

FEBRUARY 2019

the perfect place for 50+

# LOOSE

To My  
SWEETHEART



On  
Valentine's  
Day

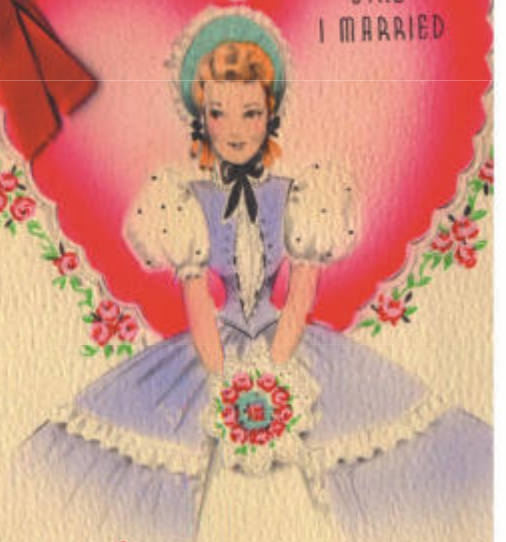
Valentine Greetings  
SWEETHEART



Just Because  
You're So Dear

Valentine Greetings

TO THE  
GIRL  
I MARRIED



"February days are  
a marketing gimmick;  
love happens every day."

~Randeep Hooda

Valentine Greetings

TO THE  
MAN  
I MARRIED





# From the Director

Dear Friends,

In February we will say goodbye to another piece of the history of the Loose Senior Center. The "White House" will be demolished and removed. We wish to thank this house for all the love and time it gave to us. For 23 years it has played many rolls. It has been a meeting space, a home for people to live in, pool hall, office space and a storage building. Now it is time to part ways. It has become old and no longer plays a part in the Loose future. It has done its job well.

The funds for this project came from a donor who wished to have the building torn down. This member of Loose knew of the need for this to happen. The member was willing to give us a gift which covered the total cost in remembrance of a family member. It is members like this who give willingly because of their love and passion for the place they call their second home. A place where they can come and be with friends. They come to exercise, play cards, paint, have lunch, take part in events and activities. Loose is a place that fulfills the wants of many who rely on the expert service they receive to be a part of their daily lives.

Loose is like a box of chocolates you receive on Valentines day. You never know what you will find inside. I will tell you that you will find people who spend time to make the programming possible. You will find friends who love you. You will find endless opportunities to travel. You will find top notch classes for exercise. You will find a place that is warm and inviting. It is a very special place.

So, if you love the Loose Center and you wish to give a gift that keeps on giving, please remember the difference your donation can make to the continuous opportunities Loose brings to every person who passes through the door. Loose will always be here for the community and I hope that it is a part of your life to fill those special needs.

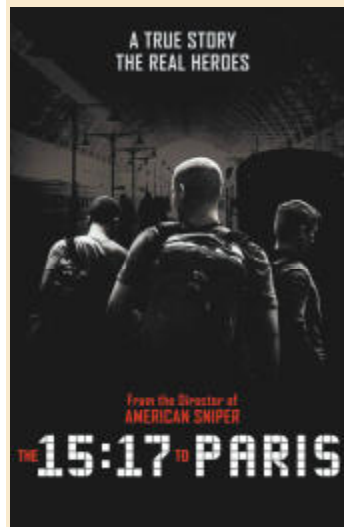
At Loose *"February days are a marketing gimmick; love happens every day."* Randeep Hooda

All is well!

Carl Gabrielson

Executive Director, Loose Center

## Valentine Greetings



### MOVIE NIGHT

Tuesday, February 5, 7 pm

### MOVIE DAY

Wed., February 6, 12 noon

From Clint Eastwood comes "The 15:17 to Paris," which tells the real-life story of three men whose brave act turned them into heroes during a high-speed railway ride. In the early evening of August 21, 2015, the world watched in stunned silence as the media reported a thwarted terrorist attack on Thalys train #9364 bound for Paris—an attempt prevented

by three courageous young Americans traveling through Europe. The film follows the course of the friends' lives, from the struggles of childhood through finding their footing in life, to the series of unlikely events leading up to the attack. Throughout the harrowing ordeal, their friendship never wavers, making it their greatest weapon and allowing them to save the lives of the more than 500 passengers on board. The heroic trio is comprised of Anthony Sadler, Oregon National Guardsman Alek Skarlatos, and U.S. Air Force Airman First Class Spencer Stone, who play themselves in the film.

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

**Refreshments will be served!**

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

**COMMUNITY EXPO**

**SATURDAY**  
March 2, 2019  
10-5 pm

**SUNDAY**  
March 3, 2019  
11-4 pm

Fenton High School

## BINGO @ Caretel Inns

*and you are invited*

**Thursday, February 21, 2:30 pm**

**Food & Prizes!**

All are welcome! Join in the fun!

