

JANUARY 2014

South End NEWS

LOOSE SENIOR CITIZEN CENTER



*“Winter is the time for comfort,
for good food and warmth, for the touch
of a friendly hand and for a talk beside the fire:
it is the time for home.”*

— Edith Sitwell

DIRECTOR'S MESSAGE



Dear Friends,

So many people consider Loose their second home. What a perfect beginning for the New Year of 2014 to have a new building to call home! A big thanks goes out to all the people who have donated their time, talent and monetary support to make this dream come true.

When you walk down the halls of Loose, you'll feel the love that has gone into making this a place to gather. As you enter the building from the north parking lot, you'll hear and see exercise classes in progress. These are the same rooms where eventually a wedding reception, bridal shower or various other events will take place. Say hi to the receptionists as you walk towards the sign-in station. Then take a walk down the hallway to Loose's lounge. Please step into the lounge and sit in the cozy chairs and feel the warmth of the burning fireplace, talk with your friends or just enjoy watching a movie.

Let's not forget the Annex (Building C). This building has been the center of all activity for years. It is still a wonderful place to meet your friends for a friendly game of cards, or knit with your group, or sing in the choir, or meet for coffee hour, or attend a paint class and so on and so on.

But most importantly of all, a home isn't a home without the people. Loose is so fortunate to fill the building with loving, caring people. Come on in and sit a spell.

Welcome Home!

Carl Gabrielson, Executive Director

ANNUAL MEETING

Thursday, January 16
Immediately following the

Loose Board Meeting which begins at 8 AM.

This meeting is for the General Membership and community. The agenda will include Reappointments of Board Members, Election of Officers, Financial Report, Comments from the President and Questions and/or Comments from the attendees.

All are welcome. Please join us!

Save the Date
for the
LOOSE
OPEN HOUSE
Friday, January 31, 2014
3:00 pm - 7:00 pm
LOOSE SENIOR CENTER
707 North Bridge Street
Linden, MI 48451
810.735.9406



Genesee County Office of Senior Services

Lynn M. Radzilowski - Director
Genesee County Senior Millage
Genesee County Administration Building
1101 Beach Street, Room 361
Flint, MI 48502
810-424-4478
www.gcseniors.org

Senior Citizens Services Advisory Committee (SCSAC)

Current SCSAC members are Commissioners Pegge Adams, Commissioner Brenda Clark, Commissioner Ted Henry, Commissioner John Northrup, Robert H. Cates, Debra Gilbert, Joe Massey, Kathy McGeathy, Arthur McGee, Barry McLemore, Chief John Mullaly, and Dr. Nallapu Reddy

Senior Centers	Services
Burton	Adult Day Care
Carman-Ainsworth	Case Management & Referral Services
Clio	Congregate & Home Delivered Meals
Davison Area	Elder Abuse and Exploitation Prevention Services
Eastside (Flint)	Guardianship/Conservatorship Services
Brennan (City of Flint)	In Home Personal Care
Hasselbring (City of Flint)	Legal Assistance
Flushing	Respite Care
	Senior Project Fresh

Senior Centers receive approximately 37% of the Senior Millage Funds.

Senior Service Providers receive approximately 59% of the Senior Millage funds.

Administration receives 4% of the Senior Millage

Senior Millage was adopted by Genesee County voters in August of 2006 for 10 years.

The purpose of the Senior Millage is to support services for Genesee County citizens 60 years of age or older.

Services offered to Seniors from October 1, 2007 through September 30, 2013

188,230 hours of Adult Day Care services provided	4,363 seniors attended a health & fitness activity
207,143 Congregate Meals have been served	830 seniors volunteered
1,379,883 Home delivered meals have been provided	5,511 seniors received a social service at the Senior Centers
7,169 hours of in-home minor chores provided	
253,710 hours of in-home personal care provided	
26,563 hours of in-home respite care provided	
3,960 hours of Guardianship/Conservatorship services	
11,648 Project Fresh Coupons distributed (each worth \$20)	
2,345 clients served through the Elder Abuse Exploitation & Prevention since 2010	
10,942 hours of legal assistance	
213 hours of Veterans service provided	
104,754 hours of Door to Door Transportation	

Over 14,800 Seniors attended the Senior Centers in the county for the fiscal year 2012-2013.

3,568 seniors attended an education activity

JANUARY SPECIAL HAPPENINGS



Monday, Jan. 13, 1pm, Hall A
Cornhole! Great indoor fun for the winter months. Come and give it a try. If you are already a player, join in on the fun. We guarantee, there will be fun, learning, tossing and laughter. It may just become a regular Loose thing. Who knows? We may have the next Cornhole champion right in our midst.

Spanish Fundamentals!

Thursday, January 9, 6:15 - 7:45 pm, 4 weeks, \$6, Sunroom
If you have some Spanish background from back in the day and want to brush up, or if you are interested in learning the fundamentals of the Spanish language, this class is for you. The emphasis will be basic conversational Spanish. There will be practice, time for questions, support and of course, fun while learning.



2013 INCOME TAX TALK

Wednesday, January 29, 10:30 Sunroom

The Michigan Income Tax changes of 2012 continue to affect seniors. For example, the law reduced the filing threshold forcing more seniors to file a state tax return. Join us at the Loose Center and hear tax professional, Ann Walker explain the changes. You will hear about the new tax law and understand how it changed your state income tax. There will be an opportunity for questions. The law affects those who have been getting the Property Tax Credit and those who have pensions. This is an opportunity to see what, if anything, is changed for you.

SENIOR WINTER GAMES

The Senior Winter Games Board of Directors is pleased to announce information for the 2014 Genesee County Senior Winter Games!

