

FEBRUARY 2015

# LOOSE

Senior Center

*Offering of  
true love*

To My Valentine

St.  
Valentine's

Be My  
Valentine

*"We all need each other."  
- Leo Buscaglia*



## DIRECTOR'S MESSAGE

Dear Friends,

The Loose Senior Center represents a collection of 4800 members. They range in an age of 50 and beyond. Each person's life story is different. Some members enjoy softball, pickleball or cycling. Some like the comfort of knitting, quilting, woodcarving, painting, singing or playing cards. Still others are interested in trips, concerts, the farmers market, catered dinners to potlucks. Then there are those who just like to stop in for a cup of coffee and a donut or lunch to meet with friends and keep up with each others lives. We also celebrate those members who commit to staying active by choosing Zumba, Fit <sup>4</sup>Ever, Yoga, Tai Chi, Line Dance, Pickleball, Volleyball, Wii Bowling or working out on their own in the workout room. We are proud of our Center and that there is something for everyone.

We celebrate being a Center of diverse people. Each one with talents that makes him/her very special. We celebrate that we have a dedicated staff that rises to the challenge and commitment to finding new ways to engage and fill the needs and continuing to have well-rounded choices to satisfy health and welfare of our membership.

YES, we are a Center with many members, yes, each with their own interest, however we must remember that we are also people who need each other. We come here to gather with old and make new friends. Whether it's a class or an activity it's really all about being together that gives us purpose and accountability. It's being together that brings joy to our lives. It's working toward a common goal that give us strength and allows us to celebrate together and share in the success. We all really do need each other. Sharing the stories, the experiences, solving the world's problems, meeting new friends, reconnecting with old friends, joining in a meal is all good and healthy stuff.

A good life is a collection of happy moments and our wish for you is that when you are at Loose you find those happy moments. Loose, really is a very special place, a place where we think of each other as family and we call home and learn to appreciate how much we really all need each other.

*All is well!*

**Carl Gabrielson**  
Executive Director



**SOFTBALL PLAYERS,** softball season is approaching. Loose has been part of a softball league for the past number of years and it's true, there is much fun to be had. We have one solid team that is part of the Hartland Senior Softball League, but we are looking for members to make up a second team. The team includes those 60 and over (three members of each team can be under 60), games are typically held on Wednesdays (more league information will follow). If you are interested, please contact Loose at 810 735-9406 or stop in during office hours.

**VOLUNTEERS,** It cannot be said enough and certainly not in a way that genially reflects our gratitude, but we hope you know that without your time, commitment and many talents we could not thrive in the way we do. For this month of February, we send a big THANKS and much LOVE.



## CARD SHOP DRAWING



**T**he month of February, each day you come to Loose, be sure to put your name in the drawing for the Card Shop Give-a-way. Stop by the reception desk and fill out your name and phone and place in the fancy bag. At the end of the month, we will draw the winner and they will be contacted.

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





# HELLO FEBRUARY

## NOT STRESSFUL, STRESS FREE

Thursday, February 5, 1 pm, FREE

We welcome local wellness experts Dr. Jason White, DC and Dr. Jarrod Bailey, DC to Loose. Sign up and come and learn as they help you identify stressors in your life and give you tools to reduce your stress levels. Healthy is the way to be, so take this time to learn the medical statistics on how damaging stress is to your health. Sign up today!



## AARP TAX AID TAX HELP!

This is a free program that helps seniors low to moderate income with special attention to helping 60 and older taxpayers do their taxes. This service begins on Friday,

February 6 (by appointment ONLY). Please call the Loose Center at 810.735.9406 to schedule an appointment. Please refer to important information on Page 16.



**Tuesday, February 24, 5 pm**  
\$12.00 per person

**MENU:** Baked Fish, Pulled Pork, Roast Beef, Mashed Potatoes and Gravy, Green Beans, Peas, Potato Salad, Spaghetti Salad, Macaroni & Cheese, Relish Tray, Roll, Beverage & Dessert.

