

OCTOBER 2019

the perfect place for 50+

LOOSE



*"October gave a party;
the leaves by hundreds came.
The chestnuts, oaks, and maples
and leaves of every name.
The sunshine spread a carpet,
and everything was grand.
Miss Weather led the dancing
Professor Wind, the band."*

- George Cooper



From the Director



Dear Friends,

Our lives are like the seasons that we enjoy in this great State of Michigan. Spring, summer, fall and winter are the changes throughout the year that makes it so special. As the seasons change so do our lives.

In the spring, of our youth we spend each day learning what the world has to offer us. It is a special time when we experience growth. We are like the trees and the flowers springing from the ground, reaching to the sun. We are excited to what possibilities lie before us.

In the summer we are in the prime of our live. Some days are filled with beautiful sunrises and we begin anew. Some are warm days where we find comfort in just settling back and letting the world go by with friends and family. Some days are like a terrible storm filled with thunder and lightning that we have to bare. But at the end of each of these days we have a glorious sunset that brings calm to our mind and spirit and prepares us for the next coming day.

In the fall we find like the trees, that our leaves are turning bright colors and begin to fall from our body and the flowers begin to die. We experience a chill in the air and the days become shorter. We find this season to be very revealing of its beauty even as our lives begin to change.

The winter is a picturesque time of white snow and brisk cold air. It is a season of celebration. Time spent with family and friends. It is a time to exchange gifts of love and a time to reflect on the wonderful memories of the year gone by. It is part of our life when we reflect on the past seasons and are thankful for what we have to celebrate and the seasons that stand before us.

So, embrace the seasons and cycles of your life. There is magic in "CHANGE." Bonnie Ware

On January 1, 2020 there will be a "CHANGE" in activity hours. The building will open at 9:00 am Monday through Friday. The building will close at 5:00 pm Monday through Thursday and 4:00 pm on Friday. This may reflect in program and activities being adjusted to fit the needs of the Loose Center.

All is Well, Carl Gabrielson

Executive Director, Loose Center



MOVIE NIGHT

Tuesday, October 1, 7 pm

MOVIE DAY

Wed., October 3, 12 noon

The Banks children are all grown up, for better and for worse. Michael, who has children of his own now, grieves for his wife behind closed doors on Cherry Tree Lane. Jane has followed in her mother's political footsteps, but has given up on love and the dream of having it all. The younger Bankses (have had to grow up quite quickly, doing the shopping and keeping the household running, but they've mostly forgotten to be kids at all. Then the big bad bank (headed by that louse) swoops in to take 10 Cherry Tree Lane. Enter Mary Poppins, floating on an umbrella, here to set things right with the Banks family, aided by a charming lamplighter

Admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care & Lockwood of Fenton.

Refreshments will be served! Donations to Loose, to defray facility usage cost, will be much appreciated.



Dear Friends,

Happy October! Our Genesee County Senior Centers offer a wide variety of activities and programs that I hope you are taking full advantage of. You'll find these activities and many more highlighted in this issue of the newsletter.

There are many exciting things happening in Genesee County lately. For example; Genesee County Animal Control has completed phase one of their 8.2 million dollar and 30,000 square foot renovation and expansion of the current facility. This means larger cages and more comfortable spaces for homeless animals in the County. It will also allow for stray cats and dogs to be kept in a separate space from adoptable animals until they are tested for behavior and diseases, and for a new ventilation system that's designed to cycle fresh air into the building 12 times per hour. They are expected to complete phase 2 by the end of the year.

We are also working on our 2020 County budget. During this process we are reviewing our spending priorities, preserving fiscal responsibility, and making the right investments in people, departments, and our communities to be able to expand opportunity for all. Detailed information regarding the County budget is available on www.gc4me.com.

To learn more about current and upcoming county projects, please do not hesitate to call the Board of Commissioners office at 810-257-3020. See you next month!

Sincerely,

Commissioner Shaun Shumaker (District 6)

Be sure to sign up for the
COMEDY SHOW, Tuesday, Oct. 16, 6-7 pm, ^{only} \$6

And YES we are having a
FLEA MARKET on Friday, Nov. 1 from 9 am-3 pm

See the back page for details.

