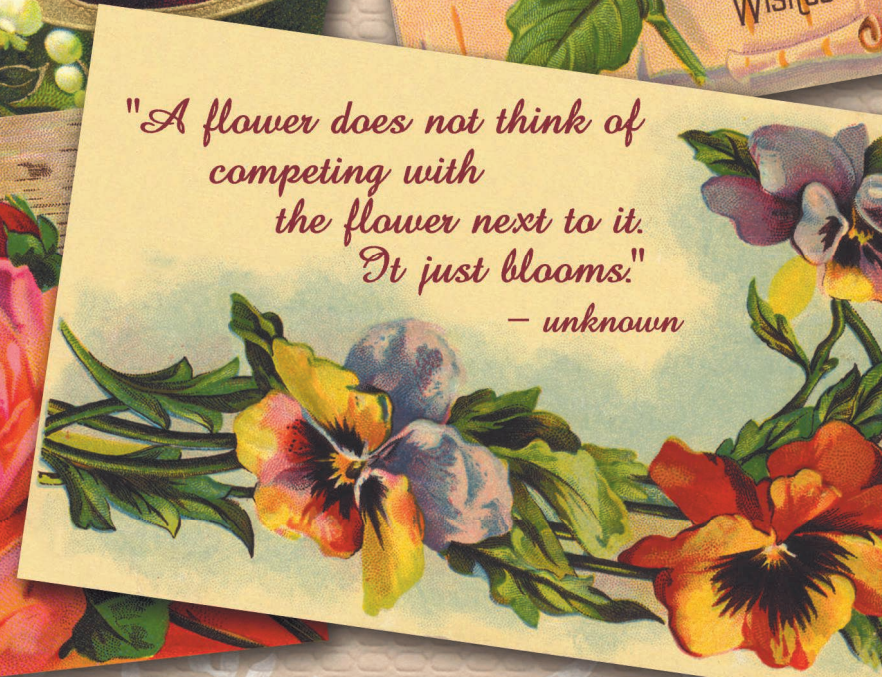


APRIL 2018

the perfect place for 50+

LOOSE



"A flower does not think of competing with the flower next to it. It just blooms!"

— unknown



From the Director

Dear Friends,

Flowers come in many types and styles. There are roses, tulips, daffodils, pansies, inpatients, geraniums, begonias, and yes even dandelions to name a few. They all have a place in this beautiful world of gardens. Some become a border and some become the focus of color. A good example of the design and style of many flowers is the Victoria Gardens in Vancouver Canada. Another is the Disney World Flower and Garden Festival. They both include more flowers and colors than the mind can imagine. They are placed individually or in groups to create wonderful designs. They do not contrast but complement each other. They come together to form floral patterns of beauty and design. Not one more important than the other but coming together to be part of something special. The smells and colors are there for us to be part of and enjoy God's creation.

People are much like flowers. They each have their own style and color. As flowers they all play a part in the garden of life. They are placed on this earth to fulfill a certain role of their choosing. As in a garden, they all come together to create a pattern of design and beauty. They find themselves able to come together to work together with others to develop the gardens where they live. They know they are different but understand that each person plays a role in the creation in the garden they live.

So, we have to realize the color that surrounds us. We need to take time to know what flower we are and how our beauty adds to "Our Garden of Life". It takes all the flowers (people) of this world to come together to be part of a wonderful garden of color and smell. This is the way that life will continue to create a garden of flowers of many types and styles. It is the way that "Our Garden of Life" will continue into generations to come.

"A flower does not think of competing with the flower next to it. It just Blooms." Unknown

All is well.

Carl Gabrielson, Loose Executive Director

Senior Power Day 2018

May 23, 2018, 9 am—2 pm

Crossroads Village•6140 Bray Road•Flint, MI

Cost \$3

(transportation included)

For over 30 years, Valley Area Agency on Aging has hosted Senior Power Day. This annual event is held at Crossroads Village in [May to celebrate](#) Older Americans Month. The purpose of Senior Power Day is to provide older citizens of Genesee, Lapeer and Shiawassee Counties with information and entertainment. This year's activities include:

ADMISSION INCLUDES: CEREAL BARS, COFFEE, LUNCH, ENTRANCE INTO THE PARK, ENTERTAINMENT, EXPO, GIFT BAG, DRAWINGS, PRIZES, GOSPEL MUSICIAN -*JESSIE COUCH*, NEW HORIZONS BAND, HASSELBRING HUSTLERS, A FREE HUCKLEBERRY RAILROAD TRAIN RIDE, MAGICIAN, BINGO

Tickets can be purchased at Loose and will be available only until May 9.



