

MAY 2017

the perfect place for 50+

# LOOSE

*"Be like a flower  
and turn  
your face  
to the sun."*

- KHALIL GIBRAN





## From the Director

Dear Friends,

Spring is here. Warm sun, fresh air, a time of rebirth. We are looking forward, but we cannot pass up an opportunity, to share our excitement about the Dueling Piano Fundraiser Event held here on April 11. It was a resounding success and the perfect opportunity to celebrate all that is good here at Loose. We are thankful for the community of sponsors who supported this event, we are thankful for the members and friends who attended this event and we are grateful for a staff who unconditionally gives time and talent to make what happens here at Loose extra special.

And WOW...what a night. The food was delicious, the entertainment was top notch, the music was amazing, the laughter and singing that filled the room made it all worth while. Two big screen TVs were given to two VERY HAPPY winner and honoring Superintendent of Schools, Ed Koledo for his service for our country was the proverbial icing on the cake.

An extra special thanks to the sponsors whose support allowed us to raise the bar and offer to you a top notch evening. They include, Caretel Inns of Linden, Wellbridge of Fenton, Alternative Elderly Care, Heartland, Lasco Ford, Fenton Winery and Walmart of Fenton.

YES, all is well!  
*Carl Gabrielson*  
Executive Director



LOOSE

## Exceptional Service Volunteer Award DINNER

LINDEN HIGH SCHOOL

Tuesday, May 16, 5 pm, \$8.50

Entertainment by Tom Wachtenhauser

A feast prepared by the talented cooks at LHS, followed by the Loose Board Members presenting the Exceptional Service Volunteer Award, awesome special entertainment and then an opportunity to attend the Linden H.S. Spring Concert at 7 pm. The dinner menu will include, but is not limited to, turkey, meatballs, potatoes, dressing, vegetables, salads, dessert & beverage. Join us for this special evening. Call Loose and sign up today!



**DON'T MISS OUT!** Sign up to be a Pen Pal.

**YOU WON'T BE SORRY!**

This is one of the most personally rewarding programs that Loose offers. PLEASE, stop by the office for a pen pal application, fill it out and return it ASAP so that we can match you up with a local third grader with similar interests. This is a fun, interesting and rewarding activity that takes place from June until August culminating in a pizza party where you can meet your pen pal! The goal of this unique program is to increase communication skills and bridge the generation gap between third grade children and older adults. This is accomplished through written communication and the sharing of experience between generations.

## SENIOR POWER DAY 2017

Wed., May 24, 9 am - 2 pm, \$3

INCLUDES

~GIFTS~ LUNCH~EXPO~ENTERTAINMENT~  
~FREE ICE CREAM~DEMONSTRATIONS~  
~DRAWINGS~PRIZES~AND MORE~

Sponsored by the Valley Area Agency on Aging

*Please indicate at the time tickets are purchased if transportation is needed.*

*Senior Power Day is held at Crossroads Village,  
For more information and to purchase tickets, visit Loose!  
Tickets must be purchased by May 10.*

# MAY HAPPENINGS



## MOVIE NIGHT

Tuesday, May 2,  
7 pm

## MOVIE DAY

Wednesday, May 3,  
11:45 am

Young Irish immigrant Ellis Lacey (Saoirse Ronan) navigates her way through 1950s Brooklyn. Lured by the promise of America, Ellis departs Ireland and the comfort of

her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Ellis into the intoxicating charm of love. But soon, her past disrupts her new vivacity, and Ellis must choose between two countries and the lives that exist within.

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.*

## MEDICARE AND THE AFFORDABLE CARE ACT

Monday, May 1, 12 noon



**The Affordable Care Act & Medicare**  
If the Affordable Care Act ("Obamacare") is repealed will the repeal have any effect on the Medicare program? How would a repeal affect persons under age 65 who receive Social Security disability benefits? What happens if I have an ACA policy and I become eligible for Medicare? Join us for an informative presentation by our MMAP counselors, Ann Walker and Dolores Coulter, on Monday, May 1, from noon to 1 PM for answers to these and other questions on how Medicare interacts with the ACA.

## Loose Chorus Spring Performance

Wednesday, May 31, 1:30 pm @ Loose

Enjoy a time of folk music, spirituals & patriotic songs as the Loose Chorus shares their many talents & the culmination of a year of hard work. The Concert will be followed by a reception,



sponsored by **Caretel Inns of Linden**, with treats and drinks. THANK YOU CHORUS FOR ALL YOU DO.

