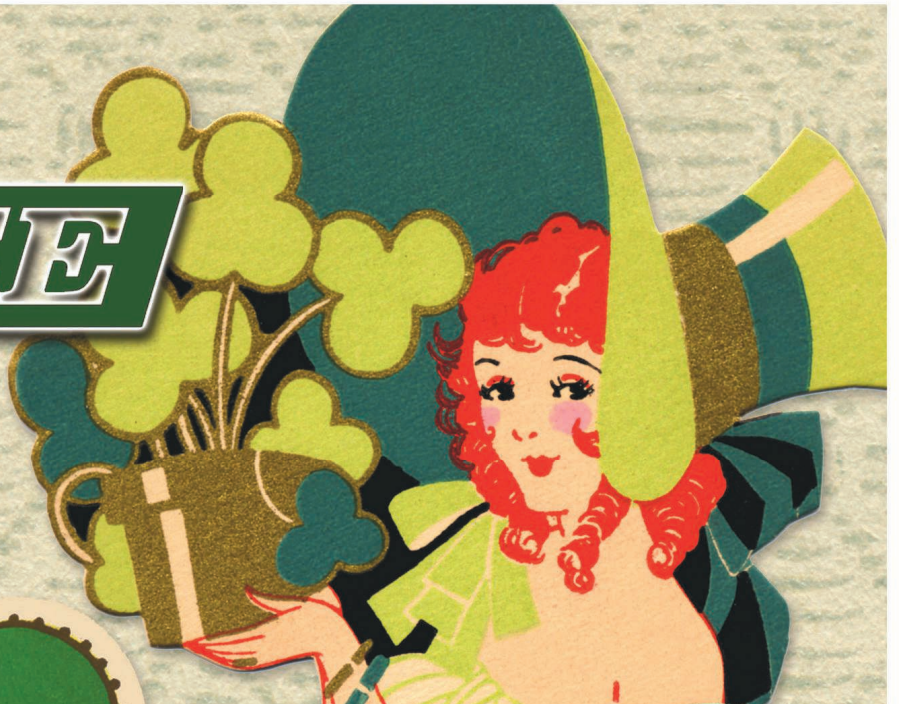
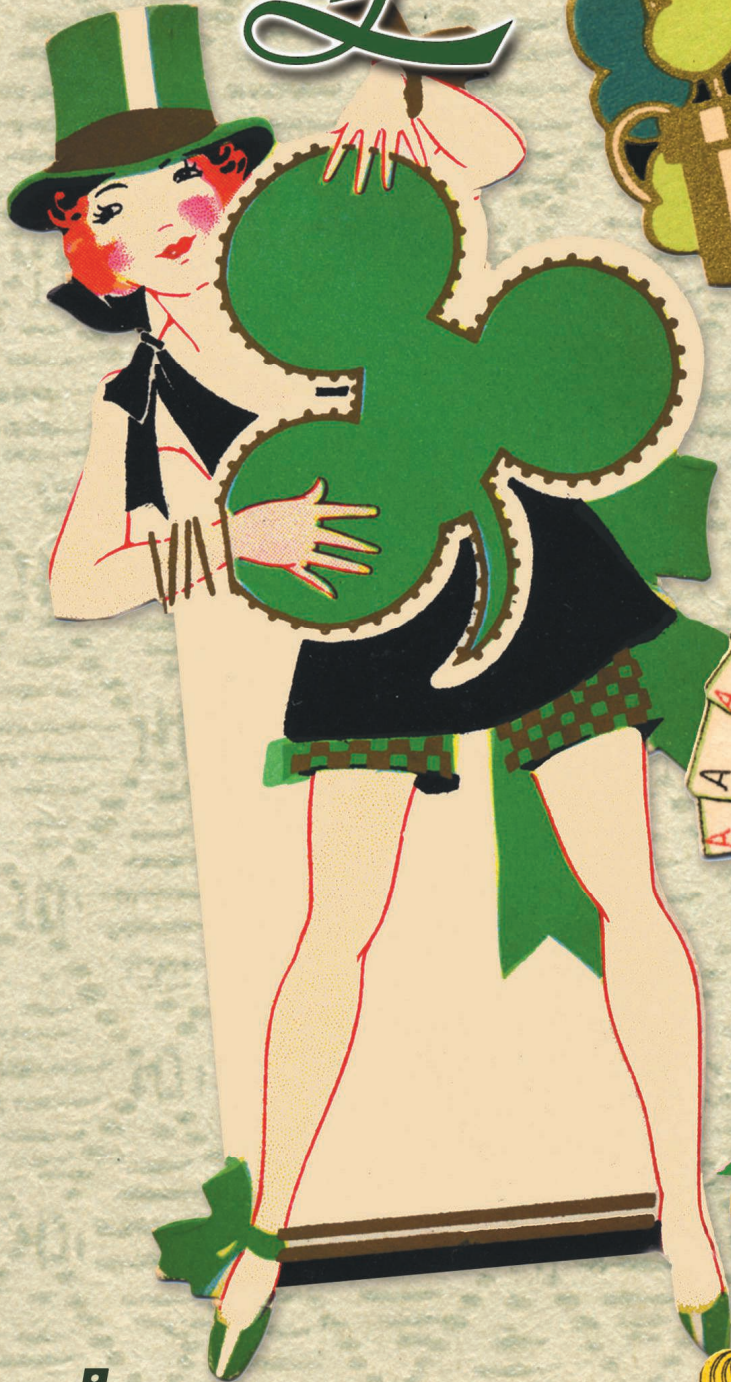