LOOSE

Exceptional Service Volunteer Award DINNER

LINDEN HIGH SCHOOL

Tuesday, May 15, 5 pm, \$8.50

A feast prepared by the talented cooks at LHS, followed by the Loose Board Members presenting the Exceptional Service Volunteer Award and then an opportunity to attend the Linden H.S. Spring Concert at 7:30 pm. The dinner menu will include, but is not limited to, turkey, meatballs, potatoes, dressing, vegetables, salads, dessert & beverage. Join us for this special evening.



Call Loose and sign up today!



April Happenings



Cooking & Nutrition

WHEN

Tuesday, April 3, 10, May 1, 8, 15, 22
12:30 - 4:30 pm

WHERE

Loose, *To sign up for class, please call:* 810-735-9406

SHARE OUR STRENGTH'S
COOKING MATTERS™

Free Groceries: *Make these recipes at home!*

Free Cookbook: *Secrets from the pros!*

TOPICS: Cooking Tips, Healthy Snacks, Shopping Smart, Tips for Eating Out
Food Safety at Home, Planning Balanced Meals



Commitment to attending all 6 classes is required. If you are unable to attend class, let your site coordinator know as soon as possible. Limited space is available on a first-come, first-serve basis!

MICHIGAN STATE UNIVERSITY | Extension

DINNER & FCO SPRING CONCERT

Thursday, April 26, @ 5:45 pm Fenton Hotel, \$15

The price of this event includes dinner, tax & tip only. The concert is FREE & transportation is on your own. Show begins at 7:30 pm.

SPRING...time for a wonderful evening out. Begin by meeting at the Fenton Hotel, order what you want from the early bird menu, chat with friends, then head to Fenton HS, purchase your ticket to the concert and soak in the sounds of the talented Fenton Community Orchestra. *Reserve your spot by 4/24*

FENTON HOTEL
TAVERN & GRILLE



Monday, April 23, 1:30 pm

The University of Michigan-Flint
Wind Symphony presents

FREE

OPEN TO THE PUBLIC

Drive yourself or use Loose transportation (limited) at a cost of \$4.50

Leave Loose at 12:45 pm, Return at 3:30 pm

Join the UM-Flint Wind Symphony at the Gazebo outside of Genesys PACE of Genesee County for a free outdoor concert! Reception to follow inside the PACE Center. If the concert is canceled due to inclement weather, the reception will still take place inside the center.

**Genesys PACE Center's
Outdoor Gazebo
421 E 1st Street, Flint**



MOVIE NIGHT

Tuesday, April 3
7 pm

MOVIE DAY

Wed., April 4
12 noon

MAUDIE, based on a true story, is an unlikely romance in which the reclusive Everett Lewis (Ethan Hawke) hires a fragile yet determined woman named Maudie (Sally Hawkins) to be his housekeeper.

Maudie, bright-eyed but hunched with crippled hands, yearns to be independent, to live away from her protective family and she also yearns, passionately, to create art. Unexpectedly, Everett finds himself falling in love. MAUDIE charts Everett's efforts to protect himself from being hurt, Maudie's deep and abiding love for this difficult man and her surprising rise to fame as a folk painter.

Admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care and Lockwood of Fenton .

Refreshments will be served!

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



SAFE IN PLACE ACCESSIBILITY

Monday, April 16, 11 am

It's a topic that isn't one we really want to think about, but being proactive when it's not urgent can save so much when the situation changes. Take a few minutes to begin looking at how it is you can stay at home when and if that time comes. What subtle changes can you make to your home to be prepared. What advice is out there to help you think it through. Thinking ahead and being positive will ultimately result in success and in your favor. It is a proven statistic that people who can remain in their homes are healthier, happier and more active.

Take a few minutes and join Scott McKee, a Certified Aging in Place Specialist, as he presents some ideas, some alternatives and is available to answer your questions.

AGE in PLACE

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, 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 congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735-9406 by 12 noon the day before. Sharing a meal with others is a great way to make friends. Menus are available in the office.

Coffee COPS and Conversation

Tuesday, April 10, 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!



DINNER & FHS AMBASSADORS SPRING SHOW

Friday, May 11, 5:45 pm @ Fenton Hotel, \$20,

The price of this event includes dinner, tax & tip and ticket to the show, transportation is on your own. Show begins at 7:30 pm

FENTON HOTEL TAVERN & GRILLE

Put this exciting evening out on your calendar. Begin by meeting at the Fenton Hotel, order what you want from the early bird menu, enjoy the company, then head to Fenton HS to be wowed with a top notch show featuring the Fenton High School Ambassadors.

Reserve your spot by 5/4.



