

FEBRUARY 2017

the perfect place for 50+

LOOSE

"START where you are,
USE what you have,
DO what you can."
- Arthur Ashe



From the Director

Dear Friends,

One morning we look in the mirror and we have passed 50. We study the face looking back at us and wonder where the years have gone. We contemplate the days ahead and question, where do we go from here. What will the future bring for us. At that point, the hope is, we take a position that we have a lot to offer and God willing, precious time to live.

We can break it down into three segments. The first, "Start where you are." We realize that age is just a number. We may be employed, a volunteer, a care giver or a grandparent caring for our grandkids. We have a routine that keeps us busy and feeling useful. We are people who have a lot to offer. Evaluate what you do and continue to be special.

The second, "Use what you have." We have a history of knowledge, accomplishments and success. We have taken the time to become educated and taken a continuous course to become wise. We have learned the lessons of hard knocks. We have faced many trials and tribulations, love and sorrow. There is no substitution for experience. This is our biggest value of who we are. Take the opportunity to express this and help others who are looking for our guidance and compassion. What we have is who we are. Take it and make a difference in someone's life.

The third, "Do what you can." We sometimes sit and feel helpless to make a difference. We witness people who are in need and have no place to turn. We see wrongs and call for change. We want to reach out but do not know how. We need to reflect on where we are, what we have and do what we can. Evaluate your life and who you are. Find that special gift you have and a calling that makes you feel useful and gives you a sense of pride. Do not hesitate. Take what you have and apply it to where you can make a difference.

So, as you look into that mirror, look at the person you are today and what your future can become. You represent people who can make this world a better place. There is so much you can do if you just be who you are. Look for opportunities to be special and pass on your knowledge, passion, kindness and love. Your life is just beginning.

**"START WHERE YOU ARE
USE WHAT YOU HAVE.
DO WHAT YOU CAN."**

All is well!
Carl Gabrielson
Executive Director, Loose Center

-SULLY- M O V I E

MOVIE NIGHT

Tuesday, February 7, 7 pm

MOVIE DAY

Tuesday, February 8, 11:45 am



On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a

flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.

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

Refreshments will be served!

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

SENIOR WINTER GAMES

of Genesee County 2017

For a schedule of events, please call Loose.



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.

Visit the LOOSE Booth

Put your name in for special drawings

Saturday 3/4

10-5 pm

Sunday 3/5

11-4 pm

COMMUNITY

EXPO

Fenton Regional
Chamber of Commerce

SATURDAY

MARCH 4, 2017

SUNDAY

MARCH 5, 2017

FENTON HIGH SCHOOL

JANUARY HAPPENINGS



entertainment by
Gary & Jackie

"Singing the Good Ol' Songs Again"

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

"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](http://www.Loosecenter.org)

something new & awesome

DVD CONCERT

Joe Bonamassa "Red Rock Amphitheater"

Thursday, February 2, 7 pm @ Loose



Come a join us for another Joe Bonamassa DVD concert. Joe and his outstanding band performs to a sold out concert at the beautiful Red Rocks Amphitheater in Colorado. In this aired 2014 PBS special and #1 album, Joe pays tribute to two Chicago Blues legends, Howling

Wolf and Muddy Waters. These two blues legends helped inspire the British Blues explosion of the 1960's with a groups of artists like, Cream, The Beatles, the Rolling Stones and now Joe Bonamassa. Come and join us at the Loose Center for another Rocking musical evening with Joe and his fantastic band.

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.

PLEASE NOTE: This is a 131 minute concert.

CYBER MEDIA/CYBER SAFETY

Wednesday, February 1, 10:00 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.



Valley Area Agency on Aging



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!**



NUTRITION & MORE

Activity Night

2nd Friday of each month, 5 pm
It's a great night of good fun. 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.

Daily lunch at Loose

Monday, Tuesday, Wednesday & 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.

Coffee COPS and Conversation

Tuesday, Feb. 14, 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!



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 to schedule an appointment.