October Happenings

FALL PREVENTION

Wednesday, October 2, 10:30 am

Let's work on fall prevention for the Fall!! Kat Wood DPT, OCS, ATC from Ivy Rehab Linden will be at the Loose Center to talk about exercises and drills you can do to help improve your balance. Whether you want to improve your balance for mobility around the house or are looking to improve your balance for your pickleball game, we will have exercises for you. We will also discuss things that put you at higher risk for falls and ways to reduce those risks. Bring your questions and bring your friends!



MICHIGAN STATE UNIVERSITY | Extension

COOKING FOR ONE

October 1, 8, 22, November 5, 12, 19, 12 - 1:30 pm

- ◆ Learn ways to make cooking for one simple and enjoyable.
- ◆ Learn helpful tips and tricks to making healthy choices, eating well and being active.
- ◆ Participate in cooking real recipes for one.



Call Loose and register for this class.

For more info contact Sam Farah 810 244-8524

MEDICARE OPEN ENROLLMENT: COMING SOON

Monday, October 7, 12 noon

Medicare plans can change from year to year. Open Enrollment is an opportunity to review your current Medicare health plan coverage, compare your coverage with other plans, and make a decision for 2020.

Join our MMAP (Medicare Medicaid Assistance Program) counselors, Ann Walker and Dolores Coulter, to learn more about your Medicare Open Enrollment options. We will also discuss Special Enrollment Periods that, under certain circumstances, allow a Medicare beneficiary to change plans at other times during the year.



IT'S TIME TO REVIEW YOUR MEDICARE PLAN!

MMAP Counselors Are There For You--For Free! Extra appointment dates are set to accommodate YOU!

Monday, October 28, Thursday, November 21 & December 5

Call Loose at 810 735-9406 and make an appointment today!

PRESENTATION

Wednesday, October 9, 10 am



Join us as we explore the following topics...

- Quality hearing for a social lifestyle.
- Hearing Prevention
- Health studies that link Hearing Loss to Memory Related Problems.
- Diabetes & hearing issues
- Hearing Aids & Insurance
- Affordable lease program.
- UAW Retiree? You may qualify for a free set of hearing aids.

Refreshments will be served! ☺

Beginning Crochet Classes

CROCHET October 15 & 17, 22 & 24, 3-5 pm, \$30



Come learn a new terminology and make hand made gifts. What is a SC, DC, TC you ask? We will have you speaking this new language in four easy lessons. Join to learn to Crochet. Practice yarn provided by instructor.

Sign up today, class sizes are limited.

POWERFUL TOOLS FOR CAREGIVERS

Wed., October 16, 23, 30 & November 13 & 20, 2-3:30 pm

Meetings are once a week, for six weeks

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

Caring 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.

FLU SHOTS Sponsored by Linden RITE AID

Thursday, OCTOBER 17

11 am-12 noon @ LOOSE

REMEMBER

- It can save your life.
- Friends & family members will thank you
- You'll cut your flu risk roughly in half
- Stop in and get it done!



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., October 8, 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!



Breakfast

9:30-10:30 am

Monday, October 21, \$4
Eggs, Sausage Gravy,
Biscuit, Fruit & Beverage

Veterans

Please join us, at Loose, for
BREAKFAST
Friday, November 8
anytime between 9 -10:30 am

Stop by the Loose office by 4 pm on 11/5 with proof of service and receive your tickets. (2/person).



SPECIAL THANKS TO
CARETEL INNS of
LINDEN

For providing this meal for those we honor!