CARD SHOPPE BARGIN BIN

Card Shoppe Clearance Items

Set up in the hallway @ Loose.

Available each and every day.

Donations Appreciated

APRIL

LUNCH @ LOOSE

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!

- April 5 Chicken Casserole, Salad, \$4
- April 12 Pork Loin, Au gratin Potato, Veggie, \$4
- April 19 Hot Beef Sandwich, Mashed Potato, Veggie, \$4
- April 26 Coney Day, Flint & Detroit, Chips, \$3

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



- April 3 Hearty White Chicken Lasagna Soup, Salad \$3
- April 10 Bean & Ham Soup, Ham Salad Slider, \$3
- April 17 Broccoli Cheese, Salad, \$3

A BIG THANKS to THE LANDINGS OF GENESSEE VALLEY

- April 24 Beef Barley Soup, Hearty Roll, \$3

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

Friday, May 11, 2018
1:00 pm

Mother's Day

\$7.00/pp Tea

Program: Jaqueline Bouvier Kennedy: Her Life, Her Legend, presented by Barbara Kincaid.

This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an afternoon of tea, treats that equal a meal, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us.

Jaqueline Kennedy is one of our most beloved American First Ladies. Her life had its joys, sorrows and triumphs. Fashion and Social Historian, Barbara Kincaid, will take you behind the scenes to see how Mrs. Kennedy conducted herself with dignity and grace. There will also be a display of Jackie's memorabilia to impart even more insight into this fascinating woman. **Sign up today!**

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.

YOGA FIT Keep the flow going and get a good workout with your yoga. Balance poses to strengthen the body, cardio for the heart and concentration for the mind.

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

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.

Wii BOWLING Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. **The next 8 week play begins on May 24. If you are interested in Wii bowling, please contact the Loose Office.**

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.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

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

TUESDAY

9:30 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 12 & 1 pm **Line Dance**
 4:00 pm **Chair Yoga**
 5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:00 am **BIKING BUNCH**
(begins May 2)
 9:30 am **Yoga (gentle flow)**
 6:15 pm Pickleball

THURSDAY

9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 11:30 am **Wii Bowling**
 12 noon **Drums Alive**
 5:00 pm **Yoga Fit**

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**
(2nd Sat. only) FREE!

SUNDAY

2:00 pm Pickleball

PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sun. 2 - 5 pm,

\$5 drop in fee or discounted punch card available

Friday, 11 am - 4 pm (reservation required)

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.

BIKING BUNCH Begins Wednesday, May 2, 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.

ARTHRITIS FOUNDATION EXERCISE 

Monday, 2 pm, FREE Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*

HEALTHY AGING EXERCISE Friday, 10:30 AM, FREE

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.

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!

GOLF AT SHIAWASEE SHORES will resume in the spring.

A MILE AT A TIME will return next November.

Artsy & Crafty

"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.

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.

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.

FIBRE FRIENDS 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.

SLEEP MATS Mondays, 10:15-11:30 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.*

WATERCOLOR CLASSES

Mon., March 26 and April 2, 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.



Bird Class-April 30 & May 7

CARD MAKING WITH CAROLINE

Monday, April 23, 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.

QUILLING CLASS THURSDAYS @ 2 PM

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. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try.

New classes are offered regularly, check back for updates.



Project Linus

4th Wednesday of each month, 9:30 to 11:30 am

This special group that has been making and donating blankets to local shelters and outreach of many kinds (over 27,000 blankets donated since 1999) with a goal to provide comfort for any vulnerable child.

Each time they gather, some of "blanketeers" bring machines and supplies and work on blankets, others make blankets at home and drop in to deliver blankets, get pattern ideas, and pick up supplies and laugh.

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!



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

WINDOWS 10

Wednesday, April 11 & 18, 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.

INTRODUCTION TO GOOGLE DOCS



Wednesday, April 25 & May 2, 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.

IPAD 1 Wednesday, May 9 & 16, 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, May 23 & 30, 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.

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.



Friday, April 27, 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.

