

SEPTEMBER 2016

LOOSE



"Be fearless in the pursuit
of what sets
your soul on fire."

- Unknown

From the Director

Dear Friends,

So, here we are in our so called "Golden Years." A time when the young people say we should be "Put out to pasture", be put in an "Old Folks Home" and enjoy our time we have left on earth. Now let me ask you, does that sound like a plan in your life. We find that as we get older, we get better. We have talents to give, knowledge to share and common sense the young generation lacks and could use. We have learned from our experiences that making decisions are not easy and should not be taken for granted. Our generation plays a big part on what gets done and how.

We need to look at a snapshot of our life and map out where we are going. We need to understand that there is a lot of life left to live. We need to look inside ourselves and find what makes us excited and sets our soul on fire. We find this every day at Loose through the many events and programs that are offered. For some it may be exercise in the form of yoga, Zumba, line dancing, tai chi or Wii bowling. For others it may be getting together and playing cards, knitting, making sleep mats. Some may just enjoy the numerous trips available to the farmers market, wonderful locations and the casinos or connecting with the young as pen pals. Many find volunteering gives them a good feeling, helping to support events and dinners, working inside and out of the building, maintaining the library, puzzles, and keeping the coffee fresh.

And then there is our very busy private life; taking care of grand and great grandchildren to help out our families, looking out for others who are our longtime friends who need our help, working at our church or club, enjoying the wonder of travel and going to destinations we wish to explore and enjoy, playing golf or making new friends, and connecting with ones of our past.

We as the older generation have a lot to give and offer to the young generation. We can keep up with the best of them. Life does not end at 60, 70, 80 or 100. It is just the start of a new beginning. We may be a little slower but we are feisty. We need to be the generation that leads by example, continue to enjoy life's treasures and find new opportunities, show that we are special and unique.

We can and will ***"Be fearless in the pursuit of what sets your soul on fire"***

All is Well

Carl Gabrielson

Executive Director, Loose Center



MOVIE NIGHT

September 6, 2016, 7 pm

A boy growing up in Dublin during the 1980s escapes his strained family life by starting a band to impress the mysterious girl he likes. This Irish musical comedy-drama film was written, produced, and directed by John Carney. Starring Lucy Boynton, Maria Doyle Kennedy, Jack Reynor, Kelly Thornton, and Ferdia Walsh-Peelo. Released in the USA in

April 2016, this show has TOP ratings. The Rotten Apple Tomatometer gave it 98%, IMBd rating of 8.1, Roger Ebert 3.5 out of 4.

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.

Celebration of Life

Thursday, October 6, 2016, 5-7pm



Join us for a time of celebration, remembering and honoring the lives of our loved ones who have passed. Our celebrating will include a special candle lighting, readings and quiet moments to reflect.

You are encouraged to bring a picture of your loved one to share during our candle lighting ceremony and if you like, feel free to bring a poem or special reading.

*This event is a labor of love ♥
by Heartland Hospice along with
Loose Grief Support Group*

Refreshments and finger foods will be provided.

RSVP (810)735-9406 by 9/29/2016

Loose Center ♥707 N Bridge St ♥Linden♥

Heartland ♥
Enriching life.



SEPTEMBER HAPPENINGS



Pig Roast

Saturday
September 10
5pm, \$12

If purchased by 9/7 by 4 pm, \$12
LATE SALES (9/8-9/10) \$14

Menu includes:
★ PULLED PORK, ★
BAKED BEANS,
SALAD, ROLLS,
MAC & CHEESE,
DESSERT & DRINKS

★ LIVE MUSIC by MO ★

JOIN US!

Plant & Seed Swap

Tuesday, September 13, 10 - 11 am

Share your FALL bounty and pick up a new assortment at our Fall plant and seed swap. Folks will be on hand to help you with questions. Hint - It is very helpful if the plants and seeds are labeled with helpful information. This is FREE and ALL are welcome.


Flint Farmer's Market

Caretel Inns of Linden

Tuesday
Sept. 13, 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.



