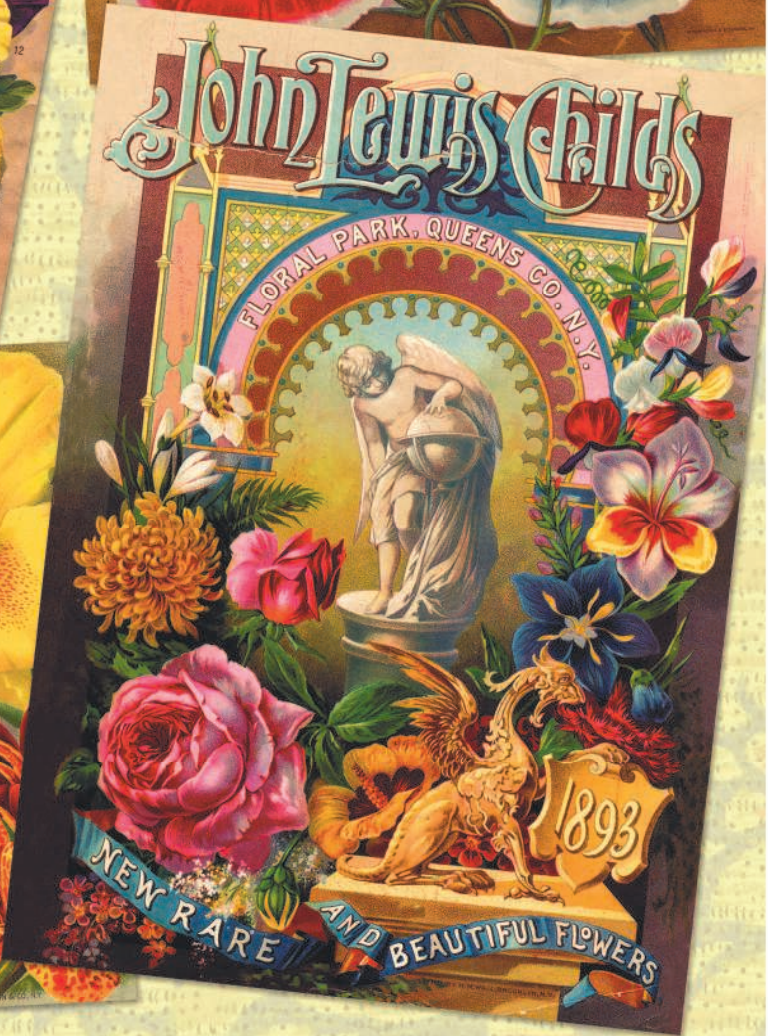


MAY 2016

# LOOSE



*May flowers bloom in all corners of your world.*



## From the Director

Dear Friends,

Flowers are a very special gift of spring. They come in many shapes, forms and colors. We plant them in gardens, lakesides, roadways and many times they grow wild in the fields. There are flowers that we plant every year and there are flowers that return from the earth after the winter snows. We enjoy the endless variety of style of flowers available for us to plant and grow. The flower plays a major role in our lives. It sustains properties such as nectar and pollen that bees use to pollenate plants and food for the many butterflies and birds to survive.

People are a lot like flowers. They come in many shapes, forms and colors. They live in the gardens of their lives. We enjoy the variety of styles of people and enjoy helping them grow and appreciate their presence in our personal garden. These people play a major role in our being. They start as a young person, are nurtured by us, and continue to grow into a gift of life. They sustain properties to fill our garden with love, caring, passion and companionship. They supply the human needs that fulfill our existence. They come as a new birth on this earth and in time, pass on to be reclaimed by the earth for new life to start again.

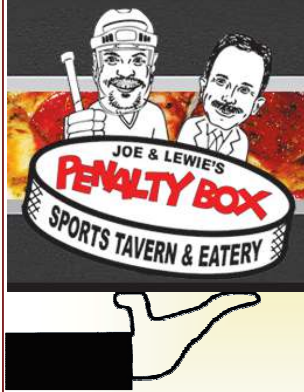
So, as you can see, flowers and people are a lot alike. They are a part of our lives that we enjoy. They come into our life like a fragile plant, grow into maturity and brighten our day with color. In the end they return to which they come to restart the cycle of life. So as you continue down this path you take, "May flowers bloom in all corners of your world."

*All is Well*

Carl Gabrielson, Executive Director

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

## LET'S EAT OUT TOGETHER



**Monday, May 16  
4 pm til close**

A BIG THANKS to Joe & Lewie's Penalty Box for their support of Loose. Eat at Joe & Lewies on Monday, May 16 after 4 pm and **10% of food sales will go back to the Loose Community Angels.** Our Angels are number ONE in South End Community SUPPORT and this fundraiser will help enhance their giving capability.

Located at, 2400 Owen Rd,  
Fenton, MI 48430

***We need your support, join us!***



## MOVIE NIGHT

**1st Tuesday of each month  
May 3, 2016, 7 pm**

What the Funk Brothers did for Motown...The Wrecking Crew did, only bigger, for the West Coast Sound. Six years in a row in the 1960's and early 1970's, the Grammy for "Record of the Year" went to Wrecking Crew recordings. And now, THE WRECKING CREW tells the story in pictures and that oh, so glorious sound. The favorite songs of a generation are all here, presented by the people who made them for you.

As always, admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care, Wellbridge of Fenton, Lockwood of Fenton and Behind Your Designs.

