

JULY 2015

LOOSE



"The extra mile is never crowded!"

~Wayne Dyer

FROM THE DIRECTOR

Dear Friends,

The history of the Loose Senior Center is one of constant evolution with many fond memories and most of all the people who make it possible. In 1995 a group of people purchased the Free Methodist compound with a gift of \$300,000 from the Loose family. After a remodeling project of the buildings, Loose opened as a center welcoming the senior community to programs, events, trips and opportunities to share with others. To make this possible it took people to step up and orchestrate the daily operation as well as a Board of people to run the business side.

In the early days we were under the leadership of Jack Winegarden who was Loose's first president. Under his direction Coralee Henriksen was hired as our first director and Lucille Little was our first secretary. Loose also had people with a vision like Marilyn Hoover, Kathy Belyk, Linda Kurnick and Elsie Wermuth who kept expanding activities to fulfill the needs of the membership. A committee of people were dedicated to keep the center maintained by giving their expertise and time to build, fix and plan. This group of special people included Ron Wagner and Harold St. John. Strong leadership came in the form of Bill Walworth, Chuck Montgomery, John Stevens and Terry Thomas. Loose also has members who go the extra mile to help others like Charles Rachor, Betty Reschly, Betty Shinsky and Sandra Davies. During times of need we have Alberta Martin who somehow gets the impossible done. And what would coffee hour be without donuts which Lou Prodanas has collected from VG's for years and the major contribution he supplied towards the new building.

This year the board has added two more deserving members to the many who contributed to the Loose history. Denny Hawk: was the first maintenance employee. He served on the advisory counsel, was a member of the building committee, gave his time to work the rummage sales, decorated the buildings for Christmas. cooked and served pork for the famous pig roasts and took leadership with our euchre committee who puts on the monthly euchre tournament. Jimmy Carter: For many years worked with Nancy Stockham making up Easter baskets, is a member of the Angels. He has worked selflessly in the Loose food pantry, has packed food bags for the county food program and has collected bake goods from VG's for many years for all the members to enjoy.

We salute these new people selected to be placed on a plaque to recognize their contribution of time and effort. As those before them, these special people share a passion and a love for Loose. They see it as part of their life and give gladly of their time. We thank all of these members who grace this plaque. They have made the Loose Senior Center a location for all to come and enjoy. The board will continue to recognize those people who go up and beyond setting the bar of excellence.

Loose also would like to remember and thank Marjie Hodges whose vision made this possible.

THE EXTRA MILE IS NEVER CROWDED!

All is well!

Carl Gabrielson
Executive Director

LOOK It's back Rummage Sale

Friday, August 21, 9 am - 4 pm
Saturday, August 22, 9 am - 2 pm

It has been a while, but we have a PLAN and are ready to tackle the return of the *RUMMAGE SALE* challenge.

HOW CAN YOU HELP?

- Gather up your gently used good stuff.
No clothing, LARGE appliances or LARGE furniture - please
- We are currently collecting donations .
- We will be accepting donations each week on Wednesdays and Thursdays ONLY.

We still don't have ideal storage and sort area, so we would appreciate your help in adhering to the Wednesday/Thursday drop off schedule. Thank you!



Loose is beginning the planning process to enter phase two of our building project. This plan includes a gym and wellness center and you are invited to attend one of two focus group sessions, the

Strategic Plan committee will be hosting, to hear the future needs of healthy and active seniors.

The meeting dates for these focus groups are either July 17 at 3 pm or July 24 at 1 pm, held in Hall B.

We hope you will accept this invitation as an opportunity to express your views and ideas. **Please RSVP to Loose, which date will work best with your schedule, by calling 810 735-9406 on or by Thursday, July 16.**



Jimmy and Suzanne Carter

Loose 2015 Distinguished Volunteers were honored Thursday, May 21 at Linden High School. This year Denny Hawk and Jimmy Carter were honored for their selfless contributions of time and talent to the Loose Center.

A BIG THANKS
to DENNY and
JIMMY!



Denny and Jill Hawk



USA AND MIA POW FLAG RAISING

Tuesday, July 14, 5:30 pm (following the cookout)

The **FLAGS** are tattered and its time to retire them and raise the **NEW FLAGS**. Please join Loose and The Rolling Thunder Chapter 5 from Hartland as we are lead in a short, but meaningful ceremony.

