



JANUARY 2016

LOOSE

*"Coming together is a beginning;
keeping together is progress;
working together is success."
- Henry Ford*

From the Director

Dear Friends,

"Coming together is a beginning; keeping together is progress; working together is success."

20 years ago there was a group of senior citizens who met to share stories, play games and enjoy each other's company. They would meet at the Fenton Township hall and other locations that would meet their needs. This group came together because they had a like interest in being with people they had known for a long time and had formed fond memories of days gone by. It became a big part of their lives and filled a void of emptiness.

The Loose family saw a need for a permanent location that the senior community could call home. Giving a gift of \$300,000 allowed this group to purchase the Free Methodist Church compound and developed a Senior Center. The small group then began the task of fixing and sprucing up the buildings and the grounds to make a senior community that others would attend. This group then organized committees and an executive board to establish by-laws and policies. Throughout the infant stage and early days, this group stayed together to form the backbone of leadership that set the course for Loose. They became the first set of volunteers that all successful organizations need.

Now, 20 years later, Loose has over 5100 members, 185 programs, and a new building which houses the daily need for our aging population. We have become one of the brightest and respected Centers in Michigan. This could only have happened because people had a vision and a goal to create a place that all could come and enjoy. Because of their hard work and dedication, Loose affords services, activities, trips and events to fill the needs of the membership. This dedication and hard work will have to continue from current and new members to fill this need. People will have to step up and take on roles that will allow Loose to provide the many services that exist today and those provided in the future. Without this commitment and dedication from its members, the task of continuation and growth becomes difficult and puts a strain on those already giving of their time.

So, as we plan for the next 20 years of Loose, we must understand the responsibilities of each member to carry on the passion and dedication of those who made it possible in the beginning. We owe it to them and the next generation of senior members to continue to work together to make Loose the best it can possibly be.

The Loose Legacy: "Coming together is a beginning; keeping together is progress; working together is success"

All is well,

Carl Gabrielson, Executive Director

**LOOSE WILL BE CLOSED JANUARY 18 IN
OBSERVANCE OF MARTIN LUTHER KING**



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.

DINNER AND A SHOW

Dinner at the FENTON HOTEL

Followed by a Spectacular Performance by

"The AMBASSADORS"

Friday, February 19, 2016

Dinner (Fenton Hotel) 5:30 pm

Can be seated as early as 5:00 pm

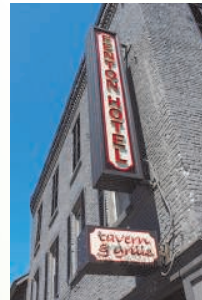
Show (Fenton High School) 7:30 pm

\$20 for both Dinner and the Show

(a \$6 savings, tax/tip included)

Transportation on your own,

Reserve your spot by 2/1



First stop is the FENTON HOTEL where you will be served either Raspberry Chicken with rice or Perch Romano with mashed potatoes. Each entree will come with vegetable, house salad, homemade bread and a choice of beverage (coffee, pop, tea). This followed by an amazing performance by "The AMBASSADOR'S" of Fenton High School. When registering, please indicate meal choice.

Supporting our local students, businesses and enjoying each other's company is a win-win situation, space is limited, sign up today!

ANNUAL MEETING

Thursday, January 14
Immediately following the
Loose Board Meeting
(which begins at 8 am).

This meeting is for the General Membership and community. The agenda will include Reappointments of Board Members, Election of Officers, Financial Report, Comments from the President and Questions and/or Comments from the attendees. All are welcome!

JANUARY



1st Tuesday of each month
January 5, 2016, 7 pm
MOVIE NIGHT
"Woman in Gold"

Movie Night at Loose, on the first Tuesday of each month. We will ring in the new year with "Woman in Gold". Maria Altman sought to regain a world famous painting of her aunt plundered by the Nazis during World War II. She did so not just to regain what was rightfully

hers, but also to obtain some measure of justice for the death, destruction, and massive art theft perpetrated by the Nazis.

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.

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.



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.



Friday, January 22, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

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?

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



FREE TAX FORM PREPARATION!

AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 60 and older. Preparation is by certified AARP

Foundation Tax Aides. This service begins on Friday, February 5 (by appointment ONLY).

Please call the Loose Center at 810.735.9406 on or after Tuesday, January 26 to schedule an appointment.



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, January 12, 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!



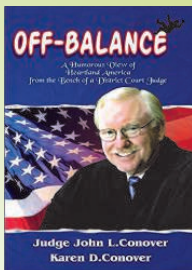
LUNCH TALK

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.



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!



st. patty's day dinner BASH

ENJOY A TRADITIONAL

Corn Beef Dinner

including: Corn beef, cabbage, potatoes, carrots along with barbequed meatballs, mac & cheese, salad, rolls, dessert & beverage.

