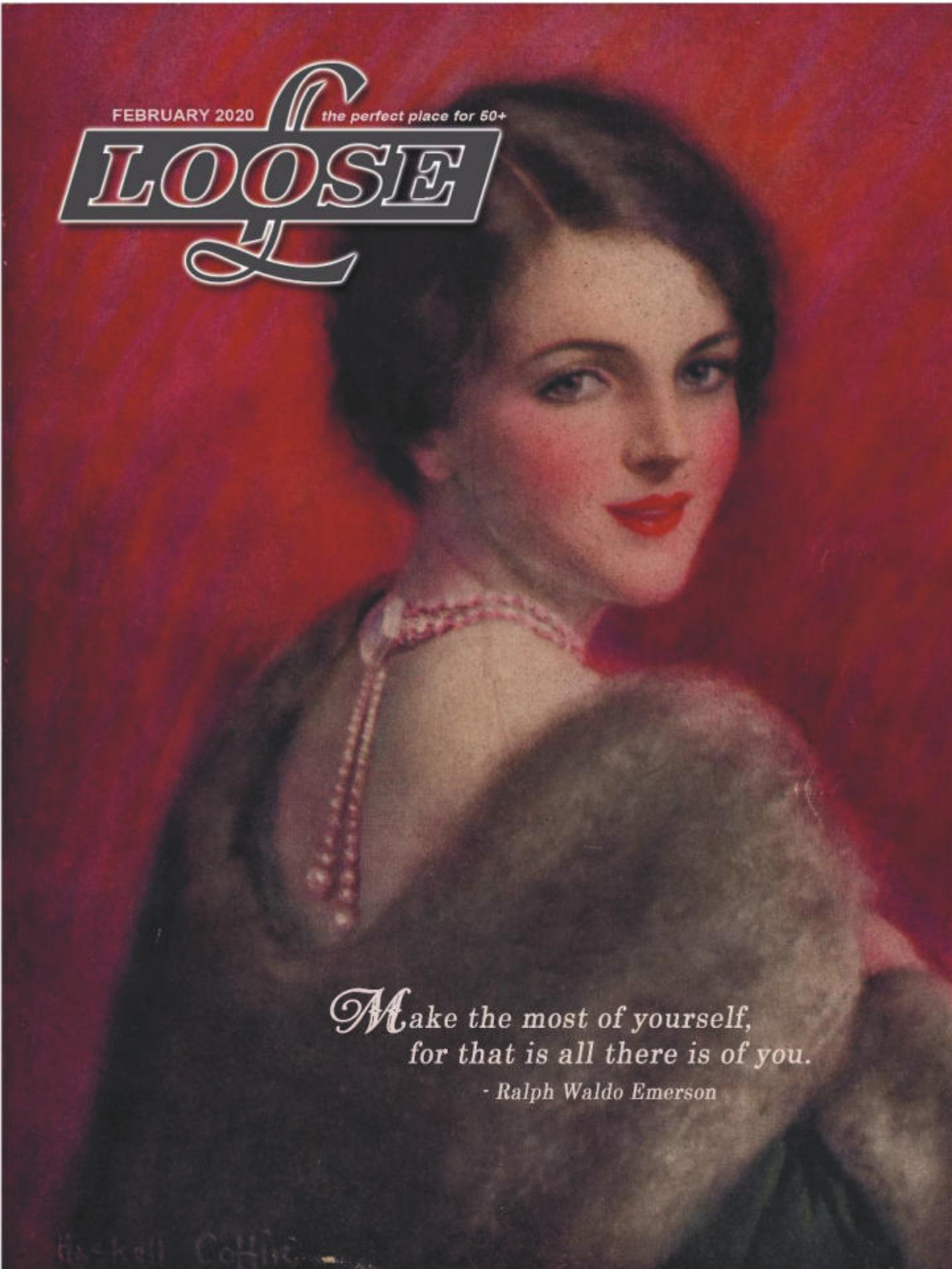


FEBRUARY 2020

the perfect place for 50+

# LOOSE



*Make the most of yourself,  
for that is all there is of you.*

- Ralph Waldo Emerson

Haskell Coffey

# From the Director

Dear Friends,

In our youth we have a constant struggle to discover who we are. Our interests take many turns and our attention span is very short. The challenge to find the perfect fit is endless. We may have a passion to play sports. We may lean towards the artistic side. We may have a gift of working with numbers. We could have the imagination to create and write poetry, articles of fiction or make believe. It is the inner talent that directs you to who you are.

People may find that they have numerous skills that come together to make them a well rounded individual. Each talent comes together forming a complex mind that has the ability to make decisions using different segments of their gifts to form an answer. Many successful athletes, musicians, scientists, architects, artists, and engineers, find that each one of the talents they possess work together to allow them to be who they are.

This is true about you and me. We all have these talents and skills within ourselves to be the special person we are. Each one gives us a way to deal with the daily demands on our time. We become an individual who can be creative, musical, athletic, understanding, loving, problem solver, kind and loving. Age has no barrier. The talents we learn in our youth become the cornerstone late in life. So, never stop being that wonderful person you have become. Continue to use your God given talents for the betterment for those in your life. With your talents you could make a difference.

