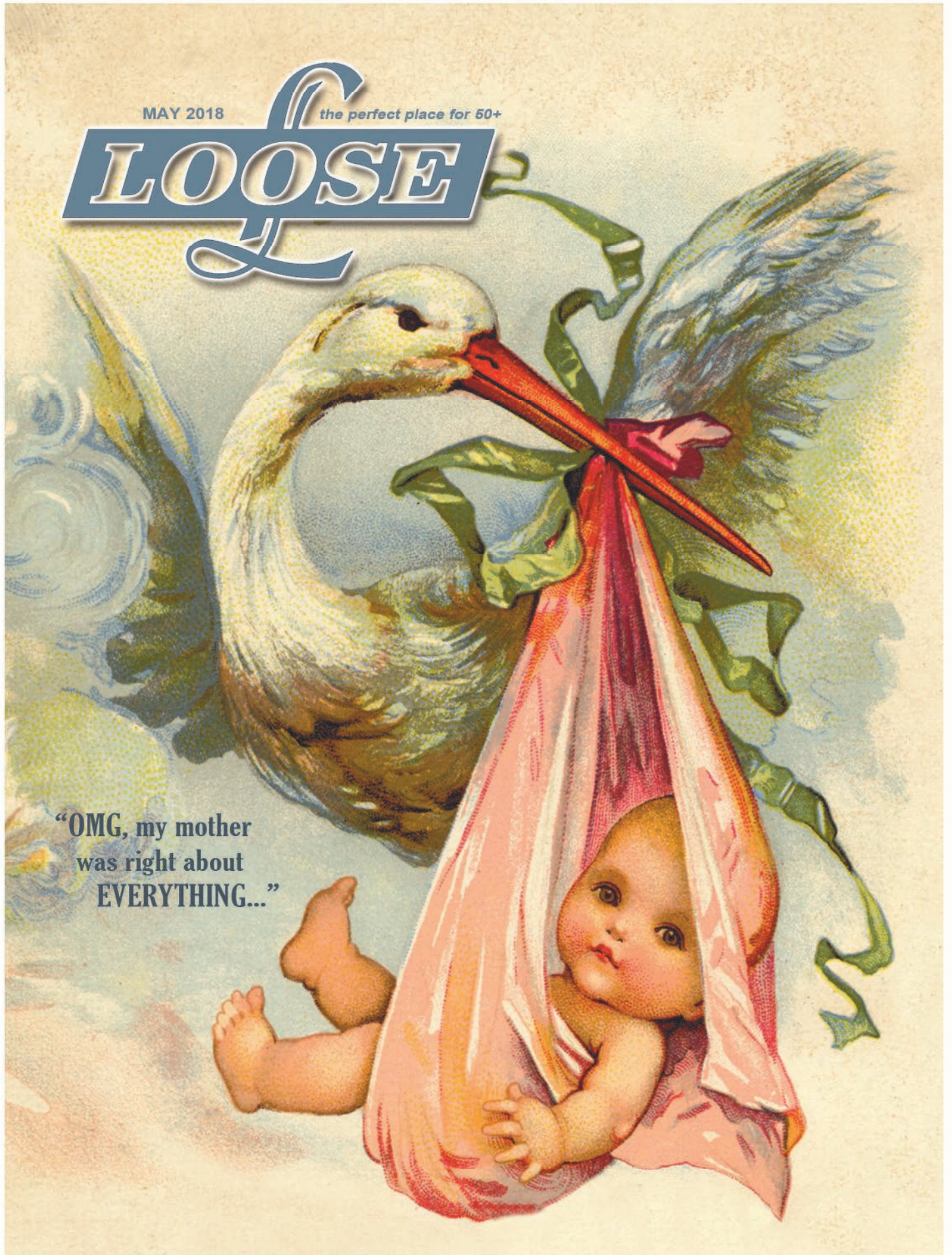


MAY 2018

the perfect place for 50+

LOOSE

“OMG, my mother
was right about
EVERYTHING...”



From the Director

Dear Friends,

"Life isn't fair." "Money does not grow on trees." "I'm doing this for your own good." "As long as you live under my roof, you'll do as I say." "Eat your vegetables, they are good for you." "Go play outside, it is a beautiful day." "Go ask your father." "When I was your age..." "Because I said so, that's why." "Someday your face will freeze like that." "Watch your language." "You will understand when you're older." "I am doing this for your own good." "I am not going to ask you again." "Who died and left you boss." "When you have your own house then you can make the rules." "You will always be my baby." "My love for you will never die." "I am proud of you."

So, who of us had a mother who blessed us with these words of wisdom? Who thought they were smarter than her? Who pushed her to the limit? How many times did you feel like she did not understand you and was not fair? Who stepped outside the boundaries of her rules and paid the consequences?