### GUEST SPEAKER:

**Samantha Steele-Whaley Historic House Museum**

Ms. Steele, Director of Whaley Museum, will discuss the rich history of this Kearsley Street landmark as part of their Christmas at Whaley Annual program. Hear about the Whaleys, a well-known Flint family, who were the original residents of the home.



## HOME HEALTH CARE SEMINAR

Wednesday, February 11, 10 am

This seminar will show you how you can plan ahead and have peace of mind that you'll be able to stay in your own home for as long as possible. Should you get to a point where you need help around the house and/or nursing visits to help provide your medical care, learn how you can afford and maintain your independence at home where it's comfortable, private, and convenient. Home Health Care providers now offer a number of different personalized services that can be administered comfortably from your own home without the stress and inconvenience of going to the hospital or a nursing home. Sign up today!

## PERSONAL ACTION TOWARD HEALTH (PATH) FOR DIABETES

February 11-March 18, 12 - 2:30 pm

PATH for Diabetes is a six week workshop designed to provide skills and tools to help you improve your health and manage your symptoms. As a result, you will be better equipped to face the daily challenges of living with diabetes. Through PATH for Diabetes you will learn to:

- Deal with the challenges of not feeling well
- Effectively talk to healthcare providers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay independent, Set goals

*Join us — Your health matters!*

Call Loose and Register today!

## NEED MORE INFORMATION?

Wednesday, February 4, 12 - 1 pm

Please join us for a free information session to learn more before you sign up.

# DINNER AND A SHOW

## Dinner at the FENTON HOTEL

Followed by a Spectacular Performance by

### "The AMBASSADORS"

Friday, February 20, 2015

Dinner (Fenton Hotel) 5:30 pm

*Can be seated as early as 5:00 pm*

Show (Fenton High School) 7:30 pm

\$20 for both Dinner and the Show (A \$6 savings)

Transportation on your own, Reserve your spot by 2/1

The new year is upon us and it's time to treat yourself to an evening out with fine dining and a wonderful show. First stop is the FENTON HOTEL where you will be served either Chicken Marsala with Veggie and rice or Baked Asian Bass Romano placed atop roasted vegetables, also with rice. Each entree will come with house salad, homemade bread and a choice of beverage (coffee, pop, tea). This followed by an amazing performance by "The AMBASSADOR'S" of Fenton High School. When registering, please indicate meal choice.

## More February happenings on the back cover of the newsletter.





**DAILY LUNCH AT LOOSE!**

Monday through Friday, 11:30 am, Annex  
 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.

**POTLUCK DINNER**

2nd Friday of each month, 5 pm, Annex  
 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.



**SPECIAL LUNCH**

Thursday, Feb. 12, 11:30 am, \$5  
 There will be no GCCARD lunch served on this day. So, join us for one of our famous **Chicken Salad** lunches. The price includes a chicken salad sandwich, chips, pickle, dessert and a drink. **Sign up today!**



Friday, February 27, 5 pm  
 \$7 Entry Fee, 25¢/Euchres  
 GREAT Prizes, Food & Drink and more!  
 All are WELCOME!



**DANCE FUN!**  
 Tuesday, February 17, 6 - 8 PM  
 ADMISSION ONLY \$5

Live Variety Music by: Jim Hedrich  
 Line Dancing & More!!!  
 Music for your listening and dancing enjoyment  
 Great Time for Singles & Couples!!!!  
 50/50 RAFFLE  
 Includes: Snacks & Beverages

You Do Not Need A Ticket in Advance  
 Just Come & Have Fun!!!  
 Call: Loose Center @ (810) 735-9406 or  
 Jim & Betty Hedrich @ (810) 659-2240  
**FOR MORE INFORMATION!**



The Senior Winter Games Board of Directors appreciates your participation in the 37th Annual 2014 Genesee County Senior Winter Games!

- ◆ The Opening Ceremony will be held at 1 pm on Monday, February 2 at Davison Senior Center, which is located on Lapeer Road in Davison. All events will be held from February 2 through February 26.
- ◆ The Closing Ceremony will once again be held at the Knights of Columbus Hall in Davison on February 26<sup>th</sup>. Doors will open promptly at 10 am with the program beginning at 11am.

