

APRIL 2019

the perfect place for 50+

LOOSE

HENDERSON'S GIANT IMPERIAL JAPANESE MORNING GLORIES

EMPEROR OF JAPAN SEE No 1	PKT 15¢
EMPRESS OF JAPAN	2 15¢
COUNT ITO	3 15¢
YAMAGATA	4 15¢
MIXED ABOVE 4 AND OTHER VARIETIES	15¢
RUFFLED & FRILLED MIXED SEE No 5	25¢
DOUBLE FLOWERING MIXED Nos 6, 7, 8 AND OTHER VARIETIES	25¢

THE COLLECTION
OF THE
ABOVE SEVEN PACKETS

\$1.00
FREE BY MAIL

*"They tried to bury us.
They didn't know we were seeds."*

- Mexican Proverb

From the Director

Dear Friends,

A person lives their whole life a day at a time. Each one bringing joy, challenges and loving memories. We capture these moments and at times share them with others. From our youth to our senior days, we look back in wonder of all the experiences we have and the life we have led.

In the end of our life we are celebrated by our loved ones and friends. They take time to tell the stories they created with you. They take joy in the moments they had throughout your life and the time they were with you. Then they move on with their lives and their special moments, that in the future they will take time to share.

The Loose Center is a place that you can recall all those special times and loving memories. The Write Your Life Story group is a chance to meet with others who want to share their life experiences. It is a time to listen to others who have their own life memories to share. It is very comforting to be in a place where people can relive their life in stories of the past. To dream of our youth, remember the time of family and enjoy the fruits of your efforts. You have the opportunity to see how your memories and tales compare with others. You find that they like you, can share the good times of family and friends and the loss of ones dear to them.

Through the telling of your stories, the memories, good times and bad, you spread the seed of life. You allow them to live on to be passed down to others. In this way your life will continue to grow and be remembered by others who are fortunate to know you and who you are. Sharing your life is special and your life should never be forgotten.

So, please take that time to tell "Your Life Story." In years to come your life may make a difference in another person's "Life Story".

"They tried to bury us. They didn't know we were seeds."
Mexican Proverb

All is well!

Carl Gabrielson, Executive Director, Loose Center

Information Meeting

DID YOU KNOW THAT OLDER ADULTS WITH A HISTORY OF CANCER HAVE A HIGHER RISK OF FALLING?

Wednesday, April 3 at 11 am

Come learn why cancer and its treatment result in multiple problems affecting physical function, mobility, balance, and falls. Researchers at the University of Michigan – Flint are doing a study to determine if tools used measure balance and falls risk in breast, prostate, lung, and colorectal cancer survivors are reliable or valid for use in this group. We are recruiting adults age 65 years or older with a history of breast, lung, prostate or colorectal cancer who are at least 3 months from the last cancer treatment and who can walk 50 feet or more to complete two 1 hour testing sessions at Loose. Each session will be 2 weeks apart and a monetary incentive will be provided upon completion of the testing sessions.



Please contact Dr. Jennifer Blackwood at (810)762.3239 or via email: jblackwo@umflint.edu



MOVIE NIGHT

Tuesday, April 2, 7 pm

MOVIE DAY

Wed., April 3, 12 noon

Dr Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighbourhood in the Bronx. De-

spite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

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.

Tax Reduction Giving Strategies

Tuesday, April 16, 5 pm

WOULD YOU

- ◆ Like to learn more about Charitable Giving & the New Tax Reform
- ◆ Learn more about the new Tax Reform & how it may affect you.

DO YOU

Give to your church, charities or any non-profit and are interested in learning a more tax effective way to give?

Many groups ask us for a share of our wallets, shouldn't we at least know and be aware of the best ways to give so we make better decisions.

Legacy Planning Affects everyone.

April Happenings

Drug Costs & Medicare

Monday, April 1, 12 noon

Join MMAP counselors Ann Walker and Dolores Coulter for a program on Prescription Drug costs for Medicare beneficiaries. Using the Medicare.gov website to compare plans will be demonstrated, so feel free to bring a laptop or tablet. The session will cover how to choose a plan, how to compare stand-alone Rx plans with Medicare Advantage coverage of prescription drugs, and how to search for financial help with medications.

alzheimer's association

LIVING WITH ALZHEIMER'S

Tuesday, April 2, 9, 16, 12—3 pm

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 last 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.



TRAVEL SHOW

Wednesday, April 3 12:30 pm

collette
guided by travel



Join Ed McKenna (from Collette Travel), as he showcases the **IRELAND Trip for October 2019**. This trip has already been embraced by many Loose folks and will be a great opportunity to travel as a group, embrace new adventures and make wonderful memories. **JOIN US!!**

HOW TO SAVE FUNERAL HOME COSTS

Tuesday, April 9, 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.

