

OCTOBER 2015

LOOSE



"I'm so glad I live in a world where there are Octobers."

- Anne of Green Gables



From the Director

Dear Friends,

"I'm so glad I live in a world where there are Octobers."

Fall is in the air and October is filled with change, color, and many wonderful things to do. It is that time between summer and winter when the air cools and it invites you to enjoy the many wonderful gifts that come this time of year.

I love to take walks in the woods to fully enjoy the change of the season when the leaves on the trees turn into a palate of colors. The green becomes yellow, red and orange and the beauty is beyond description.

It is time to take the grandchildren to Spicer's Orchard to enjoy the many animals in the petting zoo, take a ride on the hay wagon to go into the orchard to pick your own apples. A time for my wife to test the many wines and select the varieties she will serve during the holidays. My favorite reward from this trip is the apple crisp that is served for dessert after a meal of meatloaf, baked potatoes, and corn. It gets no better than that.

Football is in the air. It is time to enjoy the tailgating parties with friends and enjoy the wonderful delicacies of great food, drink and cheer on your favorite team.

And who can forget those wonderful days in our childhood when you and your folks would rake the leaves into huge piles and you and your friends would jump into them and disappear. And there was always that seasonal smell of leaves burning in the air that gave you a warm and comfy feeling.

And this wonderful month of October ends with Halloween. That special time when you become any character you want. People gather to have parties of goblins, witches, and devils to celebrate this ghoulish time. Kids of all ages take to the streets to play "Trick or Treat" and go door to door to gather as much candy as thier sack will hold. It is a very magical time.

So as we look to October we realize what it has to offer. The changing of the seasons. The colors and the crisp air. The bountiful foods that we enjoy. The seasonal events.

But most of all we reflect on all the wonderful memories of life's past and the Octobers we have shared with others that have gone away. We look to the coming memories that have yet to happen. It is a special time of the year and "I'm so glad I live in a world where there are Octobers."

All is well

Carl Gabrielson, Executive Director

"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday, beginning October 1
6:00 pm - 7:30 pm, Loose Sunroom

"Journey To Hope And Healing" is a support group open to those who have suffered the loss of a loved one. In a safe and comfortable environment, participants will be able to hear how others are experiencing the effects of loss, share stories about their loved one, and learn about the strategies that help individuals cope with the everyday difficulties of loss. Through sharing and education, it is possible to move forward into the process of hope and healing.

*For more information or register for attendance,
call Loose at (810) 735-9406.*

Card Shop Drawing



During the month of OCTOBER, EACH time you come to Loose, be sure to put your name in the drawing for the Card Shop Give-a-way. Everything you need will be located by the My Senior Center Computer. We need your name and phone number and at the end of the month, the winner will be contacted. Come often, enter often. GOOD LUCK!



Win a GIANT PUMPKIN
Guess the weight of the GIANT PUMPKIN on display @ Loose and you may just be able to take it home and enjoy its beauty. ONLY 25¢ per guess. If more than one person guesses the exact weight, a drawing for the winner will be held. The fun will end on October 29, just in time for Halloween. **A GIANT Thanks to Kim Emmert for the donation of the beautiful pumpkin!**



FLU SHOTS

Another Chance

Tues. Oct. 13, 11 am - 12:30 pm
If you missed the opportunity to get your flu shot at the Health Fair, mark your calendar for this second chance. Bring you insurance card or \$25. *Sponsored by Rite-Aid*

MEDICARE OPEN ENROLLMENT PERIOD

October 15 - December 7.

We have counselors lined up for appointments on Tuesday, October 20 and Thursday, November 12 and each Friday. TELL YOUR FRIENDS and if you are in need of assistance, please call Loose and set up an appointment.



OCTOBER

Saturday, October 3, 5 pm

Invite your friends to join us at LOOSE for an evening of fun and great food.