- ◆ Registration is open until January 16.
- ◆ The Opening Ceremony will be held at 1 pm on Monday, February 3 at Davison Senior Center.
- ◆ All events will be held from February 3 through February 19.
- ◆ The Closing Ceremony will once again be held at the Knights of Columbus Hall in Davison on February 20th.
- ◆ The registration fee is \$12 and includes the Opening Ceremony, Closing Banquet, event, and a Games shirt.

Please contact Loose for additional details.

The purpose of the Senior Winter Games (SWG) of Genesee County is to promote sportsmanship, physical and social activities among area Senior Citizens. The SWG is a cooperative effort of the Retired and Senior Volunteer Program, the Genesee County Senior Directors Association, all area Senior Citizen Centers and supporting businesses.

CATERED DINNER

To be held in our beautiful new hall!

FRIDAY, JANUARY 17, 5 PM, \$12

Guest Speaker Len Thomas,
"The Waterfalls of Michigan"

MENU

Cabbage Rolls, Chicken, Pulled Pork,
Au gratin Potatoes, Corn,
Salads, Rolls, Dessert & Drinks.

VETERANS & CAREGIVERS - JOIN US!

Tuesday, January 14, 10 am, Annex

Presented by Genesee County Department of Veterans Services & Valley Area Agency on Aging, topics will include, General VA Benefits, Disability Compensation, Dependents Education Assistance, VA Healthcare Enrollment. Please call ahead and register for this event.



Kidney Smart is the SMART START

Wednesday, January 22, 10 am, Annex

How do kidneys function and what is the cause of chronic kidney disease? What are "Kidney Enemies"? How do medications, exercise, diet & nutrition work together to keep you healthy? These and many more questions will be answered by a Kidney Smart Educator. Educate yourself, make a plan and take control. Register for this class today.

INTRODUCTION TO BASIC DRAWING

Monday, January 27-March 24, 1-3 pm, \$55 (8 classes), Hall B

This class introduces students to learning the basic forms and transitioning basic forms into shapes. Learn how to use values in your drawing to get depth, movement and use of negative space. Supplies necessary for class include: drawing paper or a sketch pad, kneaded eraser, white eraser and a 2B pencil. Instructor, Peggy Mattson

AARP TAX AID TAX HELP!

This is a free program that helps seniors low to moderate income with special attention to helping 60 and older taxpayers do their taxes. This service begins on Friday, February 7 (by appointment ONLY.) Please call the Loose Center at 810 735.9406 on or after Tuesday, January 28 to schedule an appointment. Tax preparation will begin on Friday, February 7.



NUTRITION & MORE

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am, Annex
Suggested donation for those 60 and over: \$2

Ages 59 and under: \$3.50

GCCARD provides daily congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735.9406 by 12 noon the day before. Sharing a meal with others is a great way to make friends. Menus are available in the office.

COFFEE HOUR

Wednesday, January 8, 9:30 am, Annex

We have coffee, tea, hot chocolate, doughnuts and a wonderful space so you can come and meet new friends, chat with old friends and catch up on all the happenings. *New members are especially encouraged to join us.*

POTLUCK DINNER

Friday, January 10, 5 pm, Annex

Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with a good old-fashioned potluck gathering. Loose Potlucks are among the best, so don't miss out! We also invite you to stick around after dinner and enjoy one of our many games.



MONTHLY VOLUNTEER MEETING

Thursday, January 23, 9:30 am, Annex

VOLUNTEERS, the new year is here, the new building is open and we would like to hold a special meeting during the January monthly meeting. Please join us at 9:30 for coffee and pastries and an opportunity to discuss all the possibilities in 2014.

Welcome

Genesee County

Department of Veterans Services

John Nelson, Deputy Director will be at Loose the second Tuesday of each month beginning at 9 am. John will be available to assist Local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, it is best to call Loose for an appointment.



Visit us on
Facebook

Loose has a Facebook page that is updated and a fun way to keep in touch. Check it out at, click the "Find us on Facebook" link on the Loose website at www.loosecenter.org.

Dinner at the FENTON HOTEL

Followed by a Spectacular Performance by

"The AMBASSADORS"

Friday, February 21, 2014

Dinner (Fenton Hotel) 5 pm

Can be seated as early as 4:30 pm

Show (Fenton High School) 7:30 pm

\$20 for both Dinner and the Show

(A \$6 savings)

Transportation on your own,

Reserve your spot by 2/1

The new year is upon us and it's time to treat yourself to an evening out with fine dining and a wonderful show. First stop is the FENTON HOTEL where you will be served either Chicken Pesto with rice pilaf or Perch Romano with mashed potatoes. Both entrees would come with a vegetable, house salad, homemade bread and a choice of beverage (coffee, pop, tea) This followed by the "Back by Popular Demand" performance by "The AMBASSADOR'S" of Fenton High School. When registering, please indicate meal choice.

Supporting our local students, businesses and enjoying each other's company is a win-win situation, space is limited, sign up today!

2014 CATERED DINNERS

To be held in our beautiful new hall!

FRIDAY, JANUARY 17, 5 PM, \$12

See page 3 for details.

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FRIDAY, FEBRUARY 14, 5 PM, \$12

Guest: The Loose Choir

MENU

Swiss Steak, Turkey, Sausage & Kraut,  
Mashed Potatoes, Green Beans, Corn,  
Salads, Rolls, Dessert & Drinks.

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TUESDAY, MARCH 18, 5 PM, \$12

Guest Speaker: Meteorologist, John McMurray

MENU TBD

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TUESDAY, APRIL 15, 5 PM, \$12

Guest Speaker: Dr. Mike Heberling

*"The Not So Good Old Days"*

MENU TBD

### INCLEMENT WEATHER POLICY

When the Linden Schools are closed due to weather conditions, the Loose Senior Citizen Center will be closed. Local television and radio stations will list the latest school closings. Feel free to call Loose for updates in scheduling.