NURSE chat

Tuesday, February 7, 11 am

Getting a Good Nights Sleep

A lack of sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality. *Mid-Michigan Home Health & Hospice nurse Elaine Schmidt will be here to discuss the how to and what are causes when we lack sleep. Questions are welcome!*

LUNCH @ LOOSE (Thursdays)

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 February menu and sign up today!

Feb. 2 - Mostaccioli, Salad, Garlic Bread, \$4

Feb. 9 - Chicken Noodle Soup, Chicken Salad Sandwich, Veggies, \$5

Feb. 16 - Hot Beef Sandwich's, Mashed Potatoes, Hot Veggies, \$5

Feb. 23 - Soft Tacos and all the fixins, \$4

Fruit, Dessert, Beverage (including milk)
will be available at every meal.

SPECIAL LUNCH

Monday, Feb. 13, 11:30 am, \$4

There will be no GCCARD lunch served on this day. So, join us for PIZZA. The price includes a pizza, salad, dessert and a drink.

Sign up today!



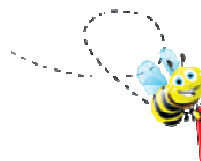
Tuesday, March 14, 5 pm, \$12

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

SPECIAL ENTERTAINMENT "Old Rules"
YOU DON'T WANT TO MISS THIS!



"OLD RULES", a quartet from Grand Rapids, who have more than 30 years of combined experience singing in the Great Lakes Chorus – the local chapter of the Barbershop Harmony Society.



www.loosecenter.org

VISIT OUR WEBSITE

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.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **Zumba & Total Fit**
 1:00 pm Arthritis Exercise
 4:00 pm **Yoga (gentle flow)**
 5:00 pm **Zumba & Total Fit**
 6:15 pm Pickleball

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)**
2:15 pm TAI CHI (beginning in March)
 5:00 pm **TOTAL FIT**
 6:15 pm Pickleball

THURSDAY

9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 11:45 am **Wii Bowling**
1:15 pm TAI CHI (beginning in March)
 2:15 pm **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.

Thurs., Feb. 16, 1 pm **tai chi** FREE DEMO

DOCTOR
RECOMMENDED &
APPROVED BY THE
ARTHRITIS FOUNDATION

IMPROVEMENT IN
Flexibility
Balance
Coordination
Range of Motion
Strength & Confidence
Increases Flexibility
Lowers Cholesterol
Retards Alzheimer's
Improves Blood Flow



New Classes
Begins in March
Wednesday's at 2:15
Thursday's at 1:15

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

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Monday, 1 pm, 8 weeks through March 13, 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*

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 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 On Break, check back later!

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.

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.

WATERCOLOR CLASSES

Mon., January 30 & February 6, 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

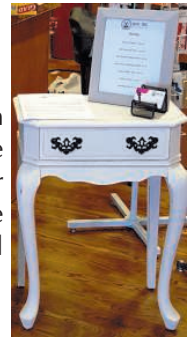
Mon., February 27 & March 6
1 pm, \$15



CHALK FURNITURE CLASS

Wednesday, March 15, 5-8 pm, \$30

Hosted by Forever Young Furniture Paint, in this class, Lacey will teach and demonstrate the techniques in flipping furniture using her paint and wax. All of the supplies will be provided, all you need to bring is a small piece of furniture and your creativity.



CARD MAKING WITH CAROLINE

Monday, January 27, 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.

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

"Sunny Days" Size 84X104 (king)

Assembled by Loose Threads

Long Arm Quilt, by Dave Forest

The drawing will take place on 4/12/17

No need to be present to win.

The winner will be contacted.

Quilt Raffle

CLASSES, MUSICAL OPPORTUNITIES & MORE



Friday, February 24, 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 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.

SMARTPHONE PHOTOS Wed., March 1, \$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, March 8, \$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 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*



Spades Card Game Friday, Feb. 3 @ 12:30 PM

Come and join others who want to learn and/or play the game of SPADES. A chance to meet new folks and enjoy an afternoon of fun, laughter and comradery.

