

# South End NEWS

FEBRUARY 2014

## LOOSE SENIOR CITIZEN CENTER



*"Do everything you can to preserve and protect love so that it endures forever."*

*~Jennifer Smith*

## DIRECTOR'S MESSAGE



Dear Friends,

Love comes at an early age. It develops with a bond to family and friends. In most cases a person's first love is a parent or specifically your mother. Throughout your life she was always there to comfort you, share good and bad times and always love you. Your parents set the mantle of your trust in others.

As your life continued on, your love grew for others. Everyone can remember their first love or that first kiss. It was a person who had your same interests, handsome and made your heart race. These relationships gave you a feeling of comfort and joy. As you entered adulthood your bonds with others took a different turn. You found that special person who wanted to share the same dreams and goals. Your feelings became stronger, your heart grew with passion and you wanted to be with them every waken hour. As this bond grew your love became one in marriage. You set forth to make your dreams and goals become a reality. You established a home, had children, grand children and great-grand children. You spent a life time building memories. You shared your vast wealth of love with your precious family and friends. Then time passes and we begin to witness family moving away to build their own dreams and goals.

We face the sorrow of losing relatives and friends. Our life has gone full circle and we find ourselves in the arms of that special person that started it all. The love grows deeper and we find ourselves reestablishing our goals and dreams for our new future together. Love is something that never ends. It is always in your heart. It is the one thing that will see you through the good times and the bad, comfort you in sorrow and keep you close to the ones you love. So, no matter what life gives you, "Do everything you can to preserve and protect love so that it endures forever".

All is well and Happy Valentines Day!

**Carl Gabrielson**  
*Executive Director and Hopeless Lover*

## GIVING TREE UPDATE!

In the December issue of our South End News, we showed an image of the new Loose Center "Giving Tree" being purchased. This "Giving Tree" measuring 6 ft. 3 in. wide by 7 ft. 7 in. tall will be mounted on an interior wall of our new building. It has 400 leaves, of which approximately 345 are being inscribed for donors who have made contributions since our September 31, 2011 fire. These donors represent 23.5% of our Loose membership. It is our way of thankfully recognizing the generosity of these donors. It should be noted that we had 90 additional anonymous donors.

While our new building construction expense of \$875,000 was almost the amount budgeted, we are spending additional monies for other needs related to our buildings. For example, all new tables and chairs for "Margie Hodges' Hall" have been purchased at a cost of over \$25,000. These tables and chairs will be used for many years to come. As the months and years go by, other monies will be needed to maintain our new building. So, we are asking for additional donations, especially from those who have not made a contribution since September 31, 2011. We have about 55 leaves left on the "Giving Tree" to be inscribed. We are taking donations of a \$100 or greater until March 31, 2014 for the remaining 55 leaves.

We would like to thank all the wonderful Loose Seniors for your past and hopefully future donations. We have a great program established and we want to continue meeting future challenges and costs. Please keep our Loose Center in your 2014 gifting plans.

## FENTON COMMUNITY EXPO

**Saturday, March 1, 10 am - 5 pm**

**Sunday, March 2, 11 am - 4 pm**

Fenton High School, 3100 Owen Road

Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, giveaways, food booths and more. There will be many demonstrations and of course Loose will be there so be sure to stop by the Loose Center Booth and say, "HI"!

## 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.



## FEBRUARY SPECIAL HAPPENINGS

### 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 will 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 AMBASSADORS" 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!

### 2012-2013 INCOME TAX TALK

Tuesday, February 5, 12 Noon, Bldg. A

Confused about how the Michigan Income Tax changes for 2013 affect seniors? Join us at the Loose Center and hear tax professional Ann Walker explain the changes. There will be an opportunity for questions. The law affects those who have been getting the Property Tax Credit and those who have pensions.

### PIANO LESSONS

*Beginning - Intermediate*

Mondays, beginning February 24 @ 4:30 pm, \$10 for a six week session. All students will meet with the instructor and get a plan to fit their specific needs. Lessons will last 20 minutes.

