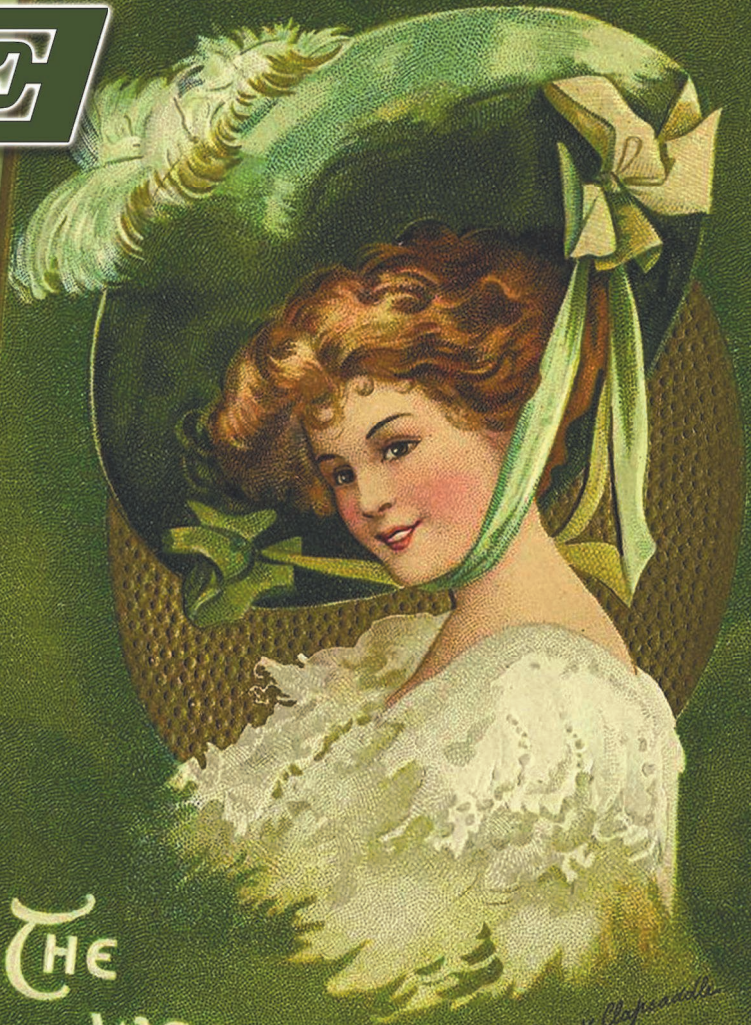


MARCH 2017

the perfect place for 50+

LOOSE

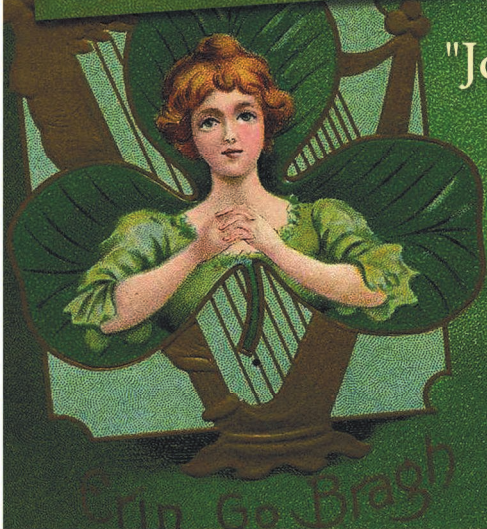


THE WEARING of the GREEN.

Ellen H. Chapman

"Joy is not in things; it is in us."

- Richard Wagner



From the Director

Dear Friends,

Joy can be defined as "happiness caused by something exceptionally good or the emotion of great delight". We all have experienced joy throughout our life. It starts in our youthful years. It is that first bike at Christmas. It is winning a spelling bee or passing a test in elementary school. At a young age we find joy in simple pleasures like birthday parties and ice cream, going to the outdoor theater or staying up past 8:00pm. It was a wonderful time in our life.

As life passes by we find joy in bigger and more personal things. It is graduating from high school and getting accepted to college. It is that first real job that allows us to earn a wage to buy things we desire. It may be jewelry, clothes or a hot car. We see joy in a different way. We find joy when that person of our dreams ask us to the prom or the pretty girl gives us the eye. We find joy when we get selected to a team or become part of the National Honor Society. We find great joy by just being accepted as who we are.

