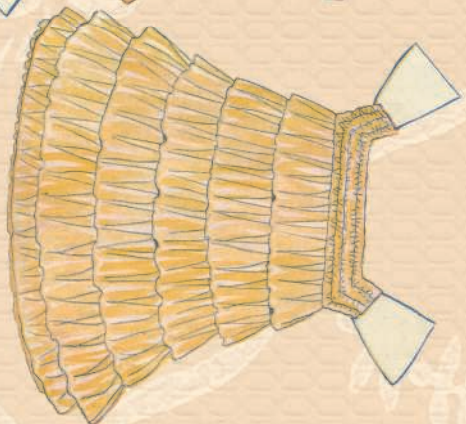
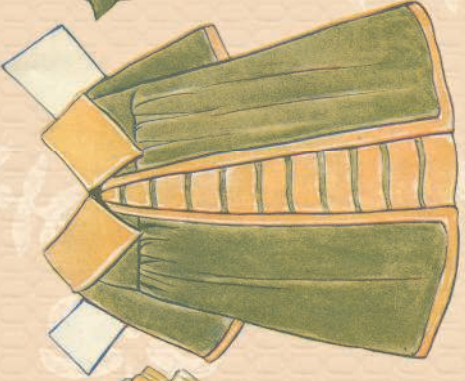


Dolly Dingle's Little Friend Gracie Harriman and Fluffles, 1924

NOVEMBER 2017 the perfect place for 50+

# LOOSE



"Gratitude is the fairest blossom  
which springs from the soul."  
- Henry Ward Beecher

## From the Director

Dear Friends,

"Gratitude" is defined as the quality of being thankful, readiness to show appreciation for and return kindness. This is a word that we should come to fully understand the blessings it represents. As we go through our lives we are gifted with people around us who care and are very giving. In our youth it comes from family. They love us in so many ways. We enjoy our home, mom's cooking, dad's advice and guidance (and at times a strong hand.) We have relatives to share fun times.

In our development through time we continue to make new friends and remember the ones who came before them. We start a new cycle by starting our own family with children to love and grandchildren to follow. So you see the never ending story never ends. Our life will always be filled with work, activities, travel, groups, love and memories.

So let's take time to realize how we arrived at where we are today. We are like a flower that comes from the ground. To grow it needs water, good soil, sunlight and love. We are a lot like that flower. We must take time to be thankful for all of the people in our lives that helped us to develop and grow. All of the wonderful things that made us who we are came from someone who loved us and cared. We should set time aside to reflect.

Gratitude is a way to show our thanks. We should let the ones who care for us know how much we appreciate them. In return we have the opportunity to give back. We can realize the need for love around us. We can reach out and give the care and understanding afforded us. We can be that special person who made a difference in our life. We can be a person who cares to help someone else.

So, take time to let people know how thankful you are that they are in your lives. Show appreciation for their kindness and the love they have given you. Go out and find someone who needs your help and return the kindness you have in your soul.

"Gratitude is the fairest blossom which springs from your soul." Henry Ward Becher

All is well.

*Carl Gabrielson*

Loose Executive Director

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



## MOVIE NIGHT

Tuesday, November 7  
7 pm

## MOVIE DAY

*No Movie Day in November*

Aisholpan, a 13-year-old girl, trains to become the first female in 12 generations of her Kazakh family to become an eagle hunter and rises to the pinnacle of a tradition that has been handed down from father to son for centuries. While there are many old Kazakh eagle hunters who vehemently reject the idea of any female taking part in their ancient tradition, Aisholpan's father, Nurgaiv, believes that a girl can do anything a boy can, as long as she's determined.

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.*

## "How Healthy Is YOUR Mouth?"

Monday, November 6, 2 pm

We are happy to welcome the Dental Hygiene Students from Mott Community College to Loose to share important information on the topic of a healthy mouth. Please support these students as they work to reach out and to fulfill the required parts of their education. **Sign up today.**



### Presentation Topics:

**Periodontal Diseases** - Gingivitis

**Dental Caries** - Commonly known as tooth decay

**Oral Pathology** - Proper teeth brushing, flossing, denture care, fluoride importance

**Oral Biofilm Control** - Dental plaque

**Community Resources**

**FREE samples will be provided.**



The tree will be up by 11/15 ready to be decorated with mittens, hats, scarves, gloves and socks. All items will be gathered and donated to those in need. **All donations are appreciated!** The tree is located in the Caretel Lounge and we will be collecting until 12/8.