*Time slots are limited, so call Loose to secure your time.*



### 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.

### CATERED DINNER

*To be held in our beautiful new hall!*

FRIDAY, FEBRUARY 14, 5 PM, \$12

ENTERTAINMENT

The Loose Choir

MENU

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

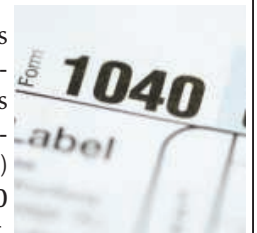


### AARP TAX AID TAX HELP!

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 to schedule an appointment.

Tax preparation will begin on Friday, February 7.



### HISTORY DISCUSSION

Women in the World War II Effort

Thurs., Feb. 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.



### 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!



## 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, February 12, 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, March 14, 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, February 20, 9:30 am, Annex

This time is set aside for committees to meet and plan. Committee heads should contact their members if they plan to meet during this time. Coffee will be available.



### ORGANIZATIONAL MEETING

Wednesday, March 19, 9:30 am  
*Relaxed rules.*

As we head into season number three, with a very successful record which includes a lot of fun, we hope you will consider dusting off the old mitt and joining us the 2014 year. If you are 60 year or older and enjoy playing the game, we want you! Games are Wednesday and practice was on Mondays, the cost for the 12-game season plus playoffs is \$35 per player. **Bonus:** Good fun, new friends, pizza party and golf outing at end of season! **Questions?** Call Loose at 735•9406.



### LUNCH

Wed., Feb. 12, 11:30 am, \$3

There will be no GCCARD lunch served on this day. So, join us for a fun pizza lunch. There will be salad, dessert and beverage. Sign up today!