Joy in the "Real World" in our mature years comes in different ways. We find joy in our successes and accomplishments. We have worked hard to gain employment to make us financially sound. We have found that perfect person to spend our life with. We have wonderful children to carry on our legacy. We bought the perfect house to raise our family. We have pets. We have expensive toys. We have the car we always wanted. We have earned stature in our community and became a coach or boy scout leader. We go to church on Sunday and try to be a role model the rest of the week. And in the end we feel joy when all or some of our goals are achieved.

Let's take a closer look at our life. Do all our joys in life fit the definition of "Joy"? We may have found what we may think is joy but is it truly a joy? All of the great things we experience are a form of happiness or pleasure. They are accomplishments of success and material in nature. So what is joy? It is all of the things in our life that we make possible. Joy is the inner soul with a vision to make wonderful things happen to us and around us. We must want as an individual to feel joy, to let it out to create something exceptionally good or feel the emotion of great delight. Joy is in all of us. We all express it in many ways. But one thing is for sure joy comes from within. If we cannot find happiness and good within us, than we will never experience the feeling of true joy that each and everyone of us have in our heart and soul. We must always find a way to express that joy everyday to be that joyful person we want to be.

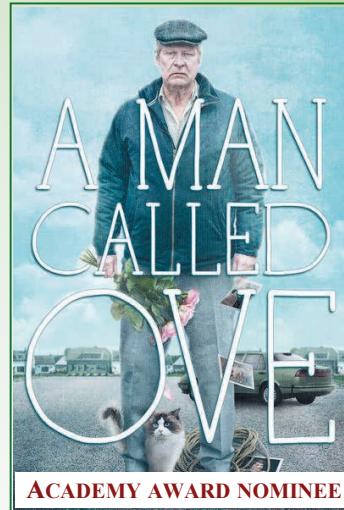
"Joy is not in things; it is in us."

All is well!

Carl Gabrielson

Executive Director, Loose

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



MOVIE NIGHT

Tuesday, March 7,
7 pm

MOVIE DAY

Wednesday, March 8,
11:45 am

Ove (Rolf Lassgård) is the quintessential angry old man next door. An isolated retiree with strict principles and a short fuse,

who spends his days enforcing block association rules that only he cares about, and visiting his wife's grave, Ove has given up on life. After a boisterous young family moves in next door and accidentally flattens Ove's mailbox, an unlikely friendship forms. 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.

April Movie - "Arrival"

Visit the LOOSE Booth
Put your name in for special drawings

Saturday 3/4
10-5 pm
Sunday 3/5
11-4 pm

Fenton Regional
Chamber of Commerce

COMMUNITY
EXPO

SATURDAY
MARCH 4, 2017
SUNDAY
MARCH 5, 2017
FENTON HIGH SCHOOL

Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, giveaways, food booths, demonstrations of many kinds and of course Loose will be there. Stop by the Loose Senior Center Booth and say, "HI"!

What is Dueling Pianos?

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. Everyone leaves with a smile! **YOU can join us on April 11 when Loose plays host to "COOL2DUEL" dueling pianos.**

SEE THE BACK PAGE FOR DETAILS

MARCH HAPPENINGS

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.

chair chi DEMO

Wednesday, March 15, 12 noon

A gentle exercise program with the benefits of the traditional Tai Chi in the comfort and safety of a chair. Benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind. They are ideal for those who are less physically capable of practicing standing or moving exercises, who are in wheel chairs, or whose capacity for physical movement is limited in any way. Exercises are highly adaptable and beneficial for arthritis, frozen shoulder, knee/hip replacement, wheel-chair/walker bound, benefit from increased circulation and balance.

FREE

Classes Begin 3/22 at 12 noon. Drop in fee is \$5 or purchase a Loose punch card.

QUILLING DEMO

Thursday, March 9, 2 pm \$5 SUPPLIES INCLUDED & HANDS ON!

What is quilling? This beautiful art is a paper-craft technique used to make coiled embellishments -- flowers, hearts, butterflies, scrolls, marquise and more -- from colorful strips of paper for card making, scrapbooking, jewelry and a variety of projects! Now you can learn the beautiful art of paper quilling step-by-step. Take some time for YOU, sign up, meet instructor Reita Newell and enjoy learning how rewarding this craft can be. This class is limited, sign up early.