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 & 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.

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., April 9, 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!



Friday, May 10, 1 pm



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. Give yourself and/or someone special the time for this treat.

SIGN UP TODAY!
ALSO Barbara Kincaid
PRESENTS
"Our Nations
First Ladies"

April 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
1 Pork Stir Fry Rice Vegetable	2 Tomato Soup Grilled Cheese	3 Sausage Casserole Fresh Fruit	4 Goulash Green Beans Roll	5 Chefs Choice <i>You Won't be sorry</i>
8 Corn Beef Hash Cucumber Salad Roll	9 Stuffed Pepper Soup ARGENTINE CARE CENTER	10 Crusted Chicken Mashed Potatoes Corn Dessert Roll	11 Sloppy Joes Baked Beans Cole Slaw	12 Delicious Odds & Ends
15 Hamburger Fries Veggies	16 Chicken Noodle Soup Hearty Roll	17 Ham Au gratin Potatoes Green Beans Applesauce	18 Coney's <i>(Flint or Detroit Style)</i> Salad Chips	19 CLOSED
22 Baked Spaghetti Salad Garlic Bread	23 NO LUNCH <i>In preparation of the</i> <i>Dueling Piano Fundraiser</i>	24 Meatloaf French Fries Salad	25 Egg Sausage Fruit Muffins	26 Leftovers
29 Chicken Taco Salad <i>mmm loaded</i> <i>tasty goodness</i>	30 Wonton Soup Egg Roll	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>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).</p> </div>		

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

BODY, MIND & SPIRIT

BIKING BUNCH will begin **May 15**. 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.

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

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.

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*)

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 Friday., 10:30 am or

Tuesday. @ Caretel, 1 pm 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, 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!

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

9:30 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
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)**
5:00 pm Drums Alive
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**
5:00 pm **Yoga Fit**
6:15 pm **Groove**

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



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.

“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.

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.

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.*

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, April 29 & May 6, 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

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, 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.

LOOSE FITNESS CLASS PUNCH CARD

is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for most 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!



Visit Our Website
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, April 3 & 10, 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.

INTRODUCTION TO GOOGLE DOCS

Wednesday, April 17 & 24, 4-6 pm, \$20

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

PLEASE NOTE: You MUST have a gmail account to use Google Docs

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.

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).



**Eat In
Take OUT**

OR maybe you are interested in a TAKE OUT LUNCH? Just call a day ahead and we will have it ready for you to pick up at the reception desk.



Friday, April 26, 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.



April 2019

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

EMAIL
lsc@loosecenter.org
WEBSITE
www.loosecenter.org

PHONE
810.755.9406
FAX
810.755.4255

MONDAY

9:30	GROOVE	9:00	Massage	9:30	Yoga	MMAP Counselor	Income Tax (by Appt.)	9:00	Yoga	6
10:00	Sleep Mat Production	9:30	Zumba Gold/Total Fit	10:00	Manicures	Chair Yoga	MMAP Counselor	9:00	Yoga	
10:00	Painting	10:00	Loose Threads	10:00	Consumer Fraud	Amvet Rep.	9:30	Yoga	10:15	Zumba
11:30	Lunch Pork Stir Fry	10:30	Blood Pressure ✓	10:00	1 on 1 Financial	Cards & More	10:00	Yarn Recyclers		
12:00	Drug Costs & Medicare	10:30	FIT4EVER	10:45	Art à la Carte	Zumba Gold/Total Fit	10:30	Healthy Exercise		Sunday, April 7
12:30	Pinochle	11:30	Lunch Tomato Soup	11:00	U of M Study Meeting	FIT4EVER	11:00	Pickleball	2:00	Pickleball
1:00	Watercolor	12:00	Line Dance	12:00	Lunch Sausage Casserole	11:30 LUNCH Goulash	11:30	Lunch		
1:00	Listening Ear	12:00	Living w/Alzheimers	12:00	Wood Carving	11:30 Wii Bowling	11:30	Chef's Choice		
2:00	Arthritis Exercise	12:30	Euchre	12:00	Movie Day	12:30 Euchre	12:30	Chicago Bridge		
3:00	Chorus	1:00	Mah jongg	12:30	Travel Show - IRELAND	2:00 Creative Quilling	12:30	Open Game Play		
4:00	Yoga	1:00	Chicago Bridge	12:30	Pinochle/Dominoes/Chess	5:00 Yoga Fit	1:00	Fibre Friends		
5:00	Zumba & Total Fit	4:00	Chair Yoga	2:00	NO Grief Support	6:15 Groove				
5:30	TOPS Weigh-in	5:00	Yoga	4:00	IPAD II					
6:15	Pickleball	7:00	Movie Night	5:00	DRUMS ALIVE					
				6:15	Pickleball					
				6:30	Hand & Foot					

