

# AMERICAN WOMAN

JULY 2019

the perfect place for 50+

# LOOSE



*"With freedom  
comes responsibility"*  
- Eleanor Roosevelt

# From the Director

Dear Friends,

The freedom of the colonies in The United States began with the writing and passing of the Declaration of Independence, authored by Thomas Jefferson and with the help of Benjamin Franklin in 1776. The document outlined the rules and rights of the new 13 states and declared the Americas free of British rule. With this came many responsibilities of each person to establish laws that each state would create and follow so that all of the new citizens could live in peace and harmony. As the people soon learned, living by their own laws created by their elected leaders was complicated and not always easy. They found that individuals had their own ideas and agendas and did not feel that they had to comply. The development of the newly formed United States of America took time, understanding, leadership and a responsibility to follow the laws of the land.

The continuous development of the Loose Center reflects these common issues. Loose started out with 139 senior members and \$300,000 from a gift of the Loose family in 1995. The center was one of two houses, a church, and a dining hall. It took a group of citizens and public leaders to form an agreement to govern the running of Loose and hiring staff for the daily programming. The biggest asset to Loose was its volunteers. With only one full time director, it took many individuals to cover the needs of running the many programs and the maintenance of the buildings and grounds. As time went by the membership grew and the need for the members to volunteer grew. Changes, good and bad dictated the needs of the members.

At the point of the fire in 2011, Loose had 1200 + members. All seemed lost. But the community, businesses, and donors stepped up to raise funds to rebuild the Loose Center we now have. It is now the home of 5076 members, over 150 programs and events. It looks forward to a new project that will have housing and a wellness center and the remodeling of the Ron Wagner Hall. Loose is an unique Center, now and in the future which is driven by its board, staff and volunteers.

This brings us back to the issue of responsibility. As it was with the new United States of America, Loose has gone through many growing pains and development to be the wonderful Center it has become. Its success was lead by many who had the passion and want to lead and govern. As with the Americas and its leadership, Loose also needs its members to step up and take on their role as leaders and volunteers to continue the success Loose has witnessed over the past 23 years. Loose's future depends on people taking on that position of "Volunteer." In order for Loose to fulfill all the needs of our community now and in the future, we must all take on the responsibilities to meet those ever changing needs.

*"With freedom comes responsibility"* Eleanor Roosevelt

**All is Well, Carl Gabrielson**

Executive Director, Loose Center

**BRING YOUR grandchild TO LOOSE DAY!** *Save the Date*  
**Thursday, August 1, 10:30 am - 1:30 pm**  
**ALL ARE WELCOME!**  
**No Grandchildren, Come Anyway**

**ONGOING ACTIVITIES INCLUDE**  
Photo Booth, Petting Zoo, Bowling for a Prize, Demos, Corn Hole Toss, Cake Walk, Touch the Truck (fire or police) & MORE  
**LUNCH (hot dogs), 11:30 -12:30 pm**

*Thank you Sponsors*

**Dort Federal CREDIT UNION**

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A Small Home with a Big Heart

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**MICHIGAN STATE UNIVERSITY EXTENSION**

**Caretel Inns of Linden**

**WELLBRIDGE OF FENTON**



**Tuesday, August 6, 5 pm-8 pm**

Hyatt Elementary School  
325 Stan Eaton Dr., Linden

**FREE Event for Everyone**

Free Food & Refreshments  
Free Fire Detectors  
Crime Stoppers  
Bounce House  
Kids Crafts & MORE!

**And a chance to honor & recognize the men & women who dedicate their lives to public safety.**



Tuesday August 20  
(\$5 transportation)

Depart Loose, 8:15 am

Return, 3 pm

Located at 6130 E. Mt. Morris Rd.

**IT'S YOUR DAY AT THE FAIR**

**Parking and Admission is FREE**

**All activities in the Community Tent are FREE!**

Coffee and Donuts, Entertainment, Wagon Rides, Afternoon Games, Door Prizes, County Fair Activities and Exhibits.

**SAVE THE DATE!**

# JULY Happenings



July 10, 2019



## Let's Be Healthy Together!

**L**ife Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Loose on **7/10/2019**. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle) or text the word circle to 797979**



## POWERFUL TOOLS FOR CAREGIVERS

**Wednesday, July 24-August 28, 2-3:30 pm**

*Meetings are once a week, for six weeks*

*\$20 is requested to cover the cost of the participant book, BUT not required to attend the class.*

**C**aring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially. Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

### POWERFUL TOOLS FOR CAREGIVERS WILL HELP YOU:

Reduce Stress, Improve self-confidence, Balance your life, Better communicate your feelings, Increase ability to tackle tough decisions, and locate helpful resources.

## RESEARCH SUBJECTS STILL NEEDED

**D**r. Chad Tiernan at the University of Michigan-Flint is looking for 15 to 20 more older adults to complete his study on physical performance, health, and falls. Participants will need to come to the Physical Therapy Department at UM-Flint for one session lasting 60 to 90 minutes. Parking is free and participants receive \$40. For more information, please contact Chad by phone (810-762-3231) or email ([chadwt@umflint.edu](mailto:chadwt@umflint.edu)).



