

# South End NEWS

AUGUST 2013

LOOSE SENIOR CITIZEN CENTER



*"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."*

*- Mother Teresa*

## DIRECTOR'S MESSAGE

Friends,

As Loose approaches 2014 we take time to remember how we got where we are today. The Grace Loose family gifted the Linden area with a donation of money to establish a place where seniors could go to play games, exercise and share time with others. Through the years we have seen many people come and go, many of them serving as volunteers, sharing their talents and kindness with the membership. Some became board members, seeing us through good times and bad. They made it possible for us to expand our programs and find the financing needed to continue to operate. We also saw two wonderful directors take leadership roles to organize and coordinate the many diverse activities that we enjoy today. This is our legacy and our past.

Now with great anticipation we look forward to the "New Loose": a new building that will bring our membership back together and will allow us to continue to grow and handle the many needs of the membership. It will be an addition that we will enjoy for many years to come. It will be a place of pride and joy. This is our future, but we must be patient and let the construction take its course. In time we will celebrate the day of its opening. We will welcome the community to join us and members will continue to enjoy the many opportunities this building will accommodate. This is our future: the light at the end of the tunnel.

Meanwhile, we will rejoice in the presence of a busy schedule at this center. It is a center that meets the needs of the programs that are afforded to every member. We have everything from Zumba, wood carving, euchre, Wii bowling and counseling services to manicures, Spanish, Loose threads and much, much more. The staff, who know the members' needs make the impossible look easy. In order to continue to make this process work, we need help and cooperation from all the members who enjoy the limitless programs. We need you to keep in contact with the staff to know who, what, where and when you may be enjoying a trip, attending a catered dinner or joining a class. It is important that you swipe your Loose card so that we can maintain accurate records of the memberships involvement. This will show the success of every class, trip, dinner, and outside activities and dictate their future. It also allows us to compile membership information that we send to Genesee County to be reimbursed by the Senior Millage. You can see that it takes the effort of both the staff and the membership to continue the success of Loose. We need to be aware of our responsibilities as

members so that staff can do their job. We must continue to make Loose the wonderful place that it is. We can achieve this by fulfilling the requirements that are outlived for us by the County. By doing this, it will reveal the achievements we accomplish each day at Loose. The staff wishes to thank you for your efforts and pledges to make each day a good day.

"Yesterday is gone. Tomorrow has yet to come. We have only today. LET US BEGIN."

All is well!

**Carl Gabrielson**

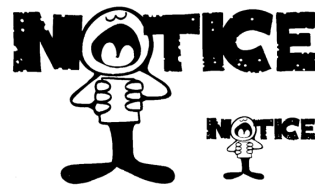
*Executive Director*

### **VOLUNTEER GIFTING COMMITTEE UPDATE**

#### *Loose Gift Policy*


Loose Senior Center has in place a gifting program which allows any person, member or non member to contribute gifts of treasured items or money. A Gifting Committee made up of board members and membership are the caretakers of these gifts. This committee is charged to follow the policy that dictates the process of investing donations for the betterment of Loose.

The Organization (Loose) is pleased to encourage and accept gifts of stock and mutual funds. When a transaction takes place through the donor's broker, the donor will receive credit from the Organization on the date of transfers to the Organization's broker. If you wish to donate gifts of stock or mutual funds, please contact Vince Eible or Dick Laing. They will walk you through the process. A copy of the Gift Policy and Procedure Manual is available through the Loose Office.



Every Wednesday beginning July 10<sup>th</sup>, from 12–1 pm, Loose staff will meet for their weekly staff meeting. There will be no business transactions during that time.

*Thank you for your cooperation.*

*Pictured on the cover:* Over 80 volunteers were honored at the Volunteer Dinner on June 17. A great evening to share with the  of the Loose Center.



# AUGUST SPECIAL HAPPENINGS



**Friday, August 23**  
11 am - 1 pm



## PURSE BOOTH

It's a used purse sale! If you have gently used purses that you have been meaning to get rid of, bring them to Loose and receive a \$1 ticket, good for the day of the event. Please feel free to drop your purses off at Loose up until day's end on Wednesday, August 21. Come back on Friday, August 23 and shop, enjoy lunch and even play some checkers if you are so inclined.



## CHECKERS TOURNAMENT

It's just like it sounds and loads of fun! Grab a friend or come alone. We want all those who might enjoy a game of checkers to participate in our first ever Checkers Tournament. Rules available at sign up.

## JOE'S FAMOUS SLOPPY JOES

Sloppy Joes, Chips, Pickles,  
Beverage & Dessert: \$3.00  
Please call & reserve your spot.



## NEUROPATHY: is there HOPE?

**Wednesday, August 7, 10:30 am FREE**

If you suffer from numbness, burning, pain when you walk, difficulty sleeping from leg and hand discomfort, leg-cramping, sharp electrical-like pain or prickling or tingling feelings in the feet or hands, you may have Diabetic Neuropathy or Peripheral Neuropathy caused by another medical condition. Our new process for relief is available through Neuropathy Therapy Center. Dr. Paul Dewese is the founder of the Center and he brings a vast amount of experience to his practice. Please come and join us for an educational talk on this condition and how help may be available for you. To secure your spot, please call Loose at 735-9406.



**Friday, August 23, \$6, 5 pm**  
**LOOSE EUCHRE TOURNAMENT**



Have Fun! Play Fair!