# KEEPING FIT

## ZUMBA & ZUMBA GOLD \$5 per class

Low-impact dance/exercise class that includes stretching, balance and easy dance moves. **GOLD** is a specially designed class for the active older adult or unconditioned person. Wear comfortable clothes and smooth-soled athletic shoes and bring a water bottle.

## TAI CHI SIMPLIFIED YANG FORM \$5 per class

This doctor-recommended exercise increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow. For those who suffer from **ARTHRITIS**, Tai Chi is approved by the Arthritis Foundation. This class will help you see improvement in flexibility, balance, coordination, range of motion, strength and confidence.

## BODY RECALL \$3 per class

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.

## BIKING BUNCH Will return in the spring.

If you are interested in the Biking Bunch, please contact the Loose Center at 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.

**BEACHBALL VOLLEYBALL** A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us at 6 pm at Linden Elementary school located at 400 South Bridge Street in Linden.

## Wii BOWLING *New league begins 1/9/14*

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.**

## GOLF AT SHIAWASEE SHORES

See you in the spring!



Monday, January 13, 1 pm  
**Cornhole!** Great indoor fun for the winter months. Come and give it a try. If you are already a player, join in on the fun. We guarantee, there will be fun, learning, tossing and laughter. It may just become a regular Loose thing. Who knows? We may have the next Cornhole champion right in our midst.

# Pickleball

Try out the fastest-growing sport around! **Pickleball!** Similar to ping pong, badminton, and tennis, it's a fun, active game that can be mastered by anyone. Loose will host the Pickleball competition during the Senior Winter Games on February 5 at 10 am. Stop in and see what it is all about and watch for more information regarding open Pickleball play at Loose.

## YOGA \$5 per class

**GENTAL FLOW YOGA** Become aware of your body as you gently flow from one pose to another, making adjustments as you go. Learn how to hold the pose to increase your strength and concentration.

**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.

## LINE DANCE \$4 for one or both classes

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!

### MONDAY

9:30 am Yoga (gentle flow)  
5:00 pm **Zumba**  
LINDEN ELEMENTARY  
6:00 pm Volleyball

### FRIDAY

9:30 am Yoga (gentle flow)

### SATURDAY

9:00 am Yoga (gentle flow)  
10:15 am **Zumba**

### TUESDAY

9:15 am Tai Chi  
9:15 am Chair Yoga  
10:15 am **Zumba Gold**  
10:30 am **Body Recall**  
12:00 pm **Beg. Line Dance**  
1:00 pm **Adv. Line Dance**  
5:00 pm Yoga (gentle flow)

### WEDNESDAY

9:30 am Yoga (gentle flow)  
5:00 pm **Zumba**  
**Biking Bunch**  
**returns in the spring**

### THURSDAY

9:15 am Tai Chi  
9:15 am Chair Yoga  
10:00 am Wii Bowling  
10:15 am **Zumba Gold \***  
10:30 am **Body Recall**  
4:30 am **Zumba**  
5:00 pm Yoga (gentle flow)  
6:30 pm **Beg Line Dance**  
7:30 pm **Adv. Line Dance**

# Fitness Class Schedule

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

## ARTSY & CRAFTY

### **"ANYONE CAN PAINT"** Class Minimum: 6

**Monday, January 13, 12-2 pm, Sunroom, \$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 GROUP**

**Monday, January 27, 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.

### **SCRAPBOOKING**

**Tuesday, January 21, 1 pm, Bldg. A, Hall B, FREE**

Whether you have pictures from a recent event or from a storage bin, set this time aside to meet other scrapbookers for conversation, inspiration and fun! Bring your photos, scissors or paper trimmer and adhesive of choice. Workshop is open to beginner and experienced scrappers.

### **YARN RECYCLERS**

**Fridays, 10 am, Annex, 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/crochet group meets every Friday to knit or crochet needed items.

### **PAINTING GROUP**

**Mondays, 10 am, Hall B, 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!

### **WOOD CARVERS**

**Wednesdays, 12 - 2 pm, Hall A, 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.

We are always looking for new opportunities to learn and grow. If you have a special artistic talent that you would be willing to share by teaching a class or one time workshop, please contact Loose.

### **LOOSE LAPGHANS**

**Fridays, 1 pm, Hall A, 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! There is help to get you going again.

### **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.



### **10 MINUTE TABLE RUNNER**

**Wednesday, March 12, 9 am, \$2, Sunroom**

Easy peasy! Take just *10 minutes* to create a beautiful gift for the anytime of the year. Sign up today and make sure you stop by Loose and pick up a supply sheet. **Please note:** you will need to bring your sewing machine.



**Packed up and ready for delivery.**

**THANK YOU  
THANK YOU  
THANK YOU**

**A** big thanks to all who donated to the Loose Giving Tree. Mother Teresa said, "It's not how much we give but how much love we put into giving." There has never been any doubt about the love that Loose members have for this place and the community.



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

## CLASSES, 🎵 MUSICAL OPPORTUNITIES & MORE

Loose computer classes are especially tailored to the needs of senior citizens. 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.



### **PLEASE PREREGISTER FOR ALL CLASSES**

**All Computer classes will be held in the Sunroom**

### **DIGITAL PHOTOS**

**Wednesday, January 8 & 15, 4-6 pm, Bldg. A, \$20**

Did you receive a new camera or phone with a camera recently? We'll show you how to save, share, fine-tune, and order photos, photo books and other special photo gifts online right from home. Either bring your own photos on a personal flash drive or learn using ours. Prerequisites: Participants must be experienced using the mouse and Internet.