As a child, I thought that my mother did not always love me because I did not have the freedom to do as I pleased. My dad worked second shift for GM, so for five days a week my mother's word was law. I thought that having a messy room, not eating green vegetables, watching too much TV and doing anything I wanted was my right. But her wisdom and teaching became my path through life and that my way was not always the right way.

My mother was the most loving mother I could have. Through her I learned that there are rules in life to be followed to make me who I was and who I will become. She gave me purpose and goals that would be reached by her constant direction as I went through life. She gave me the value of love, to be kind and understanding of others and be there for them in their time of need. She gave me the importance of family and what it meant.

Today, I think of my mother and always reflect back to what she taught me and what she would want me to do. She was always there to teach, scold and love me for who I was, her son. She knew the trials and tribulations I would face and prepared me to dance with the Devil himself. I thank her for being there for me. Always standing behind me, forgiving me, encouraging me and being proud of me. Was my life perfect? No, but I had a mother who was there to make it better.

I hope that you will take time to think about your mother. Remember the times when you questioned her wisdom and how she made your life better through her love and understanding.

"OMG my MOTHER was right about EVERYTHING"

All is well.

Carl Gabrielson, Loose Executive Director

P.S.....I still hate green vegetables.



MOVIE NIGHT

Tuesday, May 1
7 pm

MOVIE DAY

Wednesday, May 2
12 noon

Frank Adler (Chris Evans) is a single man raising a child prodigy - his spirited young niece Mary (Mckenna Grace) - in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the 7-year-old's mathematical abilities come to the attention of Frank's formidable mother, Evelyn (Lindsay Duncan), whose plans for her granddaughter threaten to separate Frank and Mary.

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

Refreshments will be served!

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

You are invited to a

LUNCH & LEARN SEMINAR



Wednesday, May 2, 11:30 am

Sharp Funeral Homes invites you to learn how planning for your final wishes will shield your family from unnecessary emotional and financial burden. Join us for a light meal and to learn more about pre-arrangements, veterans benefits, cremation and burials, and more.

WE WILL DISCUSS

Cremation & Burial
Traditional Funerals
Veterans' Benefits
Payment Plans
Pre-arrangements

Please RSVP at 810 735-9406

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!

May Happenings

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.

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.*

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.



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.**

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!**

Register Today!

Kidney Smart®

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!



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

Coffee COPS and Conversation
 Tuesday, May 8, 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!



DO YOU WANT TO BE
 A PEN PAL?

DON'T MISS OUT! Sign up to be a Pen Pal.
YOU WON'T BE SORRY!

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

May THURSDAY LUNCH @ LOOSE
 served @ 11:30 am

Volunteers & Staff prepare a **HOMEMADE** lunch.

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!

- May 3 Baked Spaghetti, Salad, Garlic Bread, \$4
- May 10 Ham, Roasted Sweet Potato, Green Bean Casserole, \$4
- May 17 Pierogi & Polish Sausage, \$4
- May 24 BREAKFAST, French Toast & Canadian Bacon, \$4
- May 31 Coney Day, Flint & Detroit, Chips, \$3

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



- May 1 Chicken Noodle, Tossed Salad, Roll, \$3
 - May 8 Meatball Tortellini, Salad, \$3
 - May 15 Broccoli Cheese, Salad, \$3
 - May 22 Taco Soup, Chips & Cheese, \$3
 - May 29 French Onion, Salad, Baguette, \$3
- Fruit, Dessert, Beverage (including milk) will be available at every meal.*

COOK OUT
 Loose

Tues., July 10 &
 Tues., August 14
 4:30 pm, \$6

Fresh off the grill dogs & burgers, baked beans, salad, chips, dessert & beverage

It is the best deal around and there are no strings attached. Just a time to eat and enjoy the company of friends.

Senior Power Day 2018

May 23, 2018, 9 am—2 pm

Crossroads Village(transportation included)*

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

Tickets can be purchased at Loose for \$3 and will be available only until May 9.

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**
 1:00 pm Arthritis Exercise
 (beginning 5/14)
 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**
 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**

PICKLEBALL Mon. & Wed., 6:15 - 9 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, 1 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.



"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., June 18 & 25, 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.



CARD MAKING WITH CAROLINE

Monday, June 25, 12:30 pm, Sunroom, \$7 (class limited)

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

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

Our Chorus is out sharing their gift of music with others during the month of May. The month ends with a wonderful concert at Loose on May 30 at 12 noon. They will then take a much needed break in the summer and resume in September. Think about joining them in the fall. Their love of music and giving back is a win win for all.

TECHNOLOGY

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

PLEASE PREREGISTER FOR ALL CLASSES

UPCOMING CLASSES

IPAD 1 Wednesday, 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.