**THANK YOU!**

# November Happenings



## LINDEN HS DINNER

Tuesday, Nov. 14, 5 pm - FREE  
A generous gift from the Linden High School Student Council to

Loose Members, this meal is a full-fledged Turkey Dinner with all the trimmings. A tradition for many years, the students treat us like royalty.

**PLEASE NOTE:** You must be a Loose Member, and have a ticket to attend this event. Tickets are available at Loose. Tickets are limited to two per person and are distributed on a first come first served basis. If at some point you find you will not be able to attend this event, please call or return your ticket to Loose. We do take a waiting list.

## Ladies Night Out @ CROSSROAD VILLAGE



Mon., Nov. 13, \$10  
(includes transportation/ space limited)

Leave Loose at 3:30 pm

Leave the Village at 8:30 pm

Grab your favorite shopping buddies and start the holiday

season together in the festive quaint glow of Crossroads Village. Ladies Night Out is a special one night only event you're sure to love – and not soon to forget. Enjoy shopping, crafts, demonstrations, holiday lights, vintage rides and more for just \$5 per person. Annual pass holders can get in for free.

We're teaming up with Flint Handmade to bring quality vendors selling one-of-a-kind items to jump-start your holiday shopping right. Includes Food and Dining, Make it and Take it, Demos and more.

Use your ticket that night to receive \$5 off a purchase of \$25 or more in any Crossroads Village gift shop.

**Loose will be collecting \$5 for transportation.  
You will purchase your \$5 village ticket upon arrival.**



**B**eginning November 1, stop by Loose and check the Christmas Card Sale. Christmas Cards and other goodies, will be at rock bottom prices. We have a HUGE variety, so there will be something for you.  
**STOP BY, TAKE A LOOK AND STOCK UP.**

## NURSE chat

Monday, November 6, 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.

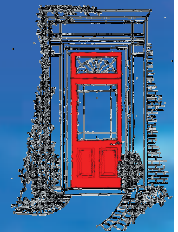
THANK YOU  
FOR YOUR  
SERVICE

## CELEBRATING Veterans

Please join us, at Loose, for **BREAKFAST**  
Wednesday, November 8

anytime between 9 - 11 am

Stop by the Loose office by 4 pm on 11/6 with proof of service and receive your tickets (2/person). Thank you **CARETEL** for providing this meal for those we honor on this special day.



**W**e look forward to the return of musicians Larry Newman and Grover Tigue who will be playing at the Veteran's Breakfast.



## HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Wed., November 8, 2 pm, Hall B

Stacey Brancheau, CFP, CTFA Attorney



at Law will guide the participants in a step-by-step process in completing this very important document and each will leave with a complete legal copy, signed by a witness and notarized. This is such an important part of healthy planning, don't put it off, call Loose and sign up today.

## GENESYS Health Series



### CARDIAC HEALTH

Tuesday, November 14, 2:30

Presenter-*Dr. Stephen Brooks, board certified cardiologist*

**A** healthy heart is a happy heart. Sometimes heart problems are silent and can go undetected. Knowing the signature ingredients to keeping our hearts healthy and the most telling warning signs is essential. We will discuss blood pressure management, signs and symptoms of heart failure and atrial fibrillation. Come to this class with a willing heart and get the answers you have been looking for regarding heart health.

# 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 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.

## Congregate lunch at Loose

**Monday, Tuesday, Wednesday & Friday, 11:30 am, Annex**

**REQUESTED donation for those 60 and over: \$2**

Ages 59 and under or those living outside Genesee Co.: \$3.50  
**GCCARD provides daily congregare 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, Nov14, 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!



## November

### LUNCH @ LOOSE (Thursdays)

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

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

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

November 2 Pulled Pork Sandwich, Salad,\$4  
 November 9 Hot Beef Sandwich's, Potatoes, Veggie, \$4  
 November 16 Baked Potato Bar, \$4  
 November 23 **HAPPY THANKSGIVING**  
 November 30 Coney Day, *Flint & Detroit*, \$3

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

**WATCH FOR INFORMATION ON  
 SOUP DAY (Tuesdays) BEGINNING IN 2018**

## Tuesday, December 12, 12 noon, \$21

@ Spring Meadows Country Club  
 1129 Ripley Road, Linden

# Christmas LUNCH

Dinner includes your choice of  
**ASIAN GLASED CHICKEN THIGH**  
 served with rice & mixed vegetables or  
**PARMESAN CRUSTED WHITEFISH**  
 served with remoulade sauce w/red skin potato & vegetables.  
*Includes dinner salad, fresh bread & butter & dessert*