*"Make the most of yourself, for that is all there is of you."* -Ralph Waldo Emerson

All is well,

Carl Gabrielson

Executive Director Loose Center



## MOVIE NIGHT

Tuesday, Feb. 4, 7 pm

## MOVIE DAY

Wed., Feb. 5, 12 noon

When an unlikely gang of thieves attempt to steal \$30 million in illegal campaign contributions from President Richard Nixon's secret fund, the plan quickly goes sideways, prompting the biggest manhunt in FBI history.

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

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

## LINDEN HS DINNER

Tuesday, March 24, 5 pm - FREE



A generous gift from the Linden High School Student Council to Loose Members, this meal is an amazing meal cooked by the amazing food service staff at Linden HS. A tradition for many years, the students treat us like royalty.

**PLEASE NOTE:** You must be a Loose Member and have a ticket to attend this event. Tickets are available at Loose. Tickets are limited to 2/person and are distributed at Loose, during office hours, on a first come first served basis. If you find you will not be able to attend this event, please call or return your ticket to Loose. If you were a ticket holder from the November event. You must secure a new ticket. We do take a waiting list.

**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!



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

PROUDLY PRESENTED BY

Loose will be there, be sure to stop by!

March 7, 2020 > 10 - 5 pm  
March 8, 2020 > 11 - 4 pm

FENTON HIGH SCHOOL

2020

COMMUNITY EXPO

Celebrating 35 Years

Fenton & Linden  
Regional Chamber of Commerce

# February Happenings



## MEDICARE 101

Monday, February 3, 12 pm

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

## A Living History

Wednesday, February 12, 12 noon

Join Quester Karen Lee Breasbois as she presents a living history in the 1st person as Marie Breasbois a camp follower during the revolutionary war. She will portray a French Canadian country woman who is with her husband and son who are fighting in the Ohio territory to support the patriots of the American revolution. Following this presentation, enjoy a treat and learn about the local Quester Program.



## HOW TO SAVE FUNERAL HOME COSTS

Thursday, February 20, 12:30 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.



## FREE TAX FORM PREPARATION!



AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 50 and older. Preparation is by certified AARP Foundation Tax Aides. **This service is on Fridays and runs through April 3** (by appointment ONLY).

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

## Dinner & Fun

Tuesday, February 25, 5 pm

### MENU INCLUDES

Chicken, Mostaccioli, Ham  
Mashed Potatoes & Gravy  
Vegetable, Salads, Rolls  
Dessert & Beverage

## IT'S SHROVE TUESDAY! COME & ENJOY!

### AND ENTERTAINMENT BY

"OLD RULES", a Barbershop quartet from Grand Rapids, with more than 30 years of combined experience singing in the Great Lakes Chorus – the local chapter of the Barbershop Harmony Society. We are excited and privileged to have them back.



## FREE INJURY SCREENING

Thursday, Feb. 13 & 20  
11:30-1:30 pm  
(by appointment)

Do you have an injury or a body part that has been bothering you? Do you have questions about an exercise program that you are already completing?

Kat Wood DPT, OCS, ATC will be available for screenings and on February 20<sup>th</sup> Emily Morris PT, DPT, GCS will be at Loose. We will have appointments available for a 15 minute screening of anything from balance deficits to joint pain to questions about exercise programs. Call the office at Loose to get signed up for one of our appointments.

## Knitting & Crochet Workshop

what do I do now?

Thursday 2/27, Tuesday 3/3, Thursday 3/5 & Tuesday 3/10

Hey, let's get together, share project ideas and knit and crochet! You already know the basic stitches knit and pearl, single, double, triple crochet. You've got those terms down now let's put them together and make a project. **This class is not for beginners but those who are just getting started and want to have support to try something new.** We will help you get where you want to be and complete a project in a couple of weeks. Bring along your ideas, yarn, needles and hooks. **This class is limited and the cost is \$30.**

# Nutrition & More

## POTLUCK

2nd Friday of each month, 5 pm

It's a great night of good fun. Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

## Coffee COPS and Conversation

Tues., February 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!



## March Extra Special Lunchs

Sign up today-limited seating

*Argentine Care Center* Tuesday, March 10 11:30 AM, \$4  
A Small Home with a Big Heart

ARGENTINE CARE CENTER will be here to serve a wonderful Soup Lunch. On the menu will be Split Pea Soup, Salad, Roll, Fruit, Dessert and Beverage.