## JOURNEY TOWARD HEALING

Monday, July 22, 1-2 pm

**L**oving and grieving are two sides of the same coin. We cannot experience one without the other. If we love deeply we will grieve deeply. Our journey in life, even after loss, is about spending this coin. Learning to invest in others is one of the keys to experience healing from the intense pain of losing someone we love.

### COME AND LEARN TO:

- Understand your grief and how to move forward in life
- Recognize symptoms of Depression vs. Grief & when to get help
- Enjoy anniversaries and holidays with some practical ideas

### REFRESHMENTS WILL BE SERVED

This learning time is sponsored by Grace Hospice, presentation by Rev. Steve Gonsales



## PROJECT FRESH COUPONS AVAILABLE NOW

Project FRESH provides participants with coupons to purchase fresh fruits and vegetables at local farmers' markets. Seniors 60 and older with incomes of 185% of poverty or less and living in Genesee County are eligible for Senior Project FRESH. Each eligible household will receive coupons to use throughout the summer to purchase fresh, nutritious, unprepared, locally grown produce from authorized Michigan farmers' markets and roadside stands.

## MORE Research Participants Needed



**H**ave you fallen or are you afraid of falling? How effective is an exercise program when provided using a smart phone app? Research participants are needed to participate in a study through the University of Michigan to answer that question. Participants must be age 65+, use a smart phone and have at least 2 people (family members, friends, or neighbors) who give you help periodically or who check in on you and who also own a smart phone which can support the app. Short exercise videos along with written information will be provided for the participants during the study. Caregivers and participants will be trained on the use of the app and will be required to download the app on their phone for free. For more information, please contact 810-762-3239 and mention the 'SMART PHONE STUDY' or email Prudence at: [pbauman@umich.edu](mailto:pbauman@umich.edu).

# Nutrition & More

## POTLUCK

**2nd Friday of each month, 5 pm**  
It's a great night of good fun. Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

## Coffee COPS and Conversation

Tues., July 9, 9:30-10:30 am  
Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



**Tuesday, July 16 & August. 13**  
4:30 pm, \$6 pp (a deal folks)

Fresh off the grill dogs & burgers, baked beans, salad, chips, dessert & beverage

This is an easy going nice summer dinner for a great price. No hidden agendas. Come and enjoy dinner, chat with friends and have a nice peace filled summer night. **Just give us a call and let us know you are coming!! We can even do take-outs!**

## Breakfast

9:30-10:30 am

**Monday, July 15, \$4**

Blueberry French Toast Casserole  
Canadian Bacon, Eggs

If you meet up anywhere for breakfast, consider stopping at Loose on the third Monday of each month. We will serve Breakfast from 9:30-10:30 am. It is the perfect meeting place. Come early and enjoy coffee, stay late and enjoy the company. The breakfast is made in house and will be hot and delicious. **Trying to get a friend to give Loose a try...this could be the ticket!**

**JULY 29 - BONUS BREAKFAST, SEE MENU FOR DETAILS.**

## July 2019 Lunch @ Loose Menu

Call (810) 735-9406 one day prior to reserve your spot.

**Eat In  
Take OUT**

Mon Potpourri	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up LOOSE ends Day
1 BBQ PORK Sandwich Baked Beans Salad	2 Potato Soup Ham Slider	3 Meatloaf Mashed Potato Vegetable	4  Loose will be closed July 4 & 5.	5
6 Mac & Cheese Salad Roll	9 Summer Vegetable Soup and a tasty Argentine Dessert ARGENTINE	10 Fish Roasted Potato Salad	11 TACO BAR	12 Leftovers
15 Breakfast 9:30-10:30 am Blueberry French Toast Casserole, Canadian Bacon, Eggs	16 Chicken Noodle Soup Salad	17 CARL'S RIBS Cheese Potatoes Vegetable	18 Cony's (Flint or Detroit Style) Salad Chips	19 Leftovers
22 Chicken Kiev Rice Pilaf Vegetable	23 12 noon PICNIC @ CARETEL FREE All Welcomed	24 Cabbage Rolls Mashed Potatoes Vegetable	25 Baked Spaghetti Salad Garlic Bread	28 Leftovers
29 Breakfast 9:30-10:30 am Egg Casserole Biscuits & Fruit	30 French Onion Soup Grilled Cheese	31 BBQ Chicken Corn on the Cob Potato Salad FENTON HEALTH CARE	<p>It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$4 per lunch, quite the deal).</p>	

LOOSE LUNCH (all meals are prepared in house) Each hearty meal includes, fruit, beverage (including milk) & dessert.

# BODY, MIND & SPIRIT

**BIKING BUNCH Wednesdays @ 9 am.** Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810•735•9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

## **FIT<sup>4</sup>EVER \$5 drop in fee or discounted punch card available**

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

**Wii BOWLING** Organized Wii play is held on Thursdays and open play is available when there is no schedule conflict. **If you are interested in Wii bowling, please contact the Loose Office.**

## **YOGA \$5 drop in fee or discounted punch card available**

**Gentle Flow Yoga** Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep.

**CHAIR YOGA** Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

**Yoga Fit** Keep the flow going and get a good workout with your yoga. Balance poses to strengthen the body, cardio for the heart and concentration for the mind.

## **PICKLEBALL Mon. & Wed., 6:15 - 9 pm**

### **\$5 drop in fee or discounted punch card available**

**Friday, 11 am - 4 pm (reservation required)**

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, *Pickleball* is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group. Stop in, watch and give it a try.

