

AUGUST 2017

LOOSE



*"The best way
to lose yourself
is in the service of others."*

~ Gandhi

From the Director

Dear Friends,

We spend the majority of our lives trying to find out who we are and what can be. We start at an early age developing an identity. As a preschooler I was always curious about new things. We did not have cell phones, cable, internet and in some cases TV. I was constantly following my parents around asking questions and trying new things. My favorites were cooking with my mom or working in my dad's workshop. I also enjoyed learning new games and doing art projects. There was also an independent streak in me that led to my downfall. I was always pushing the limits and spent a lot of time in my room. My parents always knew how to mold and control my personality.

As a student I found school to be an unlimited source of education and fun. I had my favorite subjects and teachers. And yes I had subjects and teachers I disliked. Elementary school opened the doors to the unknown and gave me the basics for my future. High school set the building blocks of understanding what the real world was about and what part I would play in it. By the time I got to college I was ready to define my potential and abilities. This educational experience would not have been possible without my dedicated teachers and professors who saw who I could be and brought out the best in me.

Then throughout my life I established my social skills interacting with individuals who shared my interest and passions like sports, music, religion and art. Then you ask, how was all of this possible. My life took so many twists and turns that included so many people. I am a father, husband, manager, a coach, township supervisor, 911 chairman, grandfather and now a director of a Senior Center.

I have been blessed with so many people who took the time to make me who I am today. I put my faith in their hands as teachers and leaders to guide me in the skills necessary to be successful in my life's choices. Parents, relatives, teachers, friends, coworkers, people you meet hold the secrets to life. They are always there to help you along the way.

It holds true today. We must be those people to help those who reach out to us to find themselves in this complex world. We must pay it forward to show them the way. The next time you have a chance reach out and share, be the one that makes a difference.

"The best way to find yourself is to lose yourself in the services of others." Gandhi

All is well!

Carl Gabrielson

Executive Director



A Sneak Peek

The Murder Mystery Co.

MIDNIGHT AT THE MASQUERADE

JOIN US FOR A NIGHT OF
MYSTERY, MAYHEM, AND MURDER!

DATE: 10/24/2017 TIME: 5 pm

LOCATION: *LOOSE*

**ADDRESS: 707 N. Bridge St.
Linden, MI 48451**

COST: \$25 PP
Includes Dinner & MURDER

Phone: (810)735-9406
RSVP: Email: LSCC@loosecenter.org
Website: www.loosecenter.org

All proceeds from this FUNDRAISER will go to support Loose.

Tickets are now available for our next
EXCITING FUNDRAISING event
scheduled for October 24.

Monday, September 18, 11 am

LOOSE

Travel Show

707 N. Bridge Street
Linden, MI 48451
810 735-9406

Join Ed McKenna from Collette Travel, who will be sharing wonderful information about three bucket list trips. Come, enjoy, ask questions, have a snack, put your name in for a special prize.



Albuquerque NM Balloon Show
October 4-9, 2018



SOUTH PACIFIC
10/23- 11/6, 2018



POLAND, MAY 10-21, 2018

August HAPPENINGS



Tuesday, 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.

TAKE OUTS AVAILABLE

Take outs will be available from 4:30-5 pm.
Please be sure to call in and RSVP.

UNDERSTANDING MEDICARE CHOICES

Original Medicare, Medicare Advantage, & Medicare Supplement

Monday, August 7, 12 noon

If you are confused about the differences between Original Medicare, Medicare Advantage plans, and Medicare Supplement (Medigap) plans, you are not alone. Join us for an informative presentation by our MMAP counselors, Ann Walker and Dolores Coulter, for answers to your questions about Medicare plan choices.

LEARN ABOUT ALL MEDICARE PLANS

Wednesday, August 9, 10:30 am

Which plan is best for you. This open forum, led by Jeremy Harrison from 818 inc, located in Hartland will be highlighting topics such as



- Medigap vs Advantage - Which is Better
- Avoiding the most common mistakes when choosing a plan
- How to know which Insurance Carrier to choose
- How to know if your doctor will take your Plan

This is a great follow up to the Understanding Medicare Choices presented on Monday, August 7 by our own MMAP Representatives. Go to both, ask questions and arm yourself with good information.

