

JANUARY 2017

LOOSE



"Watch out, because we're still here.

And we're still getting stronger."

Lauren Evans



From the Director

Dear Friends,

HAPPY NEW YEAR! WOW, 2017 already! As I sit and think about Loose, time, aging and all that goes along with it, I can't help but feel uplifted by where we are in life and all that we stand for. We get to toss out the window all the crazy perceptions about aging and celebrate all that is good.

It is exciting to be part of history and a population that, if we choose, can embrace solitude and avoid the worlds conflicts, enjoy friends, family or watch TV. And, it's ok if that's all we do.

Or, we can redefine who we are, by getting involved, rallying a cause, take on a second career or even a third or fourth career. We can exercise when we want, we can volunteer where we want, we can embrace those younger than us, we can get involved in politics, we can go back to school and take classes or just go fishing. And why? It's because, we are special. We have lived through times of war, conflict, good times and bad. We have raised families, grown to love and be there for our family, friends and neighbors. Life experiences have taught us lessons that make us who we are. We know what it means to work hard and are thankful for the rewards hard work provides. And we are aging in a world where we can be well connected to our family and friends with Facebook, twitter, snap chat, face time, messenger, WeChat and more. It's exciting and the possibilities are vast.

In reality, it is such a privilege this aging thing. We have attained a resume that defines us as a person with vast experience and know how and ability and that makes us prime to find purpose, redefine and change our destiny.

So from me to you, begin this year two thousand and seventeen by standing tall and being proud.

And to the others, *Watch out, because we're still here. And we're still getting stronger."*

All is well!
Carl Gabrielson
Executive Director, Loose Center

Elvis has entered the White House

The true story you won't quite believe.

ELVIS & NIXON

MOVIE NIGHT

Tuesday, January 3, 7 pm

MOVIE DAY

Wednesday, January 4, 11:45 am

Elvis & Nixon is a 2016 American comedy-drama film starring Kevin Spacey as President Richard Nixon and Michael Shannon as singer Elvis Presley, and focuses on the December 21, 1970 meeting between the two men at the White House. On the morning of December 21, 1970, actor-singer Elvis Presley shows up to the White House and requests an urgent meeting with President Richard Nixon. Presley opposes the drug culture, the hippie movement, SDS, and Black Panthers; he wants Nixon to swear him in as an undercover agent in the Bureau of Narcotics and Dangerous Drugs.

"The untold true story behind the meeting between Elvis Presley, the King of Rock 'n Roll, and President Richard Nixon, resulting in this revealing, yet humorous moment immortalized in the most requested photograph in the National Archives."

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.

SENIOR WINTER GAMES

of Genesee County 2017

Register until January 12, 2017

(forms available at Loose)

Games are held January 20—February 23

Cost \$12 includes, Opening Ceremony, SWG T-shirt, entry to as many games as you wish, Closing Ceremony Banquet

2017 EVENTS INCLUDE

Pie Eating, Bowling, Jigsaw Puzzle, Spades, Softball Toss, Lawn Bowling, Soccer-Free Kick, Cribbage, Pinochle, Suduko, Darts, Bean Bag Toss, Shuffleboard, Baking, Fitness Walk, Free Throw, Pickleball, Volleyball, Archery, Euchre, Frisbee Toss, Hand-Knee-Foot, Pool, Line Dancing, Karaoke, Dominoes (Mexican Train), Arts & Crafts, Trivia Game, Miniature Golf



CAN YOU? HELP

VOLUNTEERS NEEDED

Senior Winter Games of Genesee County is in need of people who are willing to volunteer to assist at event sites. If you are interested in volunteering, please contact Melinda Soper at the Swartz Creek Senior Center (810) 635-4122 or Misty Moen at the Grand Blanc Senior Center (810) 695-3202.

JANUARY HAPPENINGS

January 17 Chili Cook-off details on the back page



Friday, January 27, 5 pm
\$7 Entry Fee, 25¢/Euchres
GREAT Prizes, Food & Drink and more!
All are WELCOME!

Dementia Conversations

Wednesday, January 11, 10:30 am, FREE

Join us as we dialog about difficult topics that come up over the course of dementia and how caregivers can approach those conversations to make them easier.

Support and education is key to maintaining good health while caring for those who struggle with Dementia or Alzheimer, please take the time to "feed " yourself.



Each month Loose hosts a special educational piece that is associated with the topic of Dementia and Alzheimer's and presented by the Program Coordinator of the Alzheimer Association, James Muto, LLBSW. Programs offered at Loose are lead by some VERY qualified folks. Take a look at James bio and then stop by and meet him when he is here at Loose.

James is a social worker currently working on his Master's Degree at the University of Eastern Michigan as well as his Certificate in Dementia. He is working in his 4th year with the association. James has over 6 years of experience working with this specific population of individuals and their family members to help navigate them through the journey of Dementia.

