

South End NEWS

JULY 2014

LOOSE SENIOR CITIZEN CENTER



"Try to be a rainbow in someone's cloud."

~ Maya Angelou

DIRECTOR'S MESSAGE

Dear Friends,

From the time we are born, we are faced with a unique blend of sunny and not so sunny days. In our infant life we depend on those who love us to feed, bathe, nurture and protect us. We find comfort in our mother's arms and most days, life is sunny and good.

As we progress into school age, we are presented with new challenges. There is the process of going to school and getting good grades. We face constant peer pressure to fit in and make friends who will continue to grow and nurture our lives. We have hard choices to make and at times we stray from the truth and place ourselves on the wrong side of reason. We have broken hearts and sadness that may be overwhelming. However, no matter the results and how bad times may seem, there was that parent, loved one, relative, teacher, coach or friend who took the time to talk it out. They brought peace of mind to our inner soul. They understood our fears and made right our sometimes wrong choices. They were there for us and pushed away the darkness and brought back the sunny days.

As adults we find ourselves handling brand new challenges on our own. Our support group changes; those that were always there for us in the beginning may not always be there. Our older adult lives can become lonely and aging may be frightening. We might find ourselves alone and in need of someone to take the time to listen and understand, to be a bright rainbow on an otherwise cloudy day. We might yearn for the days when we had people who were close and supported our emotional needs. Being "old" is a reflection of life; at times a sunny perspective and perhaps sometimes not. When we are young we have the support of many. In adulthood we surround our lives with those we trust. When we become "old" we are constantly looking for people who share the same challenges and will help us face our inner most fears and give a listening ear.


So take the time to share your life with others. Listen to what others have to share. You may find that you face the same challenges and together you may bring back those "Sunny Days". As Maya Angelou so eloquently remarked, we must, *"Try to be a rainbow in someone's cloud,"* because we truly may never know when someone needs just a bit of brightness in their day.

All is well at Loose and I am looking forward to seeing you Tuesday, July 29, at the Caretel Summer Fun event.

Carl Gabrielson
Executive Director



Pictured here: Loose Board members congratulate Sandra Davies, Lou Prodanas and the late Chuck Montgomery (represented by his brother Bob) who received a special honor for their outstanding commitment and dedication in serving area Senior Citizens. The recognition took place on May 22 during a special Loose dinner held at Linden High School.

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

Each month many of you generously donate your time and talents to Loose. Your help is imperative to the success of what happens at Loose. We **CELEBRATE YOU** and thank **YOU**. So you know, in the month of May, 65 volunteers shared nearly 600 hours of their time. If you are a Loose volunteer and you do not document the hours you share, please stop by the reception area and someone will give a quick lesson on how to login your hours.

**"THE RENEWAL OF THE SENIOR MILLAGE
WILL BE ON THE AUGUST 5TH, 2014 BALLOT"**



**Absentee ballots are available at
your local city or township office.**

Linden - 735-7980

Fenton - 629-2261

Fenton Township - 629-1537

Argentine Township - 735-5050

Pictured on the cover: Members of the Linden VFW raise the American and POW Flags.



ESTATE PLANNING

Complimentary Dinner

Tuesday, July 15, 5 pm FREE

Learn more about: Providing for loved ones and favorite charities, wills and trust, IRA planning and more. Speakers include, Attorney Sharon Miner owner of Miner Law Office PC in Fenton and A State Bank Trust Department Representative. Space is limited, so call Loose at 735-9406 and sign up today.



BIRTHDAY BASH!

Wednesday, July 23, 12 noon - 1 pm, Hall B

Help us celebrate EVERYONE'S Birthday with cake and ice cream

you're invited!

SAFER DRIVING **CAN SAVE YOU MONEY**

Refresh your driving skills and you could save money on your car insurance!*

Take the **NEW AARP Smart Driver™ Course.**

AARP SMART DRIVER COURSE

July 16 & 17, (Wed. & Thurs), 11:30 am - 3:30 pm

\$15 for AARP members/\$20 for non members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. In class there will be discussion, laughter and sharing on Road Rules, Safe Driving, and talking to a friend or relative about their driving. You must be on time and in attendance both days. Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP.)

