

JULY 2016

# LOOSE

*"You bring  
your own weather  
to a picnic."*

*- Harlan Coben*



## From the Director

Dear Friends,

We all can remember the days when we were young and we enjoyed warm summer days and picnics. We would enjoy going to the local park or Grandma's house. Barbequed chicken, hot dogs, and hamburgers were the main part of the meal. Add coleslaw, potato salad and chips and the meal was complete. We always loved mom's Kool-Aid and ice tea, and for a treat, sometimes we would have red pop. The fondest memory was making the homemade ice cream. We would watch Uncle John put the ingredients into the maker and then line up to take our turn to crank the machine and wait with anticipation to savor the cold treat. Throw in a softball game, volleyball or horseshoes and the day was a dream come true.

This tradition is carried on today by all ages. We first enjoy it in our youth. Then we become adults and treat our children to this wonderful experience. Then we become grandparents and sit back and enjoy this celebration with the young and young at heart. The fondest memories that we cherish are with family and friends. Picnics are times when good company and good friends come together. The food is a big part of these memories because we each have our own favorite thing and who made it. The time together is priceless, watching the young having fun. The adults trying to be young and the old reminiscing about good times. Special moments in time.

And now the members of Loose, the community and their families can again enjoy a picnic with all the fixings. Food, fun, prizes and give-a-ways. This is a wonderful chance for all of us to bring our own weather to a picnic. We bring sunshine with the thoughts of the young, fresh air for the baby boomers and clear skies and warm temperatures for us mature adults. So step back in time and come to the Caretel/Loose Picnic on Thursday, July 26 at noon. Bring the weather of your choice and have a wonderful time.

*All is Well*

Carl Gabrielson, Executive Director

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Bob Lee & Ann Walker

The Loose 2016 Distinguished volunteer award was presented, on May 19, to Ann Walker for her selfless contributions of time and talent to the Loose Center. Ann has volunteered in many Loose activities, but most noted is her dedication and ongoing commitment to the MMAP program. The MMAP Counselor volunteer

job is time, labor and education intense. Ann has put her heart and soul in the job for many years and continues to give and care unconditionally for the Loose members whom she serves. Thank you Ann for being such a special part of the Loose Team.

**A SPECIAL THANKS TO** the following organizations who made the month of June so special at Loose.

#### **THANK YOU...**

##### **CARETEL INNS OF LINDEN**

For providing a delicious 20th birthday cake & hors d'oeuvres & transportation to the Flint Farmers Market

##### **COMFORT KEEPERS**

For sponsoring the first Classic Car Cruise @ Loose

##### **TANGLEWOOD ASSISTED LIVING**

For your continued Sponsorship of FREE MOVIE NIGHT

##### **LOCKWOOD OF FENTON**

For providing treats for MOVIE NIGHT

##### **WELLBRIDGE OF FENTON**

For providing wonderful cookies for Movie Night, the Euchre Tournament, Potluck & root beer floats for the Car Cruise, etc.

##### **BEHIND YOUR DESIGNS**

For special MOVIE NIGHT support.

Though **TAI CHI** is ancient Asian Warrior tradition, modern-day research tells us it decreases stress and helps put arthritis pain at bay. Using finely tuned artistic movement patterns, it develops mind-body awareness while improving balance and posture. It's calming and meditative nature proves extremely low impact, which means it's gentle on joints and the fluid motions help improve circulation and restore joint mobility. While one would expect to find flexibility and relaxation, the purposefully slow movements also build a surprising amount of muscular endurance and coordination.

Instructor Leah Tanton challenges everyone to try it at least once, "Your first class is free, so what do you have to lose?" With a master's degree in Exercise Science, author of original research conducted with seniors in collaboration with the National Institute of Health, Certified Chair Chi Instructor, and 20+ years experience working with seniors, spinal cord injuries, and debilitating diseases, Leah says she is shocked at how easily adaptable Tai Chi is to all fitness levels. Where traditional Tai Chi requires a significant amount of balance and mobility to complete, the newly adopted Chair Chi (2:30 Mondays & Wednesdays at Loose) still provides benefits to able-body individuals, but is designed specifically for individuals with severe mobility and balance impairments.