Flint Farmer's Market



Caretel
Inns of Linden

Tuesday
May 8, 2018

MARKET SEASON

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

Loose is partnering with Caretel Inns of Linden and enjoying time

at the Flint Farmers Market's. Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. *Future special trips, June 12, July 10, August 14, September 11 & October 9.*



Friday, May 25, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!
All are WELCOME!

BOARD & CARD GAMES

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

HAND & FOOT Wednesday, 6:30p

POOL Wednesday - Friday, 1p-3:30p

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

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

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

CHICAGO BRIDGE Tuesday, 1p & Friday, 11a

CHESS Wednesday, 12:30p

CARDS & MORE Will return in the fall.

DOMINOES Wednesday, 12:30p

MAH JONGG Tuesday, 3 pm, Friday 10a

PINOCHLE Monday & Wednesday, 12:30p

EUCHRE Tues. & Thurs., 12:30p, Sat., 10a-1p



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

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.

May



OFFICE HOURS

Monday ~ Friday
8:00 am - 4 pm

EMAIL

lsc@loosecenter.org

WEBSITE

www.loosecenter.org

PHONE

810.735.9406

FAX

810.735.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

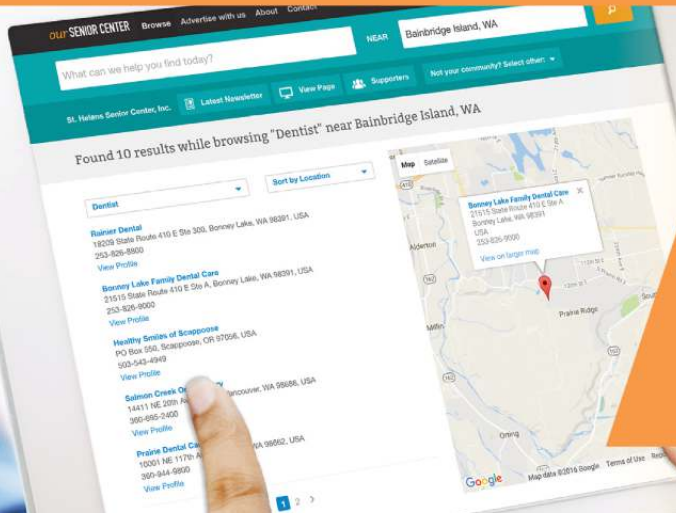
FRIDAY

SATURDAY/SUNDAY

	<p>1</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 FIT4EVER</p> <p>11:30 SOUP @ Loose</p> <p>Chicken Noodle, \$3</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>12:30 Cooking Matters</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>7:00 Movie Night</p>	<p>2</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>10:00 1-On-1 Financial</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch & Learn</p> <p>11:30 Lunch BBQ Riblet</p> <p>12:00 Movie Day</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 NO Grief Support</p> <p>4:00 Google Docs</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>3</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Baked Spaghetti, \$4</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 NO Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>4</p> <p>MMAP Counselor</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>11:30 Lunch Chick. Lasagna</p> <p>11:30 Pickleball</p> <p>1:00 Fibre Friends</p>	<p>5</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday, May 6</p> <p>Great Canadian Cities</p>
<p>7</p> <p>8:00 Bridge</p> <p>9:30 Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 LUNCH Turkey Tetrazzini</p> <p>12:00 Medicare Premiums?</p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>2:00 Chorus @ Argentine</p> <p>3:15 Chorus @ Caretel</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8</p> <p>8:00 Veteran Services</p> <p>9:00 Massage</p> <p>9:30 Coffee & Cops</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:15 Farmer's Market</p> <p>10:30 FIT4EVER</p> <p>11:30 SOUP @ Loose</p> <p>Meatball Tortellini, \$3</p> <p>12:00 Line Dance</p> <p>12:30 Cooking Matters</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>9</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Blood Pressure ✓</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Essential Oil</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Chicken Wings</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>4:00 IPAD 1</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>10</p> <p>Poland Trip</p> <p>MMAP Counselor</p> <p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Ham, Roasted Sweet Potatoes, \$4</p> <p>11:30 Wii Bowling Banquet</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 NO Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>11</p> <p>MMAP Counselor</p> <p>9:00 Podiatrist</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 NO Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:30 Lunch Baked Fish</p> <p>11:00 NO Pickleball</p> <p>MOTHER'S DAY TEA</p> <p>1:00 Fibre Friends</p> <p>5:00 Potluck</p> <p>5:45 Fenton Hotel & Ambassador Concert</p>	<p>12</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>

our SENIOR CENTER

A convenient source for local services



FIND AN ADVERTISER NEAR YOU

SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

Sign up to have our newsletter emailed to you! ourseniorcenter.com

all-inclusive rate
NO EXTRA FEES
starting at
\$3400

Move In Special!
\$500 OFF first month's rent.
Call **810.635.3183**
for more information!