**TUESDAY, AUGUST 13**

\$5.00 (transportation)

**Depart Loose, 8:30 am**

**Return, 3 pm**

Loads of fun

**Admission is FREE**

Free Donuts & Coffee

Visit with Vendors

Free Fun Entertainment

Bingo Tent

Free Wagon Rides

Ice Cream Social & more



**Thursday, August 15, \$4 (transportation)**

Leave Loose at 9:30 am and return approx. 12:30 pm. Applewood is the estate of the Charles Stewart Mott Family, built by Mr. Mott in 1916 near downtown Flint. It is 34 acres of beauty. The tour is free; however, donations to support this program are welcome. Limited to 14, so sign up today!



**LAST SUMMER COOKOUT**

SAVE the following date  
and JOIN US!

**Tuesday, August 20, 4:30 pm**

*Entertainment by our Loose Choir*

The cost is \$6 and includes grilled dogs and burgers, baked beans, salad, chips, dessert and a beverage. Seriously folks, it is the best deal around.

## HYPERTUFA PLANTER

**Wednesday, August 7, 12:30 pm, \$15 (limit 5)**

Hypertufa is a mud-pie recipe that is used to make all sorts of garden art objects. Sign up and make your own planter. Class will be offsite at the home of the instructor. A supply list and directions to the class are available at the Center. You must register in advance.



# NUTRITION & MORE

## DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am

Suggested donation for those 60 and over: \$2

Ages 59 and under: \$3.50

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

## COFFEE HOUR

Wednesday, August 14, 9:30 am, Bldg. C

We have coffee, tea, hot chocolate, doughnuts and a wonderful space so you can come and meet new friends, chat with old friends and catch up on all the happenings. *New members are especially encouraged to join us.*

## POTLUCK DINNER

Friday, August 9, 5 pm, Bldg. C

Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with a good old fashioned potluck gathering. Loose Potlucks are among the best, so don't miss out! We also invite you to stick around after dinner and enjoy one of our many games.

## PEN PAL PIZZA PARTY

Wednesday, August 21, 5:30 pm

Intergenerational Pen Pal participants meet face-to-face for the first time after corresponding all summer. A reminder will be sent, please RSVP and remind your Pen Pal to respond.



## PROJECT FRESH COUPONS

*We have the coupons!  
Call 735-9406 for information.*

Project FRESH provides participants with coupons to purchase fresh fruits and vegetables at local farmers' markets. Seniors 60 and older and living in Genesee County with incomes of 185% of poverty or less are eligible for Senior Project FRESH. Each eligible household will receive coupons to use throughout the summer to purchase fresh, nutritious, locally grown produce from authorized Michigan farmers' markets and roadside stands.



There has been a change in the VG's receipt fundraising program that will mean some readjustments. The new program name is "Cash for Class" or "Cash for Labels". Please read the following and help by adjusting to this change so Loose can receive the maximum benefit.

1. The last day for receipts to be turned into Loose is August 28, 2013.
2. If you have a VG's 'YES' card, please link your card to Loose via the internet ([www.myyesrewards.com](http://www.myyesrewards.com)), ask the local VG's store for help doing this or stop by the Loose Center for help.
3. If you don't have a 'YES' card and shop at VG's, please secure one while at VG's.
4. Shop during designated weeks, use your "Yes" Card and credit will be given to Loose.
5. We are here to help. Please call 735-9406 or stop by if you have any questions.

The first week to shop using your 'YES' cards linked to Loose is September 22-28, 2013. Purchases you make on those days with your 'Yes' card will automatically be added to the Loose account. After March 2014, Loose will receive a rebate check in the mail.



August Card Shop Special  
Get Well Cards - 10 ¢ each!



## a peek at the FALL CATERED DINNERS

Tuesday, September 24, 5 pm, \$12

Guest, Rodger Harbaugh, "A Career With NBC"

**MENU:** Roast Beef, Chicken, Sausage & Kraut, Mashed Potatoes, Green Beans, Salads, Rolls, Dessert & Drink

Tuesday, October 22, 5 pm, \$12

Guest, Gerry Roach, "Michigan Lighthouses"

**MENU:** Ham, Meatballs, Lasagna, Vegetable, Salads, Rolls, Desert & Drink.



# KEEPING FIT

## ZUMBA & ZUMBA GOLD \$5 per class

Low-impact dance/exercise class that includes stretching, balance and easy dance moves. **GOLD** is a specially designed class for the active older adult or unconditioned person. Wear comfortable clothes and smooth-soled athletic shoes and bring a water bottle.

## TAI CHI SIMPLIFIED YANG FORM \$5 per class

This doctor-recommended exercise increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow. For those who suffer from **ARTHRITIS** Tai Chi is approved by the Arthritis Foundation, this class will help you see improvement in flexibility, balance, coordination, range of motion, strength and confidence.

## BODY RECALL \$3 per class

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.

## BIKING BUNCH Wednesday, 9:00 am

If you are interested in the Biking Bunch, please contact the Loose Center at 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.

## 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.

**BEACHBALL VOLLEYBALL** A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us during the summer at 6 pm at Hope Lutheran Church on Silver Lake Road next to the High School.

## YOGA \$5 per class

**GENTAL FLOW YOGA** Become aware of your body as you gently flow from one pose to another, making adjustments as you go. Learn how to hold the pose to increase your strength and concentration.

**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.

## LINE DANCE \$3 for one or both classes

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome!

## GOLF AT SHIAWASEE SHORES

Loose members can enjoy the 9-hole Par 3 golf course for \$5 a round or \$100.00 for the year. Be sure to stop by the clubhouse each time you golf to sign in and take care of business. You will be billed at the end of each month. Enjoy the golf season!

