

# South End NEWS

DECEMBER 2012

LOCAL SENIOR CITIZEN CENTER



We wish you many gifts of  
*time and love* this Holiday Season.

## DIRECTOR'S MESSAGE

Friends,

The holidays at Loose are here! We look forward to the festive decorations that will adorn our hall and the buildings. We enjoy the camaraderie of sharing tasty treats and talk of family gatherings that mean so much. We, the members, are so lucky to have this Loose Center that plays such a big part in our lives. We have a place that is warm and friendly—a place where every day, we can come and know we are among friends.

The holidays are special because they give us hope and positive energy to face the world that at times is not always kind. They reaffirm our faith spiritually and in people. We look forward to Christmas cards, cookies, carols, children's concerts, time with family and friends, reunions with long lost friends, special TV programs and many prayers for many reasons.

Loose is that place that allows us a chance to enjoy and embrace all of the special times that come during this season. We look forward to decorating the Giving Tree. We gather together to enjoy the Snowflake-Making Party and attend the Christmas Sing-Along with friends. And the most anticipated event of the season is the Christmas Dinner at Spring Meadows—a time of friendship, singing, fine entertainment, good food and a chance to wish one and all a very Merry Christmas.

As another year comes to an end at Loose, we are thankful for a positive and strong Executive Board, a giving and passionate staff and a membership that makes us special. We say goodbye to the many friends and family we lost and think of them everyday. They will truly be missed. We look to the future with positive energy with hope anew for a "New Loose."

So, this is wishing you all a very Merry Christmas and a positive and Happy New Year.

*Seasons Blessing to you all.*

**Carl Gabrielson**

*Executive Director*

*Pictured on the cover: Your staff (L-R, front), Melinda Elmore-Hajek, Cheryl Rex, Debbie Hancock, (back) Carl Gabrielson, Bonnie Meadows and Randy Green.*



Peace on  
earth and  
food for all.

**LOOSE**  
food pantry  
donations  
needed

Non perishable food & staple items can be dropped off at Loose during office hours.



The **GIVING TREE** is up and ready to be decorated with mittens, hats, scarves, gloves and socks. All items will be gathered and donated to local charities. We will be collecting for the tree until mid December.

### The QUILT

Please stop by the Loose office and examine the BEAUTIFUL QUILT that was just completed by our own Loose Threads group. This piece of artwork is being raffled. The drawing will be held December 4 at our Christmas party. **The cost of the ticket(s) is \$1 each or 6 for \$5.**

A wonderful creation done with love, friendship and the spirit of giving.  
**Be sure to buy your ticket(s) today!**

# DECEMBER SPECIAL HAPPENINGS



## CHRISTMAS DINNER AT SPRING MEADOWS

Tuesday, December 4, 12 noon, \$17

An elegant plated luncheon at Spring Meadows Country Club located on Ripley Road in Linden. The price includes either Lemon Chicken or Great Lakes White Fish (please indicate your choice at time of ticket purchase), salad, baked potato, green beans almandine, roll and dessert. There will be wonderful entertainment, a festive holiday setting with prize drawings and time with friends. This is a favorite of many Loose members. Call the Center to sign up. Tickets must be purchased by November 20.

## HOLIDAY POPS

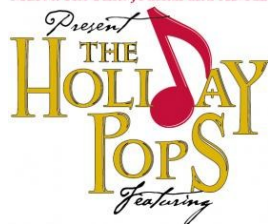
Sunday, December 16, \$21

The show begins at 3 pm.  
The bus leaves Loose at 2 pm.

Featuring the Flint Symphony Orchestra, Flint Festival Chorus with area high school singers, the Flint Jubilee Chorale, the Flint Festival Youth Chorus, Robert Hoag-baritone soloist, and Pastor Seon Thompson-vocal soloist.

Celebrate the season by sharing this warm and joyful musical event with your family. Enjoy your favorite carols like *Deck the Halls*, *Silent Night* and holiday favorites including Handel's *Messiah*.

MLive/The Flint Journal and ABC12



THE FLINT SYMPHONY ORCHESTRA  
ENRIQUE DIEMECKE, CONDUCTOR

*Purchase your tickets today!*

## GCCARD CHRISTMAS LUNCHEON

Thursday, December 20, 2012

Menu includes Roast Pork Loin w/Gravy, Mashed Potatoes, European Vegetables, Cranberry Sauce, Roll, Pie and beverage. *Reservations must be in by 12/6.*

## CHRISTMAS SING-ALONG

Wednesday, December 12, 6 pm, Bldg C

Join the Loose Music Makers for an evening of singing, laughter, holiday treats and good fun. Bring your friends and family for this evening of music, fun and fellowship. Cookies and punch will be served following the event.



There is much to celebrate! We hope you allow yourself the time to gather and enjoy this very special evening.