Swank Home
ASSISTED LIVING

- 24 Hour a day care by trained and caring staff
- Assistance with bathing, dressing, and personal care
- Complete health and medication management
- Home-cooked meals, served family style
- All housekeeping and laundry services included
- Weekly Activities: Bingo, Crafts, Yoga, Music

www.swankassistedliving.com
9412 Miller Rd., Swartz Creek, MI 48473

The Lodges of Durand

A VIBRANT LIFE COMMUNITY
A whole new approach to
Assisted Living & Memory Care

8800 Monroe Rd. • Durand
(989) 288-6561

www.thelodgeofdurand.com

THE BRANCHEAU LAW FIRM

FAMILY LEGACY PLANNING

Wills • Trusts • Probate • Elder Law

Stacey M. Brancheau

Attorney at Law and Certified Financial Planner™

1100 Torrey Rd., Ste. 200, Fenton, MI 48430

(810) 629-2222

www.BrancheauLaw.com

Abbey Park

INDEPENDENT SENIOR LIVING



"Live Here... for the Best of Your Life"®

Independent Senior Living with
Personal Care Assistance Available
3221 E Baldwin Rd • Grand Blanc
(810) 606-1110 • www.abbeypark.com



Linden Family Eye Care

123 E. Broad St. • Linden, MI 48451

(810) 735-9988

www.lindenfamilyeyecare.com

Dr. Gerianne Mulanix, OD

- Dr. Mulanix is residency-trained in ocular disease and low vision rehabilitation.
- Comprehensive Eye Exams
- Full-service Optical
- Urgent Care Appointments
- Accepts Most Medical Insurance



Caring for patients in Genesee County since 2011.



Caretel® Inns of Linden

Your Door to Successful Rehab!



- Short term rehab
- Patient-centered care
- Revolutionary Cmill/Regait Accredited for Inpatient Rehab and Stroke Programs
- 5,000 sq.ft. Bridge Street Gym
- Highly motivated, trained therapy staff
- The latest technology & equipment
- Private rooms
- Chef prepared meals
- Room service
- Wireless internet
- Direct dial phones & cable TV

Better rehab means shorter stays and getting you back on your feet and home sooner.

Visit Caretel Inns
of Linden for a tour.

810.735.9400

202 S. Bridge St • Linden
www.caretelins.com



Argentine Care Center

Specializing in short term rehabilitation & long term care

Family Owned- Our Family Caring for Your Family

9051 Silver Lake Road • Linden, MI 48451

Tel: **(810) 735-9487**

www.argentinecarecenter.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0685

Choose EPIC Rehabilitation after Surgery or Hospitalization!



Fresh
WBs Bistro

Experience Hospitality Healthcare



EPIC

Excellence • Passion • Innovation • Care

WELLBRIDGE OF FENTON
YOUR BRIDGE TO RECOVERY AND WELLNESS

www.thewellbridgegroup.com

901 Pine Creek Drive, Fenton, MI 48430 • PHONE: 810.616.4100



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Eileen Frazier to place an ad today!
EFrazier@4LPi.com
or (800) 477-4574 x6309

THIS SPACE IS AVAILABLE

Call LPi at **1.800.477.4574** for more information.

America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES

Senior Home Care

- Affordable Hourly Rates
- Medication Reminders
- Light Housekeeping
- Respite for Family Caregivers
- Up to 24-Hour Care
- Meal Preparation
- Bathing Assistance

(989) 314-0457
www.visitingangels.com/shiawasseeconomy

CAN YOU SEE HOW SMOKING HAS AFFECTED YOUR LUNGS?

CHEST X-RAYS ALONE ARE NOT ENOUGH!
Early detection of lung cancer leads to easier treatment, reducing deaths by 20% more than chest x-rays alone.

JPO Agency LLC
Health Benefit Advisors
Licensed Independent Agents
Health Accident Life Travel
Specializing in Medicare and Medicare Supplements
Marketplace Certified

Sarah Bennett-Bedell
(810) 347-7385
NP# 18096159

Catherine Levijoki
(810) 347-9297
NP# 14173321

Variety of Plans to Suit Your Specific Needs
www.jpoagency.com | follow us on Facebook
4520 Linden Creek Parkway * Suite B * Flint, MI 48507
Call for an appointment

UPGRADE TO A VIBRANT ad

Contact us for details
800-477-4574

TALK TO YOUR DOCTOR & GET AN ORDER FOR CT LUNG SCREENING
UTILIZING A SPECIFIC LOW-DOSE (LDCT) PROTOCOL

92% **CT Lung Screening:**
Fast, Affordable, Safe

- Choose the **ONLY** imaging center in Fenton. Convenient & Comfortable
- Cash pay option costs less than a month of smoking
- Covered by most insurances - visit rmipc.net/ctlung to see if you qualify

