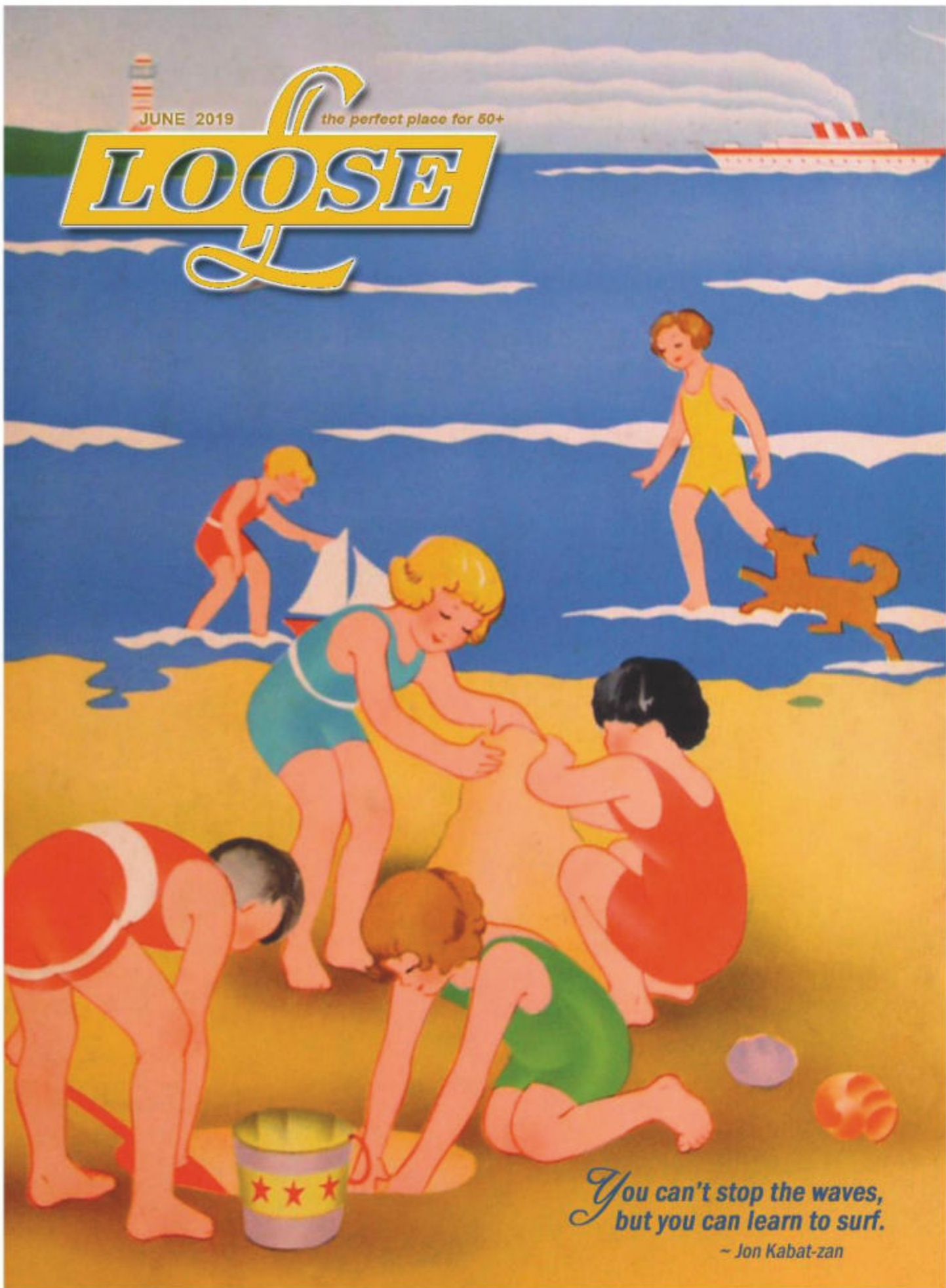


JUNE 2019

the perfect place for 50+

LOOSE L



*You can't stop the waves,
but you can learn to surf.*

~ Jon Kabat-zan

From the Director



Dear Friends,

Each and every person, sometime in their life, needs to stop and review their lives from A to Z. You need to look at the "Good, Bad and the Ugly." Each of you have experienced success and failure. Your time on earth is like the weather. Some days are calm, sunny and beautiful, a time to get out and enjoy Mother Natures best. Some days are gloomy and chilly, a time to curl up with a blanket and a good book. Then there are the times when you face raging storms that produce high winds and huge waves.