BREAKING THE RETURN OF THE HOSPITAL CYCLE

Tuesday, August 15, 2 pm

Join a long list of professional experts and gain solid insight in what it means to minimize the risk of re-hospitalization through maintaining an active social life, maintaining an active physical presence, the importance of nutrition, the roll of your Primary Care Physician's roll and much more. Whether you have been in the hospital or not, this information is important and beneficial to all who are working to stay healthy. Sponsored by Caretel Inns of Linden. Refreshments will be served. Please call Loose to register for this event.



CREATING CONFIDENT CAREGIVERS

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

Wednesdays, August 9-September 13, 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.*

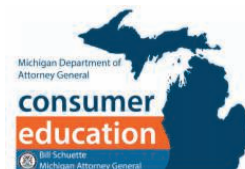


For further information or to register for the class contact:
The Alzheimer's Association Helpline (800) 272-3900

HOME REPAIR AND IMPROVEMENT

Wednesday, August 16, 10:30 am

We welcome presenter Stephanie Anthony from the Michigan Attorney Generals Office of Consumer Education. Stephanie will walk us through learning the telltale signs of home repair scams, unscrupulous contractors, and how to navigate the home improvement process. She is an EXCELLENT presenter and you don't want to miss out on this important information.



WELL BEING IS A STATE OF MIND

Wednesday, August 23, 10:30 am

Wellness is made up of many FACES and they all contribute to our Well Being. We are excited to welcome Jennifer Lynch, Certified Health Coach from Genesys Health Club as she helps us discover practical techniques to promote healthy, sustainable changes in life. We can take control and when we do, Being Happier Leads to Better Life. Let's start today. Call and sign up!



GENESYS ATHLETIC CLUB



Thursday, August 10, 12 noon

Our friends at Visiting Angels will be hosting an Ice Cream Social. Stop by and enjoy an ice cream treat.



Nutrition & More

POTLUCK

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.



Tuesday, July 11, 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!



Pen Pal Pizza Party

Tuesday, August 22, 5:30 pm

Intergenerational Pen Pal participants meet face-to-face for the first time after corresponding all summer. Closer to the date, a reminder will be sent, please RSVP and remind your Pen Pal to respond.

"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."



August

LUNCH @ LOOSE (Thursdays)

Volunteers & Staff prepare lunch & serve @ 11:30 am

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!

- August 3 Soft Tacos and all the fixins, \$4
- August 10 Bacon, Lettuce & Tomato Sandwiches, \$4
- August 17 Sloppy Joes, Corn on the Cob, \$4
- August 24 Baked Potato Bar with all the fixins, \$4
- August 31 Coney Day, Flint & Detroit or dry & runny, \$3

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

Thank you  for the dessert donation each 3rd Thursday of the month.



LINDEN BACK TO THE BRICKS

Wednesday, August 9, 4pm-8pm

Downtown Linden

Farmers Market 4pm- 8pm

Concert in the Park 6:30pm to 8pm, music by Billy Mack and the Juke Joint Johnnies

FENTON BACK TO THE BRICKS

Thursday, August 10, 4pm-8pm

Downtown Fenton

Farmers Market 5pm-8pm @ the Community Center

Concert in the Park 6:30 pm - 8 pm @

Fenton Millpond Park Gazebo, music by Billy Mack and the Juke Joint Johnnies



DID YOU KNOW? The current Loose membership stands at 5,925 and growing? Stay informed with all kinds of Loose happenings. Join us at the monthly Board meeting, every 2nd Thursday of the month at 8 am.

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
 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**
 (resumes 9/12)
 12 & 1 pm **Line Dance**
 (resumes 9/5)
 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** (resumes 9/6)
 12:00 am **Arthritis Swim (GAC)***
 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 **FIT⁴EVER**
 (resumes 9/14)
 11:45 am **Wii Bowling**
 (resumes 9/14)
 4:00 pm **Yoga (gentle flow)**

FRIDAY

9:30 am **Yoga (gentle flow)**
 10:30 am Healthy Aging Exercise
 11:00 am Pickleball
 12:00 am **Arthritis Swim (GAC)***

SATURDAY

9:00 am **Yoga** Resumes 9/9
 9:30 am **Zumba** resumes 9/9
 11:00 am **Arthritis Swim (GAC)***

SUNDAY

11:00 am **Arthritis Swim (GAC)***
 2:00 pm Pickleball (resumes 9/10)

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.