JULY COOKOUT

Tuesday, July 22, 4:30 pm, \$6

We welcome Dennis Maxheimer from the Mass Transit Authority in Flint. Dennis will update us on the happenings at MTA and be available to answer questions. Loose is grateful to the Local Fenton Your Ride and their efforts in working with us to provide transportation for all of our local needs.

Dinner includes: grilled dogs and burgers, baked beans, salad, chips, dessert and a beverage.
Seriously folks, it is the best deal around.

ENERGY HEALING WORKSHOP

Thursday, July 17, 2 pm, Sunroom, \$35

Tapping into Joy, how our emotions can work against a life of joy and happiness, how tapping can help lift our feelings and emotions. Learn to use this awesome tool to feel good all the time! Call Loose and sign up today!



The Whiting presents ENTERTAINMENT EXPRESS

Friday, July 25, 1 pm

@ Loose, FREE



PAT CRONLEY
Celebrate America

Pat Cronley takes us on a tour of the United States with his program **Celebrate America!** Sing along with Pat as he cruises the country roads of West Virginia, motors Route 66 and waltzes through Tennessee. Continue on to New York, New York, Viva Las Vegas, New Orleans, North to Alaska and much more.

Note: This will be Pat's third visit to Loose. That speaks for itself.

INS AND OUTS OF REVERSE MORTGAGE

Wednesday, July 30, 10:30 am, Sunroom

A reverse mortgage is an effective way for seniors to supplement their retirement income. This program allows you to still own your home while accessing some of the built up equity with **no monthly mortgage payments.** You can use the money for anything from having a little extra money month to month, to finally taking that extravagant vacation that you have always dreamed about. This program is designed to help you maximize your retirement! Come take advantage of an opportunity to ask questions and learn about a reverse mortgage from an expert.

CLASSICAL MUSIC AND TEA

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

Thursday, July 17, Handel

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.





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

2nd Wednesday of each month, 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

2nd Friday of each month, 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.

SUMMER Cookout

Tuesday, August 19, 4:30 pm, \$6

Dinner includes: grilled dogs and burgers, baked beans, salad, chips, dessert and a beverage.

Seriously folks, it is the best deal around.



PROJECT FRESH COUPONS ARE AVAILABLE

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

NEW!

BEGINS
Tuesday
July 8, 2014
7 pm

OPEN MIC
night

(second Tuesday of each Month)

Snacks & drinks available
(donations accepted)

Friends, an Open MIC event is a LIVE show where audience members may perform at the MIC. We are excited to be able to play host to this unique type of event at LOOSE.

THE RULES ARE SIMPLE:

- If you are interested in just listening, please grab a friend, come in and enjoy.
- If you are interested in performing, come in, sign up and the master of ceremony will guide you from there.
- Be encouraging and respectful of the performers.

HAVE FUN!

LET'S HAVE SOME MORE DANCE FUN!

Tuesday, July 29, 6 - 8 PM

ADMISSION ONLY \$5

Live Variety Music by: Jim Hedrich
Line Dancing & More!!!

Music for your listening and dancing enjoyment
Great Time for Singles & Couples!!!

50/50 RAFFLE

Includes: Free Snacks & Beverages

You Don't Need A Ticket in Advance
Just Come & Have Fun!!!

Call: Loose Center @ (810) 735-9406 or
Jim & Betty Hedrich @ (810) 659-2240

FOR MORE INFORMATION!

August DANCE scheduled for Tuesday, August 19.

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

KEEPING FIT

NOW OPEN

LOOSE Fitness Room

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

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.

FIT⁴EVER \$5 per class (formerly Body Recall)

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 Wednesdays, 9:00 am

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 on Monday at 6 pm at Linden Elementary school located at 400 South Bridge Street in Linden.

Wii BOWLING *Fall league begins 9/11/14*

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

Loose members can enjoy the 9-hole Par 3 golf course for \$5 a round or \$100.00 for the year. Be sure to stop by the clubhouse each time you golf to sign in and take care of business. You will be billed at the end of each month. Enjoy the golf season, which has officially begun.