CREATING CONFIDENT CAREGIVERS

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

Wednesdays, March 1-April 5, 1-3 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.*

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

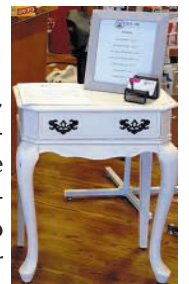
This presentation will discuss the definition and interplay between the family and the dynamic of dementia, an appreciation of role changes that can occur and how this can affect our interpersonal relationships. We will also identify coping strategies to help minimize conflict within the family system.

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.**

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.



Visit Loose online at
www.loosecenter.org



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, Mar. 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!



CARD SHOP Fun

Each day you check in, during the month of March, be sure to enter your name in the Card Shop give-a-way contest. It's a beauty this time, filled with notecards.



LUNCH @ LOOSE (Thursdays)

Volunteers and Staff will be preparing lunch and serving at 11:30. They are **DEELICIOUS** and the best deal in town!

Grab a friend, give is a call and we will put you on the list.

BEST DEAL AROUND - IT'S EXCITING!

Check out the MARCH menu and sign up today!

March 2 - Pulled Pork Sand, Baked Beans, Chips, Salad, \$5

March 9 - Grilled Cheese & Tomato Soup, Veggies, \$4

March 16 - Coney's (Flint Style), Chips, Salad, \$3

March 23 - Homemade Chicken Casserole, Rolls, Veggie, \$4

March 30 - Chili, Cornbread, Salad, \$3 **Prize winning Chili**

by Chef Chris from Wellbridge of Fenton J

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

Friday, May 12, 1 pm \$7

Mother's Day
and Tea

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

LUNCH & LEARN WITH FRIENDS

Tuesday, March 14, Noon, \$12 @ Genesys Athletic Club

POWER OF POSITIVE THINKING

Too many of us focus on things we can no longer do and all the stuff that changes as we age. It seems like a constant battle of the mind. Staying strong, encouraged and optimistic can be a challenge.

We can all benefit from an uplifting talk that challenges us to keep our mind healthy. Grab a friend, enjoy lunch at the GAC, followed by an encouraging talk presented by Jennifer Lynch, Health Coach and Motivational Speaker. Must pre register and Lunch and Registration details at Loose.

GENESYS
ATHLETIC CLUB

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**
 11:30 am **Arthritis Swim (GAC)***
 1:00 pm Arthritis Exercise—ends 3/20
 4:00 pm **Yoga (gentle flow)**
 5:00 pm **Zumba & Total Fit**
 6:15 pm Pickleball

TUESDAY

9:00 am **Arthritis Swim (GAC)***
 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)**
 12 noon **Chair Chi** beg. 3/15
 12:30 am **Arthritis Swim (GAC)***
 2:15 pm **Beginning TAI CHI**

THURSDAY

9:00 am **Arthritis Swim (GAC)***
 9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 11:45 am **Wii Bowling** begins 3/23
 1:15 pm **Beginning TAI CHI**
 2:15 pm **Tai Chi Club**
 4:00 pm **Yoga (gentle flow)**

FRIDAY

9:30 am **Yoga (gentle flow)**
 11:00 am Pickleball
 12:30 am **Arthritis Swim (GAC)***

SATURDAY

9:00 am **Yoga (gentle flow)**
 10:15 am **Zumba/Total Fit**
 12:30 am **Arthritis Swim (GAC)***

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.

* **Arthritis Swim (GAC)*** - See page 14 for details

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

beginning tai chi



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 20, 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*

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.

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!

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.

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 March 23. If you are interested in Wii bowling, please contact the Loose Office.**

BEACHBALL VOLLEYBALL On Break, check back later!

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., February 27 & March 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*

supply list and additional information for the class. *Instructor, Peggy Mattson*

WATERCOLOR CLASSES

Mon., March 27 & April 3, 1 pm, \$15

Is it time to try something new? Why not give watercolor a try!



BEGINNING QUILTING

Thursday, March 16, 23, 30, April. 6, 2-4 pm, Limit 10,

\$15 per class (total \$60 for 4 classes), supplies included

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 build on each other, so please sign up early and plan on attending all four classes.

CARD MAKING WITH CAROLINE

Monday, March 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, March 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

SMARTPHONE CAMERA/PHOTOS

Wednesday, 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.