**See Page 5 for more information and the CHAIR CHI schedule!**

# JULY HAPPENINGS

## Understanding & Responding to Dementia-Related Behavior

Wednesday, July 13, 10:30 am, FREE

Behavior can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

alzheimer's  association®



## Flint Farmer's Market

**Caretel.**  
Inns of Linden

Tuesday  
July 12, 2016

FARMER'S MARKET SEASON

Leave 10:15 am

Return 1 pm (limit 8)

**\$2 round trip**

Loose is 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.

## 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.

**Diabetes  
PATH**

- Manage everyday activities by making an action plan
- Avoid complications
- Learn to balance your blood sugar
- Improve your communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms & decrease stress
- Improve your overall health and increase your energy!

**SIX WEEK WORKSHOP BEGINS JULY 20 @ 12 NOON**

Here because we care...

GENESEE COUNTY  
COMMISSION  
ON AGING

Invites you to a Senior Resource

# FUN FAIR

Ideal for Seniors, Caregivers and the Public!  
**Admission is FREE**

Vendors-Refreshments-and the opportunity to learn more about available resources in the community!




Thursday, July 21, 2016 from 9:00 am - 1:00 pm  
**Flint Farmers Market**  
In the Dick Ramsdell Room  
300 E. First Street • Flint, MI. 48507 • www.coaweb.com • 810-908-9122

We hope you will consider attending this special event. If you are in need of a ride, please contact Loose and arrangements will be made. The cost will be \$4.50 and transportation will leave Loose at 8:45 am and leave the market at 11:30 and return to Loose at approximately 12 noon.

**euchre**  
tournament

Friday, July 22, 5 pm  
\$7 Entry Fee, 25¢/Euchres  
GREAT Prizes,  
Food & Drink and more!

**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**  
**July 9, 10 am**



## 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.

### GAMENIGHT CLUB

2nd Friday of each month, 5 pm,  
Club members, bring your favorite  
dish to share, along with your own

place setting and enjoy the fun and fellowship that goes along with a sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

### Coffee COPS and Conversation

Tuesday, July 12, 9:30-10:30 am  
Coffee, **COPS** & Conversation will  
be a monthly opportunity at  
Loose. Come enjoy a cup of  
BREW while chatting with those  
in BLUE! We are excited to wel-

come 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!



### MOVIE NIGHT

August 2, 2016, 7 pm

Frankie (Frankie Avalon) and the gang are hitting the beach for some good old-fashioned shenanigans. To get the party underway, the manager (Paul Lynde) of pop singer Sugar Kane (Linda Evans) decides a skydiving publicity stunt will really do the trick. As Frankie and the others are pulled into the plan, things get out of control. Throw in Bonehead (Jody McCrea) falling in love with a mermaid (Marta Kristen) and a kidnapping biker (Harvey Lembeck), and the party's just getting started.

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

**Refreshments will be served!**

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

In AUGUST bring your lawn chair and join us for a BEACH PARTY as we sit back and enjoy "BEACH BLANKET BINGO".



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.*



### PROJECT FRESH COUPONS AVAILABLE NOW

Project FRESH provides participants with coupons to purchase fresh fruits and vegetables at local farmers' markets. Seniors 60 and older with incomes of 185% of poverty or less and living in Genesee County are eligible for Senior Project FRESH. Each eligible household will receive coupons to use throughout the summer to purchase fresh, nutritious, unprepared, locally grown produce from authorized Michigan farmers' markets and roadside stands.

### BIRTHDAY BASH!

Monday August 1, 12 noon - 1 pm, Hall B

Help us celebrate EVERYONE'S  
BIRTHDAY w/Cake & Ice Cream

*you're invited!*

### SUMMER FUN!

See the BACK cover for details!!!



# BODY, MIND & SPIRIT

## MONDAY

9:30 am **Zumba & Total Fit**  
 2:30 pm **Chair Chi**  
 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**  
 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 or 10 classes for \$40

### WHEELCHAIRS & WALKERS WELCOME!

Adapted from its popular form of Tai Chi, class is intended for individuals with ability restrictions, but is a calming and beautiful movement art for any age. Instructor holds a master's degree in Exercise Science, and has 20+ years of training and experience working with seniors. Contact Leah 989.245.7750, leah@thetotalfit.com or visit thetotalfit.com



### 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 (resumes in September)

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 September 8. If you are interested in Wii bowling, please contact the Loose Office.**

### BIKING BUNCH Wednesday 9am

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.



## ARTSY & CRAFTY

### HAPPY STAMPERS

3rd Monday of each month, 1 pm, Sunroom, FREE

If you like to use rubber stamps to make greeting cards, this group is for you. We can always use new ideas, so come, bring your supplies and ideas. Spend time with those who share your interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.