MONDAY
1:00 pm Cornhole
4:00 pm Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball
LINDEN ELEMENTARY
6:00 pm Volleyball

TUESDAY
10:15 am Zumba Gold
10:30 am FIT ⁴ EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

FRIDAY
9:30 am Yoga (gentle flow)
11:00 am Pickleball Open Play

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



Every Monday at 1 pm **Cornhole!** Great indoor fun! 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



Monday & Wednesday, 6:15 - 9 pm, \$3
Friday, 11 am - 4 pm, Call and reserve a court.

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

YOGA \$5 per class

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

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

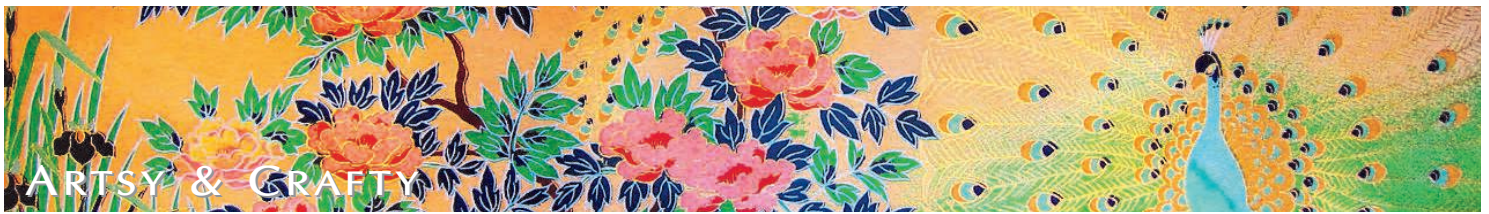
LINE DANCE Tuesday Class - \$4 Thursday Class - \$5

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!

WEDNESDAY
9:00 am Biking Bunch
9:30 am Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball

THURSDAY
9:15 am Chair Yoga
10:00 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT ⁴ EVER
5:00 pm Yoga (gentle flow)
6:00 pm Beg Line Dance
7:00 pm Adv. Line Dance

Fitness Class Schedule



"ANYONE CAN PAINT" Class Minimum: 6

2nd Monday of each month, 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

4th Monday of each month, 1 pm, Sunroom, FREE

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

SCRAPBOOKING

3rd Tuesday of each month, 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/crocheting 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.

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.

HYPERTUFA PLANTER

Wednesday, August 6, 12:30 pm, \$15 (limit 5)

Hypertufa is a mud-pie recipe that is used to make all sorts of garden art objects. Sign up and make your own planter. Class will be offsite at the home of the instructor. A supply list and directions to the class are available at the Center. You must register in advance.

PIN CLASS

Thursday, August 7, 12:30 pm, \$15

Made from recycled zippers, this sweet pin is easy and very ornate. It's simple and all you need to do is bring a needle, thread and scissors. All other supplies will be provided. Class size is limited to eight, so sign up today.



CARD MAKING WITH CAROLINE

Monday, July 21, 12:30 pm, Sunroom, \$5

This new class is scheduled to meet the 3rd Monday of each month. Card extraordinaire, Caroline Rohde will lead the class in creating unique and beautiful cards. All materials will be supplied along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Nothing says thoughtful and caring like a lovely handmade card. Take the time to enjoy this special time to learn and connect with others who share a like passion. Class size is limited, sign up early.

ADVANCED "DENIM TO DIAMONDS"

Thursday, July 24, 10 am, Sunroom, \$20

Create beautiful jewelry using crystals and beads by incorporating the Kumihimo braiding technique and seed beads, weaving an intricate and delicate bracelet. Beginning Kumihimo techniques is recommended but not required.

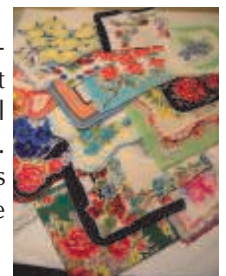
LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

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.

HISTORY OF THE HANDKERCHIEF

Wednesday October 8, 12:30 pm, FREE

Learn more about the history of the common HANDKERCHIEF and their different categories. Quester Marlene Coleman will facilitate the presentation and discussion. Bring in your personal collection for others to see and learn creative ways to recycle your handkerchiefs.