This describes what you face every day. The good times come easy (sunny days) and your life with family, friends and your good health gives you a feeling that life could not be better. You look forward to those times to share the love and the joy that this time in your life brings. You take time to reflect back on days gone by to relive those wonderful moments that you have experienced that made your life so special. Life is good.

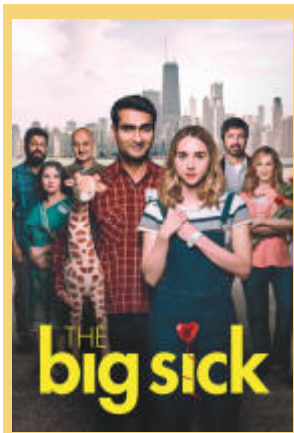
Gloomy days give you a time to take a step back and rest. It gives you time to cherish the times you spent creating wonderfully fond memories. A time to remember all of the wonderful things that have entered into your life and those things that gave you challenges that you have overcome. It causes you to reflect on who you are and how you got here.

Then there are days when you will face a mighty storm which creates overwhelming waves which seem to overtake your life. You face sorrow, tragedy, helplessness, sickness, confusion and loss which on any given moment is too much to handle and forces you to say "why me." This is the time in your life that you have no control. Every human being at some time faces these waves. It is part of the cycle of good times, gloomy times and storms which brings the waves we have to endure.

So now you know that you will face the "Good, Bad, and the Ugly." How you decide to control your feelings and conquer the waves in your life dictate who and what you are. You must face all of your issues and find a way to enjoy, reflect and overcome them as the weather changes. This is your lot in life to be flexible and be able to handle all the kind of challenges you will face.

You can't stop the waves, but you can learn to surf. John Kabat-zan

All is Well, Carl Gabrielson
Executive Director, Loose Center



MOVIE NIGHT

Tuesday, June 4, 7 pm

MOVIE DAY

Wed., June 5, 12 noon

Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings.

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.

There will be NO MOVIE in July & August
A BIG THANKS to JOHN STRAYER of
TANGLEWOOD ASSISTED LIVING
for his continuous GENEROUS support of this special program.

Caretel
free **PICNIC TIME**
12 noon - 2 pm
Tuesday, July 23
SUMMER FUN!

- ◆ Food, Fun, Music, **PRIZES** and give-a-ways
- ◆ Invite your family and friends
- ◆ Bring a lawn chair and hang out
- ◆ ENTERTAINMENT
- ◆ Live remote broadcast from CARETEL

NASH

Caretel Inns of Linden 202 S. Bridge Street

DIAMOND HOME CARE **Sharp FUNERAL HOMES** **PROFESSIONAL MEDICAL, INC.**

Thank You Sponsors!

Visit Our Website
www.loosecenter.org

JUNE Happenings



FREE HEALTH AND WELLNESS PROGRAM!

UM-Flint Physical Therapy students and faculty are offering a free, individualized, 6-week health and wellness program to help you achieve your health, exercise, & wellness goals. Each person will be paired with a Physical Therapy Student and works on a six week plan.

MORE DETAILS ARE AVAILABLE AT LOOSE.

REGISTRATION IS LIMITED

Wednesday, June 5, 12, 19, 26, July 10, 17

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

If you are interested, please call **LOOSE @ 810 735-9406**

MEDICARE AND LONG TERM CARE

Monday, June 3, 12 noon

The increasing cost of long term care, including in home services, assisted living, and nursing home care, can threaten a lifetime of savings. Join us for a presentation by our MMAP counselors, Dolores Coulter and Ann Walker, on about a frequently misunderstood aspect of the Medicare program - it's very limited coverage of long term care costs - and learn about other possible sources of assistance.



GOLF SEASON IS BACK!!!

Wednesday, June 5, 10:30 am

It is a short period of time that we have available to get in some good golf here in Michigan. Don't spend that time trying to fight through an injury or limitation. Kat Wood DPT, OCS, ATC from Ivy Rehab - Linden (formerly Linden Physical Therapy) will be presenting information on some simple stretches and drills that you can use to make sure you are golf ready when it counts. These are designed at improving mobility to allow a freer swing and decrease the stress on your joints. We can't promise any lower scores, but hopefully you can be out there more to enjoy the game!!!



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

THANK YOU!