**Refreshments will be served!**

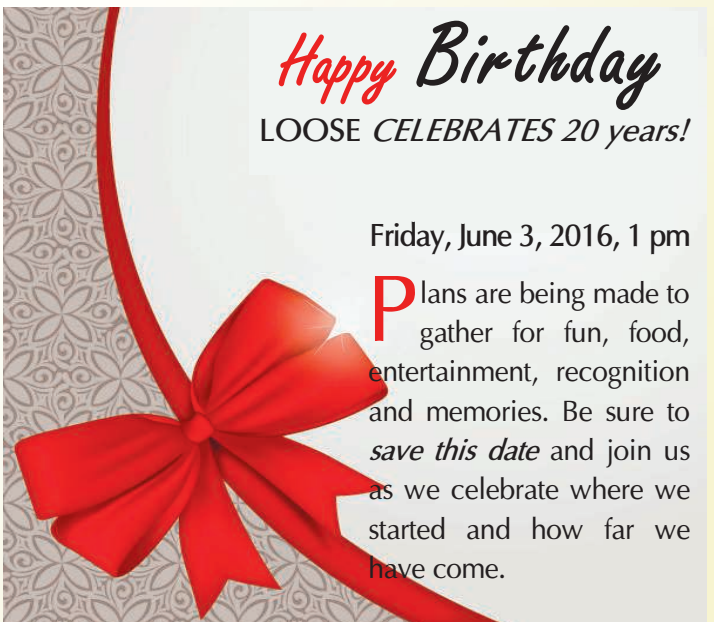
*Donations to Loose, to defray facility usage cost, will be much appreciated.*

## Happy Birthday

**LOOSE CELEBRATES 20 years!**

**Friday, June 3, 2016, 1 pm**

**P**lans are being made to gather for fun, food, entertainment, recognition and memories. Be sure to **save this date** and join us as we celebrate where we started and how far we have come.



# MAY HAPPENINGS

## Alzheimers "effective communication strategies" Wednesday, May 4, 10:30 am, FREE

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

## Mothers Day Tea

Friday, May 6, 1 pm, \$6

This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an afternoon of tea, treats, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Give yourself and/or someone special the time for this treat. Sign up today!

## MATTER OF BALANCE - FREE

Beginning Tuesday, May 17 - July 5, 2:30-3:30 pm

Tested, tried and true, this eight session, small class setting is facilitated by caring, well trained volunteers and will change your life. Participants of this program learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Space is limited, so please call Loose and sign up today!



**A MATTER OF BALANCE**  
MANAGING CONCERNS ABOUT FALLS

## SENIOR POWER DAY 2016

Wed., May 25, 9 am - 2 pm, \$3

### INCLUDES

- ~GIFTS~ LUNCH~~EXPO~ENTERTAINMENT~
- ~FREE ICE CREAM~DEMONSTRATIONS~
- ~DRAWINGS~PRIZES~AND MORE~

Sponsored by the Valley Area Agency on Aging

*Please indicate at the time tickets are purchased if transportation is needed.*

*Senior Power Day is held at Crossroads Village,*

For more information and to purchase tickets, visit Loose!

*Tickets must be purchased by May 11.*

## NEW CHAIR CHI NEW \$5 per class

GIVE IT A TRY, the FIRST class FREE

Begins Monday, May 16, 2:15 pm

A gentle exercise program with the benefits of the traditional Tai Chi in the comfort and safety of a chair.

Benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind. See Page 5 for more details.



## "Staying Healthy & Positive Can Improve Your Quality of Life".

Wednesday, May 11, 10:30 am

Is your glass half-empty or half-full? As we age, we go through many life transitions that have the ability to discourage us from living a complete and happy life, if we let it. Please join us as two Brookdale Assisted Living nurses, Danielle and Brittany, present "Staying Healthy and Positive to Improve Your Quality of Life." Come listen and learn how having a glass "half-full" outlook on life can improve your health, your attitude towards yourself, and how to strengthen the relationships around you so you can live the best life possible.



## LOOSE

## Exceptional Service Volunteer Award DINNER



LINDEN HIGH SCHOOL

Thursday, May 19, 5 pm, \$8.50



A feast prepared by the talented cooks at LHS, followed by the Loose Board Members presenting the Exceptional Service Volunteer Award and then an opportunity to attend the Linden H.S. Spring Concert at 7 pm. The dinner menu will include, but is not limited to, turkey, meatballs, potatoes, dressing, vegetables, salads, dessert & beverage. Join us for this special evening. Call Loose and sign up today!



Friday, May 27, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes,  
Food & Drink and more!

## Flint Farmer's Market Outing



Caretel  
Inns of Linden

Tuesday, May 10, 2016, \$2

A special opportunity to experience the Flint Farmer's Market.

See details on page 18.



## 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, May 10, 9:30-10:30 am  
Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



### Pen Pals Needed

PLEASE CONSIDER  
BEING PART OF THIS  
WONDERFUL PROGRAM.  
YOU WON'T BE SORRY!

This is one of the most personally rewarding programs that Loose offers. PLEASE, stop by the office for a pen pal application, fill it out and return it ASAP so that we can match you up with a local third grader with similar interests. This is a fun, interesting and rewarding activity that takes place from June until August culminating in a pizza party where you can meet your pen pal! The goal of this unique program is to increase communication skills and bridge the generation gap between third grade children and older adults. This is accomplished through written communication and the sharing of experiences between generations.

## Loose Travel SHOW



Wednesday, June 1, 1 pm

### HAWAIIAN ADVENTURE

February 23-March 4, 2017

### TROPICAL COSTA RICA

November 4-12, 2017

Join us for a detailed presentation,  
by Ed McKenna (from Collette), along with  
**REFRESHMENTS and PRIZES**



4:30 pm, \$6

Grilled dogs & burgers,  
baked beans, salad, chips,  
dessert & beverage

*It is the best deal around and there are no strings attached. Just a time to eat and enjoy the company of friends.*



### PRE COMEDY SHOW COOKOUT SPECIAL!

Tuesday, June 14, 4:30—6 pm

\$5 PER PERSON

Menu includes: Grilled Koegel (of course) Hotdogs, Slow Baked Beans (Loose is famous for their beans), Coleslaw (ok, this we get from Gordons, but it's GOOD), Chips are chips (bet you can't just eat one), Cookies ☺ and Drinks. Come and eat before the show...It's a deal folks! Doors to the show will open at 6pm.