Thursday, March 12, 11:30 AM, \$4

Lunch by CARETEL INNS of Linden

Homemade Chicken Noodle Soup  
Choice of Roasted Turkey Breast or Roast Beef  
Green Beans, Mashed Potatoes & Gravy, Dinner Roll  
Patriotic Caretel Strawberry/Blueberry Shortcake



Tuesday, March 17, 11:30 AM, \$4

SAINT PATRICK'S Day Lunch

(made in house) mmm mmm

Corn Beef, Cabbage, Potatoes, Carrots  
Salad, Roll, Dessert & Beverage

## February 2020 Lunch @ Loose Menu

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

Monday	Tuesday Soup Day	Wednesday	Thursday	Friday
Lunch is served at 11:30 am PLEASE NOTE: The cost of the second helping is \$1.00	Be sure to CHECK-IN each time you come for lunch. When you do, you will automatically be entered into a special drawing and at the end of the month could win a FREE LUNCH AT LOOSE for you and a friend.			Get your Loose Lunch Loyalty Card, good for 10 meals, then get the eleventh for free.
3 BBQ Pork Sandwich Fast Salad Chips ☺	4 Bean Soup Ham Slider Fruit	5 Chicken Stir Fry Rice Egg Rolls	6 Mostaccioli Salad Bread	7 Leftovers
10 Chicken Pot Pie Salad Roll	11 ARGENTINE CARE CENTER Italian Wedding Soup	12 Mac & Cheese Broccoli Roll	13 TACO TACO YEAR Home Baked Cookies Welcome Senior Winter Game Pickleball Players	14 Leftovers Valentines Day
17 Presidents Day ***** We Will Be CLOSED *****	18 Minestrone Soup Salad Roll	19 CARL IS COOKING ?? The only hint we can give is, it will be good and meaty.	20 Coney's (Flint or Detroit Style) Salad Chips	21 Leftovers
24 DELICIOUS BREAKFAST SERVED HERE Breakfast Enchiladas! Hash Browns Fruit	25 Fat Tuesday Chicken & Sausage Gumbo Rice Kings Cake	26 Ash Wednesday Baked Fish Cheesy Potato Vegetable	27 SALAD BAR with all the fixins	28 Leftovers

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

# BODY, MIND & SPIRIT

## A Mile at a Time

Loose's BIG HALL will be open on Tuesdays & Thursdays, 8 am until 9:15 am for walkers. Are you ready to adjust your step goal and work toward adding miles to your day? Loose is a safe friendly place to give it a try. Come in, walk, and when you are done, enjoy a cup of coffee.



*Always check with your doctor before starting a new fitness routine.*

### **TAI CHI** Wednesday, 10:30 am - 11:05 am

Upcoming classes will meet Feb. 5 & 12, 19 & 26

*In 2020, you can purchase your Tai Chi Ticket for \$20 (good for 10 classes)*

**Instructor-Grand Master Dr. Ibrahim is a Registered Nurse, Naturopathic Doctor and one of the highest ranking Martial Artists in the World! He will be teaching a healthy modified Yang form.**

#### The Benefits of Tai Chi include but are not limited to:

Reducing anxiety and depression, Improving quality of sleep, Improving balance and hand/eye coordination, Increasing both upper and lower body strength, Increasing energy while calming the mind, Improving mental clarity and brain focus, Lowering blood pressure, Helps with pain management, Increasing flexibility...

#### **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.

#### **"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.*

#### PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

#### **MONDAY**

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

#### **TUESDAY**

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

#### **WEDNESDAY**

9:30 am **Yoga (gentle flow)**  
10:30 am **TAI CHI** (1/8)  
6:15 pm Pickleball

#### **THURSDAY**

8:00 am Mile @ A Time  
9:30 am **Chair Yoga**  
10:15 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
11:30 am **Wii Bowling** (begins 1/9)  
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

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

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

**Wii BOWLING** Organized Wii play is held on Thursdays and open play is available when there is no schedule conflict. **If you are interested in Wii bowling, please contact the Loose Office. New league play begins 3/19.**

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

#### **\$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!

#### **BIKING BUNCH Returns in May**

# Find Your Creative Side

**"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.

*"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."*



## WATERCOLOR CLASSES

**Monday, February 24 & March 2**

**1 pm, \$15**

*Instructor, Peggy Mattson*

This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick up the supply list and additional information for the class.

## SLEEP MATS & OPEN KNITTING/CROCHET

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

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

Join a wonderful group of friendly people who enjoy helping and creating. Stop in and learn about Sleep Mats, the wonderful mats being made and donated to those in need. **Or bring in your own project and give yourself some time to do what you love.**



## 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.

**QUILLING THURSDAYS @ 2 PM**

**P**APER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and **QUILLING** are all names which have been given to our



art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try, beginners included. *Please note: there is a \$15 drop in fee for this class.*

*Visit Our Website*

[www.loosecenter.org](http://www.loosecenter.org)

# CLASSES, MUSICAL OPPORTUNITIES & MORE



## LOOSE CHORUS

MONDAY @ 3 PM

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. **TALENTED & WELCOMING & ALL ARE WELCOME!**



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

### **IPAD 2**

**Wednesday, February 5 & 12, 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.

### **WINDOWS 10**

**Wednesday, February 19 & February 26, 4-6 pm, \$20**

If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

### **INTRODUCTION TO GOOGLE DOCS**



**Wednesday, March 18, 4-6 pm, \$15**

**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.

**LOOSE FITNESS CLASS PUNCH CARD** is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). Cards can be purchased at the Reception Desk, drop in fees are collected by the instructors. A deal and also a GREAT GIFT!



