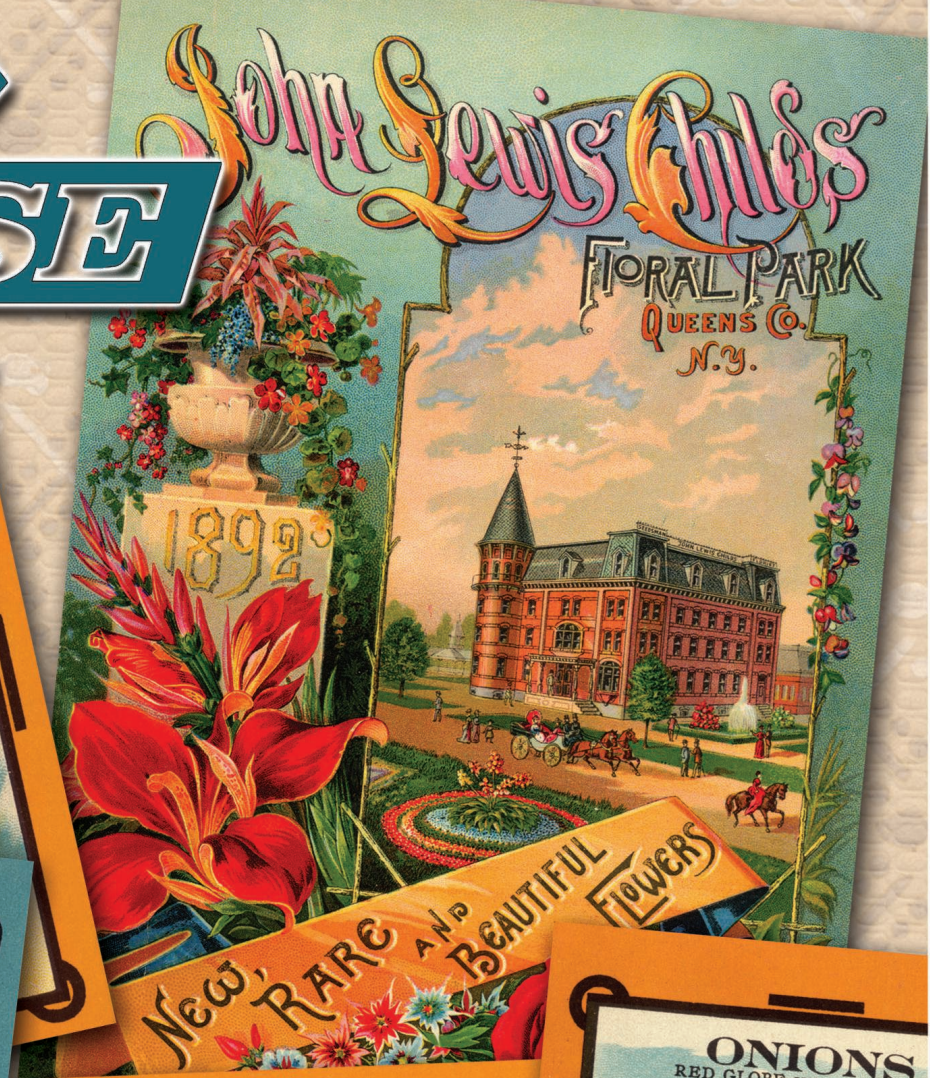


APRIL 2015

# LOOSE



"A life is like a garden.  
Perfect moments can be had  
but not preserved,  
except in memory."

~ Leonard Nimoy, final Twitter post



Dear Friends,

## FROM THE DIRECTOR

Spring is here, the air is warm and it is time to plan for our summer garden. We sit and think of the many fruits and vegetables that we can plant to enjoy throughout summer, fall and winter. We carefully take the precious piece of land and make a decision on what we will plant and how much. There are foods that we can eat off the vine, foods that we can or freeze and foods that we can share with others. We contemplate the enjoyment we are going to receive by eating fresh foods that we ourselves planted, nurtured and harvested. There is nothing better than eating a tomato taken from the garden or a bowl of green beans you have steamed for that special meal. There are the Bing cherries or crisp apples picked from your own tree to make a pie with your grandmother's recipe. The smell brings back the memories of a time you spent with her.

The gardens in our lives play a big part in who we are and what we represent. It shows the care and time that we dedicate to take something from a seed or plant to make something that we can enjoy and share. *A life is like a garden. Perfect moments can be had, but not preserved, except in memory.* Our life is made up of many warm springs and gardens. Our youth finds us planting fruits of childhood filled with fun, games and a closeness to family. It is a garden full of love that we harvest to enjoy the sweet taste of life. Our middle years find us planting the seeds of knowledge and direction. We form bonds with people outside our family and expand our care and love for those who grow in our garden. We also spend this time learning the lessons that will set our course that when harvested will be the foods that guide us to the next garden in our life. Our next garden finds us in a mature world filled with many challenges. We plant the seeds of family, work and responsibility. Our garden finds us growing a life with that special person and children who become the center of our being. We take the fruits of our youth and apply them to the direction of our calling, the employment which will be our financial support and the dedication to help others. The fruits of this garden will show us the responsibility that will be required of us to succeed with family obligations and life's challenges.

In our sunset years we become more selective of what we plant in our garden of life. We have seen our youth pass before us. We have witnessed the loss of family and loved ones. We have seen the children we hold dear, plant their own gardens and set out to take on their own responsibilities of life. We now find spring is here again, the air is warm and it is time to plan for our summer garden. We sit and think of the many fruits and vegetables that we can plant to enjoy throughout the summer, fall and winter. We carefully take the precious piece of land and make a decision on what we plant and how much. This garden is the time to reflect, to dwell on the memory of the fruits of our labor of the past. It is time to select the plants that will bring us pleasure in our summer, fall and winter. We have become a master gardener. We have planted many gardens in our life. We have harvested many memories. It is time to plant the garden of fruits and vegetables that brings us that final pleasure in the closure of our summers of gardens. We are thankful for the gardens of the past and the one that is waiting to be planted.