Beginning Quilling Class

Thursday, January 12, 19, 26, Feb. 2,
2-4 pm, four classes, \$15 per class
All supplies are included. Limit 10

Quilling or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Each class you will create a new project with the careful instruction from Reita Newell. Projects available for viewing at Loose reception desk. Please sign up early and plan on attending all four classes.



something new :)

DVD CONCERT

Joe Bonamassa "Live at the Greek Theatre"
Thursday, January 5, 7 pm @ Loose



If you enjoyed BB King, Eric Clapton, Buddy Guy, Stevie Ray Vaughan, you need to hear and watch this 39 year guitar phenom, Joe Bonamassa play the

Blues. Joe has played with bands, as a special guest, on David Letterman, Jimmy Kimmel, Conan O Brian and a number of PBS specials. Joe started playing professionally at the age of 12 and began opening for BB King at age 13. Currently Bonamassa has produced 14 number one Blues albums to date. More than any other Blues artists today.

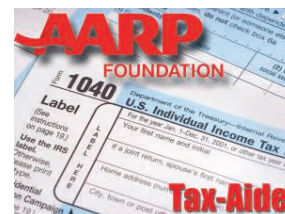
Joe's special playing skill complements these legends of the Blues. That is what makes him so special!

Bring a friend and your dancing shoes, sit back, relax, enjoy some popcorn and beverage and enjoy the wonderful guitar skills that only Joe Bonamassa can display.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Monday, January 23, 1 pm, 8 weeks, FREE

This program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. The program will help you keep joints flexible and muscles strong, sleep better, increase energy, improve your overall outlook. Paid for with funding from VAAA & OSA



FREE TAX FORM PREPARATION!

AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 60 and older. Preparation is by certified AARP Foundation Tax Aides. This service begins on Friday, February 3 (by appointment ONLY).

Please call the Loose Center at 810.735.9406
on or after Tuesday, January 24, 2017
to schedule an appointment.

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 Conversation

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



LOOSE
FITNESS CLASS
Punch Card
10 classes for \$35
\$3.50/class

707 N. Bridge*
Linden*MI*48451
810-735-9406

Can be used for any
LOOSE fitness class.

Please write your name
on the back of this card.

FITNESS CLASS PARTICIPANTS,

Beginning January 1, 2017, there will be a "change" in the process for paying for Loose Fitness Classes. The drop in fee for classes will continue to be \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). The card is good for all classes, all fees will be paid at the reception desk UNLESS the class is held after business hours,

instructors will collect drop in fees. The change is a necessary change and the process was constructed to be fair to participants and instructors. Classes affected are, all Yoga classes, Fit4Ever, Zumba & Total Fit Classes, Chair Chi and Beginning Line Dance & Advanced Line Dance. Punch cards will be available at the Reception desk. Thank you for your understanding and cooperation during this transition time.

BEGINNING IN JANUARY, each THURSDAY, instead of serving the GCCARD lunch, we will be having...

LUNCH @ LOOSE!

Volunteers and Staff will be preparing lunch and serving at 11:30. The cost will be no more than \$5. The menu will be listed in the newsletter and there will be a registration deadline.



IT'S EXCITING!

Check out the *January menu* and sign up today!

- Jan. 5 - Pulled Pork Sand, Baked Beans, Coleslaw, Fruit, Cookie, \$5
- Jan. 12 - Turkey & Swiss Wrap, Vegetable Soup, Ice Cream, \$4
- Jan. 19 - Chicken Kiev w/Rice, Green Beans, Fruit, Roll, Dessert, \$5
- Jan. 26 - Pancakes, Sausage, Fruit, Orange Juice. \$4

Beverage, including milk, will be available at every meal.



entertainment by
Gary & Jackie

Tuesday, February 14, 5 pm
\$12
DINNER

DINNER INCLUDES: Ham, Meatballs, Mostaccioli, Salads, Green Beans, Relish Tray, Breadsticks, Dessert and Beverages.

A Wonderful Evening of
Hootenanny Fun And Memories
"Singing the Good Ol' Songs Again"

"We call our program "SINGING THE GOOD OLD SONGS AGAIN". We combine 'classic' and original folk songs into an energetic and fun show! There is a lot of audience interaction, participation and humor...along with personal insight and stories with the songs....we think you will find "Singing the Good Old Songs Again" a very memorable musical experience."

For a detailed flyer about the show and artists, please stop by Loose or visit www.Loosecenter.org

Tuesday, March 14, 5 pm, \$12

Enjoy a traditional, Corn Beef Dinner including:
Corn beef, cabbage, potatoes, carrots along with chicken, mac & cheese, salad, rolls, dessert & beverage.

SPECIAL ENTERTAINMENT
(details forthcoming)



BODY, MIND & SPIRIT

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.

MONDAY

9:30 am **Zumba & Total Fit**
2:30 pm **Chair Chi**
2:30 pm Arthritis Exercise begins 1/23
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)**
10:30 pm **Holey Walkamoley**
2:30 pm **Chair Chi**
5:00 pm **TOTAL FIT**
6:15 pm Pickleball

PLEASE CHECK THE MONTHLY
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

YOGA \$5 drop in fee or discounted punch card available

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.

All Classes - \$5 drop in fee or discounted punch card available

ZUMBA & TOTAL FIT® 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®

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® 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.

HOLEY WALKAMOLEY! **Walking Group**

Wednesday @ 10:30 am , FREE No class 3rd Wed. of month.

We will start outside (weather permitting) for a scenic walk. Inside we will, Jazz walk—Show tunes walk—Country/square dance walk—Whatever we want walk!