# BODY, MIND & SPIRIT

## MONDAY

9:30 am **Zumba & Total Fit**  
 2:30 pm **Chair Chi** *begins 5/9*  
 4:00 pm **Yoga (gentle flow)**  
 5:00 pm **Zumba & Total Fit**  
 6:15 pm Pickleball  
 LINDEN ELEMENTARY  
 6:00 pm **Volleyball**

## TUESDAY

9:30 am **Zumba Gold/Total Fit**  
 10:30 am **FIT<sup>4</sup>EVER**  
 12:00 pm **Beg. Line Dance**  
 1:00 pm **Adv. Line Dance**  
 4:00 pm **Chair Yoga**  
 5:00 pm **Yoga (gentle flow)**

## WEDNESDAY

9:30 am **Yoga (gentle flow)**  
 2:30 pm **Chair Chi** *begins 5/11*  
 5:00 pm **TOTAL FIT**  
 6:15 pm Pickleball

PLEASE CHECK THE MASTER  
 CALENDAR FOR SPECIAL CLOSINGS.

## THURSDAY

9:30 am **Chair Yoga**  
 10:15 am **Zumba Gold/Total Fit**  
 11:45 am **Wii Bowling**  
 10:30 am **FIT<sup>4</sup>EVER**  
 2:15 am **Tai Chi Club**  
 4:00 pm **Yoga (gentle flow)**  
 6:00 pm **Line Dance**

## FRIDAY

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

## SATURDAY

9:00 am **Yoga (gentle flow)**  
 10:15 am **Zumba/Total Fit**

## SUNDAY

2:00 pm Pickleball

## CHAIR CHI \$5 per class (first class FREE) NEW

A gentle exercise program with the benefits of the traditional Tai Chi in the comfort and safety of a chair. Benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind. It also helps improve breathing, while improving hand and foot-eye coordination, it helps burn fats and calories, lowers cholesterol, heart rate and blood pressure levels and assists in alleviating the pain from many chronic conditions.



## Tai Chi Club 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.

## 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!

## FIT<sup>4</sup>EVER \$5 per class ALL WELCOME!

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.

## PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sun. 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.

**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 June 2. If you are interested in Wii bowling, please contact the Loose Office.**

## BIKING BUNCH Begins May 4,

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.

## 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.

## ZUMBA & TOTAL FIT<sup>®</sup> \$5 per class

A 45 minute class beginning with 30 minutes of dance/exercise cardio, balance, stretching, toning and brain/movement connection. Easy steps and a fun way to get moving!

## ZUMBA GOLD TOTAL FIT<sup>®</sup> \$5 per class

A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

## TOTAL FIT<sup>®</sup> \$5 per class

A 45 minute class beginning with 20 minutes of mixed range cardio, balance, stretching, toning and mind/movement connection.

**INSTRUCTORS:** *Leah, trained in Exercise Science & instructs Exercise Physiology at UM-Flint, Linda, is a certified Zumba Exercise Instructor.*

*Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.*

## 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.

**GOLF AT SHIAWASEE SHORES** Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members MUST sign in at Clubhouse each and every time they golf.

## 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 scrapbookers.

**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.

## RHUBARB LEAF STEPPING STONE

Wednesday, June 1, 12:30 pm, \$5 (Limit 8)

Bring your garden to life with a handmade rhubarb stepping stone. You will need to bring a pair of rubber gloves, a large, recycled pizza box and a large plastic bowl. All other supplies will be provided. Because cement will be used, you may want a mask to protect from the dust. This project will be off-site at the residence of the instructor. It is very easy to find and very close to the Center; directions will be given at the time you register.



## WATERCOLOR CLASSES

Monday, June 6 & 13, 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, May 23, 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** May 19, 1 pm \$15

Create a double wrap bracelet using a stringing technique that allows us to work with two holed beads. It is a beautiful bracelet and can be made of 3 different colors. The closure on this bracelet is a shank button. Silver buttons will be available for class but if you have a special button you want to use, please bring it with you. The button should measure from 1/2" to 3/4" in width. All new jewelry students are welcome. Sign up today!



## CLASSES, MUSICAL OPPORTUNITIES & MORE



### CHOIR

Mondays, 3 pm

Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. The choir is a very welcoming group; stop by and see!

## 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**

### SMARTPHONE PHOTOS

**Wednesday, May 11, 4 - 6 pm, \$15**

So you have learned to take pictures with your new smart phone, now what? Your photo album that sits on the coffee table could use updating and the photos are on your phone, now what? Take the time and learn what to do next and how to get those photos in your hands.



### SUMMER CLASSES

#### IPAD 1

**Monday & Wednesday, June 20 & 22, \$20, 12-2 pm 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 Camera, Calendar, Mail, Notes, Photos, iTunes, iPod, Video and the App Store.

#### IPAD 2

**Wednesday, June 29 & July 6, \$20, 1-3 pm Hall B**

For those who have completed iPad 1. Take things a step further and begin to dive deeper, understanding settings and the importance of making them work for you. Learn iPad tricks and learn how to maximize this amazing piece of technology to fit you and your needs.