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

IPHOTO

Wednesday, July 2, 1 - 3 pm, \$10, Hall A

Whether you have an IPAD, IPHONE or the IPOD touch, the digital photo album management is the same. This class will help start you in the right direction of managing those many photos.

LEARN YOUR LAPTOP

Wednesday & Thursday, July 9 & 10, 1-3 pm, \$20 Hall A

Take the time to learn and understand and make the most of your laptop. Learn to navigate, how to log into wireless internet, what programs you have, changing appearance and more. *Bring your laptop with you, expand your knowledge and make new friends.*

DIGITAL PHOTOS

Wednesday & Thursday, July 23 & 24, 1-3 pm, \$20 Hall A

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.

SOCIAL MEDIA

Wednesday & Thursday, July 30 & 31, 1-3 pm, \$20 Hall A

This workshop will introduce you to the basics of social networking, get you into Facebook and Twitter for some hands-on learning and generate plenty of discussion about the advantages and disadvantages of this phenomenally popular website.

WEBWISE

Wednesday & Thursday, August 13 & 14, 1-3 pm, \$20 Hall A

Explore the Internet and find out how a "browser" works and how to search and find reliable information online. You will get to try out some search strategies online with plenty of time to practice.

TEXTING, WHO WHAT WHERE WHEN & WHY

Wednesday, August 20, 1-3 pm, \$10, Hall A

It's here and it's not going away. You can either beat them or join them. This class will be informative, fun and set you on your way to quick high tech communication. Be sure to bring your phone to class.

INDIVIDUAL COMPUTER HELP SESSION

(by appointment 30 minutes) FREE

Wednesday, July 16 and Thursday, July 17, 1 - 4 pm

Call Loose at 735-9406 to schedule.

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, July 25, 5 pm

\$6 Entry Fee, 25¢/Euchres

Beginning in August the entry fee will be \$7

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. 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!

Practices will resume in the fall.

KARAOKE Will resume in the fall.

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.

JULY 2014

OFFICE HOURS

Monday - Friday
8:30 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lscsc@looseseniorcenter.org

WEBSITE

www.looseseniorcenter.org

MONDAY



The Fitness Room
is **OPEN!**

HOURS

Monday 8 - 8
Tuesday 8 - 8
Wednesday 8 - 8
Thursday 8 - 8
Friday 8 - 4



TUESDAY

1

10:00 Loose Threads
10:15 Zumba Gold
10:30 FIT⁴EVER
11:30 Lunch *Meatloaf*
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga

WEDNESDAY

2

8:00 Bridge
9:00 NO Manicures
9:00 Biking Bunch
9:30 Yoga
10:00 Softball
10:00 Consumer Fraud
11:15 Art à la Carte
11:30 Lunch *Chicken*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
1:00 Iphoto
5:00 Zumba
6:15 Pickleball

THURSDAY

3

9:15 Chair Yoga
10:00 AMVET
10:15 Zumba Gold
10:30 Eat Smart, Live Strong
10:30 FIT⁴EVER
11:15 Farmers' Market Trip
11:30 Lunch *Philly Steak*
12:00 Wii Bowling
12:30 Euchre
5:00 NO Yoga
6:00 NO Beg. Line Dance
7:30 NO Adv. Line Dance

FRIDAY

4



Saturday July 5
9:00 NO Yoga
10:00 Euchre
10:15 Zumba

7

8:00 Bridge
9:00 Massage
10:00 Painting
11:30 Lunch *Meatballs*
12:30 Pinochle
1:00 CornHole
2:00 Listening Ear
3:00 NO Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball
7:00 NO Karaoke

8

Traverse City Cherry Festival
9:00 Veteran Services
10:00 Saganing Eagles
10:00 Loose Threads
10:15 Zumba Gold
10:30 FIT⁴EVER
11:30 Lunch *Turkey*
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
4:00 Chair Yoga
3:00 Mah jongg
5:00 Yoga
7:00 OPEN MIC

9

8:00 Bridge
9:00 Manicures
9:00 Blood Pressure Check
9:30 Coffee Hour
9:30 Yoga
9:00 Biking Bunch
10:00 Softball
10:30 Watch Repair
10:30 Investment Perspective
11:15 Art à la Carte
11:30 Lunch *Pasta & Meatballs*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
1:00 Learn Your Laptop
1:30 Making Home Safe
2:00 Matter of Balance
3:15 Coupon Club
5:00 Zumba
6:15 Pickleball