### **GETTING STARTED ON CRAIGSLIST**

**Wednesday, January 22 & 29, 4-6 pm, Bldg. A, \$20**

Participate in the resale market for recycling, clutter control or just for the fun of hunting for a bargain. Whether you're buying or selling, we'll get you started using free local online classified ads. Prerequisites: Participants must be experienced using the mouse and Internet and must have an email account or create one before the day of class. The perfect class to go along with the Digital Photo class. Sign up today!

### **IPAD 1**

**Wednesday, February 5 & 12, 4-6 pm, Bldg. A, \$20**

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad, including Camera, Calendar, Mail, Notes, Photos, iTunes, iPod, Video and the App Store.

### **IPAD 2**

**February 19 & 26, 4-6 pm, Bldg. A, \$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.

Sometimes all we need is a little one-on-one time to help us get past a computer road block. Kelly is available for individual help by appointment. For an appointment, call Kelly at 810.964.6455.

### **EUCHRE TOURNAMENT**

Friday, January 24, 5 pm

\$6 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and a 50/50 Raffle

### **GAMES**

**POOL PLAYERS** Bring a friend and play anytime.

**BRIDGE** Monday & Wednesday, 8 am - 2:30 pm

**BOARD GAMES** Friday, 10 am

**CHICAGO BRIDGE** Tuesday & Friday, 1 - 4 pm

**CHESS** Wednesday, 12:30 pm

**DOMINOES** Wednesday, 12:30 pm

**MAH JONGG** Tuesday, 3 pm

**PINOCHLE** Monday & Wednesday, 12:30 pm

**EUCHRE** Tues. & Thurs., 12:30 pm, Sat., 10 am

**CARDS & MORE** Thurs. 10:30 am

**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.



Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. Led by accomplished and dedicated musicians, director Gary Daniel and accompanist Ramona Deese, the choir 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. The choir is a very welcoming group; stop by and see! Loose CHOIR practices are Mondays, 3 pm, Sunroom



### **KARAOKE**

**Mondays 7 pm, Sunroom**

Karaoke is just plain fun. If you have always wanted to try, this is the place to start. The group is very encouraging and many friendships have been formed. Also, feel free to just come and listen. Just say YES to the fun.

# January 2014

## OFFICE HOURS

Monday - Friday  
8:30 am- 4 pm

## PHONE

810.735.9406

## FAX

810.735.4255

## EMAIL

lsc@looseseniorcenter.org

## WEBSITE

www.looseseniorcenter.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## LOOSE STAFF

Carl Gabrielson  
*Executive Director*

Melinda Elmore-Hajek  
*Program Director*

Whitney Hayes  
*Business Manager*

Cheryl Rex  
*Clerk*

Bonnie Meadows  
Kathy Metivier  
*Receptionist*

Randy Green  
*Maintenance*

| 1                                                                                                                                                                                                                                                                                                                                                                              | 2                                                                                                                                                                                                                                                                                                              | 3                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>HAPPY NEW YEAR 2014</b></p> <p><b>LOOSE CLOSED</b></p>                                                                                                                                                                                                                                | <p>9:15 Tai Chi<br/>9:15 Chair Yoga<br/>10:00 AMVET REP<br/>10:15 Zumba Gold<br/>10:30 Body Recall<br/>10:30 Cards &amp; More<br/>11:15 Farmers' Market Trip<br/>11:30 Lunch <i>Chicken</i><br/>12:30 Euchre<br/>3:00 Mah jongg<br/>4:30 Zumba<br/>5:00 Yoga<br/>6:30 NO Line Dance</p>                        | <p>9:00 MMAP Counselor<br/>9:30 Yoga<br/>10:00 Yarn Recyclers<br/>10:00 Board Games<br/>11:30 Lunch <i>Lasagna</i><br/>1:00 Lapghans<br/>1:00 Chicago Bridge<br/>Scrabble Tournament</p> <p><b>SATURDAY January 4</b><br/>Scrabble Tournament<br/>9:00 Yoga<br/>10:00 Euchre<br/>10:15 Zumba</p> |
| <p>8:00 Bridge<br/>9:00 Gun Lake Casino<br/>9:00 Blood Pressure Check<br/>9:00 Manicures<br/>9:30 Coffee Hour<br/>9:30 Yoga<br/>10:30 Watch Repair<br/>10:30 Investment Perspective<br/>11:15 Art à la Carte<br/>11:30 Lunch <i>BBQ Pork Sandwich</i><br/>12:00 Wood Carving<br/>12:30 Pinochle/Dominoes/Chess<br/>3:15 Coupon Club<br/>4:00 Digital Photos<br/>5:00 Zumba</p> | <p>9:15 Tai Chi<br/>9:15 Chair Yoga<br/>10:00 Wii Bowling<br/>10:15 Zumba Gold<br/>10:30 Body Recall<br/>10:30 Cards &amp; More<br/>10:30 Massage<br/>11:15 Farmers' Market Trip<br/>11:30 Lunch <i>Beef Liver</i><br/>12:30 Euchre<br/>4:30 Zumba<br/>5:00 Yoga<br/>6:15 Spanish<br/>6:30 Beg. Line Dance</p> | <p>9:00 MMAP Counselor<br/>9:30 Yoga<br/>10:00 Write Your Life<br/>10:00 Yarn Recyclers<br/>10:00 Board Games<br/>11:30 Lunch <i>Chicken</i><br/>1:00 Lapghans<br/>1:00 Chicago Bridge<br/>5:00 Potluck</p> <p><b>SATURDAY January 11</b><br/>9:00 Yoga<br/>10:00 Euchre<br/>10:15 Zumba</p>     |
| <p>8:00 Bridge<br/>9:00 Massage<br/>9:30 Yoga<br/>10:00 Investment Prospective<br/>10:00 Painting<br/>11:30 Lunch <i>Fried Chicken</i><br/>12:30 Pinochle<br/>2:00 Listening Ear<br/>3:00 Choir<br/>5:00 Zumba<br/>6:00 Volleyball<br/>6:00 TOPS Weigh-in<br/>7:00 Karaoke</p>                                                                                                 | <p>9:15 Tai Chi<br/>9:15 Chair Yoga<br/>10:00 Loose Threads<br/>10:15 Zumba Gold<br/>10:30 Body Recall<br/>11:00 Blood Pressure<br/>11:30 Lunch <i>Turkey Ham</i><br/>12:00 Beg. Line Dance<br/>12:30 Euchre<br/>1:00 Adv. Line Dance<br/>1:00 Chicago Bridge<br/>3:00 Mah jongg<br/>5:00 Yoga</p>             | <p>8:00 Bridge<br/>9:00 Massage<br/>9:30 Yoga<br/>10:00 Investment Prospective<br/>10:00 Painting<br/>11:30 Lunch <i>Fried Chicken</i><br/>12:30 Pinochle<br/>2:00 Listening Ear<br/>3:00 Choir<br/>5:00 Zumba<br/>6:00 Volleyball<br/>6:00 TOPS Weigh-in<br/>7:00 Karaoke</p>                   |