October 2019 Lunch @ Loose Menu

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

Lunch is served at 11:30 am

PLEASE NOTE:
The cost of the second
helping is \$1.00

Mon Potpourri	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up LOOSE ends
<p>Get your Loose Lunch Loyalty Card, good for 10 meals, then get the eleventh for free.</p>	<p>1 French Onion Soup Salad Hearty Roll</p>	<p>2 Hot Beef Sandwich Mashed Potatoes Vegetable</p>	<p>3 Mostaccioli Salad Garlic Bread</p>	<p>4 Leftovers YUM!</p>
<p>7 Chicken Cordon Bleu Mashed Potatoes Vegetable</p>	<p>8 Pumpkin Apple Bisque <i>and a tasty Argentine Dessert</i> ARGENTINE CARE CENTER</p>	<p>9 BBQ Chicken Beans Salad & Roll</p>	<p>10 TACO TACOFEST Including Chips, Cheese, Salsa</p>	<p>11 Leftovers</p>
<p>14 Macaroni & Cheese Broccoli Roll</p>	<p>15 Chicken Noodle Soup Grilled Cheese</p>	<p>16 Pork Loin Mashed Potatoes Salad</p>	<p>17 Coney's <i>(Flint or Detroit Style)</i> Salad Chips</p>	<p>18 Leftovers</p>
<p>21 BREAKFAST 9:30-10:30 am Biscuit, Sausage Gravy Eggs, Fruit & More</p>	<p>22 Potato Soup Salad Roll</p>	<p>23 Meatloaf Cheese Potatoes Vegetable</p>	<p>24 SALAD BAR </p>	<p>25 Leftovers</p>
<p>28 Polish Sausage Roasted Potatoes Vegetable & Roll</p>	<p>29 Broccoli Cheddar Soup Salad Roll</p>	<p>30 Swedish Meatballs Noodles Vegetables</p>	<p>31 Baked Potato Bar & other GOULISH treats </p>	<p>Eat In Take OUT</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.

FIT⁴EVER \$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, Sunday, 2pm

\$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!

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **GROOVE**
2:00 pm Arthritis Exercise
4:00 pm **Yoga (gentle flow)**
6:15 pm Pickleball

TUESDAY

9:30 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
12 & 1 pm **Line Dance (9/10)**
1:00 pm Exercise @ Caretel
Resumes in October
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 **FIT⁴EVER**
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 **Yoga**
10:15 am **Zumba/Total Fit**

SUNDAY

2:00 pm Pickleball

"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.*

A MILE AT A TIME Returns in November

Find Your Creative Side

"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.

"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."



WATERCOLOR CLASSES

Monday, Oct. 28 & Nov. 4

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.



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.

QUILLING THURSDAYS @ 2 PM

PAPER-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.

Visit Our Website
www.loosecenter.org

CLASSES, MUSICAL OPPORTUNITIES & MORE



LOOSE CHORUS

MONDAY @ 3 PM

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. **TALENTED & WELCOMING & ALL ARE WELCOME!**

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.

IPAD 2

Wednesday, October 2 & 9, 4-6 pm, \$20,

For those who have completed iPad 1, take things a step further and begin to dive deeper, understanding settings and the importance of making them work for you. Learn iPad tricks and learn how to maximize this amazing piece of technology to fit you and your needs.

WINDOWS 10

Wednesday, October 16 & 23, 4-6 pm, \$20

If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

INTRODUCTION TO GOOGLE DOCS

Wed., Nov. 6, 4-6 pm, \$15

Do you have a gmail account, unlock all it's Possibilities. Learn how to use the Google Drive, Calendar, Docs, Sheets & Slides.

PLEASE NOTE: You MUST have a gmail account to use Google Docs



We 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.



Friday, October 25, 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



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.



Review us on
facebook.



October 2019

PHONE
810.735.9406
FAX
810.735.4255

EMAIL
lsc@loosecenter.org
WEBSITE
www.loosecenter.org

OFFICE HOURS
Monday - Friday
8:00 am- 4 pm

MONDAY



Meet Comedian
Jason Douglas
Tuesday, Oct. 15, 6 pm, \$6
Tickets are limited, get yours today!