Pig Roast
\$12

ENTERTAINMENT DJ, Chris Warner

Menu includes:
PULLED PORK, BAKED BEANS, SALAD, MAC & CHEESE, ROLLS, DESSERT & DRINKS

"ENTERTAINMENT EXPRESS" @ LOOSE

Friday, October 9, 1 pm



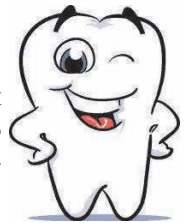
MEET MO! Mo plays the piano and has a huge variety of songs from the old standards to classic R&B and everything in between. He has a huge knowledge of music history and music from the early 20's-50's. Sign up TODAY!!

Entertainment Express is generously funded by the Ruth Mott Foundation, the Charles Steward Mott Foundation and local philanthropist William Hentgen.

TOOTH WISDOM GET SMART

Wednesday, October 7, 10:30 am

Come and learn valuable information about maintaining your oral health, tips and tricks to keep your smile healthy and more! Free Samples will be provided.



HEALTHY LIVING TO 100

Thursday, October 1, 12 noon

Increase productivity and learn about your own health. Learn about sleep patterns and how they dictate stress on the heart. Learn a guide to creating a healthy routine. LEARN TO INCREASE YOUR QUALITY OF LIFE! Join Fenton's own Dr. Ide who will share important information to help you focus on keeping out of a sick care system and more into a health and wellness system. LEARN SOLUTIONS TO STAYING HEALTHY & STAYING WELL. Sign up today!



GENESEE COUNTY METROPOLITAN PLANNING COMMISSION
RECYCLE

RECYCLING WORKSHOP

Wednesday, October 21, 10:30 am

The Genesee County Metropolitan Planning Commission Recycling will be at Loose to offer great information regarding recycling in general and in Genesee County. As we work toward a cleaner and greener environment, we all look for our way to make a difference. Knowledge is power, join us for this short but important talk. Call Loose and sign up today!



MEDICARE WELLNESS SCREENING INFO

October 14, 10 am

All Medicare Part B recipients are eligible for this valuable free service. Come and learn what this service is all about, what it means for you and how you can work with the professional and create a Personalized Health Prevention Plan Review of your medical and family history, develop of update a list of current providers and prescriptions, height, weight, blood pressure and other routine measurements. This screening is a little known benefit, so please join us for this informational meeting.



If you are interested, a Wellness Clinic is scheduled and an appointment can be made.

WELLNESS CLINIC DAY @ LOOSE

October 22 by appointment

Cooking Matters

Wednesdays, 10 am - 12 noon (6 days total) FREE

October 28, November 4, 18, 25, December 2 & 9

Held at the Loose Center!



COOKING & NUTRITION

Taught by a Chef & Nutritionist

Healthy Snacks **TOPICS INCLUDE** Tips for Eating Out
Shopping Smart Food Safety at Home
Planning Balanced Meals Cooking Tips from the Chef

FREE Groceries (make special recipes at home)

FREE Cookbook (secrets from the pros)





NUTRITION & MORE FUN

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 REAL LOCAL

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.

CHRISTMAS LUNCHEON

Thursday, Dec. 3, 12 noon, \$19

Spring Meadows Country Club
11 29 Ripley Road, Linden

Dinner includes your choice of
CHICKEN MARSALA
chicken breast with a mushroom & marsala wine
WHITEFISH

baked & served w/remoulade sauce

Full menu available at Loose

A favorite of many Loose members, please register by Nov. 25.

Meet the "New Fenton High School Ambassadors"

Saturday, November 21, 7:30 pm, \$5

\$5 includes ticket to the show & a Fenton House voucher (good 11/21)

The FENTON HOUSE is pleased to offer LOOSE Center members an opportunity to enjoy dinner prior to the show. Dine-in or carryout, with the purchase of a 'Sneak Preview' show ticket, receive a voucher good for \$5.00 off any \$12.00 food purchase at the Fenton House.

The show will be held at Fenton High School

THIS IS A DEAL YOU DON'T WANT TO MISS!



Join Loose at the **SYMPHONY!**

As a Loose member you can purchase a single concert ticket for \$10 (any level) and seasons tickets for \$48 on a balcony). There is an active Symphony group that carools from Loose and often meet for dinner prior to the concert. This is a wonderful opportunity. Call Loose, TODAY, for details.