## Got Drugs?

### DRUG TAKE BACK LOOSE CENTER

Wednesday, May 3, 10 am-12 noon

Gather up and drop off your unused or expired drugs at Loose and know that they will be properly disposed of. If there are questions or for information, call Loose at (810) 735-9406.

Please, pills and patches ONLY.

- ◆ All pills must be removed from container & blister packs and placed in a Ziploc bag
- ◆ No liquids, ointments, inhalers or needles

## Iceland Travel Show

Featuring Iceland's Magical Northern Lights  
Monday, May 15, 11 am

Highlights include: 7 days, 5 breakfasts, 5 dinners, Reykjavik, Northern Lights Cruise, Golden, Circle, Seljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Centre, Skogar Museum, Kogafoss Jokulsrlon, Glacier Lagoon, Skaftafell National Park, Vatnajokull Glacier, Blue Lagoon

This magical adventure is scheduled for February 2-9, 2018. We hope you plan on joining us for the opportunity to hear more, ask questions, enjoy snacks, and maybe even win a prize. Visiting the most **PEACEFUL** nation in the world is a real treat and should be on everyone's bucket list.

## CRAFT CLASS with KARLA CROSS

Wednesday, May 17, 1 pm, \$20 (includes supplies)

We are happy to welcome to Loose, Karla Cross who has been teaching Art and Craft Classes for many years. In May join Karla as she welcomes the month where we all are thinking of planting our flowers and leave with a whimsical Blue Jean Pocket Flower Pot."



June project-make your own sugar scrub.

*"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."*



## 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**

**REQUESTED 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, May 9, 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!



### COOK OUT Loose

**Tues., July 11 & Tues., August 8**  
4:30 pm, \$6

*Fresh off the grill dogs & burgers, baked beans, salad, chips, dessert & beverage*  
It is the best deal around and there are no strings attached. Just a time to eat and enjoy the company of friends.

### 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)**

- May 3 George Rickey: Works
- May 10 The Hudson River School, Artistic Pioneers
- May 17 Great Women Artists: Mary Cassatt
- May 24 The Dutch Masters: Rubens
- May 31 Goya: Crazy Like a Genius's



### LUNCH @ LOOSE (Thursdays)

Volunteers & Staff prepare lunch & serve @ 11:30

They are **DEELICIOUS** and the best deal in town! Grab a friend, give us a call and we will put you on the list.

**BEST DEAL AROUND - IT'S EXCITING! Sign up today!**

May 4 Hot Beef Sandwich's, Mashed Potatoes, Hot Veggie, \$5

May 11 Chicken Salad Sandwich, chips, veggie sticks, \$4

May 18 Pulled Pork Sand, Baked Beans, Coleslaw, \$5

May 25 Coney's (Flint Style), Chips, Salad, \$3

*Fruit, Dessert, Beverage (including milk)*

*will be available at every meal.*

A BIG THANKS TO **ALTERNATIVE ELDERLY CARE** FOR THE DESSERT DONATION EACH 3RD THURSDAY OF THE MONTH.

## Mother's Day Tea Friday, May 12, 1pm \$7

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

featuring

**HISTORY OF MOTHER'S DAY & ETIQUETTE OF AFTERNOON TEA**



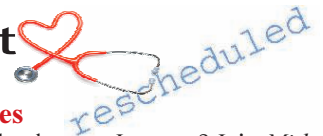
We are very happy to welcome Barbara Beaugrand Kincaid, Social and Fashion Historian who will be speaking and sharing her knowledge and years of research, on the History of Mother's Day and Etiquette of the Afternoon Tea. Barbara's special program will top off this day with visuals, facts and stories that will leave you feeling refreshed, sentimental and glad you chose to join

## NURSE chat

Tuesday, June 6, 11 am

**Age Related Memory Changes**

What is happening, what is normal, what can I expect? Join *Mid-Michigan Home Health & Hospice nurse Elaine Schmidt* as she shares and takes questions on the topic of memory change.





# 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)\***  
 2:00 pm Arthritis Exercise—begins 6/5  
 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 **FIT<sup>4</sup>EVER**  
 12:00 pm **Beg. Line Dance**  
 1:00 pm **Adv. Line Dance**  
 4:00 pm **Chair Yoga**  
 5:00 pm **Yoga (gentle flow)**

#### WEDNESDAY

9:00 am **BIKING BUNCH**  
 9:30 am **Yoga (gentle flow)**  
 12 noon **Chair Chi**  
 12:30 am **Arthritis Swim (GAC)\***  
**2:15 pm Beginning TAI CHI**  
 5:00 pm **TOTAL FIT**  
 6:15 pm Pickleball

#### THURSDAY

9:00 am **Arthritis Swim (GAC)\***  
 9:30 am **Chair Yoga**  
 10:15 am **Zumba Gold/Total Fit**  
 10:30 am **FIT<sup>4</sup>EVER**  
 11:45 am **Wii Bowling begins 5/25**  
**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<sup>®</sup>** A 45 minute class beginning with 30 minutes of dance/exercise cardio, balance, stretching, toning and brain/movement connection. Easy steps and a fun way to get moving!