Prior to the lowering and raising of the flags, come and enjoy one of Loose's famous **Cookout Dinners**. Best deal in town (see page 4 for details). Be sure to call Loose or stop by the office and sign up for this special day!

BIRTHDAY BASH!

Wednesday, July 22, 12 noon - 1 pm, Hall B

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

you're invited!

YOUR HEALTHY LIFESTYLE TOOLBOX

Wednesday, July 29, 10 am, FREE

What items are "in" my toolbox?
Why should they be in there (*i.e.* nutrition, endurance, range of motion, balance and more)?

How much potential do I have to keep these tools "sharp"?
How can I go about doing this? This workshop will be led by Leah Tanton who is trained in Exercise Science and currently teaches Exercise Physiology at U of M.



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

HYPERTUFA PLANTER (Fairy Garden Container)

Wednesday, July 29, 12:30 pm, \$20 (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.



ENERGY HEALING WORKSHOP

Keeping the Body Clear of Anxiousness & Anxiety, Using EFT Tapping."

Thursday, July 9, 2-4 pm, Sunroom, \$35

Christine will be teaching a EFT Tapping protocol to use daily, to eliminate the addiction of these two emotions that keep our system in a fearful state. Using this 15 minute protocol will bring calm and balance to the body.



Quilt Raffle



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

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

*The drawing will take place on
Tuesday, July 28 during the Caretel/Loose Picnic.
No need to be present to win. The winner will be contacted.*

ATTORNEY GENERAL'S SENIOR BRIGADE

identity theft

Wednesday, July 22, 10

Valuable information on how to reduce the risk of falling victim to the fastest growing crime in America and what to do if you become a victim.



DAILY LUNCH AT LOOSE!

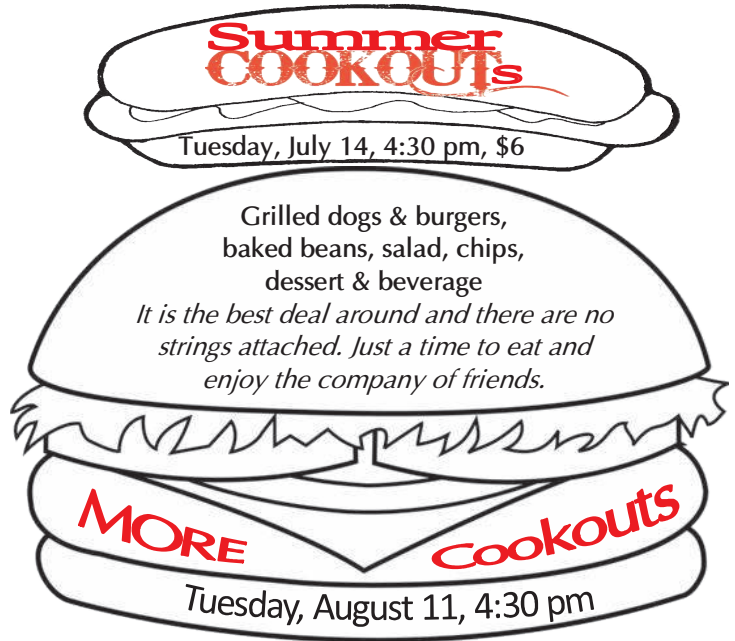
Monday through Friday, 11:30 am, Annex
 Suggested donation for those 60 and over: \$2
 Ages 59 and under: \$3.50

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.



VOLUNTEERS NEEDED!

MMAP (Medicare/Medicaid Assistance Program) is seeking people who like to solve puzzles, enjoy meeting and working with people, who love a challenge, are familiar with computers and the internet, and are interested in helping other Michigan citizens in their area.

MMAP is a free, unbiased, volunteer-staffed service which assists Medicare beneficiaries who have problems or questions about Medicare, Medicaid, Medicare Supplemental Insurance, Medicare Part D enrollment, Long-Term Care Insurance and related issues. This service is provided weekly at Loose.

Once a volunteer attends the initial six-day training, participants becomes a certified MMAP counselor. If you are interested in more information or wish to become a MMAP counselor, please contact Loose at 810 735-9406.