BOARD & CARD GAMES

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

SPADES FRIDAY, 12:30 pm **NEW**

HAND & FOOT Wednesday, 6:30 pm

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)

February 1 Finding Your Roots: New Orleans Jazz

February 8 Finding Your Roots: In Search of our Fathers

February 15 Finding Your Roots: The Stories We Tell

February 22 Finding Your Roots: Family Reunions

February 2017

OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

EMAIL

lsc@loosecenter.org

WEBSITE

www.loosecenter.org

PHONE

810.755.9406

FAX

810.755.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

Why sign up for the...

Thursday LOOSE Lunch

Why NOT?

Good Food

Good Company

Good Price

Check out page 4 for details.


<p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Cyber Media/Safety</p> <p>10:00 Consumer Fraud</p> <p>10:00 1-On-1 Financial</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Ipad 2</p> <p>5:00 NO Zumba/Total Fit</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>1</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 Armet Rep.</p> <p>10:15 NO Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Wii Bowling</p> <p>11:30 LUNCH @ LOOSE</p> <p>Mostaccioli, \$4</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p> <p>6:00 Jackie Robinson Story</p> <p>7:00 Blues Concert (DVD)</p>	<p>2</p> <p>MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>12:30 Spades</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p>	<p>3</p> <p>MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>12:30 Spades</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p>
<p>8:00 Bridge</p> <p>9:00 Blood Pressure ✓</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Estate Planning & Trusts</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>11:45 Movie Day</p> <p>"SULLY"</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>4:00 Ipad 2</p> <p>5:00 NO Zumba/Total Fit</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>8</p> <p>MMAP Counselor</p> <p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:15 NO Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Wii Bowling</p> <p>11:30 LUNCH @ LOOSE</p> <p>Soup & Sand., \$5</p> <p>12:30 Euchre</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p>	<p>9</p> <p>MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>12:30 Spades</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 ACTIVITY NIGHT!</p>	<p>10</p> <p>MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>12:30 Spades</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 ACTIVITY NIGHT!</p>
<p>8:00 Bridge</p> <p>9:30 NO Zumba & Total Fit</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>1:00 Arthritis Exercise</p> <p>1:00 Water Color Class</p> <p>2:00 Listening Ear</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>7</p> <p>9:00 Massage</p> <p>9:30 NO Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:00 Health Check</p> <p>11:00 Nurse Chat</p> <p>11:30 Lunch</p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 "I Am Still Me"</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 Movie Night</p> <p>"SULLY"</p>	<p>11</p> <p>9:00 Yoga</p> <p>10:15 NO Zumba</p> <p>10:00 Total Fit</p> <p>10:00 Euchre</p> <p>Sunday, February 12</p> <p>2:00 Pickleball</p>	<p>11</p> <p>9:00 Yoga</p> <p>10:15 NO Zumba</p> <p>10:00 Total Fit</p> <p>10:00 Euchre</p> <p>Sunday, February 12</p> <p>2:00 Pickleball</p>