## LIFELONG LEARNING FOR SENIORS

### CHRISTMAS AT CROSSROADS VILLAGE

Friday, December 14, \$8 and INCLUDES

Ticket, Continental Breakfast & Transportation

Genesee County Parks and Recreation Director, **Amy McMillen** discusses programs at Crossroads.

**Michael Thorp** will talk about the children's books, places at Crossroads Village

**Dan Hays** returns to get us in in the Christmas spirit singing the Christmas songs we all enjoy.

*Please register no later than Wed., Dec. 12, 11 am*

*A BIG thanks to the State Bank for their generous donation that helps us offset the cost of this program.*

December Special



# Sale

DECEMBER CLOSEOUT  
CHRISTMAS CARD SALE

25¢ a pack of five or  
5¢ for individual cards sold separately.

*Stop by and check out our updated card area.*

# NUTRITION & MORE



## DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am

60 and over: Suggested donation \$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, the day before by 12 noon. *Sharing a meal with others is a great way to make friends and also get a healthy meal.* Menus are available in the office.

## GCCARD CHRISTMAS LUNCHEON

Thursday, December 20, 2012

Menu includes Roast Pork Loin w/Gravy, Mashed Potatoes, European Vegetables, Cranberry Sauce, Roll, Pie and Beverage. *Reservations must be in by 12/6.*

## COFFEE HOUR

Wed., December 12, 9:30 am

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 with all the happenings. *New members are especially encouraged to join us.*

## POTLUCK DINNER Friday, Dec. 14, 5 pm

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. The 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.

## UNDERSTANDING MEMORY LOSS

January 29, 2013, 6:30-8:00 pm



An opportunity for Loose members, family and the community to learn about treatable and untreatable causes of memory loss

- Recognize the warning signs of Alzheimer's
- Learn about other causes of dementia
- Where to get a dignified diagnosis
- How we can help you and you can help others

Please join us for this FREE program

presented by

Jo Campbell, MA

Faculty at Eastern Michigan University

## Welcome in the NEW YEAR with LAUGHTER

Tuesday, January 15, 5 pm, \$12

DINNER followed by Comedian,  
Jason Cooper



Humor is infectious! The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Knowing that ... get ready for...

Jason is a seasoned comedian who has opened for Smokey Robinson, The Righteous Brothers, Three Dog Night, The Doobie Brothers, The Beach Boys, Foreigner, Kenny G, Paul Anka, Michael Buble, Weird Al, Jim Gaffigan, Carrot Top, to name a few.

With his quick wit and commanding stage presence, Jason takes his audience on a roller coaster ride of laughs from the word "Go"!

**Dinner Includes:** Chicken, Meatballs, Pasta, a variety of Salads, Hot Vegetable, Rolls, Dessert and Beverages.

Space is limited, sign up today.

## 35<sup>th</sup> Annual Senior Winter Games

The Senior Winter Games Board of Directors is pleased to announce information for the 2013 Senior Winter Games of Genesee County!



- ◆ Registration will begin on December 10, 2012 and end on January 17, 2013.
- ◆ The Opening Ceremony will be held on Monday, February 4<sup>th</sup> at Davison Senior Center which is located on Lapeer Road in Davison at 1pm. All events will be held from February 4<sup>th</sup> through February 19<sup>th</sup>.
- ◆ The Closing Ceremony will once again be held at the Knights of Columbus Hall in Davison on February 20<sup>th</sup>. Doors will open promptly at 10am with the program beginning at 11am.
- ◆ The registration fee is \$12.00 and includes: the Opening Ceremony, Closing Banquet, events, and a Games shirt. Please contact Loose for additional details.



Most of Loose's fitness classes will be held at Hope Lutheran Church, located at 7355 Silver Lake Road just past the community schools. A detailed map is available at the Loose Office.

## ZUMBA & ZUMBA GOLD \$5/class

Low-impact dance/exercise class with music, 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

Doctor-recommended, increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow.

## TAI CHI FOR ARTHRITIS \$5 per class

Approved by the Arthritis Foundation, 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** This activity will reconvene in the spring. If you are interested in the Biking Bunch, please contact the Loose Center at 735-9406.

## Wii BOWLING *Next league play begins in January*

Organized Wii play is held on Thursdays, open play is available when there is no schedule conflict. If you are interested in Wii bowling, please contact the Loose Office at 735-9406.

**BEACHBALL VOLLEYBALL** A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us at 5 pm for a more gentle game, no spiking or aggressive play. Or, join us at 6 pm for a more aggressive game.

## 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.

**CARDIO YOGA** Keep the flow going and get a great workout for your heart and mind. Feel the movements of your body as you control your breathing, all the while going at your own pace.

**CHAIR YOGA** Discover the health benefits of yoga honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or just 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

Contact the Loose Center For information on this program.

PLEASE CHECK THE MASTER CALENDAR FOR HOLIDAY CLOSINGS.