15% **Survival Rates**

RMI
REGIONAL MEDICAL IMAGING
810-732-1919

Fenton • Lennon Rd, Flint • Grand Blanc • Novi

Your Care Is Your Choice

Kindred at Home

Kindred Hospice

Home Health **1.800.861.4267**
Hospice **1.800.664.6334**

www.kindredathome.com



Harold M. Koehler, DPM
Medicine & Surgery
of the Foot & Ankle

4038 Grange Hall Road, Holly, MI 48442
248 / 634-6200

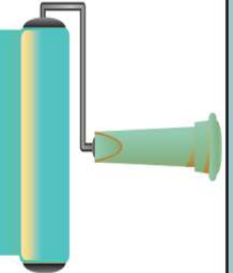
*Come See Us, We're
at Loose Monthly!*

**Sevinc Sparks
covers Auto,
Home, Life,
Lake Estate
and more**



3150 Silver Lake Rd.
Fenton, MI 48430
Office: (810) 354-8071
Cell: (810) 877-1030
Sevinc.sparks@fbinsmi.com

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



JEREMY D. HARRISON

YOUR LOCAL MEDICARE AGENT

Call 248-871-7818

WWW.818INC.COM

Let me help you choose the RIGHT plan.



NOW BOOKING FREE 1-ON-1 CONSULTATIONS



**Generations of Service
to the Community**

sharpfuneralhomes.com



Miller Road Chapel

Roger L. Sharp, Manager
8138 Miller Road • Swartz Creek
(810) 635-4411

Linden Chapel

Stephanie Sharp Foster, Manager
209 E. Broad St. • Linden
(810) 735-7833

Fenton Chapel

Michael T. Scully, Manager
1000 Silver Lake Rd • Fenton
(810) 629-9321

Funeral Home & Cremation Center

Jennifer Sharp Scully, Manager
6063 Fenton Road • Flint
(810) 694-4900

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-331-6501



HOME SECURITY TEAM

Senior Living Community

*Fenton's Best Kept Secret
for Seniors 55+*



Vicky Coppler
Community Manager

201 E. Elizabeth • Downtown Fenton
(810) 629-1179
millpond@kmgprestige.com



*Shiawassee
Shores
Retirement Park*

810.735.9003
1515 W. Rolston Rd.
Linden, MI 48451
www.shiawasseehores.com

UPGRADE TO A

VIBRANT
ad

Contact us for details

800-477-4574

METROPOLITAN TREE INC.
Discount Tree & Stump Removal

Tree Removal • Tree Trimming
Heavy Brush Mowing
Land Clearing • Stump Removal
Firewood • Wood Chips • Mulch

FREE ESTIMATES 50+ YRS EXP.

248-627-6316 • 800-753-1633

metropolitantree@gmail.com

A+ Rating with the BBB 10% Senior Discount



4-D-5-5

For ad info. call 1-800-477-4574 • www.4pi.com



15-0685

Schedule your free lunch & tour today
and see why so many seniors call
American House home!

American House

SENIOR LIVING COMMUNITIES

AmericanHouse.com

Grand Blanc | (810) 936-4578
12640 Holly Rd., Grand Blanc, MI 48349



Markets change. Are you prepared?

Stop by or contact your Edward Jones financial advisor
to schedule a financial review.



Kevin M Messing, AAMS®
Financial Advisor
1537 N Leroy Street
Suite A
Fenton, MI 48430
810-629-2189

www.edwardjones.com
Member SIPC

Edward Jones
Member SIPC OF INVESTORS



FENTON HEALTHCARE

a Health Care Center

*Neighbors Caring
for Neighbors*

Fenton Healthcare is a place to get better, a place for living. As a 121-bed skilled nursing center, our culture creates a community where our staff cares for patients and residents like family, not because it's their job, but because it's their calling. We are Ambassadors of Care.

- Comprehensive Rehabilitation Services
- Alzheimer's & Dementia Care Service
- Advanced Wound Care
- Skilled Nursing Services
- Long Term Care
- Open 24 Hours



512 Beach St., Fenton, MI 48430 • 810-629-4117

www.fentonhealthcare.com

Patricia McGarry, DDS
Accepting New Patients
20% Discount for Senior Citizens
New Patient Special
Cleaning, X-rays, & Exam
Only \$85.00 (No Discounts Apply)
200 Lindenwood Dr. • Linden, MI
810-735-9426
www.drmcgarry.com

**Temrowski Family
Funeral Home
& Cremation Services**

"An exceptional choice in funeral service"

Ken & Becca Temrowski
Owners/Licensed Funeral Directors

500 Main St. • Fenton
810-629-2533

www.temrowskifamilyfuneralhome.com

**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO

BILLED QUARTERLY

**PLUS
SPECIAL
OFFER**

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

Springvale
ASSISTED LIVING

4276 Kroger Drive, Swartz Creek, MI
springvaleassistedliving.com
810.230.6644



assisted **Living with Heart**

Our residents, their families, and our staff have one thing in common – we genuinely care about each other. **We have heart.**

Share life's journey in a community that cares.