# LINDEN'S COMPLETE AUTO REPAIR

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FAX (810) 232-0222



## LEO'S CONEY ISLAND

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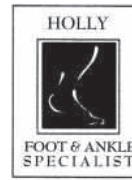


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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Broiled Steak</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 CornHole Demo</p> <p>1:00 Book Club</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>             | <p>9:15 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>9:00 Veteran Services</p> <p>10:00 Loose Threads</p> <p>10:00 Veterans &amp; Caregivers</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>11:30 Lunch <i>Baked Pork</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p>                           | <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Legal Service</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Veal Parmesan</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Digital Photos</p> <p>5:00 Zumba</p> | <p>8:00 Board Meeting</p> <p>Senior Winter Games Reg. Due</p> <p>9:15 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>10:30 Cards &amp; More</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Roast Beef</i></p> <p>12:30 Euchre</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish</p> <p>6:30 Line Dance</p>                     | <p>8:15 Lifelong Learning <b>17</b></p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Turkey Soup</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Catered Dinner</p> <p>6:15 FIM Jazzmen Concert</p> <p>SATURDAY January 18</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Flint Symphony</p> |
| <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Slicked Turkey</i></p> <p>12:30 Pinochle</p> <p>1:00 Drawing Class</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 Classical Music &amp; Tea</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p> | <p>8:30 Podiatrist</p> <p>Call in for Tax Appointments</p> <p>9:15 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>11:30 Lunch <i>Roasted Chicken</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p> | <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Goulash</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Craigslist</p> <p>5:00 Zumba</p>                                     | <p>9:15 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:00 Wii Bowling</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards &amp; More</p> <p>10:30 Massage</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Greektown Casino</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:30 Euchre</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish</p> <p>6:30 Beg. Line Dance</p> | <p>9:00 MMAP Counselor <b>24</b></p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Baked Fish</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY January 25</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>                                                                                 |
| <p><b>LOOSE</b></p> <p><b>CLOSED</b></p> <p>IN HONOR OF</p> <p><b>Martin</b></p> <p><b>Luther King Jr.</b></p> <p>DAY</p>                                                                                                                                                                                                                                         | <p>9:15 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>11:30 Lunch <i>Beef Stroganoff</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p>                                                                 | <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Kidney Smart</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Pork Loin</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Craigslist</p> <p>5:00 Zumba</p>         | <p>9:15 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:00 Wii Bowling</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards &amp; More</p> <p>10:30 Massage</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Greektown Casino</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:30 Euchre</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish</p> <p>6:30 Beg. Line Dance</p> | <p>9:00 MMAP Counselor <b>25</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>                                                                                                                                                                                                                                                                                                                                   |
| <p><b>27</b></p>                                                                                                                                                                                                                                                                                                                                                  | <p>8:30 Podiatrist</p> <p>Call in for Tax Appointments</p> <p>9:15 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>11:30 Lunch <i>Roasted Chicken</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p> | <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Goulash</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Craigslist</p> <p>5:00 Zumba</p>                                     | <p>9:15 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:00 Wii Bowling</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>10:30 Cards &amp; More</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Chili</i></p> <p>12:30 Euchre</p> <p>4:30 NO Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish</p> <p>6:30 Beg. Line Dance</p>                                                     | <p>9:00 MMAP Counselor <b>31</b></p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Mac &amp; Cheese</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>3:00 OPEN HOUSE</p> <p>7:00 Million Dollar Quartet</p> <p>SATURDAY February 1</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>                                                                             |

## HEALTHY LIVING

### ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm, Hall B

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 particularly encourages attendance by those who are newly diagnosed with Alzheimer's.

### WRITE YOUR LIFE STORY

Friday, January 10, 10 am, Annex

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.

### LOOSE BOOK CLUB

Monday, January 13, 1 pm, Hall B

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!

### ENERGY HEALING WORKSHOP

Christine will return in the spring.

Come Tap with us! Learn how tapping the Meridian points on the upper body stimulates the energy pathways of the body similar to acupuncture, with an added psychological focus. Releases stress, traumas, depression and fears. This technique can be used to accomplish many objectives for joyful living. It is a relaxing, simple, easy-to-use tool that brings a feeling of internal massage. Christine Shreve is the certified EFT Coach.

### LISTENING EAR

Monday, January 6, 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.



*"This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work."*

### INVESTMENT PERSPECTIVE

Monday, January 6, 10 am, Sunroom

Financial Advisor Chad Robinson will be discussing a variety of relevant financial topics including today's market, investment strategies, living in retirement, and ways to protect what is important. Investment Perspective will follow the Coffee Hour on the 2nd Wednesday of each month.