**"ANYONE CAN PAINT"** Class Minimum: 6

2nd Monday of each month, 12-2 pm, Sunroom, \$20

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

### WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

**PAINTING GROUP** Mondays, 10 am, Hall A, FREE

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

### SCRAPBOOKING

3rd Tuesday of each month, 1 pm, Hall A, FREE

Whether you have pictures from a recent event or from a storage bin, set this time aside to meet other scrapbookers for conversation, inspiration and fun! Bring your photos, scissors or paper trimmer and adhesive of choice. Workshop is open to beginner and experienced scrappers.

**YARN RECYCLERS** Fridays, 10 am, Annex, FREE

We are always in need of volunteers who would like to help with lap robes, which are donated to local vets, nursing homes and others with special needs. Our knitting and crocheting group meets every Friday to knit or crochet needed items.

**LOOSE THREADS** Tuesdays, 10 am, Sunroom, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. This group gives of their time and donates the quilts back to Loose to raffle off. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

**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.

## Quilt Raffle

# FUNdraiser

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

This beautiful quilt was made by the Loose Threads group which meets at Loose each Tuesday morning. The material was donated, their time, effort, imagination and hard work was also donated. The quilt was made to be raffled off with the proceeds going to benefit Loose. *The quilt is on display at Loose.*

*The drawing will take place on Tuesday, July 26 during the Caretel/Loose Picnic. No need to be present to win. The winner will be contacted.*

### WATERCOLOR CLASSES

Mon., July 25 & Aug. 1, 1 pm, \$15

This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early

and at registration time be sure to pick up the supply list and additional information for the class. *Instructor, Peggy Mattson*



### HYPERTUFA PLANTER

Wednesday, July 27, 12:30 pm, \$20 (limit 5)

Hypertufa is a mud-pie recipe that is used to make all sorts of garden art objects. Sign up and make your own planter. Class will be offsite at the home of the instructor. A supply list and directions to the class are available at the Center. You must register in advance.

### CARD MAKING WITH CAROLINE

Monday, July 25, 12:30 pm, Sunroom, \$7 (class limited)

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

**SLEEP MATS** Mondays, 10 - 11:30 am, SUNROOM

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat. *Please donate CLEAN plastic SHOPPING bags ONLY.*



## CLASSES, MUSICAL OPPORTUNITIES & MORE

### 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**

### SUMMER CLASSES

#### IPAD 2

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

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.

#### Windows 10

**Monday, July 11 & Tuesday, July 12, \$20, 1-3 pm**

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.

#### Social Media & Why

**Wednesday, July 27 & Thursday, July 28, \$20, 1-3 pm**

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

#### Individual Computer Help FREE

**Thursday, July 28 and Thursday, August 11 (times vary)**  
(by appointment 30 minutes) Call Loose @ 735-9406

#### Smartphone Photos

**Tuesday, August 2, 1-3 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.



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



**Friday, July 22, 5 pm**  
**\$7 Entry Fee, 25¢/Euchres**  
GREAT Prizes, Food & Drink & more!  
All are WELCOME!

### BOARD & CARD GAMES

All Loose groups are very welcoming and always open to new friends joining in on the fun.

**POOL** Wednesday - Friday, 1 - 3:30 pm

*Pool players, please check in at the front desk prior to playing.*

**BRIDGE** Monday & Wednesday, 8 am - 2:30 pm

**OPEN GAME PLAY** Friday, 10:00 am (*bring a friend*)

**CHICAGO BRIDGE** Tuesday & Friday, 1 - 4 pm

**CHESS** Wednesday, 12:30 pm

**DOMINOES** Wednesday, 12:30 pm

**MAH JONGG** Tuesday, 3 pm, Friday, 10 am

**PINOCHLE** Monday & Wednesday, 12:30 pm

**EUCHRE** Tues. & Thurs., 12:30 pm, Sat., 10 am

**CARDS & MORE** Will return in the fall.



**Mondays, 3 pm** - The choir is a very talented and welcoming group; we hope you will consider joining them on **September 12** when they resume practice.

Genesee County is RICH with opportunities and none so prolific as the Flint Cultural Center, Genesee County Parks & Recreation and so much more. Loose offers the chance to experience many of the special happenings. We hope you enjoy the array of choices. Sign up today!