# COMMUNITY EXPO

**Saturday**  
**March 7, 2015**  
**10 - 5 pm**  
**Sunday**  
**March 8, 2015**  
**11 - 4 pm**  
**FENTON HIGH SCHOOL**

Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, giveaways, food booths, demonstrations of many kinds and of course Loose will be there. So be sure to stop by the Loose Senior Center Booth and say, "HI"!

## st. patty's day dinner BASH

**Tuesday, March 24, 5 pm**  
**\$12.00 per person**

**Call Loose and sign up TODAY!**

Enjoy a traditional **Corn Beef Dinner** including: *Corn beef, cabbage, potatoes, carrots along with chicken, mac & cheese, salad, rolls, dessert & beverage.*

**Special Entertainment by the Dibbleville Dolls**



Golfers,  
Take a peek  
at the back cover.

# fitness

BODY, MIND AND SPIRIT

## Pickleball

Monday & Wednesday, 6:15 - 9 pm, \$3

Friday, 11 am - 4 pm, RESERVATION REQUIRED!

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, Pickleball is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group playing, stop in and watch and give it a try.



## TAI CHI - Moving Meditation - \$5 per class

The Art involves slow, relaxing exercises, stances, hand and foot motions, and rhythmic drills. This is called "Wei Gong", or external power training. Special breathing exercises, mental visualization, inner power development, and "calming the mind" drills are also taught. Once learned, the Tai Chi forms are actually quite enjoyable to perform, and are artistically beautiful to watch also.



## YOGA \$5 per class

**GENTLE FLOW YOGA** Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep.

**CHAIR YOGA** Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

## 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.

## FIT<sup>4</sup>EVER \$5 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.

## LINE DANCE Tuesday Class - \$5 Thursday Class - \$5

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!

## 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.**

## Fitness Room

- ◆ Call Loose and reserve your time.
- ◆ Drop-ins on availability only.
- ◆ Usage limited to 30 minutes when people are waiting
- ◆ All participants must sign a consent form.
- ◆ Donations accepted for the use of the equipment



Monday at 1 pm Begins 1/5/15

Great indoor fun! Come and give it a try. If you are already a player, join in on the fun. We guarantee, there will be fun, learning, tossing & laughter, not to mention good exercise.

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

Meets Mondays, 2:30 pm, **FREE, Drop ins Welcome**

This program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercise that are suitable for every fitness level. The program will help you keep joints flexible and muscles strong, sleep better, increase energy, improve your overall outlook. *Paid for with funding from VAAA & OSA*



## BEACHBALL VOLLEYBALL

A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us on Monday at 6 pm at Linden Elementary school located at 400 South Bridge Street in Linden.

**GOLF AT SHIAWASEE SHORES** Resumes in the spring!

**BIKING BUNCH** Resumes in the spring!

### MONDAY

9:30 am Zumba Gold  
1:00 pm Cornhole  
2:30 pm Arthritis Exercise  
4:00 pm Yoga (gentle flow)  
5:00 pm Zumba  
6:15 pm Pickleball

LINDEN ELEMENTARY

6:00 pm Volleyball

### FRIDAY

9:30 am Yoga (gentle flow)  
11:00 am Pickleball (call to reserve your spot)

### TUESDAY

9:30 am Zumba Gold  
10:30 am FIT<sup>4</sup>EVER  
12:00 pm Beg. Line Dance  
1:00 pm Adv. Line Dance  
4:00 pm Chair Yoga  
5:00 pm Yoga (gentle flow)

### SATURDAY

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

## Fitness Class Schedule

### WEDNESDAY

9:00 am Biking Bunch  
9:30 am Yoga (gentle flow)  
11:00 am Golf Cage Practice  
(call to reserve your spot)  
5:00 pm Zumba  
6:15 pm Pickleball

PLEASE CHECK THE  
MASTER CALENDAR  
FOR SPECIAL CLOSINGS.