# Fitness Class Schedule

## MONDAY

HOPE LUTHERAN

9:30 am **Yoga (flow)**  
5:00 pm **Zumba**

LINDEN ELEMENTARY  
5:00 pm **Volleyball**

movit

## TUESDAY

HOPE LUTHERAN

9:15 am **Tai Chi**  
10:30 am **Body Recall**  
12:00 pm **Beg. Line Dance**  
1:00 pm **Adv. Line Dance**  
5:00 pm **Yoga (flow)**

LOOSE CENTER

9:30 am **Chair Yoga**  
10:30 am **Zumba Gold**

## WEDNESDAY

HOPE LUTHERAN

9:30 am **Yoga (flow)**  
4:00 pm **Tai Chi for Arthritis**  
5:00 pm **Zumba**

LOOSE CENTER

11:00 am Hope Walking Club

## THURSDAY

HOPE LUTHERAN

9:15 am **Tai Chi**  
10:30 am **Body Recall**  
2:30 pm **Tai Chi for Arthritis**  
4:30 pm **Zumba**  
6:30 pm **Beg Line Dance**  
7:30 pm **Adv. Line Dance**

LOOSE CENTER

9:30 am **Chair Yoga**  
5:00 pm **Cardio Yoga**

## FRIDAY

HOPE LUTHERAN

9:30 am **Yoga (flow)**  
11:00 am Hope Walking Club

## SATURDAY

HOPE LUTHERAN

9:00 am **Yoga (flow)**  
10:15 am **Zumba**



During these cold winter days  
keep **MOVIN...**  
Try **ZUMBA GOLD!**

# ARTSY & CRAFTY

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

**Monday, December 10, 9-11 pm \$20, Bldg A**

Steve Wood (award-winning artist) 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, January 28, 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, ideas, share time with those who share the same 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, Bldg A, FREE**

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and LOVE to share. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

## **YARN RECYCLERS**

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

We are always in need of those who would like to help with the lap robes that are donated to local vets, nursing homes and those with other 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 come and 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 and take the time to relax and work.

### **INCLEMENT WEATHER POLICY**

During the winter months, Loose has an inclement weather policy. When the Linden Schools are closed due to weather conditions, the Loose Senior Citizen Center will be closed. Local television and radio stations will list the latest school closings or feel free to call Loose for updates in scheduling.



## **SCRAPBOOKING**

**Tuesday, December 18, 1 pm, Bldg A, FREE**

Whether you have pictures from a recent event or they've been in storage for years, 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.

## **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 who are currently working on a quilting project. Also, feel free to come and work on your own projects in a setting that is conducive to good company and a common quest to share time and talent with others.

## **FRIENDS & FELLOWSHIP APPLIQUÉ**

**Friday, December 14, 1-3 pm, Bldg C**

This appliqué group is designed for the experienced appliqué quilter who wants to learn more, do more and discover more about the art of appliqué. Participants meet regularly and receive personalized instruction.



*The Christmas Boutique was not only successful, but fun and generated over \$800 for Loose. Many thanks to the volunteers who worked so hard on this event, all those who donated the beautiful items and those who came to find that special treasure.*

# COMPUTER CLASSES, GAMES AND OTHER GOOD STUFF



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



## KNOW YOUR LAPTOP

**Wed., January 9 & 16, 4-6 pm, \$20**

Take the time to learn and understand and make the most of your laptop. Learn to navigate, how to log into wireless Internet, what programs you have, changing screen appearance and more. *Bring your laptop with you, expand your knowledge and make new friends.*

## DIGITAL CAMERA

**Wed., January 23 & 30, 4-6 pm, \$20**

A must for new digital camera users. This class will help you download pictures, get pictures organized, insert pictures into documents and more. Remember to bring your camera and software to class.

## SKYP & FACEBOOK - COMING IN FEBRUARY

Kelly is also available for one-on-one instruction.  
Call Kelly at 810.964.6455 for information.

## EUCHRE TOURNAMENT

**FRIDAY, January 25, 5:00 pm, \$5 Entry Fee**  
GREAT Prizes, Food & Drink, 50/50 Raffle

## SCRABBLE TOURNAMENT

**January 4-5, 2013**

## GAMES

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

**BRIDGE** Mon. & Wed., 9 am - 2:30 pm

**CHICAGO BRIDGE** Tues. & Fri., 1 - 4 pm

**CHESS** Wed., 12:30 pm

**DOMINOES** Wed., 12:30 pm

**HAND AND FOOT** is on break, check with office.

**MAH JONGG** Tues. & Thurs. 3 pm

**PINOCHLE** Mon. & Wed., 12:30 pm

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

Sat., 10 am - 12:30 pm

**CARDS & MORE** Thurs., 10:30 am

**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 will find a home at Loose.

# Loose BAND

We have a wonderful Loose Choir and some GREAT Karaoke singers, so why not a BAND? With nearly 4,000 members, the odds are in our favor that there are many experienced musicians ready to polish up the old instrument, dust off the guitar, whatever the case may be and join the Loose Band. We have a piano player/director all ready and excited about the possibilities. Practice will be on Wednesdays at 2 pm. **If you are ready and willing, please join us on Wednesday, January 9 at 2 pm.**

Please help us keep our files up-to-date. Provide us with your emergency contact information.