## 2014 CATERED DINNERS

~~~~~  
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.

~~~~~  
TUESDAY, MARCH 18, 5 PM, \$12

Guest Speaker: Meteorologist, John McMurray

#### MENU

Traditional Corn Beef, Potatoes, Cabbage,  
Chicken, Mac & Cheese, Green Beans, Corn,  
Salad, Rolls, Dessert & Drinks.

~~~~~  
TUESDAY, APRIL 15, 5 PM, \$12

Guest Speaker: Dr. Mike Heberling

*"The Not So Good Old Days"*

MENU TBD



Friday, March 14, 1 pm, Annex, FREE, Limit 50

*Don Korth on the*

*Bossa Nova Nylon String Classical Guitar*

Flint native and professional musician Don Korth has been thrilling audiences with his skill on the nylon string classical guitar for over 40 year. Bossa Nova is his favorite music to play and you will enjoy hearing and learning about such classic as "Girl From Ipanema", "Wave" and "One Note Samba". Don brings his talent, good humor and energy to the stage. This is the perfect start to the weekend, sign up today. *Brought to us by The Whiting and a generous grant from the Ruth Mott Foundation, with support from the C.S. Mott Foundation.*

## 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 3/27/14*

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!



**CORNHOLE** Every Monday at 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

Wednesday, 6:15 - 9 pm, \$2

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 Tuesday Class - \$4 Thursday Class - \$5

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)  
1:00 pm Cornhole  
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  
6:15 pm Pickleball  
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)  
6:00 pm Beg Line Dance  
7:00 pm Adv. Line Dance

## Fitness Class Schedule

PLEASE CHECK THE MASTER  
CALENDAR FOR SPECIAL CLOSINGS.



## ARTSY & CRAFTY

**“ANYONE CAN PAINT”** Class Minimum: 6

**Monday, February 10, 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, February 24, 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, February 18, 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

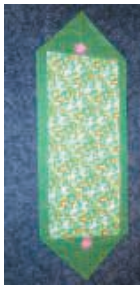
**Fridays, 1 pm, Hall A, FREE**

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.

Quilt  
Raffle



These beautiful quilts were made by the Loose Threads that meets at Loose each Tuesday morning. The material was donated, their time, effort, imagination and hard work was also donated. They then donated the quilts to be raffled off with the proceeds going to benefit Loose.

**Tickets are \$1 each or 6 for \$5**

*The drawing will take place on  
Thursday, May 22 at the dinner at Linden High School.*

## 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**

#### **IPAD 1**

**Wednesday, February 5 & 12, 4-6 pm, Sunroom, \$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, Sunroom, \$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.

#### **FACEBOOK**

**Wednesday, March 5 & 12, 4-6 pm, Sunroom, \$20**

Learn the basics of social networking, register on Facebook for some hands-on learning and generate plenty of discussion about the advantages and disadvantages of this phenomenally popular website.

#### **WEBWISE**

**Wednesday, March 19, 4-6 pm, Sunroom, \$10**

Make the most of your online experience. Learn about search engines, email, browsers, shortcuts and the ins and outs that will make your time on the web productive time.

#### **MANAGE YOUR FILES & FOLDERS:**

**Tips for keeping your pc files organized**

**Wednesday, March 26, 4-6 pm, Sunroom, \$10**

Just like the old four-drawer file cabinet, your computer has the capability of being organized in ABC order, date order, or the way you like it. It's all about files and folders and how to create them and name them. This is vital information to help you maximize the convenience of your computer.

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, February 28, 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.**