### THURSDAY

9:15 am Chair Yoga  
11:45 am Wii Bowling  
10:15 am Zumba Gold  
10:30 am FIT<sup>4</sup>EVER  
11:45 am TAI CHI NEW!!!  
4:00 pm Yoga (gentle flow)  
6:00 pm Beg Line Dance  
7:00 pm Adv. Line Dance





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

**2nd Monday of each month, 12-2 pm, Sunroom, \$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.

### **WOOD CARVERS**

**Wednesdays, 12 - 2 pm, Sunroom, FREE**

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

### **PAINTING GROUP**

**Mondays, 10 am, Hall A, FREE**

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

### **HAPPY STAMPERS GROUP**

**4th Monday of each month, 1 pm, Sunroom, FREE**

If you like to use rubber stamps to make greeting cards, this group is for you. We can always use new ideas, so come, bring your supplies and ideas. Spend time with those who share your interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.

### **SCRAPBOOKING**

**3rd Tuesday of each month, 1 pm, Hall 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, Annex, FREE**

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

### **LOOSE LAPGHANS**

**Fridays, 1 pm, Hall 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! Someone will help you to get going again.

### **JEWELRY CLASS**

**Thur., Feb. 19, 1 pm, Hall A, \$15**

Enjoy learning a basic chain maille technique called "Caged Pearls".



This technique uses jump rings to capture a beautiful Swarovski Pearl inside. Each cage is made of several jump rings linked together. If time, matching earrings can also be made. Many colors of pearls will be available. Kits will be available for purchase if you are interested in making additional bracelets. All new jewelry students are welcome. No experience in chain maille is necessary. Sign up today!

### **CARD MAKING WITH CAROLINE**

**Monday, February 2, 12:30 pm, Sunroom, \$7**

Caroline Rohde, card extraordinaire, will lead the class in creating unique and beautiful cards. All materials will be supplied, along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Nothing says thoughtful and caring like a lovely handmade card. Take the time to enjoy this special time to learn and connect with others who share a like passion. Class size is limited, sign up early.

### **CRAFTS AT CARETEL**



#### **BEADED WIRE HEART**

**Wed., February 4, 10 am, \$8, (limit 8)**

This beautiful wired heart can be made into a decoration or a necklace charm. Specifying at time of registration will help when purchasing supplies. Come and enjoy a peaceful time to be creative and enjoy the company of others. This event will be held at Caretel Inns, 202 S. Bridge in Linden.

### **LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE**

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. This group gives of their time and donates the quilts back to Loose to raffle off. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

### **SLEEP MATS**

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

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat. *Please donate your plastic bags...it takes oodles of them to create one mat.*





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



**PLEASE PREREGISTER FOR ALL CLASSES**

**IPAD 1**

**Wednesday, February 4 & 11, 4-6 pm, \$20, Hall B**

Now that many of you have an iPad, 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 settings, camera, facetime, notes, and contacts.

**IPAD 2**

**Wednesday, February 18 & 25, 4-6 pm, \$20, Hall B**

For those who have completed IPAD 1. Take things a step further and begin to dive into the mail app, calendar app, the App store, and downloading apps. There is always time for questions.

Sometimes, all we need is a little one-on-one time to help us get past a computer road block. Kelly is available for individual help by appointment. For an appointment, call Kelly at 810.964.6455.

**WINDOWS 8**

**Wednesday, March 11, 18, 25, 4-6 pm, \$30, Hall B**

Windows 8: kind of confusing, right? There's no Start button, no straightforward way to shut it down, perhaps worst of all, there's no instruction manual. So how exactly are you supposed to learn your way around the new operating system? Sign up for this NEW class, if you have a laptop, bring it to class and get yourself set for this new adventure. Sign up today, class size is limited.