### 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)**

**July 6** *Against the Odds: The Artists of the Harlem Renaissance*

**July 13** *The Black List Volume I*

**July 20** *Kehinde Wiley: An Economy of Grace*

**July 27** *The Spirit of the Individual | Faith Ringgold: The Last Story Quilt*



# JULY 2016

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



| 4   | 5  | 6  | 7   | 8  |
|---|--|--|---|--|
| 9:00 NO Massage<br>9:30 Zumba Gold-Total Fit<br>10:00 Loose Threads<br>10:30 FIT4EVER<br>11:30 Lunch<br>12:00 NO Line Dance<br>12:30 Euchre<br>1:00 Chicago Bridge<br>2:30 Matter of Balance<br>3:00 Mah jongg<br>4:00 Chair Yoga<br>5:00 Yoga<br>7:00 NO Movie Night   | 8:00 Bridge<br>9:00 Biking Bunch<br>9:00 NO Manicures<br>9:30 Yoga<br>10:00 1-On-1 Financial<br>11:00 Nurse Chat<br>11:00 Health Check<br>11:15 Art à la Carte<br>11:30 Lunch<br>12:00 Wood Carving<br>12:30 Pinochle/Dominoes/Chess<br>1:00 IPAD 2<br>2:30 NO Chair Chi<br>5:00 NO Total Fit<br>6:15 Pickleball   | 9:30 Chair Yoga<br>10:00 Amvet's Representative<br>10:15 Zumba Gold & Total Fit<br>10:30 FIT4EVER<br>11:30 Lunch<br>11:45 Wii Bowling<br>12:30 Euchre<br>2:15 Tai Chi Club<br>4:00 Yoga<br>6:00 Grief Support  | 9:00 NO MMAP Counselor<br>9:30 Yoga<br>10:00 Yarn Recyclers<br>10:00 Board Games<br>11:00 Pickleball (reservation)<br>11:30 Lunch<br>1:00 Lapghans<br>1:00 Chicago Bridge<br>SATURDAY July 9<br>9:00 Zumba & Total Fit<br>10:00 Euchre<br>10:00 Garden Meeting<br>Sunday July 10<br>2:00 Pickleball | 8:00 Bridge<br>9:00 Blood Pressure<br>9:00 Biking Bunch<br>9:00 Manicures<br>9:30 Yoga<br>10:00 Soaring Eagle<br>10:30 Understanding Dementia<br>11:15 Art à la Carte<br>11:30 Lunch<br>12:00 Diabetes PATH Info<br>12:00 Wood Carving<br>12:30 Pinochle/Dominoes/Chess<br>2:30 Chair Chi<br>3:15 Coupon Club<br>5:00 Total Fit<br>6:15 Pickleball   |
| 9:00 Bridge<br>9:00 CSFP<br>9:30 Zumba & Total Fit<br>10:00 Painting<br>10:15 Sleep Mat Production<br>11:30 Lunch<br>12:00 "Anyone Can Paint"<br>12:30 Pinochle<br>1:00 Windows 10<br>1:00 Water Color<br>1:00 Book Club<br>2:30 Chair Chi<br>4:00 Yoga<br>5:00 Zumba & Total Fit<br>6:00 Volleyball<br>6:00 TOPS Weigh-in<br>6:15 Pickleball | 9:00 Massage<br>9:00 Veteran Services<br>9:30 Zumba Gold-Total Fit<br>9:30 Coffee Cops Conversation<br>10:00 Loose Threads<br>10:15 Farmer's Market<br>10:30 FIT4EVER<br>11:30 Lunch<br>12:00 NO Line Dance<br>12:30 Euchre<br>1:00 Windows 10<br>1:00 Chicago Bridge<br>3:00 Mah jongg<br>4:00 Chair Yoga<br>4:30 COOKOUT<br>5:00 Yoga<br>5:30 Clio Bob Segar Tribute | 8:00 Bridge<br>9:00 Blood Pressure<br>9:00 Biking Bunch<br>9:00 Manicures<br>9:30 Yoga<br>10:00 Soaring Eagle<br>10:30 Understanding Dementia<br>11:15 Art à la Carte<br>11:30 Lunch<br>12:00 Diabetes PATH Info<br>12:00 Wood Carving<br>12:30 Pinochle/Dominoes/Chess<br>2:30 Chair Chi<br>3:15 Coupon Club<br>5:00 Total Fit<br>6:15 Pickleball | 8:00 Board Meeting<br>9:30 Chair Yoga<br>10:15 Zumba Gold & Total Fit<br>10:30 FIT4EVER<br>11:30 Lunch<br>11:45 Wii Bowling<br>12:30 Euchre<br>2:15 Tai Chi Club<br>4:00 Yoga   | 9:00 MMAP Counselor<br>9:30 Yoga<br>10:00 Write Your Life Story<br>10:00 Yarn Recyclers<br>10:00 Board Games<br>10:45 Tall Ships<br>11:00 Pickleball (reservation)<br>11:30 Lunch<br>1:00 Lapghans<br>1:00 Chicago Bridge<br>5:00 Game Night Club<br>Saturday July 16<br>9:00 Zumba & Total Fit<br>10:00 Euchre<br>Sunday July 17<br>2:00 Pickleball |