Call 735-9406 or email [lsc@looseseniorcenter.org](mailto:lsc@looseseniorcenter.org)



The choir practices on Mondays at 3 pm at the Loose Senior Center. Our choir director, Gary Daniel and accompanist, Ramona Deese are accomplished and dedicated musicians. The choir re-

hearses and works to prepare for many special events and is currently working on Christmas music. They will be hosting our Sing-along, as well as going out into the community and sharing their talent locally with those who can use some holiday cheering. A very welcoming group, maybe it is time to give it a try.

**Mondays  
7- 8:30 pm**



The interest in Karaoke is growing and we aim to please those who are interested. **Join us for the FUN!**



# December 2012

## OFFICE HOURS

Monday - Friday  
8 am - 4 pm

## PHONE

810.735.9406

## FAX

810.735.4255

## EMAIL

lsc@looseniorcenter.org

## WEBSITE

www.looseniorcenter.org

### MONDAY

9:00 NO Massage  
9:00 Bridge  
9:30 Yoga  
10:00 Painting  
11:30 Lunch *Salisbury Stk.*  
12:30 Pinochle  
3:00 Choir  
5:00 Zumba  
5:00 Volleyball  
6:00 TOPS Weigh-in  
7:00 Karaoke

### TUESDAY

9:15 Tai Chi  
9:30 Chair Yoga  
10:00 Loose Threads  
10:30 Body Recall  
10:30 NO Zumba Gold  
11:00 Blood Pressure  
11:30 Lunch *Bean Soup*  
12:00 Spring Meadows  
**Christmas** Lunch  
12:00 Beg. Line Dance  
12:30 Euchre  
1:00 Adv. Line Dance  
1:00 Chicago Bridge  
3:00 Mah jongg  
5:00 Yoga

### WEDNESDAY

9:00 Bridge  
9:30 Yoga  
10:00 Consumer Fraud  
11:15 Art à la Carte  
11:30 Lunch *Turkey*  
12:00 Wood Carving  
12:30 Pinochle/Dominoes/Chess  
1:00 KK Beaded Hat  
3:30 Bible Study  
4:00 Tai Chi for Arthritis  
5:00 Zumba

### THURSDAY

9:15 Tai Chi  
9:30 Chair Yoga  
10:00 AMVET Rep.  
10:30 Cards & More  
10:30 Body Recall  
11:15 Farmers' Market Trip  
11:30 Lunch *Chicken Cumbo*  
12:30 Euchre  
2:30 Tai Chi for Arthritis  
3:00 Mah jongg  
4:30 NO Zumba  
5:00 Cardio Yoga  
6:30 Line Dance  
7:30 Adv. Line Dance

### FRIDAY

9:00 MMAP Counselor  
9:30 Yoga  
10:00 Yarn Recyclers  
10:00 Board Games  
11:30 Lunch *Fish*  
1:00 Lapghans  
1:00 Chicago Bridge  
**Saturday December 8**  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba

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9:00 Massage  
9:00 Bridge  
9:30 Yoga  
10:00 Painting  
11:30 Lunch *Meatballs*  
12:00 "Anyone Can Paint"  
12:30 Pinochle  
1:00 Book Club  
3:00 Choir  
5:00 Zumba  
5:00 Volleyball  
6:00 TOPS Weigh-in  
7:00 Karaoke

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8:30 Podiatrist  
9:00 CSFP  
9:15 Tai Chi  
9:30 Chair Yoga  
10:00 Loose Threads  
10:30 Body Recall  
10:30 Zumba Gold  
11:30 Lunch *Pork Chop*  
12:00 Beg. Line Dance  
12:30 Euchre  
1:00 1 on 1 Financial  
1:00 Adv. Line Dance  
1:00 Chicago Bridge  
3:00 Mah jongg  
5:00 Yoga

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9:00 Blood Pressure Check  
9:00 Bridge  
9:30 Coffee Hour  
9:30 Yoga  
10:30 Watch Repair  
10:30 Investment Perspective  
11:15 Art à la Carte  
11:30 Greentown Casino  
11:30 Lunch *Beef Stew*  
12:00 Wood Carving  
12:30 Pinochle/Dominoes/Chess  
3:15 Coupon Club  
3:30 Bible Study  
4:00 Word Processing (makeup)  
4:00 Tai Chi for Arthritis  
5:00 Zumba  
6:00 Sing-Along

