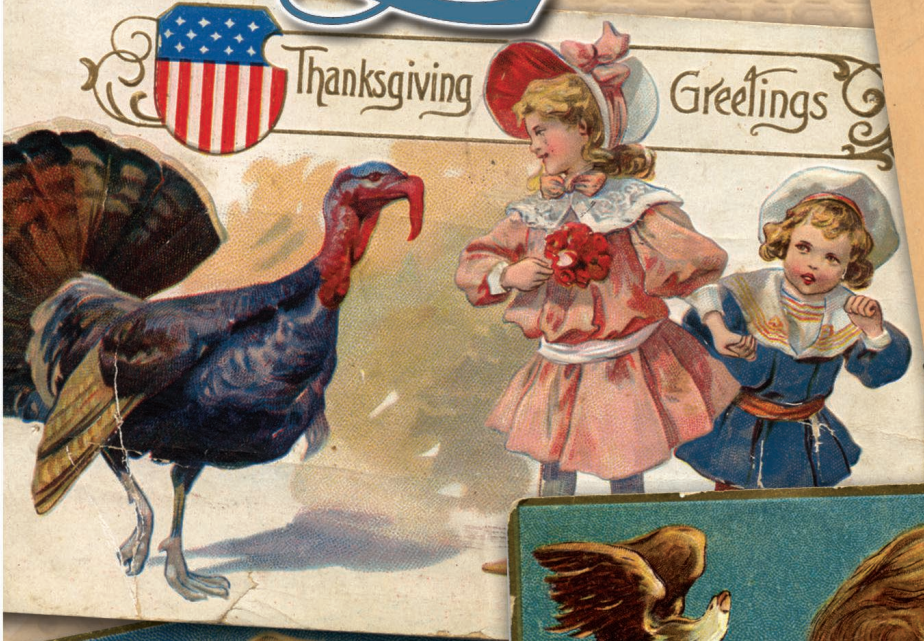


NOVEMBER 2015

LOOSE



THANKFUL,
an attitude of gratitude.



From the Director

Dear Friends,

"THANKFUL, an attitude of gratitude."

As we look at life today, we need to take time to look at all the wonderful things that have gifted us with pleasure and enjoyment. The problem is we have been so gifted, we tend to take them for granted. Children and young people today want for nothing. So many are given earthly gifts and are not required to give back any personal effort to receive it. Toys, phones, cars, money, room and board and education are at the top of the list. Even though a family is in position to give, the recipient has no need to be thankful.

This is true for the older generation. We have the best of everything, employment, entertainment, food, transportation, computers and TV. It is something that is always there at our finger tips and we find that we take for it granted assuming it will always be there. In fact, when it is not available, we get upset to the supplier for the disruption in our life. We become busy and loose contact with family. I, at one time, was surrounded by a large family. I had my dad and mom's relatives as well as my wife's family and times were wonderful with weekend gatherings, holidays, events and watching families grow. Time has gone by and this is now a memory. Both sets of parents have passed on and many family members have moved on with their families. I had so much to be thankful for but did not recognize this until it was gone.

The Loose Center is much like these gifts. It is a place to come and be part of a wonderful organization. All our needs are met through programs, trips and events. We want for nothing and the staff continues to be diligent to our future needs. We find this to be our second home and rely on it to be there for us everyday as we age. It is open at 8:00 am waiting to welcome us in. We tend to forget all that is required for Loose to meet your needs. We might even begin to take this "second home" for granted. We need to take time out to look at those gifts that are made available for us. We need to look at those people who give the time and passion to realize your needs. We need to understand what it takes to make it happen. And most of all, we need to find a way to give back so that the future members will have a Loose to come to. We need to appreciate this gift everyday and know through a lot of effort, it will be here for us for a long time to come. We need to be thankful that we have this wonderful gift we call Loose.

"THANKFUL, an attitude of gratitude."

All is well

Carl Gabrielson, Executive Director



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 are available at Loose. 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!**

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 Nov. 11.



Loose will be accepting resumes from people who wish to fill five (5) at-large positions on the Loose Board of Directors. All documents need to be submitted to the Executive Director, Carl Gabrielson no later than 4 pm on December 18, 2015. The election of officers will take place at the Annual Meeting January 14, 2016.

Carl Gabrielson, Executive Director



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.

DINNER and a SHOW

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!

travel show

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.



Dance

Tuesday, November 10, 6 - 8 PM, ONLY \$5

Live Variety Music by: Jim Hedrich

Line Dancing & More!