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

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|   |   |  |   |  |
|---|---|--|---|--|
| <p><b>18</b></p> <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>11:00 AARP Safe Driving</p> <p><b>11:30 Lunch</b></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:30 Chair Chi</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><b>19</b></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><b>11:30 Lunch</b></p> <p>12:00 NO 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>5:30 Clio – Motown Tribute</p>   | <p><b>20</b></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>11:00 AARP Safe Driving</p> <p>11:15 Art à la Carte</p> <p><b>11:30 Lunch</b></p> <p>12:00 Diabetes PATH</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p> | <p><b>21</b></p> <p>9:00 Fun Fair-Farmer's Market</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold-Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure</p> <p><b>11:30 Lunch</b></p> <p>11:45 Wii Bowling Banquet</p> <p>12:30 Euchre</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p> | <p><b>22</b></p> <p>9:00 MMAP Counselor</p> <p>9:00 Hearing Doctor</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><b>11:30 Lunch</b></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p><b>Saturday July 23</b></p> <p>9:00 Zumba &amp; Total Fit</p> <p>10:00 Euchre</p> <p><b>Sunday July 24</b></p> <p>2:00 Pickleball</p> |
| <p><b>25</b></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><b>11:30 Lunch</b></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>1:00 Water Color</p> <p>2:30 Chair Chi</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><b>26</b></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><b>Loose Closed 11:30-2 pm</b></p> <p><b>12:00 Caretel/Loose Picnic</b></p> <p>12:00 NO Line Dance</p> <p>12:30 NO Euchre</p> <p>1:00 NO 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>5:30 Clio – Beatles Tribute</p> | <p><b>27</b></p> <p>7:30 Kewadin</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p><b>11:30 Lunch</b></p> <p>12:00 Diabetes PATH</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>12:30 Hypertufa Class</p> <p>1:00 Social Media</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p>          | <p><b>28</b></p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold-Total Fit</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p>12:30 Euchre</p> <p>1:00 Social Media</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p>  | <p><b>29</b></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</p> <p><b>11:30 Lunch</b></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p><b>Saturday July 30</b></p> <p>9:00 Zumba &amp; Total Fit</p> <p>10:00 Euchre</p> <p><b>Sunday July 31</b></p> <p>2:00 Pickleball</p>  |



## NURSE chat

1st Wednesday of every month, 11 am **FREE**  
 Stop by and meet the nurse from Magnum Home Health Care, Inc and enjoy a round table discussion on a variety of topics. Bring your questions and suggest topics.

### ONE-ON-ONE FINANCIAL HELP

Wednesday, July 6, 10:30 am  
 Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

### ALZHEIMER SUPPORT GROUP

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

### WRITE YOUR LIFE STORY

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

### LOOSE BOOK CLUB

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

### LISTENING EAR

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



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

## aging in place



Wednesday, August 10, 12 pm **FREE**

Speaker Rob Herringshaw from Adaptive Modification Solutions will share important and valuable information about the many options available that can help you age in your own home. Included in this presentation will be home modifications (ramps, grab bars, ceiling lifts and more) and the cost of aging in your home vs. other options.



### GARDENING GURU (FOR-MAR ON THE ROAD)

Thurs., August 18, 10 am (limited to 20)  
 A For-mar Horticulturist will be teaching about unique garden styles and participants will plant their own container garden to keep. This activity is sponsored by Caretel Inns of Linden and will be held at Loose.

### ATTRACTING WILDLIFE

(FOR-MAR ON THE ROAD) limited to 20

Wednesday, September 14, 10 am

Are you a bird watcher or just enjoy seeing the squirrels searching for food? Learn interesting ways to encourage wildlife to your backyard. This activity is sponsored by Caretel Inns of Linden and will be held at Loose.