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A Capitol Christmas  
8:00 **Board Meeting**  
9:15 Tai Chi  
9:30 Chair Yoga  
10:30 Body Recall  
10:30 Cards & More  
11:15 Farmers' Market Trip  
11:30 Lunch *Chicken*  
12:30 Euchre  
2:30 Tai Chi for Arthritis  
3:00 Mah jongg  
4:30 Zumba  
5:00 Cardio Yoga  
6:30 Line Dance  
7:30 Adv. Line Dance

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8:15 Lifelong Learning  
9:00 MMAP Counselor  
9:30 Yoga  
10:00 Write Life Story  
10:00 Yarn Recyclers  
10:00 Board Games  
11:30 Lunch *Pasties*  
1:00 Appliqué  
1:00 Lapghans  
1:00 Chicago Bridge  
5:00 Potluck  
**Saturday December 15**  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba  
**Saturday December 16**  
2:00 Holiday Pops



<p>17</p> <p>9:00 Massage 9:00 Bridge 9:30 NO Yoga 10:00 Painting 11:30 <b>Lunch Stuffed Peppers</b> 12:30 Pinochle 3:00 Choir 5:00 NO Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>18</p> <p>9:15 NO Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 NO Body Recall 10:30 Zumba Gold 11:30 <b>Lunch Chicken</b> 12:00 NO Line Dance 12:30 Euchre 1:00 NO Line Dance 1:00 Chicago Bridge 1:00 Scrapbooking 3:00 Mah jongg 5:00 NO Yoga</p>	<p>19</p> <p>9:00 Bridge 9:30 NO Yoga 9:30 Legal Services 11:15 Art à la Carte 11:30 <b>Lunch Lasagna</b> 12:00 Wood Carving 10:00 Depression Support 12:30 Pinochle/Dominoes/Chess 3:30 Bible Study 4:00 Tai Chi for Arthritis 5:00 Zumba</p>	<p>20</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:30 Body Recall 10:30 Cards &amp; More 11:15 Farmers' Market Trip 11:30 <b>Lunch Christmas Lunch</b> 12:30 Euchre 2:30 Tai Chi for Arthritis 3:00 Mah jongg 4:30 Zumba 5:00 Cardio Yoga 6:30 NO Beg. Line Dance 7:30 NO Adv. Beg. Line Dance</p>	<p>21</p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Hearing Clinic 10:00 Yarn Recyclers 10:00 Board Games 11:30 <b>Lunch Mac &amp; Cheese</b> 1:00 Lapghans 1:00 Chicago Bridge</p> <p><b>SATURDAY December 22</b> 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>
<p>24</p>  <p><b>Happy Holidays</b></p> <p>LOOSE WILL BE CLOSED December 24 &amp; 25 in honor of Christmas and December 31 &amp; January 1 in honor of New Year's Eve.</p>	<p>25</p>	<p>26</p> <p>9:00 Bridge 9:30 Yoga 11:30 <b>Lunch Ham</b> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 3:30 Bible Study 5:00 Zumba</p>	<p>27</p> <p>9:30 Chair Yoga 10:30 Cards &amp; More 11:30 <b>Lunch Fried Chicken</b> 12:30 Euchre 3:00 Mah jongg 4:30 Zumba 5:00 Cardio Yoga</p>	<p>28</p> <p>9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:30 <b>Lunch Veal</b> 1:00 Lapghans 1:00 Chicago Bridge</p> <p><b>SATURDAY December 29</b> 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>
				<p>Cheryl Rex <i>Receptionist</i></p> <p>Bonnie Meadows <i>Office Assistant</i></p> <p>Randy Green <i>Maintenance</i></p>
		<p>Carl Gabrielson <i>Executive Director</i></p> <p>Debbie Hancock <i>Executive Assistant</i></p> <p>Melinda Elmore-Hajek <i>Program Coordinator</i></p>		

# HEALTHY LIVING



## PERSONAL INJURY SEMINAR

**Wednesday, January 30, 10 am, FREE**

Attorney Tedd Bean will be at Loose sharing information on how to protect yourself if an injury occurs. your rights in personal injury claims (i.e. dog bite, nursing home mistreatments, property claims, etc.). Take this opportunity to educate yourself, sign up today.

## WRITE YOUR LIFE STORY

**Friday, December 14, 10 am, Bldg C**

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories of our lives. There are plenty of helpful tips and class discussion that makes putting our memories in writing fun.

## BIBLE STUDY God's Faith

**Every Wednesday, 3:30 pm FREE**

This is an opportunity for those interested to explore the scriptures to seek those personal answers to the question of Faith. This non-denominational, weekly study will build on itself, so it is best to try to commit to each week.

## DEPRESSION SUPPORT GROUP

**Wednesday, December 19, 10 am Bldg C**

As many as 25% of Americans will suffer at least moderate depression during their lifetimes. And while some depression is purely the result of unbalanced chemicals in the brain, much depression comes as a reaction to difficult circumstances that one cannot control. Still other depression results from not knowing how to handle stressors that continue to pile up, leading to more stress. Join Kim Verhelle, a Licensed Professional Counselor, as she explores how stress and depression work, and how persons can empower themselves to live with less stress and depression as they age. There will be time for questions and discussion as we collaborate to look at ideas and possible solutions for those who attend.