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

# Fitness Class Schedule

|   |  |  |  |
|---|--|--|--|
| <p><b>MONDAY</b><br/>HOPE LUTHERAN<br/>9:30 am <b>Yoga</b> (gentle flow)<br/>5:00 pm <b>Zumba</b><br/>6:00 pm <b>Volleyball</b><br/>LINDEN ELEMENTARY<br/>9:00 am Softball Practice</p> | <p><b>TUESDAY</b><br/>HOPE LUTHERAN<br/>9:15 am <b>Tai Chi</b> (resumes 9/10)<br/>10:30 am <b>Body Recall</b><br/>12:00 pm <b>Beg. Line Dance</b><br/>1:00 pm <b>Adv. Line Dance</b><br/>(Line Dance canceled until 9/3)<br/>LOOSE CENTER<br/>9:30 am <b>Chair Yoga</b><br/>10:30 am <b>Zumba Gold</b><br/>5:30 pm <b>Yoga</b> (gentle flow)</p> | <p><b>WEDNESDAY</b><br/>HOPE LUTHERAN<br/>9:30 am <b>Yoga</b> (gentle flow)<br/>11:00 am Hope Walking Club<br/>5:00 pm <b>Zumba</b><br/>LOOSE CENTER<br/>9:00 am <b>Biking Bunch</b></p> | <p><b>THURSDAY</b><br/>HOPE LUTHERAN<br/>9:15 am <b>Tai Chi</b> (resumes 9/10)<br/>10:30 am <b>Body Recall</b><br/>(Canceled 7/23-8/29)<br/>10:30 am <b>Zumba</b><br/>(begins 7/25-8/29, \$24)<br/>4:30 am <b>Zumba</b><br/>(Canceled until 9/5)<br/>6:30 pm <b>Beg Line Dance</b><br/>7:30 pm <b>Adv. Line Dance</b><br/>(Line Dance canceled until 9/5)<br/>LOOSE CENTER<br/>9:30 am <b>Chair Yoga</b><br/>5:00 pm <b>Yoga</b> (gentle flow)</p> |
| <p><b>FRIDAY</b><br/>HOPE LUTHERAN<br/>9:30 am <b>Yoga</b> (gentle flow)<br/>11:00 am Hope Walking Club</p>   | <p><b>SATURDAY</b><br/>HOPE LUTHERAN<br/>9:00 am <b>Yoga</b> (gentle flow)<br/>10:15 am <b>Zumba</b></p>   | <p>I don't <i>find</i> the time to exercise, I <i>make</i> the time to exercise.</p>   |  |



## ARTSY & CRAFTY

**“ANYONE CAN PAINT”** Class Minimum: 6

**Monday, August 12, 12-2 pm, Bldg. C, \$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 GROUP

**Monday, August 26, 1 pm, Bldg. C, 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.

### SCRAPBOOKING

**Tuesday, August 20, 1 pm, Bldg. A, FREE**

Whether you have pictures from a recent event or from a storage bin, set this time aside to meet other scrapbookers for conversation, inspiration and fun! Bring your photos, scissors or paper trimmer and adhesive of choice. Workshop is open to beginner and experienced scrappers.

### YARN RECYCLERS

**Fridays, 10 am, Bldg. C, FREE**

We are always in need of volunteers who would like to help with lap robes that are donated to local vets, nursing homes and others with special needs. Our knitters and crochet group meet every Friday to knit or crochet needed items.

### PAINTING GROUP

**Mondays, 10 am, Bldg. C, 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 that meets regularly is very excited to share. So, pack up your project and bring it to the Center!

### WOOD CARVERS

**Wednesdays, 12 - 2 pm, Bldg. A, 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.

We are always looking for new opportunities to learn and grow. If you have a special artistic talent that you would be willing to share by teaching a class or one time workshop, **please contact Loose.**

### HYPERTUFA PLANTER

**Wed., August 7, 12:30 pm, \$15 (limit 5)**

Hypertufa is a mud-pie recipe that is used to make all sorts of garden art objects. Sign up and make your own planter. Class will be offsite at the home of the instructor. A supply list and directions to the class are available at the Center. You must register in advance.

### TURKEY DÉCOR FUN

**Wednesday, September 25, 10-11 am, Bldg. C, \$3**

Make two adorable turkey crafts. A Pineapple Turkey Centerpiece and a Turkey Peanut. Kits and instructions will be provided, but please bring with you, sharp sewing scissors, white glue and needle and thread (black or white). Limit 10.

This image is just an example, your final product could vary.



### LOOSE LAPGHANS

**Fridays, 1 pm, Bldg. A, 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! There is help to get you going again.

### LOOSE THREADS

**Tuesdays, 10 am, Bldg. A, 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.

### PLEASE SIGN IN

Whether you are here to play cards, participate in a special class, sign up for an event, or grab a loaf of bread, please, ALWAYS remember to sign in. It helps in so many ways. *Thank you!*



## Spanish Level I

**Thurs., September 12, 6:15 - 7:45 pm, 6 weeks, \$10**

A continuation on Spanish fundamentals with more emphasis on grammar, structure and vocabulary. People who have either taken Spanish Fundamentals or have a background or small amount of experience in Spanish would do fantastic in this class!

Loose classes are especially tailored to the needs of senior citizens. 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 AND IPHONE

**August 7 & 8, 12-2 pm, \$20, Bldg. C**

Now that many of you have an iPad or iPhone, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad including Calendar, Mail, Notes, Photos, iTunes, iPod, Video and the App Store.

### WORD PROCESSING

**August 14, 15, 21, 22, 12-2 pm, \$40, Bldg. C**

There are so many tricks to word processing programs, and this class will cover many of them, such as creating documents, saving files into folders, toolbars, shortcuts, clip art, labels, envelopes and much more.

### INDIVIDUAL COMPUTER HELP SESSION

*(30 minutes-by appointment)* FREE

**August 9, 16, 10-11:30 am, Bldg. A**

Sometimes all we need is a little one-on-one time to help us get past a computer road block. Kelly is available for individual help by appointment. For an appointment, call Loose at 735-9406.

