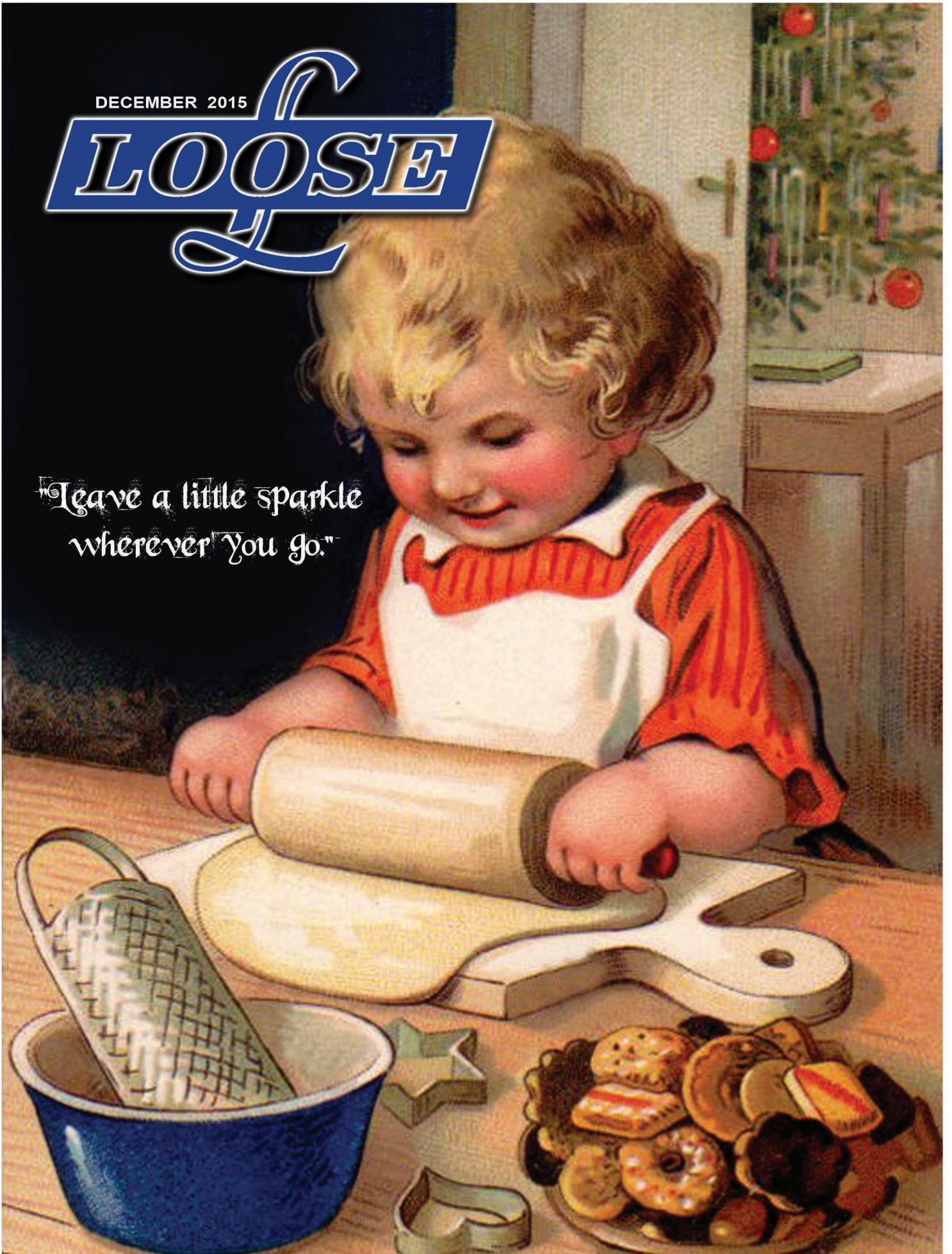


DECEMBER 2015

LOOSE

*"Leave a little sparkle
wherever you go."*



From the Director

Dear Friends,

DECEMBER! The Holiday Season. A time we celebrate. A time when families gather. A time of hope.