*All is well!*

**Carl Gabrielson**  
Executive Director

**You're Invited ... bring a friend**

**Friday, May 1st**

2pm to 6pm  
*Stay a little... or a lot!*



**L**ife is about connecting socially, staying healthy and enjoying this season of life. Take this opportunity to meet new people and enjoy an afternoon dedicated to activities that help keep us healthy & happy!



**\$7 in advance**  
*\$10 at the door*

*Tickets available at Loose or from a heart2♥committee member.*

**heart2♥proceeds to benefit:**  
**Loose Center & American Heart Association**

*Food Stations & Dessert, Music & Entertainment,  
Silent Auction, Fitness Demonstrations,  
50/50 Drawing, Tea Tastings, Art Exhibit*



**JUST DELIGHTFUL!**

**DINNER AND A SHOW**

Friday, May 8

Dinner begins at 5:50 pm at John's Pizzeria  
Show begins at 7:30 at Fenton High School  
This is an evening you will not want to miss.

*We begin at John's Pizzeria with a special buffet designed for our eating pleasure.*

**DINNER INCLUDES**

Fried Chicken & Seafood Buffet  
Potatoes & Gravy

Salad, Breadsticks, Beverages (non-alcoholic)

The top notch show featuring the Fenton High School Ambassadors follows and is held at Fenton High School

This wonderful evening comes with options

**Dinner and the Show \$16**

Show only \$5 (Friday or Saturday)

*You must sign up no later than May 6 for this event.*

**C**ongratulations to Roby Deese, winner of the Senior Winter Game Wood-carving competition, for his beautiful and detailed rendition of a pole vaulter.





HELLO APRIL

# April Dinner

Tuesday, April 21, 5 pm, \$10

Join us for a wonderful evening of good food and great entertainment. Dinner will include a PASTA, PIZZA, SALAD, DESSERT BUFFET, which will include breadsticks and drinks. Not only will it be a visual FEAST, it will be full of yummy goodness.

A very special program by David and Barbara Kincaid will follow dinner. David is the Board President of The Linden Mills Historical Society and Barbara is the Curator of the Museum in Linden. Both are fascinating people with a very rich history. Don't miss out on this special presentation.



## REAL ESTATE PREPAREDNESS

Wednesday, April 15, 12:30 pm

Today's Real Estate world presents many challenges for everybody. This can be especially true with families selling the home of their parents or other loved ones, or parents deeding their home to their children, etc. Many times, proper steps have not been taken by the owner of the home or by the surviving family members, and legal and relational issues can and do arise because of this. This presentation, given from a Realtor perspective, not an Attorney perspective, will bring awareness to these various situations regarding this important life event in hopes of having the family better prepared.



## "ENTERTAINMENT EXPRESS" @ LOOSE

Wednesday, April 22, 1 pm

Multi talented, **Paul Ojibway**, keyboard player (along with a number of other instruments) will be at Loose for our entertainment pleasure. Paul has a very expansive song collection and this is a concert you will not want to miss.

"Entertainment Express" is funded by Health Plus, The Ruth Mott Foundation, the Charles Stewart Mott foundation and local Philanthropist William Hentgen.

## PERSONAL ACTION TOWARD HEALTH (PATH) FOR DIABETES

*Need information?*

Wednesday, April 29, 12 - 1 pm

Please join us for a free information session to learn more about PATH before you sign up for the six week programs. *See page 14 for details.*

# Got Drugs?

## DRUG TAKE BACK

LOOSE CENTER

Wednesday, April 1, 10 am-12 noon

Gather up and drop off your unused or expired drugs at Loose and know that they will be properly disposed of. If there are questions or for information, call Loose at (810) 735-9406.

## Lunch and Learn LIVING WITH ARTHRITIS

Monday, April 20, 12 noon at Genesys Athletic Club, \$10

In cooperation with Genesys Athletic Club's Gold Program, we are happy to offer to Loose Members the opportunity to share a meal and grow in knowledge. *This activity will take place at Genesys Athletic Club. If you require transportation, please contact Loose (additional cost \$4).*

While arthritis can make once-simple tasks much more difficult, that doesn't mean you have to give up the things that you love doing. Keeping up with your hobbies and workouts despite this condition is actually much easier than you might think—all it takes is a little ingenuity! We'll discuss five tips that will keep arthritis from stealing the fun in your life, stay active, make modifications, use specialized equipment, recruit a friend, and look for new interests.

**Menu options: (indicate at time of registration) - ½ Michigan wrap with grilled chicken or Fruit & yogurt plate both served with a cup of house made soup, cookie, coffee, tea & water.**



## ARE YOU CARING FOR A LOVED ONE AT HOME?

Saturday, April 25, 9 - 11 am



Join us for a FREE Seminar: Tips for the At-Home Caregiver & Free Breakfast! Take advantage of Tanglewood's 20 years of experience taking care of loved ones in the comfort of their home. You will be provided with information that can help you keep your loved one home longer, while keeping them safe, happy and healthy! The Seminar will be held at Loose Senior Center. RSVP to Tanglewood Home Care, 810.629.9004.



## GARDEN MEETING

Thursday, April 23, 9:30 am

Keeping our gardens looking beautiful and productive takes time and commitment. If you are willing to be part of our committed Garden volunteer group, **please come. A special thanks to all of our committed volunteers.**





**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.

**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.



*Mothers Day Tea*  
 Friday, May 8, 1 pm, \$6

This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an afternoon of tea, treats, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Give yourself and/or someone special the time for this treat. Sign up today!