TUESDAY

9:00	CSFP	8:00	Veteran Services	9:00	Blood Pressure ✓	MMAP Counselor	Income Tax (by Appt.)	8:00	Board Meeting	11
9:30	GROOVE	8:00	Detroit Behind Scenes	9:30	Yoga	8:00	MMAP Counselor	9:30	Chair Yoga	11
10:00	Painting	9:00	Massage	10:00	Manicures	9:30	9:30	9:30	Yoga	12
10:15	Sleep Mat Production	9:30	Zumba Gold/Total Fit	10:45	Art à la Carte	10:00	10:00	10:00	Write Life Story	
11:30	Lunch Corn Beef Hash	9:30	Coffee & Cops	11:30	Lunch Crusted Chicken	10:00	10:00	10:00	Yarn Recyclers	
12:00	Anyone Can Paint"	10:00	Loose Threads	12:00	Wood Carving	10:15	10:30	10:30	Healthy Exercise	
12:30	Pinochle	10:30	FIT4EVER	12:30	Pinochle/Dominoes/Chess	10:30	11:00	11:00	Pickleball	
1:00	Book Club	11:30	LUNCH Argentine CC	2:00	NO Grief Support	11:30 LUNCH Sloppy Joes	11:30	11:30	Lunch	
2:00	Arthritis Exercise		<i>Stuffed Pepper Soup</i>	3:15	Coupon Club	11:30 Wii Bowling	11:30	11:30	Chef's Choice	
3:00	Chorus	12:00	Living w/Alzheimers	4:00	IPAD II	12:30 Euchre	12:30	12:30	Chicago Bridge	
4:00	Yoga	12:30	Euchre	5:00	DRUMS ALIVE	2:00 NO Quilling Class	12:30	12:30	Open Game Play	
5:00	Zumba & Total Fit	12:00	Line Dance	6:15	Pickleball	5:00 Yoga Fit	1:00	1:00	Fibre Friends	
5:30	TOPS Weigh-in	1:00	Mah jongg	6:30	Hand & Foot	6:15 Groove	5:00	5:00	Potluck	
6:15	Pickleball	1:00	Chicago Bridge							
		2:30	Funeral Costs							
		4:00	Chair Yoga							
		5:00	Yoga							

WEDNESDAY

9:30	GROOVE	9:00	Massage	9:30	Yoga	MMAP Counselor	Income Tax (by Appt.)	9:00	Yoga	6
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1:00	Listening Ear	12:00	Living w/Alzheimers	12:00	Wood Carving	11:30 Wii Bowling	11:30	Chef's Choice		
2:00	Arthritis Exercise	12:30	Euchre	12:00	Movie Day	12:30 Euchre	12:30	Chicago Bridge		
3:00	Chorus	1:00	Mah jongg	12:30	Travel Show - IRELAND	2:00 Creative Quilling	12:30	Open Game Play		
4:00	Yoga	1:00	Chicago Bridge	12:30	Pinochle/Dominoes/Chess	5:00 Yoga Fit	1:00	Fibre Friends		
5:00	Zumba & Total Fit	4:00	Chair Yoga	2:00	NO Grief Support	6:15 Groove				
5:30	TOPS Weigh-in	5:00	Yoga	4:00	IPAD II					
6:15	Pickleball	7:00	Movie Night	5:00	DRUMS ALIVE					
				6:15	Pickleball					
				6:30	Hand & Foot					