*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  
May 10  
7 pm

## OPEN MIC 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.

## 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** Will return in the fall.



Friday, May 27, 5 pm

**\$7 Entry Fee, 25¢/Euchres**

**GREAT Prizes, Food & Drink and more!**

# MAY 2016

GIANT IMPERIAL JAPANESE  
MORNING GLORIES

EMPEROR OF THE  
EMPERESS OF THE  
COUNTY TO  
TAMAYAGATA  
PINKED ABOVE  
RUFFLEDA RILLE  
DOUBLE FLOWER  
AND UNUSUAL  
SHELL COLLECTION

## 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

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

8:00 9:30 10:00 10:15 11:30 12:30 1:00 1:00 3:00 4:00 5:00 6:00 6:15	2 Bridge Zumba & Total Fit Painting Sleep Mat Production Lunch Pinochle Water Color Listening Ear Choir Yoga Zumba & Total Fit Volleyball TOPS Weigh-in Pickleball	Chair Chi Training Seminar 3 9:00 Massage 9:30 Zumba Gold-Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Movie Night	8:00 9:00 9:00 9:30 10:00 10:30 11:15 11:30 12:00 12:30 1:30 2:00 5:00 6:15	4 Bridge Biking Bunch Manicures Yoga Consumer Fraud 1 on 1 Financial Alzheimer Communication Art à la Carte Lunch Wood Carving Pinochle/Dominoes/Chess Blood Pressure/Health Nurse Chat <b>NEW</b> Total Fit Pickleball	9:30 10:00 10:15 10:30 10:30 11:45 11:30 12:30 2:15 4:00 6:00 6:00	Chair Yoga NO Amvets Zumba Gold & Total Fit FIT4EVER Farmers' Market Trip Wii Bowling Lunch Euchre Tai Chi Club Yoga Line Dance Grief Support	9:00 9:30 10:00 10:00 11:00 11:30 1:00 1:00 1:00 Saturday May 7 9:00 NO Yoga 10:15 Zumba & Total Fit 10:00 Euchre 10:00 Garden Meeting Sunday May 8 2:00 Pickleball	5 Chair Yoga NO Amvets Zumba Gold & Total Fit FIT4EVER Farmers' Market Trip Wii Bowling Lunch Euchre Tai Chi Club Yoga Line Dance Grief Support	9:00 9:30 10:00 10:00 11:00 11:30 1:00 1:00 1:00 Saturday May 7 9:00 NO Yoga 10:15 Zumba & Total Fit 10:00 Euchre 10:00 Garden Meeting Sunday May 8 2:00 Pickleball	NO MMAP Counselor 6 NO Yoga Yarn Recyclers Board Games Pickleball (reservation) Lunch Mother's Day Tea Lapghans Chicago Bridge
8:00 9:00 9:30 10:00 10:00 10:15 11:30 12:00 12:30 1:00 2:30 3:00 4:00 5:00 6:00 6:15	9 Bridge CSFP Zumba & Total Fit Soaring Eagle Painting Sleep Mat Production Lunch "Anyone Can Paint" Pinochle Book Club Chair Chi <b>NEW</b> Choir Yoga Zumba & Total Fit Volleyball TOPS Weigh-in Pickleball	Massage 9:00 Veteran Services 9:30 Zumba Gold-Total Fit 9:30 Coffee/Cops/Conversation 10:00 Loose Threads 10:15 Farmer's Market 10:30 FIT4EVER 11:30 Lunch 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Open MIC	8:00 9:00 9:00 9:00 9:30 10:30 11:15 11:30 12:00 12:30 2:30 3:15 4:00 5:00 6:15	11 Bridge Biking Bunch Manicures Blood Pressure Yoga Staying Healthy-Positive Art à la Carte Lunch Wood Carving Pinochle/Dominoes/Chess Chair Chi <b>NEW</b> Coupon Club Smartphone Photos Total Fit Pickleball	8:00 9:30 10:00 10:15 10:30 11:30 11:45 12:30 2:15 4:00 6:00	Board Meeting Chair Yoga Farmers' Market Trip Zumba Gold & Total Fit FIT4EVER Lunch Wii Bowling Banquet Euchre Tai Chi Club Yoga Line Dance	9:00 9:30 10:00 10:00 10:00 11:00 11:30 1:00 1:00 5:00 SATURDAY May 14 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre Sunday May 15 2:00 Pickleball	12 Board Meeting Chair Yoga Farmers' Market Trip Zumba Gold & Total Fit FIT4EVER Lunch Wii Bowling Banquet Euchre Tai Chi Club Yoga Line Dance	9:00 9:30 10:00 10:00 10:00 11:00 11:30 1:00 1:00 5:00 SATURDAY May 14 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre Sunday May 15 2:00 Pickleball	MMAP Counselor 13 Yoga Write Your Life Story Yarn Recyclers Board Games Pickleball (reservation) Lunch Lapghans Chicago Bridge Potluck



www.edwardjones.com

## Complimentary Review

Do you have the right investments in place to help you meet your financial goals?

At Edward Jones, our business is to help people find solutions for their long-term financial goals.

If you would like a free review of your estate plan or any of your other investments to see if they are appropriate for your long-term goals, please call or stop by today.



**Chad A. Robinson**  
Financial Advisor  
618 W Broad St Suite A  
Linden, MI 48451  
810-735-1678

**Edward Jones**  
MAKING SENSE OF INVESTING

MKT-1860G-A-JDP

Member SIPC

## PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



### \$19.95\*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

**HOLIDAY SPECIAL**

### TOLL FREE: 1-877-801-5055

\*First Three Months



## Argentine Care Center

Specializing in short term rehabilitation & long term care

Family Owned- Our Family Caring for Your Family

9051 Silver Lake Road • Linden, MI 48451

Tel: (810) 735-9487

www.argentinecarecenter.com



## TIME TO ADVERTISE?

If you feel your business needs a little more attention, give LPi a call at...  
**1-800-477-4574**

**NOW OPEN**



**2 BRAND NEW ASSISTED LIVING INNS**

"LINDEN'S PREMIERE SKILLED NURSING & REHABILITATION AND ASSISTED LIVING CAMPUS"

## Caretel® Inns of Linden

202 S. Bridge Street, Linden MI • (810) 735-9400 • fax (810) 735-9500  
www.caretelinns.com



# THIS SPACE IS AVAILABLE

Call LPi at **1.800.477.4574** for more information.