## Euchre Tournament

\$7 Entry Fee  
25¢/Euchres

All are WELCOME!

GREAT Prizes  
Food & Drink  
& more!

**Friday, February 28, 5 pm**

## 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, 1:00 - 3:30 pm (bring a friend)

**CHICAGO BRIDGE** Tuesday, 1:00 pm

**CHESS** Wednesday, 1:00 pm

**CARDS & MORE** Thursday, 10 am

**MAH JONGG** Tuesday, 1 pm

**PINOCHLE** Monday & Wednesday, 1:00 pm

**EUCHRE** Tues. & Thurs., 1:00 pm



### **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 \$45 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.



Review us on  
**facebook.**



# February 2020

**PHONE**  
810.735.9406  
**FAX**  
810.735.4255

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

**OFFICE HOURS**  
Monday - Thursday  
9 am-5 pm  
Friday  
9 am-4 pm

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/SUNDAY**

## BOARD OF DIRECTORS

Frank Lukowski, President  
Ken Wensel, Vice President  
Ann Deemer, Secretary  
Ray Culbert, Treasurer  
Mary Auge  
Roby Deese  
Nancy Galant  
David Kincaid  
Joetta Pyles-Zalewski  
Les Scott  
Brad Dick

## LOOSE STAFF

Carl Gabrielson  
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Melinda Elmore-Hajek  
*Program Director*  
Brittany Hancock  
*Executive Assistant*  
Cheryl Rex, Clerk  
Jackie von Linsowe  
*Administrative Assistant*  
Kathy Metivier  
*Receptionist*  
Dotti Tynes  
Chuck Salerno  
*Maintenance*

# DELICIOUS BREAKFAST SERVED HERE

**Monday, February 24, \$4**  
*Sign up today!*

**3**  
Listening Ear (by appt.)  
9:30 GROOVE  
10:00 Open Knitting/Crochet  
10:00 Painting  
**11:30 Lunch BBQ Pork Sand.**  
12:00 Medicare 101  
1:00 Watercolor  
1:00 Pinochle  
2:00 Arthritis Exercise  
3:00 Chorus  
4:00 Yoga  
5:30 TOPS Weigh-in  
6:15 Pickleball

**4**  
Massage (by appt.)  
8:00 Mile @ A Time  
9:30 NO Zumba Gold/TotalFit  
10:00 Loose Threads  
10:30 Blood Pressure ✓  
10:30 FIT4EVER  
**11:30 LUNCH Bean Soup**  
12:00 Line Dance  
1:00 Euchre  
1:00 Chicago Bridge  
1:00 Mah jongg  
4:00 Chair Yoga  
5:00 Yoga  
7:00 MOVIE NIGHT

**5**  
One on One Financial (by appt.)  
Manicures (by appt.)  
9:30 Yoga  
10:30 Tai Chi  
10:45 Art à la Carte  
**11:30 Lunch Chicken Stir Fry**  
12:00 Movie Day  
12:00 Wood Carving  
1:00 Pinochle/Chess  
2:00 Grief Support  
4:00 IPAD 2  
6:15 Pickleball  
6:30 Hand & Foot

**6**  
MMAP Counselor (by appt.)  
8:00 Mile @ A Time  
9:30 Chair Yoga  
10:00 AMVET Rep.  
10:00 Cards & More  
10:15 NO Zumba Gold/TotalFit  
10:30 FIT4EVER  
10:30 Blood Pressure ✓  
**11:30 Lunch Mostaccioli**  
11:30 Wii Bowling  
1:00 Euchre  
2:00 Creative Quilling  
5:00 Yoga Fit

**7**  
Income Tax (by appt.)  
MMAP Counselor (by appt.)  
9:30 Yoga  
10:00 Yarn Recyclers  
10:30 Healthy Exercise  
**11:30 LUNCH**  
**LEFTOVERS**  
11:45 Pickleball  
1:00 Open Game Play  
1:00 Fibre Friends

**8**  
9:00 Yoga  
10:15 Zumba  
**Sunday, February 9**  
2:00 Pickleball

**1**  
9:00 Yoga  
10:15 Zumba  
**Sunday, February 2**  
2:00 Pickleball





**"Award Winning BBQ"**  
www.BealeStSmokehouse.com

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for seniors



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**FAST TRACK**

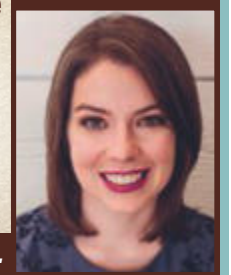
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of Excellence  
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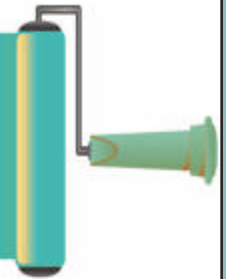