JUNE DINNER FUN

WITH THE DIBBLEVILLE DOLLS
TUESDAY, JUNE 18, 5 PM, \$12

DINNER INCLUDES

Elegant Chicken, Salisbury Steak, Noodles Parmesan, Baked Beans, Mashed Potatoes, Green Bean Almondine, Sweet Southern Carrots, Relish Tray, Roll & Strawberry Delight & Beverages.

Catered by Elegant Catering

Following Dinner, the **Dibbleville Dolls** will provide fun and entertaining music for all. The group presents two guitars, a hammer dulcimer and various percussion instruments. Their gentle, acoustic sound, excellent vocal harmonies and interesting musical arrangements all make for a show that can't be beat!



A MATTER OF
BALANCE

DO YOU HAVE **concerns**
about falling?

THIS PROGRAM EMPHASIZES PRACTICAL STRATEGIES TO MANAGE FALLS

YOU WILL LEARN TO: view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance

WHO SHOULD ATTEND? anyone concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past, anyone who has restricted activities because of falling concerns.

BEGINS, THURSDAY, JUNE 13, 12-2 PM

Cost for the participant manual is \$10.00. Classes are conducted over eight sessions, June 13, 20, 27, July 11, 18, 25,

Research Participants Needed



SCHOOL OF HEALTH PROFESSIONS & STUDIES
PHYSICAL THERAPY

Researchers at the University of Michigan - Flint are doing a study to determine if tools used to measure balance and fall risk in breast, prostate, lung, and colorectal cancer survivors can be considered reliable or valid for use in this group. The study is being performed because cancer and its treatment result in multiple problems affecting physical function, mobility, and balance which contribute to a higher risk of falls and may result in long-term disabilities. 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 are needed to complete two 1 hour sessions at University of Michigan-Flint. 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

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., June 11, 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!



Tuesday, July 16 & August. 13
4:30 pm, \$6 pp (a deal folks)

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

This is an easy going nice summer dinner for a great price. No hidden agendas. Come and enjoy dinner, chat with friends and have a nice peace filled summer night. **Just give us a call and let us know you are coming!! We can even do take-outs!**

Breakfast

9:30-10:30 am

Monday, June 17, \$4

Biscuits & Gravy
Eggs, Fruit & Beverage

If you meet up anywhere for breakfast, consider stopping at Loose on the third Monday of each month. We will serve Breakfast from 9:30 - 10:30 am. It is the perfect meeting place. Come early and enjoy coffee, stay late and enjoy the company. The breakfast is made in house and will be hot and delicious. **Trying to get a friend to give Loose a try...this could be the ticket!**

June 2019 Lunch @ Loose Menu

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

Mon Pulpourri	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up: LOOSE ends Day
3 Sloppy Joes Chips Veggies	4 Chicken Tortilla Soup & Quesadilla	5 Pot Roast Potatoes Carrots & Roll	6 Chicken Bacon Ranch Pasta w/Salad	7 Chefs Choice <i>You Won't be sorry</i>
10 Sub Sandwich Pasta Salad Chips	11 Cream of Asparagus Soup in Bread Bowls <i>and a tasty Argentine Dessert</i> ARGENTINE	12 PICNIC DAY! Grilled Brats Potato Salad Chips Veggies	13 Sweet & Sour Meatballs Rice Vegetable & Roll	14 Leftovers
17 Breakfast 9:30-10:30 am Biscuits & Gravy Eggs, Fruit	18 Cheeseburger Soup Salad Rolls	19 Roasted Pork Mashed Potatoes & Gravy Vegetable	20 Leftovers	21 CAR SHOW <i>sponsored by Comfort Keepers</i> FREE HOTDOGS <i>Sponsored by Wellbridge</i> FREE ROOT BEER FLOATS <i>Sponsored by American House</i>
24 Monte Cristo Sandwich Tater Tots Salad	25 Meatball Tortellini Soup Salad Roll	26 Chicken Casserole Green Beans Roll	27 Coney's <i>(Flint or Detroit Style)</i> Salad Chips	28 Leftovers
Eat In Take OUT	<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>			<p>Lunch is served at 11:30 am PLEASE NOTE: The cost of the second helping is \$1.00</p>

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

BODY, MIND & SPIRIT

BIKING BUNCH Wednesdays @ 9 am. 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

\$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

9:00 am Biking Bunch
9:30 am **Yoga (gentle flow)**
6:15 pm Pickleball

THURSDAY

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

FRIDAY

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

SATURDAY

9:00 am **Yoga**
10:15 am **Zumba/Total Fit**

SUNDAY

2:00 pm Pickleball (returns Oct. 13)



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. **Taking a BREAK until Fall.**

Watch for more information in upcoming newsletters.