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.

let's
EAT
out together

Dinner at the FENTON HOTEL

Monday, September 26
4:30 pm, \$20

This is a GREAT chance to just kick back together and enjoy a top notch dinner at one of the local top notch eating establishments in our area.

Dinner will be your choice of many options from the early bird dinner menu and the price also includes drinks, dessert, tax and tip. This is a very special deal. Sign up today and Let's EAT Out Together". A sample early bird dinner menu is available at Loose or on line at <http://fentonhotel.com>.

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.

Living With Alzheimer's

FOR EARLY STAGE CAREGIVERS

Wednesday, September 28, 10:30 am, FREE

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Join us for this 3-part series to hear practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

alzheimer's  association®

LOOSE

Friday, September, 30

9 am - 12 noon

Community HEALTH Fair

See back cover for more details.

NUTRITION & MORE

Daily lunch at Loose

Monday through Friday, 11:30 am, Annex
Suggested donation for those 60 and over: \$2
Ages 59 and under: \$3.50

GCCARD provides daily congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735-9406 by 12 noon the day before. Sharing a meal with others is a great way to make friends. Menus are available in the office.

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, Sept. 13, 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!



BEAT the FLU BUG Get your Shot!

LOOSE IS OFFERING TWO
OPPORTUNITIES TO GET THAT FLU SHOT

Friday, September 30, 9 am-noon, during the Health Fair
or Tuesday, October 25, 10:30 - 11:30 am

CHRISTMAS LUNCHEON

Tuesday, Dec. 13, 12 noon, \$20.50

Spring Meadows Country Club
Dinner includes your choice of
CHICKEN PICATTA or WHITEFISH



Full menu available at Loose



CHICKEN SALAD LUNCH, \$5

Friday, September 30

Served 11 am - 12 noon

Includes, chicken salad sandwich,
chips, cookie & a drink

This delicious lunch is being
offered in conjunction with the

LOOSE HEALTH FAIR.

Please call Loose at

810 735-9406 to RSVP

Grab a friend and join us!

Larry

Professional Musicians

newman & grover

tigue

menu

chicken•meatballs•pasta

salads•breadsticks

beverage•dessert

DINNER &
JAZZ

5 pm, \$12

If purchased by 10/10 by 4 pm, \$12

LATE SALES (10/11- 10/13) \$14

Thursday, October 13



UNDERSTANDING MEDICARE & WHAT'S UP WITH LEGACY MEDIGAP

Monday, October 3, 12 noon

Are you aging into Medicare? Is your current Medicare medical or drug plan the best one for you? Get the Straight talk about the basics of Medicare and Medicaid choices from a MMAP (Medicare Medicaid Assistance Program) Counselor. Come with questions. Presenter Ann Walker volunteers her time at Loose each Friday with the MMAP program in Genesee County.

Open enrollment for Medicare Advantage and Medicare Part D Plans will be available beginning October 15—December 7.

MEDICARE OPEN ENROLLMENT PERIOD

October 15 - December 7.

We have counselors lined up for one on one appointments with trained MMAP Counselors, on Monday, October 24, Thursday, November 17, Monday December 5 and each Friday. **TELL YOUR FRIENDS and if you are in need of assistance, please call Loose and set up an appointment.**

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

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 9/13)

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome!

FIT⁴EVER \$5 per class ALL WELCOME! (resumes 9/6)

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 (resumes 9/12)

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[®] \$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[®] \$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[®] \$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.

Halloween Craft FUN

Wednesday, October 5, 12 noon, \$20

It's a fun and unique Halloween craft!

This workshop will be hosted by Lacey Evans with Forever Young Furniture Paint.

Create and take home your own Halloween shadow box!

All the supplies are provided. All you need to bring is

your imagination! *Class size is limited, sign up today!*



WATERCOLOR CLASSES

Mon., Sept. 26 & Oct. 3, 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



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.*

Drawing 10/13, No need to be present to win. The winner will be contacted

CARD MAKING WITH CAROLINE

Monday, September 26, 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

UPCOMING CLASSES

IPAD 1

Wednesday, September 21 & 28, \$20, 4-6 pm

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, October 5 & 12, \$20, 4-6 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.