# February 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

| MONDAY                                                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>8:00 Bridge<br>9:00 Massage<br>9:30 Yoga<br>10:00 Investment Perspective<br>10:00 Painting<br>10:00 Soaring Eagle<br>11:30 Lunch <i>Steak</i><br>12:30 Pinochle<br>1:00 Drawing Class<br>1:00 Cornhole<br>3:00 Choir<br>5:00 Zumba<br>5:00 Volleyball<br>6:00 TOPS Weigh-in<br>7:00 Karaoke            | <b>4</b><br>9:15 NO Tai Chi<br>9:15 Chair Yoga<br>10:00 Loose Threads<br>10:30 Body Recall<br>10:15 Zumba Gold<br>11:00 Blood Pressure<br>11:30 Lunch <i>Chicken</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>5:30 Yoga                            | <b>5</b><br>8:00 Bridge<br>9:00 Manicures<br>9:30 NO Yoga<br>10:00 SWG Pickleball<br>10:00 Consumer Fraud<br>11:15 Art à la Carte<br>11:30 Lunch <i>Beef Barley Soup</i><br>12:00 Income Tax Talk<br>12:00 Wood Carving<br>12:30 Pinochle/Dominoes/Chess<br>4:00 IPAD 1<br>5:00 Zumba<br>6:15 Pickleball                                 | <b>6</b><br>9:15 NO Tai Chi<br>9:15 Chair Yoga<br>10:00 AMVET<br>10:15 Zumba Gold<br>10:30 Body Recall<br>10:30 Card and More<br>11:30 Lunch <i>BBQ Pork</i><br>12:00 Wii Bowling<br>12:30 Euchre<br>4:30 Zumba<br>5:00 Yoga<br>6:30 Line Dance<br>7:30 Adv. Line Dance | <b>7</b><br>8:00 Income Tax<br>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>6:15 FIM Concert<br>Saturday February 8<br>9:00 Yoga<br>10:00 Euchre<br>10:15 Zumba<br>Flint Symphony                                     |
| <b>10</b><br>8:00 Bridge<br>9:00 CSFP<br>9:00 Massage<br>9:30 Yoga<br>10:00 Painting<br>11:30 Lunch <i>Swiss Steak</i><br>12:00 "Anyone Can Paint"<br>12:30 Pinochle<br>1:00 Book Club<br>1:00 Drawing Class<br>1:00 Cornhole<br>3:00 Choir<br>5:00 Zumba<br>5:00 Volleyball<br>6:00 TOPS Weigh-in<br>7:00 Karaoke | <b>11</b><br>9:00 Veterans Service<br>9:15 NO Tai Chi<br>9:15 Chair Yoga<br>10:00 Loose Threads<br>10:15 Zumba Gold<br>10:30 Body Recall<br>11:30 Lunch <i>Sweet/Sour Chick.</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>5:30 Yoga<br>7:00 Hamlet | <b>12</b><br>8:00 Bridge<br>9:00 Blood Pressure Check<br>9:00 Manicures<br>9:30 Coffee Hour<br>9:30 Yoga<br>10:00 Rights of the Disabled<br>10:30 Watch Repair<br>11:15 Art à la Carte '<br>11:30 PIZZA LUNCH<br>12:00 Wood Carving<br>12:30 Pinochle/Dominoes/Chess<br>3:15 Coupon Club<br>4:00 IPAD 1<br>5:00 Zumba<br>6:15 Pickleball | <b>13</b><br>Texas & Galveston<br>Loose Board Meeting<br>NO Tai Chi<br>Chair Yoga<br>Zumba Gold<br>Body Recall<br>Massage<br>Card and More<br>Lunch <i>Beef Stew</i><br>Wii Bowling<br>Euchre<br>Zumba<br>Yoga<br>History Discussion<br>Line Dance<br>Adv. Line Dance   | <b>14</b><br>8:00 Income Tax<br>9:00 MMAP Counselor<br>9:30 Yoga<br>10:00 Write Life Story<br>10:00 Yarn Recyclers<br>10:00 Board Games<br>11:30 Lunch <i>Turkey Soup</i><br>1:00 Lapghans<br>1:00 Chicago Bridge<br>5:00 NO Potluck<br>5:00 Catered Dinner<br>Saturday February 15<br>9:00 Yoga<br>10:00 Euchre<br>10:15 Zumba |

Shop VG'S Feb. 2-8 & use your 'YES' card!



# LINDEN'S COMPLETE AUTO REPAIR

**ALL MAKES & MODELS**  
Foreign & Domestic



**We Honor ALL Dealer Extended Warranties!**

**SHOP HOURS:**  
Monday-Friday  
8am-6pm  
Saturday  
8am-3pm  
Sunday  
closed

Our technicians are trained and ASE certified to diagnose, repair, and service your automobile, light truck, SUV, or motor home.

417 W. BROAD ST • DOWNTOWN LINDEN  
**(810) 735-9911**  
www.lindenautorepair.com

Ask about  
our  
lifetime  
protection  
plan

**FREE Shuttle Service • FREE Loaners**  
**FREE 21-pt safety inspection with every oil change**

## Hometown URGENT CARE

An AccessMD Urgent Care Company

Conveniently located in Fenton

3220 West Silver Lake Rd.  
(810) 208-7470

www.AccessMDuc.com • Open 7 days



LSSC

## LEO'S CONEY ISLAND

15010 Silver Lake Parkway • Fenton

**10% OFF WITH THIS COUPON**

Valid this location only • Not valid on any  
Breakfast specials • Valid 1 coupon per family

Also bring coupon in on Sunday and receive an additional 5% off

OPEN 7AM-10PM  
MONDAY-SUNDAY

Phone: 810-620-8400



RESIDENTIAL & COMMERCIAL

4186 HOLIDAY DRIVE • FLINT, MI 48507  
(810) 232-0220  
FAX (810) 232-0222

**NOW OPEN**



**2 BRAND  
NEW  
ASSISTED  
LIVING INNS**

**New Year...New Home**

"LINDEN'S PREMIERE SKILLED NURSING & REHABILITATION AND ASSISTED LIVING CAMPUS"

## Caretel® Inns of Linden

202 S. Bridge Street, Linden MI • (810) 735-9500 • fax (810) 735-9400

## Grand Blanc

Rehabilitation and Nursing Center