**Welcome Back!**

### CLASSICAL MUSIC AND TEA

All classes are 6-8 pm, Bldg. A, \$2/class,

Monday, January 27, Gershwin & Mixed Tea, Hall B

Thursday, February 20, Bizet, Sunroom

Thursday, March 20, Debussy, Sunroom

Thursday, April 17, Copland, Sunroom

Thursday, May 15, Beethoven, Sunroom

Thursday, June 19, Mozart, Sunroom

Thursday, July 17, Handel, Sunroom



A tantalizing exploration and discussion of a classical composer and two different teas. Guaranteed to give your ears and taste buds a lovely evening. Class led by our very special Whitney Hayes.

### HISTORY DISCUSSION

Women in the World War II Effort

Thursday, February 13, 6:30 - 8 pm, Sunroom

During World War II, some 350,000 women served in the U.S. Armed Forces, both at home and abroad. Meanwhile, widespread male enlistment left gaping holes in the industrial labor force. Between 1940 and 1945, the female percentage of the U.S. workforce increased from 27 percent to nearly 37 percent. Join Whitney as she leads the group in discussion on this defining moment in history.

Napoleon and the French Revolution

Thursday, March 6, 6:30 - 8 pm, Sunroom

The French Revolution was a period of radical social and political upheaval in France from 1789 to 1799 that had a fundamental impact on French history and on modern history worldwide. History buff or not, this is a great chance to dialogue or just listen and learn. Sign up today!

### ONLINE SAFETY

Wednesday, February 26, 10 am, Sunroom

A representative from the Attorney General's office is back to share important information on avoiding Internet scams and fraud. The presentation will also include many helpful online resources. Please call the Loose office and register for this important presentation.

# HEALTH SERVICES & TRANSPORTATION

## MATTER OF BALANCE - FREE

Beginning Wednesday February 19, 2-3 pm, Sunroom  
Class will meet for 8 weeks. Tested tried and true, this eight-session, small class setting is facilitated by caring, well trained volunteers and will change your life. Participants of



this program learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Space is limited, so please call Loose and sign up today!

**MASSAGE**  
Mondays, 9 am & 2nd & 4th Thur., 10:30 am, Annex  
\$5 for 7-minute session or \$10 for 15-minute session.

Schedule today! Call 735.9406 for an appointment.

## PODIATRIST

Tuesday, January 28, by appointment, Annex  
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. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

## FREE HEARING CLINIC

Friday, January 17, 10 am (by appointment), Annex  
Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

## MANICURES

Wednesday, by appointment, beginning at 9 am, \$10, Annex  
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.*

## 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. A monthly pass is available for \$35 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.

## WEEKLY SCHEDULED VAN DESTINATION

*Please call 24 hours in advance to schedule a ride.*

**WEDNESDAY – ART À LA CARTE** (see page 14 for details)

11:15 am departure, return 2 pm, \$4 roundtrip

**THURSDAY – Flint Farmers' Market**

11:15 am departure, return 2:30 pm, \$4 roundtrip

**TRIP 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.

## FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

- 1<sup>st</sup> Tuesday of each month, 11 - 12 noon (BP only)
- 2<sup>nd</sup> Wednesday of each month, 9 - 10 am
- 3<sup>rd</sup> Thursday of each month, 11 - 12 noon (BP only)
- 4<sup>th</sup> Monday of each month, 11 am - 12 pm



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

## SPECIAL SERVICES & SUPPORT

### LEGAL ADVICE

3rd Wed. of the month, 9:30 am -12:30 pm, Annex  
Attorney Sharon Miner 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 each month, 10 am -12 noon, Annex  
If you are having any problems with a place of business or are wondering if you have been scammed, call for an appointment or stop and talk 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.

### 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!

### 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 it is disposed of properly.

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

Our MMAP Counselor, Ann Walker, 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.

### VG's YES CARD ADVANTAGE

Be sure to designate Loose as the recipient of the points from your VG's 'YES' card. Points mean \$ for Loose. If you are not sure if Loose is set to receive your points, please stop by customer service at VG's or the Loose office. The **NEXT** week to shop using your 'YES' cards linked to Loose is **January 12-18, 2013**. Purchases you make on those days with your 'Yes' card will automatically be added to the Loose account.



### 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!

### WATCH REPAIR

2nd Wed. of each month, 10:30 am - 1 pm, Annex  
Specializing in battery replacement and/or adjustment, Angela Waldowski has over 30 years of experience in the trade. *There is a cost for most repairs, so please inquire prior to the service.*

**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.

**AARP TAX-AIDE** Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 248.634.1216 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at [www.aarp.org/taxaide](http://www.aarp.org/taxaide).

### TOPS (*Take Off Pounds Sensibly*)

**Mondays, 6:00 pm, Annex** For information, please contact the Loose Center at 735.9406.

**CARE 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.

### SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are 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@looseseniorcenter.org](mailto:lsc@looseseniorcenter.org) so we can spread the sunshine.





## MEMBER PRIVILEGES & FUNDRAISING

**FREE BREAD** Volunteers pick up day old bread each Monday and Wednesday from VG's. It is available on a first-come, first-served basis at the Loose Center from 8:30 - 10am.

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

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

**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.

**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, which is due January 1st.

### A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.

The annual membership fee of \$25 per person is due for 2014. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

### THE LOOSE COMMUNITY ANGELS

The Community Angels are a group of senior citizens from the Loose Senior Citizen Center whose mission is to assist community organizations that are helping those in need. If you are interested in becoming a Loose Angel, call or stop by the Center and indicate your interest. Look for our Angels supporting community organizations/agencies with their charitable causes.