**ENTERTAINMENT by Fiddle & Strum**

*Please RSVP by December 1*

**W**hat a thrill it is to have Fiddle and Strum back with us again this year? Through combinations of stringed instruments and vocals, Fiddle and Strum brings Celtic, Light Classical, Country, Jazz and Original tunes to life. Each performance with Robin Danek on guitar and Lorrie Gunn on violin percolates with good times and fun.



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

## Loose Lunch & Chorus Concert

Thursday, December 21  
 11:30 am Loose Lunch - 12 noon (Concert), \$3

**Y**ou are invited to join us for a special Christmas Music Celebration of holiday songs, sing-a-longs and an afternoon of fun. Loose Lunch will be served in Hall B and we are calling it a "FANCY FESTIVE FINGERFOOD FEAST". Music will follow with a concert by the Loose Chorus.

\* Please sign up if you plan to join us for lunch.  
 All are welcome to stop in at noon and enjoy a time of singing and enjoying the festive Holiday season.

# Fancy Festive Fingerfood Feast

# 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.*

## 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.

## HEALTHY AGING EXERCISE Friday, 10:30 AM, **FREE<sup>new</sup>**

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.

## 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.

## BEGINNING TAI CHI Wed. 2:15pm or Thur. 1:15pm

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

Doctor recommended Approved by the Arthritis Foundation. Participants should see Improvement in 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.

## LINE DANCE Tuesday, Beginners 12 noon, Advanced, 1 pm

**\$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!

## DRUM CIRCLE - 2<sup>nd</sup> Saturday of each month at 11:30 am

Drumming promotes well-being for both mind and body. Drumming enhances socialization and interaction as well as fuels the creative spirit! Drumming has been proven to help with memory and thinking skills. It is a great way to express yourself in a non-verbal rhythmic manner. **FREE**

## PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

### MONDAY

- 9:30 am **Total Fit**
- 2:00 pm Arthritis Exercise resumes 1/2018
- 4:00 pm **Yoga (gentle flow)**
- 5:00 pm **Zumba/Total Fit**
- 6:15 pm Pickleball

### TUESDAY

- 9:30 am **Zumba Gold/Total Fit**
- 10:30 am **FIT<sup>4</sup>EVER**
- 12 & 1 pm **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**
- 2:15 pm** Beginning **TAI CHI**
- 6:15 pm Pickleball

### THURSDAY

- 9:30 am **Chair Yoga**
- 10:15 am **Zumba Gold/Total Fit**
- 10:30 am **FIT<sup>4</sup>EVER**
- 11:30 am **Wii Bowling**
- 12 noon **Drums Alive NEW**
- 1:15 pm** Beginning **TAI CHI**
- 4:00 pm **Yoga (gentle flow)**

### FRIDAY

- 9:30 am **Yoga (gentle flow)**
- 10:30 am **Healthy Aging Exercise**
- 11:00 am Pickleball

### SATURDAY

- 9:00 am **Yoga**
- 10:15 am **Zumba/Total Fit**
- 11:30 am **DRUM CIRCLE NEW**  
(2nd Sat. only) **FREE!**

### SUNDAY

- 2:00 pm Pickleball

## DRUMS ALIVE® The Goal of Drums Alive® is to "improve



lives, physically and psychologically, through a unique sensory motor drumming program involving drumsticks, an exercise ball and music." It is a whole body/ whole brain program; suitable for ALL ages and abilities. Equipment needs can be discussed with the program supervisor. **new**

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

## 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.

*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.*

## 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 January 11. If you are interested in Wii bowling, please contact the Loose Office.**

**GOLF AT SHIAWASEE SHORES** will resume in the spring.

**BIKING BUNCH** Will resume in the spring.

# Artsy & Crafty

## HAPPY STAMPERS

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

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

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

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

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

## WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

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

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

## 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, October 30 & November 6, 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.

Monday, November 27 & Dec. 4, 1 pm, \$15,



## CHRISTMAS THEME QUILTING CLASS

Thurs., November 2, 16 & 30

2-4 pm, \$15 per class (\$60 for series)

This special Christmas project class is for all levels, from beginners to advanced. Come and enjoy this time to share time and create a unique treasure. All materials are provided. Pre-registration is advised.