CONCERT DATES

10/3/15, 11/14/15, 1/23/16, 2/20/16, 4/2/16, 4/30/16



NEW!!!!

Tuesday, October 13, 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!



LINDEN HS DINNER

Tuesday, Nov. 10, 5 pm - FREE



A generous gift from the Linden High School Student Council to Loose Members, this meal is a full-fledged Turkey Dinner with all the trimmings. A tradition for many years, the students treat us like royalty.

PLEASE NOTE: You must be a Loose Member, and have a ticket to attend this event. Tickets will be available at Loose on Tuesday, October 13 at 9 am. Tickets are limited to two per person and are distributed on a first come first served basis. If at some point you find you will not be able to attend this event, please call or return your ticket to Loose. We do take a waiting list. Please give back by supporting the students efforts to *support the troops*, see below.



Loose is supporting the Linden Student Council's effort to collect special goods for care packages for SERVICEMEN. Items needed are, snacks, candy & gum, powdered drink mix, quick protein, personal care items, etc, a complete list is available at Loose. If you are attending the dinner on November 10th, Please bring your donation to the dinner. If you are not attending, please drop them off at Loose by 4 pm November 10. **THANK YOU!**

WATERCOLOR CLASSES

GRAPES TO BE HARVESTED

Oct. 26 & Nov. 2, 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



MATTER OF BALANCE - FREE

Beginning Tuesday, November 3, 2 pm



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!

Dance
 Tuesday, November 10, 6 - 8 PM, ONLY \$5
 Live Variety Music by: Jim Hedrich
 Line Dancing & More!

Pickleball
PICKLEBALL ROCKS - Let's Play

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. Stop in, watch and give it a try.

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.

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

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 January 14. If you are interested in Wii bowling, please contact the Loose Office.**

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.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Will resume on January 4, 2:30 pm, 8 weeks, FREE

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.

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

SCHEDULE

<p>MONDAY</p> <p>9:30 am Zumba Gold 4:00 pm Yoga (gentle flow) 5:00 pm Zumba 6:15 pm Pickleball</p> <p>LINDEN ELEMENTARY 6:00 pm Volleyball</p>	<p>TUESDAY</p> <p>9:30 am Zumba Gold 10:30 am FIT⁴EVER 12:00 pm Beg. Line Dance 1:00 pm Adv. Line Dance 4:00 pm Chair Yoga 5:00 pm Yoga (gentle flow)</p>	<p>WEDNESDAY</p> <p>9:00 am Biking Bunch 9:30 am Yoga (gentle flow) 5:00 pm Zumba 6:15 pm Pickleball</p>	<p>THURSDAY</p> <p>9:30 am Chair Yoga 11:45 am Wii Bowling 10:15 am Zumba Gold 10:30 am FIT⁴EVER 4:00 pm Yoga (gentle flow) 6:00 pm Beg Line Dance 7:00 pm Adv. Line Dance</p>
	<p>FRIDAY</p> <p>9:30 am Yoga (gentle flow) 11:00 am Pickleball</p>	<p>SATURDAY</p> <p>9:00 am Yoga (gentle flow) 10:15 am Zumba</p>	<p>SUNDAY</p> <p>2:00 pm Pickleball</p>



ARTSY & CRAFTY

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.

"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 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.

HEXAGON ORNAMENT CLASS

Wednesday, October 7, 12:30 pm, \$5

Class size is limited to 8.

There is no better way to spend a fall afternoon than by learning something new, creating and sharing time with others. Sign up early, space is limited. Fabric and felt will be provided, please bring with you, needle, thread and scissors.



JEWELRY CLASS ADVANCED KUMIHIMO CLASS.

Thursday, October 22, 1pm, \$15

(includes seed beads, chain & stringing material)

Take your kumihimo skills to the next level. Create a three strand necklace utilizing your skills of stringing, kumihimo & chain. Bring your kumihimo disc and any bobbins. If you have them. Kumihimo discs and bobbins will be available for purchase at class time (disc-\$2, bobbins-\$3). The knowledge of kumihimo is a plus but not required.