10

8:00 Board Meeting
9:00 Massage
9:15 Chair Yoga
10:15 Zumba Gold
10:30 Eat Smart, Live Strong
10:30 FIT⁴EVER
11:15 Farmers' Market Trip
11:30 Lunch *BBQ Pork*
12:00 Wii Bowling
12:30 Euchre
1:00 Learn Your Laptop
5:00 Yoga
6:00 Line Dance
7:30 Adv. Line Dance

11

9:30 Yoga
10:00 Write Life Story
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball Open Play
11:30 Lunch *Mac & Cheese*
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
SATURDAY July 12
9:00 Yoga
10:00 Euchre
10:15 Zumba

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Jim Miller
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<p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Pepper Steak</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>1:00 CornHole</p> <p>3:00 NO Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 NO Karaoke</p>	<p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>11:30 Lunch <i>Chicken</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>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:00 Financial Planning</p> <p>5:30 Concert @ Clio</p>	<p>16</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>10:00 Softball</p> <p>10:45 Genesee Belle Cruise</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>11:30 AARP Safe Driving</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Computer Help</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>15</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>11:30 Lunch <i>Chicken</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>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:00 Financial Planning</p> <p>5:30 Concert @ Clio</p>	<p>17</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>10:30 Eat, Live Strong</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Stuffed Cabbage</i></p> <p>11:30 AARP Safe Driving</p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Computer Help</p> <p>2:00 Energy Healing</p> <p>5:00 Yoga</p> <p>6:00 Classical Music & Tea</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>18</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>11:00 Pickleball Open Play</p> <p>11:30 Lunch <i>Lasagna</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY July 19</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>BBQ Turkey</i></p> <p>12:30 Card Making</p> <p>12:30 Pinochle</p> <p>1:00 CornHole</p> <p>3:00 NO Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 NO Karaoke</p>	<p>22</p> <p>8:00 Podiatrist</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>11:30 Lunch <i>Steak Patty</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>4:00 Chair Yoga</p> <p>4:30 Cookout</p> <p>5:00 Yoga</p> <p>5:30 Concert @ Clio</p>	<p>23</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 FireKeepers</p> <p>10:00 Softball</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Chicken & Gravy</i></p> <p>12:00 BIRTHDAY BASH!</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Digital Photo</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>24</p> <p>9:15 Chair Yoga</p> <p>9:00 Massage</p> <p>10:00 Jewelry Class</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Pork Chop</i></p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Digital Photo</p> <p>5:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>25</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>11:00 Pickleball Open Play</p> <p>11:30 Lunch <i>Baked Fish</i></p> <p>1:00 ENTERTAINMENT EXPRESS</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY July 26</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>31</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>11:00 Tiger Ballgame</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Chicken</i></p> <p>12:00 Wii Bowling Banquet</p> <p>12:30 Euchre</p> <p>1:00 Social Media</p> <p>5:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p>
<p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure Check</p> <p>12:30 Lunch <i>Creole Steak</i></p> <p>1:00 Pinochle</p> <p>1:00 CornHole</p> <p>1:00 Happy Stampers</p> <p>3:00 No Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 NO Karaoke</p>	<p>29</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>11:30 NO Lunch</p> <p>Loose Closed 11:30 am -3 pm</p> <p>12:00 - 2:00 CARETEL SUMMER FUN</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:30 Concert @ Clio</p> <p>6:00 Dance</p>	<p>30</p> <p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Softball</p> <p>10:30 Reverse Mortgage</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Sloppy Joes</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Social Media</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>30</p> <p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Softball</p> <p>10:30 Reverse Mortgage</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Sloppy Joes</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Social Media</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>30</p> <p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Softball</p> <p>10:30 Reverse Mortgage</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Sloppy Joes</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Social Media</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Whitney Hayes <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Cheryl Rex <i>Clerk</i></p> <p>Kathy Mettievier Dotti Tynes <i>Receptionist</i></p> <p>Randy Green <i>Maintenance</i></p>



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

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

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

Every 2nd Monday, 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!