TUESDAY

9:00 Massage
9:30 Zumba Gold/Total Fit
10:00 Loose Threads
10:30 Blood Pressure ✓
10:30 FIT4EVER
11:30 **Lunch**
French Onion Soup
12:00 Cooking For One
12:00 Line Dance
12:30 Euchre
12:30 Chicago Bridge
12:00 Line Dance
1:00 Mah jongg
3:00 Knitting Class
4:00 Chair Yoga
5:00 Yoga
7:00 **Movie Night**

WEDNESDAY

7:00 Kewadin Casino
9:00 Manicures
9:00 Biking Bunch
9:30 Yoga
10:00 1 on 1 Financial
10:30 **Fall Prevention**
10:45 Art à la Carte
11:30 **Lunch Hot Beef Sand.**
12:00 **Movie Day**
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
2:00 Grief Support
4:00 IPAD 2
6:15 Pickleball
6:30 Hand & Foot

THURSDAY

9:30 MMAP Counselor
10:00 Chair Yoga
10:00 AMVET Rep.
10:15 Zumba Gold/Total Fit
10:30 Blood Pressure ✓
10:30 FIT4EVER
11:30 **Lunch Mostaccioli**
11:30 Wii Bowling
12:30 Euchre
2:00 Quilling Class
3:00 Knitting Class
5:00 Yoga Fit

FRIDAY

9:30 MMAP Counselor
10:00 Yoga
10:00 Yarn Recyclers
10:30 Healthy Exercise
11:00 Pickleball
11:30 **LUNCH**
LEFTOVERS
12:30 Open Game Play
1:00 Fibre Friends

SATURDAY/SUNDAY

9:00 Yoga
10:15 Zumba
Sunday, October 6
12:00 Beginner
Pickleball

7

9:30 GROOVE
10:00 Sleep Mat Production
10:00 Painting
11:30 **Lunch**
Chicken Cordon Bleu
12:00 Medicare Presentation
12:30 Pinochle
1:00 Listening Ear
2:00 Arthritis Exercise
3:00 Chorus
4:00 Yoga
5:30 TOPS Weigh-in
6:15 Pickleball

8

8:00 Veteran Services
9:00 Massage
9:30 Zumba Gold/Total Fit
9:30 Coffee & Cops
10:00 Loose Threads
10:15 Farmer's Market
10:30 FIT4EVER
11:30 **Lunch Argentine CC**
Pumpkin Apple Bisque
12:00 Cooking For One
12:00 Line Dance
12:30 Euchre
12:30 Chicago Bridge
12:00 Line Dance
1:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga

9

9:00 Biking Bunch
9:00 Manicures
9:30 Yoga
10:00 **Hearing Health**
10:30 Blood Pressure ✓
10:45 Art à la Carte
11:00 Genesee Belle
11:30 **Lunch BBQ Chicken**
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
2:00 Grief Support
4:00 IPAD 2
6:15 Pickleball
6:30 Hand & Foot

10

8:00 MMAP Counselor
9:30 Board Meeting
9:30 Chair Yoga
10:15 Zumba Gold/Total Fit
10:30 FIT4EVER
11:30 **Lunch TACO BAR**
11:30 Wii Bowling
12:30 Euchre
2:00 Creative Quilling
2:30 Bingo @ Caretel
5:00 Yoga Fit

11

9:30 MMAP Counselor
10:00 Yoga
10:00 Write Life Story
10:00 Yarn Recyclers
10:30 Healthy Exercise
11:00 Pickleball
11:30 **LUNCH**
CHEF'S CHOICE
12:30 Open Game Play
1:00 Fibre Friends
5:00 Potluck

12

9:00 Yoga
10:15 Zumba
6:30 Symphony
Sunday, October 13
12:00 Beginner
Pickleball
2:00 Pickleball



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HURLEY SENIOR FAST TRACK

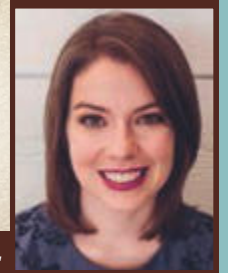
HURLEY Senior Center
of Excellence
hurleymc.com 810.262.9000

DON'T SHOP. AD. PAW. PT.