**202 S. Bridge Street (810)735-9400**

## DINNER & FHS AMBASSADORS WINTER SHOW

Friday, February 22, 5:00 pm @ Fenton Hotel, \$20,

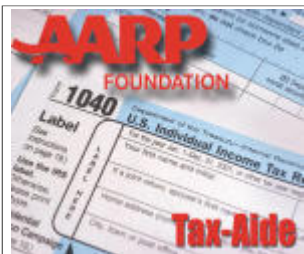
*The price of this event includes dinner, tax & tip and ticket to the show, transportation is on your own. Show begins at 7:30 pm*

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 2/20/19.

**FENTON HOTEL**  
TAVERN & GRILLE

**FENTON**  
HIGH SCHOOL  
**AMBASSADORS**

# February Happenings *Valentine Greetings*



## FREE TAX FORM PREPARATION!

AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 50 and older. Preparation is by certified AARP Foundation Tax Aides. **This service begins on Friday, February 1 (by appointment ONLY).**

Please call the Loose Center at 810.735.9406 to schedule an appointment.



## MEDICARE 101

**Monday, February 4, 12 pm**

Maybe you're getting close to 65 yourself or simply want to understand how Medicare works so that you can help a family member or friend. Take this opportunity to sit with our MMAP Counselor's Ann Walker and Dolores Coulter and listen and have a chance to ask questions. Knowledge is power! **Call and sign up today.**

## HOW TO SAVE FUNERAL HOME COSTS

**Tuesday, February 12, 2:30 pm**

Making funeral home arrangements is one of the hardest yet meaningful tasks a family can do together. Better financial decisions while not under emotional duress, peace of mind, and honoring family wishes are just some of the benefits of planning early. In this 1-Hour workshop you will learn . . .

- How to save money in funeral costs
- Your rights under the Federal Trade Commission
- The ABCs of Caskets, Embalming, Burial Vaults, etc.
- The types of services to choose
- Considerations when pre-paying
- Veteran benefits



You will also receive a **General Price Worksheet** and the **State of Michigan Funeral Facts** booklet. This workshop is free and led by \*Rev. Steve Gonzales, Bereavement Coordinator of Grace Hospice in Flint. \*Rev. Gonzales does not represent a funeral home.

### Looking for Opportunities to Volunteer with Hospice Patients?

Grace Hospice is looking for volunteers interested in providing encouragement and companionship to our hospice patients and caregivers. Following the Funeral Home workshop, please visit the Grace Hospice table to learn how you can brighten someone's day.

## Beginning PICKLEBALL

**Sunday February 24 & March 3, 12 - 2 pm, \$10**

If you've never played Pickleball before or are a recent beginner, this is designed especially for you! Learn the basics of Pickleball rules, terminology, primary skills, coordination and more. These sessions will help develop technique and strategy for social play. Bring your own paddle (or one can be provided), balls are provided and learn from a veteran instructor. This is the perfect starting place for the beginning of your pickleball adventure.

**After completion, consider attending the beginner play time on Thursdays at 7:30 pm to polish your skills.**



## LOW BACK PAIN: HOW CAN I TAKE CONTROL?

**Wednesday, February 20, 10:30 am**

About 80% of the population experiences low back pain at some point in their life. According to a recent survey, more than a third of people with low back pain report that it affects their daily living and around 75% utilize pain medication to treat their symptoms. Exercise is a known, effective treatment for both the reduction of and the prevention of low back pain. Come learn about low back pain, how to prevent it, when to know when it is time to seek help from a professional and some simple but effective exercises that can help you prevent or reduce your low back pain. Kat Wood DPT, OCS, ATC from Ivy Rehab – Linden (formerly Linden Physical Therapy) will be presenting information that you can use to take control in the battle against low back pain.

## THURSDAY AFTERHOURS AT LOOSE

**5:00 PM YOGA FIT** (see page 5 for a complete Yoga Fit description)

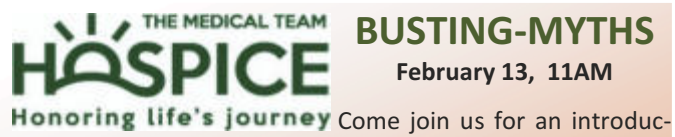
**6:15 PM GROOVE** What is **GROOVE?**

It's a simple method to movement, mindfulness & creativity that makes dance easy, fun & accessible to everyone.

**7:30 PM BEGINNER PICKLEBALL PLAYTIME & REVIEW**

For players who have completed a beginner class. This is a time to play with others at the same skill level & polish up your technique.

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



## BUSTING-MYTHS

**February 13, 11AM**

Come join us for an introduction to hospice and busting all the misconceptions and fears associated with hospice. Is hospice a place? Is hospice a last resort? Does hospice forego medications or treatments? Is my doctor excluded if I choose hospice? There are so many questions, be informed! Presented by Stacy Trudeau RN

Loose sells **Fitness Punch Cards** and **Loose Lunch Loyalty Cards**. For more information, stop by the reception desk.