## PLEASE SIGN IN

No matter if 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!*

## LOOSE BOOK CLUB

**Monday, December 10, 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 MEDICINE *returns*

**Thursday, March 21, 2- 4 pm \$30, Limit 6, Bldg C**

Eliminate stress and negative emotions that can lead to diseases of the body, by using Energy Intervention Techniques. These simple techniques will keep your body Balanced and your Energy healthy. Offered Bi monthly; EFT Meridian Tapping to eliminate stress and negativity, Energy Medicine Exercises involving Meridian Points & Chakras for body balancing by Christine Shreve, Certified EFT Coach.

**Wednesday, March 6,** Christine will offer a **Raw Food Lunch**, more information coming soon.

## ALZHEIMER'S SUPPORT GROUP

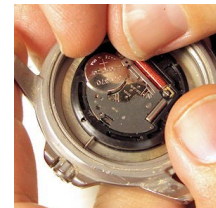
**Every 4th Tuesday, 2 pm, Bldg A**

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 persons at all times and particularly encourages attendance by those who have newly diagnosed Alzheimer's patients.

**Wednesday, December 12, 10:30 am - 1 pm**

## WATCH REPAIR

Specializing in  
Battery Replacement and/or Adjustment



Meet Angela Waldowski who has over 30 years of experience in the trade.

*Angela will be here on the  
2nd Wednesday of each month.*

Stop by and say "HI!"

# HEALTH SERVICES & TRANSPORTATION



## **MASSAGE THERAPY** Mondays, 9 am

**\$5 for 7-minute session or \$10 for 15-minute session**

Certified Massage Therapist Donna Roberts will treat you to some great stress relief through massage. Massage increases blood flow, reduces muscle tension and leaves you feeling great! Walk-ins accepted or **call for an appointment**.

## **FREE VISION SERVICES**

**Thursday, January 10, 2013, 10 am - 1 pm**

- 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

## **PODIATRIST**

**Tuesday, December 11, 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 HEARING CLINIC**

**December 21, 10 am (by appointment)**

Hearing Tests and Evaluations, Hearing Aid Check, Hearing Aid Cleaning by Hear Clear, David Wizzgird, 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.

## **FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS**

**1<sup>st</sup> Tuesday of each month, 11 - 12 noon (BP only)**

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

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

## **TOPS (Take off Pounds Sensibly)**

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

*"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."*

PLEASE CALL THE CENTER TO SCHEDULE RIDES FOR LOOSE RELATED EVENTS.

## **WEEKLY SCHEDULED VAN DESTINATIONS**

Please call ahead to schedule a ride for the following:

### **Monday – VG's on Silver Parkway, Fenton**

12:15 pm departure, return 2:15 pm, \$4 roundtrip

### **THURSDAY – Farmers' Market**

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

### **FRIDAY – Meijer on Hill Road**

12:15 pm departure, return 2:15 pm, \$4 roundtrip

**For more information, call the Loose office at 735.9406 or the MTA at 780.8965.**

## **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 fee is \$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.

**REMINDER:** Transportation to and from Loose can be scheduled through the Loose office. If you need a ride to a Loose event, please call the Loose office **at least one day** in advance. Rides cannot be guaranteed when scheduled the day of the event.

### **TRIP RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED.**

Loose Senior Citizens Center (LSCC) 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.

# SPECIAL SERVICES & SUPPORT



## INVESTMENT PERSPECTIVE

**Wednesday, December 12, 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 2nd Wednesday of each month.

## ONE-ON-ONE FINANCIAL HELP

**Tuesday, December 11, 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 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 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**

If you are having any problems with a place of business or question whether 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, attempting to resolve them.

## AMVETS

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

Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical or any other VA related matter. Drops-ins are welcome!

## COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

**2nd Tuesday, 9-10:00 am**

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

## 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 and maintain their health and independence. The assistance is provided through the 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.

## COUPON CLUB

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

Join others who enjoy saving money and making the most of the resources available. Bring a friend, your coupons and the excitement that comes with getting a good deal.

## 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 gets disposed of properly.

## CARE CLOSET

Loose's medical equipment was destroyed in the fire. We are in the re-stocking phase. If you have equipment that you would like to donate, let us know. If you need equipment, 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, toll free 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).

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

Our MMAP Counselor, Ann Walker, will be available to see Medicare beneficiaries Fridays 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 those who serve them 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.**

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

# 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.

**FREE WiFi (wireless Internet)** Both buildings A & C have secured wireless Internet. Stop by the office for the password.

**FREE LENDING LIBRARY** The library is located in the Activity Center. Come and browse and take a book 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. *No annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25 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 help those community organizations who 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 in the community 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.