Music for your listening and dancing enjoyment
Great Time for Singles & Couples!!!! 50/50 RAFFLE
Includes: Free Snacks & Beverages

YOU DO NOT NEED A TICKET IN ADVANCE, JUST COME & HAVE FUN!!!

Tuesday, Nov. 10, 12 NOON

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

travel rally

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 an 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."**

Lifestyle Toolbox

RESCHEDULED

YOUR HEALTHY LIFESTYLE TOOLBOX II

Wed., November 18, 3 pm, FREE

Tips to keep your tools sharp through physical activity and fitness. If you missed the first Toolbox talk, you are still welcome to join in. Come at 9:45 and Leah will bring you up to speed. 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.



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

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.



Tuesday, Nov. 10, 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!



The GIVING TREE will be up in November, ready to be decorated with mittens, hats, scarves, gloves and socks. All items will be gathered and donated to "Hugs From Detroit" Homeless Shelter. All donations are appreciated; however there has been a specific request for HATS. The tree is located in the Caretel Lounge and we will be collecting until Friday, December 4. Thank you!

Healthy isn't a goal
 it's a way of living

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

The menu also includes:
red skinned potatoes, veggie medley,
dinner salad, fresh bread & butter & dessert.

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

LIVE, IN CONCERT

Cal Roberts

Tuesday, January 19, 2016
 6:30 pm @ Loose, \$7
*The last time Cal was at Loose,
 the room rocked with
 GREAT music & fun!*

Cal Roberts began performing in 1957 and was drafted into the U.S. Air Force just three years later. Cal was voted the top vocalist and M.C. in the U.S. Air Force from 1960-1961. After being discharged in 1963, Cal continued with his singing career opening up for acts such as; Della Reese, Sarah Vaughn, Ray Charles, Little Richard, Kenny Rodgers, Frankie Valli, Sister Sledge, Joe Tex, Jerry Butler, and many more. Cal joined "The New Platters," in 1964 and toured the world with them until 1978 when he retired. Cal is now returned and has been performing since 1999 and is excited to make another appearance at Loose. Get your ticket TODAY!

\$6

SOUP, SALAD, BREAD DINNER

Prior to the concert, join us for a SOUP, SALAD, BREAD dinner served from 4:30 pm - 6:00 pm. Enjoy chili, chicken noodle soup or cheesy broccoli soup, tossed salad, bread, drink & dessert.

January 19
 4:30-6 pm

Medicare

OPEN ENROLLMENT

Oct. 15th - Dec 7th

MEDICARE OPEN ENROLLMENT PERIOD

We have counselors lined up for appointments on **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.



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!

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 will resume in the spring

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

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*

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 will resume in the spring

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

SCHEDULE

MONDAY
 9:30 am Zumba Gold
 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 FIT⁴EVER
 12:00 pm Beg. Line Dance
 1:00 pm Adv. Line Dance
 4:00 pm Chair Yoga
 5:00 pm Yoga (gentle flow)

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

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

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

THURSDAY
 9:30 am Chair Yoga
 11:45 am Wii Bowling
 10:15 am Zumba Gold
 10:30 am FIT⁴EVER
 4:00 pm Yoga (gentle flow)
 6:00 pm Beg Line Dance
 7:00 pm Adv. Line Dance

SUNDAY
 2:00 pm Pickleball



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.

SNOWFLAKE-MAKING PARTY

TUESDAY, DECEMBER 1, 9 am, FREE

It's very simple really, bring a pair of scissors and paper and learn to cut the paper to make snowflakes. If you are a snowflake making pro, come and share some of the secrets of the trade. If you have never cut a snowflake, no worries, you will soon be a pro. This is a great time to sit and relax, chat and enjoy. **JOIN US!**

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.



JEWELRY CLASS

Thursday, November 19, 1 pm, \$12

Create a beautiful Santa brooch using polymer clay. Conditioning tools (pasta machine) are not required as all clay will be conditioned prior to the class. An oven for baking will be available to finish your project. All other tools will be provided. Bring your holiday spirit to class and go home with a beautiful brooch to wear.

CARD MAKING WITH CAROLINE

Monday, November 16, 12:30 pm, Sunroom, \$7 (class limited)

Caroline Rohde, card extraordinaire, will lead the class in creating unique and beautiful cards. All materials will be supplied, along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Take the time to enjoy this special time to learn and connect with others who share a like passion.

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 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.



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

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.