**ZUMBA GOLD TOTAL FIT<sup>®</sup>**  
 A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

**TOTAL FIT<sup>®</sup>** 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

## BEGINNING TAI CHI Wed., 2:15 pm & Thursday, 1:15 pm \$5 drop in fee or discounted punch card available.

Doctor recommended Approved by the Arthritis Foundation. Participants should see Improvement increased Flexibility, Balance, Coordination, Range of Motion, Strength, Confidence, Lower Cholesterol along with Retards Alzheimer's and Improves Blood Flow. This is a great class and all are welcome!

## CHAIR CHI Wednesday , 12 noon

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

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. 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.

## 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.

## FIT<sup>4</sup>EVER \$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.

## 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 May 25. If you are interested in Wii bowling, please contact the Loose Office.**

## BEACHBALLVOLLEYBALL On Break, check back later!

**BIKING BUNCH Wednesday 9am** Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810•735•9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

**GOLF AT SHIAWASEE SHORES** Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members MUST sign in at Clubhouse each and every time they golf.



## ARTSY & CRAFTY

### HAPPY STAMPERS

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

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

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

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

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

### WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

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

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

### SCRAPBOOKING

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

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

**YARN RECYCLERS** Fridays, 10 am, 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.

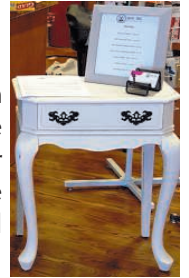
**LOOSE LAPGHANS** - Fridays, 1 pm, FREE

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.

### CHALK FURNITURE CLASS

Wednesday, June 14, 1-4 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.



### WATERCOLOR CLASSES

Monday, June 5 & 12, 1 pm, \$15, Instructor, Peggy Mattson



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.

### QUILLING DEMO

Thursday, July 13, 2 pm \$5

SUPPLIES INCLUDED & HANDS ON! MORE INFO SOON!

### CARD MAKING WITH CAROLINE

Monday, May 22, 12:30 pm, Sunroom, \$7 (class limited)

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

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

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

Please donate CLEAN plastic SHOPPING bags ONLY.





## CLASSES, MUSICAL OPPORTUNITIES & MORE



Friday, May 26, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!



### LOOSE CHORUS

RESUMES REGULAR PRACTICE

MONDAY, SEPTEMBER 11 @ 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*

## TECHNOLOGY

### Summer Computer Class Schedule Coming Soon!

Loose computer classes are especially tailored to the needs of older adults. Class sizes are small and the instructor, Kelly O'Connell, is well versed in the subject. *COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER.* You must bring your own computer or you can opt to observe and take notes. All classes will also be projected on the screen.

**PLEASE PREREGISTER FOR ALL CLASSES**

### UPCOMING CLASSES

#### IPAD 1

Wednesday, May 3 & 10, \$20, 4-6 pm

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad, including Camera, Calendar, Mail, Notes, Photos, iTunes, iPod, Video and the App Store.

#### IPAD 2

Wednesday, May 17 & 24, \$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

*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.*



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

## GROUP Piano LAB

Wednesday, 2:30 - 4:30 pm

- Knowing how to read music is highly recommended.
- Note reading will not be taught in the lab. If you don't know how to read music, there are books that can help you learn, however, for this lab, you will do better if you already play, either by note or by ear.
- Chord work is also fine.
- Please bring a note pad for all the notes. "Staff" paper could also be useful for note taking.
- Bring music you have been working on or would like to learn. Lab lessons will emphasize the positive, but also give great tips for enhancing the music and its presentation.
- Everyone will have the chance to play, but those who don't want to, do not have to. Much can be gleaned from the class just by listening.
- It is best to commit to a month of Lab at a time. Payment can be made at the beginning of the month to the Loose Office, \$5 per week.
- *All fees paid for the class will be donated to Loose.*

Give the Lab a try. It's a great chance to enjoy time with others who share a common interest and talent. Instructor, Pat Robertson is a well-trained, highly educated and experienced pianist and organist. She has VAST experience in playing, teaching and the love of the instrument.