## WE SAVE...

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

**SPARTAN STORES** will donate \$20/1,000 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.

**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.**

### POLICY ON THE USE OF TOBACCO PRODUCTS ON LOOSE PROPERTY

No person, at any time, shall smoke or use tobacco products on Loose property, except in the privacy of their own vehicle.

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



**JOIN LOOSE @ THE WHITING**

Details available at the Loose Center

Sun., Dec 16	<b>HOLIDAY POPS</b>	\$21
Sat., Jan 26	<b>Sinbad</b>	\$35
Fri., Feb 1	<b>"Shrek The Musical"</b>	\$57
Sat., Feb 9	<b>Rick Springfield</b>	\$50
Thur, Feb 21	<b>"Rock of Ages"</b>	\$55
Tues., Mar 19	<b>Blue Man Group</b>	\$64
Sat., Apr 20	<b>Flying Karamazov Brothers</b>	\$35
Fri, Apr 26	<b>"The Addams' Family"</b>	\$59
Sat, May 18	<b>"Beauty and the Beast"</b>	\$59

Tickets on hold are released one month before the performance, PLEASE REGISTER EARLY!

**TRIPS @ A GLANCE**

December 1	The Rat Pack @ the FOX	\$139
December 8	"Cirque Dreams Holidayze"	\$55
December 12	Greektown	\$27
December 13	A Capitol Christmas	\$949
December 16	HOLIDAY POPS	\$21
January 8	Soaring Eagle	\$30
January 15	Detroit Institute of Arts	\$77
January 24	Hollywood Casino Toledo	\$28
January 26	Sinbad	\$35
February 1	"Shrek the Musical"	\$57
February 6	Windsor Casino	\$17
February 9	Rick Springfield	\$50
February 21	Arizona, Sedona & Tucson	\$1,999
February 21	"Rock of Ages"	\$55
February 26	Greektown Casino	\$27
March 6	Red Wings vs Oilers	\$62
March 18	Soaring Eagle & "Celtic Crossroads"	\$30
March 19	Blue Man Group	\$64
March 21	Ethnic Dine Around	\$63
April 5-11	Spring Southern Swing	\$1,485
April 10	FireKeepers Casino	\$30
April 29	Turkeyville "Steel Magnolias"	\$76
May 6	Soaring Eagle & "Frankie Avalon"	\$30
May 11	Williamsburg	\$1339
June 9-14	Branson	\$1099
June 11	All Things Detroit	\$64
July 19-27	South Dakota's National Parks	\$1,569
June 26-27	"Wizard of Oz" Toronto	\$399
August 6-12	Canadian Rockies	\$2,899
August 18	Detroit Princess	\$77
November 14	Hawaii Cruise	\$3899

**LIFELONG LEARNING FOR SENIORS**

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

An opportunity offered by Mott Community College. Enjoy great speakers who will inspire and refresh, along with a wonderful continental breakfast. Takes place in the Regional Technology Center Auditorium.

**December 14** Crossroads Village Director of Genesee County Parks and Recreation, **Amy McMillen** will discuss what is available at Crossroads Village. **Michael Thorp** will talk about children's books placed at Crossroads and **Dan Hays** will create a holiday spirit singing Christmas songs we all enjoy.

**January 11** Antiquing with **Bob Dumochelle**

You must sign up & pay, prior to the event, by Wednesday noon.

**FLINT INSTITUTE OF MUSIC  
FACULTY CONCERTS**

Hear talented Flint School of Performing Arts faculty artists perform an amazing range of music from Beethoven to Broadway to the Blues in this exciting concert series. Receptions follow all concerts. Concerts begin at 7 pm and are free. The cost for transportation is \$5. Transportation leaves Loose at 6:15 pm.

**January 11** Pia Broden Williams, Soprano

**February 8** Brittany DeYoung, Harp

**April 19** Roger Jones, Piano

**FLINT INSTITUTE OF ART  
ART À LA CARTE**

A series of informative programs focusing on the arts. It is 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

**12/5** *The Moors: At the Height of the Empire*

**12/12** *The Moors: Prelude to the Renaissance*

**12/19** *The Alhambra & the Reign of Queen Isabella of Spain*

**2013 FLINT SYMPHONY ORCHESTRA**

Buy season tickets for the 2013 season for **\$43.50** (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.

**CONCERTS**

Saturday, January 19, 8:00 pm

Saturday, February 16, 8:00 pm

Saturday, March 16, 8:00 pm

Saturday, April 13, 8:00 pm



# AND MORE TRIPS *Travel reservations without payment or deposit will be held for one week.*

## FEATURING "FABERGE: THE RISE & FALL"

Tuesday, January 15, \$77  
 Departs 10:15 am, Returns 5:15 pm



### Your tour includes:

- \* Roundtrip Transportation
- \* Lunch @ Fishbone's Rhythm Kitchen Café
- \* Detroit Institute of Arts

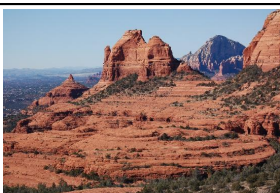
A rare opportunity to glimpse imperial Russian treasures made by the House of Fabergé, including jewel-encrusted parasol and cane handles, an array of enameled frames, animals carved from semi-precious stones, and miniature egg pendants.