LISTENING EAR

Every 1st Monday, by appointment

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



INVESTMENT PERSPECTIVE

Every 2nd Wednesday, 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.

LEGACY TO LOOSE

There are times in our lives when we need new insights, positive thoughts, thinking time and support. There is a new corner at Loose that you may be interested in. Book donations on subjects focused on grief support have been placed in the Annex Conference Room. Take a moment to look over these wonderful resources.

You may check out these books at the reception area. Please return the books to the reception area when you are finished. Loose would like to thank the donor of this new collection.

PEN PAL PIZZA PARTY

Thursday, August 21, 5:30 pm

Intergenerational Pen Pal participants meet face-to-face for the first time after corresponding all summer. Closer to the date, a reminder will be sent, please RSVP and remind your Pen Pal to respond.



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Steps to Avoiding Scams

Thursday, September 11, 2-3 pm, Hall B

How Much Do You Know About Scams & Swindles?

- Why You're at Risk for Financial Scams
- The Usual Suspects & Types of Scams
- Protecting Yourself & Loved Ones from Scams
- Resources to Report Scams & Financial Abuse

DISCOVER

- The 10 most popular scams targeting older adults
- 8 ways to protect yourself
- What you should do if you have been scammed

This event is sponsored by the National Council on Aging and Bank of America Charitable Foundation and the Valley Area Agency on Aging. It is educational only, NO financial products will be sold. The workshop is free, but registration is required. Join us! Please RSVP by Thursday, September 4 to 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 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html

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 so we can spread the sunshine.



HEALTH SERVICES & TRANSPORTATION

MASSAGE

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



Call for additional massage package information.
Schedule today! Call 735.9406 for an appointment.

PODIATRIST

Tuesday, July 22, 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

3rd Friday of each month, 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.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon (BP only)

4th Monday of each month, 11:30 am - 12:30 pm



MAKING YOUR HOME SAFE AS YOU AGE

Wednesday, July 9, 1:30 pm FREE

LOCATION - Shiawassee Shores Clubhouse

Dessert will be provided

TOPICS WILL INCLUDE:

- ◆ What you need to do to prepare your home as you age.
- ◆ Existing dangers and hazards in your home
- ◆ How to make your home safer as you age
- ◆ The most dangerous room in your house.

Presented by Jill Saxton - of Atlas Home Improvement.

For more information call Jill at 810.522.7648

MTA/LOOSE TRANSPORTATION

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

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, \$4.50 roundtrip

THURSDAY – Flint Farmers' Market

11:15 am departure, return 2:30 pm, \$4.50 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.



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



SPECIAL SERVICES & SUPPORT

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

Bob Rasche and his over 20 years of working for veterans is 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.

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 (MMAAP)

Our MMAAP 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. MMAAP'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 MMAAP at 1.800.803.7174, ext 247.

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

ENERGY HEALING WORKSHOP

Thursday, July 17, 2 pm, Sunroom, \$35

Tapping into Joy, how our emotions can work against a life of joy and happiness, how tapping can help lift our feelings and emotions.

Learn to use this awesome tool to feel good all the time! Call Loose and sign up today!



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.

TOPS (Take Off Pounds Sensibly)

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

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

YARN DONATIONS

Loose appreciates all yarn donations, currently we are very low on **PURPLE, RED, PINKS, BLACK, GRAY, NAVY BLUE, FOREST GREEN**. Thank you for your continued support.



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 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.