### VOLUNTEER GROUP MEETING

**Thursday, August 15, 9:30 am, Bldg. C**

For groups that would like to meet, feel free to gather at this time.

### SPECIAL VOLUNTEER MEETING

**Thursday, September 19, 9:30 am, Bldg. C**

Continental breakfast provided.

Volunteers, please join us as we chat about how things are progressing along and if you are not yet a volunteer but would like to get involved, we welcome you also.

### SCRABBLE TOURNAMENT

**Friday, August 16-18**

### EUCHRE TOURNAMENT

**Friday, August 23, 5 pm**

**\$6 Entry Fee, 25¢/Euchres**

GREAT Prizes, Food & Drink and a 50/50 Raffle

### GAMES

**POOL PLAYERS** Bring a friend and play anytime.

**BRIDGE** Monday & Wednesday, 9 am - 2:30 pm

**BOARD GAMES** Friday, 10 am

**CHICAGO BRIDGE** Tuesday & Friday, 1 - 4 pm

**CHESS** Wednesday, 12:30 pm

**DOMINOES** Wednesday, 12:30 pm

**MAH JONGG** Tuesday, 3 pm

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

**EUCHRE** Tues. & Thurs., 12:30 pm, Sat., 10 am

**CARDS & MORE** See you in the fall!

**JIGSAW PUZZLES** Browse through our puzzle selection located in **Building A**; take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.



**The choir practices on Mondays, 3 pm at the Loose Center, Bldg. C.**

Our choir director, Gary Daniel, and our accompanist, Ramona Deese, are accomplished and dedicated musicians. The choir rehearses and works to prepare for many special events. They will be going out into the community and sharing their talent locally with those who can use some good old-fashioned cheer. They are a very welcoming group; maybe it is time to give choir a try!



**MONDAYS, 7- 8:30 pm**

The interest in Karaoke is growing and we aim to please those who are interested. Feel free to just come and listen. Please, **join us for the FUN!**



**OFFICE HOURS**  
Monday - Friday  
8 am- 4 pm

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

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

# LOOSE STAFF

**Carl Gabrielson**  
*Executive Director*

**Cheryl Rex**  
*Clerk*

**Debbie Hancock**  
*Business Manager*

**Bonnie Meadows**  
**Kathy Metivier**  
*Receptionist*

**Melinda Elmore-Hajek**  
*Program Director*

**Randy Green**  
*Maintenance*

**2**

|                          |                             |
|--------------------------|-----------------------------|
| 9:00                     | MMAP Counselor              |
| 9:30                     | Yoga                        |
| 10:00                    | Yarn Recyclers              |
| 10:00                    | Board Games                 |
| 11:30                    | Lunch <i>Chick. Lasagna</i> |
| 1:00                     | Lapghans                    |
| 1:00                     | Chicago Bridge              |
| <b>Saturday August 3</b> |                             |
| 9:00                     | Yoga                        |
| 10:00                    | Euchre                      |
| 10:15                    | Zumba                       |

**1**

|       |                           |
|-------|---------------------------|
| 9:15  | No Tai Chi                |
| 9:30  | Chair Yoga                |
| 10:00 | Armvet Representative     |
| 10:30 | No Body Recall            |
| 10:30 | Zumba                     |
| 11:00 | Digital Camera Class      |
| 11:15 | Farmers' Market Trip      |
| 11:30 | Lunch <i>Creole Steak</i> |
| 12:30 | Euchre                    |
| 1:00  | My Bridges Training       |
| 4:30  | No Zumba                  |
| 5:00  | Yoga (flow)               |
| 6:30  | No Line Dance             |
| 7:30  | No Adv. Line Dance        |



**5**

|       |                             |
|-------|-----------------------------|
| 9:00  | Massage                     |
| 9:00  | Bridge                      |
| 9:00  | Softball Practice           |
| 9:30  | Yoga                        |
| 10:00 | Painting                    |
| 11:30 | Lunch <i>Orange Chicken</i> |
| 12:30 | Pinochle                    |
| 2:00  | Listening Ear               |
| 3:00  | Choir                       |
| 5:00  | Zumba                       |
| 6:00  | Volleyball                  |
| 6:00  | TOPS Weigh-in               |
| 7:00  | Karaoke                     |

**9**

|                           |                        |
|---------------------------|------------------------|
| 9:00                      | MMAP Counselor         |
| 9:30                      | Yoga                   |
| 10:00                     | Computer Help          |
| 10:00                     | Write Life Story       |
| 10:00                     | Yarn Recyclers         |
| 10:00                     | Board Games            |
| 11:30                     | Lunch <i>Meatballs</i> |
| 1:00                      | Lapghans               |
| 1:00                      | Chicago Bridge         |
| 5:00                      | Potluck                |
| <b>Saturday August 10</b> |                        |
| 9:00                      | Yoga                   |
| 10:00                     | Euchre                 |
| 10:15                     | Zumba                  |

**8**

|       |                            |
|-------|----------------------------|
| 8:00  | Loose Board Meeting        |
| 9:15  | No Tai Chi                 |
| 9:30  | Chair Yoga                 |
| 10:30 | No Body Recall             |
| 10:30 | Zumba                      |
| 10:30 | Massage                    |
| 11:15 | Farmers' Market Trip       |
| 11:30 | Lunch <i>Smoked Turkey</i> |
| 12:00 | IPad Class                 |
| 12:30 | Euchre                     |
| 4:30  | No Zumba                   |
| 5:00  | Yoga                       |
| 6:30  | No Line Dance              |
| 7:30  | No Adv. Line Dance         |