MARCH 2016

LOOSE



“I love this crazy, tragic, sometimes-almost-magic, awful, beautiful life.”

From the Director



Dear Friends,

"Life". It is something that just happens. Is it perfect? No. There are always ups and downs. It is a rollercoaster of emotions. When we are young there is the constant pressure to be good at everything. School, sports, home and your social life is a challenge. You learn that competition drives you to compete. You are always in a learning mode to get all A's, make the team, keep your room clean, do the dishes and impress that special someone in your life. We do not always pass every class. We sometimes fall short of making the team. Home life can be impossible. And we do not always get the girl.

If you survive that phase, you move on to a higher standard. Higher education, a job, family and that social life. You try to balance your ongoing education to find that perfect job. The field is endless. You plan for success and set your goals high. You keep family in your heart and keep them close. You continue to meet new people and expand your relationships. As we have learned, jobs of our choice may not be attainable. If they are, they may cause you to relocate and leave life as we have built behind. Success takes many turns and we find not always pleasurable. Family becomes distant and you miss the good old days. Your social life becomes busy and you find that it can overwhelm your routine.

Now we have reached our adult and mature stage of our life. We have found a way to become a smarter and more intelligent person. We finally achieved the knowledge to get that perfect job. We have found the most wonderful person to marry and raise a family. We hold deeply and love the family that raised us. Our social life is one of choosing and one we are secure in. Has this life been perfect? "No". We have achieved success and faced failure. We have welcomed life and faced sorrow and death. We have loved and we have lost love. We experience joy through our children and grandchildren's success and feel their pain when they fail and are in trouble. We face the time when we no longer can do all the things we use to do and accept our future.

But, I love this crazy, tragic, sometimes almost magic, awful, beautiful life. I would not trade a minute or a day of what life has given me. A life with fond memories. Being on and coaching a winning team. A family that loved me. A wife of 46 years. Two wonderful children. A great son-in-law. Two loving grandchildren. Many close friends. And the chance to find my way in life to be a person who has been given unbelievable opportunities to help people, and give back some of the gifts I have received.

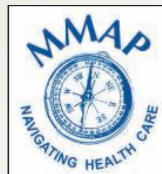
So, take time in your life to think of your crazy, tragic, sometimes almost magic, awful, beautiful life. It is worth the journey.