CARD MAKING WITH CAROLINE

Monday, October 19, 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, November 18, 10 am, \$5, limit 8

Homemade soap and scrub. 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.



SLEEP MATS Mondays, 10 - 11:30 am, SUNROOM

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to **Many Hands Make LIGHT Work** 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.

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.



CLASSES, MUSICAL OPPORTUNITIES & MORE



CHOIR

Mondays, 3 pm

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!

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, October 7 & 14, 4-6 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, October 21 & 28, 4-6 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.

SOCIAL MEDIA

Wednesday, November 4 & 18, 4 - 6 pm, \$20

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

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.



Loose is collecting shampoo, hand creams, toothpaste, to create "care bags" for the Homeless Shelter. Please drop them off at the Center and a Volunteer will make sure they are delivered to the Shelter.



Friday, October 23, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

GAMES

All Loose groups are very welcoming and always open to new friends joining in on the fun.

POOL Wednesday - Friday, 1 - 3:30 pm

Pool players, please check in at the front desk prior to playing.

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 Begins October 8

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
October 13
7 pm



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!

October 2015

OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

PHONE
810.735.9406

FAX
810.735.4255

EMAIL

lssc@loosecenter.org

WEBSITE

www.loosecenter.org

MONDAY

BOARD OF DIRECTORS

Ken Wensel, *President*
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TUESDAY

LOOSE STAFF

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Cheryl Rex
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Kathy Metivier
Dotti Tynes
Receptionist
Debbie Green
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WEDNESDAY

VETERANS DAY

★ *Breakfast* ★

Wed., November 11, 8:30-10am

Veterans, please join us at Loose for a special breakfast in your honor. Stop by the Loose office by 4 pm on 11/9 with your proof of service and receive two free tickets to be used on 11/11 between 8:30am-10am. Many thanks to our friends at Caretel for providing this very special meal for those we honor on this special day.

Please note: Loose is closed for all other activities on November 11.

THURSDAY

9:30 Chair Yoga
10:00 AMVET
10:15 Zumba Gold
10:30 FIT4EVER
10:45 Farmers' Market Trip
11:30 Lunch - *Fried Chicken*
11:45 Wii Bowling
12:00 Healthy Living to 100
12:30 Euchre
4:00 Yoga
6:00 Beg. Line Dance
6:00 GRIEF SUPPORT
7:30 Adv. Line Dance

FRIDAY

9:00 MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch - *Mac & Cheese*
1:00 Lapghans
1:00 Chicago Bridge
SATURDAY October 3
9:00 Yoga
10:15 Zumba
10:00 Euchre
5:00 PIG ROAST
Sunday October 4
2:00 Pickleball

5

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

6

9:30 Zumba Gold
10:00 Loose Threads
10:30 FIT4EVER
11:30 Lunch - *Beef Steak*
12:00 Line Dance
12:30 Euchre
1:00 Chicago Bridge
2:00 Blood Pressure
3:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga

7

8:00 Bridge
9:00 Biking Bunch
9:00 Manicures
9:30 Yoga
10:00 Consumer Fraud
10:30 Tooth Wisdom
10:30 1 on 1 Financial
11:15 Art à la Carte
11:30 Lunch - *Chicken Chili*
12:00 Wood Carving
12:30 Ornament Class
12:30 Pinochle/Dominos/Chess
4:00 IPAD 1
5:00 Zumba
6:15 Pickleball

8

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

9

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 - *Veg. Lasagna*
1:00 ENTERTAINMENT EXPRESS
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
7:30 The Illusionist
SATURDAY October 10
Vermont-New Hampshire
9:00 Yoga
10:15 Zumba
10:00 Euchre
Sunday October 11
2:00 Pickleball

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(810) 735-7833

Fenton Chapel

Michael T. Scully, Manager
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(810) 629-9321