Some of my favorite memories of Christmas involved my mom. I loved it when she spent hours in the kitchen making candy and cookies. The house was full of the aroma that was the holidays.

As time went by and she found it difficult to continue, I found myself being her helper elf. My mom did not just make a few cookies and candy, she made 24 dozen varieties of cookies and 35 pounds of candy. The task would take three days. She would box up the goodies and we would deliver them to families, shut-ins and friends. And let's not forget the 350 plus Christmas cards my dad sent to everyone he knew. To my parents, this was the true meaning of Christmas.

Another memory was the Sears toy catalog and my parents taking us to Sears to visit the toy department where my sister and I spent hours picking out those items we had seen in the catalog. My favorite was the trains. I also enjoyed the church services which included the Sunday school play and most times I was a Shepard. The greatest memory was Christmas day itself with the arrival of Santa Claus and the presents he left and the big Christmas dinner at my Grandmother's house with all of my relatives.

It is a wonderful season which we all have the same memories. Holiday decorations, Christmas Carols, family gatherings, friends, food, goodies and much more. We can all remember our favorite place and times. We become melancholy with our thoughts and yearn for those wonderful simple days again. But as in life, those wonderful memories still exist. We still have family, friends and endless activities and events that allow us to create new and better memories. We can still enjoy the season with all it affords. We need to reach out to those who in time we have become separated and rekindle friendships of days past. We need to become a kid again and enjoy those times through our grand and great grand children. Toys are still fun at any age (if we can understand how to work them). And take time to read "The Night Before Christmas" to children you love. We need to rediscover ourselves and enjoy the joys of this wonderful holiday season. You can go back again and "Yes Virginia there is a Santa Claus". So this season, take time to visit your childhood and be a "Kid" again. Go back to the times that made you the happiest and relive them again.

"And leave a little sparkle wherever you go!"

All is well,

Carl Gabrielson, Executive Director



LOOSE WILL BE CLOSED DECEMBER 24, 25, 31 & JANUARY 1



The Senior Winter Games Board of Directors appreciates your participation in the 2016 Genesee County Senior Winter Games!

◆ Registration is open until January 7, 2016.

◆ The Opening Ceremony will be held at 1 pm on Monday, February 1 at Davison Senior Center, which is located on Lapeer Road in Davison. All events will be held from February 2 through February 26.

◆ The Closing Ceremony will once again be held at the Knights of Columbus Hall in Davison on Thursday, February 25th. Doors will open promptly at 10 am with the program beginning at 11am.

◆ The registration fee is \$12 and includes the Opening Ceremony, Closing Banquet, Unlimited Participation in Events, and a Games shirt.

Please contact Loose to register or for additional details.

GCCARD CHRISTMAS LUNCH AT LOOSE

Wednesday, December 16, 12 noon

Donations accepted (\$3.50 for those under 60)

MENU:

Pork Loin w/Gravy, Mashed Potatoes,
Vegetable Blend, Roll, Dessert, Drink

Must register by December 4



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



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.

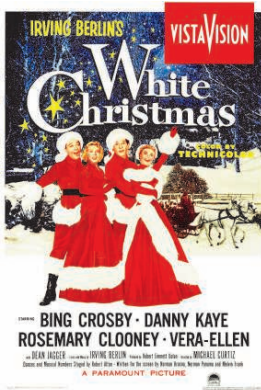
NOVEMBER

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

WHITE CHRISTMAS SING-A-LONG!!!

Movie Night at Loose, on Tuesday, December 1st at 7 pm will ring in the holiday season with a showing of *White Christmas*. We'll be running the subtitles so everyone can follow the words to the songs and the Loose choir will be in the audience to help us stay in tune. As always, admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care, Loose Center, Lockwood of Fenton and Behind Your Designs.

Refreshments will be served!

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

Tuesday, January 5, 2016 MOVIE "Woman in Gold" rated - PG13

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!

euchre



tournament

Friday, December 4, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

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



The Giving Tree

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!*

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.

B I N G O

Thursday, December 17, 2 pm, FREE

Join us for a fun time to gather and play BINGO. Lockwood of Fenton will be at Loose to share in the fun, prizes, treats and more. It will be very helpful in planning if you sign up prior to the event by calling Loose. We look forward to seeing you all here for some pre-holiday fun.