**7**

|       |                                  |
|-------|----------------------------------|
| 9:00  | Biking Bunch                     |
| 9:00  | Manicures                        |
| 9:00  | Bridge                           |
| 9:30  | Yoga                             |
| 10:00 | Consumer Fraud                   |
| 10:30 | Neuropathy                       |
| 11:15 | Art à la Carte                   |
| 11:30 | Lunch <i>Grilled BBQ Chicken</i> |
| 12:00 | IPad Class                       |
| 12:00 | Wood Carving                     |
| 12:30 | Hypertufa                        |
| 12:30 | Pinochle/Dominoes/Chess          |
| 5:00  | Zumba                            |

**6**

|                  |  |
|------------------|--|
| Canadian Rockies |  |
| 9:15             | No Tai Chi                             |
| 9:30             | Chair Yoga                             |
| 10:00            | Loose Threads                          |
| 10:30            | No Body Recall                         |
| 10:30            | Zumba Gold                             |
| 11:00            | Blood Pressure                         |
| 11:30            | Lunch <i>Philly Steak &amp; Cheese</i> |
| 12:00            | No Beg. Line Dance                     |
| 12:30            | Euchre                                 |
| 1:00             | No Adv. Line Dance                     |
| 1:00             | Chicago Bridge                         |
| 3:00             | Mah jongg                              |
| 5:30             | Yoga                                   |
| 5:30             | Clio Amphitheater                      |



|  |  |  |   |   |
|--|--|--|---|---|
| <p><b>12</b></p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:00 Softball Practice</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 <b>Lunch Pork Chop</b></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p> | <p><b>13</b></p> <p>8:30 Genesee County Fair</p> <p>9:15 No Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 No Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 <b>Lunch Chicken</b></p> <p>12:00 No Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 1on 1 Financial</p> <p>1:00 No Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p> <p>5:30 Clio Amphitheater</p> | <p><b>14</b></p> <p>Manicures</p> <p>9:00 Blood Pressure</p> <p>9:00 Biking Bunch</p> <p>9:30 <b>Coffee Hour</b></p> <p>9:30 Yoga</p> <p>9:30 Bridge</p> <p>10:00 Soaring Eagle</p> <p>10:30 Investment Perspective</p> <p>10:30 Watch Repair</p> <p>11:15 Art à la Carte</p> <p>11:30 <b>Lunch BBQ Turkey Sandwich</b></p> <p>12:00 Wood Carving</p> <p>12:00 Word Processing</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>4:00 Staff CPR/AED First Aid Training</p> <p>5:00 Zumba</p> | <p><b>15</b></p> <p>9:15 No Tai Chi</p> <p>9:30 Applewood</p> <p>9:30 Volunteer Meeting</p> <p>9:30 Chair Yoga</p> <p>10:30 No Body Recall</p> <p>10:30 Zumba</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 <b>Lunch Chicken Philly</b></p> <p>12:00 Word Processing</p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>4:30 No Zumba</p> <p>5:00 Yoga</p> <p>6:30 No Beg. Line Dance</p> <p>7:30 No Adv. Beg. Line Dance</p> | <p><b>16</b></p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Computer Help</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 <b>Lunch Mac &amp; Cheese</b></p> <p>12:00 Scrabble Tournament</p> <p>1:00 Lapghans</p> <p>1:00 No Chicago Bridge</p> <p><b>SATURDAY August 17</b></p> <p>Scrabble Tournament</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p><b>Sunday August 18</b></p> <p>1:45 Detroit Princess</p> |
| <p><b>19</b></p> <p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:00 Softball Practice</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 <b>Lunch Salisbury Steak</b></p> <p>12:00 Lunch Workers Meeting</p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>                               | <p><b>20</b></p> <p><b>Podiatrist</b></p> <p>8:30 No Tai Chi</p> <p>9:15 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 No Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 <b>Lunch Turkey Burger</b></p> <p>12:00 No Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 No Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:30 Cookout</p> <p>5:30 Yoga</p>               | <p><b>21</b></p> <p>Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>9:00 Bridge</p> <p>9:30 Legal Services</p> <p>11:15 Art à la Carte</p> <p>11:30 <b>Lunch Chicken</b></p> <p>12:00 Wood Carving</p> <p>12:00 Word Processing</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p> <p>5:30 Pen Pal Party</p>  | <p><b>22</b></p> <p>9:15 No Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:30 No Body Recall</p> <p>10:30 Zumba</p> <p>10:30 Massage</p> <p>11:00 Detroit Tigers</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 <b>Lunch Ravioli</b></p> <p>12:00 Word Processing</p> <p>12:30 Euchre</p> <p>4:30 No Zumba</p> <p>5:00 Yoga</p> <p>6:30 No Beg. Line Dance</p> <p>7:30 No Adv. Beg. Line Dance</p>  | <p><b>23</b></p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 <b>A COUNTRY AFFAIR</b></p> <p>11:30 <b>Lunch Sloppy Joes \$3</b></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p><b>SATURDAY August 24</b></p> <p>9:00 No Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>  |
| <p><b>26</b></p> <p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:00 Softball Practice</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure</p> <p>11:30 <b>Lunch Meatloaf</b></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>                  | <p><b>27</b></p> <p>9:15 No Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 No Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 <b>Lunch Enchilada</b></p> <p>12:00 No Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 No Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p>   | <p><b>28</b></p> <p>Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>9:00 Bridge</p> <p>11:15 Art à la Carte</p> <p>11:30 <b>Lunch BBQ Pulled Pork</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p>  | <p><b>29</b></p> <p>9:15 No Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:30 No Body Recall</p> <p>10:30 Zumba</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 <b>Lunch Roasted Chicken</b></p> <p>12:30 Euchre</p> <p>4:30 No Zumba</p> <p>5:00 Yoga</p> <p>6:30 No Beg. Line Dance</p> <p>7:30 No Adv. Beg. Line Dance</p>  | <p><b>30</b></p> <p><b>LABOR DAY WEEKEND</b></p> <p><b>SATURDAY August 31</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>   |

## WRITE YOUR LIFE STORY

Friday, August 9 & 23, 10 am, Bldg. C

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.