## Wandering & Safety

Wednesday, August 17, 10:30 am, **FREE**

An opportunity to listen, ask questions and find help when faced with some of the most common behavioral challenges of Alzheimer's disease.

The workshop will cover the following topics:

- Definition of wandering
- Reasons wandering may occur
- Prevention strategies
- Tips on how to intervene when someone is wandering

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### HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Wed., September 28, 11am **FREE**

Stacey Brancheau, CFP, CTFA  
 Attorney at Law will guide the participants in a step-by-step

process in completing this very important document and each will leave with a complete legal copy, signed by a witness and notarized. This is such an important part of healthy planning, don't put it off, call Loose and sign up today.

## HEALTH SERVICES & TRANSPORTATION



### HEALTH CHECK

1st Wednesday, 11 am

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.

### MANICURES

Wednesday, by appointment, beginning at 10 am, \$10, 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.*

### 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.

**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.

*PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE.*

## "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.*

### PODIATRIST

**Tuesday, July 26, by appointment, Annex**

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, **copays or deductibles may apply**. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

### FREE HEARING CLINIC

**3rd Friday of each month, 10 am (by appointment), Annex**

Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David 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.

### 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!

**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](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html)



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)

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 - July 20, 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 Linden, City of Fenton, the Harding Foundation and donations from individuals.

**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.

**DO YOU HAVE EMAIL?** If so, please consider stopping by and update your files or send us an email at [LSCC@loosecenter.org](mailto:LSCC@loosecenter.org)

**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

|                 |                                    |         |
|-----------------|------------------------------------|---------|
| July 12         | Clio Bob Segar Tribute             | varies  |
| July 13         | Soaring Eagle Casino               | \$32    |
| July 15         | Tall Ship Celebration, Bay City    | \$86    |
| July 19         | Clio Motown Tribute                | varies  |
| July 26         | Clio Beatles Tribute               | varies  |
| July 27 & 28    | Kewadin Casino                     | \$120   |
| August 10       | Remember When Detroit River Cruise | \$76    |
| August 11       | Gun Lake Casino                    | \$35    |
| August 18       | Tigers vs Boston Red Socks         | \$70    |
| August 14-20    | Great Canadian West                | \$2,999 |
| August 23       | Genesee County Fair                | \$5     |
| August 30       | FireKeepers Casino                 | \$32    |
| September 4-5   | Mackinac Bridge Walk               | \$224   |
| September 8     | Applewood Tour                     | \$4.50  |
| September 12    | Caesar Windsor                     | \$20    |
| 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    |
| September 27    | Soaring Eagle                      | \$32    |
| Sept. 30-Oct. 5 | New York City                      | \$1,599 |
| Oct. 5          | Genesee Belle Lunch Cruise         | varies  |
| Oct. 11-12      | Little River                       | \$125   |
| Oct. 13         | Harvest Adventure                  | \$79    |
| Oct. 22-23      | ARK Encounter                      | \$339   |
| Oct. 27         | Hollywood Casino                   | \$30    |
| Oct. 30-Nov. 2  | Nashville                          | \$999   |
| Nov. 14         | FireKeepers                        | \$32    |
| 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  |

Detailed flyers are available at the Loose Center.

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

# Applewood Charles Stewart Mott Estate Tour



Thursday, September 8, 2016  
\$4.50 (transportation), Limit 10

~Leave Loose @ 9 am~      ~Arrive @ 9:30 am~  
~House Tour @ 10-11 am~      ~Additional Tour @ 11 am~  
~Leave @ 11:45~      ~ Arrive Loose @ 12:15

Charles Stewart Mott built Applewood Estate in 1916, engaging his sister's husband, architect Herbert E. Davis, to design the 21-room family home. The three-story house is a Jacobean Revival with a basement, attached greenhouse, and garage. It has changed very little in the century since it was constructed. After the house tour, enjoy the wonderful new exhibits in the main house garage, chicken coop and barn. What a treasure and a legacy.

## GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 5, 2016

\$17 includes, cruise & lunch (no transportation)

\$21 includes transportation, cruise & lunch

(be sure you indicate your menu choice at the time you register) The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is 9/21/16.



The Genesee Belle Paddlewheel Riverboat is a replica of the riverboats that traveled down the mighty Mississippi River during the era of Mark Twain. This fall lunch cruise is a wonderful opportunity to enjoy the beautiful setting, scenery and a relaxing time away.