## **ARTHRITIS FOUNDATION EXERCISE**



**Monday, 2 pm, FREE** Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*

## **HEALTHY AGING EXERCISE Friday, 10:30 am or**

**Tuesday @ Caretel, 1 pm FREE**

Maintain good health with movement & strengthening that will enhance balance & increase your tolerance for a healthy active lifestyle. This program will be led by a Physical & Occupational Therapist from Caretel Inns. Do not miss this chance to add movement to your life.

## **LINE DANCE Tuesday, Beginning 12 noon, Advanced, 1 pm**

### **\$5 drop in fee or discounted punch card available**

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome! **RETURNS in September**

**A MILE AT A TIME** Returns in November

## PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

### **MONDAY**

9:30 am **GROOVE** (returns in Aug.)  
2:00 pm Arthritis Exercise  
4:00 pm **Yoga (gentle flow)**  
5:00 pm **Zumba/Total Fit**  
6:15 pm Pickleball

### **TUESDAY**

9:30 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
12 & 1 pm **Line Dance**  
1:00 pm Exercise @ Caretel  
4:00 pm **Chair Yoga**  
5:00 pm **Yoga (gentle flow)**

### **WEDNESDAY**

9:00 am Biking Bunch  
9:30 am **Yoga (gentle flow)**  
6:15 pm Pickleball

### **THURSDAY**

9:30 am **Chair Yoga**  
10:15 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
11:30 am **Wii Bowling**  
5:00 pm **Yoga Fit**

### **FRIDAY**

9:30 am **Yoga (gentle flow)**  
10:30 am Healthy Aging Exercise  
11:00 am Pickleball

### **SATURDAY**

9:00 am **Zumba/Total Fit**

### **SUNDAY**

2:00 pm Pickleball (returns Oct. 13)



**DRUMS ALIVE®** The Goal of Drums Alive® is to "improve lives, physically and psychologically, through a unique sensory motor drumming program involving drumsticks, an exercise ball and music." It is a whole body/ whole brain program; suitable for ALL ages and abilities. **Taking a BREAK until Fall.**

**Watch for more information in upcoming newsletters.**

## **"GROOVE" Mon. at 9:30 am**

### **\$5 drop in fee or discounted punch card available**

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. We are united in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body, heart, and soul. You can even do it from a chair. Best part, you add your own style and you can't do this wrong! Come check it out.

## **All Classes - \$5 drop in fee or discounted punch card available**

**ZUMBA & TOTAL FIT®** A 45 minute class beginning with 30 minutes of dance/exercise cardio, balance, stretching, toning and brain/movement connection. Easy steps and a fun way to get moving!

### **ZUMBA GOLD TOTAL FIT®**

A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

*Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.*

## **THE LOOSE FITNESS ROOM IS OPEN**

- ◆ Call Loose @ 735-9406 and reserve your time.
- ◆ Drop-ins on availability only.
- ◆ Usage limited to 30 minutes when people are waiting.
- ◆ All participants must sign a consent form.
- ◆ Donations accepted for the use of the equipment.

# Artsy & Crafty

## "ANYONE CAN PAINT" Class Minimum: 6

**2nd Monday of each month, 12-2 pm, \$20**

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

## HAPPY STAMPERS

**3rd Monday of each month, 1 pm, Sunroom, FREE**

If you like to use rubber stamps to make greeting cards, this group is for you. We can always use new ideas, so come, bring your supplies and ideas. Spend time with those who share your interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.

## WOOD CARVERS

**Wednesdays, 12 - 2 pm, Sunroom, FREE**

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

## PAINTING GROUP Mondays, 10 am, Hall A, FREE

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

## YARN RECYCLERS Fridays, 10 am, FREE

We are always in need of volunteers who would like to help with lap robes, which are donated to local vets, nursing homes and others with special needs. Our knitting and crocheting group meets every Friday to knit or crochet needed items.

## LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. This group gives of their time and donates the quilts back to Loose to raffle off. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

## FIBRE FRIENDS Fridays, 1 pm, FREE

The Lapghan group meets to work on a variety of projects, many of which are donated to local charities. Come and join in on the current project or bring your own. Stuck on a project? Stop by! Someone will help you to get going again.

Please remember to call and register  
and then sign in for all Loose events.  
*It helps with planning & funding.*

**THANK YOU!**

## WATERCOLOR CLASSES

**Monday, July 29, August 5, 19 & 26**

**1 pm, \$15**

*Instructor, Peggy Mattson*



This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick up the supply list and additional information for the class.

## SLEEP MATS Mondays, 10:00-11:30 am, SUNROOM

*The 2nd Monday of each month, this activity begins at 10:15 am*

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat.

*Please donate CLEAN plastic SHOPPING bags ONLY.*

## QUILLING

**THURSDAYS @ 2 PM**

**P**APER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and **QUILLING** are all names which have been given to our art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try, beginners included. *Please note: there is a \$15 drop in fee for this class.*



## Project Linus

**4th Wednesday of each month, 9:30 to 11:30 am**

This special group that has been making and donating blankets to local shelters and outreach of many kinds (over 27,000 blankets donated since 1999) with a goal to provide comfort for any vulnerable child.