## CARD MAKING WITH CAROLINE

Monday, November 27, 12:30 pm, Sunroom, \$7 (class limited)

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

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

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

*Please donate CLEAN plastic SHOPPING bags ONLY.*

*"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."*



# CLASSES, MUSICAL OPPORTUNITIES & MORE



## LOOSE CHORUS

Mondays, 3 pm

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. *TALENTED & WELCOMING*

## TECHNOLOGY

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

**PLEASE PREREGISTER FOR ALL CLASSES**

### UPCOMING CLASSES

#### SMARTPHONE PHOTOS

Wednesday, November 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.

#### INTRODUCTION TO GOOGLE DOCS

Wednesday, January 10 & 17, 4-6 pm, \$20

Do you have a gmail account, unlock all it's Possibilities. Learn how to use the Google Drive, Calendar, Docs, Sheets & Slides.

#### INTERNET EXPLORER & CHROME BROWSER MAKING THE INTERNET WORK FOR YOU!

Wednesday, January 24, 4-6 pm, \$15 **JUST GOOGLE IT!**

Enjoy a better Internet experience with Internet Explorer and/or Chrome, the two most popular web browsers by learning to get the most from their features.

*Sometimes all we need is a little one-on-one time to help us get past a computer road block. Kelly is available for individual help by appointment. For an appointment, call Kelly at 810.964.6455.*

**LOOSE 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). Cards can be purchased at the Reception Desk, drop in fees are collected by the instructors. A deal and also a GREAT GIFT!



Friday, December 1, 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)*

CANASTA Friday, 1 p

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-1p

## 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.**

# November 2017

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

**EMAIL**  
lscce@loosecenter.org  
**WEBSITE**  
www.loosecenter.org

**PHONE**  
810.755.9406  
**FAX**  
810.755.4255

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/SUNDAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY	
<p><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 Dotti Tynes <i>Receptionist</i> Randy &amp; Deb Green <i>Maintenance</i></p>	<p><b>BOARD OF DIRECTORS</b> Ken Wensel, <i>President</i> Frank Lukowski, <i>VP</i> Ann Deemer, <i>Secretary</i> Vince Eible Jr., <i>Treasurer</i> Ray Culbert Roby Deese Richard Laing Charlie Ross Les Scott David Kincaid Pat Lockwood Alberta Martin, <i>Emeritus</i></p>	<p>8:00 Bridge 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 <i>Grilled Chicken</i> 12:00 Wood Carving 12:00 Chair Chi 12:30 Pinochle/Dominos/Chess 2:15 Beginning Tai Chi 4:00 Smartphone Class 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p>1 MIMAP Counselor 9:30 Chair Yoga 10:00 AMVET Counselor 10:00 Cards &amp; More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Wii Banquet <b>11:30 LUNCH @ LOOSE</b> <b>Pulled Pork, \$4</b> 12:00 Drums Alive© 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Quilling Xmas Project 4:00 Yoga 6:00 Grief Support</p>	<p>2 MIMAP Counselor 9:30 Chair Yoga 10:00 AMVET Counselor 10:00 Cards &amp; More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Wii Banquet <b>11:30 LUNCH @ LOOSE</b> <b>Pulled Pork, \$4</b> 12:00 Drums Alive© 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Quilling Xmas Project 4:00 Yoga 6:00 Grief Support</p>	<p>3 MIMAP 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 Lunch <i>Mac &amp; Cheese</i> 1:00 Canasta 1:00 Lapghans 7:00 Motown the Musical</p>	<p>4 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>  <p><b>Sunday, Nov. 5</b> 2:00 Pickleball</p>
<p>8:00 Bridge 9:30 Total Fit 10:00 Soaring Eagle 10:00 Painting 10:00 Sleep Mat Production 11:00 Nurse Chat "Vision" 11:30 <b>LUNCH Baked Ham</b> 12:30 Pinochle 1:00 Listening Ear 1:00 Water Color Class 2:00 Healthy Mouth 3:00 Loose Chorus 4:00 Yoga 5:00 Zumba &amp; Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>6 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 10:30 Blood Pressure ✓ 11:30 Lunch <i>Spaghetti</i> 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Movie Night</p>	<p>8 8:00 Bridge 9:00 Blood Pressure ✓ 9:00 Veterans Breakfast 9:00 Manicures 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch <i>Chicken Stir Fry</i> 12:00 Wood Carving 12:00 Chair Chi 12:30 Pinochle/Dominos/Chess 2:00 Signing Party 2:15 Beginning Tai Chi 3:15 Coupon Club 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p>8 MIMAP Counselor 8:00 Board Meeting 9:30 Chair Yoga 10:00 Cards &amp; More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER <b>11:30 LUNCH @ LOOSE</b> <b>Hot Beef Sand., \$4</b> 12:00 Drums Alive© 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Quilling 4:00 Yoga</p>	<p>9 MIMAP Counselor 8:00 Board Meeting 9:30 Chair Yoga 10:00 Cards &amp; More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER <b>11:30 LUNCH @ LOOSE</b> <b>Hot Beef Sand., \$4</b> 12:00 Drums Alive© 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Quilling 4:00 Yoga</p>	<p>10 <b>CLOSED</b></p> 	<p>11 9:00 Yoga 10:00 Euchre 10:15 Zumba 11:30 <b>DRUM CIRCLE</b></p> <p><b>Sunday, Nov. 12</b> 2:00 Pickleball</p>