MEMBERSHIP & REWARDS CARDS ORGANIZATION

THE SMART PHONE WAY! Wed., Dec., 16, 10:30 am - FREE
 Do you have a zillion store membership cards for various rewards programs, cards for the zoo, museums and more? Do you end up at Loose and find you left your card at home? Sign up and learn more about the apps *KeyRing & Stocard*, both available for your smart phone. Download and learn how helpful and handy they can be. Note: We are sure there are also other apps, but these are the two we will be working with. 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, December 4, 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, 10:00 am (*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 Thursdays, 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
November 10
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!

2015 Thanksgiving Day

OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

EMAIL

lsc@loosecenter.org

WEBSITE

www.loosecenter.org

PHONE

810.735.9406

FAX

810.735.4255

MONDAY

8:00 Bridge
9:00 Massage
9:30 Zumba Gold
10:00 Painting
10:15 Sleep Mat Production
11:30 Lunch
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

TUESDAY

9:30 Zumba Gold
10:00 Loose Threads
10:30 FIT4EVER
11:30 Lunch
12:00 Line Dance
12:30 Euchre
1:00 Chicago Bridge
2:30 Matter of Balance
3:00 Mah Jongg
4:00 Chair Yoga
5:00 Yoga
7:00 Movie Night

WEDNESDAY

8:00 Bridge
9:00 Manicures
9:30 Yoga
10:00 Cooking Matters
10:00 Consumer Fraud
10:30 1 on 1 Financial
11:00 Travel Show
11:15 Art à la Carte
11:30 Lunch
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
4:00 Social Media
5:00 Zumba
6:15 Pickleball

THURSDAY

9:30 Chair Yoga
10:00 Amvets
10:15 Zumba Gold
10:30 Cards n More
10:30 FIT4EVER
10:30 Farmers' Market Trip
11:30 Lunch
11:45 Wii Bowling Banquet
12:30 Euchre
4:00 Yoga
6:00 Grief Support
6:00 Line Dance
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
1:00 Lapghans
1:00 Chicago Bridge
SATURDAY November 7
Scrabble Tournament
9:00 Yoga
10:15 Zumba
10:00 Euchre
Sunday November 8
Scrabble Tournament
2:00 Pickleball

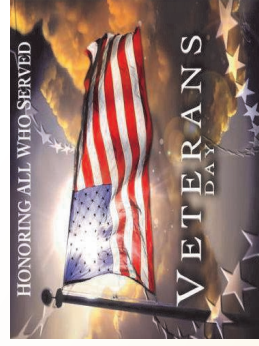
9

8:00 Bridge
9:00 CSFP
9:00 Massage
9:30 Zumba Gold
10:00 Painting
10:15 Sleep Mat Production
11:30 Lunch
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

10

Veteran Services
9:30 Zumba Gold
9:30 Coffee, Cop, Conversation
10:00 Loose Threads
10:30 FIT4EVER
11:30 Lunch
12:00 Travel Rally
12:00 Line Dance
12:30 Euchre
1:00 Chicago Bridge
2:30 Matter of Balance
3:00 Mah Jongg
4:00 Chair Yoga
5:00 Yoga
5:00 Linden HS Dinner
6:00 Dance
7:00 Open MIC

11



8:30 - 10:00 Veteran's Breakfast
see page 2 for details

Loose Closed for all other Activities

12

Medicare Enrollment-by Apt
8:00 Board Meeting
9:30 Chair Yoga
10:00 Farmers' Market Trip
10:15 Zumba Gold
10:30 FIT4EVER
10:30 Cards n More
11:30 Lunch
12:30 Euchre
4:00 Yoga
6:00 Line Dance
7:30 Adv. Line Dance

13

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
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
SATURDAY November 14
CRAFT FAIR
9 am - 3 pm
Sunday November 15
2:00 Pickleball