Each time they gather, some of "blanketeers" bring machines and supplies and work on blankets, others make blankets at home and drop in to deliver blankets, get pattern ideas, and pick up supplies and laugh.



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202 S. Bridge Street  
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*and you are invited*

**Every 3rd Thursday  
of the Month  
@ 2:30 pm**

All are welcome!  
Join in the fun!

# CLASSES, MUSICAL OPPORTUNITIES & MORE

## LOOSE CHORUS



Our Chorus is taking a break and will resume practice on Monday, August 19 at 3 pm. Think about joining them in the fall. Their love of music and giving back is a win win for all.

## TECHNOLOGY

Loose computer classes are especially tailored to the needs of older adults. Class sizes are small and the instructor, Kelly O'Connell, is well versed in the subject. *COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER.* You must bring your own computer or you can opt to observe and take notes. All classes will also be projected on the screen.

**WATCH for Fall Class Schedule in future Newsletters.**

### COMPUTER ONE-ON-ONE HELP WITH KELLY O'CONNELL.

For personalized one-on-one computer training, bring your laptop, phone or tablet, and a list of questions you may have relating to Windows or your devices. Call Loose, at 810 735-9406, to make your appointment. Cost is \$10 for a 30 minute appointment. *Every other Wednesday during the Summer Only!*



Friday, July 26, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!  
All are WELCOME!

## BOARD & CARD GAMES

All Loose groups are very welcoming and always open to new friends joining in on the fun.

HAND & FOOT Wednesday, 6:30pm

OPEN GAME PLAY Friday, 12:30-3:30 pm *(bring a friend)*

CHICAGO BRIDGE Tuesday, 12:30 pm

CHESS Wednesday, 12:30 pm

CARDS & MORE Returns in October

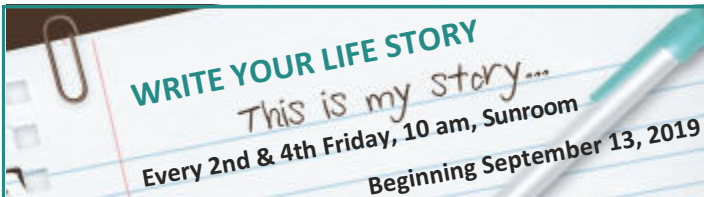
DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 12:30 pm

EUCHRE Tues. & Thurs., 12:30 pm

REMINDER—Loose Closes at 4 pm  
All game play must be wrapped up by that time



Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. **WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.**

This group meets twice a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience, My Proudest Moment, My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories. ALL ARE WELCOME

### Current group member writes...

*"Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. Writing those stories will leave a treasured legacy for our families."*

**LOOSE FITNESS CLASS PUNCH CARD** is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). Cards can be purchased at the Reception Desk, drop in fees are collected by the instructors. A deal and also a GREAT GIFT!



### DO YOU NEED A RIDE TO LOOSE?

Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

*PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE*

### MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.



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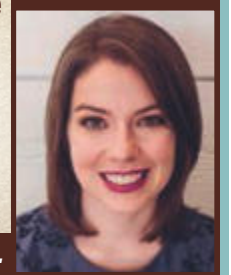
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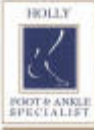


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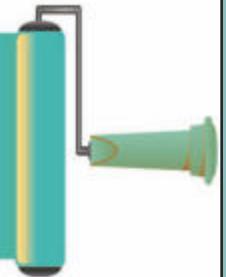
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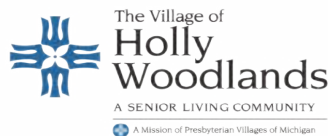