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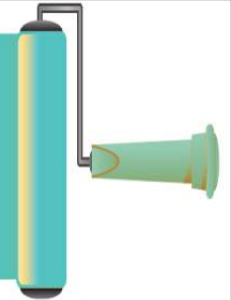
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<p>20</p> <p>8:00 Bridge</p> <p>9:30 Total Fit</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 LUNCH <i>Bean Soup</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>3:00 Loose Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; 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/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH <i>GCCARD</i></p> <p><i>Thanksgiving Dinner</i></p> <p>Sign up by 11/7</p> <p>12:00 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>21</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 LUNCH <i>Fried Chicken</i></p> <p>12:00 Wood Carving</p> <p>12:00 Chair Chi</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:15 Beginning Tai Chi</p> <p>6:15 NO Pickleball</p> <p>6:30 NO Hand &amp; Foot</p>	<p>22</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 LUNCH <i>Fried Chicken</i></p> <p>12:00 Wood Carving</p> <p>12:00 Chair Chi</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:15 Beginning Tai Chi</p> <p>6:15 NO Pickleball</p> <p>6:30 NO Hand &amp; Foot</p>	<p>23</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards &amp; More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 LUNCH @ LOOSE</p> <p>Baked Potato Bar, \$4</p> <p>Drums Alive©</p> <p>12:00 Euchre</p> <p>12:30 Beginning Tai Chi</p> <p>2:15 Quilling Xmas Project</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>24</p> <p>8:15 Lifelong Learning</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>Beef Stew</i></p> <p>1:00 Lapghans</p> <p>1:00 Canasta</p>	<p>25</p>  <p><b>Loose will be closed November 23-26</b></p>
<p>27</p> <p>8:00 Bridge</p> <p>9:30 Total Fit</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 LUNCH <i>Grilled Pork</i></p> <p>12:30 Card Making</p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>3:00 Loose Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH <i>Chili</i></p> <p>12:00 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 Chair Yoga</p> <p>5:00 Yoga</p>	<p>28</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 FireKeepers Casino</p> <p>11:15 Art à la Carte</p> <p>11:30 LUNCH <i>Turkey Cutlet</i></p> <p>12:00 Wood Carving</p> <p>12:00 Chair Chi</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:15 Beginning Tai Chi</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>29</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 FireKeepers Casino</p> <p>11:15 Art à la Carte</p> <p>11:30 LUNCH <i>Turkey Cutlet</i></p> <p>12:00 Wood Carving</p> <p>12:00 Chair Chi</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:15 Beginning Tai Chi</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>30</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards &amp; More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Coney Day, \$3</p> <p>Drums Alive©</p> <p>12:00 Euchre</p> <p>12:30 Beginning Tai Chi</p> <p>2:00 Quilling Xmas Project</p> <p>4:00 Yoga</p>	<p>30</p> <p>8:15 Lifelong Learning</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>Beef Stew</i></p> <p>1:00 Lapghans</p> <p>1:00 Canasta</p>	<p>30</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p><b>If you are a Loose member who would love to take it a step further and volunteer, come and talk to us. Together we will work to find the right fit for you.</b></p>

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Wednesday, November 1, 10:30 am

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

## ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

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

## WRITE YOUR LIFE STORY

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

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

## LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

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

## LISTENING EAR

Every 1st Monday, by appointment

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



**W**e are happy to share that we are actively recycling here at Loose. You will see BLUE containers with the universal recycle emblem around the building in a variety of locations. Please help us reduce our waste by placing your recyclable products in these containers. This would include, PLASTIC, GLASS, METAL, CARD BOARD (no food, no Styrofoam, etc). Don't forget we also collect paper in our bins located in the parking lot. Thank you for helping out! If you have questions, please check with staff.