HEALTHY AGING EXERCISE Friday, 10:30 AM, FREE ^{new}

Maintain good health with movement & strengthening that will enhance balance & increase your tolerance for a healthy active lifestyle. This program will be led by a Physical & Occupational Therapist from Caretel Inns. Do not miss this chance to add movement to your life. **BEGINS IN AUGUST**

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. **Resumes in Sept.**

BEGINNING TAI CHI Check back in September

\$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 - resumes in September

\$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.

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! **Resumes in September**

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 Sept 14. If you are interested in Wii bowling, please contact the Loose Office.**

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

DONATE

Yarn donations are always welcome and used as a way of giving back.



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!

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.

WATERCOLOR CLASSES

Monday, August 28 & September 11, 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, October 12, 2-4 pm, \$5

PAPER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and QUILLING are all names which have been given to our art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt.

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.



CARD MAKING WITH CAROLINE

Monday, September 25, 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.

CHALK FURNITURE CLASS

Wednesday, September 20, 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 (the kit includes one jar of paint, extra paint can be purchased for \$15 per jar (some colors may be limited).



CLASSES, MUSICAL OPPORTUNITIES & MORE

TECHNOLOGY

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

PLEASE PREREGISTER FOR ALL CLASSES

UPCOMING CLASSES

IPAD 1

Wednesday, September 20 & 27, 4-6 pm, \$20,

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

IPAD 2

Wednesday, October 4 & 11, 4-6 pm, \$20,

For those who have completed iPad 1, take things a step further and begin to dive deeper, understanding settings and the importance of making them work for you. Learn iPad tricks and learn how to maximize this amazing piece of technology to fit you and your needs.

WINDOWS 10

Wednesday, October 18 & 25, 4-6 pm, \$20

Windows 10: It seems that the Windows folks have listened and are working on cleaning up their operating system. If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

SMARTPHONE PHOTOS

Wed., Nov. 1, 4-6 pm, \$15

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.

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.



Friday, August 25, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

BOARD & CARD GAMES

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

HAND & FOOT Wednesday, 6:30p

POOL Wednesday - Friday, 1p-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, 1p & Friday, 11a

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



LOOSE CHORUS

**RESUMES REGULAR PRACTICE
MONDAY, SEPTEMBER 11 @ 3 PM.**

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!

August 2017

OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

EMAIL

lscce@loosecenter.org

WEBSITE

www.loosecenter.org

PHONE

810.735.9406

FAX

810.735.4255

MONDAY

Thursday

Lunch @

LOOSE



TUESDAY

9:00 Massage
9:30 Zumba Gold
10:00 Loose Threads
10:30 NO FIT4EVER
11:00 Health Check
11:30 Lunch *Chicken*
12:00 NO Line Dance
12:30 Euchre
1:00 Chicago Bridge
2:15 Matter of Balance
3:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga
5:00 **National Night Out**
FREE EVENT
Hyatt Elementary
5:30 Clio Concert

WEDNESDAY

8:00 Bridge
9:00 Biking Bunch
9:00 Manicures
9:30 Yoga
10:00 Consumer Fraud
10:00 1-On-1 Financial
11:15 Art à la Carte
11:30 Lunch *Turkey Burger*
12:00 Wood Carving
12:00 NO Chair Chi
12:30 Pinochle/Dominos/Chess
1:00 Volunteer Recognition
6:15 Pickleball
6:30 Hand & Foot

THURSDAY

MMAP Counselor
9:30 Chair Yoga
10:00 NO AMVET Counselor
10:15 Zumba Gold
10:30 NO FIT4EVER
11:30 **LUNCH @ LOOSE**
Soft Taco, \$4
12:30 Euchre
2:00 Beginning Quilling
4:00 Yoga
6:00 Grief Support

FRIDAY

NO MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
10:30 Healthy Exercise
11:00 Chicago Bridge
11:00 Pickleball
11:30 Spanish Rice
1:00 Lapghans