Funeral Home & Cremation Center

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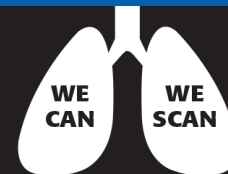
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<p>12</p> <p>7:00 Little River 8:00 Bridge 9:00 CSFP 9:00 Massage 9:30 Zumba Gold 10:00 Painting 10:15 Sleep Mat Production 11:30 Lunch - <i>Steak Patty</i> 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>13</p> <p>9:00 Veteran Services 9:30 Zumba Gold 9:30 Coffee Cops Conversation 10:00 Loose Threads 10:30 FIT4EVER 11:00 Flu Shots 11:30 Lunch - <i>Bean Soup</i> 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Open MIC</p>	<p>14</p> <p>8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:00 Blood Pressure Check 9:30 Yoga 10:00 Wellness Screening Info 10:30 Watch Repair 11:15 Art à la Carte 11:30 Lunch - <i>Meatballs W//Pasta</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 3:15 Coupon Club 4:00 IPAD 1 5:00 Zumba 6:15 Pickleball 6:30 Romeo & Juliet</p>	<p>15</p> <p>6:15 Stratford 9:30 Chair Yoga 10:00 Farmers' Market Trip 10:15 Zumba Gold 10:30 FIT4EVER 10:30 Cards n More 11:00 Blood Pressure Check 11:30 Lunch - <i>Baked Veal</i> 11:45 Wii Bowling 12:30 Euchre 2:00 Energy Healing 4:00 Yoga 6:00 Line Dance 6:00 GRIEF SUPPORT 7:30 Adv. Line Dance</p>	<p>16</p> <p>8:15 Fridays @ Applewood 9:00 Hearing Doctor 9:00 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch - <i>Baked Pollock</i> 1:00 Lapghans 1:00 Chicago Bridge <i>SATURDAY October 17</i> 9:00 Yoga 10:15 Zumba 10:00 Euchre Sunday October 18 2:00 Pickleball</p>
<p>19</p> <p>8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch - <i>Stuffed Cabbage</i> 12:30 Pinochle 12:30 Card Making 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>20</p> <p>Medicare Enrollment-by Apt 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch - <i>Chicken</i> 12:00 Line Dance 12:30 Euchre 1:00 Scrapbooking 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>21</p> <p>8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 10:00 Legal Advice 10:30 Recycling Workshop 11:15 Art à la Carte 11:30 Lunch - <i>Salisbury Steak</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 4:00 IPAD 2 5:00 Zumba 6:15 Pickleball</p>	<p>22</p> <p>Wellness Clinic Day-by apt 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 10:30 Cards n More 11:30 Lunch - <i>Smoked Turkey</i> 11:45 Wii Bowling 12:30 Euchre 1:00 Jewelry 4:00 Yoga 6:00 Line Dance 7:30 Adv. Line Dance</p>	<p>23</p> <p>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 - <i>Chicken Enchilada</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 EUCHE TOURNAMENT Saturday October 24 9:00 Yoga 10:15 Zumba 10:00 Euchre Sunday October 25 2:00 Pickleball</p>
<p>26</p> <p>8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 11:30 Blood Pressure Check 11:30 Lunch - <i>Grilled Chicken</i> 12:30 Pinochle 1:00 Water Color Class 1:00 Happy Stampers 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>27</p> <p>8:00 Podiatrist 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch - <i>Meatloaf</i> 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>28</p> <p>8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 10:00 Cooking Matters 11:00 Caesar Windsor 11:15 Art à la Carte 11:30 Lunch - <i>Chicken</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 4:00 IPAD 2 5:00 Zumba 6:15 Pickleball</p>	<p>29</p> <p>9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 10:30 Cards n More 11:30 Lunch - <i>Pulled Pork</i> 11:45 Wii Bowling Banquet 12:30 Euchre 4:00 Yoga 6:00 Line Dance 7:30 Adv. Line Dance</p>	<p>30</p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch - <i>Beef Stew</i> 1:00 Lapghans 1:00 Chicago Bridge Saturday October 31 9:00 Yoga 10:15 Zumba 10:00 Euchre HAPPY HALLOWEEN Sunday November 1 2:00 Pickleball</p>



HEALTHY LIVING

ENERGY HEALING WORKSHOP

Thursday, October 15, 2-4 pm, Sunroom, \$35

'Clearing out old hurts, Using EFT Tapping'.