April

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

8:00	Bridge
9:30	Total Fit
10:00	Painting
10:15	Sleep Mat Production
11:30	LUNCH Roast Beef
12:30	Pinochle
1:00	Watercolor
1:00	Listening Ear
2:00	Arthritis Exercise
3:00	Loose Chorus
4:00	Yoga
5:00	Zumba & Total Fit
6:00	TOPS Weigh-in
6:15	Pickleball

TUESDAY

9:00	Massage
9:30	Zumba Gold/Total Fit
10:00	Loose Threads
10:30	Blood Pressure ✓
10:30	FIT4EVER
11:30	SOUP @ Loose
	Chicken Lasagna, \$3
12:00	Line Dance
12:30	Euchre
12:30	Cooking Matters
1:00	Chicago Bridge
3:00	Mah jongg
4:00	Chair Yoga
5:00	Yoga
7:00	Movie Night

WEDNESDAY

8:00	Bridge
9:00	Manicures
9:30	Yoga
10:00	Consumer Fraud
10:00	No 1-On-1 Financial
11:00	Art à la Carte
11:30	Lunch Chicken Parmesan
12:00	Movie Day
12:00	Wood Carving
12:30	Pinochle/Dominoes/Chess
2:30	Grief Support
6:15	Pickleball
6:30	Hand & Foot

THURSDAY

9:30	Chair Yoga
10:00	AMVET Counselor
10:00	Cards & More
10:15	Zumba Gold/Total Fit
10:30	FIT4EVER
11:30	LUNCH @ LOOSE
	CHICKEN CASSEROLE, \$4
11:30	Wii Bowling
12:00	Drums Alive©
12:30	Euchre
2:00	NO Quilling
5:00	Yoga Fit

FRIDAY

9:30	Income Tax (by Appt.)
10:00	Yoga
10:00	Yarn Recyclers
10:00	Board Games
10:30	Healthy Exercise
11:00	Chicago Bridge
11:30	Baked Fish
11:30	Pickleball
1:00	Canasta
1:00	Fibre Friends

SATURDAY/SUNDAY

9:00	Yoga
10:00	NO Euchre
10:15	Zumba
Sunday, April 8	
2:00	Pickleball

8:00	Bridge
9:00	CSFP
9:30	Total Fit
10:00	Painting
10:15	Sleep Mat Production
11:30	LUNCH Salisbury Steak
12:00	"Anyone Can Paint"
12:30	Pinochle
1:00	Book Club
2:00	Arthritis Exercise
3:00	Loose Chorus
4:00	Yoga
5:00	Zumba & Total Fit
6:00	TOPS Weigh-in
6:15	Pickleball

7:00	Little River
8:00	Veteran Services
9:00	Massage
9:00	Genitti's
9:30	Coffee & Cops
9:30	Zumba Gold/Total Fit
10:00	Loose Threads
10:30	NO FIT4EVER
11:30	SOUP @ Loose
	Bean & Ham, \$3
12:00	Line Dance
12:30	Cooking Matters
12:30	Euchre
1:00	Chicago Bridge
3:00	Mah jongg
4:00	Chair Yoga
5:00	Yoga

8:00	Bridge
9:00	Blood Pressure ✓
9:00	Manicures
9:30	Yoga
10:30	Investment Fraud
11:00	Art à la Carte
11:30	Lunch Philly Sub
12:00	Wood Carving
12:30	Pinochle/Dominoes/Chess
3:15	Coupon Club
4:00	Windows 10
6:15	Pickleball
6:30	Hand & Foot

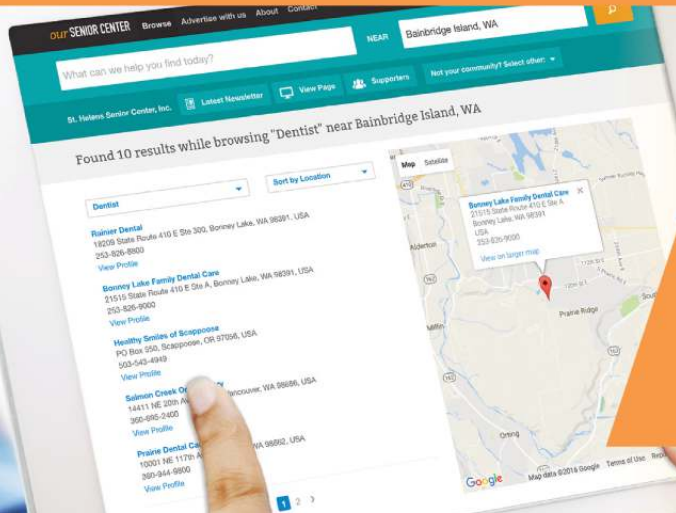
8:00	Board Meeting
9:30	Chair Yoga
10:00	Cards & More
10:15	Zumba Gold/Total Fit
10:30	FIT4EVER
11:30	LUNCH @ LOOSE
	PORK LOIN, \$4
11:30	Wii Bowling
12:00	Drums Alive©
12:30	Euchre
2:00	Advanced Quilling
5:00	Yoga Fit

9:30	Yoga
10:00	Write Life Story
10:00	Yarn Recyclers
10:00	Board Games
10:30	Healthy Exercise
11:00	Chicago Bridge
11:30	Lunch Ravioli
11:00	Pickleball
1:00	Fibre Friends
1:00	Canasta
5:00	Potluck
7:00	Mike Super