**MAY DINNER**  
 ~~~~  
**LINDEN HIGH SCHOOL**  
 THURSDAY, MAY 21, 5:00 PM, \$8.50  
**ENTERTAINMENT - LOOSE CHOIR**

The cooks at Linden High School are amazing. Each fall we are fed a wonderful FREE dinner provided by the Linden Student Council. This dinner mimics that meal and we already know it will be delicious. The Loose Choir will be sharing their special talent following dinner and at 7 pm head to the auditorium and enjoy the Linden High School Annual Spring Concert.

Are you **HUNGRY** or wondering **WHAT** to cook or **HOW** to cook it? Then this special class is for you. We are excited to have Deb Brindle, Linden Community School's Community Education and Food Service Director bring her special kind of fun to Loose.



**Cooking Made Easy**  
**CROCKPOTS**  
 April 23, 5 - 7 pm  
 \$15 (class size limited)

In this class we will make a total meal from one Pork Loin in the Crock Pot. Then with "left overs" we will make a BBQ shredded pork that you can have the next day or put in the freezer for future use. There will be tips on how to make a gravy from the drippings and talk about other easy crockpot meals. **SIGN UP TODAY!**

**Welcome New Members**

We invite you to join us for coffee, pastries, introductions, information and a time to chat on,  
**WEDNESDAY, JUNE 10, 9 -10 AM**  
 In the **LOOSE ANNEX**

**SENIOR POWER DAY 2015**  
 Wed., May 20, 9 am - 2 pm, \$3

**INCLUDES**  
 ~GIFTS~ LUNCH~~EXPO~ENTERTAINMENT~  
 ~FREE ICE CREAM~DEMONSTRATIONS~  
 ~DRAWINGS~PRIZES~AND MORE~

Sponsored by the Valley Area Agency on Aging

*Transportation is available, please indicate at the time tickets are purchased.*  
*Senior Power Day is held at Crossroads Village, 6140 Bray Road, Flint*

For more information and to purchase tickets, visit Loose!  
 Tickets must be purchased by May 6.







## PICKLEBALL

**Monday & Wednesday, 6:15 - 9 pm, Sunday 2 - 5 pm, \$3  
Friday, 11 am - 4 pm, RESERVATION REQUIRED!**

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

## FITNESS ROOM

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

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

**Meets Mondays, 2:30 pm, FREE, Drop ins Welcome**

No Classes held on Monday, April 6 & 13

This program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercise that are suitable for every fitness level. The program will help you keep joints flexible and muscles strong, sleep better, increase energy, improve your overall outlook. *Paid for with funding from VAAA & OSA*



## 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.

## CORNHOLE Mondays, 1 - 2:15 pm

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 & laughter, not to mention good exercise.

## BIKING BUNCH Resumes Wednesday, May 6, 9 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.

## GOLF AT SHIAWASEE SHORES Resumes in the spring!

## YOGA \$5 per class

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

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

## 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.

## FIT<sup>4</sup>EVER \$5 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.

## LINE DANCE Tuesday Class - \$5 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!

## Wii BOWLING

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



## INDOOR GOLF PRACTICE

**Wednesdays, 11 am - 1:30 pm, \$5/session**  
**GOLFERS**, we have secured an INDOOR GOLF NET for you to use for practice. Call the Center at 810 735-9406 to secure your time and come and sharpen your skills, stay in shape and enjoy our new equipment. Please be sure to bring your clubs and balls.

**PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.**

### MONDAY

9:30 am Zumba Gold  
1:00 pm Cornhole  
2:30 pm Arthritis Exercise  
4:00 pm Yoga (gentle flow)  
5:00 pm Zumba  
6:15 pm Pickleball  
  
LINDEN ELEMENTARY  
6:00 pm Volleyball

### TUESDAY

9:30 am Zumba Gold  
10:30 am FIT<sup>4</sup>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

### WEDNESDAY

9:00 am Biking Bunch (May)  
9:30 am Yoga (gentle flow)  
11:00 am Golf Cage Practice  
*(call to reserve your spot)*  
5:00 pm Zumba  
6:15 pm Pickleball

### SATURDAY

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

### THURSDAY

9:30 am Chair Yoga  
11:45 am Wii Bowling  
10:15 am Zumba Gold  
10:30 am FIT<sup>4</sup>EVER  
4:00 pm Yoga (gentle flow)  
6:00 pm Beg Line Dance  
7:00 pm Adv. Line Dance

### SUNDAY

2:00 pm Pickleball

**SOFTBALL**





## “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.

## WOOD CARVERS

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

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

## PAINTING GROUP

**Mondays, 10 am, Hall A, FREE**

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

## 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, 1 pm, Hall A, 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 and crocheting group meets every Friday to knit or crochet needed items.

## 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! Someone will help you to get going again.

## JEWELRY CLASS

*Class is canceled in April*