# Valentine Greetings 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.

## Coffee COPS and Conversation

Tues., February 12, 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!



## St. Patrick's Day DINNER

**Menu Items**  
corn beef  
cabbage  
potatoes  
carrots  
along with  
chicken  
mac & cheese  
salad  
rolls  
dessert &  
beverage  
**ENTERTAINMENT  
YES! To Be Determined  
\$13.00  
SIGN UP TODAY!**

**Tuesday  
March 19th  
5 pm**  
Doors open at 4:30 pm  
**Table reservations accepted  
8 minimum, names required**



## February 2019 Lunch @ Loose Menu

Call (810) 735-9406 one day prior to reserve your spot.

| Mon Potpourri   | Tue Soup Day  | Wed Healthy Dinner Day   | Thu Theme Thursday  | Fri Tying up LOOSE ends Day                      |
|---|---|--|---|--|
| <b>Eat In<br/>Take OUT</b>                              |   | <b>It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$4 per lunch...quite the deal).</b> |   | <b>1<br/>Chefs Choice<br/>You Won't be sorry</b> |
| <b>4<br/>Chicken Kiev<br/>Rice<br/>Salad</b>            | <b>5<br/>Bean Ham Soup<br/>Roll<br/>Salad</b>                       | <b>6<br/>Sausage<br/>Potato Casserole<br/>Fruit</b>  | <b>7<br/>Goulash<br/>Roll<br/>Salad</b>   | <b>8<br/>Delicious<br/>Odds &amp; Ends</b>       |
| <b>11<br/>Mac &amp; Cheese<br/>Salad<br/>Fruit</b>      | <b>12<br/>Stuffed Pepper<br/>Soup<br/>ARGENTINE<br/>CARE CENTER</b> | <b>13<br/>Carl's Day to Cook ☺<br/>Pork Loin<br/>Potatoes<br/>Applesauce<br/>Salad &amp; more</b>  | <b>14<br/>Coney's<br/>(Flint or Detroit Style)<br/>Salad<br/>Chips<br/>Special Valentine Dessert</b>  | <b>15<br/>Hand picked<br/>Just for you! ☺</b>    |
| <b>18<br/>HAPPY<br/>PRESIDENTS<br/>DAY</b>              | <b>19<br/>Chicken Pot Pie Soup<br/>Biscuit<br/>Soup</b>             | <b>20<br/>BBQ Chicken<br/>Salad<br/>Baked Beans</b>  | <b>21<br/>Chicken Noodle Soup<br/>Fresh Salad<br/>Hot Beef Sandwich<br/>w/Mashed Potato<br/>Buttered Broccoli<br/>Hot Fudge Brownie Sundae<br/>CARETEL INNS OF LINDEN</b> | <b>22<br/>Leftovers</b>                          |
| <b>25<br/>Meatball Subs<br/>Chips<br/>Veggie Sticks</b> | <b>26<br/>Potato Ham &amp;<br/>Corn Chowder<br/>Roll</b>            | <b>27<br/>Steak &amp; Onion Hogie<br/>Chips, Fruit<br/>Dessert<br/>BROOKDALE<br/>SENIOR LIVING SOLUTIONS<br/>ALL THE PLACES LIFE CAN GO™</b>                         | <b>28<br/>Cheeseburger 'n' fries<br/>Casserole<br/>Salad</b>  | <b>Second<br/>Helpings<br/>\$1</b>               |

**LOOSE LUNCH** (all meals are prepared in house) Each hearty meal includes, fruit, beverage (including milk) & dessert.



# 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.

## A MILE AT A TIME Tuesday & Thursday, 8-9:15 am FREE

### 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.

### 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!

*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.*

### FIT<sup>4</sup>EVER \$5 drop in fee or discounted punch card available

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

**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 March 14, 2019. If you are interested in Wii bowling, please contact the Loose Office.**

## PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

### MONDAY

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

### TUESDAY

8:00 am Mile @ a Time  
9:30 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
12 & 1 pm **Line Dance**  
1:00 pm Exercise @ Caretel  
4:00 pm **Chair Yoga**  
5:00 pm **Yoga (gentle flow)**

### WEDNESDAY

9:30 am **Yoga (gentle flow)**  
6:15 pm Pickleball

### THURSDAY

8:00 am Mile @ a Time  
9:30 am **Chair Yoga**  
10:15 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
11:30 am **Wii Bowling**  
12 noon Drums Alive  
5:00 pm **Yoga Fit**  
6:15 pm **Groove**  
7:30 pm **Beginner Pickleball Play**

### 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**

### SUNDAY

2:00 pm Pickleball

**“GROOVE”** Mon. at 9:30 am, Thurs. 6:15 pm

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

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. We are united in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body, heart, and soul. You can even do it from a chair. Best part, you add your own style and you can't do this wrong! Come check it out.