All is Well

Carl Gabrielson, Executive Director

Loose will be closed Friday, March 25 In observance of Good Friday.

IMPORTANT PLEA VOLUNTEERS NEEDED!



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

MMAP is a free, unbiased, volunteer-staffed service which assists Medicare beneficiaries, whether they are aging into Medicare, or have problems and questions about Medicare, Medicaid, Medicare Supplemental Insurance, Medicare Part D enrollment, Long-Term Care Insurance and related issues. This service is provided weekly at Loose and other Centers in the county.

Once a volunteer is accepted, they attend a five-day training and become a certified MMAP counselor. There are update trainings monthly except during Open Enrollment which is from October 15th to December 7th. That is the busiest time of year for MMAP counselors.

The training for 2016 in Genesee county is July 11-15. A prospective volunteer needs to have done the necessary paperwork about a month before those dates.

IF YOU ARE INTERESTED IN MORE INFORMATION OR WISH TO BECOME A MMAP COUNSELOR, PLEASE CONTACT LOOSE AT 810-735-9406.



MOVIE NIGHT

1st Tuesday of each month

MARCH 1, 2016, 7 pm

The setting is San Francisco; Joey Evans (Frank Sinatra) is a second-rate singer, a heel known for his womanizing ways (calling women "mice"), but charming and

funny. The *Variety* review summarized: "Pal Joey is a strong, funny entertainment.

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.

PROUDLY PRESENTED BY

2016 Fenton Regional Chamber of Commerce

COMMUNITY EXPO

SATURDAY
March 5, 2016
10 - 5 pm

SUNDAY
March 6, 2016
11 - 4 pm

FENTON HIGH SCHOOL

Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, giveaways, food booths, demonstrations of many kinds and of course Loose will be there. Stop by the Loose Senior Center Booth and say, "HI"!

MARCH HAPPENINGS



st. patty's day dinner BASH

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

an evening of
**good food,
MaGiC**

ENJOY A TRADITIONAL

Corn Beef Dinner

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

OH IT WILL BE VERY TASTY!



Mark Tripp's Magicomedy is becoming one of the most popular and requested shows today. His comedy magic show has been at company banquets, country clubs, cruise lines, comedy clubs nation wide. With a background in stand-up comedy, theater, and teaching science nationwide, this show is anything but your normal magic show. It's a hilarious, audience interactive ride filled with music, mystery, and mayhem that will leave your audience in stitches.

WordsMatter *RESCHEDULED*

Designed for those with hearing loss.

Wednesday, March 16, 11:15 am, Hall B

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!



March CARD SHOP Fun

Each day you check in, during the month of March, be sure to enter your name in the Card Shop give-away contest.

HISTORIC CEMETERIES IN FLINT & GENESEE COUNTY

Wednesday, March 9, 10 am

The Sloan Longway Outreach and Enrichment Program will be coming to Loose. Made possible through a grant from the Ruth Mott Foundation, Presenter Shelby Sandborn will help participants explore the local history and origins of cemeteries in the Flint and Genesee County area. Learn about the funerary and burial traditions of different cultures from around the world and why preserving our cemeteries is important in documenting the history of our towns and cities.



KNOW THE 10 SIGNS! EARLY DETECTION MATTERS

Wednesday, March 2, 10:30 am



If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. A workshop presented by the Alzheimer's Association.



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.



Friday, March 25, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes,

Food & Drink and more!



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, March 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!



Got Drugs? DRUG TAKE BACK

LOOSE CENTER

Wednesday, April 6, 10 am-12 noon

Gather up and drop off your unused or expired drugs at Loose and know that they will be properly disposed of. If there are questions or for information, call Loose at (810) 735-9406.

Tuesday, April 19 DINNER, 5 pm, \$15

We will welcome special guests **Al & Dave Eicher**, a father/son team, who have produced 26 television documentaries on Michigan Town histories and Events and have been awarded by the Historical Society of Michigan, the Award of Merit for their distinguished professional service and efforts in Preserving Michigan's History.