SATURDAY/SUNDAY

Loose is
CLOSED
WEEKENDS
in August

Sunday, August 6
America's
National Parks

7

8:00 Bridge
9:30 Zumba & Total Fit
10:00 FireKeepers Casino
10:00 Painting
10:15 Sleep Mat Production
11:30 **LUNCH Pub Burger**
12:00 Medicare Choices
12:30 Pinochle
1:00 NO Listening Ear
1:00 Water Color Class
2:00 Arthritis Exercise
4:00 Yoga
5:00 Zumba & Total Fit
6:00 TOPS Weigh-in
6:15 Pickleball

8

9:00 Massage
9:00 Veteran Services
9:30 Zumba Gold
9:30 Coffee Cops
10:00 Loose Threads
10:15 Farmers Market
10:30 NO FIT4EVER
11:30 Lunch *Turkey*
12:00 NO Line Dance
12:30 Euchre
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
4:30 Cookout
5:00 Yoga
5:30 Clio Concert

9

8:00 Bridge
9:00 Biking Bunch
9:00 Blood Pressure ✓
9:00 Manicures
9:30 Yoga
10:30 All Medicare Plans
11:15 Art à la Carte
11:30 Lunch *Chicken Tenders*
12:00 Wood Carving
12:00 NO Chair Chi
12:30 Pinochle/Dominos/Chess
1:00 Confident Caregivers
3:15 Coupon Club
4:00 Linden Back to Bricks
6:15 Pickleball
6:30 Hand & Foot

10

MMAP Counselor
8:00 Board Meeting
9:30 Chair Yoga
10:15 Zumba Gold
10:30 NO FIT4EVER
11:30 **LUNCH @ LOOSE**
BLT Sandwich, \$4
12:00 Ice Cream Social
12:30 Euchre
2:00 Creative Quilling
4:00 Yoga
4:00 Fenton Back to Bricks

11

NO MMAP Counselor
9:30 Yoga
10:00 Write Life Story
10:00 Yarn Recyclers
10:00 Board Games
10:30 Healthy Exercise
11:00 Chicago Bridge
11:00 Pickleball
11:30 Lunch *Philly Steak*
1:00 Lapghans
5:00 Potluck Night