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www.lindenfamilyeyecare.com

Gerianne Mulanix, OD



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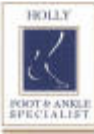


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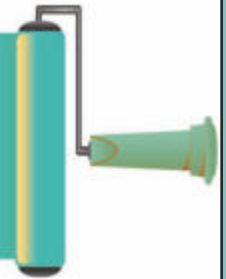


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<p>14</p> <p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch Mac & Cheese</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 NO Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>15</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>11:30 Lunch Chicken Noodle</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Line Dance</p> <p>1:00 Mah jongg</p> <p>3:00 Crochet Class</p> <p>4:00 NO Chair Yoga</p> <p>5:00 NO Yoga</p> <p>6:00 COMEDY SHOW</p>	<p>16</p> <p>7:45 Rum Runners</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Ask A Lawyer</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Pork Loin</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>2:30 Tools For Caregivers</p> <p>4:00 Windows 10</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>17</p> <p>MIMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Flu Shots</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch CONEY DAY!</p> <p>11:30 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>3:00 Crochet Class</p> <p>5:00 Yoga Fit</p>	<p>18</p> <p>MIMAP 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>11:30 LUNCH LEFTOVERS</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p>19</p> <p>Ireland Trip</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>Sunday, October 20</p> <p>12:00 Beginning Pickleball</p> <p>2:00 Pickleball</p>
<p>21</p> <p>9:30 GROOVE</p> <p>9:30 BREAKFAST Eggs, Biscuit. & Sausage Gvy.</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>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>22</p> <p>9:00 Gun Lake Casino</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>11:30 Lunch Potato Soup</p> <p>12:00 Cooking For One</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Line Dance</p> <p>1:00 Mah jongg</p> <p>2:00 Alzheimer Support</p> <p>3:00 Crochet Class</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>23</p> <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>11:30 Lunch Meatloaf</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>2:30 Tools For Caregivers</p> <p>4:00 Windows 10</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>24</p> <p>MIMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch Salad Bar</p> <p>11:30 Wii Bowling Banquet</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>3:00 Crochet Class</p> <p>5:00 Yoga Fit</p> <p>6:30 Jim Belushi @ The Capitol</p>	<p>25</p> <p>MIMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p>11:30 LUNCH CHEF'S CHOICE</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p>5:00 Euchre Tournament</p>	<p>26</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>Sunday, October 27</p> <p>2:00 Pickleball</p>
<p>28</p> <p>MIMAP Open Enrm. (by apt)</p> <p>9:30 GROOVE</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch Polish Sausage</p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</p> <p>2:00 NO Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>29</p> <p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch Broccoli Ched.</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Line Dance</p> <p>1:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>30</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Biking Bunch Party</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Swedish Meatballs</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>2:30 Tools For Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>31</p> <p>MIMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch Potato Bar</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p> 	<p>LOOSE STAFF</p> <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 Metvier <i>Receptionist</i></p> <p>Dotti Tynes</p> <p>Chuck Salerno <i>Maintenance</i></p>	<p>BOARD OF DIRECTORS</p> <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

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

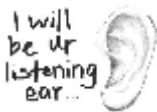
Every 4th Tuesday, 2 pm The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes 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.



AARP Tax-Aide™ VOLUNTEERS NEEDED FOR THE AARP TAX-AIDE PROGRAM

The income tax assistance program facilitated by the AARP Foundation is looking for new volunteers. We assist tax payers with income tax preparation at many of the Senior Centers throughout Genesee County from February through April each year. If you are good with numbers and interested in helping people, this can be a very rewarding opportunity to volunteer and give back to the community.

You can find out more about the program by visiting our website at aarp.org/taxaide. In addition, if you let the folks know at the front desk that you might be interested, one of our current volunteers will be more than happy to talk with you about the program and to answer any questions you might have.

NUTRITION SPRAYS & CBD PRODUCTS 101.

Thursday, November 7, 12 noon

Presenter: Donna Roberts

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Take that step and begin to educate yourself about what it means to be an Authority Certified Company and what to look for in spray and CBD products. There will be a short video along with a presentation on daily choice products. Informative and friendly .

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Every 2nd & 4th Friday, 10 am, Sunroom

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!

BINGO and you are invited
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**Every 3rd Thursday
of the Month
@ 2:30 pm**

All are welcome!
Join in the fun!