9:00	Yoga
10:00	Euchre
10:15	Zumba
Sunday, April 15	
2:00	Pickleball

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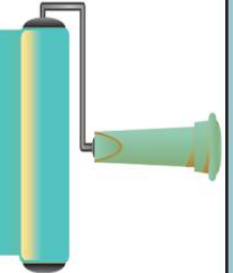
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8:00 9:30 10:15 10:00 11:00 11:30 12:30 1:00 2:00 3:00 4:00 5:00 6:00 6:15	16 Bridge Total Fit Sleep Mat Production Painting Age in Place Lunch <i>Turkey Tetra</i> . Pinochle Happy Stampers Arthritis Exercise Loose Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 3:00 4:00 5:00	17 Massage Zumba Gold/Total Fit Loose Threads FIT4EVER SOUP @ Loose Broccoli Cheese, \$3 Line Dance Euchre Chicago Bridge Mah jongg Chair Yoga Yoga	8:00 9:00 9:30 9:30 11:00 11:30 12:00 12:30 2:30 4:00 6:15 6:30	18 Bridge Manicures Yoga Legal Advice Art à la Carte Lunch <i>BBQ Pork Sand</i> . Wood Carving Pinochle/Dominoes/Chess Grief Support Windows 10 Pickleball Hand & Foot	9:30 10:00 10:15 10:30 11:00 11:30 12:00 12:30 2:00 5:00 7:00	19 MMAP Counselor Chair Yoga Cards & More Zumba Gold/Total Fit FIT4EVER Blood Pressure ✓ LUNCH @ LOOSE HOT BEEF SAND,, \$4 Wii Bowling Drums Alive© Euchre Open Quilling Yoga Fit Forbidden Broadway	20 MMAP Counselor Lifelong Learning Yoga Yarn Recyclers Board Games Healthy Exercise Chicago Bridge Lunch <i>Mac & Cheese</i> Pickleball Fibre Friends Canasta	21 9:00 10:00 10:15 Washington DC Sunday, April 22 2:00 Pickleball
8:00 9:30 10:00 10:15 10:30 11:30 12:30 12:30 1:00 2:00 3:00 4:00 5:00 6:00 6:15	23 Bridge Total Fit FireKeepers Casino Sleep Mat Production Painting Blood Pressure ✓ Lunch <i>Chicken</i> Pinochle Card Making U of M Flint Concert NO Arthritis Exercise Loose Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	8:00 9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 2:00 3:00 4:00 5:00	24 Podiatrist Massage Zumba Gold/Total Fit Loose Threads FIT4EVER SOUP @ Loose Beef Bartley, \$3 NO Line Dance Euchre NO Chicago Bridge Alzheimer Support NO Mah jongg NO Chair Yoga NO Yoga 5:00 DUELING PIANOS	8:00 9:00 9:30 9:30 11:15 11:30 12:00 12:30 4:00 6:15 6:30	25 Bridge Manicures Project Linus Yoga Art à la Carte Lunch <i>Pork Chop</i> Wood Carving Pinochle/Dominoes/Chess Google Docs Pickleball Hand & Foot	9:30 10:00 10:15 10:30 11:30 12:00 12:30 2:00 5:00 5:45 7:30	26 MMAP Counselor Chair Yoga Cards & More Zumba Gold/Total Fit FIT4EVER LUNCH @ LOOSE CONEY DAY, \$3 Wii Bowling Drums Alive© Euchre Advanced Quilling Yoga Fit Dinner Fenton Hotel Fenton Orchestra	27 MMAP Counselor Yoga Write Life Story Yarn Recyclers Board Games Healthy Exercise Chicago Bridge Lunch <i>Turkey Polish</i> Pickleball Fibre Friends Canasta Euchre Tournament	28 9:00 10:00 10:00 Meeting Zumba Sunday, April 29 Smokies 2:00 Pickleball



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

Please remember to call and register and then sign in for all Loose events. It helps with planning and funding.

THANK YOU!

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HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, April 4, 10:00 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 and is facilitated by John Strayer of Tanglewood Homecare and Assisted Living.

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.



ESSENTIAL OILS

Wednesday, May 9, 10:30 am.

Essential oils have become more popular and widely used today. In this class you will learn what essential oils are, how to use them, health benefits and safety guidelines. Essential oils can be used for a good night's sleep, respiratory health, soothe sore muscles, boost your immune system and much more. This will be a fun class where you can sample essential oils and learn easy recipes you can make in your own home. **This class is sponsored by Irene Marz, Young Living Independent Distributor.**

NEED HELP PAYING MEDICARE PREMIUMS, CO-PAYS, DEDUCTIBLES?