### Specialty Programs:

- Ventilator & Tracheostomy Care
- Stroke & Orthopedic Rehabilitation
- General Surgery Care and Rehab
  - Hospice Care • IV Therapy
  - Post Trauma Care

### Our Medical & Physical Rehab Team Consists of:

- 24 Hour a Day licensed nurses
- Respiratory Therapists on Site 24 Hours a Day
  - Dieticians • Pulmonologists
- On-site Dental, Eye & Podiatry Services
  - On-site Internal & Physical  
Medicine Physicians

11941 Belsay Road • Grand Blanc  
**810-694-1970**



**Make the  
Switch to  
DISH Today  
and Save  
Up To 50%**



Call Now and Ask How!

**1-800-341-0518**

**FREE**

OVER 30 PREMIUM  
MOVIE CHANNELS

HBO CINEMAX

SHOWTIME starz

For 3 months.

Offer subject to change based on premium  
movie channel availability.

**FREE**

SAME DAY  
INSTALLATION

IN UP TO 6 ROOMS

Where available.

**CALL TODAY -**

**INSTALLED TODAY!**

All offers require 24-month commitment  
and credit qualification. Call 7 days a week  
8am - 11pm EST. Promo Code: M80913.  
\*Offer subject to change based on premium  
movie channel availability.





# Worry Free Home Care

24-Hour Assistance  
*Available!*



**(810) 629-9004**

[www.WorryFreeCare.com](http://www.WorryFreeCare.com)

Tanglewood Home Care provides compassionate care in the comfort of your own home. Our services include everything from companionship to complete home health care. When family members or friends need help for the seniors they love, Tanglewood Home Care can help.

*"Simply the Finest Care Available"*

FREE Screening

**Audiology & Hearing Aids**

Call for Appointment

G-4369 Miller Road, Flint  
**(810) 733-1385**



3027 E. Hill Road, Grand Blanc  
**(810) 579-0941**

Matthew L. Christy, Aud., Licensed Hearing Aid Dispenser # 3501003413

## ➤ McLaren Physical Therapy - Fenton

### Specialties include:

- Back Pain/Spine
- Orthopedics
- Sports Medicine
- Post Surgery care
- Vestibular/Balance
- Fitness Center

### Location:

**Fenton Physical Therapy & Sports Medicine**  
Shoppes at Silver Chase Complex  
4045 Owen Rd. • Fenton, MI 48430  
**Phone:** 810-750-2222  
**Fax:** 810-750-2978



Good for 1 month complimentary membership to the Fitness Center - 1 per person

## METROPOLITAN TREE INC.

*Discount Tree & Stump Removal*  
*Free Estimates • 47 YRS EXP.*

**248-627-6316**  
**800-753-1633**

[metropolitantree@gmail.com](mailto:metropolitantree@gmail.com)

A+ Rating with the BBB & "A" on Angie's List

## Make Yourself at Home *at Lockwood of Fenton*

Independent living and life-enhancing services.  
You'll find everything you need at Lockwood of Fenton.

- Spacious apartments with full kitchens
- Housekeeping • Delicious restaurant-style dining
- Scheduled transportation and activities
- Pet friendly • Convenient location

**Schedule a tour today!**

**(810) 714-3340**

TTY (800) 649-3777



16300 Silver Parkway, Fenton, MI 48430 • [LockwoodSeniorLiving.com](http://LockwoodSeniorLiving.com)





Rehab is work.  
But it can also be fun.

To find out how we can help you or someone you love transition smoothly back home, call us to schedule a personal tour.



5370 Baldwin Road • Grand Blanc, MI 48439  
810-606-9950 • theoaksatwoodfield.com



Harold M. Koehler, DPM  
*Medicine & Surgery  
of the Foot & Ankle*

4038 Grange Hall Road, Holly, MI 48442  
248 / 634-6200

*Come See Us, We're at Loose Monthly!*



5300 Gateway Centre  
(US-23 & Hill Rd.)  
810-720-9111 • www.michvision.com



**Edward Stack, M.D.**

- Athear Alrawi, M.D.
- David B. Krebs, M.D., F.A.C.S.
- Kelly Tierney, O.D.
- John F. Labaza, O.D.

**Specialized Eye Care by Board Certified Physicians**

- Cataract Surgery with Premium Lens Implants including: TECNIS®, ReSTOR® and Toric lenses
- Medical and Surgical Treatment of Glaucoma, Diabetic Retinopathy, Muscular Degeneration
- Offering the highest quality contact lenses, eyeglasses, and exams.

*Virtually all Medical Insurance plans and most Vision Insurance plans are accepted.*



**Senior Living Community**

*Fenton's Best Kept Secret  
for Seniors 55+*



**Vicky Coppler**  
Community Manager

201 E. Elizabeth • Downtown Fenton  
(810) 629-1179  
millpond@kmgprestige.com



**LINDEN  
MUFFLER MAN**

**FULL SERVICE  
AUTO REPAIR**