UNDERSTANDING THE INTERNET

Wednesday, October 19, \$15, 4-6 pm

Maximize your time spent on the internet by learning some key pieces. What is a search engine, which one is best or is there a best one? What about internet safety, email providers and the handy taskbar. Maneuvering is the key to success and we can help. Bring your laptop along or bring yourself and jot some key notes and go home and practice. Sign up today, you won't be sorry.

SMARTPHONE PHOTOS **Wed., Oct. 26, \$15, 4-6 pm**

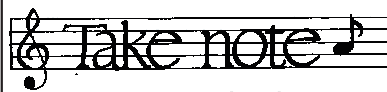
So you have learned to take pictures with your new smart phone, now what? Your photo album that sits on the coffee table could use updating and the photos are on your phone, now what? Take the time and learn what to do next and how to get those photos in your hands.

GET MORE OUT OF YOUR SMARTPHONE

Wednesday, November 2, \$15, 4-6 pm

Smartphones are powerful tools that go far beyond placing phone calls. It's like carrying an entire PC and entertainment system in your pocket. Specifically, this class will touch on, apps, the calendar and notes. Maximize your potential, sign up today.

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.



LOOSE 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. ★★★★★ *TALENTED & WELCOMING*



Friday, September 23, 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.

HAND & FOOT Wednesday, 6:30 pm *NEW*

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.

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)

September 7 Mystery of Matter, Part 1

September 14 Mystery of Matter, Part 2

September 21 Mystery of Matter, Part 3

September 28 NO PROGRAM

SEPTEMBER 2016

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

EMAIL
lsc@loosecenter.org
WEBSITE
www.loosecenter.org

PHONE
810.735.9406
FAX
810.735.4255

MONDAY

LOOSE STAFF

Carl Gabrielson
Executive Director
Debbie Hancock
Business Manager
Melinda Elmore-Hajek
Program Director
Cheryl Rex
Clerk
Kathy Metivier
Dotti Tynes
Receptionist
Randy & Deb Green
Maintenance

TUESDAY

BOARD OF DIRECTORS

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

WEDNESDAY



FALL BACK INTO FITNESS
Join a Loose
FITNESS CLASS TODAY

THURSDAY

9:30 Chair Yoga
10:00 AMVET Representative
10:15 Zumba Gold & Total Fit
10:30 NO FIT4EVER
11:30 Lunch *Stuffed Cabbage*
12:30 Euchre
2:15 Tai Chi Club
4:00 NO Yoga
6:00 Grief Support

FRIDAY

Loose will be CLOSED
September 2, 3, 4 & 5
Reopening on
Tuesday, September 6.



5

**"Without labor,
nothing prospers."**

Sophocles



**Closed in honor of
LABORDAY!**

6

9:00 Massage
9:30 Zumba Gold & Total Fit
10:00 Loose Threads
10:30 FIT4EVER
11:30 Lunch *Pot Roast*
12:00 NO Line Dance
12:30 Euchre
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga
7:00 Movie Night

7

8:00 Bridge
9:00 Biking Bunch
9:00 Manicures
9:30 Yoga
10:00 1-On-1 Financial
11:00 Nurse Chat
11:00 Health Check
11:15 Art à la Carte
11:30 Lunch *Pork Loin*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
2:30 Chair Chi
5:00 Total Fit
6:15 Pickleball

8

8:00 Board Meeting
9:00 Applewood Tour
9:30 Chair Yoga
10:15 Zumba Gold & Total Fit
10:30 FIT4EVER
11:30 Lunch *Beef Steak*
11:45 Wii Bowling *Begins*
12:30 Euchre
2:15 Tai Chi Club
4:00 Yoga

9

9:00 MMAP Counselor
9:30 Yoga
10:00 Write Your Life Story
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch *Veg. Lasagna*
1:00 Lapghans
1:00 Chicago Bridge
5:00 Game Night Club
Saturday September 10
9:00 Yoga
10:15 Zumba & Total Fit
10:00 Euchre
10:00 Garden Meeting
5:00 **PIG ROAST**
Sunday September 11
2:00 Pickleball

www.edwardjones.com

Complimentary Review

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Financial Advisor
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HEALTHY LIVING

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, September 7, 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."