Rescheduled

Monday, May 7, 12 noon Medicare

Join us, to learn about programs that can help people with Medicare manage the ever-increasing out of pocket costs for premiums, deductibles, co-pays. Our MMAP counselors, Ann Walker and Dolores Coulter, will explain the benefits available from public and private programs, including the Medicare Savings program (for help with Medicare co-pays, deductibles, and the Part B premium), Extra Help (for help with prescription drug premiums and co-pays) and the Michigan Medigap Subsidy program (for help with Medigap premiums), and the eligibility rules that apply to these programs.



Thursday, May 24, 1:30 - 3 pm

DID YOU KNOW 1 in 10 U.S. adults has kidney disease. If you have it, you're not alone.

Who should go to a Kidney Smart class?

Kidney Smart is designed to educate and empower CKD patients, which in turn improve clinical outcomes. Patients who attend a Kidney Smart class are more prepared in their journey with CKD. You are welcome to bring your family or friends to attend class as well

CLASS TOPICS

- ◆ How kidneys function & the causes of chronic kidney disease
- ◆ How medications, diet and nutrition work together to help keep you healthy
- ◆ How to manage other related health conditions including diabetes and hypertension
- ◆ How to continue educating yourself and what treatment choices are available
- ◆ Learn from expert educators about how your kidneys function and the best ways to manage your diet and health.

Sign up today!



Spring Chorus Concert

Wednesday, May 30, 12 noon @ Loose

It's spring and the perfect time to celebrate and enjoy the LOOSE Chorus and their hard work and commitment throughout the year. This year's spring concert features songs from well known musicals. Our Loose Chorus is known for sharing their time and talents in our community, now is the time for us to enjoy and appreciate them. The Concert will be followed by a reception, sponsored by **Caretel Inns of Linden**, with treats and drinks. **THANK YOU CHORUS FOR ALL YOU DO.**

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, April 24, (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.

Visit Loose online @ www.loosecenter.org

BLOOD PRESSURE CHECK

1st Tuesday of each month, 10:30 - 11:30am

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

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

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"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Wednesday

2:30 pm – 4:00 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.

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

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\$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.



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

Special Services & Support

SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are home-bound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsc@loosescenter.org so we can spread the sunshine.



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome Gary Putinsky and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm, Annex

Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.

If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact with a representative from the office of the Genesee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genesee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

DISPOSAL OF THE AMERICAN FLAG

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure they are disposed of properly.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. **If you need assistance, call the Center at 735.9406 to schedule an appointment, or call MMAP at 1.800.803.7174, ext. 247.**

AMVETS

1st Thursday of each month, 10 am - 12 noon, Annex

Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex

Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

MICAFAE The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 735.9406.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

TOPS (*Take Off Pounds Sensibly*)

Mondays, 6:00 pm For information, please contact the Loose Center at 735.9406.

LOAN CLOSET If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate, feel free to drop it off during business hours.

AARP TAX-AIDE

Consider volunteering as a Tax Assistance Counselor. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-241-8919

We 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.


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 2018. 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

UPDATED

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.

"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."

"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds and Southern Lakes Parks and Recreation 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

April 10	Genitti's <i>SOLD OUT</i>	\$93
April 10-11	Little River Casino	\$130
April 13	Mike Super	\$36
April 19	Forbidden Broadway	\$26
April 21-24	Washington DC	\$904
April 17-20	Lancaster PA	\$699
April 23	FireKeepers Casino	\$32
April 29-May 2	Springtime in the Smokies	\$730
May 6-13	Great Canadian Cities	\$1,999
May 10-21	Discovering Poland	\$3,599
May 14	Soaring Eagle, <i>Lee Greenwood</i>	\$34
May 20	Detroit Symphony Orchestra <i>Featuring "Doo Wop Project"</i>	\$114
May 31	Hollywood Casino	\$30
June 7-9	Lilac Festival	\$570
June 12	Historic Marshall	\$90
June 14	FireKeepers Casino	\$32
June 24-25	Grand Rapids	\$354
June 27	Gun Lake Casino	\$35
June 29-July 1	National Cherry Festival	\$530
July 12	Boston	\$1,174
July 12	Caesar Windsor	\$24
July 18-26	Nova Scotia	\$3,299
July 31	Quilt Garden Tour	\$90
August 17-26	South Dakota's National Parks	\$1,849
September 2-3	Mackinaw Bridge Walk	\$244
September 12	Pioneer Trail Wine Around	\$81
September 16-22	Hudson River Valley	\$1,699
October 4-9	Albuquerque Balloon Fiesta	\$2,679
October 8-13	Virginia Beach	\$1,200
October 14-18	Shenandoah Valley Virginia	\$1,129
November 5	Soaring Eagle, <i>Ronnie Milsap</i>	\$34
November 25-30	New York City Holiday	\$1,799
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.