## ALZHEIMER'S SUPPORT GROUP

Every 4th Tuesday, 2 pm, Bldg. A

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 particularly encourages attendance by those who are newly diagnosed with Alzheimer's.

## LOOSE BOOK CLUB

Monday, August 12, 1 pm, Bldg. A

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!

## ENERGY HEALING WORKSHOP

Thursday, August 15, 2 - 4 pm, Bldg. A \$30

Stress in one's life causes more disease than Genetics. Meridian Tapping will be taught on how to keep stress at bay. Come with what stress issue you want to work on, and release. You will leave with the knowledge of a great tool to use for life! Energy Medicine Exercises involve Meridian Points & Chakras for body balancing. Christine Shreve is the certified EFT Coach.

## LISTENING EAR

Monday, August 5, 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.



## MEDICARE BASICS

Tuesday, September 10, 12:30 - 1:30 pm, Bldg. A

What is Medicare?  
The different parts of Medicare  
How does Part D Work?  
Your Medicare Coverage Choices  
When can you enroll?  
Medicare Help and Resources  
Health Plus Representative Kathryn Pierce-McAllister will be presenting this information session.

## POETRY AND PROSE

Monday, September 16 & 23, 6- 8 pm, Bldg. A, \$2

This class will look at various forms of poetry and prose and will include discussion on forms, format and poets. Additionally, we will be writing our own poetry in similar styles to those we learn.

## CLASSICAL MUSIC AND TEA

All classes are 6- 8 pm, Bldg. A, \$2/class

Monday, September 30, Vivaldi and White Tea  
Monday, October 28, Tchaikovsky and Black Tea  
Monday, November 18, Wagner and Green Tea  
Monday, January 27, Gershwin and Mixed Tea

These classes will be an enjoyable evening of discussion, history and sampling of both works of classical music and types of tea. Plan to exercise both your taste buds and brain cells on this exciting journey through music and tea.



October 28-29, (Mon. & Tues), 12 - 4 pm, Bldg. A  
**AARP** \$12/person for AARP members  
\$14/non-members.  
See page 10 for detailed info.  
**Driver Safety Program**

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

## TOPS (Take Off Pounds Sensibly)

**Mondays, 6:00 pm, Bldg. C** For information, please contact the Loose Center at 735-9406.

*This newsletter is funded through Genesee County Senior Millage Funds-your tax dollars at work!*



# HEALTH SERVICES & TRANSPORTATION

## MASSAGE

**Mondays, 9 am & 2nd & 4th Thur., 10:30 am**  
\$5 for 7-minute session or \$10 for 15-minute session.



Schedule today, Call 735-9406 for an appointment.

## PODIATRIST

**Tuesday, August 20, by appointment, Bldg. A**

Dr. Koehler practices at Holly Foot & Ankle Specialists and **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. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

## FREE VISION SERVICES

**Thursday, October 10, 2013, 10 am - 1 pm, Bldg. C**

- Vision Screens
  - Adjustments and cleaning of glasses
  - Affordable frames to try on
  - Literature on Macular Degeneration & Glaucoma
  - Discount cards for all uninsured
  - Free one-year frame warranty with appointment
- Sponsored by Riverfront Optical

## FREE HEARING CLINIC

**August 16, 10 am (by appointment), Bldg. C**

Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

## MANICURES

**Wed., by appointment beginning at 9 am, \$10**  
THE TYPICAL 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.*

## MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior fare. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation cost \$4. A monthly pass is available for \$35 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.

## WEEKLY SCHEDULED VAN DESTINATION

*Please call 24 hours in advance to schedule a ride.*

**WEDNESDAY– ART À LA CARTE** (see page 14 for details)

**11:15 am departure, return 2:00 pm, \$4 roundtrip**

**THURSDAY – Flint Farmers' Market**

**11:15 am departure, return 2:30 pm, \$4 roundtrip**

## TRIP 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.

## FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Bldg. C

- 1<sup>st</sup> Tuesday of each month, 11 - 12 noon (BP only)**
- 2<sup>nd</sup> Wednesday of each month, 9 - 10 am**
- 3<sup>rd</sup> Thursday of each month, 11 - 12 noon (BP only)**
- 4<sup>th</sup> Monday of each month, 11 am - 12 pm**



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

# SPECIAL SERVICES & SUPPORT

## INVESTMENT PERSPECTIVE

**Wednesday, August 14, 10:30 am, Bldg. C**

Financial Advisor Katie Rozen will be discussing a variety of relevant financial topics including today's market, investment strategies, living in retirement, and ways to protect what is important. Investment Perspective will follow the Coffee Hour on the 2nd Wednesday of each month.

## ONE-ON-ONE FINANCIAL HELP

**Tuesday, August 13, 1:00 pm, Bldg. A**

Financial Advisor Katie Rozen will be available for free financial consultations at Loose Center the 2nd Tuesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

## LEGAL ADVICE

**3rd Wed. of the month, 9:30 am -12:30 pm, Bldg. C**

Attorney Sharon Miner 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 each month, 10 am -12 noon, Bldg. C**

If you are having any problems with a place of business or are wondering if you have been scammed, call for an appointment or stop and talk 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.