12

Loose is
CLOSED
WEEKENDS
in August



WORKING HARD FOR YOU!
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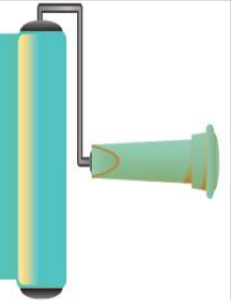
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<p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 CSFP</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch <i>Sloppy Joe</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch <i>Meatloaf</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:00 Break the Cycle</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:30 Clio Concert</p>	<p>6:15 Put-in-Bay</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask a Lawyer</p> <p>10:30 Home Repair</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Salisbury Steak</i></p> <p>12:00 NO Chair Chi</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 LUNCH @ LOOSE</p> <p>Sloppy Joes, \$4</p> <p>12:30 Euchre</p> <p>2:00 Beginning Quilling</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>MMAP Counselor</p> <p>9:00 Hearing Doctor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>BBQ Pork</i></p> <p>1:00 Lapghans</p>	<p>19</p> <p>Loose is CLOSED WEEKENDS in August</p>
<p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 LUNCH <i>Chicken Wings</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:15 Gen. Cty. Fair</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch <i>Pork Chop</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 NO Chair Yoga</p> <p>5:00 NO Yoga</p> <p>5:30 PEN PAL PARTY</p>	<p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Soaring Eagle</p> <p>10:30 Well Being State of Mind</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Chicken Philly</i></p> <p>12:00 NO Chair Chi</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Baked Potato Bar, \$4</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>4:00 Yoga</p>	<p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Mac & Cheese</i></p> <p>1:00 Lapghans</p> <p>5:00 Euchre Tournament</p>	<p>26</p> <p>Loose is CLOSED WEEKENDS in August</p>
<p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 LUNCH <i>Boneless Rib</i></p> <p>12:30 Pinochle</p> <p>12:30 NO Card Making</p> <p>1:00 Water Color Class</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Podiatrist</p> <p>8:45 Huron Lady</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 LUNCH <i>Meatball Sub</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Stuffed Cabbage</i></p> <p>12:00 NO Chair Chi</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Coney Day, \$3</p> <p>12:30 Euchre</p> <p>2:00 Beginning Quilling</p> <p>4:00 Yoga</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Mac & Cheese</i></p> <p>1:00 Lapghans</p> <p>5:00 Euchre Tournament</p>	<p>31</p> <p>Loose is CLOSED WEEKENDS in August</p>
<p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 LUNCH <i>Boneless Rib</i></p> <p>12:30 Pinochle</p> <p>12:30 NO Card Making</p> <p>1:00 Water Color Class</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Podiatrist</p> <p>8:45 Huron Lady</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 LUNCH <i>Meatball Sub</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Stuffed Cabbage</i></p> <p>12:00 NO Chair Chi</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Coney Day, \$3</p> <p>12:30 Euchre</p> <p>2:00 Beginning Quilling</p> <p>4:00 Yoga</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Mac & Cheese</i></p> <p>1:00 Lapghans</p> <p>5:00 Euchre Tournament</p>	<p>BOARD OF DIRECTORS</p> <p>Ken Wensel, <i>President</i></p> <p>Frank Lukowski, <i>VP</i></p> <p>Alberta Martin, <i>Secretary</i></p> <p>Vince Eible Jr., <i>Treasurer</i></p> <p>Ray Culbert</p> <p>Ann Deemer</p> <p>Roby Deese</p> <p>Richard Laing</p> <p>Charlie Ross</p> <p>Les Scott</p> <p>David Kincaid</p> <p>Pat Lockwood</p>
<p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 LUNCH <i>Boneless Rib</i></p> <p>12:30 Pinochle</p> <p>12:30 NO Card Making</p> <p>1:00 Water Color Class</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Podiatrist</p> <p>8:45 Huron Lady</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 LUNCH <i>Meatball Sub</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Stuffed Cabbage</i></p> <p>12:00 NO Chair Chi</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Coney Day, \$3</p> <p>12:30 Euchre</p> <p>2:00 Beginning Quilling</p> <p>4:00 Yoga</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Mac & Cheese</i></p> <p>1:00 Lapghans</p> <p>5:00 Euchre Tournament</p>	<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Cheryl Rex, <i>Clerk</i></p> <p>Brittany Hancock <i>Administrative Assistant</i></p> <p>Kathy Metivier Dotti Tynes <i>Receptionist</i></p> <p>Randy & Deb Green <i>Maintenance</i></p>

HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, July 5, 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.




Plant & Seed Swap
Tuesday, September 19, 10 - 11 am

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



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UNDERSTANDING DIABETES

Tuesday, September 19, 2:30

Join Tara Rood, RD from Genesys, as she touches on the topic of Diabetes. Tara will include four important topics including, Monitoring, Nutrition, Medications, and Exercise. She will also touch on the importance of formal education and taking care of those with diabetes.



NURSE chat

Tuesday, September 5, 11 am

VISION CHALLENGES AS WE AGE

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 Vision Challenges.

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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, August 29, (by appointment)

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, **copays or deductibles may apply.** Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

FREE HEARING CLINIC

3rd Friday of each month, 10 am (by appointment)

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

MANICURES

Wednesday, by appointment, beginning at 10 am, \$10, MANICURE WILL INCLUDE:

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

DO YOU NEED A RIDE TO LOOSE? Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE.

BLOOD PRESSURE CHECK

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

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

Sponsored by Mid-Michigan Home Health & Hospice

2nd Monday of each month, 9 am

Sponsored by WellBridge of Fenton

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

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

Sponsored by Fenton HealthCare Center



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday

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

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

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

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.



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.



GENESSEE 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



5 pm - 8 pm
Hyatt
Elementary

August 1, 2017
Honoring our men & women who dedicate their lives to public safety.

Argentine Township
City of Fenton
FENTON TOWNSHIP
CITY OF LINDEN

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.

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.

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.

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."