THURSDAY

9:30	GROOVE	8:00	Veteran Services	9:00	Blood Pressure ✓	MMAP Counselor	Income Tax (by Appt.)	9:00	Yoga	13
9:30	GROOVE	8:00	Detroit Behind Scenes	9:30	Yoga	8:00	MMAP Counselor	9:30	Yoga	
10:00	Painting	9:00	Massage	10:00	Manicures	9:30	9:30	9:30	Yoga	
10:15	Sleep Mat Production	9:30	Zumba Gold/Total Fit	10:45	Art à la Carte	10:00	10:00	10:00	Write Life Story	
11:30	Lunch Corn Beef Hash	9:30	Coffee & Cops	11:30	Lunch Crusted Chicken	10:00	10:00	10:00	Yarn Recyclers	
12:00	Anyone Can Paint"	10:00	Loose Threads	12:00	Wood Carving	10:15	10:30	10:30	Healthy Exercise	
12:30	Pinochle	10:30	FIT4EVER	12:30	Pinochle/Dominoes/Chess	10:30	11:00	11:00	Pickleball	
1:00	Book Club	11:30	LUNCH Argentine CC	2:00	NO Grief Support	11:30 LUNCH Sloppy Joes	11:30	11:30	Lunch	
2:00	Arthritis Exercise		<i>Stuffed Pepper Soup</i>	3:15	Coupon Club	11:30 Wii Bowling	11:30	11:30	Chef's Choice	
3:00	Chorus	12:00	Living w/Alzheimers	4:00	IPAD II	12:30 Euchre	12:30	12:30	Chicago Bridge	
4:00	Yoga	12:30	Euchre	5:00	DRUMS ALIVE	2:00 NO Quilling Class	12:30	12:30	Open Game Play	
5:00	Zumba & Total Fit	12:00	Line Dance	6:15	Pickleball	5:00 Yoga Fit	1:00	1:00	Fibre Friends	
5:30	TOPS Weigh-in	1:00	Mah jongg	6:30	Hand & Foot	6:15 Groove	5:00	5:00	Potluck	
6:15	Pickleball	1:00	Chicago Bridge							
		2:30	Funeral Costs							
		4:00	Chair Yoga							
		5:00	Yoga							

FRIDAY

9:30	GROOVE	9:00	Massage	9:30	Yoga	MMAP Counselor	Income Tax (by Appt.)	9:00	Yoga	6
10:00	Sleep Mat Production	9:30	Zumba Gold/Total Fit	10:00	Manicures	Chair Yoga	MMAP Counselor	9:00	Yoga	
10:00	Painting	10:00	Loose Threads	10:00	Consumer Fraud	Amvet Rep.	9:30	Yoga	10:15	Zumba
11:30	Lunch Pork Stir Fry	10:30	Blood Pressure ✓	10:00	1 on 1 Financial	Cards & More	10:00	Yarn Recyclers		
12:00	Drug Costs & Medicare	10:30	FIT4EVER	10:45	Art à la Carte	Zumba Gold/Total Fit	10:30	Healthy Exercise		Sunday, April 7
12:30	Pinochle	11:30	Lunch Tomato Soup	11:00	U of M Study Meeting	FIT4EVER	11:00	Pickleball	2:00	Pickleball
1:00	Watercolor	12:00	Line Dance	12:00	Lunch Sausage Casserole	11:30 LUNCH Goulash	11:30	Lunch		
1:00	Listening Ear	12:00	Living w/Alzheimers	12:00	Wood Carving	11:30 Wii Bowling	11:30	Chef's Choice		
2:00	Arthritis Exercise	12:30	Euchre	12:00	Movie Day	12:30 Euchre	12:30	Chicago Bridge		
3:00	Chorus	1:00	Mah jongg	12:30	Travel Show - IRELAND	2:00 Creative Quilling	12:30	Open Game Play		
4:00	Yoga	1:00	Chicago Bridge	12:30	Pinochle/Dominoes/Chess	5:00 Yoga Fit	1:00	Fibre Friends		
5:00	Zumba & Total Fit	4:00	Chair Yoga	2:00	NO Grief Support	6:15 Groove				
5:30	TOPS Weigh-in	5:00	Yoga	4:00	IPAD II					
6:15	Pickleball	7:00	Movie Night	5:00	DRUMS ALIVE					
				6:15	Pickleball					
				6:30	Hand & Foot					

SATURDAY/SUNDAY

9:30	GROOVE	9:00	Massage	9:30	Yoga	MMAP Counselor	Income Tax (by Appt.)	9:00	Yoga	6
10:00	Sleep Mat Production	9:30	Zumba Gold/Total Fit	10:00	Manicures	Chair Yoga	MMAP Counselor	9:00	Yoga	
10:00	Painting	10:00	Loose Threads	10:00	Consumer Fraud	Amvet Rep.	9:30	Yoga	10:15	Zumba
11:30	Lunch Pork Stir Fry	10:30	Blood Pressure ✓	10:00	1 on 1 Financial	Cards & More	10:00	Yarn Recyclers		
12:00	Drug Costs & Medicare	10:30	FIT4EVER	10:45	Art à la Carte	Zumba Gold/Total Fit	10:30	Healthy Exercise		Sunday, April 7
12:30	Pinochle	11:30	Lunch Tomato Soup	11:00	U of M Study Meeting	FIT4EVER	11:00	Pickleball	2:00	Pickleball
1:00	Watercolor	12:00	Line Dance	12:00	Lunch Sausage Casserole	11:30 LUNCH Goulash	11:30	Lunch		
1:00	Listening Ear	12:00	Living w/Alzheimers	12:00	Wood Carving	11:30 Wii Bowling	11:30	Chef's Choice		
2:00	Arthritis Exercise	12:30	Euchre	12:00	Movie Day	12:30 Euchre	12:30	Chicago Bridge		
3:00	Chorus	1:00	Mah jongg	12:30	Travel Show - IRELAND	2:00 Creative Quilling	12:30	Open Game Play		
4:00	Yoga	1:00	Chicago Bridge	12:30	Pinochle/Dominoes/Chess	5:00 Yoga Fit	1:00	Fibre Friends		
5:00	Zumba & Total Fit	4:00	Chair Yoga	2:00	NO Grief Support	6:15 Groove				
5:30	TOPS Weigh-in	5:00	Yoga	4:00	IPAD II					
6:15	Pickleball	7:00	Movie Night	5:00	DRUMS ALIVE					
				6:15	Pickleball					
				6:30	Hand & Foot					