"GROOVE" Mon. at 9:30 am

\$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.

BINGO and you are invited

Caretel
Inns

202 S. Bridge Street
(810)735-9400

Every 3rd Thursday
of the Month
@ 2:30 pm

All are welcome!
Join in the fun!



WATERCOLOR CLASSES

Monday, June 3 & 17

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.

NEW!!! BEGINNING QUILTING

THURSDAY JUNE 13 & 27 @ 12 PM, \$15/CLASS

All materials are supplied



June 13

Create a butterfly & caterpillar

June 27

Create flower & vase



ADVANCED QUILTING

THURSDAYS @ 2 PM

PAPER-ROLLING, **P**APER-SCROLLING, **F**ILIGREE, **M**OSAIC and **Q**UILTING 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.*



Project Linus

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

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

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

CLASSES, MUSICAL OPPORTUNITIES & MORE

LOOSE CHORUS



Our Chorus is taking a break and will resume practice on Monday, August 19 at 3 pm. Think about joining them in the fall. Their love of music and giving back is a win win for all.

TECHNOLOGY

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

WATCH for Fall Class Schedule in future Newsletters.

COMPUTER ONE-ON-ONE HELP WITH KELLY O'CONNELL.

For personalized one-on-one computer training, bring your laptop, phone or tablet, and a list of questions you may have relating to Windows or your devices. Call Loose, at 810 735-9406, to make your appointment. Cost is \$10 for a 30 minute appointment. *Every other Wednesday during the Summer Only!*

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

Monday, August 5, 12 noon

Mark your calendar and join us, to learn about programs that can help people with Medicare manage the ever-increasing out of pocket costs for premiums, deductibles, co-



pays. Our MMAP counselors, Ann Walker and Dolores Coulter, will explain the benefits available from public and private programs, including the Medicare Savings program (for help with Medicare co-pays, deductibles, and the Part B premium), Extra Help (for help with prescription drug premiums and co-pays) and the Michigan Medigap Subsidy program (for help with Medigap premiums), and the eligibility rules that apply to these programs.

CARD SHOP drawing



During the month of June be sure to sign in at the My Senior Center Computer. The person who signs in the most wins this Loose Card Shop PRIZE. Drawing to be held June 3.



Friday, June 28, 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

CHESS Wednesday, 12:30 pm

CARDS & MORE Returns in October

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.



June 2019

PHONE
810.735.9406
FAX
810.735.4255

EMAIL
lssc@loosecenter.org
WEBSITE
www.loosecenter.org

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

LOOSE BOARD OF DIRECTORS Frank Lukowski, President, Ken Wensel, Vice President, Ann Deemer, Secretary, Ray Culbert, Treasurer, Mary Auge, Roby Deese, Nancy Galant, David Kincaid, Pat Lockwood, Gerianne Mulanix, Joetta Pyles-Zalewski, Les Scott, Brad Dick

REMEMBER...WE HAVE
Fitness & Loose Lunch Loyalty Cards.
For more information, stop by the reception desk.