**PICKLEBALL** Mon. & Wed., 6:15 - 9 pm, Sunday, 2 pm

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

**Friday, 11 am - 4 pm (reservation required)**

**Thursday, 7:30 Beginner playtime & Review (must have completed beginner class to play at this time)**

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.

### 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 FREE

**Friday, 10:30 am or Tuesday @ Caretel, 1 pm**

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, Beginning 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!

**BIKING BUNCH** See you in the Spring

# Artsy & Crafty

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

**2nd Monday of each month, 12-2 pm, \$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.

## WATERCOLOR CLASSES

**Monday, Jan. 28 & Feb. 4, 2019**

**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.

**SLEEP MATS Mondays, 10:00-11:30 am, SUNROOM**

*The 2nd Monday of each month, this activity begins at 10:15 am*

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.*

## QUILLING CLASS THURSDAYS @ 2 PM

**P**APER-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, beginners included. *Please note: there is a \$15 drop in fee for this class.*

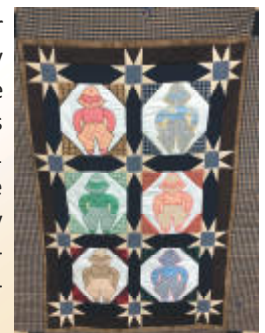


**4th Wednesday of each month, 9:30 to 11:30 am**

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.

**A**nother beautiful quilt creation by our talented Loose Threads is on display at Loose. This **one of a kind** could be yours. For your chance on winning this gem, stop by Loose and pick up a ticket (\$1 each or six for \$5). The drawing will be held on March 19 at the St. Patrick's Day Dinner/Show. **A BIG THANKS** to our wonderful Loose Threads for sharing their talent to the benefit of Loose.



*Visit Our Website*  
[www.loosecenter.org](http://www.loosecenter.org)



# CLASSES, MUSICAL OPPORTUNITIES & MORE

## LOOSE CHORUS

MONDAY @ 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 & ALL ARE WELCOME!**

## 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.

### IPAD 2

**Wednesday, February 6 & 13, 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.

### SMARTPHONE PHOTOS

**Wed., February 20, 4-6 pm, \$15**

So you have learned to take pictures with your new smart phone, now what? Your photo album that sits on the coffee table could use updating and the photos are on your phone, now what? Take the time and learn what to do next and how to get those photos in your hands

### WINDOWS 10

**Wednesday, February 27 & March 6, 4-6 pm, \$20**

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.

*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.*

## WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

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



**Friday, February 22, 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, 6:30pm**

**OPEN GAME PLAY Friday, 12:30-3:30 pm (bring a friend)**

**CHICAGO BRIDGE Tuesday, 1pm & Friday, 12:30pm**

**CHESS Wednesday, 12:30 pm**

**CARDS & MORE Thursday, 10 am**

**DOMINOES Wednesday, 12:30 pm**

**MAH JONGG Tuesday, 1 pm**

**PINOCHLE Monday & Wednesday, 12:30 pm**

**EUCHRE Tues. & Thurs., 12:30pm**



### 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.



Review us on  
**facebook.**



# February 2019

**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**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/SUNDAY**

## WANT TO HELP?

It's easy! Pick your newsletter up at Loose as opposed to having it mailed.

Give us a call and we can explain how it works.

**Research Participants Needed: Community-Dwelling Adults, 65 Years & Older**

**PURPOSE:** Investigate how movement relates to health and function  
**WHERE:** University of Michigan-Flint, Physical Therapy Department  
**WHAT TO EXPECT:** Measurements of height, weight, walking ability, balance, physical activity; completing questionnaires about your health and activities  
**TIME COMMITMENT:** Single visit to campus (1.5 to 2 hours); 7-day activity monitoring  
**BENEFITS:** Results may help health professionals better understand how to promote healthy aging  
**COMPENSATION:** \$40

**To learn more about the study and whether or not you are eligible, please contact: Chad Tiernan, Ph.D. 810-762-3231 or chadwt@umflint.edu**