PROJECT FRESH COUPONS 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.



DINNER & COMEDY SHOW

Tuesday, September 15, 2015, 5 PM \$15

A wonderful dinner followed by the comic entertainment of Billy Ray Bauer.

"Billy Ray has been a repeat guest on the Bob and Tom Show heard across America. He's also been heard on the Dick Purtan radio show in Detroit and co-hosted the Appliance Doctor Radio program on WXYT for three years. Billy Ray's jokes have appeared in Reader's Digest and one was among their top 50 jokes for 2005. Billy Ray has appeared with Drew Carey, Tim Allen, The Smothers Brothers, Lewis Black, Doug Stanhope, and many other great comedians!"

TICKETS AVAILABLE - SIGN UP TODAY!



Friday, September 4, 2015
 7:30 am-7 pm, \$20

THE PRICE OF THIS TRIP INCLUDES

- Round Trip Motorcoach Transportation
- Free Admission to the fair for those 62 and over. (Those 50- 61, \$8 admission to the Fair)
- Continental Breakfast
- Vendors with FREE stuff
- Door Prizes and Drawing
- Entertainment
- Time to explore all the FAIR has to offer
- AND MORE!

Don't Miss Out!



PICKLEBALL

Monday & Wednesday, 6:15 - 9 pm, Sunday 2 - 5 pm, Friday, 11 am - 4 pm (reservation required), \$3 court rental
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, New class begins August 17
 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

Monday, 6 pm
 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.



BIKING BUNCH Wednesday, 9 am.

If you are interested in the Biking Bunch, please contact the Loose Center at 810.735.9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

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.

FIT⁴EVER \$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!

GOLF AT SHIAWASEE SHORES Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members **MUST** sign in at Clubhouse each and every time they golf.

Wii BOWLING Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. The next 8 week league begins on September 10. **If you are interested in Wii bowling, please contact the Loose Office.**

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

MONDAY
9:30 am Zumba Gold
2:30 pm Arthritis Exercise Beginning 8/17
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 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)

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

FRIDAY
9:30 am Yoga (gentle flow)
11:00 am 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 ⁴ EVER
4:00 pm Yoga (gentle flow)
6:00 pm Beg Line Dance
7:00 pm Adv. Line Dance

SUNDAY
2:00 pm Pickleball

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.

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!

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.

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.

WATERCOLOR CLASSES

FARM FOG, Sept.28 & Oct. 5, 1 pm, \$15

This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick up the supply list and additional information for the class. Instructor, Peggy Mattson.



JEWELRY CLASS

Thur., July 23, 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 create these beautiful rings which will be yours to keep.

CARD MAKING WITH CAROLINE

Monday, July 20, 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. Take the time to enjoy this special time to learn and connect with others who share a like passion.

CRAFTS AT CARETEL

Wednesday, August 26, 10 am

There will be NO Caretel Craft in July. Be sure to check the August newsletter for the fun new craft. It's really is a good time and all supplies are provided. 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.



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 CLEAN plastic SHOPPING bags ONLY.

HAPPY STAMPERS

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.





CLASSES, MUSICAL OPPORTUNITIES & MORE

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

WINDOWS 8

Wednesday & Thursday, July 8, 9, 15, 1-3 pm, \$30

Windows 8: kind of confusing, right? There's no Start button, no straightforward way to shut it down, perhaps worst of all, there's no instruction manual. So how exactly are you supposed to learn your way around the new operating system? Sign up today! If you have a laptop, bring it to class and get yourself set for this new adventure.

WORD PROCESSING

Wednesday & Thursday, July 22, 23, 29, 1-3 pm, \$30

There are so many tricks to word processing programs, and this class will cover many of them, such as creating documents, saving files into folders, toolbars, shortcuts, clip art, labels, envelopes and much more.

SOCIAL MEDIA & WHY

Thursday, July 30, 1-3 pm, \$10

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 social media.

IPAD 1

Wednesday & Thursday, August 5 & 6, 1-3 pm, \$20

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad including settings, camera, facetime, notes, and contacts.

IPAD 2

Wednesday & Thursday, August 12 & 13, 1-3 pm, \$20

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.