3		4		5		6		7		8	
9:30	GROOVE	9:00	Massage	8:30	U of M Wellness	9:30	MMAP Counselor	9:30	MMAP Counselor	9:00	Yoga
10:00	Soaring Eagle	9:30	Zumba Gold/Total Fit	9:00	Biking Bunch	10:00	Chair Yoga	10:00	Yoga	10:15	Zumba
10:00	Sleep Mat Production	10:00	Loose Threads	9:30	Yoga	10:00	Amvet Rep.	10:00	Yarn Recyclers		
10:00	Painting	10:30	Blood Pressure ✓	10:00	Manicures	10:15	Zumba Gold/Total Fit	10:30	Healthy Exercise		
11:30	Lunch Sloppy Joes	10:30	FIT4EVER	10:00	Consumer Fraud	10:30	FIT4EVER	11:00	Pickleball		
12:00	Medicare & Long Term	11:30	Lunch Tortilla Soup	10:00	1 on 1 Financial	11:30	LUNCH Chicken Pasta	11:30	Lunch		
12:30	Pinochle	12:00	Line Dance	10:30	IVY Rehab	11:30	Wii Bowling	12:30	Chef's Choice		
1:00	Watercolor	12:30	Euchre	10:30	U of M Wellness	12:00	Beginning Quilling	1:00	Open Game Play		
1:00	Listening Ear	1:00	Mah jongg	10:45	Art à la Carte	12:30	Euchre		Fibre Friends		
2:00	Arthritis Exercise	1:00	Chicago Bridge	12:00	Movie	2:00	Creative Quilling				
4:00	Yoga	4:00	Chair Yoga	12:00	Lunch Pot Roast	5:00	Yoga Fit				
5:00	Zumba & Total Fit	5:00	Yoga	12:30	Wood Carving						
5:30	TOPS Weigh-in	7:00	Movie Night	12:30	Pinochle/Dominoes/Chess						
6:15	Pickleball			2:00	Grief Support						
				6:15	Pickleball						
				6:30	Hand & Foot						
10		11		12		13		14		15	
9:00	CSFP	8:00	Veteran Services	8:30	U of M Wellness	8:00	MMAP Counselor	9:30	MMAP Counselor	9:00	Yoga
9:30	GROOVE	8:30	Meijer Gardens	9:00	Biking Bunch	9:30	Board Meeting	10:00	Yoga	10:15	Zumba
10:15	Sleep Mat Production	9:00	NO Massage	9:30	Yoga	10:00	Chair Yoga	10:30	Yarn Recyclers		
10:00	Painting	9:30	Zumba Gold/Total Fit	10:00	Manicures	10:15	Zumba Gold/Total Fit	10:30	Healthy Exercise		
11:30	Lunch Sub Sandwich	9:30	Coffee & Cops	10:30	U of M Wellness	10:30	FIT4EVER	11:00	Pickleball		
12:00	Anyone Can Paint"	10:00	Loose Threads	10:30	Blood Pressure ✓	11:30	LUNCH	11:30	LUNCH		
12:30	Pinochle	10:15	Farmer's Market	10:45	Art à la Carte		Sweet & Sour Meatballs	12:30	LEFTOVERS		
1:00	Book Club	10:30	FIT4EVER	11:30	Lunch Grilled Brats	11:30	Wii Bowling	12:30	Open Game Play		
2:00	Arthritis Exercise	11:30	LUNCH Cream of Asparagus Soup	12:00	1 on 1 Computer Help By Appt.	12:00	Beginning Quilling	1:00	Fibre Friends		
4:00	Yoga	12:30	Euchre	12:00	Wood Carving	12:30	Matter of Balance	5:00	Potluck		
5:00	Zumba & Total Fit	12:00	Line Dance	12:30	Pinochle/Dominoes/Chess	2:00	Quilling Class				
5:30	TOPS Weigh-in	1:00	Mah jongg	2:00	Grief Support	5:00	Yoga Fit				
6:15	Pickleball	1:00	Chicago Bridge	3:15	Coupon Club						
		4:00	Chair Yoga	6:15	Pickleball						
		5:00	Yoga	6:30	Hand & Foot						



"Award Winning BBQ"
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2461 North Rd.
Fenton, MI
(US-23, Exit 80)
810-750-0507