|  |  |  |  |   |   |
|--|--|--|--|---|---|
| <p>Senior Winter Games Begin<br/>9:30 GROOVE<br/>10:00 Sleep Mat Production<br/>10:00 Painting<br/><b>11:30 Lunch Chicken Kiev</b><br/>12:00 Medicare 101<br/>12:30 Pinochle<br/>1:00 Listening Ear<br/>1:00 Water Color<br/>2:00 Arthritis Exercise<br/>3:00 Chorus<br/>4:00 Yoga<br/>5:00 Zumba &amp; Total Fit<br/>6:00 TOPS Weigh-in<br/>6:15 Pickleball</p> | <p>8:00 Mile @ a Time<br/>9:00 Massage<br/>9:30 Zumba Gold/Total Fit<br/>10:00 Loose Threads<br/>10:30 Blood Pressure ✓<br/>10:30 FIT4EVER<br/><b>11:30 Lunch</b><br/><i>Bean &amp; Ham Soup</i><br/>12:00 Line Dance<br/>12:30 Euchre<br/>1:00 Mah jongg<br/>1:00 Chicago Bridge<br/>4:00 Chair Yoga<br/>5:00 Yoga<br/>7:00 Movie Night</p> | <p>9:00 Manicures<br/>9:00 Blood Pressure ✓<br/>9:30 Yoga<br/>10:00 Consumer Fraud<br/>10:00 1 on 1 Financial<br/>10:45 Art à la Carte<br/><b>12:00 Lunch</b><br/><i>Sausage Potato Casserole</i><br/>12:00 Wood Carving<br/>12:00 Movie Day<br/>12:30 Pinochle/Dominoes/Chess<br/>2:00 Grief Support<br/>4:00 iPad 2<br/>6:15 Pickleball<br/>6:30 Hand &amp; Foot</p> | <p>MMAP Counselor<br/>8:00 Mile @ a Time<br/>9:30 Chair Yoga<br/>10:00 Amvet Rep.<br/>10:00 Cards &amp; More<br/>10:15 Zumba Gold/Total Fit<br/>10:30 FIT4EVER<br/>11:30 Wii Bowling<br/><b>11:30 LUNCH Goulash</b><br/>12:00 Drums Alive©<br/>12:30 Euchre<br/>2:00 Creative Quilling<br/>5:00 Yoga Fit<br/>6:15 Groove<br/>7:30 Beg. Pickleball Play</p> | <p>Income Tax (by Appt.)<br/>MMAP Counselor<br/>9:30 Yoga<br/>10:00 Yarn Recyclers<br/>10:30 Healthy Exercise<br/><b>11:30 Lunch</b><br/><b>Chef's Choice</b><br/>12:00 Pickleball<br/>12:30 Open Game Play<br/>12:30 Chicago Bridge<br/>1:00 Fibre Friends</p>   | <p>9:00 Yoga<br/>10:15 Zumba<br/><b>Sunday, February 3</b><br/>2:00 Pickleball</p>  |
| <p>Senior Winter Games Begin<br/>9:30 GROOVE<br/>10:00 Sleep Mat Production<br/>10:00 Painting<br/><b>11:30 Lunch Chicken Kiev</b><br/>12:00 Medicare 101<br/>12:30 Pinochle<br/>1:00 Listening Ear<br/>1:00 Water Color<br/>2:00 Arthritis Exercise<br/>3:00 Chorus<br/>4:00 Yoga<br/>5:00 Zumba &amp; Total Fit<br/>6:00 TOPS Weigh-in<br/>6:15 Pickleball</p> | <p>8:00 Mile @ a Time<br/>9:00 Massage<br/>9:30 Zumba Gold/Total Fit<br/>10:00 Loose Threads<br/>10:30 Blood Pressure ✓<br/>10:30 FIT4EVER<br/><b>11:30 Lunch</b><br/><i>Bean &amp; Ham Soup</i><br/>12:00 Line Dance<br/>12:30 Euchre<br/>1:00 Mah jongg<br/>1:00 Chicago Bridge<br/>4:00 Chair Yoga<br/>5:00 Yoga<br/>7:00 Movie Night</p> | <p>9:00 Manicures<br/>9:00 Blood Pressure ✓<br/>9:30 Yoga<br/>10:00 Consumer Fraud<br/>10:00 1 on 1 Financial<br/>10:45 Art à la Carte<br/><b>12:00 Lunch</b><br/><i>Sausage Potato Casserole</i><br/>12:00 Wood Carving<br/>12:00 Movie Day<br/>12:30 Pinochle/Dominoes/Chess<br/>2:00 Grief Support<br/>4:00 iPad 2<br/>6:15 Pickleball<br/>6:30 Hand &amp; Foot</p> | <p>MMAP Counselor<br/>8:00 Mile @ a Time<br/>9:30 Chair Yoga<br/>10:00 Amvet Rep.<br/>10:00 Cards &amp; More<br/>10:15 Zumba Gold/Total Fit<br/>10:30 FIT4EVER<br/>11:30 Wii Bowling<br/><b>11:30 LUNCH Goulash</b><br/>12:00 Drums Alive©<br/>12:30 Euchre<br/>2:00 Creative Quilling<br/>5:00 Yoga Fit<br/>6:15 Groove<br/>7:30 Beg. Pickleball Play</p> | <p>Income Tax (by Appt.)<br/>MMAP Counselor<br/>9:30 Yoga<br/>10:00 Yarn Recyclers<br/>10:00 Write Life Story<br/>10:30 Healthy Exercise<br/><b>11:30 Lunch</b><br/><b>Chef's Choice</b><br/>12:00 Pickleball<br/>12:30 Chicago Bridge<br/>12:30 Open Game Play<br/>1:00 Fibre Friends<br/>5:00 Potluck</p> | <p>9:00 Yoga<br/>10:15 Zumba<br/><b>Sunday, February 10</b><br/>2:00 Pickleball</p> |