## AMVETS

**1st Thursday of each month, 10 am -12 noon, Bldg. C**

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!

**CARE 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.

## 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 it is disposed of properly.

## COUPON CLUB

**2nd Wed. of each month, 3:15 pm, Bldg. C**

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!

## WATCH REPAIR

**2nd Wed. of each month, 10:30 am - 1 pm, Bldg. C**

Specializing in battery replacement and/or adjustment, Angela Waldowski has over 30 years of experience in the trade. *There is a cost for most repairs, so please inquire prior to the service.*

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

Our MMAP Counselor, Ann Walker, 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.

**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, 9-10:00 am, Bldg. C**

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

**AARP TAX-AIDE** Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 248.634.1216 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at [www.aarp.org/taxaide](http://www.aarp.org/taxaide).



# MEMBER PRIVILEGES & FUNDRAISING

## 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.

**SUNSHINE GREETINGS** If you know someone whose spirits would be lifted by receiving a card or note, please stop by or call Loose and tell us their name. A card will be sent ASAP by our Sunshine Greeting volunteer.

**FREE BREAD** Volunteers pick up day old bread each Monday and Wednesday from VG's. It is available on a first-come, first-served basis.

**FREE MAGAZINES** Members drop off magazines in Building C. We have many of the latest popular magazine titles for you to enjoy. Feel free to take them home.

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

**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 Building C.

**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, which is due January 1st.

**A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.**  
The annual membership fee of \$25 per person is due for 2013. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

**THE LOOSE COMMUNITY ANGELS**  
The Community Angels are a group of senior citizens from the Loose Senior Citizen Center whose mission is to assist community organizations that are helping those in need. If you are interested in becoming a Loose Angel, call or stop by the Center and indicate your interest. Watch for our Angels supporting community organizations/agencies with their charitable causes.

**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.

**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.**

## WE SAVE...

**ALPINE and VG'S** 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!

**SPARTAN STORES** will donate \$20 for every 1,000 UPC labels. Drop them off at the Loose Center office.

**GREETING CARDS**  
All of our greeting cards were destroyed in the fire. 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** We receive cash for paper. Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow Abitibi bin 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 Building C.

**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 Fenton, the Harding Foundation and donations from individuals.

**RUMMAGE SALE** Due to storage restraints, **we will not be collecting rummage until further notice.** Please consider passing your donations along to another worthy organization.



## 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 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@looseseniorcenter.org](mailto:lsc@looseseniorcenter.org) so we can spread the sunshine.

*"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."*

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

**TRIPS @ A GLANCE**

|                |  |         |
|----------------|--|---------|
| August 6-12    | Canadian Rockies                       | \$2,899 |
| August 13      | Genesee County Fair                    | \$5     |
| August 14      | Soaring Eagle & "Neil Diamond Tribute" | \$30    |
| August 15      | Applewood Tour                         | \$5     |
| August 18      | Detroit Princess                       | \$77    |
| August 22      | Tigers vs. Twins                       | \$65    |
| September 1-2  | Mackinaw Bridge Walk                   | \$184   |
| September 4    | FireKeepers Casino                     | \$30    |
| September 4-10 | Yosemite                               | \$2,599 |
| September 19   | Hollywood Casino                       | \$28    |
| September 25   | Happy Birthday Henry                   | \$69    |
| September 29   | Cape Cod                               | \$1,299 |
| October 8-9    | Turtle Creek/Soaring Eagle             | \$120   |
| October 16     | Genesee Belle Fall Lunch Cruise        | \$21    |
| October 24     | Motor City Casino                      | \$27    |
| November 5     | Caesar Windsor Casino                  | \$18    |
| November 12    | Rum Runners                            | \$98    |
| November 14-25 | Hawaii Cruise                          | \$3899  |
| November 21    | FireKeepers                            | \$30    |
| November 21-24 | Opryland Country Christmas             | \$999   |
| December 2-3   | Niagara Falls                          | \$209   |
| December 9     | Soaring Eagle & "Great Russian Ballet" | \$30    |
| December 10    | Holiday Glitz                          | \$73    |
| December 22    | Holiday Pops                           | \$21    |
| December 30    | New Year's Eve in Traverse City        | \$284   |
| February 13-20 | San Antonio & Galveston                | \$2349  |
| March 16-24    | Gulf Shores & The Deep South           | \$1599  |
| April 4-8      | Cherry Blossom Tour & More             | \$949   |

Detailed flyers are available at the Loose Center. Please note: A reservation is made only when a deposit has been received.

**CLIO AMPHITHEATER TRIBUTE CONCERTS**

Cost \$10 includes ticket and transportation

Summer Fun  
 Leave Loose @ 5:30 pm  
 Concert begins @ 7:30 pm  
**Tuesday, August 6** "Lady Luck,"  
 a tribute to Heart & the women of Rock-n-Roll  
**Tuesday, August 13**  
 "Mitch Ryder & The Detroit Wheels"

**2013/14 FLINT SYMPHONY ORCHESTRA**

Buy season tickets for the 2013-14 season for **half price** (includes special seating and 2 bonus tickets that can be used for any other Flint Institute of music events, such as Holiday Pops, "Nutcracker", etc. or half-off seating on available seats. Don't wait, call Loose today for more information.

**LIFELONG LEARNING FOR SENIORS**  
 will return in the fall.

**GENESEE BELLE FALL LUNCH CRUISE**

**Wednesday, Oct. 16, \$21** includes transportation, cruise & lunch (please make sure you indicate your menu choice at the time you register). The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is October 2.