All under the thoughtful, fun and very competent hands of Laura, PTA from Mid-Michigan Home Health & Hospice. Bring your friends cause it's time to put some extra steps on the Fitbit.

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.

Chair Chi \$5 drop in fee or discounted punch card available
WHEELCHAIRS & WALKERS WELCOME!

Adapted from it's 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.

LINE DANCE \$5 drop in fee or discounted punch card available

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 drop in fee or discounted punch card available

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 January 12. If you are interested in Wii bowling, please contact the Loose Office.**

BIKING BUNCH Wednesday 9am (resumes in the spring)

GOLF AT SHIAWASEE SHORES will resume in the spring.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Monday, January 23, 2:30 pm, 8 weeks, FREE

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*

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.

Beginning Quilling Class

Thursday, January 12, 19, 26, Feb. 2,

2-4 pm, four classes, \$15 per class

All supplies are included. Limit 10

See page 3 for details.



WATERCOLOR CLASSES

Mon., January 9 & 23, 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*



WATERCOLOR CLASSES

Mon., January 30 & February 6

1 pm, \$15

CARD MAKING WITH CAROLINE

Monday, January 23, 12:30 pm, Sunroom, \$7 (class limited)

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

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

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

Please donate CLEAN plastic SHOPPING bags ONLY.

In the event of inclement weather, please tune into ABC 12, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.



www.loosecenter.org



VISIT OUR WEBSITE

CLASSES, MUSICAL OPPORTUNITIES & MORE



Friday, January 27, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

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, January 11 & 18, \$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.

FACEBOOK

Wednesday, January 25, \$15, 4-6 pm

The benefits of understanding Facebook 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!

IPAD 2

Wednesday, February 1 & 8, \$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.

Windows 10

Wednesday, February 15 & 22, \$20, 4-6 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.

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 CHORUS

Mondays, 3 pm

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus 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**

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

CARDS & MORE Thursdays, 10:30 am

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

ART À LA CARTE FLINT INSTITUTE OF ART

A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided.

Leave Loose at 11:15 am. Cost: \$4.50 (transportation)

January 4	The Dark Ages, The Clash of the Gods
January 11	The Dark Ages, What the Barbarians Did For Us
January 18	The Dark Ages, The Wonder of Islam
January 25	The Dark Ages, The Men of the North



January 2017

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

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

PHONE
810.735.9406
FAX
810.735.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

closed



Welcome 2017


2	9:00 9:30 10:00 10:30 11:00 11:30 12:00 12:30 1:00 1:00 3:00 4:00 5:00 7:00	Message NO Zumba Gold Loose Threads FIT4EVER Health Check Lunch Chicken Beg. Line Dance Euchre Advance Line Dance Chicago Bridge Mah jongg Chair Yoga Yoga Movie Night	8:00 9:00 9:30 10:00 10:00 10:30 11:15 11:30 11:45 12:00 12:30 2:30 5:00 6:15 6:30	Bridge Manicures Yoga Consumer Fraud 1-On-1 Financial HolyWALKamoley Art à la Carte Lunch Ham MOVIE DAY Wood Carving Pinochle/Dominoes/Chess Chair Chi NO Total Fit Pickleball Hand & Foot	4	9:30 10:00 10:15 10:30 11:30 12:30 2:15 4:00 6:00 7:00	Chair Yoga AMVET Rep. NO Zumba Gold FIT4EVER LUNCH @ LOOSE <i>Pulled Pork \$5</i> Euchre Tai Chi Club Yoga Grief Support Blues Concert (DVD)	5	9:30 10:00 10:00 10:00 11:00 11:30 1:00 1:00 Saturday January 7 9:00 10:15 10:00 Sunday January 8 2:00	MMAP Counselor Yoga Yarn Recyclers Board Games Pickleball Lunch Mac & Cheese Lapghans Chicago Bridge Saturday January 7 Yoga NO Zumba & Total Fit Euchre Sunday January 8 Pickleball	6
9	9:00 9:00 9:30 9:30 10:00 10:00 10:30 12:00 12:30 1:00 1:00 3:00 4:00 5:00	Message Veteran Services NO Zumba Gold Coffee Cops FireKeepers Casino Loose Threads FIT4EVER Lunch Beef Pasty Beg. Line Dance Euchre Advance Line Dance Chicago Bridge Mah jongg Chair Yoga Yoga	8:00 9:00 9:00 9:30 10:30 10:30 11:15 11:30 12:00 12:30 2:30 3:15 4:00 5:00 6:15 6:30	Bridge Blood Pressure ✓ Manicures Yoga Dementia Conversations HolyWALKamoley Art à la Carte Lunch Turkey Breast Wood Carving Pinochle/Dominoes/Chess Chair Chi Coupon Club Ipad 1 NO Total Fit Pickleball Hand & Foot	11	8:00 9:30 10:15 10:30 11:00 11:30 12:30 2:00 2:15 4:00	Board Meeting Chair Yoga NO Zumba Gold FIT4EVER Wii Bowling LUNCH @ LOOSE <i>Turkey & Swiss Wrap \$4</i> Euchre Quilling Class Tai Chi Club Yoga	12	8:00 9:30 10:00 10:00 11:00 11:30 1:00 1:00 5:00 Saturday January 14 9:00 10:15 10:00 Sunday January 15 2:00	MMAP Counselor Yoga Write Life Story Yarn Recyclers Board Games Pickleball Lunch Stuffed Pepper Lapghans Chicago Bridge Game Night Club Saturday January 14 Yoga Zumba & Total Fit Euchre Sunday January 15 Pickleball	13
98:00	9:00 9:00 9:30 10:00 10:15 11:30 12:00 12:30 1:00 1:00 2:30 3:00 4:00 5:00 6:00 6:00 6:15	Bridge Blood Pressure ✓ CSFP NO Zumba & Total Fit Painting Sleep Mat Production Lunch Chicken "Anyone Can Paint" Pinochle Water Color Class Book Club Chair Chi Chorus Yoga NO Zumba & Total Fit TOPS Weigh-in Volleyball (Linden El. Pickleball	8:00 9:00 9:00 9:30 10:30 10:30 11:15 11:30 12:00 12:30 2:30 3:15 4:00 5:00 6:15 6:30	Bridge Blood Pressure ✓ Manicures Yoga Dementia Conversations HolyWALKamoley Art à la Carte Lunch Turkey Breast Wood Carving Pinochle/Dominoes/Chess Chair Chi Coupon Club Ipad 1 NO Total Fit Pickleball Hand & Foot	11	8:00 9:30 10:15 10:30 11:00 11:30 12:30 2:00 2:15 4:00	Board Meeting Chair Yoga NO Zumba Gold FIT4EVER Wii Bowling LUNCH @ LOOSE <i>Turkey & Swiss Wrap \$4</i> Euchre Quilling Class Tai Chi Club Yoga	12	8:00 9:30 10:00 10:00 11:00 11:30 1:00 1:00 5:00 Saturday January 14 9:00 10:15 10:00 Sunday January 15 2:00	MMAP Counselor Yoga Write Life Story Yarn Recyclers Board Games Pickleball Lunch Stuffed Pepper Lapghans Chicago Bridge Game Night Club Saturday January 14 Yoga Zumba & Total Fit Euchre Sunday January 15 Pickleball	13