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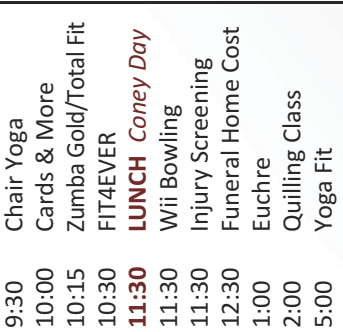


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<p><b>10</b></p> <p>9:00 CSFP 9:30 GROOVE 10:15 Open Knitting/Crochet 10:00 Painting <b>11:30 Lunch Chick. Pot Pie</b> 12:00 Anyone Can Paint 1:00 Pinochle 1:00 Book Club 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p><b>11</b></p> <p>Message (by appt.) Veteran Service (by appt.) 8:00 Mile @ A Time 9:30 Coffee &amp; Cops 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 Lunch</b> <i>Italian Wedding Soup</i> 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p><b>12</b></p> <p>Manicures (by appt.) 9:30 Yoga 10:30 Blood Pressure ✓ 10:30 Tai Chi 10:45 Art à la Carte <b>11:30 Lunch Mac. &amp; Cheese</b> 12:00 A Living History 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 4:00 IPAD 2 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p><b>13</b></p> <p>MMAP Counselor (by appt.) 8:00 NO Mile @ A Time 8:00 Board Meeting 9:30 Chair Yoga 10:00 FireKeepers Casino 10:00 Cards &amp; More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Injury Screening <b>LUNCH Taco Bar</b> 11:30 NO Wii Bowling 1:00 Euchre 2:30 Bingo @ Caretel 2:00 Quilling Class 5:00 Yoga Fit</p>	<p><b>14</b></p> <p>Income Tax (by appt.) MMAP Counselor (by appt.) 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:30 Healthy Exercise <b>11:30 Lunch LEFTOVERS</b> 11:45 Pickleball 1:00 Open Game Play 1:00 Fibre Friends 5:00 Potluck</p>	<p><b>15</b></p> <p>9:00 Yoga 10:15 Zumba <b>Sunday, February 16</b> 2:00 Pickleball</p>
<p><b>17</b></p> 	<p><b>18</b></p> <p>Message (by appt.) 8:00 Mile @ A Time 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 Lunch Minsitron Soup</b> 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p><b>19</b></p> <p>Manicures (by appt.) Ask A Lawyer (by appt.) 9:30 Yoga 10:30 Tai Chi 10:45 Art à la Carte <b>11:30 Lunch ?MYSTERY LUNCH?</b> 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 4:00 Windows 10 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p><b>20</b></p> <p>MMAP Counselor (by appt.) 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 Cards &amp; More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER <b>11:30 Lunch Coney Day</b> 11:30 Wii Bowling 11:30 Injury Screening 12:30 Funeral Home Cost 1:00 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p>	<p><b>21</b></p> <p>Income Tax (by appt.) MMAP Counselor (by appt.) 8:15 Lifelong Learning 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise <b>11:30 Lunch LEFTOVERS</b> 11:45 Pickleball 1:00 Open Game Play 1:00 Fibre Friends</p>	<p><b>22</b></p> <p>9:00 Yoga 10:15 Zumba <b>Sunday, February 23</b> 2:00 Pickleball</p>
<p><b>24</b></p> <p><b>BREAKFAST</b> 9:30 GROOVE 10:00 Open Knitting/Crochet 10:00 Painting 11:00 Blood Pressure ✓ 1:00 Watercolor 1:00 Pinochle 1:00 Happy Stampers 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p><b>25</b></p> <p>Podiatrist (by appt.) Message (by appt.) 8:00 Mile @ A Time 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 Lunch Chicken &amp; Sausage Gumbo</b> 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 2:00 Alzheimer Suport 4:00 NO Chair Yoga 5:00 NO Yoga <b>5:00 Dinner &amp; FUN</b> 6:30 Bandstand @ Whiting</p>	<p><b>26</b></p> <p>Manicures (by appt.) 9:30 Yoga 9:30 Project Linus 10:30 Tai Chi 10:45 Art à la Carte <b>11:30 Lunch Baked Fish</b> 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 4:00 Windows 10 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p><b>27</b></p> <p>MMAP Counselor (by appt.) 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 Cards &amp; More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER <b>11:30 Lunch Salad Bar</b> 11:30 Wii Bowling 12:00 Knitting &amp; Crochet Workshop 1:00 Euchre 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p><b>28</b></p> <p>Income Tax (by appt.) MMAP Counselor (by appt.) 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:30 Healthy Exercise <b>11:30 Lunch LEFTOVERS</b> 11:45 Pickleball 1:00 Open Game Play 1:00 Fibre Friends 5:00 Tournament</p>	<p><b>29</b></p> <p>9:00 Yoga 10:15 NO Zumba <b>Sunday, March 1</b> 2:00 Pickleball</p>

# HEALTHY LIVING

## ONE-ON-ONE FINANCIAL HELP

### First Wednesday of the month, by appointment

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. Specific information is available upon request.

To schedule an appointment, call Loose Center at 735.9406.