**Thur., May 28, 1 pm, Sunroom, \$15**

Learn how to make rings using jewelry wire and Swarovski crystal cubes. We will create rings using "frames" to enhance the crystals. Come on in and enjoy the fun. No experience necessary. Cost includes the cost of the tool key to creating these beautiful rings which will be yours to keep.

## CARD MAKING WITH CAROLINE

**Monday, April 20 16, 12:30 pm, Sunroom, \$7 (class limited)**

Caroline Rohde, card extraordinaire, 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.

## CRAFTS AT CARETEL

**Wednesday, April 22 10 am, \$5**

Join us to create a beautiful scarf. All supplies are provided. Come and enjoy a peaceful time to be creative and enjoy the company of others. This event will be held at Caretel Inns, 202 S. Bridge in Linden. Class size is limited to 8, so sign up early. *May Craft will be held on Tuesday, May 19, 10 am.*



## 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.

## SLEEP MATS

**Mondays, 10 - 11:30 am, SUNROOM**

*The 2nd Monday of each month, this activity begins at 10:15 am*  
Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat. *Please donate your plastic bags...it takes oodles of them to create one mat.*





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



**PLEASE PREREGISTER FOR ALL CLASSES**

**IPAD 1**

**Wednesday, April 15 & 22, 4-6 pm, \$20, Hall B**

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 settings, camera, facetime, notes, and contacts.

**IPAD 2**

**Wednesday, May 6 & May 13, 4-6 pm, \$20, Hall B**

For those who have completed IPAD 1. Take things a step further and begin to dive into the mail app, calendar app, the App store, and downloading apps. There is always time for questions.

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.

**Look for the Summer Computer Class listing in the May newsletter!**



**Friday, April 24, 5 pm**  
**\$7 Entry Fee, 25¢/Euchres**  
**GREAT Prizes, Food & Drink and more!**  
**All are WELCOME!**

**GAMES**

- POOL PLAYERS** Bring a friend and play anytime.
- BRIDGE** Monday & Wednesday, 8 am - 2:30 pm
- OPEN GAME PLAY** Friday, 1:00 pm *(bring a friend)*
- CHICAGO BRIDGE** Tuesday & Friday, 1 - 4 pm
- CHESS** Wednesday, 12:30 pm
- DOMINOES** Wednesday, 12:30 pm
- MAH JONGG** Tuesday, 3 pm , Friday, 10 am
- 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.

**Tuesday**  
**April 14**  
**7 pm**

**OPEN MIC night**

Friends, an **Open MIC event** is a LIVE show where audience members may perform their talent at the MIC.

**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!**

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

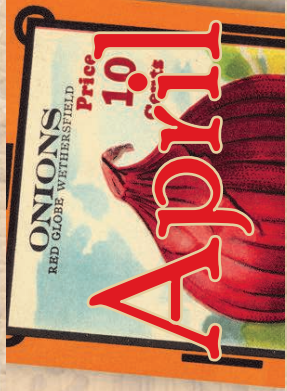


**Mondays, 3 pm, Loose Sunroom**  
 Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good 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!

**Be sure to join us on Thursday, May 21 Dinner at Linden High School and enjoy an after dinner concert by The Loose Choir.**  
*See page 4 for details.*

**All are WELCOME!**





# 2015

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

**PHONE**  
810.735.9406  
**FAX**  
810.735.4255

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**EACH SUNDAY**  
Based on Availability  
**2-5 PM**

**LOOSE STAFF**  
Carl Gabrielson  
*Executive Director*  
Debbie Hancock  
*Business Manager*  
Melinda Elmore-Hajek  
*Program Director*  
Cheryl Rex  
*Clerk*  
Kathy Metivier  
Dotti Tynes  
*Receptionist*  
Randy Green  
*Maintenance*

**1**  
8:00 Bridge  
9:00 NO Manicures  
9:30 Yoga  
10:00 Drug Take Back  
10:00 Consumer Fraud  
10:30 1 on 1 Financial  
11:00 Indoor Golf Practice  
11:15 Art à la Carte  
**11:30 Easter Lunch *Chicken***  
12:00 Wood Carving  
12:30 Pinochle/Dominos/Chess  
3:00 Confident Caregivers  
5:00 Zumba  
6:15 Pickleball

**2**  
9:00 Massage  
9:30 Chair Yoga  
10:00 FireKeepers Casino  
10:00 AMVET  
10:15 Zumba Gold  
10:30 Cards & More  
10:30 FIT4EVER  
10:45 Farmers' Market Trip  
**11:30 Lunch *Stuffed Peppers***  
11:45 Wii Bowling  
12:30 Euchre  
4:00 Yoga  
6:30 Beg. Line Dance  
7:30 Adv. Line Dance

**3**  


**6**  
8:00 Bridge  
9:00 Massage  
9:30 Zumba Gold  
10:00 Sleep Mat Production  
10:00 Painting  
10:00 Genesee Resource  
**11:30 Lunch *Beef Pasty***  
12:30 Pinochle  
1:00 Listening Ear  
3:00 Choir  
4:00 Yoga  
5:00 Zumba  
6:00 Volleyball  
6:00 TOPS Weigh-in  
6:15 Pickleball

**7**  
9:30 Zumba Gold  
10:00 Loose Threads  
10:30 FIT4EVER  
**11:30 Lunch *Chicken Chili***  
12:00 Beg. Line Dance  
12:30 Euchre  
1:00 Adv. Line Dance  
1:00 Chicago Bridge  
2:00 Blood Pressure  
3:00 Mah jongg  
4:00 Chair Yoga  
5:00 Yoga

**8**  
8:00 Bridge  
9:00 NO Manicures  
9:00 Blood Pressure Check  
9:30 Yoga  
10:30 Watch Repair  
11:00 Indoor Golf Practice  
11:15 Art à la Carte  
**11:30 Lunch *Turkey Steak***  
12:00 Wood Carving  
12:30 Pinochle/Dominos/Chess  
3:00 Confident Caregivers  
3:15 Coupon Club  
5:00 Zumba  
6:15 Pickleball

**9**  
8:00 Board Meeting  
9:30 Chair Yoga  
10:15 Zumba Gold  
10:30 Cards & More  
10:30 FIT4EVER  
10:45 Farmers' Market Trip  
**11:30 Chicken *Lasagna***  
12:00 Wii Bowling  
12:30 Euchre  
4:00 Yoga  
6:00 Line Dance  
7:30 Adv. Line Dance