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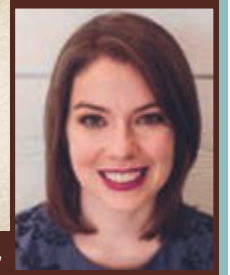


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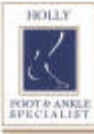
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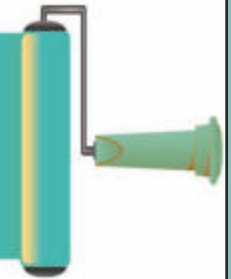
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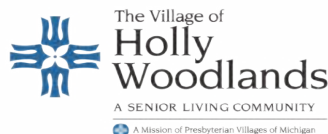


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15		16		17		18		19		20	
9:30	GROOVE	9:00	Massage	9:30	Yoga	9:30	MMAP Counselor	9:30	Chair Yoga	9:00	Yoga
10:00	Sleep Mat Production	9:30	Zumba Gold/Total Fit	10:00	Manicures	10:00	Chair Yoga	10:00	Cards & More	10:00	Yoga Garden
10:00	Painting	10:00	Loose Threads	10:00	Ask A Lawyer	10:00	Cards & More	10:15	Zumba Gold/Total Fit	10:00	Yoga Garden Meeting
11:30	Lunch Hamburgers	10:30	FIT4EVER	10:45	Art à la Carte	10:45	Zumba Gold/Total Fit	10:30	FIT4EVER	10:30	Yoga Meeting
12:30	Pinochle	11:30	Lunch	11:30	Lunch Ham Dinner	11:30	FIT4EVER	11:00	Blood Pressure ✓	10:15	Write Life Story
1:00	Happy Stampers	11:30	Chicken Noodle Soup	12:00	AARP Smart Driver	12:00	Lunch Coney's	11:30	LUNCH Coney's	10:00	Yarn Recyclers
2:00	Arthritis Exercise	12:00	Living w/Alzheimers	12:00	Wood Carving	12:00	Wii Bowling	11:30	Wii Bowling	10:00	Healthy Exercise
3:00	Chorus	12:00	Line Dance	12:30	Pinochle/Dominos/Chess	12:30	Pinochle/Dominos/Chess	12:00	AARP Smart Driver	10:30	Pickleball
4:00	Yoga	12:30	Euchre	2:00	NO Grief Support	2:00	NO Grief Support	12:30	Euchre	11:00	Pickleball
5:00	Zumba & Total Fit	1:00	Mah jongg	4:00	Google Docs	4:00	Google Docs	2:00	Creative Quilling	11:30	Lunch
5:30	TOPS Weigh-in	1:00	Chicago Bridge	5:00	DRUMS ALIVE	5:00	DRUMS ALIVE	5:00	Yoga Fit	11:30	Chef's Choice
6:15	Pickleball	4:00	Chair Yoga	6:15	Pickleball	6:15	Pickleball	6:15	Groove	12:30	Chicago Bridge
		5:00	Yoga	6:30	Hand & Foot	6:30	Hand & Foot	6:15	Groove	12:30	Open Game Play
		5:00	Giving Strategies					6:15	Groove	1:00	Fibre Friends
								6:30	Shakespeare	5:00	Euchre Tournament
									Comedy		
9:30	GROOVE	9:00	Massage	9:30	Yoga	9:30	MMAP Counselor	9:30	Chicago Trip	9:00	Yoga
10:00	Sleep Mat Production	9:30	Zumba Gold/Total Fit	9:30	Project Linus	9:30	Chair Yoga	10:00	MMAP Counselor	10:00	Yoga Garden
10:00	Painting	10:00	Loose Threads	10:00	Manicures	10:00	Zumba Gold/Total Fit	8:15	Lifelong Learning	10:00	Yoga Meeting
11:00	Blood Pressure ✓	10:30	FIT4EVER	10:45	Art à la Carte	10:45	FIT4EVER	9:30	Yoga	10:15	Zumba
11:30	Lunch Baked Spaghetti	11:30	NO Lunch	11:30	Lunch Meatloaf	11:30	Lunch Eggs, Sausage	10:00	Write Life Story	10:30	Yoga Meeting
12:30	Pinochle	12:30	Euchre	12:00	Wood Carving	12:00	Euchre	10:00	Yarn Recyclers	2:00	Pickleball
2:00	Arthritis Exercise	12:00	NO Line Dance	12:30	Pinochle/Dominos/Chess	12:30	Pinochle/Dominos/Chess	10:00	Healthy Exercise	Sunday, April 28	