## BOARD & CARD GAMES

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

**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



# May 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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
8:00	Bridge	Message	8:00 Bridge	MMAP Counselor	MMAP Counselor	6 9:00 Yoga
9:30	Zumba & Total Fit	Zumba Gold	9:00 Biking Bunch	9:30 Chair Yoga	9:30 Yoga	10:00 Garden Meeting
10:00	Sleep Mat Production	Loose Threads	9:00 Manicures	10:00 Amvet Rep.	10:00 Yarn Recyclers	10:15 Zumba
10:00	Painting	FIT4EVER	9:30 Yoga	10:15 Zumba Gold /Total Fit	10:00 Board Games	10:00 Euchre
11:30	Lunch <i>Sweet/Sour Pork</i>	Health Check	10:00 Drug Take Back	10:30 FIT4EVER	11:00 Pickleball	
12:00	Medicare & the ACA	Lunch <i>Roasted Chicken</i>	10:00 Consumer Fraud	11:00 Wii Bowling	11:30 Lunch <i>Lasagna</i>	
12:30	Pinochle	BEG. Line Dance	10:00 1-On-1 Financial	11:30 LUNCH @ LOOSE	1:00 Lapghans	
1:00	Water Color Class	Euchre	11:15 Art à la Carte	Hot Beef Sandwich	1:00 Chicago Bridge	
2:00	Listening Ear	ADV. Line Dance	11:30 Lunch <i>Beef Hoagie</i>	12:30 Euchre		
3:00	Chorus	Chicago Bridge	11:45 MOVIE DAY	1:15 Beginning Tai Chi		
4:00	Yoga	Mah jongg	12:00 Chair Chi	2:15 Tai Chi Club		
5:00	Zumba & Total Fit	Chair Yoga	12:00 Wood Carving	4:00 Yoga		
6:00	TOPS Weigh-in	Yoga	12:30 Pinochle/Dominoes/Chess	6:00 Grief Support		
6:15	Pickleball	Movie Night	2:15 Beginning Tai Chi			
			2:30 Piano Lab			
			4:00 IPAD 1			
			5:00 Zumba/Total Fit			
			6:15 Pickleball			
			6:30 Hand & Foot			
8:00	Bridge	Message	8:00 Bridge	MMAP Counselor	MMAP Counselor	13 9:00 Yoga
9:00	Blood Pressure ✓	Veteran Services	9:00 Biking Bunch	8:00 Board Meeting	9:30 Yoga	10:15 Zumba
9:00	CSFP	Zumba Gold	9:00 Blood Pressure ✓	9:30 Chair Yoga	10:00 Write Life Story	10:00 Euchre
9:30	Zumba & Total Fit	Coffee Cops	9:00 NO Manicures	10:15 Zumba Gold/Total Fit	10:00 Yarn Recyclers	
10:00	Painting	Loose Threads	9:30 Yoga	10:30 Hollywood Casino	10:00 Board Games	
10:15	Sleep Mat Production	Farmers Market	11:15 Art à la Carte	10:30 FIT4EVER	11:00 Pickleball	
11:30	LUNCH <i>Turkey Terrazzini</i>	FIT4EVER	11:30 Lunch <i>Pork Burger</i>	11:00 Wii Bowling Banquet	11:30 Lunch <i>Fish</i>	
12:00	"Anyone Can Paint"	Lunch <i>Steak Fingers</i>	12:00 Wood Carving	11:30 LUNCH @ LOOSE	1:00 Mother's Day Tea	
12:30	Pinochle	BEG. Line Dance	12:00 Chair Chi	Chicken Salad Sand.	1:00 Lapghans	
1:00	Book Club	Euchre	12:30 Pinochle/Dominoes/Chess	Euchre	1:00 Chicago Bridge	
3:00	Chorus	ADV. Line Dance	2:15 Beginning Tai Chi	1:15 Beginning Tai Chi	5:00 Activity Night	
4:00	Yoga	Chicago Bridge	2:30 Piano Lab	2:15 Tai Chi Club		
5:00	Zumba & Total Fit	Mah jongg	3:15 Coupon Club	4:00 Yoga		
6:00	TOPS Weigh-in	Chair Yoga	4:00 IPAD 1			
6:15	Pickleball	Yoga	5:00 Zumba/Total Fit			
			6:15 Pickleball			
			6:30 Hand & Foot			