INDIVIDUAL COMPUTER HELP SESSION *(by appointment)*



Mondays, 3 pm, Resumes September 14

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!



Friday, July 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
July 14
7 pm

OPEN MIC
Open 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."

July 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

LOOSE BOARD OF DIRECTORS

Ken Wensel, *President*
Ron Wagner, *Vice President*
Alberta Martin, *Secretary*
Vince Eible Jr., *Treasurer*
Bob Cole
Ray Culbert
Ann Deemer
Roby Deese
Cheryl King
Richard Laing
Frank Lukowski
Charlie Ross
Les Scott

TUESDAY

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

WEDNESDAY

1

8:00 Bridge
9:00 Biking Bunch
9:00 Manicures
9:30 Yoga
10:00 Consumer Fraud
10:30 1 on 1 Financial
11:15 Art à la Carte
11:30 Lunch *Roasted Chicken*
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
3:00 Matter of Balance
5:00 Zumba
6:15 Pickleball
Rummage Donation Day

THURSDAY

2

9:00 NO Massage
9:30 Chair Yoga
10:00 AMVET
10:15 Zumba Gold
10:30 FIT4EVER
10:45 Farmers' Market Trip
11:30 Lunch *Gyro Sandwich*
11:45 Wii Bowling
12:30 Euchre
4:00 Yoga
6:30 NO Beg. Line Dance
7:30 NO Adv. Line Dance
Rummage Donation Day

FRIDAY

3

Loose CLOSED
July 3-5



6

Quilt Gardens
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 *Turkey Tenderloin*
12:30 Pinochle
1:00 Water Color Class
1:00 Listening Ear
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 Breast*
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
5:30 Johnny Cash Tribute

8

8:00 Bridge
9:00 Biking Bunch
9:00 Manicures
9:00 Blood Pressure Check
9:30 Yoga
10:30 Watch Repair
11:15 Art à la Carte
11:30 Lunch *Spaghetti*
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
1:00 Windows 8
3:15 Coupon Club
3:00 Matter of Balance
5:00 Zumba
6:15 Pickleball
Rummage Donation Day

9

8:00 Board Meeting
9:30 Chair Yoga
10:15 Zumba Gold
10:30 FIT4EVER
10:30 Farmers' Market Trip
11:30 Lunch *Enchilada*
12:00 Wii Bowling
12:30 Euchre
1:00 Windows 8
2:00 Energy Techniques
4:00 Yoga
6:00 Line Dance
7:30 Adv. Line Dance
Rummage Donation Day

10

9:00 MMAP Counselor
9:30 Yoga
10:00 Write Your Life
10:00 Yarn Recyclers
10:00 Open Game Play
11:00 Pickleball (reservation)
11:30 Lunch *Pasta w/Cheese*
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
SATURDAY July 11
9:00 Zumba
10:00 Euchre
Sunday July 12
2:00 Pickleball