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15	<p>9:30 NO GROOVE</p> <p><b>9:30 BREAKFAST</b></p> <p>10:00 FireKeepers Casino</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><i>Chicken Noodle Soup</i></p> <p>12:30 Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Mah jongg</p> <p>4:00 COOKOUT</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	16	<p>8:30 U of M Wellness</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Clinton River Cruise</p> <p>9:30 Yoga</p> <p>10:00 Ask A Lawyer</p> <p>10:30 U of M Wellness</p> <p>10:45 Art à la Carte</p> <p><b>11:30 Lunch Carl's Ribs</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	17	<p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><i>French Onion Soup</i></p> <p>12:30 Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	18	<p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p><b>11:30 LUNCH CONEY DAY!</b></p> <p>11:30 Wii Bowling</p> <p>12:00 Matter of Balance</p> <p>12:30 Euchre</p> <p>2:00 NO Quilling Class</p> <p>2:30 Bingo @ Caretel</p> <p>5:00 Yoga Fit</p>	19	<p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p><b>11:30 Lunch</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	20	<p>9:00 Zumba</p>
22	<p>9:30 NO GROOVE</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p><b>11:30 Lunch Chicken Kiev</b></p> <p>12:30 Pinochle</p> <p>1:00 Journey Toward Healing</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 LOOSE CLOSED til 2 pm</b></p> <p></p> <p><b>JOIN US AT THE CARETEL PICNIC FREE LUNCH!!</b></p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	23	<p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Project Linus</p> <p>10:45 Art à la Carte</p> <p><b>11:30 Lunch Cabbage Rolls</b></p> <p>12:00 1 on 1 Computer Help By Appt.</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	24	<p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><i>French Onion Soup</i></p> <p>12:30 Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	25	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Wii Bowling</p> <p>Banquet</p> <p><b>11:30 LUNCH</b></p> <p><i>Baked Spaghetti</i></p> <p>12:00 Beginning Quilling</p> <p>12:00 Matter of Balance</p> <p>Euchre</p> <p>Quilling Class</p> <p>Yoga Fit</p>	26	<p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p><b>11:30 Lunch</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p><b>5:00 Euchre Tournament</b></p>	27	<p>9:00 Zumba</p> <p>10:00 Garden Meeting</p>
29	<p>9:30 NO GROOVE</p> <p><b>9:30 BREAKFAST</b></p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</p> <p>2:00 NO Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><i>French Onion Soup</i></p> <p>12:30 Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	30	<p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:30 Hollywood Casino</p> <p>10:45 Art à la Carte</p> <p><b>12:00 Lunch BBQ Chicken</b></p> <p><b>Fenton Health Care</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	31	<p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><i>French Onion Soup</i></p> <p>12:30 Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	18	<p>Chair Yoga</p> <p>Zumba Gold/Total Fit</p> <p>FIT4EVER</p> <p>Blood Pressure ✓</p> <p><b>LUNCH CONEY DAY!</b></p> <p>Wii Bowling</p> <p>Matter of Balance</p> <p>Euchre</p> <p>NO Quilling Class</p> <p>Bingo @ Caretel</p> <p>Yoga Fit</p>	19	<p>Yoga</p> <p>Yarn Recyclers</p> <p>Healthy Exercise</p> <p>Pickleball</p> <p><b>Lunch</b></p> <p><b>Chef's Choice</b></p> <p>Open Game Play</p> <p>Fibre Friends</p>	20	<p>Zumba</p>
		<b>LOOSE STAFF</b>		<p>Carl Gabrielson <i>Executive Director</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Brittany Hancock <i>Administrative Assistant</i></p> <p>Cheryl Rex, Clerk</p> <p>Kathy Metivier</p> <p>Dotti Tynes <i>Receptionist</i></p> <p>Randy &amp; Deb Green <i>Maintenance</i></p>		<b>BOARD OF DIRECTORS</b>		<p>Frank Lukowski, President</p> <p>Ken Wensel, Vice President</p> <p>Ann Deemer, Secretary</p> <p>Ray Culbert, Treasurer</p> <p>Mary Auge</p> <p>Roby Deese</p> <p>Nancy Galant</p> <p>David Kincaid</p> <p>Pat Lockwood</p> <p>Gerianne Mulanix</p> <p>Joetta Pyles-Zalewski</p> <p>Les Scott</p> <p>Brad Dick</p>				

# HEALTHY LIVING

## WRITE YOUR LIFE STORY *Breaking for summer, resume 9/13*

**Every 2nd & 4th Friday, 10 am** Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun.

## ONE-ON-ONE FINANCIAL HELP

**First Wednesday of the month, 10:00 am**

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only.

To schedule an appointment, call Loose Center at 735.9406.

## ALZHEIMER SUPPORT GROUP

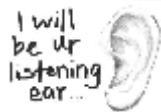
**Every 4th Tuesday, 2 pm** The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Homecare and Assisted Living.

**LOOSE BOOK CLUB Every 2nd Monday, 1 pm** This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

## LISTENING EAR

**Every 1st Monday, by appointment**

Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



## NEED HELP PAYING MEDICARE PREMIUMS, CO-PAYS, DEDUCTIBLES?

**Monday, August 5, 12 noon**

Mark your calendar and join us, to learn about programs that can help people with Medicare manage the ever-increasing out of pocket costs for premiums, deductibles, co-pays. Our MMAP counselors, Ann Walker and Dolores Coulter, will explain the benefits available from public and private programs, including the Medicare Savings program (for help with Medicare co-pays, deductibles, and the Part B premium), Extra Help (for help with prescription drug premiums and co-pays) and the Michigan Medigap Subsidy program (for help with Medigap premiums), and the eligibility rules that apply to these programs.

# Medicare

## TRAVEL SHOW

September 18, 10:30 am



Join Ed McKenna (from Collette Travel),  
and come & learn about our

**SUNNY PORTUGAL, REFLECTIONS of ITALY,  
BRITISH ISLES & ALASKAN CRUISE trips**

## ADVANCE CARE PLANNING

Thursday, August 15, 2 pm



There's no easy way to plan for future healthcare choices. It's a process that involves thinking and talking about complex and sensitive issues.

Advance care planning is the process of coming to understand, reflect on, discuss, and plan for a time when you cannot make your own medical decisions. Effective planning is the best way to make sure your views are respected by your loved ones and health providers. This process provides great comfort to those who may make end-of-life decisions for you. *Your Health Your Choice* is provided as a free service to the residents of Genesee County. Sign up today, you will not be sorry.

## 10 MYTHS OF HOSPICE CARE

Wednesday, August 21, 12- 2 pm



"Does morphine hasten death?" "Is Hospice care only for the last few days of life?" "Does Hospice mean giving up on life?" "I can't afford Hospice, what do I do?" This workshop addresses many of the commonly held assumptions (and myths) about Hospice care.

We think you'll be surprised. If you're considering Hospice care for a loved one now or soon down the road, put this workshop on your calendar and bring a friend.