**10**  
8:00 Income Tax  
9:00 MMAP Counselor  
9:30 Yoga  
10:00 Write Your Life  
10:00 Yarn Recyclers  
10:00 Board Games  
11:00 Pickleball (reservation)  
**11:30 Lunch *Pollock***  
1:00 Lapghans  
1:00 Chicago Bridge  
5:00 Potluck  
**SATURDAY April 11**  
Scrabble Tournament  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba  
**Sunday April 12**  
Scrabble Tournament  
2:00 Pickleball



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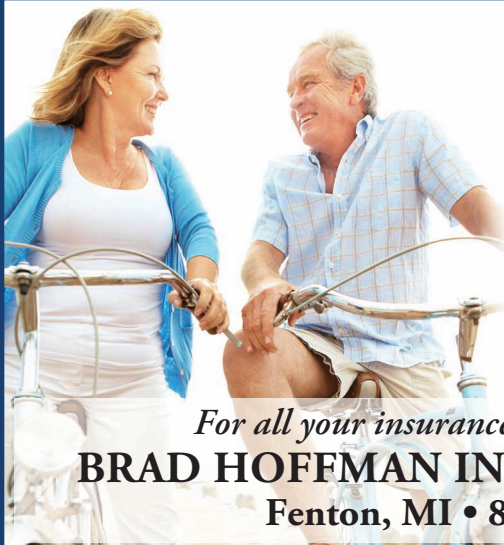
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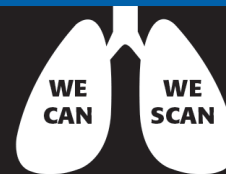
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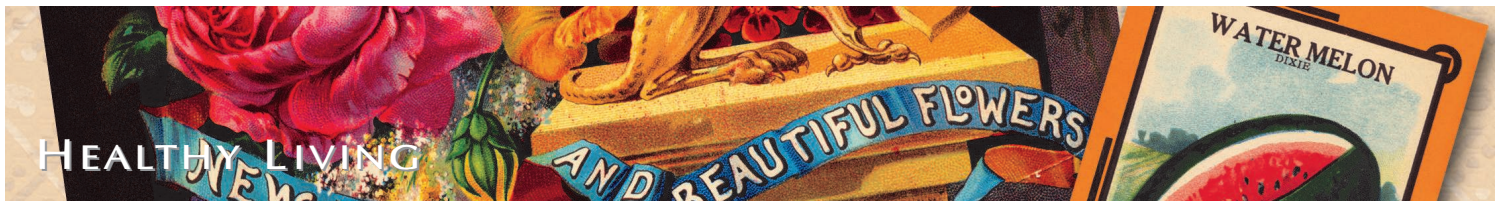
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|                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>13</b></p> <p>8:00 Bridge<br/>9:00 CSFP<br/>9:00 Massage<br/>9:30 Zumba Gold<br/>10:00 Painting<br/>10:00 Genesee Resource<br/>10:00 Sleep Mat Production<br/>10:15 Lunch <i>Steak</i><br/>11:30 "Anyone Can Paint"<br/>12:00 Pinochle<br/>12:30 Book Club<br/>1:00 Choir<br/>3:00 Yoga<br/>4:00 Zumba<br/>5:00 Volleyball<br/>6:00 TOPS Weigh-in<br/>6:15 Pickleball</p>                                                           | <p><b>14</b></p> <p>9:00 Veteran Services<br/>9:30 Zumba Gold<br/>10:00 Loose Threads<br/>10:30 FIT4EVER<br/>11:30 Lunch <i>Veal Cutlet</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/>4:00 Chair Yoga<br/>5:00 Yoga<br/>7:00 Open MIC</p>         | <p><b>15</b></p> <p>8:00 Bridge<br/>9:00 Manicures<br/>9:30 Legal Service<br/>9:30 Yoga<br/>11:00 Indoor Golf Practice<br/>11:15 Art à la Carte<br/>11:30 Lunch <i>Black Bean Soup</i><br/>12:00 Wood Carving<br/>12:30 Real Estate Preparedness<br/>12:30 Pinochle/Dominos/Chess<br/>4:00 IPAD 1<br/>5:00 Zumba<br/>6:15 Pickleball</p> | <p><b>16</b></p> <p>9:00 Massage<br/>9:30 Chair Yoga<br/>10:15 Zumba Gold<br/>10:30 Cards &amp; More<br/>10:30 FIT4EVER<br/>10:45 Farmers' Market Trip<br/>11:00 Blood Pressure<br/>11:30 Lunch <i>Chicken Wings</i><br/>12:00 Wii Bowling<br/>12:30 Euchre<br/>4:00 Yoga<br/>6:00 Beg. Line Dance<br/>7:30 Adv. Line Dance</p>                  | <p><b>17</b></p> <p>8:15 Lifelong Learning<br/>9:00 MMAP Counselor<br/>9:30 Yoga<br/>10:00 Hearing Doctor<br/>10:00 Yarn Recyclers<br/>10:00 Board Games<br/>11:00 Pickleball (reservation)<br/>11:30 Lunch <i>Chicken Strips</i><br/>1:00 Lapghans<br/>1:00 Chicago Bridge<br/>SATURDAY April 18<br/>9:00 Yoga<br/>10:00 Euchre<br/>10:15 Zumba<br/>Symphony</p>                                                                     |
| <p><b>20</b></p> <p>8:00 Bridge<br/>9:00 Massage<br/>9:30 Zumba Gold<br/>10:00 Sleep Mat Production<br/>10:00 Painting<br/>10:00 Genesee Resource<br/>11:30 Greektown Casino<br/>11:30 Lunch <i>Pulled Pork</i><br/>12:00 Lunch &amp; Learn @ Genesys<br/>12:30 Pinochle<br/>12:30 Card Making<br/>2:30 Arthritis Exercise<br/>3:00 Choir<br/>4:00 Yoga<br/>5:00 Zumba<br/>6:00 Volleyball<br/>6:00 TOPS Weigh-in<br/>6:15 Pickleball</p> | <p><b>21</b></p> <p>9:30 Zumba Gold<br/>10:00 Loose Threads<br/>10:30 FIT4EVER<br/>11:30 Lunch <i>Meatball Sand.</i><br/>12:00 Beg. Line Dance<br/>12:30 Euchre<br/>1:00 Scrapbooking<br/>1:00 Adv. Line Dance<br/>1:00 Chicago Bridge<br/>3:00 Mah jongg<br/>4:00 Chair Yoga<br/>5:00 Yoga<br/>5:00 Dinner</p>            | <p><b>22</b></p> <p>8:00 Bridge<br/>9:00 Manicures<br/>9:30 Yoga<br/>10:00 Caretel Craft<br/>11:00 Indoor Golf Practice<br/>11:15 Art à la Carte<br/>11:30 Lunch <i>Fried Chicken</i><br/>12:00 Wood Carving<br/>12:30 Pinochle/Dominos/Chess<br/>1:00 Entertainment Express<br/>4:00 IPAD 1<br/>5:00 Zumba<br/>6:15 Pickleball</p>      | <p><b>23</b></p> <p>9:30 Garden Meeting<br/>9:30 NO Chair Yoga<br/>10:15 NO Zumba Gold<br/>10:30 Cards &amp; More<br/>10:30 NO FIT4EVER<br/>10:45 Farmers' Market Trip<br/>11:30 Lunch <i>Beef Sandwich</i><br/>12:00 NO Wii Bowling<br/>12:30 Euchre<br/>4:00 Yoga<br/>5:00 Cooking Class<br/>6:00 Beg. Line Dance<br/>7:30 Adv. Line Dance</p> | <p><b>24</b></p> <p>9:00 MMAP Counselor<br/>9:30 Yoga<br/>10:00 Write Your Life<br/>10:00 Yarn Recyclers<br/>10:00 Board Games<br/>11:00 Pickleball (reservation)<br/>11:30 Lunch <i>Vegetable Lasagna</i><br/>1:00 Lapghans<br/>1:00 Chicago Bridge<br/>5:00 EUCHRE TOURNAMENT<br/>Saturday April 25<br/>9:00 Caring for A Loved One<br/>9:00 Yoga<br/>10:00 Euchre<br/>10:15 Zumba<br/>Sunday April 26<br/>10:00 Tiger Baseball</p> |