Tuesday, March 15, 5 pm
\$12.00 per person

Special Entertainment
TBA at a later date.

WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

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.



Newcomers Always Welcome!

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Will resume on Monday, 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.**

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!

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.

INDOOR GOLF PRACTICE

Wednesdays, 11 am - 1:30 pm, \$5/session, *begins in February*

GOLFERS, we have secured an INDOOR GOLF NET for you to use for practice. Call the Center at 810 735-9406 to secure your time and come and sharpen your skills, stay in shape and enjoy our new equipment. Please be sure to bring your clubs and balls.

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30 am Zumba Gold 2:30 pm Arthritis Exercise 4:00 pm Yoga (gentle flow) 5:00 pm Zumba 6:15 pm Pickleball	9:30 am Zumba Gold 10:30 am FIT ⁴ EVER 12:00 pm Beg. Line Dance 1:00 pm Adv. Line Dance 4:00 pm Chair Yoga 5:00 pm Yoga (gentle flow)	9:30 am Yoga (gentle flow) 5:00 pm Zumba 6:15 pm Pickleball	9:30 am Chair Yoga 11:45 am Wii Bowling 10:15 am Zumba Gold 10:30 am FIT ⁴ EVER 4:00 pm Yoga (gentle flow) 6:00 pm Beg Line Dance 7:00 pm Adv. Line Dance
LINDEN ELEMENTARY 6:00 pm Volleyball	FRIDAY 9:30 am Yoga (gentle flow) 11:00 am Pickleball	SATURDAY 9:00 am Yoga (gentle flow) 10:15 am Zumba	SUNDAY 2:00 pm Pickleball



ARTSY & CRAFTY

HAPPY STAMPERS

3rd 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.

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



CARD MAKING WITH CAROLINE

Monday, January 25, 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!



For a limited time - **we are now accepting VHS video tapes.** The tape portion of the VHS will be used to crochet into sleep mats which are donated to those in need. It's quite a thing and if you are interested in being part of the team that creates these gems and gives back, stop by on SLEEP

MAT production day, Monday, 10 am.



CLASSES, MUSICAL OPPORTUNITIES & MORE



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

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.

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

"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."



Friday, January 22, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

BOARD & CARD 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

**Tuesday
January 12
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!

January 2016

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

LOOSE STAFF

Carl Gabrielson
Executive Director

Debbie Hancock
Business Manager

Melinda Elmore-Hajek
Program Director

Cheryl Rex
Clerk

Kathy Metivier
Dotti Tynes
Receptionist

Randy Green
Maintenance

TUESDAY

BOARD OF DIRECTORS

Ken Wensel, *President*

Alberta Martin, *Secretary*

Vince Eible Jr., *Treasurer*

Bob Cole

Ray Culbert

Ann Deemer

Roby Deese

Richard Laing

Frank Lukowski

Charlie Ross

Les Scott

Cheryl King

WEDNESDAY

Dear Out of County Friends,



January is upon us and this is a friendly reminder that the yearly Loose *non-resident* \$25 membership fees are due.

We hope that you will find ease in using one of the following convenient methods to take care of the fee by 1/31/16

- 1) Stop by the Loose office during business hours Mon.-Fri., 8 am-4 pm
- 2) Make your check payable to **Loose Senior Center** and mail to:
Loose, 707 North Bridge Street, Linden, MI 48451
- 3) Call Loose at (810) 735-9406 and pay over the phone with a credit card.

THANK YOU!

THURSDAY

CLOSED

HAPPY NEW YEAR

SATURDAY January 2
9:00 NO Yoga
10:15 NO Zumba
10:00 Euchre

Sunday January 3
2:00 Pickleball

FRIDAY

4

8:00 Bridge

9:00 Massage

9:30 Zumba Gold

10:00 Painting

10:15 Sleep Mat Production

11:30 Lunch *Stuffed Chicken*

12:30 Pinochle

1:00 Listening Ear

2:30 Arthritis Exercise

3:00 Choir

4:00 Yoga

5:00 Zumba

6:00 Volleyball

6:00 TOPS Weigh-in

6:15 Pickleball

5

9:30 Zumba Gold

10:00 Loose Threads

10:30 FIT4EVER

11:30 Lunch *Chili*

12:00 LEARN Line Dance

12:30 Euchre

1:00 Chicago Bridge

3:00 Mah Jongg

4:00 Chair Yoga

5:00 Yoga

7:00 Movie Night
"Woman in Gold"