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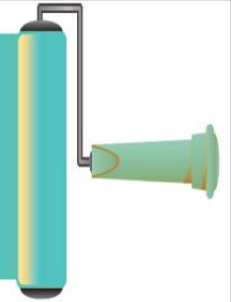
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8:00 9:30 10:00 10:00 11:00 11:30 12:30 10:00 3:00 4:00 5:00 6:00 6:15	15 Bridge Zumba & Total Fit Sleep Mat Production Painting Iceland Travel Show Lunch <i>Chicken Philly Steak</i> Pinochle Happy Stampers Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 1:00 3:00 4:00 5:00 5:00	16 NO Massage Zumba Gold Loose Threads FIT4EVER Lunch <i>Meatloaf</i> BEG. Line Dance Euchre ADV. Line Dance Scrapbooking Chicago Bridge Mah Jongg Chair Yoga Yoga Dinner Linden HS	8:00 9:00 9:00 9:30 10:00 10:00 11:15 12:00 12:00 12:00 1:00 2:15 2:30 4:00 5:00 6:15 6:30	17 Bridge Biking Bunch Manicures Lunch Workers Meeting Yoga Ask the Lawyer Art à la Carte Lunch <i>Turkey</i> Chair Chi Wood Carving Pinochle/Dominos/Chess Craft Class Beginning Tai Chi Piano Lab IPAD 2 Zumba/Total Fit Pickleball Hand & Foot	8:00 9:00 9:00 9:30 10:00 10:00 11:15 12:00 12:00 12:30 2:15 2:30 4:00 5:00 6:15 6:30	18 MMAP Counselor Chair Yoga Zumba Gold/Total Fit FIT4EVER Blood Pressure ✓ LUNCH @ LOOSE <i>Pulled Pork Sand.</i> Euchre Beginning Tai Chi Tai Chi Club Yoga Grief Support	19 MMAP Counselor 8:15 Lifelong Learning 9:30 Yoga 9:00 Hearing Doctor 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch <i>Chicken</i> 1:00 Lapghans 1:00 Chicago Bridge	20 9:00 Yoga 10:15 Zumba 10:00 Euchre <b>Sunday, May 21</b> 2:00 Pickleball
8:00 9:30 10:00 10:00 10:00 11:00 11:30 12:30 12:30 3:00 4:00 5:00 6:00 6:15	22 Bridge Zumba & Total Fit Soaring Eagle Sleep Mat Production Painting Blood Pressure ✓ Lunch <i>Sloppy Joe</i> Pinochle Card Making Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 2:00 3:00 4:00 5:00 5:00	23 NO Massage Zumba Gold Loose Threads FIT4EVER Lunch <i>Grilled Chick.</i> BEG. Line Dance Euchre ADV. Line Dance Chicago Bridge Alzheimer Support Mah jongg Chair Yoga Yoga	8:00 9:00 9:00 9:30 10:00 10:30 11:15 12:00 12:00 12:00 1:00 2:15 2:30 4:00 5:00 6:15 6:30	24 Senior Power Day Bridge Biking Bunch Manicures Yoga Art à la Carte Lunch <i>Pork Chop</i> Chair Chi Wood Carving Pinochle/Dominos/Chess Beginning Tai Chi Piano Lab IPAD 2 Zumba/Total Fit Pickleball Hand & Foot	8:00 9:00 9:00 9:30 10:00 10:30 11:15 12:00 12:00 12:30 2:15 2:30 4:00 5:00 6:15 6:30	25 MMAP Counselor Chair Yoga Zumba Gold/Total Fit FIT4EVER Wii Bowling Begins LUNCH @ LOOSE <i>Coney's (Flint Style)</i> Euchre Beginning Tai Chi Tai Chi Club Yoga	26 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch <i>Mac &amp; Cheese</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament	27 Loose is <b>CLOSED</b> May 27-29 in recognition of the <b>Memorial Day</b> Weekend

29 	29 8:00 Podiatrist 9:00 NO Massage 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch <i>Chicken</i> 12:00 BEG. Line Dance 12:30 Euchre 1:00 ADV. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	30 8:00 Podiatrist 9:00 NO Massage 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch <i>Chicken</i> 12:00 BEG. Line Dance 12:30 Euchre 1:00 ADV. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	31 8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch <i>Chicken</i> 12:00 Chair Chi 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 1:30 Loose Chorus Concert 2:30 Piano Lab 2:15 Beginning Tai Chi 5:00 Zumba/Total Fit 6:15 Pickleball 6:30 Hand & Foot	<b>BOARD OF DIRECTORS</b> 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	<b>LOOSE STAFF</b> 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 Doti Tynes <i>Receptionist</i> Randy & Deb Green <i>Maintenance</i>	<b>Thursday</b> <b>LOOSE</b> <b>Lunch</b>  Check out page 4 for details.
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**ONE-ON-ONE FINANCIAL HELP**

Wednesday, May 3, 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 PUNCH CARD** 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!