WORKING HARD FOR YOU!
Your LOCAL and trusted insurance advisors. 🍏 Call us today for a FREE insurance review!



265 N. Alloy, Suite 100, Fenton (810) 629-1504 www.PeabodyInc.com



Abbey Park
INDEPENDENT SENIOR LIVING

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

If Mom and Dad need a hand...come on down to the



The Lodges of Durand
VIBRANT LIFE COMMUNITY

Offering:
Independent Living... (one & two bedroom apts)
Assisted Living... (from "just a hand" to total care)
Memory Care and Support... (with our Vibrant Life Philosophy)

989-288-6561
ggauthier.lodgeofdurand@gmail.com

8800 Monroe Road, Durand, MI 48429

THE BRANCHEAU LAW FIRM

FAMILY LEGACY PLANNING
Wills • Trusts • Probate • Elder Law

Stacey N. Brancheau
Attorney at Law and Certified Financial Planner™

1100 Torrey Rd., Ste. 200, Fenton, MI 48430
(810) 629-2222 www.BrancheauLaw.com



Argentine Care Center

Specializing in short term rehabilitation & long term care
Family Owned- Our Family Caring for Your Family
9051 Silver Lake Road • Linden, MI 48451
Tel: (810) 735-9487
www.argentinecarecenter.com



all-inclusive rate NO EXTRA FEES
starting at \$3200



Swank Home
ASSISTED LIVING

- 24 Hour a day care by trained and caring staff
- Assistance with bathing, dressing, and personal care
- Complete health and medication management
- Home-cooked meals, served family style
- All housekeeping and laundry services included
- Weekly Activities: Bingo, Crafts, Yoga, Music

www.swankassistedliving.com
9412 Miller Rd., Swartz Creek, MI 48473

NOW OPEN





2 BRAND NEW ASSISTED LIVING INNS

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

Caretel® Inns of Linden
202 S. Bridge Street, Linden MI • (810) 735-9400 • fax (810) 735-9500
www.caretelinsns.com

Enriching life, one patient at a time.

877.329.1001
heartlandhomehealth.com
heartlandhospice.com

Heartland 
Enriching life.



COLDWELL BANKER 
PROFESSIONALS

Nancy Carlson
Call for your FREE Home Value Estimate or any questions you may have.
Cell: 810-923-5230
nancy.carlsonrealtor@gmail.com
120 N. Leroy • Fenton, MI 48430

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



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

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



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

Worry Free Home Care 24-Hour Assistance Available!



(810) 629-9004

www.WorryFreeCare.com

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

"Simply the Finest Care Available"




Sweet D's

Bakeshop, Tea Room & Cafe

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

810-399-9217

Email: ffinethings115@sbcglobal.net

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

METROPOLITAN TREE INC.

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

248-627-6316

800-753-1633

metropolitantree@gmail.com

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

LINDEN'S COMPLETE AUTO REPAIR

Free Shuttle • Free Loaner
Free Diagnosis/Inspection

(810) 735-9911

417 W. Broad St.
Downtown Linden



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

Rehab is work.
But it can also be fun.

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



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



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

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

Come See Us, We're at Loose Monthly!