VICINIA GARDENS
of Fenton



Assisted Living, Memory and Intermediate Care

A neighborhood you can call home!

Community Director: Catrina Kraus

(810) 513-0969

www.viciniagardens.com

Conveniently located at Jennings and Owen Road

**FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.**
- 800-477-4574 -

Dave Lamb
HEATING & COOLING INC.

Dave Lamb Fenton, MI
Elite Furnace



409 E. Caroline
Fenton, MI 48430

800.454.4946

810.629.4946

- Air Conditioning Service
- Furnace Tune-Up
- Water Heaters

www.davelambheating.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0685

<p>14</p> <p>8:00 Bridge 9:00 CSFP 9:30 Total Fit 10:00 Soaring Eagle 10:00 Painting 10:15 Sleep Mat Production 11:30 LUNCH Chicken 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 1:00 Arthritis Exercise 2:00 Chorus @ Fenton HC 3:15 Chorus @ Crestmont 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>15</p> <p>9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 SOUP @ Loose Broccoli Cheese, \$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 5:00 Dinner Linden HS</p>	<p>16</p> <p>8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 10:00 Ask A Lawyer 10:45 Art à la Carte 11:30 Lunch Turkey Steak 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 NO Grief Support 4:00 IPAD 1 6:15 Pickleball 6:30 Hand & Foot</p>	<p>17</p> <p>MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 LUNCH @ LOOSE Pierogi & Polish Sausage, \$4 11:30 NO Wii Bowling 12:00 Drums Alive© 12:30 Euchre 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p>18</p> <p>MMAP Counselor 8:15 Lifelong Learning 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 10:30 Healthy Exercise 11:00 Chicago Bridge 11:30 Lunch Chicken 11:00 Pickleball 1:00 Fibre Friends</p>	<p>19</p> <p>9:00 Yoga 10:00 Garden Meeting 10:00 Euchre 10:15 Zumba Sunday, May 20 Detroit Symphony Concert</p>
<p>21</p> <p>8:00 Bridge 9:30 Total Fit 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch Roasted Turkey 12:30 Pinochle 1:00 Happy Stampers 1:00 Arthritis Exercise 2:00 Chorus @ Lockwood 3:15 Chorus @ Mill Pond 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>22</p> <p>9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 SOUP @ Loose Taco Soup, \$3 12:00 Line Dance 12:30 Cooking Matters 12:30 Euchre 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>23</p> <p>8:00 Bridge 9:00 Biking Bunch 9:00 SENIOR POWER DAY 9:00 Manicures 9:30 Project Linus 9:30 Yoga 10:45 Art à la Carte 11:30 Lunch Beef Strips 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 4:00 IPAD 2 6:15 Pickleball 6:30 Hand & Foot</p>	<p>24</p> <p>MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 LUNCH @ LOOSE BREAKFAST, \$4 11:30 Wii Bowling Begins 12:00 Drums Alive© 12:30 Euchre 1:30 Kidney Smart 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p>25</p> <p>MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 10:30 Healthy Exercise 11:00 Chicago Bridge 11:30 Lunch Mac. & Cheese 11:00 Pickleball 1:00 Fibre Friends 5:00 Euchre Tournament</p>	<p>26</p> <p>Loose is CLOSED May 26-28 in recognition of the Memorial Day Weekend</p>
<p>28</p> 	<p>29</p> <p>8:00 Podiatrist 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 SOUP @ Loose French Onion, \$3 12:00 NO Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>30</p> <p>8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 10:45 Art à la Carte 11:30 Lunch Pork Chop 12:00 Loose Chorus Concert 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 4:00 IPAD 2 6:15 Pickleball 6:30 Hand & Foot</p>	<p>31</p> <p>MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 Hollywood Casino 10:30 FIT4EVER 11:30 LUNCH @ LOOSE CONEY DAY, \$3 11:30 Wii Bowling 12:00 Drums Alive© 12:30 Euchre 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p>30</p> <p>MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 Hollywood Casino 10:30 FIT4EVER 11:30 LUNCH @ LOOSE CONEY DAY, \$3 11:30 Wii Bowling 12:00 Drums Alive© 12:30 Euchre 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p>BOARD OF DIRECTORS</p> <p>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 Joetta Pyles-Zalewski Nancy Galant Alberta Martin, <i>Emeritus</i></p>
<p>28</p> 	<p>29</p> <p>8:00 Podiatrist 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 SOUP @ Loose French Onion, \$3 12:00 NO Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>30</p> <p>8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 10:45 Art à la Carte 11:30 Lunch Pork Chop 12:00 Loose Chorus Concert 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 4:00 IPAD 2 6:15 Pickleball 6:30 Hand & Foot</p>	<p>31</p> <p>MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 Hollywood Casino 10:30 FIT4EVER 11:30 LUNCH @ LOOSE CONEY DAY, \$3 11:30 Wii Bowling 12:00 Drums Alive© 12:30 Euchre 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i> Melinda Elmore-Hajek <i>Program Director</i> Cheryl Rex, <i>Clerk</i> Brittany Hancock <i>Administrative Assistant</i> Kathy Metviev Dotti Tynes <i>Receptionist</i> Randy & Deb Green <i>Maintenance</i></p>	<p>BOARD OF DIRECTORS</p> <p>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 Joetta Pyles-Zalewski Nancy Galant Alberta Martin, <i>Emeritus</i></p>