IPHONE BASICS

Wednesday, March 22, \$15, 9:30 - 11:30 am

You will learn the basics of how to use the iPhone, including navigation techniques, working with apps, managing contacts, and maybe even a few secret tricks. *Must have an iPhone and bring it to class.*

GET MORE OUT OF YOUR SMARTPHONE

Wednesday, March 29, \$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.

FACEBOOK

Wednesday, April 12, \$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!

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.

SPADES FRIDAY, 12:30p **NEW** ♠

HAND & FOOT Wednesday, 6:30p

POOL Wednesday - Friday, 1-3:30p

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

BRIDGE Monday & Wednesday, 8a-2:30p

OPEN GAME PLAY Friday, 10a-3:30p *(bring a friend)*

CHICAGO BRIDGE Tuesday & Friday, 1-4p

CHESS Wednesday, 12:30p

CARDS & MORE Thursdays, 10a

DOMINOES Wednesday, 12:30p

MAH JONGG Tuesday, 3 pm, Friday 10a

PINOCHLE Monday & Wednesday, 12:30p

EUCHRE Tues. & Thurs., 12:30p, Sat., 10a

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)

March 1	Women: The Sculpture Diaries
March 8	Expressing the Inexpressible: Shirin Neshat
March 15	Faith Ringgold & Howardena Pindell
March 22	Elizabeth Catlett & Emma Amos
March 29	Women in Allegory & Picturing the Genders