**MATTER OF BALANCE - \$10 book fee**

Beginning Tuesday, June 6 - August 1, 2:15-4:15 pm



**A MATTER OF BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**T**ested, tried and true, this eight session, small class setting is facilitated by caring, well trained volunteers and will change your life. Participants of this program learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Space is limited, so please call Loose and sign up today!

**PALLIATIVE CARE**

*What is it? When do you get it? How much does it cost?*

Wednesday, June 14, 10 am



**T**his discussion will share the ins & outs of Palliative Care and also touch upon the difference between Palliative and Hospice. If you have not been in conversation regarding these topics, make

sure you take this opportunity to join in. Good Conversation & DOOR PRIZES all brought to Loose by HEART to HEART HOSPICE.



**“EVERY MINUTE COUNTS”**

Wednesday, June 28 FREE

**Fighting to Remember**—Experience for yourself the challenges of having dementia by watching a 1 hour video and a 1-hour hands on virtual dementia tour having your senses altered while attempting a series of tasks. These tours are for FAMILY MEMBERS, CARE-GIVERS, You must sign up for the Virtual Tour slots by calling Loose (9am, 10:15am, 11:45am). The movie begins at 1pm. Lunch will be provided.



**FREE HEALTH AND WELLNESS PROGRAM!**

Wed., June 7-July 12, 9-10:30 or 10:30-12 Noon

- Do you want to feel stronger and have more energy?
- Do you want to feel steadier on your feet?
- No matter what your current health and activity levels are, exercise IS safe and possible.
- Let us work with you to design a personalized exercise & wellness program!

Wellness program to include: Assessments of strength, balance, mobility, endurance Nutrition and medication review, Fall prevention, accessibility to community resources to maintain health & wellness

**UM-Flint Physical Therapy students and faculty are offering a free, individualized, 6-week health and wellness program to help you achieve your health, exercise, & wellness goals.**

**REGISTRATION IS LIMITED**

Support of this program is two fold, a chance for you to learn & maintain health & wellness & experience for local college students.



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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, May 30, (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

**1<sup>st</sup> 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*

**2<sup>nd</sup> Monday of each month, 9 am**

*Sponsored by WellBridge of Fenton*

**2<sup>nd</sup> Wednesday of each month, 9 - 10 am**

**3<sup>rd</sup> Thursday of each month, 11 - 12 noon**

**4<sup>th</sup> Monday of each month, 11:00 am - 12 pm**

*Sponsored by Fenton HealthCare Center*



## "JOURNEY TO HOPE AND HEALING"



### GRIEF SUPPORT GROUP

Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday

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

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

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

### Travel & Participant Statement 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**  
**May 6, 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](mailto: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](mailto: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

**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.

**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.



**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.

**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.

**COMPUTER & FREE WiFi** We have secured wireless Internet and a computer available for member use. Stop by the office for information.

**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.

## WE SAVE...YOU CAN HELP



**VG'S** Drop off your ENTIRE VG receipt at Loose. Once we have collected and turned in \$150,000 worth of receipts, VG's will donate \$1000 to Loose. WOW!

**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!

**KROGER** If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

**AMAZON SMILE** Do you shop Amazon? If so, there is a very simple way your purchases can benefit Loose. Search for Amazon Smile or go to, <https://smile.amazon.com/ch/38-3266054>, sign in and designate Loose as your charity. Each time you make a purchase, a portion will be donated back to Loose.

### 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 bins 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.

### LOOSE COMMUNITY ANGELS

It is with deep regret we share that the Angel program will be on hiatus until new leadership can be secured.

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.



# TRIPS

## TRIPS @ A GLANCE

May 9	Farmer's Market	\$2
May 11	Hollywood Casino	\$32
May 13-18	Colonial Williamsburg	\$1,259
May 22	Soaring Eagle & Frankie Avalon Show	\$34
May 25	Senior Power Day	
June 4	Tigers vs Chicago White Sox	\$73
June 8	FireKeepers Casino	\$32
June 13	Farmer's Market	\$2
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 3-4	Mackinaw Bridge Walk	\$244
September 6-16	National Parks & Canyon Country	\$2,899
September 7	Greektown Casino	\$30
September 14	Tigers vs Chicago White Sox	\$70
September 26	FireKeepers Casino	\$32
October 4	Genesee Belle Lunch Cruise	\$23
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
November 19-20	Niagara Falls Festival of Lights	\$279
December 7-10	A Capitol Christmas	\$999
Feb. 3-9, 2018	Iceland (price if booked before 8/14)	\$3,299
Oct. 4-9, 2018	Albuquerque Balloon Fiesta	\$2,679

Detailed flyers are available at the Loose Center.