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 11:15 am. Cost: \$4 (transportation)

|           |                          |                                      |
|-----------|--------------------------|--------------------------------------|
| August 7  | Ancient Egypt            | ★ One of the areas BEST kept SECRETS |
| August 14 | Ancient Rome             |                                      |
| August 21 | Ancient Greece           |                                      |
| August 28 | Secrets of the Holy Land |                                      |



**JOIN LOOSE @ THE WHITING**

Details available at the Loose Center

|               |   |      |
|---------------|---|------|
| Sat., Oct 19  | <b>MONTORAGE</b>                        | \$40 |
| Fri., Nov 1   | <b>This is the '60s</b>                 | \$45 |
| Sat., Nov. 9  | <b>Jim Belushi &amp; Chicago Comedy</b> | \$50 |
| Sun., Dec 15  | <b>Mannheim Steamroller</b>             | \$60 |
| Sun., Dec 22  | <b>HOLIDAY POPS</b>                     | \$21 |
| Fri., Jan 31  | <b>Million Dollar Quartet</b>           | \$57 |
| Tues., Feb 11 | <b>"Hamlet"</b>                         | \$35 |
| Sun., Mar 9   | <b>"Menopause the Musical"</b>          | \$50 |
| Fri., Mar 21  | <b>Cirque Mechanics</b>                 | \$45 |
| Fri., Apr 18  | <b>"West Side Story"</b>                | \$60 |
| Sat., Apr 26  | <b>Former SNL Stars</b>                 | \$50 |
| Sat., May 17  | <b>Mike Super Magic &amp; Illusion</b>  | \$30 |

There are a limited number of tickets and all tickets on hold are released one month before the performance, PLEASE REGISTER EARLY!

# AND MORE TRIPS *In order to secure a spot all travel reservations must be accompanied with a payment.*

**DETROIT PRINCESS includes**  
**TRANSPORTATION &**

- ◆ 2 hour cruise on the Detroit Princess Riverboat.
- ◆ Lunch: the Captains Buffet includes, Prime Rib, Chicken Picata, Crab Stuffed Salmon & Vegetarian Lasagna
- ◆ Musical Melodies and Motown Memories & more!



**Sunday, August 18, \$77**

## Join Loose Senior Center Thursday, August 22



**INCLUDES**

- Roundtrip Motorcoach Transportation
- Lower Baseline (Section 143) Seat
- Free Soft Drink & Hot Dog Voucher
- Water and Snacks on the Bus

**DEPARTS** K-Mart Owen Rd. Fenton  
**DEPART:** 11 am **APPROX. RETURN** 7 pm


**\$65**  
*Bring your Grandchild Day!*

## Happy Birthday HENRY

Celebrate the 150<sup>th</sup> Birthday of this legendary industrialist

**Wednesday, September 25, 2013, \$69**  
 Departs: 7:15 am - Returns 6 pm

**INCLUDES TRANSPORTATION PLUS**  
 Narrated tour of Detroit & Dearborn  
 Lunch at Maccabees at Midtown  
 Guided tour of Ford Piquette Plant



## Cape Cod & Martha's Vineyard

*Sept. 29 - Oct. 5, 2013 \$1,299 (double)*

**INCLUDES MOTORCOACH TRANSPORTATION PLUS**  
 2 Nights - Pennsylvania  
 4 Nights Falmouth, Cape Cod  
 6 breakfasts & 3 dinners  
 Tour of Cape Cod, Whale Watch, John F Kennedy Memorial, Sightseeing Martha's Vineyard, and so much more!




**October 8-9, 2013, \$120 double**

**Casino Special**

**Includes Motorcoach Transportation PLUS**

- ◆ Lodging @ Little River Casino
- ◆ Gaming sessions @ Turtle Creek, Little River & Soaring Eagle
- ◆ Casino Play \$35
- ◆ Food \$16
- ◆ Fun - Priceless




**Tuesday, November 12, \$93 includes transportation and the Rum Runner Tour led by "Benny Da Weasel!"** The Rum Runner's Live Action Tour will tell the story of prohibition and Windsor's connection to Chicago's gangsters like Al Capone and Detroit's Purple Gang. You'll learn how everyday people like taxi drivers and newspaper vendors became wealthy entrepreneurs. At several locations you will disembark the bus to intermingle with the characters and an included lunch will be served at one of their famous haunts.

## NIAGARA FALLS "Festival of Lights" & FALLSVIEW CASINO RESORT

December 2-3, 2013

**TOUR INCLUDES TRANSPORTATION and:**

- 1 NIGHT @ HILTON FALLSVIEW RESORT
- Full Breakfast Buffet @ Hotel
- Sightseeing Tour of Niagara Falls
- Visit to Rockway Winery
- Festival of Lights & plenty of Gaming time


**\$209 double, \$269 single**




**Tuesday, December 10, 2013**  
 Departs 1:15 pm, Returns 8:15 pm  
 \$73 per person

**TOUR INCLUDES TRANSPORTATION and**

- ◆ Meadow Brook Hall 42nd holiday walk.
- ◆ Dinner @ Rochester Mills Beer Company
- ◆ Shopping in downtown Rochester
- ◆ Big Bright Light Show unlike any in the Midwest! Buildings in downtown Rochester will be covered in more than 1.5 million points of glimmering holiday lights.



**Opryland Country Christmas**  
 Plus Louisville's  
 Kalighoscope Christmas

**November 21-24, \$999**

- 3 nights Lodging
- 1 breakfast
- 2 dinners
- Hall of Trees
- ICE Exhibit
- Grand Ole Opry
- Radio City Rockettes
- Sightseeing
- Oh so much more!



**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406

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Permit No. 6

**CAUTION**

Friends, During the construction period please use extra caution, avoid entering designated danger zones and watch your step. We want you to stay safe!



*Things that make us*  
**MILE** ♪