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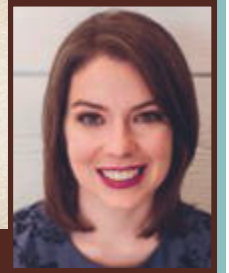


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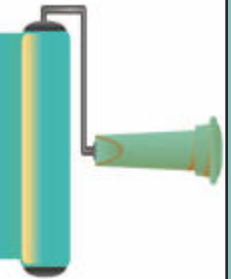
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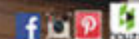
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# HEALTHY LIVING



## ONE-ON-ONE FINANCIAL HELP

First Wednesday of the month, 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.



## Office of the Genesee County Sheriff invites you for a discussion on the following...

- ◆ Types of Elder Abuse
- ◆ Indicators of a Victim Elder Abuse
- ◆ Current Scams targeted at Seniors
- ◆ Who to call if you Suspect Abuse
- ◆ How the Elder Abuse Task Force Victim Services Division is here to help.



Monday, March 18, 12 pm

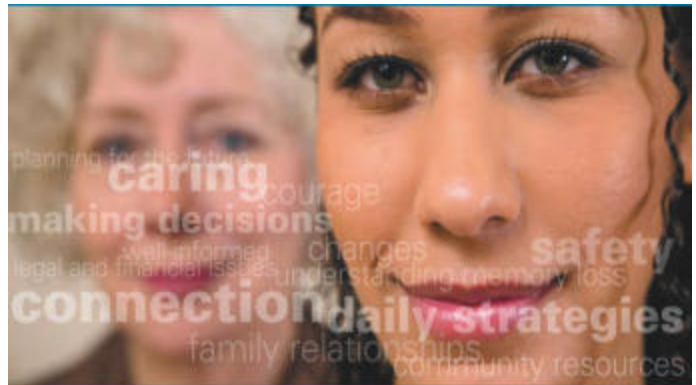
## alzheimer's association

### LIVING WITH ALZHEIMER'S

Tuesday, April 2, 9, 16

*an education program by the alzheimer's association*

When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. Join us for this series of programs that provide answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan and what you can do at each point along the way.



## AARP® SMART DRIVER COURSE

April 17 & 18 (Wednesday & Thursday) 12 noon - 4 pm

\$15 for AARP members/\$20 for non members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. In class there will be discussion, laughter and sharing on Road Rules, Safe Driving, and talking to a friend or relative about their driving. You must be on time and in attendance both days in order to receive your certificate. Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP, check or cash only)

- ◆ Refresh your driving skills and knowledge of the rules of the road.
- ◆ Learn techniques for handling left turns, right-of-way and roundabouts
- ◆ Discover proven driven methods to help keep you and your loved ones safe on the road.
- ◆ And...you could save money on your car insurance.



# 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

**February 26 (by appointment)**

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

## MANICURES

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

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



Plan on a 1/2 hour manicure.

*Please call Loose to set up your appointment.*

### **Travel & Participant Statement RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED**

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

**NOTE:** All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions. To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.

## BLOOD PRESSURE CHECK

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

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

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

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

*Sponsored by Fenton HealthCare Center*



## GRIEF SUPPORT GROUP

**Next Session Begins March 13 @ 2 pm  
Wednesdays 2/6, 2/13, 2/20, 2/27**

We are thankful to McLaren Hospice who has reached out to us and offered to facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

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

**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 \$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](mailto:LSCC@looseseniorcenter.org)

**Visit Loose online @ [www.loosecenter.org](http://www.loosecenter.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](mailto:lsc@loosescenter.org) so we can spread the sunshine.



## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

## ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm, Annex  
Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

## CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.  
If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact with a representative from the office of the Genesee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genesee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

## DISPOSAL OF THE AMERICAN FLAG

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

## MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

## AMVETS

1st Thursday of each month, 10 am - 12 noon, Annex  
Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

## COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex  
Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

**MICAFE** 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, Annex 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

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





# 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 2019. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

**SCHOLARSHIPS** are available to low-income seniors for assistance to participate in many Loose Center programs. You may qualify for transportation to Loose programs, educational classes or health and wellness programs. Income guidelines are available in the office.

## **UPS STORE DISCOUNT CARD**

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

**FUNDING** The Loose Center is funded in part by the Genesee County Senior Millage, the Southern Lakes Regional Metropolitan Parks and Recreation Millage, a Community Development Block Grant from the City of Linden, City of Fenton, the Harding Foundation and donations from individuals.