3:00	Chorus	1:00	Mah jongg	2:00	Grief Support BEGINS	2:00	Grief Support BEGINS	10:30	Pickleball	2:00	Pickleball
4:00	Yoga	1:00	Chicago Bridgde	4:00	Google Docs	4:00	Google Docs	11:30	Lunch		
5:00	Zumba & Total Fit	2:00	Alzheimer Support	5:00	DRUMS ALIVE	5:00	DRUMS ALIVE	11:30	Chef's Choice		
5:30	TOPS Weigh-in	4:00	NO Chair Yoga	6:15	Pickleball	6:15	Pickleball	12:30	Chicago Bridge		
6:15	Pickleball	5:00	NO Yoga	6:30	Hand & Foot	6:30	Hand & Foot	12:30	Open Game Play		
		5:00	DUELING PIANOS					1:00	Fibre Friends		
			Doors OPEN at 4:30 pm					5:00	Euchre Tournament		
9:30	GROOVE	7:00	Little River	9:30	Yoga	9:30	MMAP Counselor	9:30	Chicago Trip	9:00	Yoga
10:00	Sleep Mat Production	8:00	Podiatrist	9:30	Project Linus	9:30	Chair Yoga	10:00	MMAP Counselor	10:00	Yoga Garden
10:00	Painting	9:00	Massage	10:00	Manicures	10:00	Zumba Gold/Total Fit	8:15	Lifelong Learning	10:00	Yoga Meeting
11:30	Lunch Chicken Taco Salad	9:30	Zumba Gold/Total Fit	10:45	Art à la Carte	10:45	FIT4EVER	9:30	Yoga	10:15	Zumba
12:30	Pinochle	10:00	Loose Threads	11:30	Lunch Meatloaf	11:30	Lunch Eggs, Sausage	10:00	Write Life Story	10:30	Yoga Meeting
1:00	Water Color	10:30	FIT4EVER	12:00	Wood Carving	12:00	Euchre	10:00	Yarn Recyclers	2:00	Pickleball
2:00	Arthritis Exercise	11:30	Lunch Wonton Soup	12:30	Pinochle/Dominos/Chess	12:30	Pinochle/Dominos/Chess	10:00	Healthy Exercise	Sunday, April 28	
3:00	Chorus	12:30	Euchre	2:00	Grief Support BEGINS	2:00	Grief Support BEGINS	10:30	Pickleball	2:00	Pickleball
4:00	Yoga	12:00	Line Dance	4:00	Google Docs	4:00	Google Docs	11:30	Lunch		
5:00	Zumba & Total Fit	1:00	Mah jongg	5:00	DRUMS ALIVE	5:00	DRUMS ALIVE	12:30	Chicago Bridge		
5:30	TOPS Weigh-in	1:00	Chicago Bridge	6:15	Pickleball	6:15	Pickleball	12:30	Open Game Play		
6:15	Pickleball	4:00	Chair Yoga	6:30	Hand & Foot	6:30	Hand & Foot	1:00	Fibre Friends		
		5:00	Yoga					5:00	Euchre Tournament		

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	Pat Lockwood
	Gerianne Mulanix
	Joetta Pyles-Zalewski
	Les Scott
	Brad Dick

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.

LOOSE BOOK CLUB

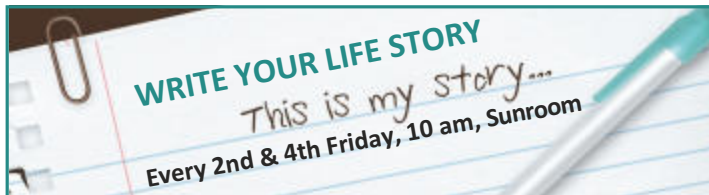
Every 2nd Monday, 1 pm

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.



Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. **WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.**

This group meets twice a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience*, *My Proudest Moment*, *My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories.

Current group member Jeanie writes...

"Something else I hold dear is this writing class. As I wrote my collection of memories to pass on to my children, I began to realize the enjoyment of self-reflection." ♥

DINNER & FHS AMBASSADORS SPRING SHOW

Friday, May 10, 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 5/3/19.