**COLDWELL BANKER**  
PROFESSIONALS

**Nancy Carlson**

Call for your **FREE** Home Value Estimate or any questions you may have.

Cell: 810-923-5230

nancy.carlsonrealtor@gmail.com  
120 N. Leroy • Fenton, MI 48430



At WellBridge of Fenton, it is our commitment to provide our guests with an **EPIC** experience!



WellBridge of Fenton makes rehabilitation easier with our smart design, innovative concepts, authentic hospitality, and commitment to our guests.

Specializing in post-acute rehabilitation and nursing care, we are designed to provide a bridge to recovery and wellness. We invite you to learn more about WellBridge at [www.thewellbridgegroup.com](http://www.thewellbridgegroup.com)



**Fresh WBs Bistro** 901 Pine Creek Drive, Fenton, MI 48430 • PHONE: 810.616.4100

## Worry Free Home Care 24-Hour Assistance Available!



**(810) 629-9004**  
[www.WorryFreeCare.com](http://www.WorryFreeCare.com)

Tanglewood Home Care provides compassionate care in the comfort of your own home. Our services include everything from companionship to complete home health care. When family members or friends need help for the seniors they love, Tanglewood Home Care can help.

*"Simply the Finest Care Available"*




## Sweet D's

Bakeshop, Tea Room & Cafe

Lunch Menu • Afternoon Tea  
Private Events • Seating up to 25  
116 W. Broad Street  
Linden, MI 48451

**810-399-9217**

Email: [ffinethings115@sbcglobal.net](mailto:ffinethings115@sbcglobal.net)

Open Monday-Saturday 11a.m.-3p.m. 

## METROPOLITAN TREE INC.

Discount Tree & Stump Removal  
Free Estimates • Over 50 YRS EXP.

**248-627-6316**

**800-753-1633**

[metropolitantree@gmail.com](mailto:metropolitantree@gmail.com)

A+ Rating with the BBB • Member Angie's List  
10% Senior Discount & Angie's List Discount

## LINDEN'S COMPLETE AUTO REPAIR

Free Shuttle • Free Loaner  
Free Diagnosis/Inspection

**(810) 735-9911**

417 W. Broad St.  
Downtown Linden



**We Honor ALL Dealer Extended Warranties!**  
**Proud sponsor of over 80 local youth sports teams!**

Rehab is work.  
But it can also be fun.

To find out how we can help you or someone you love transition smoothly back home, call us to schedule a personal tour.



5370 Baldwin Road • Grand Blanc, MI 48439  
810-606-9950 • theoaksatwoodfield.com



Harold M. Koehler, DPM  
*Medicine & Surgery  
of the Foot & Ankle*

4038 Grange Hall Road, Holly, MI 48442  
248 / 634-6200

*Come See Us, We're at Loose Monthly!*



## Michigan Vision

INSTITUTE  OPTICAL

Edward P. Stack, M.D.  
Atheer M. Alrawi, M.D.  
Kelly C.K. Tierney, O.D.  
John F. Labaza, O.D.

5300 Gateway Centre (US-23 & Hill Rd.)

**810-720-9111**  
www.michvision.com

### Specialized Eye Care by Board Certified Physicians

- LenSx - Laser Assisted Cataract Surgery
- Premium ILOs including: Crystallens AO, Trulign Toric, AcrySof Toric, ReSTOR Multifocal, and TECNIS Multifocal lenses
- Medical evaluation and surgical treatment of:
  - Glaucoma - including surgical implantation of iStent
  - Macular Degeneration
  - Diabetic Retinopathy
- Pediatric eye care

• Full Service Optical Shop



Bringing New Life to Senior Living™

Sometimes life holds an endless list of challenges, until you discover an **Abundance of Solutions.**

Brookdale Grand Blanc | Assisted Living

► For more information, call (810) 953-7111.

brookdale.com



Generations of Service  
to the Community

sharpfuneralhomes.com



#### Miller Road Chapel

Roger L. Sharp, Manager  
8138 Miller Road • Swartz Creek  
(810) 635-4411

#### Linden Chapel

Stephanie Sharp Foster, Manager  
209 E. Broad St. • Linden  
(810) 735-7833

#### Fenton Chapel

Michael T. Scully, Manager  
1000 Silver Lake Rd • Fenton  
(810) 629-9321

#### Funeral Home & Cremation Center

Jennifer Sharp Scully, Manager  
6063 Fenton Road • Flint  
(810) 694-4900



**Esther Shouse**  
**248-705-2737**

Berkshire Hathaway  
Home-Services Michigan Real Estate  
shouse4house@gmail.com  
20 W. Washington St.,  
Clarkston, Mi 48346

I believe in "giving back." I volunteer in the local Community Garden and donated 100's of pounds of produce in 2015! I also, volunteer in the Loose Community Angels Org, AFSP Org, church & commissioner on the Village of Holly Planning Committee.  
An independently owned and operated franchisee of BHH Affiliates

### TIMING IS EVERYTHING!

"WAITING TO PUT YOUR HOME ON THE MARKET COULD COST YOU PLENTY!"