## Flint Farmer's Market



**Caretel.**  
Inns of Linden

**Tuesday**  
**May 9, 2016**

Loose is partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's.

Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. *Future special trips, June 13, July 11, August 8, September 12 & October 10.*

### MARKET SEASON

Leave 10:15 am  
Return 1 pm (limit 8)  
**\$2 round trip**

**DETROIT**  
**Tigers**  
**\$73pp**

**Sunday, June 4 2017**  
Vs. Chicago White Sox

**INCLUDES:** Round Trip Motor Coach Transportation, Ticket to the game, Free Soft Drink, Chips & Hot Dog voucher. Water, Snacks and FUN on the Bus

DEPART Loose - 10:30 am APPROXIMATE RETURN ~7 pm  
Seats are located in the Lower Baseline Box, Section 113, Rows 22-26, Seats, 15-24

### 2017 CLIO AMPHITHEATER CONCERTS

Purchase your tickets for \$6, upon arrival, at the gate  
Gate open at 6:00pm, shows start at 7:00pm  
**Catch a ride at Loose for \$5 (limited availability)**  
Leave Loose at 5:30 pm

- Tues., July 11 Bob Seger Tribute
- Tues., July 18 Persuasion - Motown Revue
- Tues., July 25 SHOUT! Beatles Tribute
- Tues., Aug 1 Magic Bus - Tribute to Woodstock Era
- Tues., Aug 8 The Rock Show - a Tribute to the 80's



### 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.

May 19, 2017—*Len Thomas - Street of Dreams*

Len is a wonderful speaker who has been a good friend to Fridays at Applewood. He has spoken to our seniors many times over the years, and always does a superb job. This time his topic will be the history of East Kearsley Street. Kearsley Street is one of the most famous streets in Flint. He will discuss the history of many of the houses and talk about the famous people who have lived in these homes.

**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.*

### Holland & Saugatuck



**2 days / 1 night**  
**June 20—21, \$340 pp double**

#### Includes...

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

### Huron Lady II

**\$79 per person**  
 Tuesday, August 29  
 Depart: 8:45am, Return: 6:45 pm  
 Tour Includes Transportation, Round trip, Lunch at the Voyageur choice of Baked Chicken or Baked Cod, Huron Lady II Cruise from Port Huron, A stop at Sweet Tooth of Marine City (\$2 gift cert included)



### Mackinac BRIDGE WALK *(walking optional)*

**Sunday, Sept. 3-4, 2017, \$244pp/double occupancy**  
 Departs: Pick up at Kmart, Silver Pkwy  
**Tour Round Trip Motorcoach Transportation:**



**PLUS:** 1 night stay at Holiday Inn Express in Sault Ste. Marie, MI, one breakfast and one lunch at the Sault Ste. Marie Country Club. Featuring: Shopping time downtown Mackinaw, Mackinaw Bridge Walk, Soo Locks Viewing Platform



### Murder Mystery Train

**June 27, 8:45am-5pm, \$101**

**Includes Motor coach Transportation PLUS:** Old Road Murder Mystery Train, Lunch & Entertainment. Each railcar will have members selected to participate in each show, you may even be selected as the victim. Come out and have FUN!



### 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".



### AUSABLE RIVER QUEEN

**Tuesday, July 18, 8:45 am-8:30 pm, \$100**

**Includes...** Round Trip Motorcoach Transportation, Shopping in Pinconning at Wilson's Cheese Shoppe,



Lunch overlooking Tawas Bay and a 2 hour cruise on the Ausable River aboard the River Queen double-decker authentic paddle wheel.

### PUT-IN-BAY August 16, 2017, \$142

**DEPARTS 6:15 AM RETURN 8:15 PM INCLUDES**  
 TRANSPORTATION, ISLAND TOUR, PERRY INTERNATIONAL PEACE MEMORIAL, LUNCH AT MOSSBAK'S ISLAND BAR & GRILL, HEINEMAN WINERY, BUTTERFLY HOUSE & FREE TIME.