1018 N. Bridge St. • Linden, MI  
(810) 735-4385  
MON-FRI 8AM-6PM • SAT 8AM-4PM



Distinctive Flowers & Gifts

713 Silver Lake Road, Fenton, Michigan  
ph: 810-629-5995 • fax: 810-629-6905



**Generations of Service  
to the Community**

sharpfuneralhomes.com



**Miller Road Chapel**

*Roger L. Sharp, Manager*  
8138 Miller Road • Swartz Creek  
(810) 635-4411

**Linden Chapel**

*Stephanie Sharp Foster, Manager*  
209 E. Broad St. • Linden  
(810) 735-7833

**Fenton Chapel**

*Michael T. Scully, Manager*  
1000 Silver Lake Rd • Fenton  
(810) 629-9321

**Funeral Home & Cremation Center**

*Jennifer Sharp Scully, Manager*  
6063 Fenton Road • Flint  
(810) 694-4900



**Safe. Sound. Secure.®**  
annuities from  
**Auto-Owners Insurance.**

*The smart way to save...*

*Call or visit us*

**BRAD HOFFMAN INSURANCE AGENCY**  
Fenton, MI • 810-629-4991



*Clearly. Better. Choice.*

**www.rmipc.net**  
**(810) 732-1919**



# Linda's Place

## Services Provided

24-hour Care • Transportation to Local Store  
 Laundry & Housekeeping • Hair & Nail Care  
 All Meals & Snacks • Visiting Physician  
 Medication Distribution • Home Health Care  
 Assistance with Bathing & Personal Care • Security System

Contact: Linda Richter 810-735-7519  
 627 Silver Lake Rd.  
 Linden, MI 48451



## Debra A. Knill

Sales Representative Medicare Division  
 2850 W. Grand Blvd. • Detroit, MI 48202  
 (248) 443-8636  
 dknill@hap.org • hap.org

Health Alliance Plan of Michigan  
 Alliance Health and Life Insurance Company | HAP Preferred Inc.

# Temrowski Family Funeral Home & Cremation Services

*"An exceptional choice in funeral service"*

Ken & Becca Temrowski  
 Owners/Licensed Funeral Directors

500 Main St. • Fenton  
 810-629-2533  
 www.temrowskifamilyfuneralhome.com



- Auto
- Home
- Life
- Business

bbmich.com

1190 Torrey Rd. • Fenton  
 Call your Brown & Brown advisor at:  
 (810) 629-1566



We treat strangers  
 like friends and  
 friends like family

3600 Owen Rd • Fenton, MI  
 810-714-2708 • fax 810-714-3107

Call ahead for Carry Out or Order Online:  
 www.BobEvans.com

## Patricia McGarry, DDS

Accepting New Patients  
 20% Discount for Senior Citizens

*New Patient Special*

Cleaning, X-rays, & Exam  
 Only \$85.00 (No Discounts Apply)  
 200 Lindenwood Dr. • Linden, MI  
 810-735-9426  
 www.drmcgarry.com



OAK TREE DENTAL  
 COSMETIC & FAMILY DENTISTRY

## New Patients Welcome

500 N. Leroy Street  
 Fenton, MI 48430

(810) 629-8272

www.fentondentists.com



1005 Bridge St. • Linden, MI 48451

Full line servicing dealer for Stihl, Simplicity,  
 Snapper Pro & Cub Cadet equipment

810-458-4299

www.sloansalesandservice.com



DAILY & MONTHLY SPECIALS  
 FAMILY DINING

122 E. BROAD • 735-5780



Are you looking for a Clean,  
 Courteous, On-Time, Electrical  
 Expert . . .

**We'll Look No Further!**

810-629-6968

www.CraftsmenElectrical.com  
 jim@CraftsmenElectrical.com

Craftsmen Electrical Services has been serving the  
 Greater Fenton Area, Since 1947.  
 We would be very pleased to serve you.  
 Call for your On-Time Appointment, Today!



of Fenton

*A neighborhood you can call home!*

**Vicinia Gardens  
 Assisted Living of Fenton**  
 4016 Vicinia Way • Fenton

**Vicinia Gardens  
 Memory of Fenton**  
 4034 Vicinia Way • Fenton

Telephone: (810) 354-8136  
 Resident Director: Catrina Kraus Telephone: (810) 513-0969

www.viciniagardens.com  
 Conveniently located at Jennings and Owen Road



Residential Furnace Tune Up \$ 29.99

|                                                               |          |
|---------------------------------------------------------------|----------|
| Tune Up                                                       | \$ 79.99 |
| Energy Rebate<br><small>(Consumers Energy Trade Ally)</small> | \$ 50.00 |
| Final Cost                                                    | \$ 29.99 |

CALL US FOR DETAILS 810-630-6032

Expires: 03-31-14

Here at Sherman Heating & Cooling, we believe that maintenance on  
 your Heating and Cooling System is very important to insure proper  
 operation. Routine maintenance can detect and prevent minor  
 problems from developing into major repairs, it also keeps your system  