ONE-ON-ONE FINANCIAL HELP

Wednesday, May 2, 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.



DIABETES EDUCATION

Wednesday, June 13, 10:30am

Heartland Home Care and Hospice Nurse, Michele Clark, explains Diabetes Awareness and Management. Michele will explain monitoring, nutrition, and general care needed for good diabetic control. She will also explain the signs and symptoms of the disease and will be happy to answer any general questions about diabetes.



FREE HEALTH AND WELLNESS PROGRAM!

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

- ◆ Do you want to feel stronger and have more energy?
- ◆ Do you want to feel steadier on your feet?
- ◆ No matter what your current health and activity levels are, exercise **IS** safe and possible.
- ◆ Let us work with you to design a personalized exercise & wellness program!
- ◆ Wellness program to include:
 - ◆ Assessments of strength, balance, mobility, physical and mental function/endurance
 - ◆ Nutrition and medication review
 - ◆ Education on falls prevention & accessibility to community resources to maintain health & wellness

REGISTRATION IS LIMITED

Wednesday, June 6, 13, 20, 27, July 11, 18

Please commit to all the dates. These are Physical Therapy Students working on their Doctorate of Physical Therapy and this experience is important to their education.

If you are interested, please call

LOOSE @ 810 735-9406

CORRECTING PELVIC FLOOR DYSFUNCTION

Monday, June 11, 4 pm

Registration 4 pm ▪ Program 4:30 pm - 5:45 pm

Surgical and therapeutic advances are restoring a better quality of life for women experiencing urinary problems, bowel issues or pain and pressure in the vagina or rectum. Join Dr. Michael Engle, DO, Obstetrics & Gynecology from McLaren, Flint, to learn more. Call Loose to Register.



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

Friday, May 11 & Tuesday, May 29, (by appointment)

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

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

Sponsored by Fenton HealthCare Center



"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

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.



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.



GENESSEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

ASK THE LAWYER

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

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

CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.

If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact with a representative from the office of the Genessee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genessee 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/Genessee 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

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	\$114
May 31	Hollywood Casino	\$32
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 28	Tigers vs Oakland	\$70
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 25	FireKeepers Casino	\$32
July 31	Quilt Garden Tour	\$90
August 2	Mott Estate Tour	\$5
August 8	Canadian Rockies	\$2,999
August 9	Soaring Eagle	\$32
August 17-26	South Dakota's National Parks	\$1,849
August 29	FireKeepers Casino	\$32
August 23	Tigers vs Chicago White Sox	\$70
September 2-3	Mackinaw Bridge Walk	\$244
September 10	Caesar Windsor	\$25
September 12	Pioneer Trail Wine Around	\$81
September 16-22	Hudson River Valley	\$1,699
September 25	FireKeepers Casino	\$32
October 3	Genesee Belle Fall Cruise	\$27
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 7	Niagara Falls Festival of Lights	\$299
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 10:45 am. Cost: \$4.50 (transportation)

May 2	Chihuly in Nature
May 9	Where the Earth Meets the Sky: Glassworks of Josh Simpson
May 16	Defying Gravity: An Historic Achievement in Glass Featuring Josh Simpson
May 23	Glass Masters at Work: Pino Signoreet
May 30	Glass Masters at Work: Lino Tagliapietra



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.

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 for 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.



Thursday, August 2, 2018

\$5.00 (transportation) Limited Reservations Available
Free (for those who do not need transportation)

Leave Loose @ 12:30 pm, Arrive @ 1:00 pm

House Tour @ 1:30 pm, Leave @ 2:45 pm, Arrive Loose @ 3:15 pm

Charles Stewart Mott built Applewood Estate in 1916, engaging his sister's husband, architect Herbert E. Davis, to design the 21-room family home. The three-story house is a Jacobean Revival with a basement, attached greenhouse, and garage. It has changed very little in the century since it was constructed. After the house tour, enjoy the wonderful new exhibits in the main house garage, chicken coop and barn.