THEY BRING TO LOOSE THEIR PRESENTATION ON

"THE EARLY DAYS OF RADIO IN MICHIGAN"

From the mid 1920's to the 1950's several hundred network radio programs were created. Some of the best shows originated from Detroit, Chicago and New York City. This lecture and visual presentation will stimulate many wonderful memories of the early days of radio.



Sign up today for this very special dinner and top notch program.

DINNER MENU INCLUDES:

- | | |
|-------------|------------------|
| Chicken | Baked Beans |
| Pulled Pork | Tossed Salad |
| Mostaccioli | Cole Slaw |
| Rolls | Dessert & Drinks |

save the date

coming UP

MAY DINNER

LINDEN HIGH SCHOOL
 Thursday, May 19, 5 pm, \$8.50

A feast prepared by the talented cooks at LHS, followed by the Linden H.S. Spring Concert at 7 pm.

get ExCiTeD for a new exercise class

Leah Tanton is trained in Exercise Science and is an instructor of Exercise Physiology at UM-Flint. Linda Dyball is a certified Zumba Exercise Instructor providing group exercise at Loose for over eight years. Linda & Leah are teaming up and bringing a new fitness class to Loose designed for both men and women. If you are looking for a fun way to get moving, mark your calendar for April and check the Loose fitness calendar.



Plans are in the making for a new fitness opportunity. See page 4 for preliminary details

fitness

BODY, MIND AND SPIRIT

NEW - TAI CHI CLUB - NEW

Thursday, 2:15 pm, \$2 donation

Tai Chi is a gentle form of exercise that improves flexibility, balance and strength. It is often described as meditation in motion.

Experienced or not, all are welcome to join.

THE LOOSE FITNESS ROOM IS OPEN

- ◆ 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.

LINE DANCE \$5 per class

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!

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.

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.

SCHEDULE

MONDAY

9:30 am Zumba Gold
2:30 pm Arthritis Exercise
4:00 pm Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball

LINDEN ELEMENTARY
6:00 pm Volleyball

TUESDAY

9:30 am Zumba Gold
10:30 am FIT⁴EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

FRIDAY

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

WEDNESDAY

9:30 am Yoga (gentle flow)
11:00 am Indoor Golf
5:00 pm Zumba
6:15 pm Pickleball

SATURDAY

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

THURSDAY

9:30 am Chair Yoga
11:45 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT⁴EVER
2:15 am Tai Chi Club
4:00 pm Yoga (gentle flow)

SUNDAY

2:00 pm Pickleball

Pickleball

Monday & Wednesday, 6:15 - 9 pm, Sunday 2 - 5 pm,

Friday, 11 am - 4 pm (reservation required), \$3 court rental

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, Pickleball is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group. 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.

INDOOR GOLF PRACTICE

Wednesdays, 11 am - 1:30 pm, \$5/session,

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.

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 March 17. If you are interested in Wii bowling, please contact the Loose Office.**

BIKING BUNCH will resume in the spring

If you are interested in the Biking Bunch, please contact the Loose Center at 810-735-9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

GOLF AT SHIAWASEE SHORES will resume in the spring

SOFTBALL PLAYERS

Loose has been part of a softball league for the past number of years and it's true, there is much fun to be had. The team includes those 60 and over (three members of each team can be under 60), games are typically held on Wednesdays (more league information will follow). **If you are interested, please contact Loose at 810 735-9406 or stop in during office hours.**



PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.



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

SWAN

February 29 & March 14, 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, March 28, 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!