March 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

SATURDAY/SUNDAY

BOARD OF DIRECTORS	LOOSE STAFF	1	2	3	4							
Ken Wensel, <i>President</i> Frank Lukowski, <i>VP</i> Alberta Martin, <i>Secretary</i> Vince Eible Jr., <i>Treasurer</i> Ray Culbert Ann Deemer Roby Deese Richard Laing Charlie Ross Les Scott David Kincaid Pat Lockwood	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>	8:00 Bridge 9:00 NO Manicures 9:30 Yoga 10:00 Consumer Fraud 10:00 1-On-1 Financial 11:15 Art à la Carte 11:30 Lunch <i>Roasted Chicken</i> 12:00 Chair Chi 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 12:30 Arthritis Swim (GAC) 1:00 Creating Conf. Caregivers 2:15 Beginning Tai Chi 4:00 Smart Phone Photos 5:00 NO Zumba/Total Fit 6:15 Pickleball 6:30 Hand & Foot	MMAP Counselor 9:00 Arthritis Swim (GAC) 9:30 Chair Yoga 10:00 Amvet Rep. 10:15 NO Zumba/Total Fit 10:30 FIT4EVER 11:00 Wii Bowling 11:30 LUNCH @ LOOSE <i>Pulled Pork Sand. \$5</i> 12:30 Euchre 1:15 Beginning Tai Chi 2:15 Tai Chi Club 4:00 Yoga 6:00 Grief Support	MMAP Counselor Income Tax (by Appt.) 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch <i>Mac & Cheese</i> 12:30 Arthritis Swim (GAC) 12:30 Spades 1:00 Lapghans 1:00 Chicago Bridge 7:00 Drumline Live	9:00 Yoga 10:00 FENTON EXPO 10:15 NO Zumba 10:00 Euchre 12:30 Arthritis Swim (GAC) Sunday March 5 11:00 FENTON EXPO 2:00 Pickleball							
8:00 Bridge 9:00 Blood Pressure ✓ 9:00 NO Manicures 9:30 Yoga 10:30 Dementia & Family Impact 11:15 Art à la Carte 11:30 Lunch <i>BBQ PORK</i> 12:00 NO Chair Chi 12:30 Arthritis Swim (GAC) 11:45 MOVIE DAY 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 1:00 Creating Conf. Caregivers 2:15 Beginning Tai Chi 3:15 Coupon Club 5:00 NO Zumba/Total Fit 6:15 Pickleball 6:30 Hand & Foot	MMAP Counselor 8:00 Board Meeting 9:00 Arthritis Swim (GAC) 9:30 Chair Yoga 10:15 NO Zumba/Total Fit 10:30 FIT4EVER 11:00 Wii Bowling Banquet 11:30 LUNCH @ LOOSE <i>Grilled Cheese & Soup \$4</i> 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Quilling DEMO 2:15 Tai Chi Club 4:00 Yoga	MMAP Counselor Income Tax (by Appt.) 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch <i>Baked Fish</i> 12:30 Arthritis Swim (GAC) 12:30 Spades 1:00 Lapghans 1:00 Chicago Bridge 5:00 Activity Night	9:00 Yoga 10:15 Zumba 10:00 Euchre 12:30 Arthritis Swim (GAC) Sunday March 12 2:00 Pickleball	MMAP Counselor 8:00 Board Meeting 9:00 Arthritis Swim (GAC) 9:30 Chair Yoga 10:15 NO Zumba/Total Fit 10:30 FIT4EVER 11:00 Wii Bowling Banquet 11:30 LUNCH @ LOOSE <i>Grilled Cheese & Soup \$4</i> 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Quilling DEMO 2:15 Tai Chi Club 4:00 Yoga	MMAP Counselor 8:00 Bridge 9:00 Blood Pressure ✓ 9:00 NO Manicures 9:30 Yoga 10:30 Dementia & Family Impact 11:15 Art à la Carte 11:30 Lunch <i>BBQ PORK</i> 12:00 NO Chair Chi 12:30 Arthritis Swim (GAC) 11:45 MOVIE DAY 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 1:00 Creating Conf. Caregivers 2:15 Beginning Tai Chi 3:15 Coupon Club 5:00 NO Zumba/Total Fit 6:15 Pickleball 6:30 Hand & Foot	MMAP Counselor 9:00 Massage 9:00 Arthritis Swim (GAC) 9:30 NO Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:00 Health Check 11:30 Lunch <i>Meatloaf</i> 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Movie Night	9:00 Massage 9:00 Arthritis Swim (GAC) 9:30 NO Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:00 Health Check 11:30 Lunch <i>Meatloaf</i> 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Movie Night	8:00 Bridge 9:30 Zumba & Total Fit 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch <i>Chicken</i> 11:30 Arthritis Swim (GAC) 12:30 Pinochle 1:00 Arthritis Exercise 1:00 Water Color Class 2:00 Listening Ear 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball	8:00 Bridge 9:30 Zumba & Total Fit 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch <i>Chicken</i> 11:30 Arthritis Swim (GAC) 12:30 Pinochle 1:00 Arthritis Exercise 1:00 Water Color Class 2:00 Listening Ear 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball	8:00 Bridge 9:30 Zumba & Total Fit 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch <i>Chicken</i> 11:30 Arthritis Swim (GAC) 12:30 Pinochle 1:00 Arthritis Exercise 1:00 Water Color Class 2:00 Listening Ear 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball	8:00 Bridge 9:30 Zumba & Total Fit 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch <i>Chicken</i> 11:30 Arthritis Swim (GAC) 12:30 Pinochle 1:00 Arthritis Exercise 1:00 Water Color Class 2:00 Listening Ear 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball	8:00 Bridge 9:30 Zumba & Total Fit 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch <i>Chicken</i> 11:30 Arthritis Swim (GAC) 12:30 Pinochle 1:00 Arthritis Exercise 1:00 Water Color Class 2:00 Listening Ear 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball



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

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ONE-ON-ONE FINANCIAL HELP

Wednesday, March 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

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

LISTENING EAR

Every 1st Monday, by appointment

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



LOOSE FITNESS CLASS PUNCHCARD



is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). The card is good for Yoga classes, Fit4Ever, Zumba & Total Fit Classes, Tai Chi and Beginning Line Dance & Advanced Line Dance. All fees will be paid at the reception desk UNLESS the class is held after business hours, instructors will collect drop in fees. A deal and also a GREAT GIFT!

ARTHRITIS AQUATICS (swim)

RELIEVE YOUR ARTHRITIS PAIN TODAY

Genesys Athletic Club (GAC) has teamed up with The Arthritis Foundation to provide a class for people with arthritis. Held in the GAC warm water Therapy Pool, this class is for anyone looking for gentle exercise. Participants experience increased joint flexibility, range of motion, muscle strength and stamina. Most importantly, this class helps reduce pain cause by arthritis and improves overall health. Non GAC members can purchase a package of 12 classes for \$55. We are happy to partner with Genesys and share this info with our Loose membership as another opportunity to enhance their life.

Currently classes are offered as follows and Loose Members are encouraged to give them a try.

Monday 11:30 am or 5 pm

Tuesday & Thursday, 9 am

Wednesday, 12:30 pm or 5 pm

Friday & Saturday, 12:30 pm

Call 810-606-7817 for more information



OUR BEST SHOT

Wednesday April 12, 1:30 pm

Do you know which vaccines you need?