**Friday, February 27, 5 pm**  
**\$7 Entry Fee, 25¢/Euchres**  
**GREAT Prizes, Food & Drink and more!**  
**All are WELCOME!**

**GAMES**

- POOL PLAYERS** Bring a friend and play anytime.
- BRIDGE** Monday & Wednesday, 8 am - 2:30 pm
- OPEN GAME PLAY** Friday, 1:00 pm *(bring a friend)*
- CHICAGO BRIDGE** Tuesday & Friday, 1 - 4 pm
- CHESS** Wednesday, 12:30 pm
- DOMINOES** Wednesday, 12:30 pm
- MAH JONGG** Tuesday, 3 pm , Friday, 10 am
- PINOCHLE** Monday & Wednesday, 12:30 pm
- EUCHRE** Tues. & Thurs., 12:30 pm, Sat., 10 am
- CARDS & MORE** Thurs. 10:30 am
- JIGSAW PUZZLES** Browse through our puzzle selection located in the **Annex**; take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.



**CHOIR**  
 Mondays, 3 pm, Loose Sunroom  
 Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. The choir is a very welcoming group; stop by and see!

**All are WELCOME!**

*Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds. YOUR TAX DOLLARS ARE AT WORK."*

**Tuesday**  
**February 10**  
**7 pm**

**OPEN MIC**  
**night**

Friends, an **Open MIC** event is a LIVE show where audience members may perform their talent at the MIC.

**THE RULES ARE SIMPLE:**

- If you are interested in just listening, please grab a friend, come in, and enjoy.
- If you are interested in performing, come in, sign up, and the master of ceremony will guide you from there.
- Be encouraging and respectful of the performers.

**HAVE FUN!**



# Offering of February 2015

**EMAIL**  
lsc@loosecenter.org

**WEBSITE**  
www.loosecenter.org

**PHONE**  
810.735.9406

**FAX**  
810.735.4255

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

## MONDAY

2

8:00 Bridge  
9:00 Massage  
9:30 Zumba Gold  
10:00 Sleep Mat Production  
10:00 Painting  
10:00 Genesee Resource  
11:30 Lunch *Chicken Lasagna*  
12:30 Pinochle  
12:30 Card Making  
1:00 SWG Opening Ceremony  
1:00 Cornhole  
1:00 Listening Ear  
2:30 Arthritis Exercise  
3:00 Choir  
4:00 Yoga  
5:00 Zumba  
6:00 Volleyball  
6:00 TOPS Weigh-in  
6:15 Pickleball

## TUESDAY

3

9:30 Zumba Gold  
10:00 Loose Threads  
10:30 FIT4EVER  
11:30 Caesars Windsor  
11:30 Lunch *Swiss Steak*  
12:00 Beg. Line Dance  
12:30 Euchre  
1:00 Adv. Line Dance  
1:00 Chicago Bridge  
2:00 Blood Pressure Check  
3:00 Mah jongg  
4:00 Chair Yoga  
5:00 Yoga

## WEDNESDAY

4

8:00 Bridge  
9:00 Manicures  
9:30 Yoga  
10:00 Caramel Craft  
10:00 Consumer Fraud  
10:30 1 on 1 Financial  
11:00 Indoor Golf Practice  
11:15 Art à la Carte  
11:30 Lunch *Baked Chicken*  
12:00 Wood Carving  
12:30 Pinochle/Dominos/Chess  
4:00 Ipad 1  
5:00 Zumba  
6:15 Pickleball

## THURSDAY

5

9:15 Chair Yoga  
10:00 AMVET  
10:15 Zumba Gold  
10:30 Cards & More  
10:30 FIT4EVER  
10:45 Farmers' Market Trip  
11:30 Lunch *BBQ Pork Sandwich*  
11:45 Wii Bowling  
11:45 Tai Chi  
12:30 Euchre  
1:00 Not Stressful, Stress Free  
4:00 Yoga  
6:30 Beg. Line Dance  
7:30 Adv. Line Dance

## FRIDAY

6

8:00 Income Tax  
9:00 MMAP Counselor  
9:30 Yoga  
10:00 Yarn Recyclers  
10:00 Board Games  
11:00 Pickleball (reservation)  
11:30 Lunch *Sliced Turkey*  
1:00 Lapghans  
1:00 Chicago Bridge