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

## WE SAVE...YOU CAN HELP



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

**ALPINE** will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

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

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

## **GREETING CARDS**

If you have new greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

**RECYCLING** Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow bins in the parking lot.

**CELL PHONES** We are collecting used cell phones. Please drop them off at the Center in the drop box.

**EYE GLASSES** Deposit your used glasses in the Lions box, located in Annex.

**PLEASE REMEMBER...**We welcome you to call in your reservation for any of our activities, but until payment is received, we cannot guarantee your spot.

## **PLEASE HELP US KEEP OUR FILES UP-TO-DATE**

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

*"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

|                 |                                      |         |
|-----------------|--------------------------------------|---------|
| February 12     | FireKeepers Casino                   | \$32    |
| February 20     | Viva Italiano!                       | \$79    |
| Feb.19-Mar. 5   | Machu Picchu & The Galapagos Islands | \$\$\$  |
| Feb. 22-28      | Treasures of California              | \$2,999 |
| February 26     | Freedom Bound                        | \$12    |
| March 16        | Diavolo/Architecture in Motion       | \$23    |
| March 7         | Soaring Eagle                        | \$32    |
| March 18-29     | Texas                                | \$2,789 |
| March 27        | Gun Lake Casino                      | \$35    |
| April 9         | Detroit Behind the Scenes            | \$85    |
| April 11        | FireKeepers Casino                   | \$32    |
| April 25        | Shakespeare Comedy                   | \$15    |
| April 25-May 5  | Spain's Classics                     | \$\$\$  |
| April 26-27     | Chicago Weekender                    | \$354   |
| April 30-May 1  | Little River Casino                  | \$143   |
| May 1           | Meadow Brook Theatre                 | \$101   |
| May 8           | Holland Tulip Time                   | \$95    |
| May 13          | Niagara Fall & Toronto               | \$599   |
| May 13-20       | Charleston/Savannah                  | \$1,899 |
| May 15          | FireKeepers Casino                   | \$32    |
| May 30          | See the "T" (Toledo)                 | \$96    |
| June 6-8        | Lilac Festival                       | \$580   |
| June 11         | Meijer Gardens                       | \$69    |
| June 19         | District Detroit                     | \$85    |
| June 20-June 29 | Switzerland, Austria & Bavaria       | \$\$\$  |
| July 17         | Clinton River Cruise                 | \$76    |
| August 4-10     | Canadian Rockies                     | \$3,599 |
| August 8-17     | Oregon Coast & Pacific Northwest     | \$3,889 |
| August 14       | Summer In the City                   | \$50    |
| September 12-17 | Wisconsin Dells (Lake Geneva)        | \$1,499 |
| October 2-9     | Railroads of New England             | \$1,999 |
| October 16      | Rum Runner                           | \$113   |
| October 19-28   | Shades of Ireland                    | \$\$\$  |

Detailed flyers are available at the Loose Center.

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

## MCC CONTINUING EDUCATION

(Fridays @ Applewood)

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

**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.

### February 15

**Randy Conant & Michael Heberling, PHD, Retired Colonel, U.S.A.F**  
Randy was hired by ABC channel 12 in 1992. He became a very familiar face in our area as he covered local stories related to aviation, the auto industry and business. Dr. Heberling will share the fascinating story of the USS Akron and the USS Macon, two dirigibles (twice as long as a football field), commissioned by the U.S. Navy in the early 1930's. Hear the story of their construction, mission and flights across the country. Sadly, the fate of the USS Akron was even more tragic than that of the German Hindenburg.






**Soaring Eagle**

**April 30-May 1, 2018 \$143 pp double**

**TOUR INCLUDES** Round Trip Motorcoach Transportation, 1 night Lodging Little River Casino, , Little River Casino & Soaring Eagle Casino. **Stop by Loose for a detailed flyer.**

### 2018/19 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

#### FREEDOM BOUND Tuesday, February 26, 7 pm \$12

There is a story connected with the Underground Railroad in countless communities throughout the north. Old houses have secret tunnels leading into the woods, attics with hidden stairways. The "Railroad" was a network of friends who helped slaves escape to freedom in the north and on to Canada before the Civil War.



#### DIABOLO/ARCHITECTURE IN MOTION

**Friday, March 1, 8 pm, \$23**

Diavolo/Architecture in Motion, fresh from its recent success as a top 10 finalists on NBC's America's Got Talent, Diavolo explores the relationship between the human body and its architectural environment, pushing the limits of performance by incorporating architectural structures, gymnastics and acrobatics into its work. Led by Artistic Director Jacques Heim, this audacious and innovative company, goes where no other company dares.