| <p><b>27</b></p> <p>8:00 Bridge<br/>9:00 Massage<br/>9:30 Zumba Gold<br/>10:00 Sleep Mat Production<br/>10:00 Painting<br/>10:00 Genesee Resource<br/>11:30 Blood Pressure Check<br/>11:30 Lunch <i>BBQ Chicken</i><br/>12:30 Pinochle<br/>1:00 Happy Stampers<br/>2:30 Arthritis Exercise<br/>3:00 Choir<br/>4:00 Yoga<br/>5:00 Zumba<br/>6:00 Volleyball<br/>6:00 TOPS Weigh-in<br/>6:15 Pickleball</p>                                 | <p><b>28</b></p> <p>8:00 Podiatrist<br/>9:30 Zumba Gold<br/>10:00 Loose Threads<br/>10:30 FIT4EVER<br/>11:30 Lunch <i>Beef Barely Soup</i><br/>12:00 Beg. Line Dance<br/>12:30 Euchre<br/>1:00 Adv. Line Dance<br/>1:00 Chicago Bridge<br/>2:00 Alzheimer Support<br/>3:00 Mah jongg<br/>4:00 Chair Yoga<br/>5:00 Yoga</p> | <p><b>29</b></p> <p>8:00 Bridge<br/>9:00 Manicures<br/>9:30 Yoga<br/>11:00 Indoor Golf Practice<br/>11:15 Art à la Carte<br/>11:30 Lunch <i>Turkey Breast</i><br/>12:00 Wood Carving<br/>1:00 PATH Information<br/>12:30 Pinochle/Dominos/Chess<br/>5:00 Zumba<br/>6:15 Pickleball</p>                                                   | <p><b>30</b></p> <p>9:30 Chair Yoga<br/>10:15 Zumba Gold<br/>10:30 Cards &amp; More<br/>10:30 FIT4EVER<br/>10:45 Farmers' Market Trip<br/>11:30 Lunch <i>Pub Burger</i><br/>12:00 Wii Bowling<br/>12:30 Euchre<br/>4:00 Yoga<br/>6:00 Beg. Line Dance<br/>7:30 Adv. Line Dance</p>                                                               | <p><b>April Dinner</b><br/>Tuesday, April 21, 5 pm, \$10<br/>PASTA, PIZZA, SALAD,<br/>DESSERT BUFFET<br/><b>GUEST SPEAKERS</b><br/>David and Barbara Kincaid<br/>See page 3 for details.</p>                                                                                                                                                                                                                                          |





### ONE-ON-ONE FINANCIAL HELP

Wednesday, April 1, 10:00 am

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

### ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times.

### 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

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.



### ONE STOP GENESEE

A Program of  RESOURCE GENESEE

Monday, 10 am - 2 pm

Loose welcomes **ONE STOP GENESEE** to the Center each Monday. The goal of this new program is to provide assistance to at-risk individuals and families. Services include; counseling, long term housing placement, emergency solutions, medical care, utility and water assistance, referrals for services and other services to work toward creating a pathway to stability and independence. For information call One Stop Genesee directly at 810 600-4525 or call Loose at 810 735-9406. *Walk-ins welcome!*

### WELLNESS USING BODY ENERGY TECHNIQUES

Thursday, May 7, 2 pm, FREE "Do you feel happy most of the time?" Is everything going the way you want it to? Is your health where you want it to be? Is there purpose in your life? Do you feel like you can accomplish anything you want to do? If not why? What is holding you back? Join Christine Shreve, Certified EFT coach as she explains what EFT is, why it is so beneficial to the body and mind and how stress and negativity left in the body leads to disease. We will also be viewing a wonderful movie titled, "Tapping Solutions"

### PERSONAL SAFETY

Tuesday, May 12, 12:30 pm

We welcome Amy Belanger from the Michigan State Police, Flint post to Loose to share important information about safety. The list is lengthy and involves personal, cyber and more. The Michigan State Police Community Service Troopers are assigned to focus on community outreach to help strengthen communities. They serve citizens in a range of ways, including mentoring youth, working with seniors, educating citizens on emerging crime trends and focusing on community service and training. Sign up today!



### PERSONAL ACTION TOWARD HEALTH (PATH) FOR DIABETES

May 13-June 17, 12 - 2:30 pm

PATH for Diabetes is a six week workshop designed to provide skills and tools to help you improve your health and manage your symptoms. As a result, you will be better equipped to face the daily challenges of living with diabetes. Through PATH for Diabetes you will learn to:

- Deal with the challenges of not feeling well
- Effectively talk to healthcare providers & family members
- Overcome stress and relax, Increase your energy
- Handle everyday activities more easily
- Stay independent, Set goals

*Join us — Your health matters!*

Call Loose and Register today!

### MATTER OF BALANCE - FREE

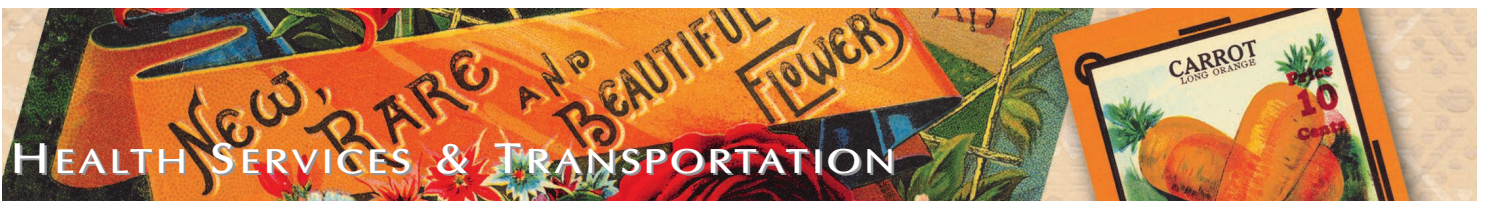
Beginning Wednesday, May 27 - July 15, 3 pm, Hall B



**A MATTER OF BALANCE**  
MANAGING CONCERN ABOUT FALLS

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!





## Relax & Unwind

### MASSAGE

By appointment each Monday & 1st & 3rd Thursdays

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

### PODIATRIST

Tuesday, April 28, by appointment, Annex

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

### FREE HEARING CLINIC

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

1st Tuesday of each month, 2-3 pm NEW TIME!

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



### 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@looseseiorcenter.org](mailto:lsc@looseseiorcenter.org) so we can spread the sunshine.



### 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

10:45 am departure, return 1:30 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@looseseiorcenter.org](mailto:LSCC@looseseiorcenter.org)