Saturday, February 7  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba

## 9

8:00 Bridge  
9:00 CSFP  
9:00 Massage  
9:30 Zumba Gold  
10:00 Sleep Mat Production  
10:00 Painting  
10:00 Genesee Resource  
11:30 Lunch *Beef Steak*  
12:00 "Anyone Can Paint"  
12:30 Pinochle  
1:00 Cornhole  
1:00 Book Club  
2:30 Arthritis Exercise  
3:00 Choir  
4:00 Yoga  
5:00 Zumba  
6:00 Volleyball  
6:00 TOPS Weigh-in  
6:15 Pickleball

## 10

9:00 Veteran Services  
9:30 Zumba Gold  
10:00 Loose Threads  
10:30 FIT4EVER  
11:30 Lunch *Chick & Dumplings*  
12:00 Beg. Line Dance  
12:30 Euchre  
1:00 Adv. Line Dance  
1:00 Chicago Bridge  
3:00 Mah jongg  
4:00 Chair Yoga  
5:00 Yoga  
7:00 Open MIC

## 11

8:00 Bridge  
9:00 Manicures  
9:00 Blood Pressure Check  
9:30 Yoga  
10:00 Home Health Care  
10:30 Watch Repair  
11:00 Indoor Golf Practice  
11:15 Art à la Carte  
11:30 Lunch *Chicken Ala King*  
12:00 Diabetes PATH  
12:00 Wood Carving  
12:30 Pinochle/Dominos/Chess  
3:15 Coupon Club  
4:00 Ipad 1  
5:00 Zumba  
6:15 Pickleball

## 12

8:00 Board Meeting  
9:15 Chair Yoga  
10:15 Zumba Gold  
10:30 Cards & More  
10:30 FIT4EVER  
10:45 Farmers' Market Trip  
11:30 Lunch *Salad Lunch \$5*  
11:45 Tai Chi  
11:45 Wii Bowling  
12:30 Euchre  
4:00 Yoga  
6:00 Line Dance  
7:30 Adv. Line Dance

## 13

8:00 Income Tax  
9:00 MMAP Counselor  
9:30 Yoga  
10:00 Write Your Life  
10:00 Yarn Recyclers  
10:00 Board Games  
11:00 Pickleball (reservation)  
11:30 Lunch *Mac & Cheese*  
1:00 Lapghans  
1:00 Chicago Bridge  
5:00 Potluck

SATURDAY, February 14  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba

SUNDAY, FEBRUARY 15  
1:00 "Anything Goes"



# PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



**\$19.95\*/Mo. + 1 FREE MONTH**

- No Long-Term Contracts
- Price Guarantee
- American Made

**HOLIDAY SPECIAL**

**TOLL FREE: 1-877-801-5055**

\*First Three Months



## Argentine Care Center

Specializing in short term rehabilitation & long term care

Family Owned- Our Family Caring for Your Family

9051 Silver Lake Road • Linden, MI 48451

Tel: (810) 735-9487

[www.argentinecarecenter.com](http://www.argentinecarecenter.com)



**NOW OPEN**



**2 BRAND NEW ASSISTED LIVING INNS**

**"LINDEN'S PREMIERE SKILLED NURSING & REHABILITATION AND ASSISTED LIVING CAMPUS"**

## Caretel® Inns of Linden

202 S. Bridge Street, Linden MI • (810) 735-9400 • fax (810) 735-9500  
[www.caretelinns.com](http://www.caretelinns.com)

## OAK TREE DENTAL

COSMETIC & FAMILY DENTISTRY

**New Patients Welcome**

500 N. Leroy Street  
Fenton, MI 48430

**(810) 629-8272**

[www.fentondentists.com](http://www.fentondentists.com)

## First Student

Become a School Bus Driver for First Student!!  
Great part-time job for retirees!  
First Student Linden & Fenton

**NOW HIRING**  
**NO EXPERIENCE NECESSARY**  
**WE PROVIDE FULL TRAINING!**

CDL preferred but not required • 15 hours or more per week  
Weekends, nights & holidays off • Year-round work available  
Pay starts at \$ 12.25/hr. • \$375 sign-on bonus  
For More Info. Call **800-615-2411**  
Apply Online [www.firststudentjobs.com](http://www.firststudentjobs.com)

## Hometown URGENT CARE

An AccessMD Urgent Care Company

**Conveniently located in Fenton**

3220 West Silver Lake Rd.  
**(810) 208-7470**

[www.AccessMDuc.com](http://www.AccessMDuc.com) • **Open 7 days**

Enriching life,  
one patient at a time.