**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.

### WE SAVE...

**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!

**SPARTAN STORES** will donate \$20 for every 1,000 Spartan UPC labels. Drop them off at the Loose Center office.

**VG'S** donates a percentage from sales when using the 'YES' card during designated dates. Be sure to designate Loose as the recipient of the points from your VG's 'YES' card.

### 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** We receive cash for paper. Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow Abitibi bin 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.

**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 Fenton, the Harding Foundation and donations from individuals.

**RUMMAGE SALE** Due to storage restraints, **we will not be collecting rummage until further notice.** Please consider passing your donations along to another worthy organization.

**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.

Provide us with your PICTURE, updated contact information 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."*

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

**TRIPS @ A GLANCE**

|                |                                        |        |
|----------------|----------------------------------------|--------|
| January 8      | Gun Lake Casino                        | \$35   |
| January 17     | FIM Concert - Jazzmen                  | \$5    |
| January 18     | Flint Symphony                         |        |
| January 23     | Greektown Casino                       | \$26   |
| January 31     | Million Dollar Quartet                 | \$57   |
| February 3     | Soaring Eagle & Vicki Lawrence         | \$30   |
| February 7     | FIM Concert - Roger Jones, Jazz Band   | \$5    |
| February 8     | Flint Symphony                         |        |
| February 9     | Detroit Symphony Orchestra <b>NEW!</b> | \$107  |
| February 11    | "Hamlet"                               | \$35   |
| February 13-20 | San Antonio & Galveston                | \$2349 |
| February 20    | Hollywood Casino <b>NEW!</b>           | \$28   |
| March 9        | "Menopause the Musical"                | \$50   |
| March 12-13    | Kewadin Casino <b>NEW!</b>             | \$115  |
| March 15       | Flint Symphony                         |        |
| March 16-24    | Gulf Shores & The Deep South           | \$1599 |
| March 17       | Soaring Eagle & The 4 Irish Tenors     | \$30   |
| March 21       | Cirque Mechanics                       | \$45   |
| March 25-31    | Arizona                                | \$1854 |
| April 4-8      | Cherry Blossom Tour & More             | \$949  |
| April 10       | Caesar Windsor                         | \$18   |
| April 18       | "West Side Story"                      | \$60   |
| April 22       | "Journey to Freedom" <b>NEW!</b>       | \$57   |
| April 25       | FIM Concert - Nicholas Tobin, Cello    | \$5    |
| April 26       | Former SNL Stars                       | \$50   |
| April 30       | FireKeepers                            | \$30   |
| May 3          | Flint Symphony                         |        |
| May 7          | Tulip Time Festival <b>NEW!</b>        | \$98   |
| May 14         | Greektown                              | \$26   |
| May 17         | Mike Super Magic & Illusion            | \$30   |
| May 21         | Historical Detroit <b>NEW!</b>         | \$70   |
| May 23         | FIM Concert - Kyle Canjar, Guitar      | \$5    |
| June 1-6       | Cape May                               | \$1249 |
| June 10        | Turkeyville "Boogie Woogie Swing"      | \$76   |
| June 18-19     | Kewadin Casino <b>NEW!</b>             | \$115  |
| June 19        | Michigan Princess <b>NEW!</b>          | \$77   |
| July 8-10      | National Cherry Festival               | \$490  |
| July 14-18     | New York City <b>NEW!</b>              | \$929  |
| Aug. 2-10      | Nova Scotia                            | \$3199 |
| August 18      | Soaring Eagle & Doo Wop Show           | \$30   |

Detailed flyers are available at the Loose Center. **Please note:** A reservation is made only when a deposit has been received.

**LIFELONG LEARNING FOR SENIORS**

**\$8 (includes transportation - departs 8:15 am)**

An opportunity offered by Mott Community College. Enjoy great speakers who will inspire and refresh, along with a wonderful continental breakfast. Takes place in the Regional Technology Center Auditorium.

**Friday, January 17, 2014**

**The Life and Career of Charles Kettering.**

Mr. White has worked researching Flint history his entire career. His latest effort has been ot research and chronicle the life and caree of Flint Inventor, Charles Kettering. Come and learn about one of the most significant figures in the history of our great city.

**Friday, February 21, 2014**

**A Career with NBC & John Rios: Caricature Artist**

**Register by noon on the Wednesday prior to the event.**



**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 11:15 am. Cost: \$4 (transportation)

**January 8**

Augustus Saint-Gaudens: Master of American Sculpture

**January 15** Mount Rushmore

**January 22** Stories

**January 29** History

**FREE FIM FACULTY CONCERTS**

**\$5 (transportation),** Depart, 6:15 pm,

Show Time, 7:00 pm, Return, 9:00 pm



**Friday, January 17, JAZZMEN**

**Friday, February 7, ROGER JONES, JAZZ BAND**

**Friday, April 25, NICHOLAS TOBIN, CELLO**

**Friday, May 23, KYLE CANJAR, GUITAR**



**JOIN LOOSE @ THE WHITING**

*Details available at the Loose Center*

|               |                                        |      |
|---------------|----------------------------------------|------|
| Fri., Jan 31  | <b>Million Dollar Quartet</b>          | \$57 |
| Tues., Feb 11 | <b>"Hamlet"</b>                        | \$35 |
| Sun., Mar 9   | <b>"Menopause the Musical"</b>         | \$50 |
| Fri., Mar 21  | <b>Cirque Mechanics</b>                | \$45 |
| Fri., Apr 18  | <b>"West Side Story"</b>               | \$60 |
| Sat., Apr 26  | <b>Former SNL Stars</b>                | \$50 |
| Sat., May 17  | <b>Mike Super Magic &amp; Illusion</b> | \$30 |

There are a limited number of tickets and all tickets on hold are released one month before the performance, so PLEASE REGISTER EARLY!