LINDEN HS DINNER

Tuesday, Nov. 12, 5 pm - FREE

A generous gift from the Linden High School Student Council to Loose Members, this meal is a full-fledged Turkey Dinner with all the trimmings. A tradition for many years, the students treat us like royalty.

PLEASE NOTE: You must be a Loose Member and have a ticket to attend this event. Tickets are available at Loose. Tickets are limited to 2/person and are distributed at Loose, during office hours, on a first come first served basis. If you find you will not be able to attend this event, please call or return your ticket to Loose. We do take a waiting list.

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!



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, October 29 (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.

BLOOD PRESSURE CHECK

1st Tuesday of each month, 10:30 - 11:30am

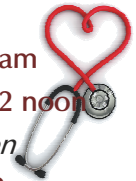
2nd Wednesday of each month, 10:30 - 12 noon

Thank you Caretel Inns of Linden

1st & 3rd Thursday of each month, 11 - 12 noon

4th Monday of each month, 11 - 12 pm

Thank you Community Health & Comfort Care



GRIEF SUPPORT GROUP

Wednesdays @ 2 pm

Next Session begins October 16

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.

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.



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."

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).



OR maybe you are interested in a TAKE OUT LUNCH? Just call a day ahead and we will have it ready for you to pick up at the reception desk.



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

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 so we can spread the sunshine.



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!

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.

MICAPE 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.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome John Stilley 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

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sheriff at 810-341-5923.

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.

TOPS (Take Off Pounds Sensibly)

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

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 65-74 years old, \$110/month if you are under 65 with a disability and \$56 or less for those 75 and over. 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.

MEMBER PRIVILEGES & FUNDRAISING

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.**

KNITTING & CROCHETING FRIENDS




There is great need for scarves (knitted or crocheted) or made of fleece for those in need. 500 are needed for Carriage Town in Flint. If you can help, drop them off or place them under the Loose Giving Christmas tree in late November.

FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday 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.

TRIPS

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

TRIPS @ A GLANCE

October 2-3	Kewadin Casino	\$135
October 2-9	Railroads of New England (full)	\$1,999
October 9	Genesee Belle Lunch Cruise FULL Price	Varies
October 12	Symphony	\$23
October 16	Rum Runners	\$113
October 24	Jim Belushi	\$51
October 19-28	Shades of Ireland	\$\$\$
October 22	Gun Lake Casino	\$35
November 2	The Color Purple	\$61
November 6-7	Niagara Falls Festival of Lights	\$369
November 7	FireKeepers	\$32
November 9	Symphony	\$23
November 13	SNAP	\$50
November 18	Soaring Eagle	\$32
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
December 16	FireKeepers	\$32
January 11	Bandstand @ the Stranahan	\$140
January 15	Soaring Eagle Casino	\$32
January 25	Arizona	\$3,199
February 13	FireKeepers Casino	\$32
March 1	Detroit Symphony	\$115
March 12	Hollywood Casino	\$32
March 27-April 5	Sunny Portugal	\$\$\$
March 30	FireKeepers Casino	\$32
April 8	Paint Night @ Purple Rose	\$91
April 16-17	Vera Bradley Outlet Annual Sale	\$294
April 17-19	Thunder Over Louisville	\$799
April 20	Lancaster, Pennsylvania	
July 3-8	New York City	\$1,999
August 24	Mississippi Cruise	\$999
September 2-4	Untouchable Chicago	\$600
September 10-18	British Landscapes	\$\$\$
September 20-27	Cape Cod	\$1,999
September 24-25	Ark Encounter	\$334
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.

LADIES NIGHT OUT

November 18, 2019

4-9 pm, \$7.00

(purchase your ticket at the park)
If you need a ride, sign up early,
transportation is limited. \$5

Riders will leave Loose at 3:30, leave the Village at 7:30 & return to Loose at 8 pm

Grab your favorite shopping buddies and start the holiday season together in the festive quaint glow of Crossroads Village. Ladies Night Out is a special one night only event you're sure to love – and not soon to forget. Enjoy shopping, crafts, and live entertainment in the Colwell Opera House, holiday lights throughout the Village, vintage rides and more.