This class will focus on clearing out old hurts and situations that bother us. When things fester, it stalls us from being our best. Rid ourselves from the baggage and we make room for a new life to come to us; which allows us to feel more youthful and happy.

ONE-ON-ONE FINANCIAL HELP

Wednesday, October 7, 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.



1st Tuesday of each month

MOVIE NIGHT

SPONSORED BY TANGLEWOOD HOME CARE

November 3, 7 pm, FREE

Tanglewood's Film Festival presents "FANBOYS"

Set in 1999, five friends, all passionate Star Wars fans, set out on a road trip to George Lucas's Skywalker Ranch in hopes of an advance peek at the next movie installment in the Star Wars series.

FREE refreshments served including popcorn, soda, sandwiches, from Jimmy Johns, pizza, coffee & pastries from the Laundry & Crust.

Donations to Loose, to defray facility usage cost, will be much appreciated.



Wednesday, November 4, 11 am

This event FREE! AND there will be snacks & a great door prize!

Join Ed McKenna, from Collette Travel, as he shares a wonderful slide show of all important information & highlights of the Alaska Discovery Land & Cruise trip (5/24-6/5/16) & the London/Paris Trip (9/12-21/16). Ed will share all the wonderful details and the beauty of these special opportunities.



Tuesday, Nov. 10, 12 NOON

This event is FREE! Join us for exciting information, Snacks and a GREAT door prize



Join representatives from Shoreline Tours, Bianco Tours and Loose to hear about all the upcoming scheduled trips and trips in the making. It will be a festive time with treats and a chance to talk to "those in the know", snacks and wonderful prizes.

Loose Travel is growing and has some very exciting adventures in the shadows. Now is the time to jump on board and find out what it is all about.



At the Travel Show and the Travel Rally, we will be giving away a American Tourister 21" suitcase.

YOU MUST BE PRESENT TO WIN.

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



HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

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

PODIATRIST

Tuesday, October 27, 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



Many thanks to the Loose Threads who made this beautiful quilt which was donated to the "Quilt of Valor" program.



The quilt was packaged and sent to the Warrior Transition Battalion, Fort Campbell, KY. One of our fine military will be the recipient, with the intent of covering the service member or veteran touched by war, with a comforting and healing quilt.

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.

THURSDAYS – 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.



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



SPECIAL SERVICES & SUPPORT

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

Bob Rasche and his over 20 years of working for veterans is available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, it is best to call Loose for an appointment.

LEGAL ADVICE

3rd Wed. of the month, 9:30 am -12:30 pm, Annex

Attorney Sharon Miner will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

CONSUMER FRAUD ASSISTANCE

1st Wednesday of each month, 10 am -12 noon, Annex

If you are having any problems with a place of business or are wondering if you have been scammed, stop in 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 (MMA)

Our MMA 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. MMA'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 MMA 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.*

MICA 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.





MEMBER PRIVILEGES & FUNDRAISING

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 810-629-7757. Look for OUR Angels supporting community organizations/agencies with their charitable causes.

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.

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 Our past sale was a huge success and we thank all those who donated and to those who worked so hard at the event. *At this time, we will not be collecting rummage items.*

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.