 working at peak efficiency year in and year out.

*We look forward to serving you*

4500 Morrish Road  
 Swartz Creek, MI 48473  
 810-630-6032





17

# Loose Closed in Recognition of



18

9:15 NO Tai Chi  
 9:15 Chair Yoga  
 10:00 Loose Threads  
 10:15 Zumba Gold  
 10:30 Body Recall  
 11:30 **Lunch *Steak Strip***  
 12:00 Beg. Line Dance  
 12:30 Euchre  
 1:00 Scrapbooking  
 1:00 Adv. Line Dance  
 1:00 Chicago Bridge  
 3:00 Mah jongg  
 5:30 Yoga

19

8:00 Bridge  
 9:00 Manicures  
 9:00 Legal Services  
 9:30 Yoga  
 11:15 Art à la Carte  
 11:30 **Lunch *Liver & Onions***  
 12:00 Wood Carving  
 12:30 Pinochle/Dominoes/Chess  
 2:00 Matter of Balance  
 4:00 IPAD 2  
 5:00 Zumba  
 6:15 Pickleball

20

9:15 NO Tai Chi  
 9:30 Volunteer Meeting  
 9:15 Chair Yoga  
 10:15 Zumba Gold  
 10:30 Card and More  
 10:30 Hollywood Casino  
 10:30 Body Recall  
 11:00 Blood Pressure  
 11:15 Farmers' Market Trip  
 11:30 **Lunch *Turkey Steak***  
 12:00 Wii Bowling  
 12:30 Euchre  
 4:30 Zumba  
 5:00 Yoga  
 6:00 Classical Music & Tea  
 6:30 Beg. Line Dance  
 7:30 Adv. Beg. Line Dance

21

8:00 Income Tax  
 8:15 Lifelong Learning  
 9:00 MMAP Counselor  
 9:30 Yoga  
 10:00 Hearing Doctor  
 10:00 Yarn Recyclers  
 10:00 Board Games  
 11:30 **Lunch *Baked Fish***  
 1:00 Lapghans  
 1:00 Chicago Bridge  
 5:00 Dinner & Show  
 SATURDAY February 21  
 9:00 Yoga @ Loose  
 10:00 Euchre  
 10:15 Zumba @ Loose

24

8:00 Bridge  
 9:00 Massage  
 9:30 Yoga  
 10:00 Painting  
 11:00 Blood Pressure  
 11:30 **Lunch *Beef Ravioli***  
 12:30 Pinochle  
 1:00 Drawing Class  
 1:00 Happy Stampers  
 1:00 Cornhole  
 3:00 Choir  
 4:30 Piano Lessons  
 5:00 Zumba  
 5:00 Volleyball  
 6:00 TOPS Weigh-in  
 7:00 Karaoke

25

8:30 Podiatrist  
 9:15 NO Tai Chi  
 9:15 Chair Yoga  
 10:00 Loose Threads  
 10:15 Zumba Gold  
 10:30 Body Recall  
 11:30 **Lunch *Chicken***  
 12:00 Beg. Line Dance  
 12:30 Euchre  
 1:00 Adv. Line Dance  
 1:00 Chicago Bridge  
 2:00 Alzheimer Support  
 3:00 Mah jongg  
 5:30 Yoga

26

8:00 Bridge  
 9:00 Manicures  
 9:30 Yoga  
 10:00 Online Safety  
 11:15 Art à la Carte  
 11:30 **Lunch *Chili***  
 12:00 Wood Carving  
 12:30 Pinochle/Dominoes/Chess  
 2:00 Matter of Balance  
 4:00 IPAD 2  
 5:00 Zumba  
 6:15 Pickleball

27

9:15 NO Tai Chi  
 9:15 Chair Yoga  
 10:15 Zumba Gold  
 10:30 Body Recall  
 10:30 Massage  
 10:30 Card and More  
 11:15 Farmers' Market Trip  
 11:30 **Lunch *Pork Chop***  
 12:00 Wii Bowling  
 12:30 Euchre  
 4:30 Zumba  
 5:00 Yoga  
 6:30 Beg. Line Dance  
 7:30 Adv. Beg. Line Dance

28

8:00 Income Tax  
 9:00 MMAP Counselor  
 9:30 Yoga  
 10:00 Computer Help  
 10:00 Write Life Story  
 10:00 Yarn Recyclers  
 10:00 Board Games  
 11:30 **Lunch *Goulash***  
 1:00 Lapghans  
 1:00 Chicago Bridge  
 5:00 Euchre Tournament  
 SATURDAY March 1  
 9:00 Yoga @ Loose  
 10:00 FENTON EXPO  
 10:00 Euchre  
 10:15 Zumba @ Loose

## 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, February 14 & 21, 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, February 10, 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, February 3, 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, February 3, 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,  
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

**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!

### PROTECTING YOURSELF FROM IDENTITY THEFT

Monday, March 17, 10:30 am Sunroom

Are YOU at risk of Identity Theft?

How Does Someone Steal an Identity?

How Do Thieves Get the Information?

Minimize your Risk and learn ways to prevent ID theft. Join Jake Collins for a close look and an arm yourself with a plan.

### "WHAT IS YOUR EMERGENCY PLAN?"

Wednesday, March 26 at 10:30 am

Join Jeniffer Boyer, P.E.M., Emergency Management Manager, Office of Genesee County Sheriff Emergency Management Homeland Security Division will be reviewing the basic roles and responsibilities of the county emergency management office as well as general information regarding the disaster process. April from the Health department will explain her roles and responsibilities regarding health emergencies and together we will cover general preparedness information for residents and seniors.