## TUESDAY, AUGUST 23

\$4.50 (for those requesting transportation)

Depart Loose, 8:15 am, Return, 3 pm

Located at 6130 E. Mt. Morris Rd.

With the sound of bleating animals, the announcer welcoming guests, and the smell of cotton candy and pizza in the air, the county fair will hold different memories for each fairgoer. Join us for this traditional fun filled day. Some of the reasons you may want to attend are listed below.

- Admission is FREE
- FREE Coffee and Donuts (while supplies last)
- Visit with Vendors from Genesee County Senior Services
- FREE Entertainment
- FREE Wagon Rides every half hour
- Fun Demonstrations
- AND MORE!
- Parking FREE to Seniors with Parking Pass (available @ Loose)

## 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               |



## AND MORE TRIPS

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

**DETROIT**  
**Tigers**  
**\$70**

**Thursday, August 18 2016**

Vs. Boston Red Socks

**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

**Wednesday August 10, \$76**

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.



*Remember When*



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.*

## 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).

## MEIJER GARDENS & SCULPTURE PARK, \$63

*Tuesday, September 20, 2016* **INCLUDES:** Motor Coach Transportation, Admission into the Frederick Meijer Gardens & Sculpture Park. Tram Tour of the Gardens (with a stop at the Japanese Gardens), \$10 voucher to use at the Café, 2016 ArtPrize Exhibits located at the Garden, *Chrysanthemums & More Exhibit!* The largest of its kind in Michigan, featuring expansive chrysanthemum displays, fall foliage and family-friendly



## NEW YORK CITY

**Sept. 30-Oct. 5, 2016**

**\$1,599 PP Double**



Tour Includes Round Trip Motorcoach Transportation, 5 nights lodging (3 at the newly-redesigned 4 star Novotel located niTimes Square) 5 breakfasts, 1 dinners, 9/11 Museum & Memorial, All Day Sightseeing Tour, Tour Famous Apollos Theatre, Statue of Liberty with Pedestal Pass, Ellis Island, Saturday Night Live Museum/Exhibition Luggage Handling, Tax & Tip on all meals. Detailed Flyers available at Loose or online at [www.loosecenter.org](http://www.loosecenter.org).

**Branson**  
**Christmas Package**

**November 16-21, \$1199**

Includes Transportation  
**PLUS**

Five nights lodging, five breakfast, three dinners, "Kickback Reception", five Branson Show, Sightseeing Tour of the Ozarks, Leisure Time in Branson, Abraham Lincoln Presidential Library & Museum, The National Tiger Sanctuary, Luggage Handling, Tax & Tip on Included Meals.

## HARVEST ADVENTURE

**Thursday, October 13, \$79**

Departs 9 am, Returns 4:30 pm

**Includes Transportation PLUS**

**PEBBLE BROOK FARM**—prized Huacaya and Sri alpacas and history of the farm, gift shop that features a variety of Alpaca fibers.

**WHITE HORSE INN**—Lunch at the oldest continuously operating restaurant in MI which in the past has served as a hotel, brother, stagecoach stop, etc.

**WESTVIEW ORCHARD**—enjoy a tour, pick fresh fruit or a bag of pre picked for FREE. *Time for shopping and snacks on the return trip.*

## Hawaiian Adventure

Three Islands featuring Oahu, Kauai and Maui

**February 23– March 4, 2017**

**\$5,299 PP Double if pd by 8/23**



Tour Includes Round Trip Air, air taxes and fees, /surcharges, Hotel Transfers, 10 days, 13 meals. **Highlights include,** Waikiki Beach, Pearl Harbor, Oahu's North Shore, Kilohana Plantation, Waimea Canyon, Kauai Coffee Estate, Iao Valley, Lahaina, Polynesian Luau. Detailed Flyers for this bucket list vacation are 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  
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Flint, MI  
Permit No. 6



# Caretel Loose PICNIC

12 noon - 2 pm  
Tuesday, July 26

Caretel Inns of Linden, 202 S. Bridge Street

*Park @ Loose and take the Shuttle to Caretel*

*Parking @ Linden Elementary*

- ◆ Food, Fun, Music, Prizes and give-a-ways
- ◆ Invite your family and friends
- ◆ Bring a lawn chair and hang out
- ◆ TOURS
- ◆ Best of all, it's FREE!



## SUMMER FUN!