**DON'T WAIT!** We have record numbers of Motivated Buyers Interest rates are low - Inventory is low - Prices are climbing All conditions are right to sell now! I provide a Home Protection Plan for You! I am a full time Realtor with 30+ years of experience!

**Please Call Esther Shouse Today @ 248-705-2737**  
**www.estershouse1.net**

## CAN YOU SEE YOUR LUNGS?



Early detection of lung cancer leads to easier treatment, reducing deaths by 20% more than chest x-rays alone.

CURRENT OR FORMER SMOKER?  
THIS SCREENING CAN SAVE YOUR LIFE!

ASK YOUR DOCTOR ABOUT OUR  
LOW-DOSE CT LUNG CANCER SCREENING



**810-732-1919**  
rmpc.net

Flint • Fenton • Grand Blanc • Novi

### Senior Living Community

Fenton's Best Kept Secret  
for Seniors 55+



Vicky Coppler  
Community Manager

201 E. Elizabeth • Downtown Fenton  
**(810) 629-1179**  
millpond@kmgprestige.com

# HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.



**CALL NOW! 1-888-331-6501**

**Temrowski Family  
Funeral Home  
& Cremation Services**  
*"An exceptional choice in funeral service"*  
Ken & Becca Temrowski  
Owners/Licensed Funeral Directors  
500 Main St. • Fenton  
**810-629-2533**  
www.temrowskifamilyfuneralhome.com

**VISION** REALTY CENTERS  
Your Home Town Realtors  
**Cathy DuBois**  
810-348-3078  
**Shelley Cleaver**  
810-735-9089  
123 N Bridge In Downtown Linden

**Bob Evans** RESTAURANT  
We treat strangers like friends and friends like family  
3600 Owen Rd • Fenton, MI  
810-714-2708 • fax 810-714-3107  
Call ahead for Carry Out or Order Online:  
www.BobEvans.com

**Patricia McGarry, DDS**  
Accepting New Patients  
20% Discount for Senior Citizens  
*New Patient Special*  
Cleaning, X-rays, & Exam  
Only \$85.00 (No Discounts Apply)  
200 Lindenwood Dr. • Linden, MI  
**810-735-9426**  
www.drmcgarry.com

**Abbey Park**  
INDEPENDENT SENIOR LIVING  
*"Live Here... for the Best of Your Life"*  
Independent Senior Living with Personal Care Assistance Available  
3221 E Baldwin Rd • Grand Blanc  
(810) 606-1110 • www.abbeypark.com

**THIS SPACE IS AVAILABLE**

Serving a need in your community  
**MTA**  
MASS TRANSPORTATION AUTHORITY  
*Wherever life takes you!*  
For information call (810) 767-0100  
1401 South Dort Hwy. • Flint, MI 48503

**Your Ad Here**  
SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING  
Contact Eileen Frazier to place an ad today!  
EFrazier@4LPi.com or (800) 477-4574 x6309

**VICINIA GARDENS**  
*of Fenton*



**A neighborhood you can call home!**

**Vicinia Gardens  
Assisted Living of Fenton**  
4016 Vicinia Way • Fenton



**Vicinia Gardens  
Memory of Fenton**  
4034 Vicinia Way • Fenton

Telephone: (810) 354-8136  
Resident Director: Catrina Kraus Telephone: (810) 513-0969

**www.viciniagardens.com**  
Conveniently located at Jennings and Owen Road

**In Home Total Fitness**  
Where Health Comes Right to Your Door  
• Fitness Prescription  
• Wellness Coaching  
• Nutritional Counselling  
• Fall Prevention & Balance Training  
**Leah Tanton • Cell: 989-245-7750**  
leah@inhomefitness.com  
**inhomefitness.com**



<p>8:00 Bridge</p> <p>9:30 Zumba &amp; Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:30 Chair Chi</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p><i>4 til close - Fundraiser at Joe &amp; Lewie's Penalty Box</i></p>	<p>9:00 Massage</p> <p>9:30 Zumba Gold-Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Chicago Bridge</p> <p>2:30 Matter of Balance</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Angel Meeting</p> <p>10:00 Ask the Lawyer</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:30 Blood Pressure/Health ✓</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p>	<p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold &amp; Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch</p> <p>12:30 Euchre</p> <p>1:00 Jewelry Class</p> <p>2:00 Energy Healing</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>5:00 Dinner @ H.S.</p> <p>6:00 Line Dance</p> <p>6:00 Grief Support</p>	<p>8:15 Lifelong Learning</p> <p>9:00 MMAP Counselor</p> <p>9:00 Hearing Doctor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday May 21</p> <p>9:00 Yoga</p> <p>10:15 Zumba &amp; Total Fit</p> <p>10:00 Euchre</p> <p>Sunday May 22</p> <p>Historic Cities of the East</p> <p>10:30 Tiger Game</p> <p>2:00 Pickleball</p>
<p>8:00 Bridge</p> <p>9:30 Zumba &amp; Total Fit</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>2:30 Chair Chi</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>Alaska Cruise</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold-Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</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>2:30 Matter of Balance</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Senior Power Day</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p>	<p>9:30 Chair Yoga</p> <p>10:00 FireKeepers Casino</p> <p>10:15 Zumba Gold &amp; Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>12:30 Euchre</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Line Dance</p>	<p>9:00 MMAP Counselor</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</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday May 28</p> <p>9:00 NO Yoga</p> <p>10:15 Zumba &amp; Total Fit</p> <p>10:00 Euchre</p> <p>Sunday May 29</p> <p>2:00 NO Pickleball</p>
<p>30</p>  <p><b>WE WILL BE CLOSED</b></p> <p><b>MONDAY, MAY 30</b></p> <p><b>IN OBSERVANCE OF</b></p> <p><b>MEMORIAL DAY</b></p> <p><small>In remembrance for those who have died in service of the United States of America.</small></p>	<p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold-Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:30 Matter of Balance</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p><b>LOOSE STAFF</b></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><b>BOARD OF DIRECTORS</b></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>Join us!</p>  <p><b>Dine Out</b></p> <p>Monday, May 16 4 pm til close</p> <p>10% of sales will go back to the Loose Community Angels in an effort to support their giving back to the South End Community.</p>