## 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 (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.

## 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.

**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](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html)



**HEALTH INSURANCE PENALTY** - The Affordable Care Act (Obama Care) included a provision starting in 2014, requiring all individuals to have qualifying health insurance for the entire year or prove eligibility for a specific exemption from such coverage. There is a payment required on your 2014 income tax return for failing to meet these provisions. You will need to present proof of qualifying health insurance or exemption to your tax preparer for everyone in your household to avoid this penalty payment. This proof would generally be health insurance cards showing dates of coverage in 2014. Medicare Part A and Medicare Advantage is qualifying health coverage.

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





**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 2015. 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 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."*

Visit Loose on line at  
[www.loosecenter.org](http://www.loosecenter.org)





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

### TRIPS @ A GLANCE

|                |                                       |         |
|----------------|---------------------------------------|---------|
| April 2        | FireKeepers Casino                    | \$32    |
| April 20       | Greektown Casino                      | \$28    |
| April 26       | Detroit Tiger vs. Cleveland Indians   | \$69    |
| May 1          | Jack Hanna's Into the Wild            | \$40    |
| May 6          | Soaring Eagle Casino                  | \$32    |
| May 7-8        | Springtime in Niagara Falls           | \$279   |
| May 12         | "Rain, A Tribute To The Beatles"      | \$48    |
| May 14         | Flint Farmers Market                  | \$2     |
| May 17-23      | Montreal & Quebec City                | \$1,699 |
| May 28         | Hollywood Casino                      | \$30    |
| May 29         | "Mamma Mia"                           | \$50    |
| June 1-2       | Mackinaw City & Mackinaw Island       | \$189   |
| June 9-10      | Titanic The Musical in Toronto        | \$399   |
| June 18-22     | New York City                         | \$1034  |
| June 26        | Monroe County Country Adventure       | \$79    |
| June 29        | FireKeepers Casino                    | \$32    |
| July 6-7       | Quilt Gardens Tour                    | \$264   |
| July 15-16     | Kewadin                               | \$119   |
| July 20        | Soaring Eagle Casino Sinatra Forever  | \$32    |
| July 23        | Lions, Tigers & Boats, Oh My!         | \$81    |
| July 22-27     | Boston ( <i>Tiger Game Included</i> ) | \$1,204 |
| August 4       | Gun Lake Casino                       | \$35    |
| August 6       | Detroit Tiger vs. Kansas City Royals  | \$69    |
| August 12      | Bay City                              | \$78    |
| August 8--17   | Oregon Coast                          | \$3,299 |
| August 25      | Jackson Historic Prison Tour          | \$102   |
| August 26-28   | Untouchable Chicago                   | \$424   |
| August 31      | Greektown Casino                      | \$28    |
| Sept. 6-7      | Mackinac Bridge Walk                  | \$180   |
| Sept. 8-17     | Shades of Ireland                     | \$3,699 |
| Sept. 9-11     | Lake Geneva, Wisconsin                | \$569   |
| Sept. 15-22    | National Parks                        | \$2899  |
| Sept. 17       | Viva Italiano                         | \$72    |
| Oct. 10-17     | Vermont-New Hampshire                 | \$1,799 |
| Oct. 15        | Stratford Festival "Sound of Music"   | \$145   |
| Nov. 10-19     | Reflections of Italy                  | \$4,249 |
| Nov. 28-Dec. 3 | Christmas Extravaganza                | \$1,249 |
| December 29    | California (ROSE BOWL PARADE)         | \$2,579 |

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



**Thursday, May 14, 2015, \$2**  
 Leave 10:30 am, Return 1 pm (limit 8)  
 We are partnering with Caretel Inns and enjoying time at the Flint Farmers Market.

The Market should be in BLOOM and filled with wonderful fresh morsels. Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call and sign up today.



**THE WHITING PRESENTS** Limited tickets have been secured for the following events at the Whiting for the 2014/2015 year. Call or visit Loose or our website for detailed information.

**"JACK HANNA'S INTO THE WILD"** Friday, May 1, 2015  
**"RAIN, A TRIBUTE TO THE BEATLES"** Tuesday, May 12, 2015  
**"MAMMA MIA"** Friday, May 29, 2015



### 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.

#### April 17

**History of Flint Churches** - Speaker: Bob Florine

This is a visual and oral presentation about the churches that had their origin in Flint prior to 1930. We will see photos that mostly show the outward appearance of the buildings, along with interesting anecdotal notes about some of the congregations and neighborhood facilities that originated in the growth periods of Flint and the Ethnic church buildings around the factory (especially Buick). The history of 60 different congregations from the 1840's to the present will be featured.