NOTE: *The home is not air conditioned. Tours require guests to walk up and down steep staircase and stand for walking up to a half mile. There are no restrooms in the house.*

GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 3, 2018

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

\$23 includes transportation, cruise & lunch

(be sure you indicate your menu choice at the time you register) The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is 9/19/18.



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

AND MORE TRIPS

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



Loose
Travel SHOW
Wednesday, June 18, 11 am

Join *Mike Bondy (from Shoreline)*, along with **REFRESHMENTS and PRIZES**

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

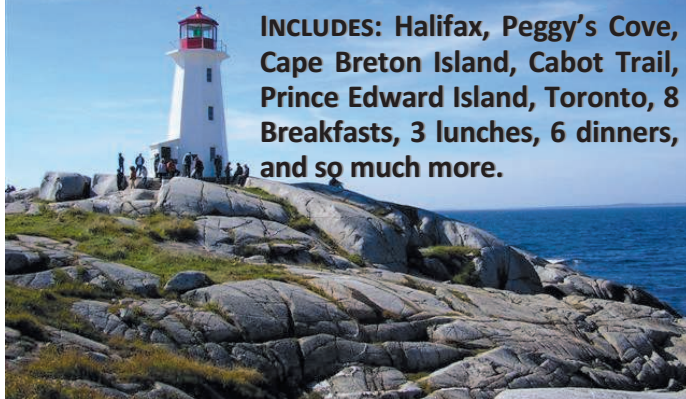
Tuesday, July 31, \$90 PP
Depart 7:00 am Returns 9:30 pm

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

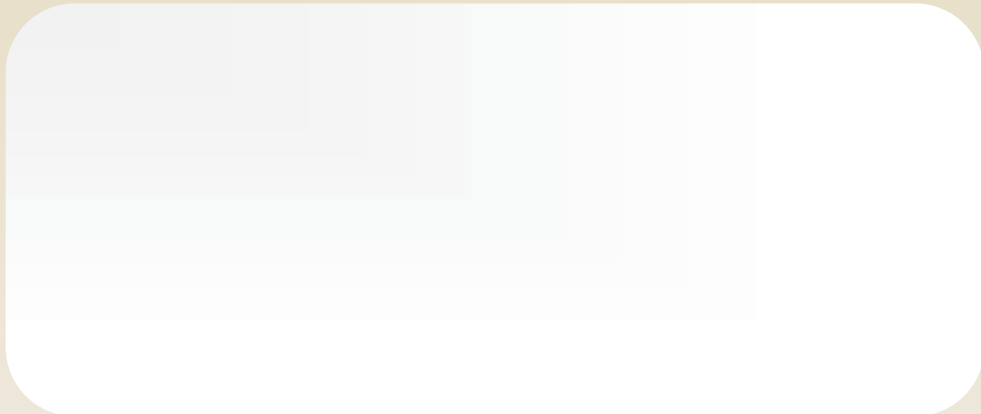
15 Days • 29 Meals
\$\$ vary



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.



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



DINNER & COMEDY SHOW

Tuesday, June 12, 2015, 5 PM, \$15

Join us for a wonderful dinner followed by the comedic entertainment of Billy Ray Bauer. "Billy Ray has been a repeat guest on the Bob and Tom Show heard across America. He's also been heard on the Dick Purtan radio show in Detroit and co-hosted the Appliance Doctor Radio program on WXYT for three years. Billy Ray's jokes have appeared in Reader's Digest and one was among their top 50 jokes for 2005. Billy Ray has appeared with Drew Carey, Tim Allen, The Smothers Brothers, Lewis Black, Doug Stanhope, and many other great comedians!"



TICKETS AVAILABLE - SIGN UP TODAY!

Elegant Chicken (sautéed chicken breast on rice pilaf, with white sauce or Salisbury Steak, Red Skin Potatoes, Yams & Apples, Buttered Corn, Green Bean Casserole, Tossed Salad, Strawberry Delight, dessert and beverage.



Catered by Elegant Catering in Swartz Creek

Classic & Muscle Car Show

Friday, June 15, 2018, 11am-2pm

FREE entry for participants & spectators
HELD @ LOOSE

Free
Food *Hotdogs*
Provided by WellBridge of Fenton
Free
Floats *root beer*
Free
Entry



Sponsored by
Comfort Keepers.
HOME CARE SPECIALISTS

Classic Car check in begins at 10:30 am

For more information contact Comfort Keepers:
Events@CKofGenesee.com or 888.917.3894