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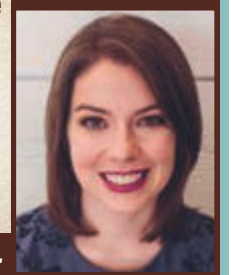
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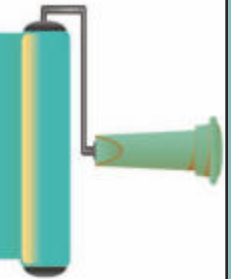
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<p>17</p> <p>9:30 GROOVE 9:30 BREAKFAST <i>Biscuit & Gravy</i> <i>Eggs, Fruit, Beverage</i> 10:00 Sleep Mat Production 10:00 Painting 12:30 Pinochle 1:00 Watercolor 1:00 Happy Stampers 2:00 Arthritis Exercise 4:00 Yoga 5:00 Zumba & Total Fit 5:30 TOPS Weigh-in 6:15 Pickleball</p> 	<p>18</p> <p>9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch <i>Cheeseburger Soup</i> 12:00 Line Dance 12:30 Euchre 1:00 Mah jongg 1:00 Chicago Bridge 4:00 No Chair Yoga 5:00 No Yoga 5:00 Dinner & Show</p> 	<p>19</p> <p>8:00 Detroit District 8:30 U of M Wellness 9:00 Biking Bunch 9:30 Yoga 10:00 Manicures 10:00 Ask A Lawyer 10:30 U of M Wellness 10:45 Art à la Carte 11:30 Lunch Roasted Pork 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p>	<p>20</p> <p>MMAP Counselor 9:30 Chair Yoga 9:30 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 LUNCH LEFTOVERS 11:30 Wii Bowling 12:00 Matter of Balance 12:30 Euchre 2:00 Creative Quilling 2:30 Bingo @ Caretel 5:00 Yoga Fit</p>	<p>21</p> <p>MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 NO Healthy Exercise 11:00 CLASSIC CAR SHOW</p>  <p>Comfort Keepers. 11:30 FREE HOTDOGS <i>Sponsored by</i> WellBridge of Fenton 11:30 FREE FLOATS <i>Sponsored by</i> American House Grand Blanc</p> <p>11:00 NO Pickleball 12:30 Open Game Play 1:00 Fibre Friends</p>	<p>22</p> <p>9:00 Yoga 10:15 Zumba</p> 
<p>24</p> <p>9:30 GROOVE 10:00 Sleep Mat Production 10:00 Painting 11:00 Blood Pressure ✓ 11:30 Lunch Monte Cristo 12:30 Pinochle 2:00 Arthritis Exercise 4:00 Yoga 5:00 Zumba & Total Fit 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p>25</p> <p>8:00 Podiatrist 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch <i>Meatball Soup</i> 12:30 Euchre 12:00 Line Dance 1:00 Mah jongg 1:00 Chicago Bridge 2:00 Alzheimer Support 4:00 Chair Yoga 5:00 Yoga</p>	<p>26</p> <p>8:30 U of M Wellness 9:00 Biking Bunch 9:30 Yoga 9:30 Project Linus 10:00 Manicures 10:30 U of M Wellness 10:45 Art à la Carte 11:00 Caesar Windsor 11:30 Lunch <i>Chicken Casserole</i> 12:00 1 on 1 Computer Help <i>By Appt.</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p> 	<p>27</p> <p>MMAP Counselor 9:30 Chair Yoga 9:30 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Wii Bowling 11:30 LUNCH CONEY DAY! 12:00 Beginner Quilling 12:00 Matter of Balance 12:30 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p>	<p>28</p> <p>MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch Chef's Choice 12:30 Open Game Play 1:00 Fibre Friends 5:00 Euchre Tournament</p> 	<p>29</p> <p>9:00 Yoga 10:00 Garden Meeting 10:15 Zumba</p> <p>LOOSE STAFF Carl Gabrielson <i>Executive Director</i> Melinda Elmore-Hajek <i>Program Director</i> Brittany Hancock <i>Admin. Assistant</i> Cheryl Rex <i>Clerk</i> Kathy Metvier Dotti Tynes <i>Receptionist</i> Randy & Deb Green <i>Maintenance</i></p>

HEALTHY LIVING

WRITE YOUR LIFE STORY *Breaking for summer, resume 9/13*

Every 2nd & 4th Friday, 10 am 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.

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.



POWERFUL TOOLS FOR CAREGIVERS

Wednesday, July 24-August 28

2-3:30 pm

Meetings are once a week, for six weeks

\$20 is requested to cover the cost of the participant book, BUT not required to attend the class.

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially. Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

POWERFUL TOOLS FOR CAREGIVERS WILL HELP YOU:

Reduce Stress, Improve self-confidence, Balance your life, Better communicate your feelings, Increase ability to tackle tough decisions, and locate helpful resources.



JOURNEY TOWARD HEALING

Monday, July 22, 1-2 pm

Loving and grieving are two sides of the same coin. We cannot experience one without the other. If we love deeply we will grieve deeply. Our journey in life, even after loss, is about spending this coin. Learning to invest in others is one of the keys to experience healing from the intense pain of losing someone we love.

COME AND LEARN TO:

- Understand your grief and how to move forward in life
- Recognize symptoms of Depression vs. Grief & when to get help
- Enjoy anniversaries and holiday with some practical ideas

REFRESHMENTS WILL BE SERVED

This learning time is sponsored by Grace Hospice, presentation by Rev. Steve Gonsales

LIFE LINE SCREENING
The Power of Prevention

July 10, 2019

Let's Be Healthy Together!



Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Loose on **7/10/2019**. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/communitycircle or text the word circle to 797979**



Tuesday August 20
(\$5 transportation)
Depart Loose, 8:15 am
Return, 3 pm
Located at 6130 E. Mt. Morris Rd.
IT'S YOUR DAY AT THE FAIR

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All activity un the Community Tent are FREE!