**SELF TRANSFORMATION** *Two Part Weight Lose*  
 Thursday, May 19 & June 9, 2 PM, \$70, PLEASE PRE-REGISTER  
 Are you open and ready to commit to wanting to transform your habits to lose weight, and keep it off? You will learn and experience a new way to eliminate the reason you over-eat and start a new eating pattern to change your health. Christine will help by spending the time to eliminate the issues for over-eating and spend time discussing how not eating the right foods causes cravings and how to change that. All incorporated through EFT (emotional freedom technique).

**ONE-ON-ONE FINANCIAL HELP**

Wednesday, May 4, 10:30 am  
 Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

**ALZHEIMER SUPPORT GROUP**

Every 4th Tuesday, 2 pm  
 The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times.

**WRITE YOUR LIFE STORY**

Every 2nd & 4th Friday, 10 am, Sunroom  
 Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun.

**LOOSE BOOK CLUB**

Every 2nd Monday, 1 pm  
 This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

**LISTENING EAR**

Every 1st Monday, by appointment  
 Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



**NURSE chat** NEW!

1st Wednesday of every month, 2 pm FREE  
 Stop by and meet the nurse from Magnum Home Health Care, Inc and enjoy a round table discussion on the topic of *Memory Loss and how it differs from Dementia*. Explore different topics each month, bring your questions and suggest topics. This is a wonderful opportunity to connect and learn. Put this one on the calendar and make it a regular part of your Loose stop.



**CAR CRUISE**

Friday, June 17  
 11 am-2 pm  
 MORE INFO SOON!

Comfort Keepers. **RIGHT HERE AT LOOSE!**

**DIABETES PATH INFORMATION SESSION**

Wednesday, July 13, 12 pm  
 Diabetes-PATH (Personal Action Toward Health) is designed to provide skills and tools to help people living with Type 2 diabetes and their support system live a healthier life. It is a fun, interactive, six week workshop led by certified leaders.



**SAFER DRIVING CAN SAVE YOU MONEY**

Refresh your driving skills and you could save money on your car insurance!\*

Take the **NEW AARP Smart Driver™ Course**.

**AARP SMART DRIVER COURSE**

July 18 & 20, (Monday & Wednesday) 11 am - 3 pm  
 \$15 for AARP members/\$20 for non members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. In class there will be discussion, laughter and sharing on Road Rules, Safe Driving, and talking to a friend or relative about their driving. You must be on time and in attendance both days. Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP.)

**Garden Meeting**  
 ALL ARE WELCOME!  
**Saturday**  
**May 7, 10 am**

## HEALTH SERVICES & TRANSPORTATION



### HEALTH CHECK *NEW*

1st & 3rd Wednesday, 1:30

Sit with a nurse who can take your blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

### FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

2<sup>nd</sup> Wednesday of each month, 9 - 10 am

3<sup>rd</sup> Thursday of each month, 11 - 12 noon (BP only)

4<sup>th</sup> Monday of each month, 11:30 am - 12:30 pm



### MASSAGE

*Relax & Unwind*

By appointment each Tuesday! 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, May 31, 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

3<sup>rd</sup> Friday of each month, 10 am (by appointment), Annex

Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

### MANICURES

Wednesday, by appointment, beginning at 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.

### "JOURNEY TO HOPE AND HEALING"



### GRIEF SUPPORT GROUP

Every 1<sup>st</sup> & 3<sup>rd</sup> 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.

# SPECIAL SERVICES & SUPPORT

## 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 home-bound, 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](mailto: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!

**MICAFE** 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](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 May 18, 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.

*"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."*

*Visit Our Website*

[www.loosecenter.org](http://www.loosecenter.org)

### 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.

**REMINDER, Loose is NON SMOKING, both facility and grounds. Smoking in vehicles is acceptable.**



 "like" us on  
**facebook**

# TRIPS

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

## TRIPS @ A GLANCE

May 9	Soaring Eagle & Chubby Checker	\$32
May 10	Farmer's Market	\$2
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 14	Farmer's Market	\$2
June 28	FireKeepers Casino	\$32
July 13	Soaring Eagle Casino	\$32
July 15	Tall Ship Celebration, Bay City	\$86
July 18	Tigers vs Boston	\$70
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 11	Gun Lake Casino	\$35
August 14-20	Great Canadian West	\$2,999
August 30	FireKeepers Casino	\$32
September 4-5	Mackinac Bridge Walk	\$224
September 14-21	London & Paris (Price pre 3/15)	\$3,999
September 17-23	Coast of Maine	\$1,399
September 20	Meijer Garden Tour	\$63
Sept. 30-Oct. 5	New York City	\$1,599
Oct. 22-23	ARK Encounter	\$339
Oct. 30-Nov. 2	Nashville	\$999
Nov. 16-21	Branson	\$1,199
Dec. 5	Soaring Eagle Oak Ridge Boys	\$32
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.