## 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.

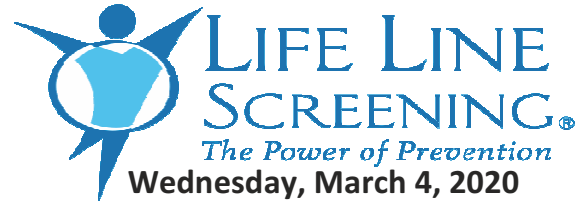
## WRITE YOUR LIFE STORY Every 2nd & 4th Friday

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. ALL ARE WELCOME!

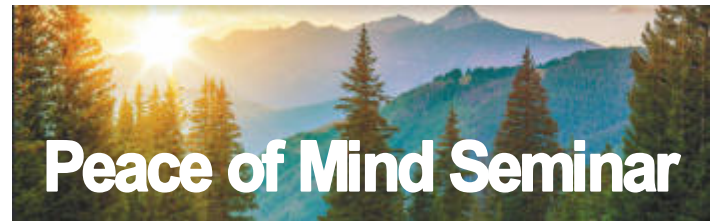


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**Pre registration is required for this important preventative care opportunity.**

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# Peace of Mind Seminar

## Wednesday, March 11, 10:30 am

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremation, burials and more.

### WE WILL DISCUSS...

- Cremations & Burials
- Traditional Funerals
- Veterans Benefits
- Payment Plans
- Pre-arrangements

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EVERYTHING YOU NEED TO KNOW  
Monday, March 23, 1 pm- 1:30pm

**Real ID Deadline 10/1/20**

### YOU WILL LEARN:

- ◆ Is the Michigan REAL ID-compliant driver's license or ID card right for you?
- ◆ How to renew your license or State ID card
- ◆ Veterans Designation on Licenses and ID cards

By Valley Area Agency on Aging & Aging & Adult Services Agency

## For Neuropathy & Nerve Pain Sufferers Thursday, March 26, 12 noon

If you suffer from pain due to Neuropathy, tingling numbness or loss of feeling in your feet, come and hear what Dr. Nicholson can share about a treatment to improve function and to relieve the following symptoms: Numbness, Leg Cramping, Sharp electric-like pain, leg & foot discomfort, etc.

Dr. Katrina Nicholson is Executive Director of Operations for HealthQuest and has been a practicing physician for more than 9 years. She has treated thousands of patients and Dr. Nicholson has a passion for educating patients and their families about non-invasive options for pain relief and tissue healing.



# HEALTH SERVICES

## MASSAGE

*By appointment each Tuesday!*

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a fifteen minute chair massage for \$10. Call Loose at 735.9406 for details or to schedule your appointment with Donna Roberts, LMT.

**Keep Calm & Book a Massage**

## PODIATRIST

**Tuesday, February 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.

## BLOOD PRESSURE CHECK

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

1<sup>st</sup> Thursday of each month, 10:30 - 11:30 noon

2<sup>nd</sup> Wednesday of each month, 10:30 - 12 noon

*Thank you Caretel Inns of Linden*

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

*Thank you Community Health & Comfort Care*



## GRIEF SUPPORT GROUP

**Wednesdays @ 2 pm**

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.

## 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.

## 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."*

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).



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.



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

# Special Services & Support

## SUNSHINE GREETINGS

Our Sunshine Greeter, Janet Green, would like you to know she is 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 homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email [lsc@loosescenter.org](mailto:lsc@loosescenter.org) so we can spread the sunshine.



## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome John Stilley 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

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sheriff at 810-341-5923.

## 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.

## TOPS (*Take Off Pounds Sensibly*)

**Mondays, 5:30 pm, Annex** For information, please contact the Loose Center at 735.9406.

## 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!

**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.

**MICAPE** 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.

## 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 65-74 years old, \$110/month if you are under 65 with a disability and \$56 or less for those 75 and over. 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.



# MEMBER PRIVILEGES & FUNDRAISING

## 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.



**W**e are happy to share that we are actively recycling here at Loose. You will see BLUE containers with the universal recycle emblem around the building in a variety of locations. Please help us reduce our waste by placing your recyclable products in these containers. This would include, PLASTIC, GLASS, METAL, CARD BOARD (no food, no Styrofoam,


etc). Don't forget we also collect paper in our bins located in the parking lot. Thank you for helping out! If you have questions, please check with staff.

## FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday 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 2020. 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.

# TRIPS

Complete trip flyers and travel policies may be picked up in the Loose Senior Center.