## DO YOU HAVE THE BEST MEDICARE PLAN FOR YOU?

**Medicare Open Enrollment**, October 15 - December 7, allows people on Medicare to check their current health insurance plan against the new plans being offered for 2018. If you have a Medicare Advantage Plan or a Medicare Part D prescription drug plan, this is when you can choose a different, better plan, effective January 2018.

To help you decide, MMAP (Michigan Medicare/Medicaid Assistance Program) has a counselor at Loose on Thursdays and Fridays between October 15 - December 7. In addition, there will be multiple counselors available at three special Monday Open Enrollment Events: **November 13, and December 4.**

Call Loose to make an appointment, 810-735-9406. Bring your Medicare card and a list of your medications including the dose and how many times a day.

*If you are covered by a retiree insurance plan from your former employer, you usually need to check with your retiree plan to see what options are available.*

## SAVE THE DATE

## FLU SHOT (and more) CLINIC



Thursday, December 14, 9 am - 1 pm

**Who needs a flu vaccine?** Even healthy people can get the flu. Protect yourself and your loved ones.

## GET VACCINATED!

Flu Tdap, Shingles, and Pneumonia vaccinations will be available at this clinic. Un-insured and under-insured individuals are encouraged to participate. Most insurance plan accepted. Medicare Part B will cover Flu and Pneumonia vaccinations. If you have Medicare without Part D, are un-insured or under-insured, you may qualify for SHingles & Tdap at no cost.

## GENESYS Health Series

## FUNCTIONAL FITNESS

Wednesday, December 13, 10:30

Presenter-**Michelle Meinhart, Certified Personal Trainer**

**S**taying active and maintaining flexibility as we age takes effort, but doesn't have to be grueling. Certified Personal Trainers at Genesys Athletic Club are passionate about helping you recognize potential aids in everyday life to promote movement. Learn practical tips on how to improve flexibility and increase movement while continuing to do the things you love!



# HEALTH SERVICES & TRANSPORTATION

## 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 Roberts, CMT.

**Keep Calm & Book a Massage**

## PODIATRIST

**Tuesday, November 28, (by appointment)**

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

## 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.*

## 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.

## BLOOD PRESSURE CHECK

1<sup>st</sup> Tuesday of each month, 10:30 - 11:30am

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.*

**MEDICARE SAVINGS PROGRAM:** The State of MI pays your Part B premium, which is worth \$109-\$134 to you each month. To qualify there is an income and asset test. Income: less than \$1377/month for single or

**Do you qualify for one of these MONEY SAVING Medicare Benefits**

\$1,874 for a couple (gross before any deductions). Assets: less than \$7,390 for single or \$11,090 for a couple (in bank accounts, 401K, IRAs, etc.)

**EXTRA HELP FOR PRESCRIPTION DRUGS FROM SOCIAL SECURITY:** The Social Security Administration pays all or part of your Part D prescriptions drug plan premium, and lowers your copays and deductible. This benefit also eliminates the "donut hole" in Rx coverage. Income: less than \$1,528/month single or \$2,050/month for a couple. Assets: less than \$13,820 for single or \$27,600 for a couple.

**MICHIGAN MEDIGAP SUBSIDY:** If you have a medigap plan from BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$40/month if you are under 75, \$65/month if you are over 75. There is only an income requirement for this benefit. You can have any amount in assets. Income: less than \$26,730/year single or \$36,045/year for a couple...Assets: any amount is OK.

**MMAP** (Michigan Medicare/Medicaid Assistance Program) can help you apply for any of these benefits. Call Loose Senior Center, 810-735-9406 for an appointment with a MMAP counselor.

**Visit Loose online @ [www.loosecenter.org](http://www.loosecenter.org)**



The current Loose membership stands at 6,082 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.

# 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

### Drug Take Back UPDATE

Loose no longer accepts DRUG drop offs of any kind. The following local location has a drop off area.