Healthy Eating for Successful Living

Tuesdays, October 4—November 8, 2016, 2:30pm-5pm



Valley Area Agency On Aging

Healthy Eating is a workshop for people who want to feel and look better by making small changes to the foods they eat and the exercise they do. Hands on workshop with food demonstrations and a visit to your local grocery store! Space is limited, so register today *Workshops meet once a week for six weeks.*

Managing Caregiver Stress

Wednesday, October 19, 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.

Join us when we discuss the impact of caregiver stress on overall health and well being. Learn about the signs of caregiver stress. This program will also discuss specific ways to reduce the stress associated with caregiving.

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BLUE CROSS MEDICARE LEGACY

MEDIGAP PRICE INCREASE

Wednesday October 26th 10:30 AM

- **Learn Valuable information that you can act upon immediately**
- How much is your premium going to increase?
- What are the other insurance options available in your area?
- Do you qualify for subsidy to help lower your monthly premium?

This presentation is conducted by
Zachary A. Leggo, Co-Founder The Affinity Group



HOME REPAIR & IMPROVEMENT

Wednesday, October 12, 10:30 am

Presentation Highlights

- Learn the telltale signs of home repair scams.
- Recognize unscrupulous contractor red flags.
- Learn to navigate the home repair project process.

Home ownership comes with maintenance, repair and improvement projects in all different shapes and sizes. Rushing projects or not doing a thorough search for contractors may lead to decisions that could have long term and expensive consequences. Join us!



Valley Area Agency On Aging

DRUG PICK UP @ LOOSE

Wednesday, October 12, 10 am—12:30 pm

Turn in your unused or expired medication for safe disposal.

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

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon (BP only)

4th Monday of each month, 11:30 am - 12:30 pm



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.

PODIATRIST

Tuesday, September 27, 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.

"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday

6:00 pm - 7:30 pm, Loose Sunroom

"Journey To Hope And Healing" is a support group open to those who have suffered the loss of a loved one. In a safe and comfortable environment, participants will be able to hear how others are experiencing the effects of loss, share stories about their loved one, and learn about the strategies that help individuals cope with the everyday difficulties of loss. Through sharing and education, it is possible to move forward into the process of hope and healing.

For more information or register for attendance, call Loose at (810) 735-9406.

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

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 so we can spread the sunshine.



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.**

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



Do you have email? If so, please consider stopping by and update your files or send us an email at 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 - Sept. 21, 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



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

WE SAVE...

ALPINE will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

GREETING CARDS

If you have new greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

RECYCLING Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow Abitibi bin in the parking lot.

CELL PHONES We are collecting used cell phones. Please drop them off at the Center in the drop box.

EYE GLASSES Deposit your used glasses in the Lions box, located in Annex.

FUNDING The Loose Center is funded in part by the Genesee County Senior Millage, the Southern Lakes Regional Metropolitan Parks and Recreation Millage, a Community Development Block Grant from the City of 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



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TRIPS

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

TRIPS @ A GLANCE

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 16	Lifelong Learning @ Mott (due 9/13)	\$8
September 17-23	Coast of Maine	\$1,399
September 20	Meijer Garden Tour	\$63
September 27	Soaring Eagle	\$32
Oct. 2	Capitol Steps (Whiting)	\$32
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. 6	Judgement at Nuremberg (Whiting)	\$46
Nov. 14	FireKeepers	\$32
Nov. 16	Dirty Dancey (Whiting)	\$55
Nov. 16-21	Branson	\$1,199
Dec. 5	Soaring Eagle Oak Ridge Boys	\$32
Dec. 5-6	Niagara Falls	\$229
Dec. 9	Christmas @ Crossroads Village	varies
Dec. 18	Holiday Pops	varies
Dec. 31-Jan. 1	New Years Eve @ Amish Acres	\$254
January 11-21	Florida Vacation	\$2,299
February 2	Jackie Robinson Story (Whiting)	\$18
February 15	Cinderella (Whiting)	\$58
February 22-28	Southwest Explorer	\$1,899
February 23	Hawaii	\$5,199
March 3	Drumline LIVE	\$40
April 7	RIVERDANCE	\$58
April 28	42 nd Street	\$58
November 4-12	Costa Rica	\$2,649

Detailed flyers are available at the Loose Center.