BULLYING at THIS AGE??

Wednesday, May 15, 10:30 am

Did you know, that bullying is as much a reality in older social groups as it is of young ones?

Take some time and join us for a presentation, frank conversation, questions and answers that will build awareness on this harmful social problem. **Trooper Steven A. Kramer from the Michigan State Police** will be our guest and share info on how to report it, respond to it and how to recognize it.



MAKOPLASTY KNEE AND HIP REPLACEMENT

May 15, 5 pm - 6 pm, FREE

Loose is partnering with McLaren Flint to offer a free seminar on Makoplasty Knee and Hip Replacement. Seann Willson, MD, Board Certified Orthopedic Surgeon, who is fellowship trained in lower extremity reconstruction and hip and knee replacement, will discuss minimally invasive surgical options for knee and hip pain including the new Makoplasty procedure now available at McLaren Flint. Mako robotic-arm assisted surgery is a procedure designed to relieve the pain caused by joint degeneration due to arthritis. By selectively targeting the damaged cartilage, the surgeon can spare the healthy bone and ligaments surrounding the arthritic portion of the joint. Dr. Willson will take questions following her presentation.



Registration is required and can be made by calling 810-342-4473 or going to lindenkneepain1.eventbrite.com

REFRESHMENTS WILL BE SERVED.

Diabetes Education Class @ Caretel

May 7, 1:30 pm

Topics include but not limited to: carbohydrates, exercise, tips & tricks, questions & answers.



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

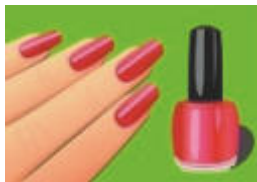
April 30 (by appointment)

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

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

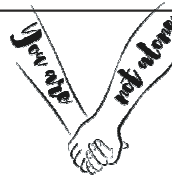
2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

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



Seeking volunteers to help with Blood Pressure checks, if interested, please contact Loose.



GRIEF SUPPORT GROUP

Wednesdays @ 2 pm

Next session begins 4/24

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@loosecenter.org

Visit Loose online @ 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 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, 5:30 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.



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

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 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

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 15	FireKeepers Casino	\$32
May 30	See the "T" (Toledo)	\$96
June 3	Soaring Eagle	\$34
June 6-8	Lilac Festival	\$580
June 11	Meijer Gardens	\$67
June 19	District Detroit	\$85
June 20-June 29	Switzerland, Austria & Bavaria	\$\$\$\$
July 17	Clinton River Cruise	\$76
June 26	Caesar Windsor	\$27
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
September 12	Midland	\$94
September 17-18	Lake Michigan Autumn Breeze	\$304
September 22-28	Coastal Treasures	\$999
Sept. 29-Oct. 3	Yooperland, USA	\$940
October 2-9	Railroads of New England	\$1,999
October 7-10	Taste Of Northern Michigan	\$644
October 16	Rum Runner	\$113
October 19-28	Shades of Ireland	\$\$\$\$
December 2-5	Christmas in Nashville	\$1,299
December 9-12	Christmas at The Greenbrier	\$1,299
March 27-April 5	Sunny Portugal	\$\$\$\$

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.

April 26 Greg M. Miller, Kettering University Centennial Celebration. Join in the celebration of the Kettering University Centennial Celebration! Greg Miller will provide great insight on 100 year old history of what began as the Flint School of Automotive Trade in October 14, 1919.

May 17 Barbara & David Kincaid, *The RMS Titanic, A Night to Remember* Barbara and her husband David, offer a historical presentation on "The Titanic - A Night to Remember," taking us back over 100 years to April 1914.





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

TOUR INCLUDES Round Trip Motor coach Transportation, 1 nights Lodging, Little River Casino, Gaming Session at Little River Casino and Soaring Eagle Casino, Tax and tips included on hotel accommodations, Drivers tip not included, Day 1 Little River Casino pk. = \$20, Day 2 Soaring Eagle Casino pk. = \$15 + 5 food voucher, Voucher and earn 600 points and get a Bonus \$10 in Premium Play. Casino package are subject to change without notice. Stop by Loose for a detailed flyer.