#### May 15

**A Flint Gridiron Great Speaker: Daryl Turner**

Mr. Daryl Turner is one of the greatest Flint athletes who had an outstanding career as a wide receiver from the Michigan State Spartans. He went on to play four seasons with the Seattle Seahawks in the National Football League where he was very successful. He set several receiver records that are still in place. Sadly, his career was short circuited by problems he will share with us.

**Payment is due Wednesday prior to the event.**

### ART À LA CARTE FLINT INSTITUTE OF ART

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

**Leave Loose at 11:15 am. Cost: \$4.50 (transportation)**

|          |                               |
|----------|-------------------------------|
| April 1  | Shakespeare Uncovered, Part 1 |
| April 8  | Shakespeare Uncovered, Part 2 |
| April 15 | Shakespeare Uncovered, Part 3 |
| April 22 | Shakespeare Uncovered, Part 4 |
| April 29 | Shakespeare Uncovered, Part 5 |
| May 6    | Shakespeare Uncovered, Part 6 |






**DETROIT**  
**Tigers** **\$69**  
**Sunday, April 26, 2015**  
 Vs. Cleveland Indians  
 OR  
**Thursday, August 6, 2015**  
 Vs. Kansas City Royals

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

**MONTREAL & QUEBEC CITY w/1000 ISLANDS & TORONTO**  
**May 17-23, 2015, \$1,699 (double)**


**Tour Includes Transportation PLUS**  
 Six nights lodging, 4 breakfasts, 1 lunch, 3 dinners, 1000 Islands Cruise, Montreal City Tour, Visit St. Joseph's Oratory, Mont Royal, Montmorency Falls, Ste. Ann de Beaupre, Sightseeing Tour of Old Quebec City, Leisure Tim in Old Quebec, Sightseeing Tour of Toronto, CN Town, Toronto Harbor Cruise, Luggage Handling and Tax & Tip on Included Meals. Call Loose for details.



*Two nights at the World Renowned Chateau Frontenac, Canada's most beloved hotel is a 5-star experience of luxury and elegance.*

**MACKINAW CITY & MACKINAC ISLAND** **\$189**  
**Monday, June 1-2, 2015**

INCLUDES: Round Trip Transportation, 1 nights lodging at the Hamilton Inn located on Lake Huron in Mackinaw City, 1 full breakfast Round Trip Transportation to Mackinac Island, Narrated horse-Drawn Carriage Ride on Mackinac Island, Free Time, and more.




**TITANIC The Musical in TORONTO**  
**June 9-10** **\$399**

INCLUDES: Round Trip Motor-coach Transportation, 1 night -Toronto - Downtown, 1 breakfast, 1 dinner, Top Price-Main Floor seats for "Titanic", Toronto Sightseeing, Toronto's Distillery District, Tax & Tip on included Meals and more. *Passport of Enhanced Drivers License is required.*



**SPRINGTIME IN NIAGARA FALLS**  
**May 7-8, 2015 \$279 Double**

Modern Motorcoach Transportation  
 1 night at the Hilton Fallsview Casino Resort  
 1 Breakfast, African Lion Safari, Journey Behind the Falls,  
 Visit Niagara-on-the-Lake, leisure time in Niagara Falls




**Quilt Gardens Tour - July 6- 7, \$264 double**

INCLUDES: Round Trip Motorcoach Transportation, 1 night lodging, Breakfast, Thrasher dinner, Haystack lunch at Amish Home, Quilt Garden Tour, Shopping in Shipshewana.



**New York City**  
**June 18-22, 2015, \$1,059 Double**

**Tour Includes Transportation PLUS** Four nights lodging, four breakfasts, two dinners, **Tigers vs. Yankees at Yankee Stadium**, Grand Central Station, 9/11 Memorial & Museum, Ellen's Stardust Diner, Empire State Building, Time Square, Double Decker Bus Tour, John's Pizzeria, Shopping



**Shades of Ireland**  
**September 8 - 17, 2015**  
**Double \$3,699**

**ITINERARY AT A GLANCE**

|           |                             |
|-----------|-----------------------------|
| DAY 1     | OVERNIGHT FLIGHT            |
| DAYS 2, 3 | TRINITY CITY HOTEL, DUBLIN  |
| DAY 4     | GRANDVILLE HOTEL, WATERFORD |
| DAYS 5, 6 | KILARNEY TOWERS, KILARNEY   |
| DAYS 7, 8 | ABSOLUTE HOTEL, LIMERICK    |
| DAY 9     | CABRA CASTLE, KINGSCOURT    |

INCLUDED IN PRICE: Round Trip Air from Detroit Metro Airport, Air Taxes and Fees/Surcharges. Hotel Transfers



**Thursday, October 15, 2015**  
 Departs: 6:15 am - Returns 10 pm  
 Pick up at Kmart, Silver Pkwy,

**Required** (one of the following)  
 Valid Passport, Passport Card, Enhanced Drivers License or Certificate of Naturalization

**CALL LOOSE FOR DETAILS!**

**Stratford FESTIVAL**  
**\$145.00**  
 Includes Transportation, Queen's Inn Buffet Lunch, Shopping, Festival Theater, Sound of Music, starring Stephanie Rothenberg





**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406  
[www.loosecenter.org](http://www.loosecenter.org)

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



# A Tribute to THE JERSEY BOYS

**Tuesday, May 26, 7 pm**

**Tickets \$10** (general seating)

Doors open at 6:30 pm

*Performance held @ Loose*



**H**ow did four blue collar kids become one of the greatest successes in pop music history? The 1960's pop group of Frankie Valli & The Four Seasons is being recreated as a tribute show performed by Dave King, Mark Smith, Steve Roberts and Jonathon Dunn. These musicians are the only group in Michigan that has been able to craft and give a credible performance musically with stage Choreography.

## **PRE-SHOW COOKOUT**

5:00 pm @ Loose

*HOT DOG, Chips, Cookie, Beverage,*  
\$3.00

*TWO HOT DOGS, Chips, Cookie, Beverage*  
\$4.00