Grace Hospice is sponsoring this important talk and will also be providing an ICE CREAM TREAT during this talk. Sign up today!



**REMINDER, Loose is NON SMOKING,  
both facility and grounds.  
Smoking in vehicles is acceptable.**

# HEALTH SERVICES

## MASSAGE

*By appointment each Tuesday!*

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$5. Call Loose at 735.9406 for details or to schedule your appointment with Donna Roberts, CMT.

**Keep Calm & Book a Massage**

## PODIATRIST

**Tuesday, July 30 (by appointment)**

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, **copays or deductibles may apply**. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

## MANICURES

**Wednesday, by appointment, beginning at 10 am, \$10, MANICURE WILL INCLUDE:**

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application



Plan on a 1/2 hour manicure.

*Please call Loose to set up your appointment.*

### **Travel & Participant Statement** **RESERVATIONS ARE NOT GUARANTEED** **UNTIL PAYMENT IS RECEIVED**

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

**NOTE:** All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions. To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.



Do you have email? If so, please consider stopping by and update your files or send us an email at [LSCC@loosecenter.org](mailto:LSCC@loosecenter.org)

## BLOOD PRESSURE CHECK

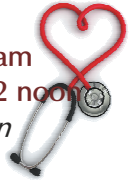
1<sup>st</sup> Tuesday of each month, 10:30 - 11:30am

2<sup>nd</sup> Wednesday of each month, 10:30 - 12 noon

*Thank you Caretel Inns of Linden*

3<sup>rd</sup> Thursday of each month, 11 - 12 noon

4<sup>th</sup> Monday of each month, 11:00 am - 12 pm



*Seeking volunteers to help with Blood Pressure checks, if interested, please contact Loose.*



## GRIEF SUPPORT GROUP

**Wednesdays @ 2 pm**

**Next Session begins Aug. 7 - Sept. 25**

We are thankful to McLaren Hospice who has reached out to us and offered to facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

## Do you qualify for one of these MONEY SAVING Medicare Benefits

**MEDICARE SAVINGS PROGRAM:** The State of MI pays your Part B premium, which is worth \$135.50 to you each month. To qualify there is an income and asset test. Income: less than \$1,426/month for single or \$1,923 for a couple (gross before any deductions). Assets: less than \$7,730 for single or \$11,600 for a couple (in bank accounts, 401K, IRAs, etc.)

**EXTRA HELP FOR PRESCRIPTION DRUGS FROM SOCIAL SECURITY:** The Social Security Administration pays all or part of your Part D prescriptions drug plan premium, and lowers your copays and deductible. This benefit also eliminates the "donut hole" in Rx coverage. Income: less than \$1,538/month single or \$2,078/month for a couple. Assets: less than \$14,390 for single or \$28,720 for a couple.

**MICHIGAN MEDIGAP SUBSIDY:** If you have a medigap plan from McLaren Health Plan, BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$35/month if you are under 75, \$110/month if you are over 75. There is only an income requirement for this benefit. You can have any amount in assets. Income: less than \$28,102/year single or \$38,047/year for a couple...Assets: any amount is OK.

**MMAP (Michigan Medicare/Medicaid Assistance Program)** can help you apply for any of these benefits. Call Loose Senior Center, 810-735-9406 for an appointment with a MMAP counselor.

**Visit Loose online @ [www.loosecenter.org](http://www.loosecenter.org)**

# Special Services & Support

## SUNSHINE GREETINGS

Our Sunshine Greeter, Janet Green, would like you to know she is ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email [lsc@loosescenter.org](mailto:lsc@loosescenter.org) so we can spread the sunshine.



## GENESSEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome Gary Putinsky and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

## ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm, Annex  
Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

## CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.

If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact with a representative from the office of the Genesee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genesee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

## DISPOSAL OF THE AMERICAN FLAG

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure they are disposed of properly.

## MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP'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 the Center at 735.9406 to schedule an appointment, or call MMAP at 1.800.803.7174, ext. 247.

## AMVETS

1st Thursday of each month, 10 am - 12 noon, Annex  
Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

## COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex  
Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

**MICAFAE** The Michigan's 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 to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 735.9406.

## COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

## TOPS (*Take Off Pounds Sensibly*)

**Mondays, 5:30 pm, Annex** For information, please contact the Loose Center at 735.9406.

**LOAN CLOSET** If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate, feel free to drop it off during business hours.



**W**e are happy to share that we are actively recycling here at Loose. You will see BLUE containers with the universal recycle emblem around the building in a variety of locations. Please help us reduce our waste by placing your recyclable products in these containers. This would include, PLASTIC, GLASS, METAL, CARD BOARD (no food, no Styrofoam,

etc). Don't forget we also collect paper in our bins located in the parking lot. Thank you for helping out! If you have questions, please check with staff.



# MEMBER PRIVILEGES & FUNDRAISING

## FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday, Tuesday and Wednesday after 10 am. This generous Loose privilege is on a first come first serve basis and distribution is on the honor system. We just ask, so all can enjoy, you limit your choices to two items. Thank you!

**FREE MAGAZINES** Feel free to drop off current magazines in the container located under the check-in station. We have many of the latest popular magazine titles for you to enjoy. Please feel free to take them home.