Lockwood Senior Living

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, Dec. 8, 9:30-10:30 am
 Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome

our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



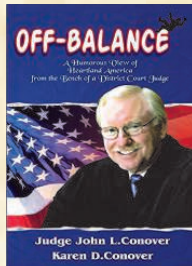
LUNCH TALK

Wed., February 3, 12:30 pm, \$5

Enjoy a light lunch of salad, chicken salad sandwich, fruit, dessert & a drink all followed by a wonderful presentation by retired Judge John L. Conover and his wife Karen D. Conover.

Judge Conover served 21 years as a district court judge and because of his wonderful sense of humor, quick wit and wisdom in dispensing tough but fair ruling, has become a much-loved judge, speaker and community activist. Karen has been a lifelong educator and was also a column writer for her local newspaper in which she practiced her style of presenting Conover humorous view of the world. She, too, has continued to be very active in her community. Come and enjoy this afternoon of food, fun and laughter.

Books will be on sale following the event.



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.

Dinner Dance LIVE MUSIC

Tuesday, February 16, 5 pm, \$15

We welcome MO and his band, The Corner Boys, to Loose for an evening of GREAT music and a dance floor ready to rock.

Dinner will be served at 5 pm

The menu includes, roast beef, chicken, sausage & kraut, mashed potatoes, gravy, salads, vegetables, dessert, drinks

DANCING WILL FOLLOW!





Newcomers Always Welcome!

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 exercises 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.

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.**

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

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.

GOLF AT SHIAWASEE SHORES will resume in the spring

LEARN Line Dance!

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

Beginning Tuesday January 5, 12 NOON

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!

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>9:30 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.

Christmas Cards GIANT Sale

If you haven't purchased your Christmas Cards yet OR would like to buy them for next year, Loose has a deal you can't pass up. All Christmas Cards will be sold 15 for \$1.00 the entire month of December.

STOP BY, TAKE A LOOK AND STOCK UP.

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.

JEWELRY CLASS

Taking a break and will be back in the spring!

WATERCOLOR CLASSES

SNOWMAN

January 25 & February 1, 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



CLASSES, MUSICAL OPPORTUNITIES & MORE



CHOIR

Mondays, 3 pm *(will resume 1/4/16)*
A BIG THANKS to the Loose Choir for taking the month of December to share their time and talents in our in the community with those who can use some good old-fashioned cheer. If you enjoy singing, consider making a resolution to join this special group in 2016.

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

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.

LEARN YOUR LAPTOP

Wednesday, January 20 & 27, 4-6 pm, \$20, Hall B

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

IPAD 1

Wednesday, February 3 & 10, 4-6 pm, \$20, Hall B

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

IPAD 2

Wednesday, February 17 & 24, 4-6 pm, \$20, Hall B

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

Sometimes, all we need is a little one-on-one time to help us get past a computer road block. Kelly is available for individual help by appointment. For an appointment, call Kelly at 810.964.6455.



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
December 8
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!

December 2015

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

BOARD OF DIRECTORS

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

TUESDAY

9:30 Zumba Gold
9:00 Snowflake Party
10:00 Loose Threads
10:30 FIT4EVER
11:30 Lunch *Steak*
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
**6:30 HOLIDAY MUSIC
CELEBRATION**
6:30 Linden Dance Academy
7:00 Movie *White Christmas*
w/sing-a-long

WEDNESDAY

8:00 Bridge
9:00 Manicures
9:30 Yoga
10:00 Cooking Matters
10:00 Consumer Fraud
10:30 1 on 1 Financial
11:15 Art à la Carte
11:30 Lunch *Chicken Breast*
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
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 *Pork Chop*
12:00 CHRISTMAS Luncheon
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 *Mac & Cheese*
1:00 Lapghans
1:00 Chicago Bridge
5:00 EUCHRE TOURNAMENT
SATURDAY December 5
9:00 Yoga
10:15 Zumba
10:00 Euchre
Sunday December 6
2:00 Pickleball