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 11:00 am. Cost: \$4.50 (transportation)

April 4	Picasso and Brague Go to the Movies
April 11	Curious Worlds: The Art & Imagination of David Beck
April 18	Rickard Artschwager: Shut up and Look
April 25	The Woodmans

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

MIKE SUPER Friday, April. 13 @ 8pm, \$36



Bring out the whole family to see what the buzz is about! In this brand new show, Mike appears from an actual projection image! He also plans to give the audience the winning Powerball numbers! (We aren't kidding!) He also re-energizes one of the world's most popular mysteries, the Rubic's Cube, and not only solves it in record time with magic, but involves the audience in a way never before experienced...and this is only in the first 10 minutes of his all new show...

FORBIDDEN BROADWAY Thurs., April 19, @ 8PM, \$26,

Van leaves at 7 pm

LOOK OUT BROADWAY, WE'RE BACK! New Season -- New Victims -- New Laughs! Just when Broadway thought it was safe from the poison pen of funny-man Gerard Alessandrini, Forbidden Broadway returns, sharper and more hilarious than ever! The fall-down funny musical roast of Broadway is back at last featuring outrageous costumes, hilarious re-writes of the songs you know, and dead-on impressions by a stellar cast! Whether you're a seasoned theatre-goer or new to Broadway, Forbidden Broadway is your one-stop ticket to non-stop laughs.



MCC CONTINUING EDUCATION

(Fridays @ Applewood)

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

Payment is due by 4 pm Tuesday prior to the event!

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.

April 20, Barbara Kincaid-Jaqueline Bouvier Kennedy: *Her Life, Her Legend*

Jaqueline Kennedy is one of our most beloved American First Ladies. Her life had its joys, sorrows and triumphs. Fashion and Social Historian, Barbara Kincaid, will take you behind the scenes to see how Mrs. Kennedy conducted herself with dignity and grace. There will also be a display of Jackie's memorabilia to impart even more insight into this fascinating woman.

May 18, Steve Prince- *Voices From the Past*

Mr. Prince has a passion for Native American culture, and he will be sharing his knowledge and love this culture through music and storytelling. After presenting to various groups he was inspired to write and produce a DC. This is one musical morning you will not want to miss.



AND MORE TRIPS

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



Sunday, May 20, 2018

Departs 9:45 am>Returns 7 pm

\$114 PP

DETROIT SYMPHONY ORCHESTRA
LEONARD SLATKIN *Music Director*

INCLUDES FEATURING "THE DOO WOP PROJECT"

- Round Trip Motorcoach Transportation
- Sinbads Restaurant (12 noon Brunch)
- Detroit Orchestra Hall (3 pm Showtime)

Mackinac Island Lilac Festival

June 7-9, 2018

2 Nights on the Island • 4 Meals

\$570 pp Double

Highlights: Motorcoach, Two nights at the Lake View Hotel on the Island, Sheplers Ferry to Mackinac Island, Mackinac Island Lilac Festival, Island Carriage Tour, Grand Luncheon Buffet, Admissions to the Grand Hotel Grounds.



Historic Marshall

Thursday, June 12, 2018 \$90 PP

Depart 7:45 am>Returns 6 pm

Highlights: Transportation, Tour of Historic Marshall, Honolulu House, United States Postal Museum, Governor's Mansion Museum, Lunch at the Schuler's Restaurant & Pub, Ice Cream at the Parlour of Jackson.



QUILT GARDEN TOUR

In the heart of Indiana's Amish Country

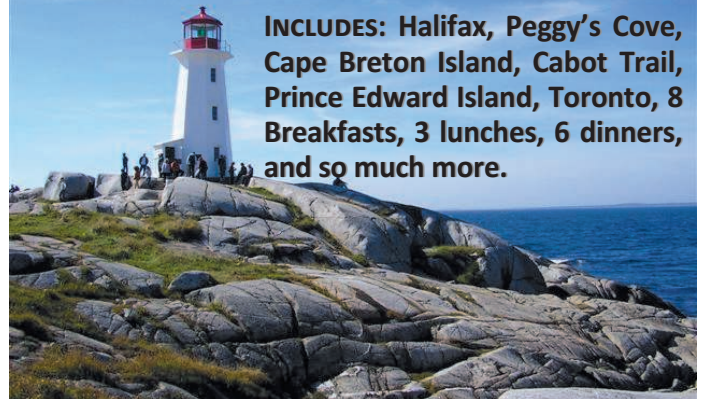
Tuesday, July 31, \$90 PP

Depart 7:00 am>Returns 9:30 pm

Highlights: Transportation, Barn Door Quilt Garden (shopping and quilt garden viewing), Das Dutchmen Essenhouse (Threshers Lunch), Krider "World Fair" Garden, Shipshewana Flea Market (shopping).