**FREE LENDING LIBRARY** The library is located in the Activity Center. Come and take a book home with you. Donated, gently-used books are always welcome; drop them off in Annex.

**JIGSAW PUZZLES** Browse through our puzzle selection located in the **Annex**; take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.



**MEMBERSHIP** Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25.

**A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.** The annual membership fee of \$25 per person is due for 2019. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

**SCHOLARSHIPS** are available to low-income seniors for assistance to participate in many Loose Center programs. You may qualify for transportation to Loose programs, educational classes or health and wellness programs. Income guidelines are available in the office.

### UPS STORE DISCOUNT CARD

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

**FUNDING** The Loose Center is funded in part by the Genesee County Senior Millage, the Southern Lakes Regional Metropolitan Parks and Recreation Millage, a Community Development Block Grant from the City of Linden, City of Fenton, the Harding Foundation and donations from individuals.

**COMPUTER & FREE WiFi** We have secured wireless Internet and a computer available for member use. Stop by the office for information.

## WE SAVE...YOU CAN HELP

**VG'S** Drop off your ENTIRE VG receipt at Loose. Once we have collected and turned in \$150,000 worth of receipts, VG's will donate \$1000 to Loose. WOW!

**ALPINE** will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

**KROGER** If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

**AMAZON SMILE** Do you shop Amazon? If so, there is a very simple way your purchases can benefit Loose. Search for Amazon Smile or go to, <https://smile.amazon.com/ch/38-3266054>, sign in and designate Loose as your charity. Each time you make a purchase, a portion will be donated back to Loose.

### GREETING CARDS

If you have new greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

**RECYCLING** Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow bins in the parking lot.

**CELL PHONES** We are collecting used cell phones. Please drop them off at the Center in the drop box.

**EYE GLASSES** Deposit your used glasses in the Lions box, located in Annex.

**PLEASE REMEMBER...**We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

### PLEASE HELP US KEEP OUR FILES UP-TO-DATE

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

*"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region."*

**"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds and Southern Lakes Parks and Recreation Millage Funds. YOUR TAX DOLLARS ARE AT WORK."**

# TRIPS

Complete trip flyers and travel policies may be picked up in the Loose Senior Center.

## TRIPS @ A GLANCE

July 15	Fire Keepers Casino	\$32
July 17	Clinton River Cruise	\$76
July 31	Hollywood	\$32
August 12	Soaring Eagle	\$32
August 14	Summer In the City	\$50
August 26	FireKeepers	\$32
August 29	Tiger Baseball	\$70
September 11	Caesar Windsor	\$27
September 12	Midland	\$94
September 17-18	Lake Michigan Autumn Breeze	\$304
September 18	TRAVEL SHOW 10:30 am	
September 22-28	Coastal Treasures	\$999
September 26	FireKeepers	\$32
Sept. 29-Oct. 3	Yoopeland, USA	\$940
October 2-3	Kewadin Casino	\$135
October 2-9	Railroads of New England (full)	\$1,999
October 7-10	Taste Of Northern Michigan	\$644
October 9	Genesee Belle Lunch Cruise	Price Varies
October 16	Rum Runners	\$113
October 19-28	Shades of Ireland	\$\$\$
October 22	Gun Lake Casino	\$35
November 6-7	Niagara Falls Festival of Lights	\$369
December 2-5	Christmas in Nashville	\$1,299
December 3-7	Christmas in New York	\$1,460
December 9-12	Christmas at The Greenbrier	\$1,299
January 25	Arizona	\$3,199
March 27-April 5	Sunny Portugal	\$\$\$\$
Oct. 19-28	Reflections of Italy	\$\$\$\$

Detailed flyers are available at the Loose Center.

Please note: A reservation is made only when a deposit has been received.

## Join Loose on the GENESEE BELLE FALL LUNCH CRUISE



Wednesday, October 9, 2019

\$25.00 includes, cruise & lunch (no transportation)

\$30 includes transportation (limited), cruise & lunch (please make sure you indicate your menu choice at the time you register).

The Van leaves Loose at 10:45 am

Return to Loose Approximately 2 pm

We cruise at noon, registration deadline is September 20.

The Genesee Belle Paddlewheel Riverboat is a replica of the riverboats that traveled down the mighty Mississippi River during the era of ark Twain. This fall lunch cruise is a wonderful opportunity to enjoy the beautiful setting, scenery and a relaxing time away.

## Flint Farmer's Market



Caretel  
Inns of Linden

Tuesday  
July 9, 2019

### MARKET SEASON

Leave 10:15 am

Return 1 pm (limit 8)

\$2 round trip

Loose is partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's. Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. Future special trips, August 13, September 10 & October 8.

### Thursday, August 29, 2019

Vs. Chicago White Sox

INCLUDES: Round Trip Motor Coach Transportation, Ticket to the game, Free Soft Drink, Chips & Hot Dog voucher. Water, Snacks & FUN on the Bus.



DEPART Loose ~ 10:30 am  
APPROXIMATE RETURN ~ 7 pm

Seats are located in the  
Lower Baseline Box,  
Section 112, Rows 22-24,

To secure your spot, please  
purchase your tickets by August 14.



### SUMMER IN THE CITY

Wed., Aug. 14, 8 am—3:30 pm, \$50

Let's get our friends together and fill this bus with Loose folks and enjoy an adventure to the CITY!