8:00 Bridge
9:00 Massage
9:30 Zumba Gold
10:00 Soaring Eagle
10:00 Painting
10:15 Sleep Mat Production
11:30 Lunch *Marinated Steak*
12:30 Pinochle
1:00 Watercolor
1:00 Listening Ear
3:00 NO Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball

9:00 Veteran Services
9:30 Zumba Gold
9:30 Coffee Cops Conversation
10:00 Loose Threads
10:30 FIT4EVER
11:30 Lunch *Chicken Chili*
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 Open MIC

8:00 Bridge
9:00 Manicures
9:00 Blood Pressure
9:30 Yoga
10:00 Cooking Matters
10:30 Watch Repair
11:15 Art à la Carte
11:30 Lunch *Pulled Pork Sand.*
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
5:00 Zumba
6:15 Pickleball

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 *Spaghetti*
12:30 Euchre
4:00 Yoga
6:00 Line Dance
6:30 It's a Wonderful Life
7:30 Adv. Line Dance

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 *Vegetable Lasagna*
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
SATURDAY December 12
9:00 Yoga
10:15 Zumba
10:00 Euchre
Sunday December 13
2:00 Pickleball

www.edwardjones.com

Complimentary Review

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<p>14</p> <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch <i>Beef Dinner</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>3:00 NO Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>15</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Bean Soup</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Chicago Bridge</p> <p>2:30 Matter of Balance</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>6:30 Mannheim Steamroller</p>	<p>16</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Legal Advice</p> <p>10:30 Rewards Card/Smart Phone</p> <p>11:15 Art à la Carte</p> <p>11:30 <i>GCCARD Christmas Lunch</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>17</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Cards n More</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Salisbury Steak</i></p> <p>12:30 Euchre</p> <p>2:00 Bingo</p> <p>2:00 Energy Healing</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p> <p>6:00 Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>18</p> <p>8:15 Lifelong Learning</p> <p>9:00 MMAP Counselor</p> <p>9:00 Hearing Doctor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Bake Tilapia</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday December 19</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday December 20</p> <p>2:00 Pickleball</p> <p>2:00 Holiday Pops</p>
<p>21</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Stuffed Pepper</i></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>3:00 NO Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>22</p> <p>8:00 Podiatrist</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Stuffed Chicken</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:30 Matter of Balance</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>23</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Beef Stew</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p> <p>6:15 NO Pickleball</p>	<p>24</p> 	<p>25</p> <p><i>Merry Christmas!</i></p> <p>Saturday December 26</p> <p>10:00 Euchre</p> <p>Sunday December 27</p> <p>2:00 Pickleball</p>
<p>28</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 NO Painting</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch <i>Chicken & Dumpling</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>3:00 NO Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>29</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Creole Steak</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>30</p> <p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Bake Ham</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>31</p> <p><i>HAPPY New Year!</i></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 Metivier Dotti Tynes <i>Receptionist</i></p> <p>Debbie Green <i>Maintenance</i></p>

HEALTHY LIVING

ENERGY HEALING WORKSHOP

Thursday, December 17, 2-4 pm, Sunroom, \$35

EFT Tapping -EFT is an Energy Technique that releases stress, depression, anxiety and many more negative emotions in minutes, it calms the mind. An excellent tool to learn, know and lean on when life happens. 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, December 2, 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.



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.  **GEOCACHING**

Sponsored by Heart to Heart Hospice

Members & Families are invited.

PALLIATIVE CARE

A Review of this Medicare Benefit

Wednesday, January 27, 10:30 am, FREE

This *Hot Topic* in Medicine, we will look at the definition of Palliative Care; how do you get it, where is it available, and what are the costs?

"NEW" DEFINITION OF HOSPICE

A Review of the Medicare Hospice Benefit Today

Wednesday, February 24, 10:30 am, FREE

This discussion will look at the changes that have taken place with the *Hospice Benefit* and how they can manage a patient's disease while reducing costs.

Important Information, a good chance to ask questions and DOOR PRIZES!