**Are you Ready?**



# HEALTH SERVICES & TRANSPORTATION

*Welcome*

Genesee County

Department of Veterans Services

Bob Rasche and his over 20 years of working for veterans experience 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 appoint-

## 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, February 25, 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, February 21, 10 am (by appointment), Annex**

Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizzgird, 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

**B**e 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 **February 2-8, 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.

### 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**

|                |                                        |        |
|----------------|----------------------------------------|--------|
| 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 22-23      | Springtime in Niagara Falls            | \$229  |
| May 23         | FIM Concert - Kyle Canjar, Guitar      | \$5    |
| June 1-6       | Cape May                               | \$1249 |
| June 3         | Gun Lake Casino                        | \$35   |
| June 10        | Turkeyville "Boogie Woogie Swing"      | \$76   |
| June 11-12     | Chicago Getaway                        | \$319  |
| 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, February 21, 2014**

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

Mr. Harbaugh spend 30 years as a NBC cameraman filming many significant events. His achievements include Super Bowls, World Series, Olympics and much more. A can't miss!

Mr. Rios, owner of Grafix Jam Ltd., will discuss the art of caricatures and explain how to "read" a face to get a good likeness.

**Friday, March 21, 2014**

**Dr. Shaink, President of Mott Community College**

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



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*



**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)

- February 5** Compassion
- February 12** Systems
- February 19** Paradox
- February 26** The Creative Process: Artist at Work

**FREE FIM FACULTY CONCERTS**

**\$5 (transportation),** Depart, 6:15 pm,  
 Show Time, 7:00 pm, Return, 9:00 pm



- 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*

|               |                             |      |
|---------------|-----------------------------|------|
| Tues., Feb 11 | "Hamlet"                    | \$35 |
| Sun., Mar 9   | "Menopause the Musical"     | \$50 |
| Fri., Mar 21  | Cirque Mechanics            | \$45 |
| Fri., Apr 18  | "West Side Story"           | \$60 |
| Sat., Apr 26  | Former SNL Stars            | \$50 |
| Sat., May 17  | Mike Super Magic & Illusion | \$30 |

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



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



**Springtime in  
Niagara Falls**

May 22 & 23, 2014

**\$229 per person**

Tour Includes Transportation, one night at the Hilton Fallsview, 1 breakfast, Sightseeing tour of Niagara Falls, Maid of the Mist Boat Cruise, Visit Niagara-on-the-Lake, Leisure time at Fallsview Casino.



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.

**CHICAGO GETAWAY**

June 11-12, \$324 Double

**INCLUDES DELUXE MOTORCOACH PLUS**

1 night at the Double Tree by Hilton in Downtown Chicago

**FEATURING:** Detroit Tigers vs. Chicago White Sox at U.S Cellular Field, Free time at Navy Pier, Shoreline Sightseeing Cruise, Free tim for shopping on the Magnificent Mile.



**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.*

**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)

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 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    |

**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.



**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.

**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**

**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**

**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

PRSR STD  
U.S. Postage  
**PAID**  
Flint, MI  
Permit No. 6

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