Coffee and Donuts, Entertainment, Wagon Rides, Afternoon Games, Door Prizes, County Fair Activities and Exhibits.

HEALTH SERVICES

MASSAGE

By appointment each Tuesday!

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$5. Call Loose at 735.9406 for details or to schedule your appointment with Donna Roberts, CMT.

Keep Calm & Book a Massage

PODIATRIST

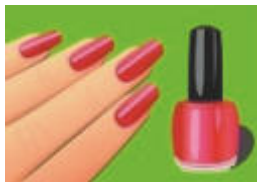
Tuesday, June 25 (by appointment)

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.



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

BLOOD PRESSURE CHECK

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

2nd Wednesday of each month, 10:30 - 12 noon

Thank you Caretel Inns of Linden

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
Start up date TBD**

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 \$135.50 to you each month. To qualify there is an income and asset test. Income: less than \$1,426/month for single or \$1,923 for a couple (gross before any deductions). Assets: less than \$7,730 for single or \$11,600 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 \$1,538/month single or \$2,078/month for a couple. Assets: less than \$14,390 for single or \$28,720 for a couple.

MICHIGAN MEDIGAP SUBSIDY: If you have a medigap plan from McLaren Health Plan, BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$35/month if you are under 75, \$110/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 \$28,102/year single or \$38,047/year for a couple...Assets: any amount is OK.

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

Visit Loose online @ www.loosecenter.org

Special Services & Support

SUNSHINE GREETINGS

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



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

ASK THE LAWYER

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

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

CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

BRING YOUR **grandchild** TO **LOOSE** DAY!

Save the Date

Thursday, August 1, 10:30 am - 1:30 pm

ALL ARE WELCOME!

Save the Date

Sponsors include, Caretel Inns of Linden, Springvale, The Lodges of Durand, Argentine Care Center, MSU Extension & Wellbridge More info soon!

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.

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

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	\$\$\$\$
June 26	Caesar Windsor	\$27
July 15	Fire Keepers Casino	\$32
July 17	Clinton River Cruise	\$76
July 31	Hollywood	\$32
August 8-17	Oregon Coast & Pacific Northwest	\$3,889
August 12	Soaring Eagle	\$32
August 14	Summer In the City	\$50
August 26	FireKeepers	\$32
August 29	Tiger Baseball	\$70
September 11	Caesar Windsor	\$27
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
September 26	FireKeepers	\$32
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 9	Genesee Belle Lunch Cruise	Price Varies
October 16	Rum Runners	\$113
October 19-28	Shades of Ireland	\$\$\$\$
November 6-7	Niagara Falls Festival of Lights	\$369
December 2-5	Christmas in Nashville	\$1,299
December 3-7	Christmas in New York	\$1,460
December 9-12	Christmas at The Greenbrier	\$1,299
January 25	Arizona	\$3,199
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.

Flint Farmer's Market



Caretel.
Inns of Linden

Tuesday
June 11, 2019

MARKET SEASON

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

Loose is partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's. Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. *Future special trips, July 9, August 13, September 10 & October 8.*



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

Thursday, August 29, 2019

Vs. Chicago White Sox

INCLUDES: Round Trip Motor Coach Transportation, Ticket to the game, Free Soft Drink, Chips & Hot Dog voucher. Water, Snacks & FUN on the Bus.



DEPART Loose - 10:30 am
APPROXIMATE RETURN - 7 pm

Seats are located in the
Lower Baseline Box,
Section 112, Rows 22-24,

To secure your spot, please
purchase your tickets by August 14.

Join Loose on the

GENESEE BELLE FALL LUNCH CRUISE



Wednesday, October 9, 2019

\$25.00 includes, cruise & lunch (no transportation)

\$30 includes transportation (limited), cruise & lunch

(please make sure you indicate your
menu choice at the time you register).

The Van leaves Loose at 10:45 am

Return to Loose Approximately 2 pm

We cruise at noon, registration deadline is September 20.

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

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)

June 5 From Darkroom to Daylight

June 12 Gabor

June 19 A Camera That Goes Anywhere

June 26 Film Adventurer Karel Zeman



AND MORE TRIPS

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

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!

Another Loose
Summer Deal

SUMMER IN THE CITY
Wed., Aug. 14, 8 am—3:30 pm, \$50

Let's get our friends together and fill this bus with Loose folks and enjoy an adventure to the CITY!