## CLIO AMPHITHEATER 2016 TRIBUTE SHOWS

**Depart Loose @5:30 pm, show starts at 7 pm**  
 Tickets can be purchased at the gate prior to the show - \$6  
 Transportation arrangements made through Loose at \$5

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



## Flint Farmer's Market

**Caretel**  
Inns of Linden

**FARMER'S MARKET SEASON**

**will soon be here!**

Leave 10:15 am

Return 1 pm (limit 8)

**Tuesday**  
**May 10, 2016**

We are partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's. Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call 810 735-9406 and sign up today.  
**\$2 round trip**



## 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.

**May 20—Ruth Mott Foundation**

**Speaker: Megan McAdow**

Ms. Megan McAdow, of the Ruth Mott Foundation will provide us with the history of the home of C.S. and Ruth Mott. As part of the centennial celebration of this very special historical home, the Ruth Mott Foundation is opening the mansion for tours. Those desiring to tour the Mott residence will be allowed immediately after the lecture.

**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)**

**May 4** This is Civilization: Ye Gods

**May 11** This is Civilization: Feelings

**May 18** This is Civilization: Save Our Souls

**May 25** This is Civilization: Uncertainty



Do you have email? If so, please consider stopping by and update your files or send us an email at [LSCC@looseseniorcenter.org](mailto:LSCC@looseseniorcenter.org)

## AND MORE TRIPS

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

**DETROIT**  
**Tigers**  
**\$73**

Sunday, May 22, 2016

Vs. Tampa Bay

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



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)



Wed, July 27—28, 2016

\$ 120 per person, double occupancy

Tour Includes Transportation plus

1 night lodging at Kewadin Casino Resort, \$10 Food Voucher at St. Ignace, Two \$10 Coin Vouchers at St Ignace, Two \$10 Coin vouchers at Kewadin Casino Sault Ste. Marie, 1 Buffet Breakfast value of \$7. Call for details.

## COLORADO

### Rocky Mountain Spectatcular

July 24— August 2, 2106

\$1,999 double

Tour Includes Round Trip Motorcoach Transportation, 7 nights lodging, 9 breakfasts, 1 lunch 4 dinners, Tour of Boys Town USA, Great Plate River Road Archway, Rocky Mountain National Park, Visit to Estes Park, Sightseeing tour of Denver, Coors Brewery, Garden of the Gods, Pikes Peak Cog Railway, US Air Force Academy, Royal Gorge Bridge, Sightseeing tour of St. Louis, The Gateway Arch—St. Louis, Luggage Handling, Tax & Tip on all meals. Detailed Flyers available at Loose or online at [www.loosecenter.org](http://www.loosecenter.org).

Wednesday August 10

Departs 9:15 am, Returns 6:45 pm

Includes Transportation PLUS

Lunch at Smokies Restaurant & Bar, Diamond Jack River Cruise -Two hour narrated tour of Bob-Lo, Calvert Canada Distillery, Fort Malden, Kings Yard Park, Stony Island, Livingston Channel and the Grosse Ile Lighthouse and Shopping in Downtown Wyandotte.



\$76

Join Loose, Monday, May 9, 2016  
Soaring Eagle Casino



**CHUBBY**  
**CHECKER** in concert

**\$32**

## 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.



## 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](http://www.loosecenter.org)



## COAST OF MAINE

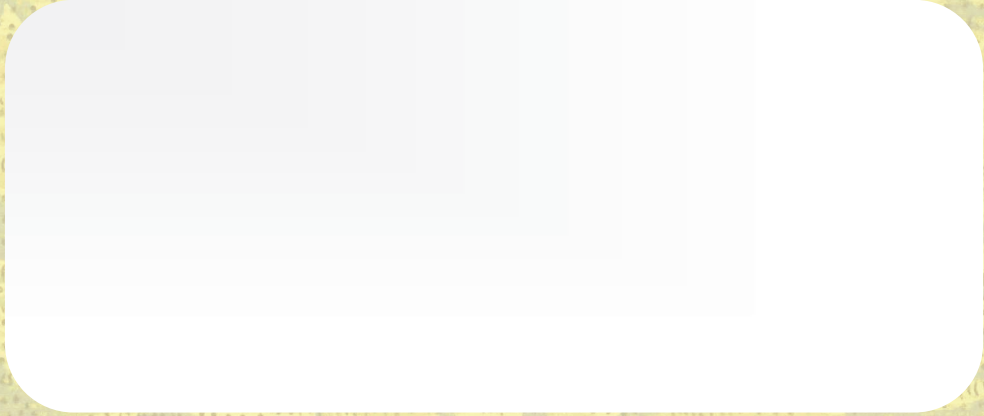
September 17-23, 2016

\$1,399 PP Double

Tour Includes Round Trip Motorcoach Transportation, 6 nights lodging, 6 breakfasts, 3 dinners, Museum of Old York, Kennebunkport Trolley Tour, Sightseeing Tour of Portland, Maine, Day Trip to Camden, Maine, Maine State Prison Craft Shop, Camden Hills State Park, Captain Fish Scenic Harbor Cruise, Leisure Time in Boothbay Harbor, Boothbay Railway Village, Luggage Handling, Tax & Tip on all meals. Detailed Flyers available at Loose or online at [www.loosecenter.org](http://www.loosecenter.org).

**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406  
[www.loosecenter.org](http://www.loosecenter.org)

PRSRT STD  
U.S. Postage  
**PAID**  
Flint, MI  
Permit No. 6



# WELCOME BACK

## COMEDIAN **BILLY RAY BAUER**



Wow! What a night!  
Very professional  
Charismatic guy  
Amazing  
We had a blast!  
Incredible  
His material was hilarious  
Billy Ray was fantastic!



Heartfelt finesse  
Super Funny!  
Personable  
Could not be happier  
Enjoyed every minute  
Billy was great!!  
Huge success  
Knows how to read a crowd

**\$7**

**Tuesday, June 14, 6:30 pm**

*Check out the PRE COMEDY SHOW COOKOUT SPECIAL, only \$5 details on page 4.*