Wed, March 12-13, 2014  
Departs: 7 am - Returns: 8 pm  
\$ 115.00 per person

Tour Includes Transportation *plus*

- 1 nights lodging at Kewadin Casino Resort
  - \$10 Food Voucher at St. Ignace
  - Two \$10 Coin Vouchers at St Ignace
  - Two \$10 Coin vouchers at Kewadin Casino Sault Ste. Marie
  - 1 Buffet Breakfast value of \$7
- Deposit of \$30 holds reservation, balance due Feb. 7, 2014*

## AND MORE TRIPS *In order to secure a spot all travel reservations must be accompanied with a payment.*



### Detroit Symphony Orchestra Featuring "A Century of Broadway" Sunday, February 9, 2014

**Tour Includes Transportation and lunch at Da Edoardo Fox-town Grille, Detroit Opera Hall, 3 pm show time.**

Departs: 10:45 am (Kmart on Silver Parkway in Fenton)

Returns: Approximately 7:15 pm **\$ 107 per person**

### TEXAS, San Antonio & Galveston

February 13-20, 2014, \$2,349 Double

INCLUDES ROUND TRIP AIR *PLUS*

7 nights lodging, 6 breakfasts, 2 kickback receptions, 3 dinners

|                                                      |                                |
|------------------------------------------------------|--------------------------------|
| Sightseeing tour of Houston, Galveston & San Antonio | San Antonio river Cruise       |
| Moody Gardens                                        | LBJ Ranch, Library & Museum    |
| Space Center Houston                                 | Austin's' Capitol Building     |
| Alamo & San Jose Mission                             | SAS Shoe Factory Tour & More   |
| Institute of Texas Cultures                          | Airline fees, Luggage Handling |
|                                                      | Taxes & Tips on Included Meals |

### Gulf Shores & The Deep South

March 16-24, 2014, \$1,599 Double

INCLUDES TRANSPORTATION *PLUS*

8 nights lodging (5 nights at the 4 star Perdido Beach Resort)

8 breakfasts, 2 receptions, 3 dinners

|                                |                                   |
|--------------------------------|-----------------------------------|
| Ave Maria Grotto               | Dolphin Watch Cruise              |
| Bellingrath Gardens            | Birmingham Civil Rights Institute |
| Mobile Carnival Museum         | Leisure Time                      |
| National Naval Aviation Museum | Optional Activities               |
| Day trip to Pensacola          | Luggage Handling                  |
| Fort Barrancas                 | Taxes & Tips on Included Meals    |

### ARIZONA March 25-31, 2014, \$1,854 Double

INCLUDES FLIGHT & DELUXE MOTORCOACH *PLUS*

6 nights at the Radisson fort McDowell Resort

1 Lunch, 6 dinners

FEATURING: Pinnacle Peak Patio, apache Trail, Dolly Steamboat, Tortilla Flat, Casa Grande Ruins, Gila River Arts & Crafts Community, Desert Botanical Garden, Rockin' R Ranch, San Xavier del Bac Mission, Saguaro National Park, Arizona Sonora Desert Museum, Sedona (tour, winery tour & shopping), Wrigley Mansion Guided Tour, Old Town Scottsdale, Taliesen West Guided Tour, Sonora Desert, Superstition Mountains.

### Washington DC Cherry Blossom Tour

April 4-8, 2014

**Tour Includes Transportation and:** 4 nights Lodging, 4 Breakfast Buffet & 2 Dinners, Pizza Party Dinner & Drinks, Washington Cherry Blossom Festival, Sight Seeing Tour of D.C., Arlington National Cemetery, Mt. Vernon, Monticello, Woodrow Wilson Presidential Library & Museum. **\$949 double, \$1319 single**



Tuesday, April 22, 2014

Departs: 7:45 am - Returns 5:15 pm

**\$ 57.00 per person**

**Tour Includes Transportation and:** Journey to Freedom Tour - Hear the legends, learn the facts, explore the history of the underground Railroad and much more and lunch at Haab's Restaurant which dates back to the mid-19th century.

### Tulip Time Festival

Holland Michigan

Wednesday, May 7, 2014

**\$98.00 per person**

Depart 8:00 am - Returns 9:00 pm

**Tour Includes Transportation and Lunch at the Alpen Rose Restaurant. A stop at the Dutch Marketplace, Enjoy Volksparade! And the Veldheer Tulip Gardens.**

### HISTORICAL DETROIT

Wednesday, May 21, 2014

Departs: 7:45 am - Returns 5:00 pm

**\$ 57.00 per person**

**Tour Includes Transportation and:**

- ◆ Detroit Historical Museum
- ◆ Lunch at the Detroit Beer Company
- ◆ Guided tour of Hitsville USA.



### Cornwell's Turkeyville Dinner Theater

Featuring "Boogie Woogie Swing Time"

Tuesday, June 10, 2014

**Tour Includes Transportation and Complete Turkey Lunch Buffet along with Cornwell's Turkeyville Dinner Theater "Boogie Woogie Swing Time," A musical comedy tribute to our military forces of today and yesterday.**

Departs: 9:15 am (Kmart on Silver Parkway in Fenton)

Returns: Approximately 6:45 pm **\$76 per person**

### The Michigan PRINCESS

Thursday, June 19

**\$77**

Lunch Cruise along Lansing's Grand River

**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406

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Visit Loose on the web @  
[www.loosecenter.org](http://www.loosecenter.org)

*Welcome Home!*



In October 2011 the Loose fitness classes were displaced due to the fire. Our friends at Hope Lutheran Church open their doors for over two years, classes were held in their beautiful hall. Monday, December 9, we welcomed our classes back home! It was a good day (Yoga class is pictured on the front).