6

8:00 Bridge

9:00 Manicures

9:30 Yoga

10:00 Consumer Fraud

10:30 1 on 1 Financial

11:15 Art à la Carte

11:30 Lunch *BBQ Short Ribs*

12:00 Wood Carving

12:30 Pinochle/Dominoes/Chess

5:00 Zumba

6:15 Pickleball

7

9:00 MMAP Counselor

9:30 Chair Yoga

10:00 FireKeepers Casino

10:00 Amvets

10:15 Zumba Gold

10:30 Cards n More

10:30 FIT4EVER

10:30 Farmers' Market Trip

11:30 Lunch *Stuffed Cabbage*

12:30 Euchre

4:00 Yoga

6:00 Grief Support

6:00 Line Dance

7:30 Adv. Line Dance

8

9:30 Yoga

10:00 Write Your Life

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 Potluck

Saturday January 9
SCRABBLE TOURNAMENT

9:00 Yoga

10:15 Zumba

10:00 Euchre

2:00 Joseph & Dreamcoat

Sunday January 10
SCRABBLE TOURNAMENT

2:00 Pickleball

www.edwardjones.com

Complimentary Review

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Financial Advisor
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<p>11</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>Chicken ala King</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:30 Arthritis Exercise</p> <p>3:00 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>12</p> <p>9:00 Veteran Services</p> <p>9:30 Zumba Gold</p> <p>9:30 Coffee Cops Conversation</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Liver & Onions</i></p> <p>12:00 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>7:00 Open MIC</p>	<p>13</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Blood Pressure</p> <p>9:30 Yoga</p> <p>10:30 Geocaching</p> <p>10:30 Watch Repair</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Turkey & Bean Soup</i></p> <p>12:00 MSC Training</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:00 Coupon Club</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>14</p> <p>8:00 Board Meeting</p> <p>9:00 Annual Meeting</p> <p>9:00 MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 Farmers' Market Trip</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Cards n More</p> <p>11:30 Lunch <i>Meatballs</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>6:00 Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>15</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>Fish Burger</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY January 16</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday January 17</p> <p>2:00 Pickleball</p>
<p>18</p> <p>CLOSED in observance of Martin Luther king day</p> 	<p>19</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Fried Chicken</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>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>4:30 Soup & Bread Dinner</p> <p>5:00 NO Yoga</p> <p>6:30 Cal Roberts</p>	<p>20</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Angel Meeting</p> <p>10:00 Legal Advice</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Meatloaf</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Laptop Class</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>21</p> <p>9:00 MMAP Counselor</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>Turkey Cutlet</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:00 NO 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>22</p> <p>8:15 Lifelong Learning</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Lasagna</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday January 23</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday January 24</p> <p>2:00 Pickleball</p>
<p>25</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:30 Hollywood Casino</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch <i>Veal in Spaghetti</i></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>1:00 Water Color Class</p> <p>2:30 Arthritis Exercise</p> <p>3:00 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>26</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>Chicken Sand.</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>27</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Palliative Care</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Turkey/Ham Dinner</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Laptop Class</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>28</p> <p>9:00 MMAP Counselor</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>11:30 Lunch <i>Steak</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>6:00 Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>29</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>Chicken & Dumpling</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>7:00 Blue Man Group</p> <p>Saturday January 30</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday January 31</p> <p>2:00 Pickleball</p>



HEALTHY LIVING

ENERGY HEALING WORKSHOP

Returns in March

Christine Shreve Certified Coach, teaches EFT (emotional freedom tech) and more information, to bring calm and balance to the body's Energy System for Health, Joy and Prosperity. Learn how this scientifically proven technique of EFT is good for your wellness and hear an explanation of how EFT works with the Cells in the body for longevity, health and wellbeing.



WordsMatter

Designed for those with hearing loss.

Thursday, February 4, 11 am, Annex

Clear Captions, a 100% federally funded program that provides an amplified telephone that displays the text of conversations on a large color screen so that you can see and hear what the caller is saying. No cost to have or use- ever. Enjoy using the phone again! Plan on talking with the representative on February. 4.

ONE-ON-ONE FINANCIAL HELP

Wednesday, January 6, 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.



AFTER LUNCH & LEARN W/LEA ANNE

Tuesday, February 9, noon FREE

Are you "55 or better?"

Do you live in Genesee County?

If you answered "yes" to the above questions, you can benefit from learning about Genesys PACE. Genesys PACE is a new option for those who need extra help to stay in their home or apartment. Join Lea Anne from Genesys PACE to learn more, there will be cookies too.

Everyone attending will be entered into a raffle prize drawing for a surprise – there is no obligation required to enter.

"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!



ACTIVE, NATURALLY A PROGRAM FOR OLDER ADULTS

Thursday, March
3, 10, 17, 24, 31
& April 7, 1 pm

This one hour, once a week, program, sponsored by Genesee County Parks meets for six weeks and focuses on health, nutrition, gardening and nature found in our parks. There will be setting of fitness goals, engaging in outdoor activities, meeting LIVE ANIMALS, incentives and more.