Visit Loose online at
www.loosecenter.org

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

Oct. 9	The Illusionists @ the Whiting	\$55
Oct. 10-17	Vermont-New Hampshire	\$1,799
Oct. 12-13	Little River Casino	\$120
Oct. 14	"Romeo & Juliet"	\$35
Oct. 15	Stratford Festival "Sound of Music"	\$145
Oct. 28	Caesar Windsor Casino	\$18
Nov. 4	TRAVEL SHOW, 11am	FREE
Nov. 10	TRAVEL RALLY, 12 noon	FREE
Nov. 10-19	Reflections of Italy	\$4,249
Nov. 17	Parade Company	\$76
Nov. 17	Greektown Casino	\$28
Nov. 21	"Christmas Rocks"	\$28
Nov. 28-Dec. 3	Christmas Extravaganza	\$1,249
December 7	Soaring Eagle & Brenda Lee Show	\$32
December 9	Holiday Glitz Rochester Style	\$80
December 10	"It's a Wonderful Life"	\$20
December 15	Mannheim Steamroller Christmas	\$65
December 20	Holiday Pops	\$18 & \$23
December 29	California (ROSE BOWL PARADE)	\$2,579
January 7	FireKeepers Casino	\$32
January 9	Joseph & Technicolor Dreamcoat	\$50
January 21	Florida (14 days, 13 nights)	\$2,399
January 25	Hollywood Casino	\$30
January 29	Blue Man Group	\$61
February 12	Ragtime	\$55
February 18-25	California (7 nights)	\$2,799
March 9-12	Philadelphia Flower Show	\$604
April 15-21	Sedona & Las Vegas	\$2,299
May 9	Soaring Eagle & Chubby Checkers	\$32
May 24 - June 5	Alaska Discovery Land & Cruise	Prices Vary
September 14-21	London & Paris (Price pre 3/15)	\$3,999

Detailed flyers are available at the Loose Center.

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

WHITING 2015/16 OPPORTUNITIES

THE ILLUSIONISTS - Friday, Oct. 9, \$55, depart @ 7:30 pm



LIVE FROM BROADWAY™ it has shattered box office records across the globe and dazzles audiences of all ages with a powerful mix of the most outrageous and astonishing acts ever to be seen on stage. This non-stop show is packed with thrilling and sophisticated magic of unprecedented proportions.

ROMEO & JULIET - Wed., Oct. 14, \$35, depart @ 6:30 pm



Recognized world-wide as one of theater's most iconic couples, Romeo and Juliet are the very archetype of tragic young lovers. Set against a backdrop of warring households, a young Romeo sneaks into a masked ball where he first beholds Juliet and is thunderstruck by Cupid's arrow. As fate dictates, they succumb to the passion of forbidden love against the will of their powerful and unforgiving families.

HOLIDAY POPS - Sunday, December 20

The show begins @ 3 pm, the bus leaves Loose @ 2 pm

\$18 W/O Transportation, \$23 With Transportation

Featuring the Flint Symphony Orchestra, Flint Festival Chorus with area high school singers, the Flint Jubilee Chorale, the Flint Festival Youth Chorus, Guest Singers: Cho'zen-featuring local singers. Joy, merriment and the holiday spirit abound in this beloved season favorite.

Celebrate the season by sharing this warm and joyful musical event with your family. Enjoy your favorite carols like *Deck the Halls*, *Silent Night* and holiday favorites including Handel's *Messiah*. Hosted by ABC12's Angie Hendershot and Matt Franklin. *Tickets are limited, get yours today!*

MCC CONTINUING EDUCATION (Fridays @ Applewood)

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

Each month from September through May, a specially chosen program will be offered to inspire, rejuvenate, stimulate and refresh! Each program will feature a unique lecture and will be accompanied with a continental breakfast and door prizes.

Oct. 16 - United Way of Genesee County Speaker: Jamie Gaskin

Jamie will discuss some historical highlights including comments from C.S. Mott's grand opening of the former United Way Service Center. We will also reminisce of the era when the United Way of Genesee County was second only to the United Way in Detroit. Learn about the transformation of United Way at the national level and how the United Way of Genesee County is moving forward in Education, Basic Needs, Health and Financial Stability.

Nov. 29 - Grand Hotel Speaker: Bob Tagatz, Historian

Mr. Bob Tagatz is currently employed as Resident Historian and Concierge at Grand Hotel on Mackinac Island, Michigan. He has over 29 years of civic experience in historical preservation in Michigan, Florida and Georgia. His particular area of interest is the study of turn-of-the century wood-frame hotels. He assembled the hotels archives and published a book and DVD on the history of The Grand Hotel. Bob also represents the hotel as a member of The Society of American Travel Writers and Historic Hotels of America.

Payment is due Wednesday prior to the event.

Many thanks to the State Bank for their support, which allows us to offer this program at a special rate.