This day trip included Round Trip Transportation and features the Boson Edison Historical District, Dakota Inn Rathskeller (includes lunch) & Leon & Lulu's.

SIGN UP EARLY...this deal won't last!

Midland
Thursday, September 12, \$94

Includes Round Trip Transportation, Alden B. Dow Home & Studio Tour, Lunch @ Lucky's Steakhouse, Dow Gardens, Whiting Forest Canopy Walk.

Departs 8:15 am - Returns 5:30 pm

Wed. Oct., 16, \$113



RUM RUNNERS TOUR

- INCLUDES**
- Transportation
 - Rum Runners Tour
 - Lunch
 - Departs 7:45 am
 - Returns 5:15 am



**WISCONSON DELLS
LAKE GENEVA &
"TASTE OF MILWAUKEE"**

Sept. 12-17 \$1,499pp

INCLUDES

Transportation & 5 nights lodging Milwaukee (2), Wisconsin Dells (1), Lake Geneva (2), 5 Breakfasts & 2 Dinners, Michigan's Lake Express Ferry, Sightseeing tour of Milwaukee, Hous on the Rock, Dells Dinner Cruise, Lake Geneva Cruise, Jelly Bean Factory & more.

Lake Michigan
Autumn Breeze
September 17-19, 2019
\$304 pp/double




INCLUDES

Transportation & 1 night at the Holiday Inn Express in Ludington, 1 breakfast and 1 dinner, 7 mile Dine Rid, Shelby Gem Factory, North Breakwater Lighthouse & Beach, Douglas Valley Winery, Port of Ludington Maritime Museum



COASTAL TREASURES
Wildwood, NJ
Cape May &
Atlantic City
September 22-28
\$999 pp/double



INCLUDES

Transportation 2 nights to/from 4 nights Wildwood NJ (ocean front) 6 breakfasts 2 dinners QVC Studio Tour American Helicopter Museum, Historic Smithville, Afternoon in Atlantic City, Beautiful Cape May, Cape May Sightseeing Tour, Dolphin Watch Cruise, DuPont's Hagley Museum & Library & more.

SUNNY PORTUGAL
Estoril Coast, Alentejo & Algarve

3/27/20 - 4/5/20
10 Days • 14 Meals

\$3,499pp double
(before 9/27/19)

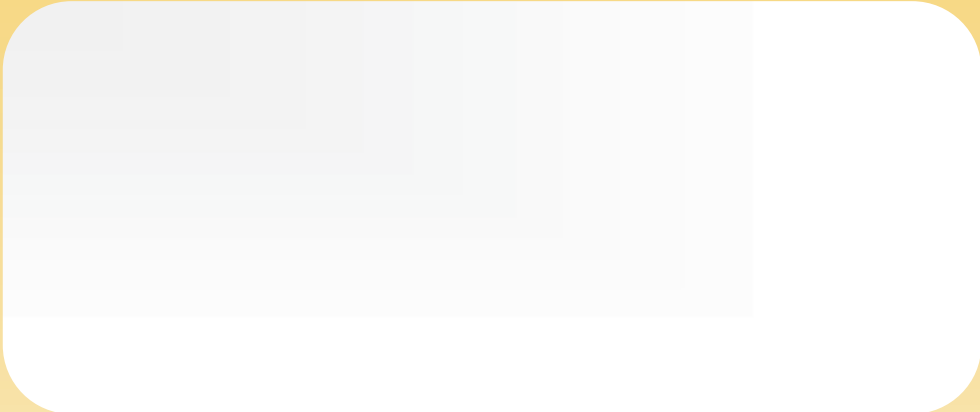
You're Invited!
Special Travel Presentation
Wed., Sept. 18
10am



INCLUDES: Transportation & Portuguese Riviera, Choice on Tour, Lisbon, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Alentejo Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 Winery Tours, 5 UNESCO World Heritage Sites



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Flint, MI
Permit No. 6



Classic & Muscle **Car** Show

Friday, June 21, 2019, 11am-2pm

*FREE entry for participants & spectators!
RIGHT HERE @ LOOSE —707 North Bridge Street, Linden*

Free

*Thank you
Wellbridge of Fenton*

Hot Dogs

Free

*Thank you
AMERICAN HOUSE
of Grand Blanc*

Floats

Free

Classic Car check in begins at 10:30 am

Entry



Sponsored by

Comfort Keepers.

HOME CARE SPECIALISTS

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