Senior Power Day 2019

May 22, 9 am-2 pm, \$3 (includes transportation)

Crossroads Village • 6140 Bray Road • Flint, MI

For over 30 years, Valley Area Agency on Aging has hosted Senior Power Day. This annual event is held at Crossroads Village in May to celebrate Older Americans Month. The purpose of Senior Power Day is to provide older citizens of Genesee, Lapeer and Shiawassee Counties with information and entertainment. **Ticket sales end May 10.**

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

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)

April 3 Secrets of the Samurai Sword

April 10 Secrets of the Viking Sword

April 17 Secrets of the Shining Knight

April 24 Building Pharaoh's Chariot



AND MORE TRIPS

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

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



DETROIT—BEHIND THE SCENES

Tuesday, April 9 20, 2019 \$85

HIGHLIGHTS INCLUDE:

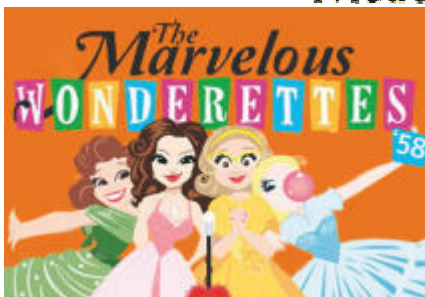
- ◆ Round Trip Transportation
- ◆ Fisher Building guided tour (est. 1928)
- ◆ Detroit Opera House guided tour
- ◆ Lunch at Mario's Restaurant (est. 1948)



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



Meadow Brook



\$101 INCLUDES

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

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



MACKINAC
ISLAND
LILAC
FESTIVAL

June 6-8 \$580pp

INCLUDES

Transportation & 2 nights at the Lake View Hotel on Mackinac Island, 2 Continental Breakfasts, 1 Lunch 1 Dinner, Carriage Tour, Grand Luncheon Buffet at the Grand Hotel & more.

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



Ireland TRAVEL SHOW 4/3 @ 12:30

LEAVE LOOSE 8:30 am, RETURN 4:30 pm

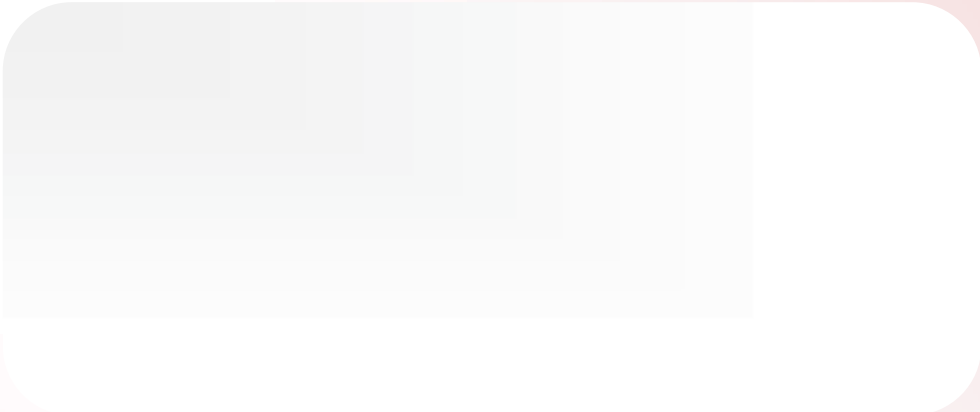
FREDERIK MEIJER
Gardens & Sculpture Park
only \$67

Tuesday, June 11, 2019

- INCLUDES Round Trip Motor Coach Transportation &
- Admission into the Frederik Meijer Gardens & Sculpture Park
- Narrated Tram Tour of the Gardens, sculpture park, Japanese Gardens and Michigan Farm Garden
- \$12 voucher to use at the Taste of the Gardens Café
- A National Treasure: Fred Meijer, His Collection and Legacy
- The Gardens in full bloom
- Water, snacks & FUN on the bus and one DANDY ESCORT!



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



DUELING PIANOS

Tuesday, April 23, 2019, 5 pm
Doors OPEN at 4:30 pm

\$25 TICKET (\$35 @ door)

INCLUDES 5pm-6pm Social Hour
one glass of wine and hors d'oeuvres
6pm-8pm Cool2Duel Dueling Piano

OTHER

CASH BAR (*wine only*)

5pm-6:30pm (\$5.00 per glass)

50/50 Raffle



**A SPECIAL THANKS TO OUR FRIENDS
FOR THEIR GENEROUS SUPPORT**

**Caretel Inns of Linden
The Fenton Winery
WellBridge of Fenton**

The Cool2Duel Dueling Pianos concept can be summed up in a single word: FUN! Combine two sharp-witted, incredibly talented musicians with two pianos on stage, and add a roomful of people: The result is an evening of fast, funny, unforgettable interactive entertainment. The musical repertoire ranges from classic rock to country, hard rock to R&B, oldies and show tunes to the newest Top 40 hits. Best of all, the audience is the star of the show - sending up requests, singing along to favorites, bantering with performers, and having the time of their lives.

Tickets are available @ LOOSE-707 North Bridge Street • Linden • 810-735-9406