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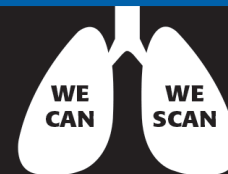
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<p>13</p> <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch <i>Beef Burrito</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</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>14</p> <p>9:00 Veteran Services</p> <p>9:30 Zumba Gold</p> <p>10:00 Farmers' Market Trip</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Pork Dippers</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>4:30 Cookout</p> <p>5:00 Yoga</p> <p>5:30 Flag Raising</p> <p>5:30 Motown Review</p> <p>7:00 Open MIC</p>	<p>15</p> <p>7:30 Kewadin</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>10:00 Community Angel Meeting</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Fried Chicken</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Windows 8</p> <p>3:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p> <p><i>Rummage Donation Day</i></p>	<p>16</p> <p>9:00 NO Massage</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Beef Stroganoff</i></p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p> <p><i>Rummage Donation Day</i></p>	<p>17</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Open Game Play</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Fish Sliders</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>3:00 Focus Groups</p> <p>SATURDAY JULY 18</p> <p>9:00 Zumba</p> <p>10:00 Euchre</p> <p>SUNDAY JULY 19</p> <p>2:00 Pickleball</p>
<p>20</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Soaring Eagle</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Lunch <i>Sloppy Joe</i></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</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>21</p> <p>8:00 Podiatrist</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Beef Ravioli</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>5:30 Bob Seger Tribute</p>	<p>22</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Identity Theft</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Balsamic Chicken</i></p> <p>12:00 BIRTHDAY BASH</p> <p>12:00 Wood Carving</p> <p>12:30 Hypertufa</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Word Processing</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p> <p><i>Rummage Donation Day</i></p>	<p>23</p> <p>8:15 Lions, Tigers & Boats</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch <i>Country Steak</i></p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Word Processing</p> <p>1:00 Jewelry Class</p> <p>4:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p> <p><i>Rummage Donation Day</i></p>	<p>24</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Open Game Play</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Tacos</i></p> <p>1:00 Focus Groups</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHE TOURNAMENT</p> <p>SATURDAY JULY 25</p> <p>9:00 Zumba</p> <p>10:00 Euchre</p> <p>SUNDAY JULY 26</p> <p>2:00 Pickleball</p>
<p>27</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch <i>Beef Steak</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</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>28</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 NO LUNCH</p> <p>LOOSE CLOSED 11:30 – 2 PM</p> <p>12:00 <i>Caretel Picnic</i></p> <p>12:30 NO Euchre</p> <p>1:00 NO Adv. Line Dance</p> <p>1:00 NO Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>29</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>10:00 Healthy Lifestyle Toolbox</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Beef Pasties</i></p> <p>12:00 Wood Carving</p> <p>12:30 Hypertufa</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>5:00 Zumba</p> <p>1:00 Word Processing</p> <p>5:30 Shania Twain Tribute</p> <p>6:15 Pickleball</p> <p><i>Rummage Donation Day</i></p>	<p>30</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch <i>Grilled Pork</i></p> <p>12:00 Wii Banquet</p> <p>12:30 Euchre</p> <p>1:00 Social Media</p> <p>4:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p> <p><i>Rummage Donation Day</i></p>	<p>31</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Open Game Play</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Philly Steak</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY AUGUST 1</p> <p>9:00 Zumba</p> <p>10:00 Euchre</p> <p>SUNDAY AUGUST 2</p> <p>2:00 Pickleball</p>



ONE-ON-ONE FINANCIAL HELP

Wednesday, July 1, 10:30 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.



HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Tuesday, August 4, 11 am FREE

Attorney Sharon Miner will guide the participants in a step-by-step process in completing this very important document and each will leave with a complete legal copy, signed by a witness and notarized. This is such an important part of healthy planning, don't put it off, call Loose and sign up today.



HONEST TALK ABOUT SOCIAL SECURITY BENEFITS

Monday, August 10, 2 pm

Loose is excited to have attorneys Seth Neblock (Elder Law Attorney) and Andrea Rossi (Public Benefits/Disability/Social Security Attorney) come and share information on SS retirement benefits and survivors benefits. Seth and Andrea will also be available to answer questions. This is a golden opportunity, call and sign up today!

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

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AARP SMART DRIVER COURSE

August 12 & 13, (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.)

ONE STOP 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!*

A Program of **RESOURCE GENESEE**



A GIANT SIZED THANK YOU to all of our WONDERFUL VOLUNTEERS who regularly give selflessly to make Loose stand out in the crowd. We are humbled by your dedication.

An extra special shout out to the volunteers who made the first ever Heart to ♥ event a resounding success. The brain child of Mary Turner, whose vision, hard work and perseverance ended with a well organized, fun and healthy gathering that we hope to duplicate in the future. As promised at the onset, half of the proceeds (\$412.50) would be sent to the American Heart Association. **"Volunteers don't necessarily have the time, they just have the HEART."**



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, July 21, 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, *copays or deductibles may apply*. 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 Wizgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

MANICURES
Wednesday, by appointment, beginning at 9 am, \$10, Annex
MANICURE WILL INCLUDE:


- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application

Plan on a 1/2 hour manicure.
Please call Loose to set up your appointment.



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



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

Coffee COPS and Conversation

COMING IN SEPTEMBER
 Tuesday, September 8, 9:30-10:30 am
 Coffee **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



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.

THURSDAY – Flint Farmers’ Market
10:45 am departure, return 1:30 pm, \$4.50 roundtrip

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.