FEEL GOOD: VOLUNTEER WITH AARP FOUNDATION TAX-AIDE FOR 2016

This important position requires online computer and client interview skills, attention to detail, participating in annual training and passing a certification test. Pay is client appreciation for your assistance. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810--344--7281. Lack of new Counselors will mean less tax appointments being available.

"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."

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, December 22, by appointment, Annex

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, *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@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.

ASK THE LAWYER

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

Attorney Stacey N. Brancheau 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 they are disposed of properly.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAAP)

Our MMAAP Counselor, Ann Walker, will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. If you need assistance, call the Center at 735.9406 to schedule an appointment, or call MMAAP at 1.800.803.7174, ext. 247.

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

COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex

Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

WATCH REPAIR

2nd Wed. of each month, 10:30 am - 1 pm, Annex

Specializing in battery replacement and/or adjustment, Angela Waldowski has over 30 years of experience in the trade. *There is a cost for most repairs, so please inquire prior to the service.*

MICAFAE The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 735.9406.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

TOPS (Take Off Pounds Sensibly)

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

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

AARP TAX-AIDE Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html

SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsc@loosescenter.org so we can spread the sunshine.



MEMBER PRIVILEGES & FUNDRAISING

THE LOOSE COMMUNITY ANGELS

Meeting January 20, 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 the container located under the check in station. 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 2016. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

SCHOLARSHIPS are available to low-income seniors for assistance to participate in many Loose Center programs. You may qualify for transportation to Loose programs, educational classes or health and wellness programs. Income guidelines are available in the office.

UPS STORE DISCOUNT CARD

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

Visit Loose online at
www.loosecenter.org

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

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.



TRIPS

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

TRIPS @ A GLANCE

December 7	Soaring Eagle & Brenda Lee Show	\$32
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 10	FireKeepers Casino	\$32
February 12	"Ragtime"	\$55
February 17	Purple Rose Theater "The Odd Couples"	\$92
February 18-25	California (7 nights)	\$2,799
February 23	Soaring Eagle	\$32
March 7	FireKeepers Casino	\$32
March 9-12	Philadelphia Flower Show	\$604
March 23	Greektown	\$29
April 7	FireKeepers Casino	\$32
April 10	"Annie the Musical"	\$55
April 15-21	Sedona & Las Vegas	\$2,299
April 25-26	Little River	\$120
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
May 26	FireKeepers Casino	\$32
June 5-6	Mackinaw Island Lilac Festival	\$340
June 8	Caesars Windsor	\$20
June 28	FireKeepers Casino	\$32
July 15	Tall Ship Celebration, Bay City	\$86
August 10	Remember When Detroit River Cruise	\$76
August 14-20	Great Canadian West	\$2,999
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

IT'S A WONDERFUL LIFE

Thur., Dec. 10, 7:30 PM, \$20, Van leaves Loose @ 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.



JOSEPH & TECHNICOLOR DREAMCOAT

Sat., January 9, 2016 3:00PM, \$55, Van leaves Loose @ 2 pm

One of the most enduring shows of all time, JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT is the irresistible family musical about the trials and triumphs of Joseph, Israel's favorite son. This production is a reimagining of the Biblical story of Joseph, his eleven brothers and the coat of many colors.

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.

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.

January 22 - Bishop Airport Speaker: Craig Williams

Craig Williams is the new Airport Director at Bishop International Airport. He will enlighten us as to what his job responsibilities are and all that goes on at the very busy airport. Craig has worked in aviation his whole career and before working at airports he worked as a senior aviation consultant for Reynolds, Smith and Hills, an airport consulting firm for several airports throughout the country. Prior to coming to Bishop International, Craig served at the Fort Wayne-Allen County Airport Authority as the Director of Operations and Facilities.