Nova Scotia

July 18-26, 2018 Air/Motorcoach, \$3299 PP/Double



INCLUDES: Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Prince Edward Island, Toronto, 8 Breakfasts, 3 lunches, 6 dinners, and so much more.

Experience Grand Rapids

June 24 & 25, 2018, \$354 PP

INCLUDES Round Trip Motorcoach Transportation
3 meals, Silver Lake Dunes, Paddock Place (includes dinner), Frederick Meier Gardens (guided tour & tram ride), Grand Lady Riverboat (luncheon cruise)

PIONEER TRAIL \$81pp Wine Around

Wednesday, Sept. 12, Departs 9:15 am -Returns 6:30 pm

Highlights: Transportation, Lunch & Wine Tasting @ Sandhill Crane Vineyards (Jackson), Wine Tasting @ Cherry Creek Cellars (Brooklyn), Wine Tasting and snacks @ Flying Otter Vineyard (Adrian)

Machu Picchu & the Galapagos Islands

February 19 - March 05, 2019

15 Days • 29 Meals

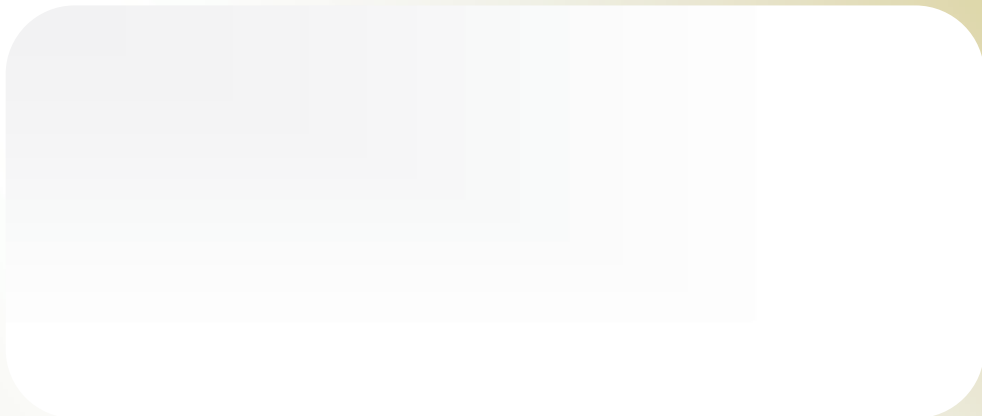
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This **bucket list** adventure is jam packed. Too much happening for this small space. Stop by Loose and pick up a flyer. And while you are here, check out all the other trips and activities.



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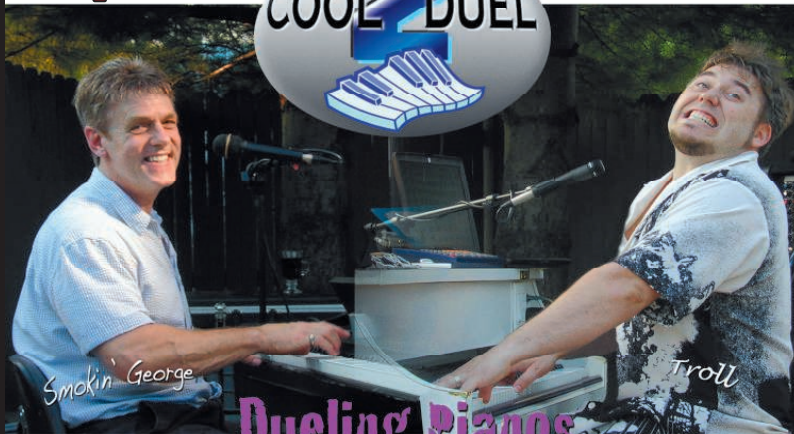


LOOSE They're BAAACK

Tuesday, April 24, 2018



5pm **COOL 2 DUEL** **\$25**



Dueling Pianos

(the Original Portable Dueling Show) since 1997

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

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

TICKET PRICE INCLUDES
5pm-6pm Social Hour
(with)
6pm-8pm Cool2Duel Dueling Piano

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

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

A special THANKS to our sponsors
for their generous support.
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