### America's National Parks

**August 6-13, 2017 • 8 Days • 16 Meals, \$2,999pp double (if purchased by June 1)**

**Highlights:** Round Trip Ai, 1st Class touring Coach, 1 night in Calgary, Alberta, 2 nights in Waterton Lake, Alberta, 2 nights in West Yellowstone, WY, 1 night in Jackson Hole, WY, 1 night in Salt Lake City, UT, Head-Smashed-in-Buffalo Jump, Wateryon Lakes Boat Cruise, Going-to-the-Sun Scenic Drive, Glacier National Park Jammer Tour, Sightseeing Tour of Yellowstone National Park, Jackson Hole, Luggage Handling Baggage Fee, Tax & tips on included meals.

### Tropical Costa Rica

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

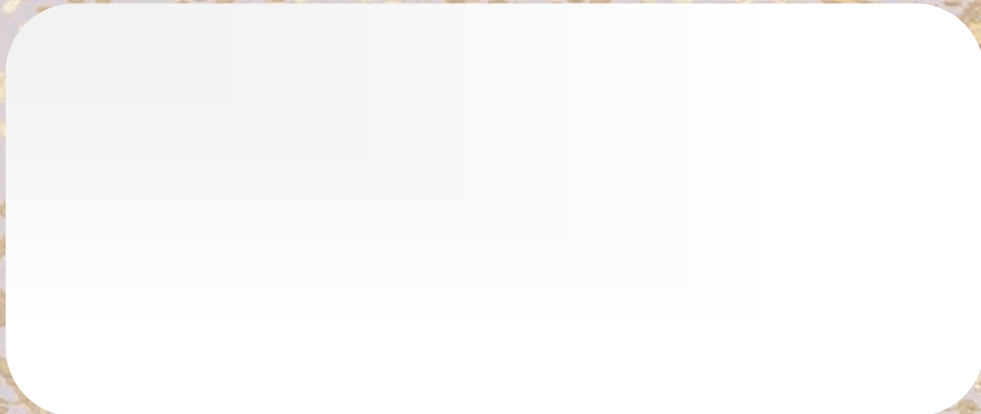
**Highlights:** San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre

**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.*



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

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



# Classic & Muscle **Car** Show

**Friday, June 16, 2017, 11am-2pm**

*FREE entry for participants & spectators!  
RIGHT HERE @ LOOSE - 707 North Bridge Street, Linden*

**Free**

*Thank you  
Wellbridge of Fenton*

**H**ot Dogs

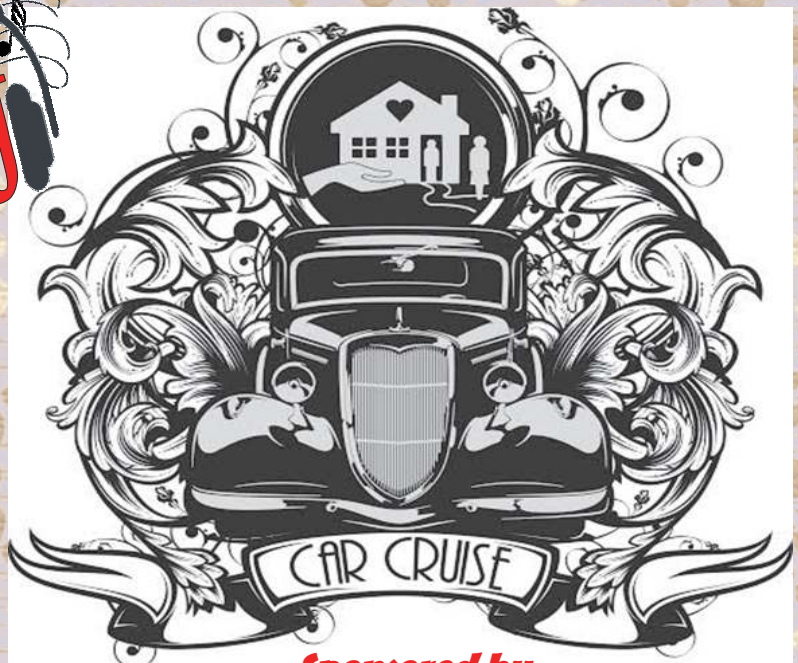
**Free**

**F**loats *root beer*

**Free**

**E**nter

*Classic Car check in begins at 10:30 am*



*Sponsored by*

**Comfort Keepers®**

HOME CARE SPECIALISTS

For more information contact Comfort Keepers: [Events@CKofGenesee.com](mailto:Events@CKofGenesee.com) or 888.917.3894