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

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.

2016/17 Whiting Opportunities

All prices include transportation, if you choose to NOT use transportation; \$5 will be deducted from the final cost

CAPITOL STEPS

Sunday, October 2, 5PM, \$32,

Van leaves Loose at 4PM



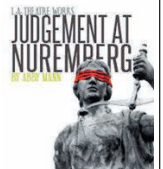
Cleverly putting the "mock" in democracy, The Capitol Steps began as a group of U.S. Senate staffers who set out to satirize the very people and places that employed them. And there is never any shortage of fresh, comedic material.

JUDGEMENT AT NUREMBERG

Sunday, November 6, 3PM, \$46,

Van leaves Loose at 2pm

As the world commemorates the 75th anniversary of World War II, and as politics continues to infiltrate human rights and social justice issues worldwide, L.A. Theatre Works tours one of the great courtroom dramas of the last century: Judgment at Nuremberg is both surprising and unsettling.



DIRTY DANCING



Wednesday, November 16, 7:30PM, \$55,

Van leaves Loose at 6:30 pm

THE CLASSIC STORY ON STAGE is a record-breaking live theatre sensation, exploding with heart-pounding music, passionate romance and sensational dancing.

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.

September 16-Dr. Quincy Dobb, Flint Theater Organ & Steve Smith, Former U of M Quarterback

October 14-Mrs. Nancy Szikszay, Flint Community Players & Tara Moreno, Flint Serenity House

November 18-Steve Kramer, Michigan State Police, Human Trafficking House

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.

Holiday Pops!

Sunday, December 18

The show begins @ 3 pm, the bus leaves Loose @ 2 pm

\$12 W/O Transportation, \$17 With Transportation

Catch the holiday spirit with the Flint Symphony Orchestra, the Flint Festival Chorus and community singers, and hosts Angie Hendershot and Matt Franklin of ABC 12 as they come together to bring you festive favorites.

AND MORE TRIPS

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

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



HOLIDAY MAGIC Christmas at Crossroads

Friday, December 9, 2016

\$33 (W/transportation) or \$28 (WO/transportation)

PRICE INCLUDES:

- Buffet Dinner
- Admission to Village
- Train Ride
- Lights, Lights & MORE Lights

4:00 pm
Arrive @ Village
5:30 pm
Buffet Dinner
7:30 pm
Train Ride

Payment must be received by November 23



October 11-12, 2016 \$125 PP Double

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



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.
WHITEHORSEINN—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.

NIAGARA FALL Festival of Lights, \$229 PP Double December 5 - 6

Includes Round Trip Motorcoach Transportation, 1 night Lodging Fallsview Hilton, 1 breakfast & 1 dinner, Tour of Niagara Falls, Festival of lights, Luggage Handling, Tax & tips on included meals

New Years Eve!



AMISH ACRES
December 31—January 1,
\$254 PP Double

Includes

- Round Trip Motorcoach Transportation,
- 1 night Nappanee Inn
- 1 continental breakfast & 1 dinner (Amish Acres)
- Round Barn Theatre Show, Midnight Fireworks
- Tax & tips on included meals

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

Loose Center
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LOOSE

Community HEALTH Fair

Friday, September, 30
9 am - 12 noon

♥ Health Information ♥ Flu Shots ♥ Health Related Vendors ♥
♥ Housing Information ♥ Blood Pressure Check ♥ Give A-ways ♥ Coffee ♥



Join us for a
CHICKEN SALAD LUNCH
Served 11 am - 12 noon , \$5
Includes, chicken salad sandwich, chips & drink

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