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)

December 2 Building Faith: Sacred Architecture:
 Islamic Mosques

December 9 Chinese Buddhist Temples Hindu Temples

December 16 Jewish Synagogues Great Cathedral Mystery

AND MORE TRIPS

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

The
Purple
Rose Theater

The Odd Couple



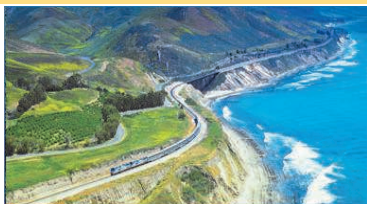
Wed., Feb. 17, 2016

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

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

CALIFORNIA COAST FEBRUARY 18-25, 2016

\$2799
Double



Tour Includes Transportation (air and motorcoach) **PLUS** 7 nights lodging, 7 breakfasts, 2 lunch's, 3 dinners, Tour Del Coronado Hotel, Seaport Village, San Diego Harbor Cruise, San Diego Zoo or Trolley Tour, Whale Watch Cruise, Tour of Queen Mary, Amtrak's Coast Starlight Journey, Hearst Castle, Pacific Coast Highway/Big Sur Drive, Monterey Aquarium, Carmel-by-the-Sea, 17 mile drive.

Luggage Handling, Tax & Tip on included meals.

Philadelphia Flower Show



March 9-12, 2016
\$604 PP Double

Tour Includes Transportation (air and motorcoach) **PLUS** 3 nights lodging, 3 breakfast, 2 dinners, Cavanaugh's Head House, Guided tour of Philadelphia, Philadelphia Flower

Show, Guided tour of Easter Sate Penitentiary, reading Terminal Mark, Chart House Restaurant.

Little River
CASINO RESORT



Soaring
Eagle

April 25-26, 2016 \$120 PP Double

TOUR INCLUDES Round Trip Motorcoach Transportation, 1 night Lodging Little River Casino, Gaming Session at Turtle Creek Casino, Little River Casino & Soaring Eagle Casino, Tax & tips include on hotel accommodations, Drivers tip not included, Turtle Creek Casino pk., \$10 + 2 food Voucher, Little River Casino pk., \$20 + 10 food voucher, Soaring Eagle Casino pk., \$10 + 5 food voucher (additional \$10 after you earn 100 points on rewards card), Casino package are subject to change without notice.



Casino
Play \$40
Food
\$17

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.

London & Paris

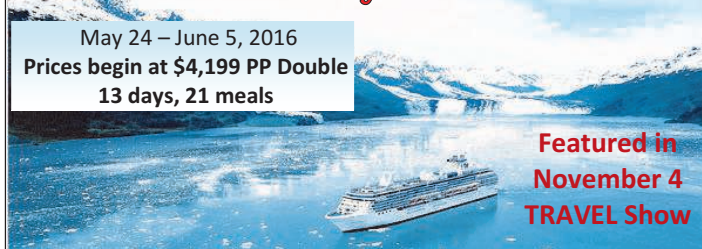


Featured in
November 4
TRAVEL Show

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



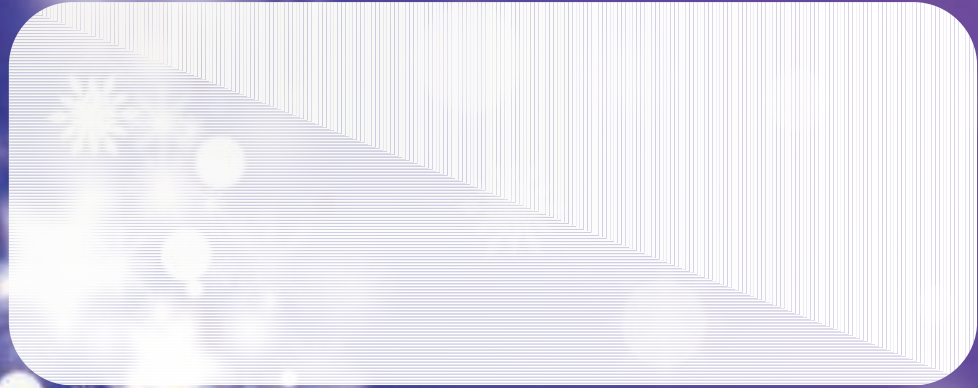
May 24 - June 5, 2016
Prices begin at \$4,199 PP Double
13 days, 21 meals

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

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Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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Merry Christmas!

May
you

sparkle

shimmer

and
shine

with

JOY

this holiday season!

Kathy

Deb

Melinda

Cheryl

Dottie

Debbie

Carl