## TRIPS @ A GLANCE

February 13	FireKeepers Casino	\$32
March 1	Detroit Symphony	\$115
March 12	Hollywood Casino	\$32
March 16	Unholy Toledo	\$74
March 27-April 5	Sunny Portugal	\$\$\$\$
March 30	FireKeepers Casino	\$35
April 8	Paint Night @ Purple Rose	\$91
April 15	Greektown Casino	\$32
April 16-17	Vera Bradley Outlet Annual Sale	\$294
April 17-19	Thunder Over Louisville	\$799
April 18	Flint Symphony	\$23
April 20	Lancaster, Pennsylvania	\$804
April 27	FireKeepers	\$35
May 12	Kellogg Manor	\$87
May 23- June 3	Alaska Land & Cruise	\$\$\$\$
June 11-13	Lilac Festival (Mackinac Island)	\$634
June 17	Meadow Brook Theatre "Fancy"	\$101
June 25	A Day at our Capital	\$82
July 3-8	New York City	\$1,999
July 16	Clinton River Cruise	\$78
July 22-24	Sault St. Marie	\$404
July 29	Historic Marshall	\$90
August 24	Mississippi Cruise	\$999
September 2-4	Untouchable Chicago	\$600
September 10-18	British Landscapes	\$\$\$\$
September 20-27	Cape Cod	\$1,999
September 22	Magnificent Mid Michigan	\$81
September 24-25	Ark Encounter	\$334
October 9-12	Rails of West Virginia	\$999
October 19-28	Reflections of Italy	\$\$\$\$
November 4-9	Branson	\$1,299

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 program features a unique lecture and will be accompanied with a continental breakfast and door prizes.

**February 20** *Valentina Seeley Homeland Security - ICE 101* Valentina Seeley is the Community Relations Officer at the Office of Partnership and Engagement-U.S. Immigration and Customs Enforcement. Valentina will speak about her role at ICE and its various components. She will be highlighting the numerous ways that ICE assists victims of crime/disaster and their families. The presentation will also provide an overview of ICE and afford attendees an opportunity to ask questions about the work and mission of the agency.

**March 20** *Ann Anderson Ann's Adventures...Making a Difference in YOUR Travels*, Ann Anderson is a well-known travel agent from Clio, Michigan. She has been in the travel and recreation business for more than 30 years. Ann will share important information on the acceptable forms of identification to use while traveling and updates on the these forms of identification. In addition, she will share tips for travel safety, packing, determining destinations, and answer any questions you may have about group travel.

## 2019/20 Flint Cultural Center 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

### ONE FLEW OVER THE CUCKOO'S NEST Sun., March 15 @ 2pm, \$18

When Randle P. McMurphy gets transferred to a mental institution, he encounters Nurse Ratched who runs the psychiatric ward with an iron fist, keeping her patients cowed through abuse, medication, and sessions of electroconvulsive therapy. The battle of wills between the rebellious McMurphy and the authoritarian Ratched soon escalates, leaving no one in the ward left unscathed.

### A Cappella Live! Thurs., March 26 @ 7:30 pm @ the Whiting, \$39

The past few years have been a Renaissance for a cappella - with a perfect storm of movies, television, youtube and radio - breathing new life and excitement into the world's first musical form. A high-energy musical celebration of contemporary a cappella, conceived and arranged by Deke Sharon, vocal producer of Pitch Perfect and The Sing-Off, featuring four internationally recognized, award-winning, rising star ensembles.



### WAITRESS Friday, April 3 @ 8 pm @ the Whiting, \$61

Meet Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsy-turvy life such as "The Key (Lime) to Happiness Pie" and "Betrayed By My Eggs Pie." When a baking contest in a nearby county—and a satisfying encounter with someone new—show Jenna a chance at a fresh start, she must find the courage to seize it.

### THE MAGNIFICENT SEVEN May 1 @ 8 pm @ Repertory Theatre, \$18

WORLD PREMIERE MUSICAL, Amanda Borden, Amy Chow, Dominique Dawes, Shannon Miller, Dominique Moceanu, Jaycie Phelps, and Kerri Strug made up the first U.S. women's gymnastics team to win Olympic gold in 1996. This World Premiere Musical imagines their inner lives on the two days of team competition, as they reach for their young dreams and their faces on the Wheaties box, all leading up to a star-making vault heard 'round the world.

### THE PLAY THAT GOES WRONG Sat., May 9 @ 2 pm @ the Whiting, \$61

## 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)

<b>February 5</b>	Tell Them We Are Rising
<b>February 12</b>	Independent Lens: I Am Not Your Negro
<b>February 19</b>	Lonnie Holly: The Sandman's Garden
<b>February 26</b>	Fold, Crumple, Crush: The Art of El Anatsui

# AND MORE TRIPS

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



**Monday, March 16, 2020**

Departs 9 am  
Returns 6:30 pm  
\$74 PP

**INCLUDES**

Round Trip Transportation, Guided Historical Tour  
Angelo's Northwood Villa (lunch),  
The Original Tony Packo's (dessert)

**Sunday, March 1, 2020**

Departs 10 am - Returns 7:15 pm  
\$115 PP

**INCLUDES:** Transportation  
Lunch at **Traffic Jam & Snug**  
Choose between Vegetarian Spinach Lasagna, Pot Roast, Chicken Pot Pie, Orleans Jambalaya and Londontown Fish & Chips.  
**Detroit Orchestra Hall** (3 pm show) and the musical sounds from Broadway to Hollywood.