A graphic for a 'Quilt Raffle FUNdraiser'. The background is a colorful quilt with various patterns and colors. The text 'Quilt Raffle' is in a large, white, serif font with a blue outline. Below it, 'FUNdraiser' is in a bold, red, sans-serif font with a blue outline. A white box with a black border contains the following text: 'Tickets are \$1 each or 6 for \$5', 'This beautiful quilt was donated to Loose to Raffle off in time for Memorial Day. It is twin size and JUST beautiful (you must stop and take a look).', 'The drawing will take place on Thursday, May 19 at the Linden HS. Dinner.', and 'No need to be present to win. The winner will be contacted.'/>

Quilt Raffle
FUNdraiser

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

This beautiful quilt was donated to Loose to Raffle off in time for Memorial Day. It is twin size and JUST beautiful (you must stop and take a look).

The drawing will take place on
Thursday, May 19 at the Linden HS. Dinner.

No need to be present to win. The winner will be contacted.



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!**

TECHNOLOGY

Loose computer classes are especially tailored to the needs of older adults. Class sizes are small and the instructor, Kelly O'Connell, is well versed in the subject. *COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER.* You must bring your own computer or you can opt to observe and take notes. All classes will also be projected on the screen.

PLEASE PREREGISTER FOR ALL CLASSES

SOCIAL MEDIA SCOOP—Why should you care?

Wednesday, March 2, 4 pm, \$15, Hall B (three hour class)

The benefits of understanding Social Media include, keeping in touch (with family, friends), find old friends (classmates, old neighbors, etc.), ask questions, do research, find entertainment, learn, share, meet others and the list goes on. It's fascinating and it's not going away and there is no better place than Loose to relax and connect and learn why you should care. Sign up today!

GOOGLE DRIVE Wednesday, March 16 & 23, 4 pm, \$20, Hall B

Google Drive is a file storage and management service created by Google. It allows users to store files in the cloud, share files, and edit documents, spreadsheets, and presentations with collaborators. It's not as scary as it sounds and can be used on a laptop or tablet. Give it a try, sign up today. **Participants must have a gmail account. If you don't, one can be set up for you at the class.**

WINDOWS 10

Wednesday, April 13, 20, 27, 4 - 6 pm, \$30

Windows 10: It seems that the Windows folks have listened and are working on cleaning up their operating system. If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

Do you need 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.

**Tuesday
 March 8
 7 pm**

OPEN MIC Open night

Friends, an **Open MIC event** is a LIVE show where audience members may perform their talent at the MIC.

THE RULES ARE SIMPLE:

- If you are interested in just listening, please grab a friend, come in, and enjoy.
- If you are interested in performing, come in, sign up, and the master of ceremony will guide you from there.
- Be encouraging and respectful of the performers.

HAVE FUN!

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



Friday, March 25, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

March 2016



PHONE
810.735.9406

FAX
810.735.4255

EMAIL
lscce@loosecenter.org

WEBSITE
www.loosecenter.org

OFFICE HOURS
Monday - Friday
8:00 am - 4 pm

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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>Randy Green <i>Maintenance</i></p>	<p>1</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Meatloaf</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>7:00 Movie Night <i>"Pal Joey"</i></p>	<p>2</p> <p>8:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Manicures</p> <p>10:00 Consumer Fraud</p> <p>10:30 Alzheimer Early Detection</p> <p>10:30 1 on 1 Financial</p> <p>11:00 Indoor Golf</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Pork Chop</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 Social Media</p> <p>5:00 Zumba</p> <p>5:45 Flint Firebirds</p> <p>6:15 Pickleball</p>	<p>3</p> <p>9:00 MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 Amvets</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards n More</p> <p>10:30 FIT4EVER</p> <p>10:30 Farmers' Market Trip</p> <p>11:45 Wii Bowling Banquet</p> <p>11:30 Lunch <i>Baked Chicken</i></p> <p>12:30 Euchre</p> <p>1:00 Active Naturally</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>4</p> <p>Income Tax Prep (by apt)</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>Veg. Lasagna</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday March 5</p> <p>9:00 Yoga</p> <p>10:00 Garden Meeting</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday March 6</p> <p>2:00 Pickleball</p>
<p>7</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 FireKeepers Casino</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch <i>BBQ Pork Sand.</i></p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</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 NO Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8</p> <p>8:00 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>Chicken Dumplings</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>9</p> <p>Philadelphia Flower Show</p> <p>8:00 Bridge</p> <p>9:00 Blood Pressure</p> <p>9:30 Yoga</p> <p>10:00 Manicures</p> <p>10:00 Historic Cemeteries</p> <p>11:00 Indoor Golf</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Beef Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>3:15 Coupon Club</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>10</p> <p>8:00 Board 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>Turkey Burger</i></p> <p>11:45 No Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Active Naturally</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p>	<p>11</p> <p>Income Tax Prep (by apt)</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Baked Pollock</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Potluck</p> <p>SATURDAY March 12</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday March 13</p> <p>2:00 Pickleball</p>