NATIONAL DO NOT CALL REGISTRY
 The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at the National Do Not Call Website. You can register our home or mobile phone for free.



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.

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

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@loosescenter.org so we can spread the sunshine.





THE LOOSE COMMUNITY ANGELS

The Community Angels are a group of Members from Loose whose mission is to assist community organizations that are helping those in need. New volunteers are always welcomed. If you are interested, call our new leaders, Mike and Paula MacMillan at 810 629-7797. Look for OUR Angels supporting community organizations/agencies with their charitable causes.

Next meeting July 15, 10 am., Hall B.

Special Meeting Notice

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.

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!

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.

Visit Loose online at www.loosecenter.org

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.

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 is scheduled for August 21 & 22. Donations are now being collected. We ask that you please drop off donations on Wednesdays and Thursdays only. Thank you!

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.

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

REMINDER, Loose is non smoking, both facility and grounds. Smoking in vehicles is acceptable.

"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 6-7	Quilt Gardens Tour	\$264
July 15-16	Kewadin	\$119
July 7	Johnny Cash Tribute	\$5
July 14	Persuasion - Motown Revue	\$5
July 14	Flint Farmers Market FUN FAIR	\$2
July 20	Soaring Eagle Casino Sinatra Forever	\$32
July 21	Bob Seger Tribute	\$5
July 23	Lions, Tigers & Boats, Oh My!	\$81
July 22-27	Boston <i>(Tiger Game Included)</i>	\$1,204
July 29	Shania Twain 7 Tim McGraw Tribute	\$5
August 4	Gun Lake Casino	\$35
August 4	Magic Bus - Tribute to Woodstock	\$5
August 6	Detroit Tiger vs. Kansas City Royals	\$69
August 11	Jimmy Buffet Tribute	\$5
August 12	Bay City	\$78
August 8--17	Oregon Coast	\$3,299
August 25	Genesee County Fair	\$6
August 25	Jackson Historic Prison Tour	\$102
August 26-28	Untouchable Chicago	\$424
August 31	Greektown Casino	\$28
Sept. 4	Michigan State Fair	\$20
Sept. 6-7	Mackinac Bridge Walk	\$180
Sept. 8-17	Shades of Ireland	\$3,699
Sept. 9-11	Lake Geneva, Wisconsin	\$569
Sept. 15	Applewood Tour	\$5
Sept. 15-22	National Parks	\$2899
Sept. 17	Viva Italiano	\$72
Sept. 22	King Tut Grand Rapid Public Museum	\$87
Sept. 24	FireKeepers Casino	\$32
Oct. 10-17	Vermont-New Hampshire	\$1,799
Oct. 12-13	Little River Casino	\$120
Oct. 15	Stratford Festival "Sound of Music"	\$145
Oct. 28	Caesar Windsor Casino	\$18
Nov. 10-19	Reflections of Italy	\$4,249
Nov. 17	Parade Company	\$76
Nov. 17	Greektown Casino	\$28
Nov. 28-Dec. 3	Christmas Extravaganza	\$1,249
December 7	Soaring Eagle & Brenda Lee Show	\$32
December 29	California (ROSE BOWL PARADE)	\$2,579
January 21	Florida (14 days, 13 nights)	\$2,399
February 18-25	California (7 nights)	\$2,799

Detailed flyers are available at the Loose Center.

Please note: A reservation is made only when a deposit has been received.

GENESEE COUNTY FAIR

TUESDAY, AUGUST 25

\$5.00 (for those requesting transportation)

Depart Loose, 8:15 am, Return, 3 pm

- Admission is FREE
- FREE Coffee and Donuts (while supplies last)
- Visit with Vendors from Genesee County Senior Services
- FREE Entertainment
- FREE Strawberry Shortcake (to first 300 people)
- FREE Wagon Rides every half hour
- Fun Demonstrations
- Parking FREE to Seniors with Parking Pass (available at Loose)



Tuesday, July 14, 2015, \$2

Leave 10:00 am, Return 1 pm (limit 8)

We are partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's Senior Resource FUN FAIR. Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call and sign up today.