877.329.1001  
[heartlandhomehealth.com](http://heartlandhomehealth.com)  
[heartlandhospice.com](http://heartlandhospice.com)

**Heartland**   
Enriching life.







**RE/MAX**  
Select

Direct: (810) 249-9270  
Cell: (810) 922-3187  
Fax: (810) 222-5493  
1320 Hill Rd.  
Flint, MI 48507  
JimMiller@remax.net



**Jim Miller**  
CDPE

# Worry Free Home Care

24-Hour Assistance  
*Available!*



**Tanglewood**  
Home Care

Tanglewood Home Care provides compassionate care in the comfort of your own home. Our services include everything from companionship to complete home health care. When family members or friends need help for the seniors they love, Tanglewood Home Care can help.

**(810) 629-9004**

**www.WorryFreeCare.com**

*"Simply the Finest Care Available"*

Joy A. Cramer, Harmony Quilts  
Longarm Quilter, Computer & Hand Guided  
Phone: 810-735-7385 Cell: 810-444-0469  
E-Mail: jrcramer511@gmail.com  
Volunteer for Linus Project & Quilts of Valor  
*Turn those tops into quilts...*

**FREE Screening**

**Audiology & Hearing Aids**

**Call for Appointment**

G-4369 Miller Road, Flint  
**(810) 733-1385**



3027 E. Hill Road, Grand Blanc  
**(810) 579-0941**



Matthew L. Christy, Aud., Licensed Hearing Aid Dispenser # 3501003413

**METROPOLITAN TREE INC.**

*Discount Tree & Stump Removal  
Free Estimates • 48 YRS EXP.*

**248-627-6316**

**800-753-1633**

metropolitantree@gmail.com

**A+ Rating with the BBB & "A" on Angie's List  
10% Senior & Angie's List Discount**

## Make Yourself at Home *at Lockwood of Fenton*

Independent living and life-enhancing services.  
You'll find everything you need at Lockwood of Fenton.

Spacious apartments with full kitchens  
Housekeeping • Delicious restaurant-style dining  
Scheduled transportation and activities  
Pet friendly • Convenient location

**Schedule a tour today!**

**(810) 714-3340**

TTY (800) 649-3777



**16300 Silver Parkway, Fenton, MI 48430 • LockwoodSeniorLiving.com**





Rehab is work.  
But it can also be fun.

To find out how we can help you or someone you love transition smoothly back home, call us to schedule a personal tour.



5370 Baldwin Road • Grand Blanc, MI 48439  
810-606-9950 • theoaksatwoodfield.com



Harold M. Koehler, DPM  
*Medicine & Surgery  
of the Foot & Ankle*

4038 Grange Hall Road, Holly, MI 48442  
248 / 634-6200

*Come See Us, We're at Loose Monthly!*



5300 Gateway Centre  
(US-23 & Hill Rd.)  
810-720-9111 • www.michvision.com

# Michigan Vision

INSTITUTE OPTICAL

## Specialized Eye Care by Board Certified Physicians

- Cataract Surgery with Premium Lens Implants including: TECNIS®, ReSTOR® and Toric lenses
- Medical and Surgical Treatment of Glaucoma, Diabetic Retinopathy, Macular Degeneration
- Offering the highest quality contact lenses, eyeglasses, and exams.

*Virtually all Medical Insurance plans and most Vision Insurance plans are accepted.*

## Edward Stack, M.D.

- Athear Alrawi, M.D.
- David B. Krebs, M.D., F.A.C.S.
- Kelly Tierney, O.D.
- John F. Labaza, O.D.