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

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



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

TRIPS @ A GLANCE

July 8	Saganing Eagles Landing Casino	\$30
July 8-10	National Cherry Festival	\$490
July 15	Black Oak Arkansas @ Clio	\$11
July 14-18	New York City	\$929
July 16	Genesee Belle Lunch Cruise	\$22
July 22	Jr. Walkers All Star Band @ Clio	\$11
July 23	FireKeepers Casino	\$30
July 29	The Fabulous Oldies But Goodies @ Clio	\$11
July 31	Tigers vs Chicago White Sox	\$70
Aug. 2-10	Nova Scotia	\$3199
August 5	Phil Dirt & The Dozers @ Clio	\$11
August 5	Put-In-Bay	\$120
August 6	Caesar Windsor	\$18
August 12	Bill Haleys' Youngest Drummer	\$11
August 18	Soaring Eagle & Doo Wop Show	\$30
August 19	Genesee County Fair	
August 19	The Country Legends Tour	\$11
August 26-27	Stratford	\$419
August 27	Applewood Tour	\$5
August 28	Tigers vs Yankees	\$70
Aug. 31- Sept 1	Mackinaw Bridge Walk	\$180
Sept. 8	Greektown Casino	\$26
Sept. 15-20	Hudson River Valley	\$1,279
Sept. 29-Oct. 3	Yooperland, USA	\$655
Sept. 23	Frankenmuth/Show	\$65
Sept. 24	Huron Lady II	\$74
Sept. 30	Hollywood Casino	\$28
Oct. 1	Shoreline Appreciation Tour	\$69
Oct. 7 & 8	Little River/Turtle Creek	\$120
Oct. 8	Deutsche Detroit	\$59
Oct. 9 - 13	Rails of West Virginia	\$999
Oct. 21	Heaven & Hell	\$65
Oct. 25-Nov. 2	New Orleans	\$1,799
Nov. 20-23	Christmas @ The Greenbrier	\$999
Dec. 1-5	Smokey Mountain Christmas	\$899
Dec. 30 - Jan. 1	Cleveland New Years Eve	\$404
Jan 24 - Feb. 4	Florida Vacation	\$1999

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



Applewood Tour

Wednesday, August 27, \$5 (transportation)
Leave Loose at 9:30 am and return approx. 12:30 pm
Applewood is the estate of the Charles Stewart Mott Family, built by Mr. Mott in 1916 at the end of downtown Flint. It is 34 acres of beauty. The tour is free, however donations to support this program are welcome. Limited to 14, sign up today!

GENESEE BELLE LUNCH CRUISE

Wednesday, July 16, \$22 includes transportation, cruise & lunch (please make sure you indicate your menu choice at the time you register). The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is 7/14.



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



**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: \$4.50 (transportation)

THE LIFE OF LEONARDO DA VINCI

- July 2** Part 1: Prologue
- July 9** Part 2: On to Milan
- July 16** Part 3: Sforza's Commission
- July 23** Part 4: Florence Revisited
- July 30** Part 5: Serenity



**THIS SUMMER AT THE
CLIO AMPHITHEATER**

A GREAT night out for \$11
(includes ticket and transportation)
Bus leaves 5:30 pm,
Performances with pre shows 6:30
Show time at 7 pm

Tuesday, July 8, 2014 - *Danny and the Juniors* with opening act *Tommy Vale & The Torpedoes*. *Danny and the Juniors* first hit it big with "At the Hop." This song was followed by "Rock and Roll is Here to Stay," "Twistin USA," and "Pony Express."

Tuesday, July 15, 2014 - *Black Oak Arkansas* with opening act *The Donny Hartman Band*. Southern rock comes alive with *Black Oak Arkansas* who released a new album for Atlantic Records/Atco Records on October 15, 2013 titled "Back Thar N' Over Yonder".

Tuesday, July 22, 2014 - *Jr. Walker's All Star Band* with opening act *The Jim Cummings Band*. Known world-wide as The Ultimate Motown Party Band present a spectacular show of unforgettable non-stop hits including: "What Does It Take? (To Win Your Love)" "Roadrunner" "Shotgun" & others.

Tuesday, July 29, 2014 - *The Fabulous Oldies But Goodies*

Tuesday, August 5, 2014 - *Phil Dirt & The Dozers*

Tuesday, August 12, 2014 - *Bill Haley's Youngest Drummer*

Tuesday, August 19, 2014 - *The Country Legends Tour*



TRAVERSE CITY - National Cherry Festival

July 8 - 10, 2014, \$490 based on double occupancy
Tour Includes Transportation *plus* two nights lodging at Turtle Creek Casino Hotel in Williamsburg, \$15 gaming credit, a \$2 meal discount each day, two dinners, plus: Wine tasting at Chateau Chantel, Guided Tour of Sleeping Bear Dunes National Lake Shore, National Cherry Festival, Scenic Cruise, Hoxie's Farm Market, Guided tour of Interlocken Center for the Arts.