Michigan Vision

INSTITUTE  OPTICAL

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

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

810-720-9111
www.michvision.com

Specialized Eye Care by Board Certified Physicians

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

• Full Service Optical Shop



Bringing New Life to Senior Living™

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

Brookdale Grand Blanc | Assisted Living

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

brookdale.com



Generations of Service to the Community

sharpfuneralhomes.com



Miller Road Chapel

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

Linden Chapel

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

Fenton Chapel

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

Funeral Home & Cremation Center

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



Esther Shouse
248-705-2737

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

An independently owned and operated franchisee of BHH Affiliates

WHAT IS YOUR HOME WORTH?

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

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

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

CAN YOU SEE YOUR LUNGS?



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

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

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



810-732-1919
rmpc.net

Flint • Fenton • Grand Blanc • Novi

Senior Living Community

Fenton's Best Kept Secret for Seniors 55+



Vicky Coppler
Community Manager

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



Shiawassee
Shores
Retirement Park

810.735.9003
1515 W. Rolston Rd. • Linden, MI 48451
www.shiawasseehores.com

MJL
**INDIVIDUAL & SENIOR
 HEATHCARE BENEFIT SPECIALIST**
Margaret Lazell
 (810) 736-8636 • MLAZ41@ATT.NET



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

**GOOD MORNING,
 DELICIOUSNESS**



**SENIOR BREAKFAST
 VALUE MEALS**

3 DELICIOUS OPTIONS:

- Two eggs, two strips of bacon, coffee and choice of toast or hot cakes
- Two large hot cakes, two strips of bacon and coffee
- One slice of French toast, two strips of bacon and coffee

Fenton • 3401 Owen Rd • 810-629-0541

All trademarks and registered trademarks referred to within Big Boy Restaurants International LLC products are the property of Big Boy Restaurants International LLC. © 2016 Big Boy Restaurants International LLC



VISION REALTY CENTERS Your Home Town Realtors

Cathy DuBois
 810-348-3078

Shelley Cleaver
 810-735-9089

123 N Bridge In Downtown Linden

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

Proudly serving the
 Linden Community since 1954!



Member FDIC

(800) 535-0517
 www.thestatebank.com

THE STATE BANK
 your financial partner for life

**Make Yourself at Home
 at Lockwood of Fenton**

Independent living and life-enhancing services. You'll find everything you need at Lockwood of Fenton.

Spacious apartments with full kitchens
 Housekeeping • Pet friendly
 Delicious restaurant-style dining
 Scheduled transportation and activities
 Convenient location

Schedule a tour today!
810-344-6112



16300 Silver Parkway, Fenton, MI 48430
 LockwoodSeniorLiving.com

**Call us today to schedule a
 visit and enjoy lunch on us!**

**American
 House** 
 SENIOR LIVING COMMUNITIES
 AmericanHouse.com

Grand Blanc • (231) 622-7166
 12640 Holly Rd., Grand Blanc, MI 48439

**VICINIA
 GARDENS**
of Fenton

A neighborhood you can call home!

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

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

Telephone: (810) 354-8136
 Resident Director: Catrina Kraus Telephone: (810) 513-0969
www.viciniagardens.com
 Conveniently located at Jennings and Owen Road



Dave Lamb
HEATING & COOLING INC.

