harley Davidson Factory, visit with Chalk Artist and a chance to make your own flavor of ice cream. What fun!

COST : \$540 (dbl. occ.) \$708 (single) \$495 (triple)

ANN'S ADVENTURES

DISCOVERING POLAND

September 8 - 19, 2016

Highlights: Warsaw, Jasna Gora Monastery, Black Madonna, Krakow, Folklore Show & Dinner, Wawel Castle, Auschwitz, Wroclaw, Torun, Gingerbread Baking, Gdansk, Solidarity Shipyards & European Solidarity Center, Marienburg Fortress - \$250 deposit per person - Final pymt. due 7/10/2016

COST: \$3,699 (dbl.occ.) \$4,199 (single) Book now save \$100 **COLLETTE TRAVELS**

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



NEED SOME COUPONS? HAVE EXTRA COUPONS?

We have a **Coupon Exchange Box**
located in the Dining Area at the center.
Bring some coupons - take some coupons!
Money saved and money earned!

PLEASE HELP US KEEP OUR FILES UP-TO-DATE

Inform us when you have a:

Change of address

Change of phone number

Change in emergency contact information

E-mail address

MISSION STATEMENT

The Flushing Area Senior Center is a community focal point where older adults come together for services 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.

STOP IN FOR A BAG OF POPCORN
FRIDAY AFTERNOONS
12:00 - 4:00 PM
ONLY 25 CENTS
A BAG!



Flushing Senior Center

Monthly Newsletter

Available Online!

www.flushingseniorcenter.com

MEMORIAL DONATIONS

Donations to the Flushing Senior Center are a nice way to create a lasting memory in remembrance of a loved one, family 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.

FREE LENDING LIBRARY

Our Library area is located in the back of the Activity Room. Come browse and take a book with you if you wish. Donations of gently-used library books are always welcome.

COMPUTER LAB & FREE WI-FI SERVICE

We have a computer lab equipped with Windows 8 computers, along with free Wi-Fi service available to our members. Check our monthly calendar in the newsletter to see when the Computer Lab is open.



FLUSHING SENIOR CENTER COLLECTS :

- Campbell's Labels
- Bueche's receipts for purchase from September through April
- Spartan Labels
- Cell Phones for Seniors
- Eyeglasses for the Lions' Club
- Yarn for the Knit/Crochet Group

Items can be dropped off at the Front Desk



GO RAIDERS!

Pick up your PASS at the Senior Center!

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age 62 and over for
Free Admission
to any
Flushing High School
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FASC *the face of Flushing*
Flushing Area Senior Center

FLUSHING AREA SENIOR CENTER FUNDING SOURCES INCLUDE:

City of Flushing, Charter Township of Flushing, Charter Township of Clayton, United Way of Flushing, Membership Dues, Contributions, Memorial Donations and Fundraisers. These programs and/or services are fully or partially funded by Genesee County Senior Millage Funds - "Your tax dollars are at work."



"Getting into Paint"

Each Monday, February 29th - March 21st

Instructor: Melissa Boyd

This is a basic painting 101 class using acrylics. If you ever wanted to paint, but never knew how, then this is the class for you!

\$40 for a 4-week class.

Painting supplies provided.

Call 810.659.4735 to sign up for the class