Join LOOSE for the following home TIGER BASEBALL GAMES

July 31, Tigers vs. Chicago White Sox, \$70
August 28, Tigers vs. Yankees, \$70

Each Trip includes: Round Trip Motor Coach Transportation Departing from Loose at 11 am and returning at 7 pm, Good seats, Free Soft Drink & Hot Dog voucher, Water, Snacks and FUN on the Bus.

PUT-IN-BAY
On South Bass Island
\$120 per person
Tuesday, August 5,
Depart : 7 am, Return: 6:45 pm
Tour Includes Transportation, Round trip Ferry Ride, Perry's International Peace Memorial. Heineman Winery, Lunch at Tipper's Restaurant on Put-in-Bay Island & Free Time.




August 26-27, 2014, \$419 (double)
Tour Includes: Round Trip Transportation, one night at St. Jacobs, Ontario, 1 breakfast, 1 dinner, 2 great musicals with excellent seats (Crazy for You & Les Miserables), Back Roads Mennonite Country Tour, Shopping in St. Jacobs, Aberfoyle Model Railway.



NOVA SCOTIA
AUGUST 2 - 10, \$3199 Double
INCLUDES ROUND TRIP AIR, 1ST CLASS MOTORCOACH PLUS
Toronto, Halifax, Cape Breton, Prince Edward Island, Luggage Handling, Airline Baggage Fees, Tax & Tips on Included Meals.

FEATURING: 8 Breakfasts, 1 lunch @ Keltic Lodge, 5 dinners, Sightseeing tour of Toronto, Halifax, Prince Edward Island, Visit to Peggy's Cove, Alexander Graham Bell Museum, Tour of Cabot Trail, Ferry to Prince Edward Island, Anne of Green Gables Musical, Bay of Fundy & Hopewell Rocks tour and more.



TUESDAY, AUGUST 19
\$6.00 (transportation)
Depart Loose, 8:15 am
Return, 3 pm
Loads of fun
Admission is FREE

9 am VG's FREE Coffee and Donuts

9 am Senior Directors Association Exhibit along with vendors and FREE giveaways.


10 am Resisting Arrest performance
11 am Sweet Adelines performance
12 pm Smokin George Winters performance
1 pm FREE Strawberry Shortcake

On a first come first serve basis, there are a limited number of parking passes are available for those who would like to provide their own transportation.

What would Lucy Do? **Bavarian Inn of Frankenmuth**


Tuesday, September 23, 2014

- Bus leaves Loose at 11:30 am
- Arrive at Frankenmuth 12:15
- Free time
- Lunch seating begins at 2:15
- Lunch begins at 2:30
- Show begins after lunch
- Bus returns to Loose approx. 6 pm




\$65

Huron Lady II
\$74 per person
Wednesday, September 24
Depart : 9 am, Return: 7 pm
Tour Includes Transportation, Round trip, Lunch. Huron Lady II Cruise, Shopping Time in Marine City's Nautical Mile, about a 1/2 mile charming area of shops, restaurants, parks, and more.



Hudson River Valley
\$1279 double, September 15-20
Tour Includes Transportation, 1 night to and from Hudson River Valley, 3 nights, Fishkill in Hudson River Valley, 5 breakfasts, 2 lunches, 2 dinners, U.S. Military Academy, Madava Farms, Innisfree Gardens, Vanderbilt Mansion, Culinary Institute of American, FDR Presidential Library, Great Estate River Cruise, and more.



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

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Visit Loose on the web @ www.loosecenter.org



**Caretel
Loose
PICNIC**
12 noon - 2 pm
Tuesday, July 29

SUMMER FUN!

- ◆ Good Music
- ◆ Good Food (*including a pig roast*)
- ◆ Prizes and give-a-ways
- ◆ Invite your family and friends
- ◆ Bring a lawn chair and hang out
- ◆ Best of all, it's FREE!



**LIVE
BROADCAST**



NASH
FM 95.1

Caretel Inns of Linden
202 S. Bridge Street
Park @ Loose and take the Shuttle to Caretel
Parking @ Linden Elementary