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Complimentary Review

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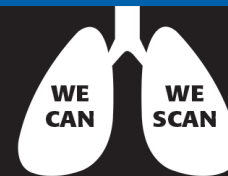
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8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch 12:30 Pinochle 12:30 Card Making 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball	8:30 Parade Company 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Greektown 12:00 Lunch 12:00 Line Dance 12:30 Euchre 1:00 Scrapbooking 1:00 Chicago Bridge 2:30 Matter of Balance 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	8:00 Bridge 9:00 Manicures 9:30 Yoga 10:00 Cooking Matters 10:00 Legal Advice 10:00 Crafts at Caretel 10:00 Angel Meeting 11:15 Art à la Carte 11:30 Lunch 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 3:00 Lifestyle Toolbox 4:00 Social Media 5:00 Zumba 6:15 Pickleball	8:00 Bridge 9:00 MMAP Counselor 9:00 Hearing Doctor 9:30 Yoga 10:00 Yam Recycliers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch 1:00 Lapghans 1:00 Chicago Bridge Saturday November 21 9:00 Yoga 10:15 Zumba 10:00 Euchre 1:30 Christmas Rocks Sunday November 22 2:00 Pickleball	16	17	18	19	20
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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 12:30 Pinochle 1:00 Happy Stampers 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball	8:00 Podiatrist 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 2:30 Matter of Balance 2:00 Alzheimer Support 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	8:00 Bridge 9:00 Manicures 9:30 Yoga 10:00 Cooking Matters 11:15 Art à la Carte 11:30 Lunch 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 5:00 NO Zumba 6:15 NO Pickleball	9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 10:30 Cards n More 11:00 Blood Pressure 11:30 Lunch 12:30 Euchre 1:00 Jewelry Class 2:00 Energy Healing 4:00 Yoga 6:00 Grief Support 6:00 Line Dance 7:30 Adv. Line Dance	27	26	25	24	23
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LOOSE & Closed

Saturday November 28
Christmas Extravaganza
9:00 NO Yoga
10:15 NO Zumba
10:00 Euchre
Sunday November 29
2:00 NO Pickleball



8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch 12:30 Pinochle 1:00 Water Color Class 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball	8:00 Bridge 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch 12:30 Pinochle	<p>Exciting stuff happens around the holidays when it comes to the Loose Card Shop. Watch for REAL DEALS on the Christmas cards beginning Friday, November 13 and at the CRAFT FAIR on November 14.</p> <p>Watch also for FUN holiday drawings. Each time you sign in, fill out the drawing slip and drop it in the bowl. Friday, November 6, 13, 20, a name will be drawn and the winner notified.</p>		<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Cheryl Rex <i>Clerk</i></p> <p>Kathy Metviev Dotti Tynes <i>Receptionist</i></p> <p>Debbie Green <i>Maintenance</i></p>	<p>BOARD OF DIRECTORS</p> <p>Ken Wensel, <i>President</i></p> <p>Alberta Martin, <i>Secretary</i></p> <p>Vince Eible Jr., <i>Treasurer</i></p> <p>Bob Cole Ray Culbert Ann Deemer Roby Deese Cheryl King Richard Laing Frank Lukowski Charlie Ross Les Scott</p>	30
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HEALTHY LIVING

ENERGY HEALING WORKSHOP

Thursday, November 19, 2-4 pm, Sunroom, \$35

'Clearing out old hurts, Using EFT Tapping'.

What is blocking your Joy? Your happiness? Are you still blaming others for your pain? Christine will be teaching how to use EFT, how to use it to remove the blocks to your Joy. How to take responsibility for your own emotions, to open to Joy. Sign up today!

ONE-ON-ONE FINANCIAL HELP

Wednesday, November 4, 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.



Festive Fun at Loose

*A Special Presentation at Loose by the
LINDEN DANCE ACADEMY*

Tuesday, December 1, 6:30 pm

We are excited to WELCOME the Instructors and dancers from the Linden Academy as they do a pre-movie dance presentation. This group will dazzle us with their talent. Come, enjoy this evening full of all the components for a fun filled festive night. *Movie night to follow!*

1st Tuesday of each month

MOVIE NIGHT

SPONSORED BY TANGLEWOOD HOME CARE

Tuesday, December 1, 7 pm, FREE

Tanglewood's Film Festival presents

"WHITE CHRISTMAS"

SING A-LONG VERSION



A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

Refreshments will be served!

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

INTRODUCTION TO GEOCACHING

Wednesday, January 13, 10:30 am, FREE

Did you know there are hidden treasures tucked away in forests, parks, cities? Many right here in Linden and Fenton, etc? It has been called everything from a hi-tech scavenger, hide and seek or even the 21st century Easter egg hunt. It is all GPS driven and can be done from your smartphone using an app. Caches come in all shapes and sizes, with some easy to find and some not so easy to find. Bring your smart phone and come and enjoy this introductory talk to help you get started on a great family fun, exercise or the thrill of the hunt.



In the event of inclement weather, please tune into ABC 12, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.