Do you have email? If so, please consider stopping by and update your files or send us an email at LSCC@loosecenter.org

TRIPS

TRIPS @ A GLANCE

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 10	Meadow Brook Theater	\$96
September 14	Tigers vs Chicago White Sox	\$70
Sept. 18, 11 am	TRAVEL SHOW Balloon Show & South Pacific	
September 26	FireKeepers Casino	\$32
October 4	Genesee Belle Lunch Cruise	\$23
October 17-18	Little River Casino	\$130
October 25	Caesar Windsor	\$22
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
November 29	FireKeepers Casino	\$34
December 2-3	Chicago Style Christmas	\$334
December 18	Caesar Windsor	\$22
Feb. 3-9, 2018	Iceland (price if booked before 8/14)	\$3,299
Oct. 4-9, 2018	Albuquerque Balloon Fiesta	\$2,679
10/23 -11/6/18	South Pacific Wonders (early discount)	\$6,899

Detailed flyers are available at the Loose Center.

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

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., Aug 1	Magic Bus – Tribute to Woodstock Era
Tues., Aug 8	The Rock Show – a Tribute to the 80's
Tues., Aug 15	Boogie Dynamite Disco Tribute

Flint Farmer's Market



Caretel
Inns of Linden

Tuesday
Aug. 8, 2017

MARKET SEASON

Leave 10:15 am

Return 1 pm (limit 8)

\$2 round trip

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

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 September 12 & October 10.*

2017/18 Whiting Opportunities

All prices include transportation, if you choose to NOT use transportation; \$5 will be deducted from the final cost
Van leaves Loose one hour prior to SHOW TIME

FLIP FABRIQUE CATCH ME

Tue., Sept. 26 @ 7:30pm, \$26

ILUMINATE Sat., Sept. 30 @ 8pm, \$31

KINKY BOOTS Thur., Oct. 19 @ 7:30pm, \$59

MOTOWN THE MUSICAL Fri., Nov. 3 @ 8pm, \$59

THE WIZARD OF OZ Fri., Nov. 24 @ 7:30pm, \$59

RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL

Sat., Dec. 9 @ 7pm, \$41

THE SECOND CITY COMEDY Fri., Feb. 23 @ 8pm, \$41

OPUS CACTUS Fri., Mar. 9 @ 8pm, \$46

RAIN: A TRIBUTE TO THE BEATLES

Sun., Mar. 11 @ 3pm, \$59

CABARET Thur., Mar. 22 @ 8pm, \$59

MIKE SUPER Fri., Apr. 13 @ 8pm, \$36

TUESDAY, AUGUST 22

\$4.50 (for those requesting transportation)

Depart Loose, 8:15 am, Return, 3 pm

Located at 6130 E. Mt. Morris Rd.

With the sound of bleating animals, the announcer welcoming guests, and the smell of cotton candy and pizza in the air, the county fair will hold different memories for each fair-goer. Join us for this traditional fun filled day. Some of the reasons you may want to attend are listed below.

- Admission is FREE
- FREE Coffee and Donuts (while supplies last)
- Visit with Vendors from Genesee County Senior Services
- FREE Entertainment
- FREE Wagon Rides every half hour
- Fun Demonstrations
- AND MORE!
- Parking FREE to Seniors with Parking Pass (available @ Loose)

Visit Loose online @ www.loosecenter.org

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)

Sept. 20 La Belle Epoque (1890-1914)

Sept. 27 Elbert Hubbard: Rebel of the Arts & Crafts Movement

October 4 In a Brilliant Light: Van Gogh in Arles

AND MORE TRIPS

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

Thursday, September 14, 2017

Vs. Chicago White Sox

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

DETROIT
Tigers
vs
White Sox
\$70pp

DEPART Loose - 10:30 am
APPROXIMATE RETURN ~ 7 pm

Seats are located in the
Lower Baseline Box,
Section 112, Rows 23-27,
Seats, 10-21

To secure your spot, please
purchase your tickets by August 14.

GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 4, 2017

\$18.50 includes, cruise & lunch (no transportation)

\$23 includes transportation, cruise & lunch

(be sure you indicate your menu choice at the time you register) The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is 9/20/17.



The Genesee Belle Paddlewheel Riverboat is a replica of the riverboats that traveled down the mighty Mississippi River during the era of Mark Twain. This fall lunch cruise is a wonderful opportunity to enjoy the beautiful setting, scenery and a relaxing time away.



October 17-18, 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.