Attend this workshop to learn the basics of vaccines—how they work, why they are important for older adults, which ones are recommended, and the role they play in protecting your health and the health of your loved ones.

Paid for funding by Aging and Adult Services Agency. If you would like more information about this workshop, please call Jennifer Joyner at the Valley Area Agency on Aging at (810)239-7671 Ext 281.



FALL PREVENTION

Monday, April 10, 2 pm

It's always a special day when local college students come to Loose to practice what they are learning. This time, we welcome students from MCC who are part of the Occupational Therapy Program. Won't you please show your support by attending this talk on Fall Prevention? The time will be spent learning valuable information, including fall risk factors, the role of Occupational Therapist in prevention, fall tips and resources. Movement activities will also be incorporated into this learning piece. Call Loose at (810) 735-9406 to register.

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, March 28, (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

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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

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"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**
March 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 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.

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.



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."

TRIPS



TRIPS @ A GLANCE

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 11	Hollywood Casino	\$32
May 13-18	Colonial Williamsburg	\$1,259
May 22	Soaring Eagle & Frankie Avalon Show	\$34
June 8	FireKeepers Casino	\$32
June 19	Caesar Windsor	\$22
June 20-21	Holland & Saugatuck	\$340
June 24- July 1	Cape Cod & More	\$1,799
June 27	Old Road Murder Mystery Train	\$101
July 6	FireKeepers Casino	\$32
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 7	FireKeepers Casino	\$32
August 16	Put-In-Bay	\$142
August 23	Soaring Eagle	\$32
August 29	Huron Lady	\$79
September 6-16	National Parks & Canyon Country	\$2,899
September 7	Greektown Casino	\$30
September 26	FireKeepers Casino	\$32
Oct. 28-Nov. 2	Southern Charm Fall Tour	\$1,299
November 6	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 w/out 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

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!

RIVERDANCE

Friday, April 7, 2017 8PM, \$58

Van leaves Loose at 7 pm

Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song.



42nd STREET

Friday, April 28, 2017 8PM, \$58

Van leaves Loose at 7 pm



Based on a novel by Bradford Ropes and Busby Berkeley's 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer who leaves her Allentown home and comes to New York to audition for the new Broadway musical Pretty Lady.

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.

March 17, 2017 Lisa Olney, The Detroit V.A. Health Care System Lisa is a public affairs officer, who will discuss what the Detroit V.A. system does for our Veterans and the benefits available to them and their families. Hear about the V.A. strengths, weaknesses, and efforts to improve services to this incredibly deserving group of people who have served the United States so very well.

April 21, 2017- Dawn Jones - WJRT Anchor and Reporter Dawn is a longtime, well-known anchor/reporter for Flint's channel 12 (WJRT). She has a personable, highly effective style and is a trusted member of the media. She will discuss her career and the topic of journalism, as well as her chosen career of television broadcasting.

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 Ga-
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.

HARVEY @ 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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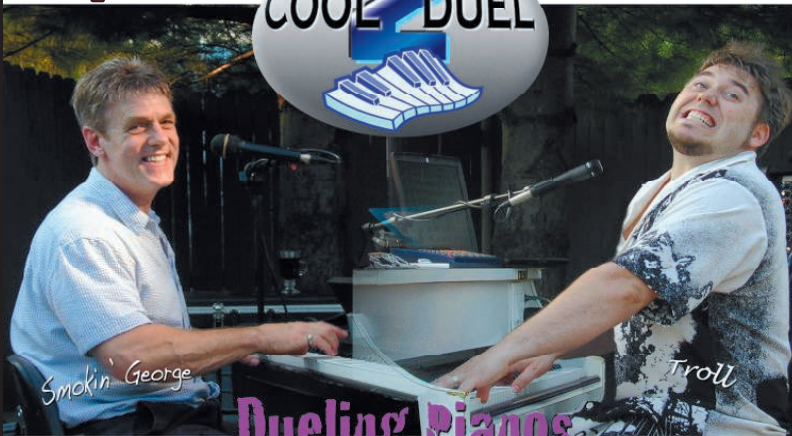
LOOSE GIANT sized SPECIAL EVENT Tuesday, April 11, 2017



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
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Lasco Ford of Fenton
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