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<p>13</p> <p>8:00 Bridge</p> <p>9:00 Blood Pressure ✓</p> <p>9:00 CSFP</p> <p>9:30 NO Zumba</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat</p> <p>11:30 PIZZA LUNCH</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Arthritis Exercise</p> <p>1:00 Book Club</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba/Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>14</p> <p>9:00 Massage</p> <p>9:00 Veteran Services</p> <p>9:30 NO Zumba Gold</p> <p>9:30 Coffee Cops</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>12:00 BEG. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 ADV. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:00 DINNER & SHOW</p>	<p>15</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask the Lawyer</p> <p>10:00 Dr. Sharma</p> <p>11:15 (Diabetes Talk)</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 Windows 10</p> <p>5:00 NO Zumba/Total Fit</p> <p>6:00 Cinderella</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>16</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 NO Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Wii Bowling</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 LUNCH @ LOOSE</p> <p>Hot Beef Sand., \$5</p> <p>12:30 Euchre</p> <p>1:00 TAI CHI Demo FREE</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>17</p> <p>MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>8:15 Lifelong Learning</p> <p>9:30 Yoga</p> <p>9:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>12:30 Spades</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p>	<p>18</p> <p>9:00 Yoga</p> <p>10:15 NO Zumba</p> <p>10:00 Total Fit</p> <p>10:00 Euchre</p> <p>Sunday, February 19</p> <p>2:00 Pickleball</p>
<p>20</p> 	<p>21</p> <p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 NO Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>12:00 BEG. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 ADV. Line Dance</p> <p>1:00 Scrapbooking</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>22</p> <p>Southwest Explorer</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 Windows 10</p> <p>5:00 NO Zumba/Total Fit</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>23</p> <p>MMAP Counselor</p> <p>9:00 The Lion King</p> <p>9:30 NO Chair Yoga</p> <p>10:15 NO Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Wii Bowling</p> <p>11:30 LUNCH @ LOOSE</p> <p>Soft Tacos, \$4</p> <p>12:30 Euchre</p> <p>2:15 Tai Chi Club</p> <p>4:00 NO Yoga</p>	<p>24</p> <p>MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>12:30 Spades</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre</p> <p>Tournament</p>	<p>25</p> <p>9:00 Yoga</p> <p>10:15 NO Zumba</p> <p>10:00 Total Fit</p> <p>10:00 Euchre</p> <p>10:00 Garden Meeting</p> <p>Sunday, February 26</p> <p>2:00 Pickleball</p>

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<p>27</p> <p>8:00 Bridge</p> <p>9:30 NO Zumba</p> <p>10:00 FireKeepers Casino</p> <p>10:00 Sleep Mat</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>1:00 Arthritis Exercise</p> <p>1:00 Water Color Class</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba/Total Fit</p> <p>6:00 TOPS Weigh-in</p>	<p>28</p> <p>9:00 Massage</p> <p>9:30 NO Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>12:00 BEG. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 ADV. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>
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ONE-ON-ONE FINANCIAL HELP

Wednesday, February 1, 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

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LISTENING EAR

Every 1st Monday, by appointment

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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.*

*For further information or to register for the class contact:
The Alzheimer's Association Helpline (800) 272-3900*

DEMENTIA AND FAMILY IMPACT

Wednesday, March 8, 10:30 am, FREE

This presentation will discuss the definition and interplay between the family and the dynamic of dementia, an appreciation of role changes that can occur and how this can affect our interpersonal relationships. We will also identify coping strategies to help minimize conflict within the family system.

Presented by the Program Coordinator of the Alzheimer Association, James Muto, LLBSW. **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.**



REMINDER, Loose is non smoking, both facility and grounds. Smoking in vehicles is acceptable.

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.



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, February 21, (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**
February 25, 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

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 6	Longway Planetarium	Price varies
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
June 27	Old Road Murder Mystery Train	\$101
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
September 18	Huron Lady	\$79
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.



LONGWAY PLANETARIUM

Thursday, April 6, 2:30 show

\$9 w/transportation (leave Loose 1:45pm), \$4 without transportation.

Presented by National Geographic Entertainment and Day's End Pictures, takes audiences on an extraordinary journey into unseen worlds and hidden dimensions beyond our normal vision to uncover the mysteries of things too fast, too slow, too small or simply invisible. The film, narrated by Forest Whitaker, uses innovative high-speed and time-lapse photography, electron microscopy, and nanotechnology, to transport audiences to an enthralling secret world of nature, events, and breathtaking phenomena not visible to the naked eye.

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.

February 17, 2017 - Eileen Button - *The Waiting Place*

We all spend precious time just waiting. We wait in traffic, grocery store lines, and carpool circles. We wait to grow up, for true love, and for our children to be born. We even wait to die. While we work hard at this business of living, life can sometimes feel like one very long, boring meeting. Even today, with instant gratification at our techno-laced fingertips, we cannot escape The Waiting Place. Somehow, in between our texting and tweeting, and living and dying we end up there again, and again. Eileen will discuss her new perspectives on The Waiting Place and will tell of the beauty and humor that she has found hiding in its dusty corners.