JOIN LOOSE

Soaring Eagle Casino Monday, November 6, 2017

Wayne Newton
\$34

INCLUDES

Show Ticket

\$10 on Players Card

\$5 Food Voucher

PLUS, earn 100 points

on your visit and receive a bonus \$10 in premium play and Round Trip Motor Coach Transportation

Sunday, September 10, \$96 PP

Departs Kmart @ 9:15a, Returns 6:45p

Includes: Round Trip Motorcoach Transportation, Loccino Italian Grill Lunch, Meadow Brook Theater, 2 pm Show



An exciting new musical set in a New York City nightclub when places like the Copacabana, The Latin Quarter and El Morocco were filled with socialites and glamorous showgirls. It's the early 1960s and Johnny, the owner of Johnny Manhattan's has invited his closest friends to a private party for a surprise announcement. Unexpected surprises abound as relationships clash and secrets are revealed. Don't miss this preview at Meadow Brook for the first time prior to opening on Broadway! World Premiere.



NIAGARA FALL Festival of Lights, \$279 PP Double November 19-20, 2017

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

Chicago Style Christmas Shopping

December 2-3, 2017, 2 days/1 night \$334 PP Double

THIS TOUR INCLUDED: Round trip Transportation

1 night as the Double Tree by

Hilton in downtown Chicago

1 Lunch & 1 Dinner

FEATURING

- ◆ Magnificent Mile
- ◆ Food Life
- ◆ Water Town Place
- ◆ Museum of Science & Industry
- ◆ Gratuities for the above



Iceland's Magical Northern Lights

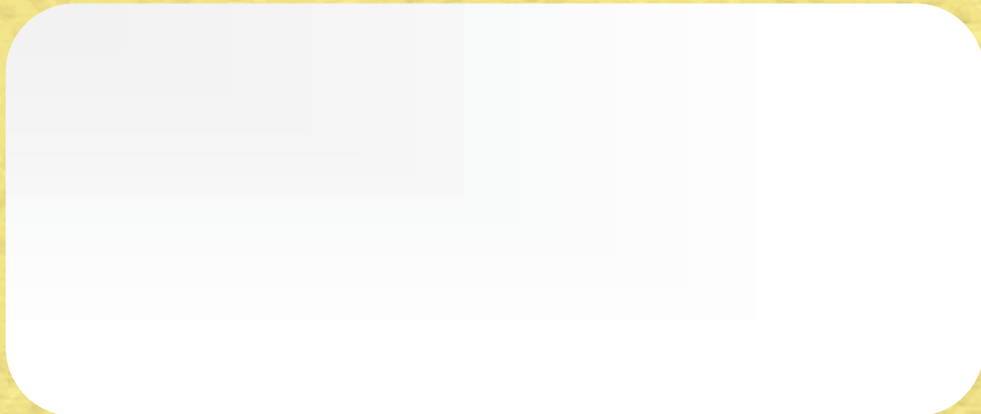
February 3-8, 2018 • 7Days • 10 Meals,
\$3,299pp double (if purchased by 8/4/2017)

Highlights: Reykjavik, Northern Lights Cruise, Golden circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Center, Skogar Museum, Skogafoss Jokulsarlon Glacial Lagoon, Skafafell National Park, Vatnajokull Glacier, Blue Lagoon

Experience It! The Northern Lights.

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

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



Saturday
September 16, 2017
5 PM, \$13 per person



Menu includes:
PULLED PORK,
BAKED BEANS,
SALADS, ROLLS,
MAC & CHEESE,
DESSERT & DRINKS
ENTERTAINMENT & MORE
Invite your family and Friends.

LOOSE

Community
**Care
Fair**

known in the past as the HEALTH FAIR

Friday
September 29, 2017
9 AM - 12 NOON

LOOSE
707 N. Bridge St.
Linden MI 48451

FREE ACTIVITIES
WILL INCLUDE:

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

Join us for a
**CHICKEN SALAD
LUNCH**
11 am - 12 noon, \$5
*Includes: sandwich, chips,
dessert & drink*
Tickets available
@ Loose Reception Desk

For more information
about this event, Call
(810) 735-9406
visit: www.loosecenter.org

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YOUR TAX DOLLARS ARE AT WORK.