They are teaming up with Flint Handmade to bring quality vendors selling one-of-a-kind items to jump-start your holiday shopping right. Enjoy treat samples in the village houses, a free carousel ride, a photo-op on the train caboose and so much more!



2019/20 Flint Cultural Center Opportunities

All prices **include** transportation, if you choose to **NOT** use transportation; \$5 will be deducted from the final cost
Van leaves Loose one hour prior to SHOW TIME

FLINT SYMPHONY ORCHESTRA MASTER WORKS I CLASSICAL CONCERT

Saturday, October 12, 7:30 pm @ The Whiting, \$ 23

Enrique Diemecke Conductor, Andrew Von Oeyen Piano

JIM BELUSHI AND THE BOARD OF COMEDY

Thursday, October 24, 7:30 pm @ The Capitol Theatre, \$51

With more than thirty years of experience and an alumnus of "Saturday Night Live" and Chicago's famed Second City, JIM BELUSHI is now bringing to the stage an improvised comedy sketch show featuring members of the Board of Comedy.

THE COLOR PURPLE Saturday, Nov. 2, 2pm @ The Whiting, \$61

With a soul-raising, Grammy®-winning score of jazz, gospel, ragtime and blues, THE COLOR PURPLE gives an exhilarating new spirit to this Pulitzer Prize-winning story.

FLINT SYMPHONY ORCHESTRA MASTER WORKS II CLASSICAL CONCERT

Saturday, November 9, 7:30 pm @ The Whiting, \$23

Enrique Diemecke Conductor, Sharon Isbin Guitar

SNAP Wednesday, Nov. 13, 7:30 pm @ the Whiting, \$50

Poof! Presto! Snap! Mixing dexterous sleight of hand, Chaplin-esque vaudevillian comedy and ingenious visual effects, SNAP conjures a marvelous, magical cabaret perfect for the whole family.

HOLIDAY POPS Saturday, Dec. 21 @ 7 pm @ the Whiting, \$12

BANDSTAND Tuesday, February 25 @ 7:30 @ the Whiting, \$61

WAITRESS Friday, April 3 @ 8 pm @ the Whiting, \$61

ONE FLEW OVER THE CUCKOO'S NEST Sun., March 15 @ 8pm, \$18

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)



October 2	Craft in America: Borders
October 9	Craft in America: Neighbors
October 16	First Face of American
October 23	Documenting the Face of American
October 30	Ken Burns' America: Thomas Hart Benton

Flint Farmer's Market

MARKET SEASON

Leave 10:15 am

Return 1 pm (limit 8)

\$2 round trip



Caretel
Inns of Linden

Tuesday
Oct. 8, 2019

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.

AND MORE TRIPS

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



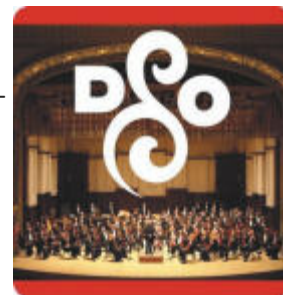
Wed. Oct., 16, \$113

RUM RUNNERS TOUR

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

Sunday, March 1, 2020
 Departs 10 am - Returns 7:15 pm
 \$115 PP

INCLUDES: Transportation
 Lunch at **Traffic Jam & Snug**
 Choose between Vegetarian Spinach Lasagna, Pot Roast, Chicken Pot Pie, Orleans Jambalaya and Londontown Fish & Chips.
Detroit Orchestra Hall (3 pm show) and the musical sounds from Broadway to Hollywood.



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!



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 St 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




Vera Bradley Outlet Annual Sale
 April 16-17, \$294 PP

INCLUDES: Transportation, 1 night at the Hyatt Place in Fort Wayne, IN, 1 Breakfast & 1 Dinner
FEATURES Sechler's Pickles (tour & shopping), **DeBrand Chocolatiers** (tour & samples) Jefferson Point (shopping, lunch on your own)
Three Rivers Distillery (tour & samples)
Vera Bradley Outlet Sale