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<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 Pepper Steak</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Watercolor Class</p> <p>1:00 Book Club</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>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch Smoked Ham</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>5:00 Yoga</p> <p>5:00 DINNER/MAGIC SHOW</p>	<p>8:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Manicures</p> <p>10:00 Angel Meeting</p> <p>10:00 Ask The Lawyer</p> <p>11:00 Indoor Golf</p> <p>11:15 WORDS MATTER</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Rib in BBQ Sauce</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 Google Drive</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>9:00 MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 NO 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 Sliced Beef</p> <p>11:45 Wii Bowling Begins</p> <p>12:30 Euchre</p> <p>1:00 Active Naturally</p> <p>2:00 Energy Healing</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>Income Tax Prep (by apt)</p> <p>8:15 Lifelong Learning</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 Mac & Cheese</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday March 19</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday March 20</p> <p>2:00 Pickleball</p>	<p>18</p>
<p>8:00 Bridge</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 Meatballs</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</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>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch Chicken Breast</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>8:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Manicures</p> <p>11:00 Indoor Golf</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Sloppy Joe</p> <p>11:30 Greektown</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 Google Drive</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>9:00 MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 NO Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Cards n More</p> <p>11:30 Lunch Swiss Steak</p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Active Naturally</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p>	<p>Loose Offices are Closed in Recognition of Good Friday</p> <p>5:00 EUCHRE TOURNAMENT</p> <p><i>THE DOORS WILL OPEN AT 4 PM</i></p> <p>Saturday March 26</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday March 27 Happy Easter</p> <p>2:00 NO 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>11:30 Blood Pressure Check</p> <p>11:30 Lunch Turkey Cutlet</p> <p>12:30 Pinochle</p> <p>12:30 Card Making</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>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 Bean Soup</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>8:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 NO Manicures</p> <p>11:00 Indoor Golf</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Stuffed Peppers</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>9:00 MMAP Counselor</p> <p>9:30 NO 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 Beef Liver</p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Active Naturally</p> <p>2:15 Tai Chi Club</p> <p>4:00 NO Yoga</p>	<p>BOARD OF DIRECTORS</p> <p>Ken Wensel, <i>President</i></p> <p>Frank Lukowski, <i>Vice President</i></p> <p>Alberta Martin, <i>Secretary</i></p> <p>Vince Eible Jr., <i>Treasurer</i></p> <p>Bob Cole</p> <p>Ray Culbert</p> <p>Ann Deemer</p> <p>Roby Deese</p> <p>Richard Laing</p> <p>Charlie Ross</p> <p>Les Scott</p> <p>David Kincaid</p> <p>Pat Lockwood</p>	<p>31</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 Blood Pressure Check</p> <p>11:30 Lunch Turkey Cutlet</p> <p>12:30 Pinochle</p> <p>12:30 Card Making</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>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 Bean Soup</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>8:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 NO Manicures</p> <p>11:00 Indoor Golf</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Stuffed Peppers</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>9:00 MMAP Counselor</p> <p>9:30 NO 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 Beef Liver</p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Active Naturally</p> <p>2:15 Tai Chi Club</p> <p>4:00 NO Yoga</p>	<p>BOARD OF DIRECTORS</p> <p>Ken Wensel, <i>President</i></p> <p>Frank Lukowski, <i>Vice President</i></p> <p>Alberta Martin, <i>Secretary</i></p> <p>Vince Eible Jr., <i>Treasurer</i></p> <p>Bob Cole</p> <p>Ray Culbert</p> <p>Ann Deemer</p> <p>Roby Deese</p> <p>Richard Laing</p> <p>Charlie Ross</p> <p>Les Scott</p> <p>David Kincaid</p> <p>Pat Lockwood</p>	<p>30</p>
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ENERGY FREEDOM TECHNIQUE