March 17, 2017- Lisa Olney - *The Detroit V.A. Health Care System*

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.



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 Gab-
bles, Shopping in Saugatuck & Holland, Saugatuck
Dune Ride, Holland Princess Dinner Cruise, Windmill
Island Gardens & Holland State Park.



Solanus Casey Pilgrimage

Tues., April 4, 2017, Departs 8 am - Returns 5:15 pm, \$62
Includes Motor coach Transportation **PLUS**

Tour of Solanus Casey Center, Video & Gift Shop Time, Lunch
included at the Center, Free time to Browse Gallery.

ON THE RISE BAKERY (shopping) Established by Brother Ray
Standmeyer, utilizing staff who have recently been released
from prison, completed a substance abuse treatment program
and undergone baker training. They truly want to change their
lives. With each baked good purchase, you are helping to make
possible the provision of supportive housing, training, counsel-
ing services educational opportunities and self help programs.

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".



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 muse-
um 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**

CELEBRATION BELLE Cruising on the Mississippi

April 26-28, 499pp double,
Includes Motor coach Transportation

PLUS: 2 nights @ Isle of Capri Casino
Resort, 2 breakfast, 1 lunch, 2 dinners,

\$20 Casino Incentive, Celebration Belle lunch Entertainment Cruise,
Weyerhaeuser Mansion, The Music Man @ Circa 21 Dinner Thea-
ter, Isabel Bloom Production Studio, John Deer Pavilion.



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.*

Loose the perfect place for 50+
707 N. Bridge St.
Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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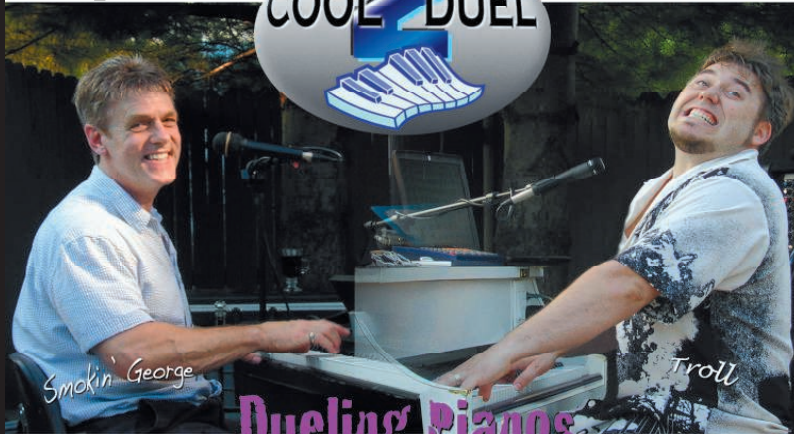
LOOSE GIANT sized SPECIAL EVENT Tuesday, April 11, 2017



5pm



\$25^{pp}



Dueling Pianos

(the Original Portable Dueling Show)
since 1997

All proceeds from this event will go to **LOOSE**, the perfect place for 50+.

The Dueling Pianos concept can be summed up in a single word: FUN! Combine two sharp-witted, incredibly talented musicians with two pianos on stage, and add a roomful of people: The result is an evening of fast, funny, unforgettable interactive entertainment. The musical repertoire ranges from classic rock to country, hard rock to R&B, oldies and show tunes to the newest Top 40 hits. Best of all, the audience is the star of the show - sending up requests, singing along to favorites, bantering with performers, and having the time of their lives.

TICKET PRICE INCLUDES

5pm-6pm Social Hour
(with hors d'oeuvres & wine tasting)
6pm-8pm Cool2Duel Dueling Piano
Chance for an amazing **DOOR PRIZE**

OTHER

CASH BAR (wine only)
5pm-6:30pm (\$5.00 per glass)

Ticket are available at **LOOSE**
707 North Bridge Street, Linden
(810) 735-9406

**A special THANKS to our sponsors
for their generous support.**

**Caretel Inns of Linden
Wellbridge of Fenton
The Fenton Winery
Alternative Elderly Care**