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)

October 7	Adventures of Photography
October 14	Cartier Cemetary
October 21	May Ray - Prophet of the Avant-Garde
October 28	Eugene & Berenice: Pioneers of Urban Photography



AND MORE TRIPS

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

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



THE PARADE COMPANY

Tuesday, November 17, 2015, \$76

Departs: 8:30am - Returns: 5:45 pm
Pick up at Kmart, Silver Pkwy

Tour Includes Motorcoach Transportation PLUS Lunch at Sindbad's Restaurant, a guided tour of Ford Field and The Parade Company Tour - a behind the scenes look, Detroit's' hidden treasures at The Parade Company Studio. We will step into a story land of color and fun as we get ready for one of Detroit's most anticipated holiday events.



Holiday Glitz

Rochester Style

Wednesday, December 9, 2015, \$80

Departs: 1 pm - Returns: 8:30 pm
Pick up at Kmart, Silver Pkwy

Tour Includes Motorcoach Transportation PLUS Dinner at Rochester Mills Beer Company, shopping in downtown Rochester, Meadow Brooks Hall self guided tour and the BIG BRIGHT LIGHT SHOW, a holiday display unlike any in the Midwest.

Christmas Extravaganza

November 28 - December 4, 2015

\$1,249.00 PP Double

Final Payment is due 10/15/15

Tour Includes Round Trip
Motor coach Transporta-
tion, 5 nights lodging, 5 break-

fasts, 5 dinners, My Old Kentucky Dinner Trina, Kentucky Horse Park's Southern Lights, "Lake Lanier's Magical Nights of Light's" CNN Studio Tour, World of Coca Cola, Callaway Gardens "Fantasy in Lights", Hatfield & McCoy Dinner Show, Blackwoods Morning, Show & Smokey Mountain Opry OR Biltmore Estates, Luggage Handling, Tax & Tip on Included Meals. Detailed Flyers for this adventure are available at Loose or online at www.loosecenter.org



Florida Vacation

January 21 - February 2, 2016
\$2,399 PP Double Due 12/10/15

Tour Includes Transportation (air and motorcoach) PLUS 13 nights lodging 13 breakfast, 1 lunch, 1 dinner, 2 nights complimentary food and drinks, Edison & Ford Winter Estate, Ringling Circus Museum & Museum of Art, Gulf of Mexico Lch Cruise, Broadway Palm Dinner Theater, Fleamasters Flea market, Henry B. Plant Museum, Inside CNN Studio Tour, Luggage Handling, Tax & Tip on included meals.



London & Paris

Featured in
November 4
TRAVEL Show

September 14-21, 2016
\$3,999 PP Double if pd by 3/15

Tour Includes Round Trip Air, air taxes and fees, /surcharges, Hotel Transfers, 8 days, 9 meals. Highlights include, Pub Dinner, Buckingham Palace, Big Ben, London Theater Performance, Eurostar Train, Eiffel Tower Dinner, Seine River Cruise, Arc de Triomphe, Paradis Latin Cabaret. Detailed Flyers for this bucket list vacation are available at Loose or online at www.loosecenter.org

Alaska Discovery Land & Cruise

May 24 - June 5, 2016

Prices begin at \$4,199 PP Double
13 days, 21 meals

Featured in
November 4
TRAVEL Show

Included in Price: Port Charges, Round Trip Air from Detroit Metro Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Highlights... Anchorage, McKinley, Luxury Domed Rail, Denali National Park, Music of Denali Dinner Theatre, Tundra Wilderness Tour, Whittier, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage. Detailed Flyers for this bucket list vacation are available at Loose or online at www.loosecenter.org

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

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Craft **LOOSE** Fair



Saturday, November 14, 2015

9 am - 3 pm

LOOSE CENTER

707 North Bridge Street, Linden, MI

Come and enjoy Christmas items & gifts, greeting cards, baked goods, unique one of a kinds, Loose crafters, local crafters & a friendly place for holiday shopping.

Vendors, for table information call 810 735-9406.

CHICKEN SALAD LUNCH

11am-1 pm, \$5

*Includes: Sandwich, Chips,
Drink, & Dessert*