Dave Lamb  Fenton, MI
Elite Furnace

409 E. Caroline
 Fenton, MI 48430
800.454.4946
810.629.4946

- Air Conditioning Service
- Furnace Tune-Up
- Water Heaters

www.davelambheating.com

<p>16</p> <p>LOOSE CLOSED in recognition of Martin Luther King Jr. Day</p> 	<p>17</p> <p>9:00 Massage 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Turkey 12:00 Beg. Line Dance 12:30 Euchre 1:00 Advance Line Dance 1:00 Scrapbooking 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 5:00 CHILI COOK-OFF</p>	<p>18</p> <p>8:00 Bridge 9:00 Manicures 9:30 Yoga 10:00 Ask the Lawyer 11:15 Art à la Carte 11:30 Lunch Chicken 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 Chair Chi 4:00 Ipad 1 5:00 Total Fit 6:15 Pickleball 6:30 Hand & Foot</p>	<p>19</p> <p>9:30 Chair Yoga 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 11:00 Wii Bowling 11:00 Blood Pressure ✓ 11:30 LUNCH @ LOOSE <i>Chicken Kiev w/Rice \$5</i> 12:30 Euchre 2:00 Quilling Class 2:15 Tai Chi Club 4:00 Yoga 6:00 Grief Support</p>	<p>20</p> <p>MMAP Counselor 8:15 Lifelong Learning 9:30 Yoga 9:00 Hearing Doctor 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch Alaskan Polluck 1:00 Lapghans 1:00 Chicago Bridge SATURDAY January 21 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre Sunday January 22 2:00 Pickleball</p>
<p>23</p> <p>8:00 Bridge 9:30 Zumba & Total Fit 10:00 Sleep Mat Production 10:00 Painting 11:00 Blood Pressure ✓ 11:30 Lunch Chicken 12:30 Pinochle 12:30 Card Making 1:00 Arthritis Exercise 1:00 Water Color Class 2:30 Chair Chi 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:00 Volleyball (Linden El. 6:15 Pickleball</p>	<p>24</p> <p>9:00 Massage 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Beef Dippers 12:00 Beg. Line Dance 12:30 Euchre 1:00 Advance Line Dance 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>25</p> <p>8:00 Bridge 9:00 Manicures 9:30 Yoga 10:30 HolyWALKamoley 11:15 Art à la Carte 11:30 Lunch Turkey Sausage 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 Chair Chi 4:00 FaceBook 5:00 Total Fit 6:15 Pickleball 6:30 Hand & Foot</p>	<p>26</p> <p>9:30 Chair Yoga 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 11:00 Wii Bowling 11:00 Caesar Windsor 11:30 LUNCH @ LOOSE <i>Pancakes \$4</i> 12:30 Euchre 2:00 Quilling Class 2:15 Tai Chi Club 4:00 Yoga</p>	
<p>30</p> <p>8:00 Bridge 9:30 NO Zumba/Total Fit 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch Ravioli 12:30 Pinochle 1:00 Arthritis Exercise 1:00 Water Color Class 2:30 Chair Chi 3:00 Chorus 4:00 Yoga 5:00 NO Zumba /Total Fit 6:00 TOPS Weigh-in 6:00 Volleyball (Linden El. 6:15 Pickleball</p>	<p>31</p> <p>8:00 Podiatrist 9:00 Massage 9:30 NO Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Beef Liver 12:00 NO Beg. Line Dance 12:30 Euchre 1:00 NO Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	 <p>WANTED YOU CHILI COOK-OFF Tues., Jan. 17 @ 5pm. \$5 Tickets at Loose. Details on back page</p>	<p>27</p> <p>MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch Veg. Lasagna 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament SATURDAY January 28 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre 10:00 Garden Meeting Sunday January 29 2:00 Pickleball</p>	
<p>BOARD OF DIRECTORS</p> <p>Ken Wensel, <i>President</i> Frank Lukowski, <i>VP</i> Alberta Martin, <i>Secretary</i> Vince Eible Jr., <i>Treasurer</i> Bob Cole Ray Culbert Ann Deemer Roby Deese Richard Laing Charlie Ross Les Scott David Kincaid Pat Lockwood</p>		<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i> Melinda Elmore-Hajek <i>Program Director</i> Debbie Hancock <i>Business Manager</i> Cheryl Rex, <i>Clerk</i> Brittany Hancock <i>Administrative Assistant</i> Kathy Metivier Dotti Tynes <i>Receptionist</i> Randy & Deb Green <i>Maintenance</i></p>		

ONE-ON-ONE FINANCIAL HELP

Wednesday, January 4, 10:30 am

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

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

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

WRITE YOUR LIFE STORY

Every 2nd & 4th Friday, 10 am, Sunroom

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

LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

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

LISTENING EAR

Every 1st Monday, by appointment

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



CREATING CONFIDENT CAREGIVERS

A program for family members caring for a loved one with dementia and/or memory loss.

Wednesdays, March 1 - April 5, 3-5 pm, \$10 book fee
2 hour session once a week for six weeks

CREATING CONFIDENT CAREGIVERS utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. Care for your family member with memory loss can be provided free of charge so you may attend the sessions. *Ask for details when you register.*

CYBER MEDIA/CYBER SAFETY

Wednesday, February 1, 10:30 am.

We welcome Trooper's Amy Belenger and Steven A. Kramer from the Michigan state police who will enlighten us on the very important topic of Identity theft, cyber safety, and the dangers for kids. How criminals are using social media to do damage. Please call ahead to sign up for this important program.



I am Still Me: Understanding MEALTIME & Behavior Changes in Dementia

Tuesday, February 7, 1-3 pm, RSVP by February 3

Join us for a **FREE** interactive workshop on using effective communication and problem solving techniques for Mealtime and Behavior Changes in Dementia. Presented by Jeannette Brunetti, Registered Dietician from Valley Area Agency on Aging and Jo Campbell, Dementia Educator from Eastern Michigan University. **LEARN**, *How to live with Memory Loss, Cognitive Changes and effective eating and nutrition habits, Understanding WHY difficult behaviors occur with Dementia, and Hands on Problem solving techniques for MEALTIME set up, effective communication and analyzing individual behaviors.* **Light refreshments will be served.**



Wed., February 8, 10:30 am

We are excited to welcome to Loose, Attorney Francine Cullari, whose focus is Estate Planning Law, wills and Trusts Law, Real Estate Law, Probate Law, Business Law and Powers of Attorney Law. Ms. Cullari explains, "My purpose in becoming a lawyer was to help people understand in plain English the requirements, complexities and pitfalls in the law. In addition to my law practice, I teach three university law courses, which include business law, employment law, estate planning, real estate and other topics."

Be sure to sign up for this very special opportunity.

WELCOME Dr. Sharma DiABETES

Wednesday, February 15, 10:00 am

"Diabetes is a complex disease that requires daily self-management - making healthy food choices, staying physically active, monitoring your blood sugar and taking medications as prescribed." Keeping current, asking questions, being proactive are all a way of managing diabetes and staying healthy. **We welcome Dr. Sharma who will be informing and sharing vital information on Diabetes and will be available for Q&A following the talk. Sign up today!**



HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

By appointment each Tuesday! Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$5. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

PODIATRIST

Tuesday, January 31, (by appointment)

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)

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

MANICURES

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

BLOOD PRESSURE CHECK

1st Tuesday of each month, 11 am (Health Check)

Blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

Sponsored by Mid-Michigan Home Health & Hospice

2nd Monday of each month, 9 am

Sponsored by WellBridge of Fenton

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

4th Monday of each month, 11:00 am - 12 pm

Sponsored by Argentine Care Center



"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.