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, November 24, 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 Wизгird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

MANICURES

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

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



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

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

- 2nd Wednesday of each month, 9 - 10 am
- 3rd Thursday of each month, 11 - 12 noon (BP only)
- 4th Monday of each month, 11:30 am - 12:30 pm



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday
 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.

DO YOU NEED A RIDE TO LOOSE? Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

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@looseseniorcenter.org



SPECIAL SERVICES & SUPPORT

GENESSEE 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 Genessee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genessee 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/Genessee 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

Meeting November 18, 10 am in the Loose Sunroom

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

TRIPS @ A GLANCE

Nov. 4	TRAVEL SHOW, 11am PRIZES	FREE
Nov. 10	TRAVEL RALLY, 12 noon PRIZES	FREE
Nov. 10-19	Reflections of Italy	\$4,249
Nov. 16	Ladies Night Out at Crossroads	\$10
Nov. 17	Parade Company	\$76
Nov. 17	Greektown Casino	\$28
Nov. 21	"Christmas Rocks"	\$33
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	\$55
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 17	Purple Rose Theater "The Odd Couples"	\$92
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 22	Historic Cities of the East	\$999
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

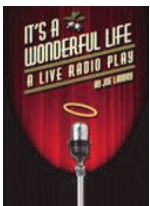
CHRISTMAS ROCKS

Sat., Nov., 21, 2:30PM, \$33, Van leaves Loose at 1:30 pm
 For the 43rd consecutive year, the popular 250-voice CMI CONCERT CHOIR will present their annual concert series in Michigan and Ohio. This year's series will feature 6 concerts all special afternoon matinee performances.



IT'S A WONDERFUL LIFE

Thur., Dec. 10, 7:30PM, \$20, Van leaves Loose at 6:30 pm
 It's Christmas Eve in 1945, and only a handful of WVU Radio's actors have braved the blizzard to perform that evening's broadcast of It's a Wonderful Life and keep the station afloat. This clever stage adaptation breathes new life into the poignant story of George Bailey and Bedford Falls.



Ladies Night Out @ CROSSROAD VILLAGE

Mon., Nov. 16, 4-8:30 pm, \$10

(includes transportation - space limited)

There will be a craft area featuring Pinterest inspired crafts to make. Group photos taken at the beautiful red caboose, decorated for the season. Enjoy a trolley ride around the park and ride the carousel. The Mill Street Warehouse dining room will be full of local vendors ready to sell their wares as well as the Village shops are full to the rafters with the perfect gift giving items for you to purchase. Along with demonstrations and the sneak-peak preview of Christmas at Crossroads, you'll be sure to have a wonderful evening out with your friends.

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.

Nov. 20 - 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.

Dec. 18 - FIM, Speaker: Paul Torry & Wendy Bloom

Mr. Torry is the President of the Institute of Music. Hear what his job responsibilities are and meet some of the main people he depends upon to provide us with the wonderful component of Flint Music, enjoyment and education. Wendy is the Vocal Director for the highly celebrated Flint Festival Chorus. How does she work/coordinate such a large group? Come and hear her answer.

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)

- November 4 British Painting 1700-1850
- November 11 JMW Turner: Painting up a Storm James McNeil
- November 18 Whistler: The Case for Beauty
- November 25 Sickert vs. Sargent: Britain's Masters of Modern Art



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.



Florida Vacation

January 21 - February 3, 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.

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!**



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



Holiday Gitz

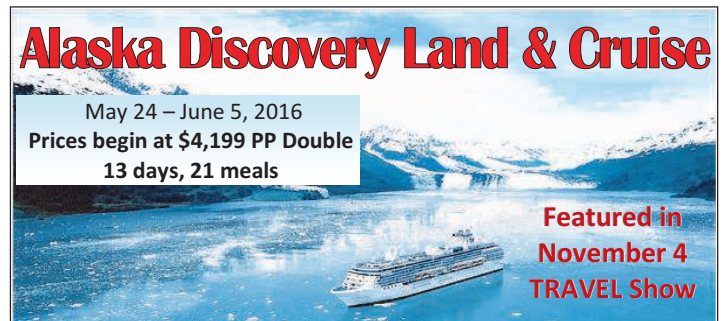
Rochester Style

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.



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

The
Purple
Rose Theater

**The
Odd Couple**



Wed., Feb. 17, 2016

9:30 am-7:30 pm, \$92

Includes: transportation,
lunch @ Common Grill,
Shopping & the Play

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*