## ARIZONA

### Sedona & Tuscon

February 21-27, 2013

TOUR INCLUDES AIR/  
 COACH TRANSPORTATION &



- 3 Nights-Tucson, 3 Nights-Sedona
- 6 Breakfasts, 1 Lunch, 3 Dinners
- San Xavier Mission, Pima Air & Space Museum
- Kartchner Caverns, Sabina Canyon Tram Tour
- Borders Brewery Tour, Biosphere 2
- Wine Tasting @ Meynard's Market
- Pinnacle Peak & Trail Dust Town
- Casa Grande Ruins National Monument
- Verde Canyon Railroad, Sedona Trolley Tour
- Backroads Drive or Red Rock Country
- Leisure time in Sedona

\$1,999 Double/\$2,599 Single Balance due 12/20/12

## Join Loose Senior Center

Wednesday, March 6, 2013

**\$62**



### INCLUDES

Roundtrip Motorcoach Transportation

Ticket to the Game 7:30 pm

*Detroit Red Wings vs the Edmonton Oilers*

Water and Snacks on the Bus

DEPARTS K-Mart Owen Rd. Fenton, 5 PM

APPROXIMATE RETURN 11:30 PM

## ETHNIC DINE AROUND

Thursday, March 21, \$63

Featuring appetizers at Original New Parthenon Restaurant, main course at The Polonia Restaurant and dessert at Shatila Bakery, transportation and a wonderful afternoon.

*This trip would be great with a friend.*



## Spring Southern Swing

April 5-11, 2013, \$1,485 double

Featuring a Master Gold Tournament Practice Round

### INCLUDES TRANSPORTATION

- 6 Nights Lodging
- 6 Breakfasts, 1 lunch & 2 Dinners
- Tour of Savannah
- Tour of Biltmore House & Gardens
- Masters Practice Round @Augusta Natl. Golf Club
- Opportunities for golfing in Savannah & Atlanta
- Optional Tour of the Coca Cola Museum



## TURKEYVILLE featuring "Steel Magnolias"

Monday, April 29, 2013, \$76

Includes Transportation: Turkey Lunch Buffett and a wonderful performance of "Steel Magnolias".



## WILLIAMSBURG

May 11-17, 2013

### INCLUDES TRANSPORTATION

- ◆ 6 Nights Lodging
- ◆ 6 Breakfasts & 4 Dinners
- ◆ American Mountain Show, Luray Caverns,
- ◆ "Monticello", St. John's Church,
- ◆ Yorktown Victory Center, National D Day Memorial
- ◆ Virginia Dare Dinner Cruise ... and MORE!



**Per Person Price, \$1,339 double/\$1,789 Single**

## BRANSON Springtime Musical Extravaganza

June 9-14, 2013, \$1,099 double

### INCLUDES TRANSPORTATION PLUS

- 5 Nights Lodging, 5 Breakfasts & 3 Dinners
- Kickback receptions @ Drury Hotel
- Sightseeing Tour of Ozark Mountains
- 5 GREAT BRANSON SHOWS
- Sightseeing Tour of St. Louis ... and MORE!

## HAWAII November 14-24, 2013

Includes: Roundtrip Air—Detroit—Honolulu

- ◆ 2 nights @ Sheraton Princess Kaiulani
- ◆ 7 Night Cruise on Pride of America
- ◆ And much much more!

Detailed information available at Loose.

Inside Stateroom - \$3899  
 Outside Stateroom - \$4649  
 Balcony Stateroom - \$4859

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

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*Season's  
Greetings*



*FROM THE STAFF*

- ~ I would like to wish The Executive Board, our wonderful staff  
And all of the cherished members of the Loose Center a  
Very Merry Christmas and a Wonderful and Happy New Year. *Carl*
- ~ May the magic of the Christmas season stay with you throughout the  
coming New Year! Happy Holidays to all. Love, *Cheryl*
- ~ May everyone have a wonderful Christmas Season and a Very Blessed 2013.  
To quote Linus, "Glory to God in the highest, and on Earth peace, good will toward men".  
That's what Christmas is all about, Charlie Brown" ~Blessings, *Debbie*
- ~ Loose is a magical, wonderful place every day and the Christmas season  
makes it even more special. Merry Christmas and love to everyone. *Bonnie*
- ~ May all your Holidays be Merry and your New Year Happy! *Randy*
- ~ Much PEACE and LOVE to you all this blessed holiday season. *Melinda*