#### SHAKESPEARE COMEDY Thursday, April 25, 7:30 pm, \$15

An irreverent, fast-paced romp through the Bard's plays, The Complete Works of William Shakespeare (abridged) was London's longest-running comedy having clocked a very palpable nine years in London's West End at the Criterion Theatre! Join these madcap men in tights as they weave their wicked way through all of Shakespeare's Comedies, Histories and Tragedies in one wild ride that will leave you breathless and helpless with laughter.

#### JERSEY BOYS Tuesday, May 14, 7:30 pm Trip Full

### 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)

- February 6** Art21: Chicago
- February 13** Art21: Investigation
- February 20** Los Angeles: Black Hollywood
- February 27** East Coast: Ebony Towers





# AND MORE TRIPS

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



## VIVA ITALIANO

Wednesday, February 20, 2019 \$79

### Tour Includes:

- Round Trip Transportation
- Italian Architectural Influence
- Lunch at Loccino Italian Grill
- Wine Samples at Fieldstone Winery
- Shopping at Nino Salvaggio International Market

# TEXAS

March 18-29, 2019

Motorcoach  
Tour

\$2,789  
The Lone Star State

**HIGHLIGHTS:** Dallas, Forth Worth, Waco, San Antonio, Hot Springs, AK, 11 nights lodging, 11 breakfasts, 2 lunch & 5 dinners, 3 kickback receptions, Fantastic Caverns, City Sightseeing Tours, Fantastic Caverns, AT&T Stadium, Fort Worth Stockyards, Southfork Ranch, Magnolia Market at the Silo and so much more.

April 26-27, 2019, \$354

### Tour Includes:

- Round Trip Transportation
- 1 night at Hampton Inn & Suites downtown Chicago
- Lou Malnati's Pizzeria (includes dinner)
- Ruth Page Center For the Arts, Featuring "A Chorus Line"
- Guided tour of Chicago
- Harold Washington Library

Chicago  
WEEKENDER

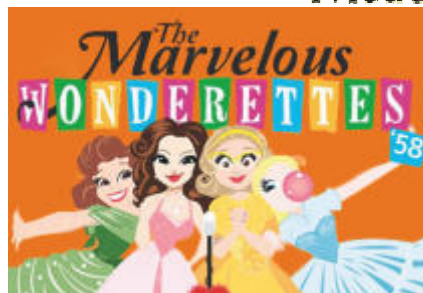
A  
CHORUS  
LINE



Wednesday, May 1  
8:45 am-6:30 pm



Meadow Brook



\$101 INCLUDES

- ◆ Round Trip Transportation
- ◆ Kruse & Muer on Main (lunch)
- ◆ Meadow Brook Theatre

## DETROIT—BEHIND THE SCENES

Tuesday, April 9 20, 2019 \$85

### HIGHLIGHTS INCLUDE:

- ◆ Round Trip Transportation
- ◆ Fisher Building guided tour (est. 1928)
- ◆ Detroit Opera House guided tour
- ◆ Lunch at Mario's Restaurant (est. 1948)



## Shades of Ireland

October 19 - October 28, 2019 • 10 Days • 13 Meals

\$3,549 *If purchased before 4/20/2019*

**HIGHLIGHTS:** Dublin, Irish Evening, Kilkenny, Waterford, Choices on Tour, Blarney Castle, Killarney, Ring of Kerry, Farm Visit, Jaunting Car Ride, Limerick, Cliffs of Moher, Galway, Castle Stay

Day 1 Overnight Flight

Day 2—Hotel Riu Plaza The Gresham Dublin, Dublin

Day 4 Granville Hotel, Waterford

Day 5- 6 Killarney Avenue, Killarney

Day 7-8 Absolute Hotel, Limerick

Day 9 Cabra Castle, Kingscourt



Call Loose for More Information

## Discover Switzerland, Austria & Bavaria

June 20 — June 29, 2019 • 10 Days • 12 Meals  
Double \$3,999 (if purchased before 12/21/18)

Day 1 Overnight Flight

Day 2-5 Hotel Bern, Bern

Day 6- 9 Hotel Innsbruck, Innsbruck

**HIGHLIGHTS:** Bern, Château de Chillon, Montreux, Golden Pass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, Oberammergau



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



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

Tuesday, February 26

## SPAGHETTI DINNER



*Singing the Big Band Standards* <sup>plus</sup>

## MATT WALCH

Dinner served between 4:30 & 5:45, Concert Starts at 6 pm

Dinner & Concert \$12, Dinner Only \$5, Concert Only \$7

**M**att Walch is an outstanding singer performing throughout the Country, including New York, Martha's Vineyard, Bar Harbor, Chicago, Scottsdale, Palm Springs, and Boston. His music consists of the Big Band Standards recorded by Sinatra, Tony Bennett, Nat King Cole, Elvis, Bobby Darin and other legends, sounding so close to the original, audiences often wonder if he's actually singing.

*Not once has an audience been disappointed in Matt's performance!*