Fun Fair



APPLEWOOD Garden Tour

Tuesday, September 15 \$5 (transportation)

Leave Loose at 9:30 am return 12:30 pm

Applewood is the estate of the Charles Stewart Mott Family, built by Mr. Mott in 1916 in Flint. It is 34 acres of beauty and is now a part of the Ruth Mott Foundation.

The estate's beautifully landscaped 18 acres weave together the Mott family's past and present dedication to serving the needs of the community through convening and public programs. The tour is free, however Applewood does encourage participants to donate to their favorite charity. Limited to 10.



CLIO AMPHITHEATER 2015 TRIBUTE SHOWS

Depart Loose @5:30 pm, show starts at 7 pm

Tickets can be purchased at the gate prior to the show - \$6

Transportation arrangements made through Loose at \$5

July 7	Johnny Cash Tribute
July 14	Persuasion - Motown Revue
July 21	Bob Seger Tribute
July 29	Shania Twain Tribute
August 4	Magic Bus
August 11	Jimmy Buffet Tribute

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)

July 1	Rembrandt van Rijn: The Night Watch
July 8	Johannes Vermeer: The Art of Painting
July 15	Diego Velazquez: The Rokeby Venus
July 22	Francisco Goya: The Third of May 1808
July 29	Eugene Delacroix: Liberty Leading the People





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.

Lions, Tigers & Boats Oh My! July 23, \$81



INCLUDES: Round Trip Motorcoach Transportation, Toledo Zoo, Providence Metropark, Boat Cruise, Lunch at Giorgio's Café International.



Tour Includes Transportation PLUS five nights lodging, five breakfasts, three dinners, \$15 dinner voucher. **Tigers vs. Boston Red Sox @ Fenway Park**, Boston Duck Tour, New England Aquarium, Dinner at Cheers, National Baseball Hall of Fame & Museum, Skywalk Observatory, Tour of USS Constitution & Museum, Turning Stone Casino Resort.



Tour Includes Transportation (air and motorcoach) PLUS nine nights lodging (2 nights San Francisco) 7 breakfast, 1 lunch, 5 dinners, Sightseeing Tour of Seattle, Seattle's Pike Place Market, Mount St. Helen's Visitor Center, Timberline Lodge Tour & Chairlift, Bonneville Dam and Lock, Whale Watch Cruise, Oregon Sand Dunes Buggy Tour, Heceta Head Lighthouse, Jet Boat Ride Through Hellgate Canyon, Redwood National Park, Trees of Mystery Gondola Ride, "Avenue of the Giants", Drive Through Sonoma Valley Wine Country, Leisure Day in San Francisco, Luggage Handling, Tax & Tip on included meals.

JACKSON HISTORIC PRISON TOUR Tuesday, August 25, 2015

Departs: 8:15am - Returns: 5:45 pm
Pick up at Kmart, Silver Pkwy. \$102

CALL LOOSE FOR DETAILS!

Tour Includes Transportation (air and motorcoach) PLUS Michigan Theater featuring "Jacktown: The History of Michigan's First State Prison", Lunch at Steve's Ranch, Amory Arts Village - visit the "Old Prison", now Armory Arts Village a resident artist community, and The Parlour Old Fashioned Hand-Dipped Ice Cream.



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



Stratford FESTIVAL

\$145.00

Includes Transportation, Queen's Inn Buffet Lunch, Shopping, Festival Theater, Sound of Music, starring

CALL LOOSE FOR DETAILS!

National Parks & Canyonlands of the West

September 15-22, \$2,899 Double

- Dead Horse Point State Park
- Canyonlands National Park
- Achres National Park
- Canyonlands By Night Boat Cruise
- Mesa Verde National Park
- Durango & Silverton Narrow Gauge Railroad
- Cumbres & Toltec Rail Journey
- Sightseeing Tour of Santa Fe, New Mexico
- Sandial Peak Aerial Tram
- Anderson-Abruzzo Albuquerque Balloon Museum

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

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SUMMMOER FUNN!

Best of all, it's FREE! Food, Fun, Music, Prizes and give-a-ways, Invite your family and friends, Bring a lawn chair and hang out, and hang out,

Caretel
Loose

PICNIC

12 noon - 2 pm
Tuesday, July 28

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