**Fenton City Police Department**  
301 South Leroy, Fenton  
24 hour drop off

**Grand Blanc Township Police Department**  
5405 South Saginaw, Grand Blanc  
24 hour drop off

- These sights accept PILLS & PATCHES ONLY
- All pills must be removed from container & blister packs.
- No liquids, ointments, inhalers or needles




# MEMBER PRIVILEGES & FUNDRAISING

## **FREE BREAD**

Day old bread and other treats are picked up from VG's (per availability) and available on Monday, Tuesday and Wednesday after 10 am. This generous Loose privilege is on a first come first serve basis and distribution is on the honor system. We just ask, so all can enjoy, you limit your choices to two items. Thank you!

**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."*

# TRIPS

Complete trip flyers and travel policies may be picked up in the Loose Senior Center.

## TRIPS @ A GLANCE

November 6	Soaring Eagle & Wayne Newton Show	\$34
November 3	Motown the Musical	\$59
November 4-12	Costa Rica	\$2,649
November 13	Ladies Night Out	Price Varies
November 19-20	Niagara Falls Festival of Lights	\$279
November 24	Wizard of Oz	\$54
November 29	FireKeepers Casino	\$34
December 2-3	Chicago Style Christmas	\$334
December 9	Rudolph the Red Nosed Reindeer	\$41
December 17	Holiday Pops (w/transportation)	\$24
December 18	Caesar Windsor	\$22
January 17	Soaring Eagle	\$32
February 3-9,	Iceland	\$3,299
February 4	Honky Tonk Angels	\$75
February 12	FireKeepers Casino	\$32
February 19-27	The Deep South	\$1,799
February 22	Daniel O Donnell	\$125
February 23	Second City Comedy	\$41
March 3-9	Arizona, Sedona & Tucson	\$2,499
March 9	Opus Cactus	\$46
March 11	Rain: A Tribute To The Beatles	\$59
April 17-20	Lancaster PA	\$699
April 29—May 2	Springtime in the Smokies	\$730
May 6-13	Great Canadian Cities	\$1,999
May 10-21	Discovering Poland (before 11/10)	\$3,599
July 18-26	Nova Scotia	\$3,299
August 17-26	South Dakota's National Parks	\$1,849
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.

## MCC CONTINUING EDUCATION

(Fridays @ Applewood)

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

A special THANKS to **The State Bank** for their donation to help offset the cost of this event for Loose Members

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.

### November 17, MICHIGAN'S ROLE IN THE COLD WAR

Dr. Mike Heberling has an interesting presentation of the three B-52 bomber bases in Michigan: Kinchloe in Sault Ste. Marie, K. I. Sawyer in Marquette, and Wurtsmith in Oscoda. Each B-52 had a crew of six that were "on alert" and prepared to go to war against the Soviet Union. The planes were loaded with nuclear bombs and missiles. Come and hear this important piece of Michigan history.



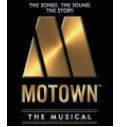
**December 15, VICTORIAN HOLIDAY TRADITIONS, Barbara Kincaid**

## 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

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

Motown shattered barriers, shaped our lives and made us all move to the same beat. Featuring classic songs such as "My Girl" and "Ain't No Mountain High Enough," experience the story behind the music in the record-breaking smash hit **MOTOWN THE MUSICAL!**



### THE WIZARD OF OZ Fri., Nov. 24 @ 7:30pm, \$54

There truly is no place like home as the greatest family musical of all time, the wonderful WIZARD OF OZ, twists its way into Flint! The entire family will be captivated as they travel down the Yellow Brick Road and beyond with Dorothy, Toto and their friends the Cowardly Lion, Tin Man and Scarecrow in this lavish production, featuring breathtaking special effects, dazzling choreography and classic songs.



### RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL

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

The beloved TV classic RUDOLPH THE RED-NOSED REINDEER soars off the screen and onto the stage this holiday season. Come see all of your favorite characters from the special including Santa and Mrs. Claus, Hermey the Elf, the Abominable Snow Monster, Clarice, Yukon Cornelius and, of course, Rudolph, as they come to life in RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL.



It's an adventure that teaches us that what makes you different can be what makes you special. Don't miss this wonderful holiday tradition that speaks to the misfit in all of us.