SUNNY PORTUGAL
 Estoril Coast, Alentejo & Algarve

3/27/20 - 4/5/20
 10 Days • 14 Meals

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

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



BANDSTAND
 The Alan Rickman Musical

The Stranahan Theater
 Saturday, January 11, \$140
 Departs 9 am - Returns 7:45 pm

INCLUDES
 Transportation
 Lunch at Georgio's Café International,
 Choice of
 Beef Stroganoff
 Chicken Pastry
 Fish of the Day

BANDSTAND @ the Stranahan Theater



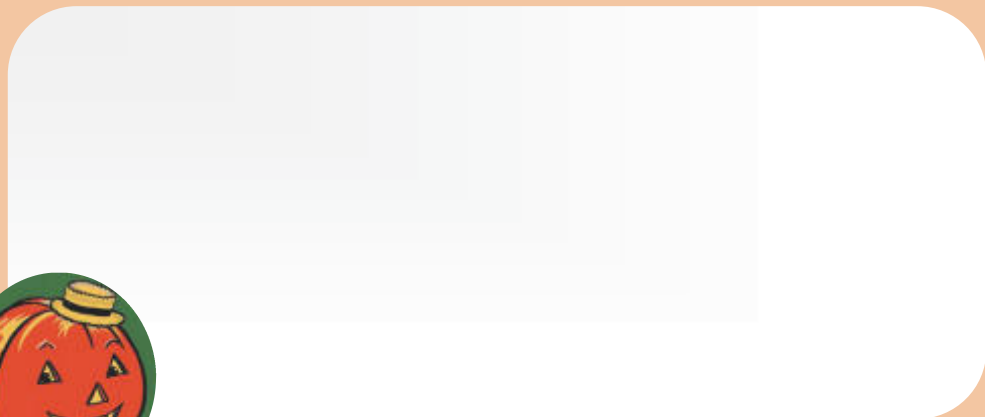
Sept. 10-19, 2020
 10 Days • 12 Meals

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

INCLUDES: Transportation & London, England, City of York, Borders Region, Scotland-Edinburgh, Lake District, England, Chester, Llangollen Wales, Stafford-upon-Avon



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 Flint, MI
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ANOTHER CRAZY FUN NIGHT @ LOOSE

Tuesday, October 15, 6-7 pm, \$6

With his quick wit and commanding stage presence Jason takes his audience on a roller coaster ride of laughs from the word go. Incorporating a barrage of past and present "pop culture" references, zany stories, and off the wall "one liners", you can't help but laugh at this goofy, crazy, and original talent. Jason's show pulls no punches and he refuses to sugar coat anything. He tells it the way it is, the way it was, & the way it should be!

His ability to improv with the audiences makes every show a unique experience. You never know what he'll say next! TV & Radio Credits: CBS, Fox, Comedy Central's Laugh Riots, Bob & Tom Radio Show, SiriusXM Satellite Radio, ESPN College Game Day (twice)

Opening act on tour for: Michael Bubl , Chicago, Beach Boys, Smokey Robinson, The Doobie Brothers, Foreigner, Kenny G, Paul Anka, Pink Floyd Laser Light Show, Weird Al, Dennis Miller, Ron White, Carrot Top, Brad Garrett, Sinbad, and Jim Gaffigan.

He's a BIG DEAL FOLKS. Tickets are limited and cheap! Get yours today!


This is a **SHOW** only evening. A bit of a different twist for Loose.
 We encourage your feedback after the show. Let us know what you think.

LOOSE - 707 North Bridge Street in Linden



Flea Market

Friday
November 1, 2019
9:00 am - 3:00 pm



Vendors, RESERVE your space NOW!

\$30 for use 8 foot table & 2 chairs (make checks payable to Loose Center)
 Set-up Thursday, Oct. 31, 4 pm-5:30 pm or Friday, Nov. 1-7 am-8:30 am. All set up must be complete by 8:30 am

Name: _____ Address: _____
 Phone: _____ Email: _____

- No food or beverage sales.
- No sale or display of drugs or drug paraphernalia, guns and knives of any kind.
- You are responsible to remove all your stuff from the site.
- Loose is not responsible for any lost, stolen or damaged items.



Please remember to call and register and then sign in for all Loose events. **THANK YOU!**