Garden Meeting
all are welcome **Saturday**
January 28, 10 am

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 Counselors, Ann Walker & Dolores Coulter 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. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-241-8919



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.

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

MEMBER PRIVILEGES & FUNDRAISING

LOOSE COMMUNITY ANGELS

It is with deep regret we share that the Angel program will be on hiatus until new leadership can be secured. We are grateful for the leadership of Paula and the late Michael MacMillan these past two years and are sorry for the loss of Mike and thankful for Paula's compassion to give her best and wish her much peace in the months to come.

The Angel program is a wonderful community outreach effort, rich with a philosophy that involves Loose giving back to a community who so generously have been supportive through the years.

Every effort will be made to secure new leadership who possess strong leader, organizational, computer and people skills. When that happens, all current Angels will be contacted, a recruiting campaign for new members will be implemented and a meeting will be scheduled.

Watch this newsletter for updates.



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.

"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."

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 2017. 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.

TRIPS

TRIPS @ A GLANCE

January 10	FireKeepers Casino	\$32
January 26	Caesar Windsor	\$20
February 2	Jackie Robinson Story (<i>Whiting</i>)	\$22
February 15	Cinderella (<i>Whiting</i>)	\$58
February 22-28	Southwest Explorer	\$1,899
February 23	"The Lion King"	\$137
February 27	FireKeepers Casino	\$32
March 3	Drumline LIVE	\$40
March 13	Soaring Eagle & Vickie Lawrence Show	\$34
March 14	Historical Detroit	\$82
March 21	Greektown Casino	\$29
March 22	Jewish Cultural Experience	\$67
April 4	Solanus Casey Pilgrimage	\$62
April 5	FireKeepers Casino	\$32
April 7	RIVERDANCE	\$58
April 25-26	Little River	\$130
April 26-28	Celebration Belle	\$499
April 28	42 nd Street	\$58
May 13-18	Colonial Williamsburg	\$1,259
May 22	Soaring Eagle & Frankie Avalon Show	\$34
June 20-21	Holland & Saugatuck	\$340
June 24- July 1	Cape Cod & More	\$1,799
July 12	"Harvey" @ The Purple Rose	\$93
July 18	Ausable River Queen	\$100
July 19-20	Kewadin Casino	\$120
August 6-13	America's National Parks	\$2,999
August 16	Put-In-Bay	\$142
September 6-16	National Parks & Canyon Country	\$2,899
November 5	Soaring Eagle & Wayne Newton Show	\$34
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.

Thank You



A big THANKS to the Meijer on Hill Road for their generous donation to Loose. For many years, Meijer has given Loose a gift card to use as needed. Meijer is a front runner in supporting the needs of the community in helping **FIGHT HUNGER**. Their support in turn helps Loose support the needs in Southern Genesee County. We are thankful for the continued support of our Local Meijer Store. .

2016/17 Whiting Opportunities

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

JACKIE ROBINSON STORY

Thursday, February 2, 7PM, \$22

Van leaves Loose at 6 pm

This play with music by Mad River Theater Works shows the events that shaped Jackie Robinson's character, his struggle to gain acceptance, and the tremendous obstacles he overcame on his way to changing the face of our nation and our national pastime.

CINDERELLA

Wednesday, February 15, 2017, 7PM, \$58

Van leaves Loose at 6 pm

This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love—the pumpkin, the glass slipper, the masked ball and more—plus some surprising new twists!



DRUMLine Live

Friday, March 3, 2017 8PM, \$40

Van leaves Loose at 7 pm



With its riveting rhythms, bold beats, and ear grabbing energy, DRUMLine Live is back with a BRAND NEW show for the entire family and we promise... you will be on your feet by Halftime!

MCC CONTINUING EDUCATION

(Fridays @ Applewood)

\$8 (includes transportation - departs 8:15 am)

Each month from September through May, a specially chosen program will be offered to inspire, rejuvenate, stimulate and refresh! Each program will feature a unique lecture and will be accompanied with a continental breakfast and door prizes.

January 20, 2017 - Dr. Mike Heberling - Global Warming - A Contrarian Viewpoint & Warren Henson - U.S. Marshall Program. This presentation will address Global Warming/Climate Change from a perspective that is rarely heard, or allowed.

Warren Henson will be speaking about the areas that the U.S. Marshall Program focuses on. Learn about what they do, what training is required to become a U.S. Marshall, and involvements that he thinks would be of interest to us.

February 20, 2017 - Eileen Button - *The Waiting Place*

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.

AND MORE TRIPS

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

Little River
CASINO RESORT



Soaring Eagle

April 25-26, 2017 \$130 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.