### 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**

## 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)

- November 1 Water Flowing Together: Jack Soto
- November 8 Southern India & the Dance of the Gods
- November 15 Xi'an Chang'an:  
The Cradle of Chinese Civilization
- November 22 Damascus: Paradise on Earth
- November 29 Jerusalem: City Between Religions

# AND MORE TRIPS

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

## Chicago Style Christmas Shopping

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

**THIS TOUR INCLUDES:** Round trip Transportation

1 night at 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



## Theater on the Avenue in Wyandotte presents...

Sunday February 4, 2018, \$75



**Includes:** Round Trip Transportation, Lunch at Smokies Restaurant & Bar and tickets to **The Honky Tonk Angels**. **The Honky Tonk Angels** is a musical extravaganza that combines over 30 classic country tunes with a hilarious story about three gutsy gals who are determined to better their lives and follow their dreams to Nashville. The all-hit song list includes I'll Fly Away, Stand by Your Man, 9 to 5, Coal Miner's Daughter, Ode to Billy Jo, These Boots Are Made for Walking, Rocky Top, and I Will Always Love You. This charming, foot-stompin' musical has played to sold-out audiences across the country.

## ARIZONA Sedona & Tucson

March 3-9, 2018

6 Nights • 11 Meals, \$2,499 pp Double

**Highlights:** Round trip air and Motorcoach, San Xavier Mission, Pima Air & Space Museum, Kartchner Caverns, Sabino Canyon Trolley, Pinnacle Peak & Trail Dust Town, Biosphere 2, Verde Canyon rail Journey, Sedona Trolley Tour, Luggage & Handling, tax & tips on included meals and more.

## Discovering Poland

May 10—21, 2018, \$3,599 PP Double (until 11/10/17)

**Highlights:** Warsaw, Black Madonna, Auschwitz, Jasna Gora Monastery, Krakow, Folklore Show & Dinner, Wroclaw, Torun, Gingerbread Baking, Gdansk, Solidarity Shipyards, Choice on Tour, Malbork Castle

## 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**



THE FLINT SYMPHONY ORCHESTRA  
ENRIQUE DIEMECKE, CONDUCTOR

Sunday, December 17, 2017

\$24 W/O Transportation

\$29 With Transportation

The show begins at 3 pm

The bus leaves Loose at 2 pm

Joy, merriment and the holiday spirit abound in this beloved season favorite featuring the Flint Symphony Orchestra with Conductor Enrique Diemecke, and the Flint Symphony Chorus. *Purchase your tickets today!*

## The Deep South

Gulf Shores & New Orleans

February 19-27, 2018 • 8 Nights • 14 Meals,

\$1,799.00 pp Double

**Highlights:** Accommodations @ Perdido Beach Resort a 4 star Mediterranean Style resort directly on the Gulf of Mexico, Ave Maria Grotto, Bellingrath Gardens, Pensacola, National Naval Aviation Museum, Dolphin Watch Cruise, Fairhope, Alabama, Florablma, Lucy Buffet, Louisiana's Swap Tour, New Orleans/Katrina Sightseeing Tour, Birmingham. Civil Rights Institute, Luggage & Handling, tax & tips on included meals.



**INCLUDES Thursday, February 22, 2018, \$125**

- Round Trip Motorcoach Transportation
- Tony Packo's at the Park Restaurant,
- Tickets to the show & a stop for dinner (on your own).

Daniel is back with new award-winning Band Members and long time favorites. His new show is three hours of awesome! Joining Daniel on stage is "Mary Duff", Ireland's top female vocalist, to give you a blend of traditional Irish favorites, and her new award winning hits! If you've ever attended a live concert by Daniel, you know it is 3-hours of your favorite songs and stories by your favorite entertainer!

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

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



## A Mile at a Time

Beginning January 2018 Loose's BIG HALL will be open on Tuesday's & Thursdays, 8 am until 9:15 am for walkers.

Are you ready to adjust your step goal and work toward adding miles to your day? Loose is a safe friendly place to give it a try. Come in, walk, and when you are done, enjoy a cup of coffee. **More details to follow.**

*Always check with your doctor before starting a new fitness routine*



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



## Second Annual Loose Celebrity Chef COOK-OFF

Tuesday, January 23, 5 pm,  
\$5/person, *tickets limited*

Ticket holders will be treated to a variety of Chili Creations, Bread, and a variety of Desserts & beverage. Each participant will vote for their top three picks of Chili and Dessert.

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

**ARTHRITIS EXERCISE Begins in January, Monday, 2 pm FREE**