Thursday, March 17, 2 PM, \$35
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.

ONE-ON-ONE FINANCIAL HELP

Wednesday, March 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.



Alzheimers....the basics

Wednesday, April 6, 10:30 am
an education program by the Alzheimer's Association

Alzheimer's disease is not a normal part of aging.

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more.



FOOD DEMO & NUTRITION

Wednesday, April 27, 2:30 PM
Recipes, fresh produce, nutrition information, tips on preparing healthy meals on a budget, all packed into a wonderful demo and presentation by Arlene Collins, Food Banks MiFBAN Program Coordinator. Join Arlene as she shares a wealth of information and prepares wonderful samples for you to try. All attending will receive a take home package. Please be sure to call Loose at 810 735-9406 and register.



FREE consumer education Wednesday, April 20, 10 am



PHONE, MAIL & e-SCAMS

Join Stephanie Anthony from the State of Michigan Attorney Generals Office become familiar with the telltale signs of scams found through phone calls, mail, email and texts. Learn how to minimize your risk of being scammed. Important information will be presented at this talk, be sure to sign up today.

What happens after the paycheck STOPS?



Wednesday, April 27, 10:30 am
If you are nearing or entering retirement and are interested in a strategy designed to help build an income stream and make your retirement income last, join us.

We'll examine how to budget for retirement expenses and your potential sources of retirement income. We'll also identify some potential risks to your retirement income and ways to address them. Join Chad Robinson for some very valuable information. Please call and register for this event.



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, March 29, 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 10 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



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

"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.



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome Gary Putinsky and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, to avoid a wait, 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 the month, by appointment.

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.

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 (MMAP)

Our MMAP 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. MMAP'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 MMAP at 1.800.803.7174, ext. 247.

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.



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!

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!

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

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



MEMBER PRIVILEGES & FUNDRAISING

THE LOOSE COMMUNITY ANGELS

Meeting March 16, 10 am

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

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 Checker	\$32
May 22	Tigers vs Tampa Bay	\$73
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
July 27 & 28	Kewadin Casino	\$120
August 10	Remember When Detroit River Cruise	\$76
August 14-20	Great Canadian West	\$2,999
September 14-21	London & Paris <i>(Price pre 3/15)</i>	\$3,999
September 17-23	Coast of Maine	\$1,399
Sept. 30-Oct. 5	New York City	\$1,599
Oct. 30-Nov. 2	Nashville	\$999
Nov. 16-21	Branson	\$1,199
Dec. 5-6	Niagara Falls	\$269
February 2017	Hawaii	\$5199
November 2017	Costa Rica	\$2649

June 1, 2016 travel show, 1 pm to showcase Hawaii & Costa Rica

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

ANNIE THE MUSICAL

Sun., 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.



CLIO AMPHITHEATER CONCERTS

Tues., July 12	The System	The Bob Seger Tribute
Tues., July 19	Persuasion Band	Motown Tribute
Tues., July 26	Shout!	Beatles Tribute
Tues., August 2	Magic Bus	Woodstock Tribute
Tues., August 9	The Rockshow	Tribute to the 80s
Thur., August 11	Shania Twain & Tim McGraw	Tribute

Watch for details in upcoming newsletters.

Join Loose, Wednesday, March 2, 2016

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.