This day trip included Round Trip Transportation and features the Bason Edison Historical District, Dakota Inn Rathskeller (includes lunch) & Leon & Lulu's.

SIGN UP EARLY...this deal won't last!

### ART À LA CARTE FLINT INSTITUTE OF ART

A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided.

Leave Loose at 10:45 am. Cost: \$4.50 (transportation)

- July 3 Highclere Castle
- July 10 Hampton Court Palace
- July 17 Althorp – The Spencers
- July 24 Chatsworth
- July 30 Manor House



# AND MORE TRIPS

In order to secure a spot, all travel reservations must be accompanied with a payment.

## Midland

Thursday, September 12, \$94

Includes Round Trip Transportation, Alden B. Dow Home & Studio Tour, Lunch @ Lucky's Steakhouse, Dow Gardens, Whiting Forest Canopy Walk.

Departs 8:15 am - Returns 5:30 pm



RUM RUNNERS TOUR

Wed. Oct., 16, \$113

### INCLUDES

Transportation  
Rum Runners Tour  
Lunch  
Departs 7:45 am  
Returns 5:15 am

## CHRISTMAS @ OPRYLAND RESORT NASHVILLE

December 2-5, \$1,299 pp/double

INCLUDES Transportation and 1 night in Lexington KY, 2 nights @ Opryland Resort, 3 breakfast, 2 dinner &

Lexington "Southern Lights"  
Grand Old Opry  
Oprylands Delta Flatboats  
Tour of Nashville OR Johnny Cash Museum  
Country Music Hall or Fame OR "ICE"  
Leisure Time to ENJOY the Hotel  
And MORE!



## Lake Michigan

Autumn Breeze

September 17-19, 2019

\$304 pp/double

### INCLUDES

Transportation & 1 night at the Holiday Inn Express in Ludington, 1 breakfast and 1 dinner, 7 mile Dine Rid,



Shelby Gem Factory, North Breakwater Lighthouse & Beach, Douglas Valley Winery, Port of Ludington Maritime Museum



## COASTAL TREASURES

Wildwood, NJ

Cape May & Atlantic City

September 22-28

\$999 pp/double

### INCLUDES

Transportation  
2 nights to/from  
4 nights  
Wildwood NJ (ocean front)  
6 breakfasts  
2 dinners  
QVC Studio Tour

American Helicopter Museum, Historic Smithville, Afternoon in Atlantic City, Beautiful Cape May, Cape May Sightseeing Tour, Dolphin Watch Cruise, DuPont's Hagley Museum & Library & more.

### INCLUDES

Transportation

3 nights @ Petoskey  
Holiday Inn Express  
3 Breakfasts  
1 lunch & 3 dinners



## TASTE OF NORTHERN MICHIGAN

October 7-10

\$644.00

Cops & Doughnuts, Guided Tour of Charlevoix (Gnome Houses), Castel Farms & Gardens, Tunnel of Trees, Guided Tour of Petoskey, Kilwins Chocolates, Downtown Petoskey, Friske's Orchard, optional trip to Odawa Casino.



## SUNNY PORTUGAL

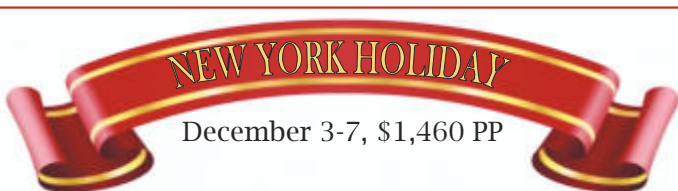
Estoril Coast, Alentejo & Algarve

\$3,499pp double  
(before 9/27/19)

3/27/20 - 4/5/20  
10 Days • 14 Meals

You're Invited!  
Special Travel  
Presentation  
Wed., Sept. 18  
10am

INCLUDES: Transportation & Portuguese Riviera, Choice on Tour, Lisbon, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Alentejo Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 Winery Tours, 5 UNESCO World Heritage Sites



## NEW YORK HOLIDAY

December 3-7, \$1,460 PP

Includes Round Trip Transportation, 4 nights @ the Holiday Inn Express Midtown Manhattan, 4 breakfasts, 3 dinners and FEATURING...

- Guided Tour of Sa Patrick's Cathedral
- Winter Village Holiday Market @ Bryant Park
- Ellen's Stardust Diner (dinner)
- NBC Studio Tour
- Radio City Music Hall Christmas Spectacular
- Rockefeller Center
- Holiday Light Guided Tour
- Empire State Building
- Optional Broadway Show





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**LOOSE**  
**Caretel PICNIC TIME**



Tuesday, July 23, 12 noon - 2 pm

**SUMMER FUN!**



free

- ◆ Burgers & Hot Dogs (*plus all the fixings*), Cole Slaw, Potato Salad, Bake Beans, Strawberry Shortcake & Beverage
- ◆ Bring a lawn chair and hang out
- ◆ Live remote broadcast from CARETEL
- ◆ DJ & MORE



*Caretel Inns of Linden • 202 S. Bridge Street*

*Park @ Loose and take the Shuttle to Caretel Shuttle begins at 11:30 am Parking also @ Linden Elementary*

**Thank You Sponsors!**