**INCLUDES:** Round Trip Transportation

**Wednesday, April 8 \$91**



**PAINT NIGHT**

Lunch at *Weber's* in Ann Arbor  
Ticket to "Paint Night" at the Purple Rose

Depart Loose @ 10:45 am  
Return 7 pm



**April 16-17, \$294 PP**

**INCLUDES:** Transportation, 1 night at the Hyatt Place in Fort Wayne, IN, 1 Breakfast & 1 Dinner  
**FEATURES** Sechler's Pickles (tour & shopping),  
**DeBrand Chocolatiers** (tour & samples) Jefferson Point (shopping, lunch on your own)  
**Three Rivers Distillery** (tour & samples)  
**Vera Bradley Outlet Sale**



**Saturday, April 18, 7:30 pm**

*Van Leaves Loose* at 6:30 pm  
\$23pp (space limited)

**Enrique Diemecke**  
Conductor

**Andrés Cárdenes**, Violin  
**P. TCHAIKOVSKY**  
Concerto for Violin, Op. 35, D Major\*  
**A. BORODIN**  
Selections from Prince Igor

**Estoril Coast, Alentejo & Algarve**

3/27/20 - 4/5/20  
10 Days • 14 Meals



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



**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



**Tuesday, May 12, \$87 pp**  
Includes Transportation,  
tour of W.K. Kellogg Manor Home  
w/ lunch (Chicken Marsala)  
& Cherry Creek Cellars

**Kellogg Manor**



**Wednesday, June 17**

Departs 9:15 am  
Returns 6:45 pm  
\$101.00



**INCLUDES:** Round Trip Transportation  
Lunch Loccino Italian Grill

Ticket to the 2 pm show "FANCY" at the Meadow Brook Theatre



Sept. 10-19, 2020  
10 Days • 12 Meals

**British Landscapes**

**INCLUDES:** Transportation & London, England, City of York, Borders Region, Scotland-Edinburgh, Lake District, England, Chester, Llangollen Wales, Stafford-upon-Avon

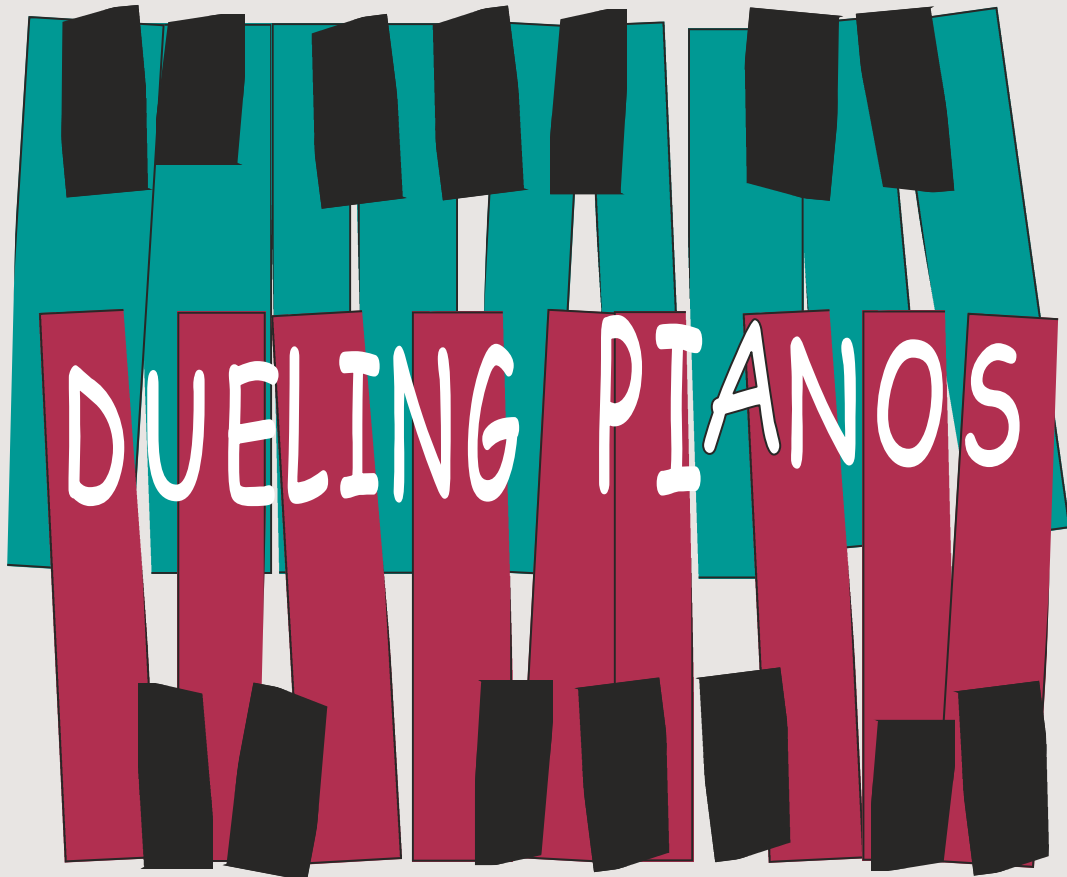


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*SAVE THE DATE*

**THE LOOSE CENTER PRESENTS**



**TUESDAY APRIL 28**

5 pm \$25 pp