March 18 - Family Services of Mid-Michigan

Speaker: Chuck Tommasulo

The Family Service Agency of Mid-Michigan plays a crucial role in assisting many needy people. Mr. Chuck Tommasulo has been the Executive Director since 1990, overseeing "FSA" In-Home Eldercare Services, Guardian/Conservatorship, Representative Payee, Visual Impairment, Senior Companion and Foster Grand Parent Programs. He will explain how FSA acts as a safety net for many individuals.

April 15—Saginaw Street

Speaker: Sally Jaeger, Historian

Sally is a well-known speaker on the History of Flint. Sally was a librarian at the Flint Public Library, taught American History at MCC, and spent 25 years on the Board of Whaley Historical House and Board of Genesee County Historical Society. Her talk will focus on the history and development of Saginaw Street, going back more than 100 years.

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)

March 2	Why Quilts Matter: History, Art and Politics
March 9	The Quiltmakers of Gee's Bend
March 16	The Story of Women in Art, Part 1
March 23	The Story of Women in Art, Part 2
March 30	The Story of Women in Art, Part 3

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



AND MORE TRIPS
DETROIT Tigers Sunday, May 22, 2016
 Vs. Tampa Bay
\$73
 INCLUDES: Round Trip Motor Coach Transportation, Ticket to the game, Free Soft Drink, Chips & Hot Dog voucher. Water, Snacks and FUN on the Bus

DEPART Loose - 10:30 am APPROXIMATE RETURN—7 pm

Join Loose, Monday, May 9, 2016
Soaring Eagle Casino
CHUBBY in concert
CHECKER \$32

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



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.



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

MACKINAC ISLAND LILAC FESTIVAL
 JUNE 5 & 6, 2016



Tour Includes Transportation (motorcoach) PLUS 1 night lodging at the Lake View Hotel on Mackinac Island's Main Street. 1 Continental Breakfast and 1 dinner. Shepler's Ferry to Mackinac Island, Mackinaw Island Lilac Festival, Mackinac Island Carriage Tour, Free time on Mackinac Island. **\$340 PP Double**

Luggage Handling, Tax & Tip on included meals.



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



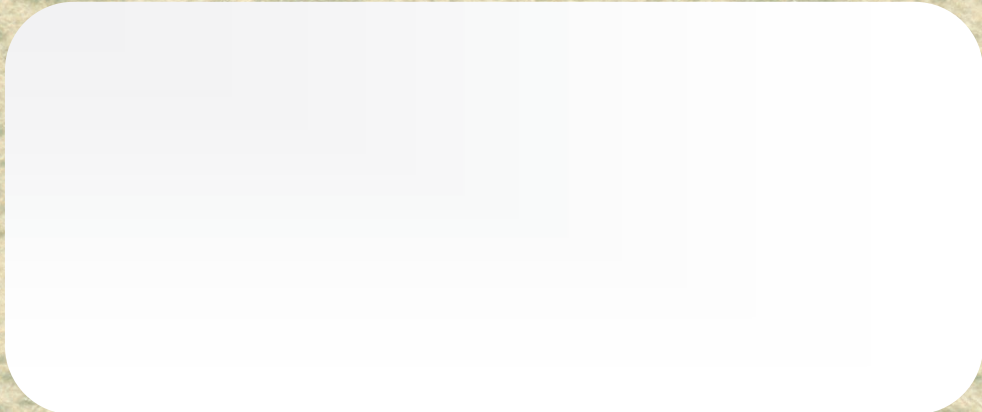
Friday, July 15, 2016
 \$86

Departs 10:45 am
 Returns 6:00 pm
Includes Transportation (motorcoach) PLUS

Saginaw River Lunch Cruise from this breathtaking vantage point, we'll experience the grand spectacle as we pass by these majestic sailing vessels lining both sides of the Saginaw River.
Maritime Festival (admission included) Enjoy free time at the award-winning Maritime Festival
Roaring 20s Ice Cream Parlor (small cone or cup included)

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

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a PEEK at what's inside

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Words Matter	3	Listening Ear	14
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"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."