March is the perfect time to shake it off and explore something new. This program is the outcome of a special grant from MParks, the Michigan Recreation and Park Association and the Michigan Health Endowment fund.

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, January 26, 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

If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact 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!

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.

 **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.

  "like" us on
facebook

TRIPS

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

TRIPS @ A GLANCE

January 7	FireKeepers Casino	\$32
January 9	Joseph & Technicolor Dreamcoat	\$55
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 2	Flint Firebirds vs Saginaw Spirit	\$19
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
July 24- Aug. 2	Colorado-Rocky Mountain Spectacular	\$1,999
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
September 17-23	Coast of Maine	\$1,399

Detailed flyers are available at the Loose Center.

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

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)

January 6	The Mystic Lamb
January 13	Florence and the Spirit of the Renaissance
January 20	Leonardo da Vinci: Mind of the Renaissance
January 27	The Mona Lisa Mystery

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

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.

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.

February 19 - What Do I Do With Grandma's Stuff?

Speaker: Len Thomas

Mr. Leonard Thomas a well-known former Flint educator and speaker, will discuss a situation we all have or will find ourselves in at some point. How should we disburse or dispose of family member's former property, laden with treasured memories. Len can give us suggestions

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.

WHITING 2015/16 OPPORTUNITIES

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.

BLUE MAN GROUP

Friday, Jan. 29, 2016 8:00PM, \$61, Van leaves Loose @ 7 pm

RAGTIME

Friday, Feb. 12, 2016 8:00PM, \$55, Van leaves Loose @ 7 pm



AT THE DAWN OF A NEW CENTURY, everything is changing...and anything is possible. The stories of an upper-class wife, a determined Jewish immigrant and a daring young Harlem musician unfold - set in turn-of-the-century New York - all three united by their desire and belief in a brighter tomorrow.

ANNIE THE MUSICAL

Sunday, April 10, 2 PM, \$55, Van leaves Loose @ 1 pm

The world's best-loved musical returns in time-honored form. Directed by original lyricist and director Martin Charnin and choreographed by Liza Gennaro, this production of ANNIE will be a brand new incarnation of the iconic original.



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

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

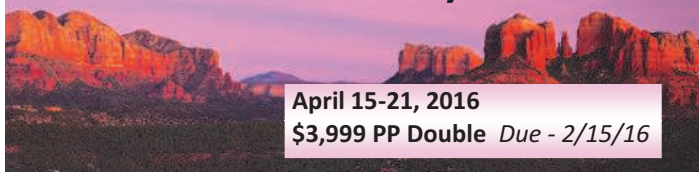
April 25-26, 2016 \$120 PP Double

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

Sedona & Las Vegas Plus: The Grand Canyon Train



April 15-21, 2016
\$3,999 PP Double Due - 2/15/16

Tour Includes Round Trip Air, air taxes and fees, /surcharges, Hotel Transfers, 6 nights, 9 meals, Grand Canyon Train Leisure time @ Grand Canyon, Black Bart Steakhouse Musical Revue, Sedona Sightseeing trolley, Leisure Day in Sedona, Verde Canyon Railroad, Hoover Dam, Free Day in Las Vegas, Detailed Flyers for this special vacation are available at Loose or online at www.loosecenter.org

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.

London & Paris



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

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

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

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a little bit of this and that

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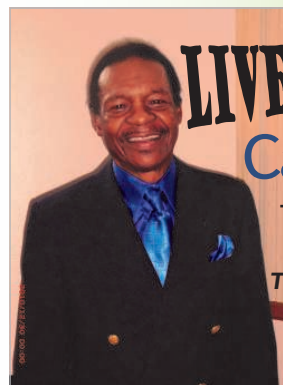
Thank you Hill Road Meijer for your GENEROUS donation of a \$750 gift card to the Loose Center.

Seeking Volunteer
VOLUNTEER COORDINATOR

QUALIFICATIONS

- ◆ Excellent Communication & Organizational Skills
- ◆ Self Starter
- ◆ Good Record Keeper
- ◆ Team Player with strong leadership skills
- ◆ Work with staff to coordinate volunteer schedule & needs

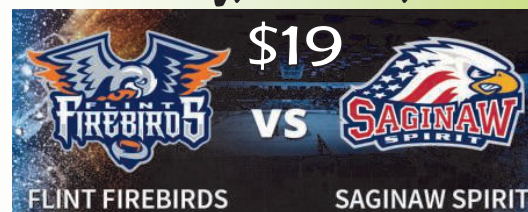
If you are interested in this vital role with Loose, please call (810) 735-9406.



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!

Wednesday, March 2, 2016



Sign up TODAY!