Holland & Saugatuck



2 days / 1 night

June 20—21, \$340 pp double

Includes

Round Trip Motorcoach Transportation and 1 night Haworth Inn, 1 breakfast, 1 lunch & 1 dinner Coral Gables, Shopping in Saugatuck & Holland, Saugatuck Dune Ride, Holland Princess Dinner Cruise, Windmill Island Gardens, Holland State Park

SOUTHWEST EXPLORER

February 22-28, 2017 \$1,899 pp double

Round trip air, 1st class Motor Coach, Tour Direct and



4 nights in Laughlin, Nevada, 2 nights in Las Vegas, 5 breakfast, 1 lunch, 3 dinner, Hoover Dam, Boat Cruise on Lake Mead, Grand Canyon Skywalk, Celebration Dinner Cruise, Red Rock Canyon State Park, Sightseeing Tour of Las Vegas, Day Tour to Death Valley National Park, luggage Handling including Airport Baggage Fees, Tax & Tips on included meals.

THE PURPLE ROSE

Wednesday, July 12, \$93

Departs 11 am Returns 6:30 pm

Includes, Transportation, lunch at the Common Grill in Chelsea & Tickets to the play "Harvey".



The Lion King

DETROIT OPERA HOUSE
Thursday, February 23, \$137
Includes dinner-Traffic Jam & Snug
Leave 9 am Return 5:45 pm

Jewish Cultural Experience

Wednesday, March 22, 2017

Departs 9:30 am - Returns 5:15 pm

\$67 Includes Motor coach Transportation PLUS

Holocaust Memorial Center in Farmington Hills, considered by the Wall Street Journal as possibly the most provocative museum of them all. The architecture of this historic museum stirs the public consciousness of the unprecedented horrific crime of the Holocaust. **Lunch at the Granite City Food & Brewery**, a polished American restaurant that features high-quality menu items, made from scratch.

May 13 - 18, 2017, \$1,259 pp double

Colonial Williamsburg

INCLUDES MOTOR COACH TRANSPORTATION PLUS

5 Nights lodging

5 Breakfasts & 3 dinners

American Mountain Theatre, Thomas Jefferson's Monticello, Colonial Williamsburg (walking tour) Sightseeing Tour of Jamestown, Yorktown Victory Center, and MORE

Tropical Costa Rica

Nov. 4-Nov. 12, 2017 • 9 Days • 13 Meals,
\$2,649pp double (if purchased by May 4)

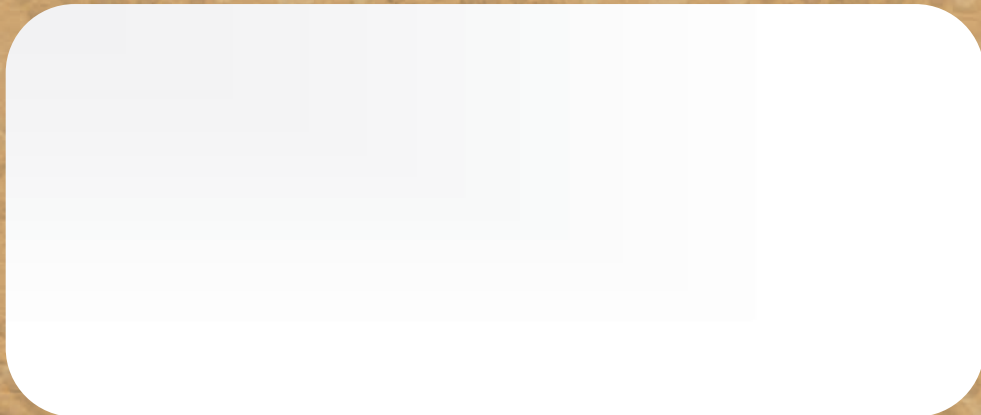
Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre

Essential Experiences-Climb high into the trees for a "Hanging Bridges" tour in the cloud forest. Discover the charming town of Zarcero and its whimsical topiary garden. Get to know Costa Rican culture in the picturesque town of Grecia.

<http://www.loosecenter.org> • 810-735-9406 • Loose Center • 19

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

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



WANTED



Chili & Dessert
COOK-OFF
Taste Testers
You be the judge!

**First Annual Loose
Celebrity Chef COOK-OFF**

Date: Tuesday, January 17, 2017

Time: 5 pm,

Cost: \$5/person

*Entries open to local Chefs who care for our aging population.
They will be competing for the prize for the
BEST CHILI and BEST DESSERT.*

Ticket holders will determine the winner and will be treated to a variety of Chili Creations, Salad, Bread, a Variety of Desserts & beverage.

There will be music, fun, laughter and by the end of the night, a chef with bragging rights, until the next time.

PARTICIPANTS INCLUDE

Wellbridge of Fenton

901 Pinecreek Dr, Fenton, MI 48430

Caretel Inns of Linden

202 S Bridge St, Linden, MI 48451

Brookdale of Grand Blanc

5080 Baldwin Road, Holly, MI 48442

Brookdale of Davison

432 East Clark Street, Davison, MI 48423

Landing of Genesee Valley

4444 W Court St, Flint, MI 48532

Regency of Grand Blanc

1330 Grand Pointe Ct, Grand Blanc, MI 48439

Rosehaven Manor

3900 Hammerberg Rd, Flint, MI 48507

Vicinia Gardens

4016 Vicinia Way, Fenton, MI 48430

Fenton HealthCare Center

512 Beach St, Fenton, MI 48430

Many Thanks to all for the support!