## Senior Living Community

*Fenton's Best Kept Secret  
for Seniors 55+*



Vicky Coppler  
Community Manager

201 E. Elizabeth • Downtown Fenton  
(810) 629-1179  
millpond@kmgprestige.com



## LINDEN MUFFLER MAN

FULL SERVICE  
AUTO REPAIR

1018 N. Bridge St. • Linden, MI  
(810) 735-4385  
MON-FRI 8AM-6PM • SAT 8AM-4PM



Professionals

**Nancy Carlson**  
*Service designed for YOU!*  
120 N. Leroy • Fenton, MI 48430  
Cell: 810-923-5230  
nancy.carlsonrealtor@gmail.com



Generations of Service  
to the Community

sharpfuneralhomes.com



**Miller Road Chapel**  
Roger L. Sharp, Manager  
8138 Miller Road • Swartz Creek  
(810) 635-4411

**Linden Chapel**  
Stephanie Sharp Foster, Manager  
209 E. Broad St. • Linden  
(810) 735-7833

**Fenton Chapel**  
Michael T. Scully, Manager  
1000 Silver Lake Rd • Fenton  
(810) 629-9321

**Funeral Home & Cremation Center**  
Jennifer Sharp Scully, Manager  
6063 Fenton Road • Flint  
(810) 694-4900



Safe. Sound. Secure.®  
annuities from  
Auto-Owners Insurance.

The smart way to save . . .

Call or visit us

**BRAD HOFFMAN INSURANCE AGENCY**  
Fenton, MI • 810-629-4991



*Clearly. Better. Choice.*

**www.rmipc.net**  
**(810) 732-1919**





## Linda's Place

### Services Provided

24-hour Care • Transportation to Local Store  
Laundry & Housekeeping • Hair & Nail Care  
All Meals & Snacks • Visiting Physician  
Medication Distribution • Home Health Care  
Assistance with Bathing & Personal Care • Security System

Contact: Linda Richter 810-735-7519  
627 Silver Lake Rd.  
Linden, MI 48451



Medicare  
Solutions

### Debra A. Knill

Sales Representative Medicare Division  
2850 W. Grand Blvd. • Detroit, MI 48202  
(248) 443-8636  
dknill@hap.org • hap.org

Health Alliance Plan of Michigan  
Alliance Health and Life Insurance Company | HAP Preferred Inc.

## Temrowski Family Funeral Home & Cremation Services

*"An exceptional choice in funeral service"*

Ken & Becca Temrowski  
Owners/Licensed Funeral Directors

500 Main St. • Fenton  
810-629-2533

www.temrowskifamilyfuneralhome.com



Your Home Town  
Realtors

### Cathy DuBois

810-348-3078

### Shelley Cleaver

810-735-9089

123 N Bridge In Downtown Linden



We treat strangers  
like friends and  
friends like family

3600 Owen Rd • Fenton, MI  
810-714-2708 • fax 810-714-3107

Call ahead for Carry Out or Order Online:  
www.BobEvans.com

### Patricia McGarry, DDS

Accepting New Patients

20% Discount for Senior Citizens

*New Patient Special*

Cleaning, X-rays, & Exam  
Only \$85.00 (No Discounts Apply)

200 Lindenwood Dr. • Linden, MI

810-735-9426

www.drmcgarry.com



*"Live Here... for the Best of Your Life"*

Independent Senior Living with  
Personal Care Assistance Available

3221 E Baldwin Rd • Grand Blanc  
(810) 606-1110 • www.abbeypark.com

THIS SPACE IS  
**AVAILABLE**



DAILY & MONTHLY SPECIALS  
FAMILY DINING

122 E. BROAD • 735-5780

Serving a need in your community



MASS TRANSPORTATION AUTHORITY

*Wherever life takes you!*

For information call (810) 767-0100

1401 South Dort Hwy. • Flint, MI 48503



For Advertising Information, call  
EILEEN FRAZIER at LPi today!

1.800.477.4574 ext 6309 • 216.325.6825

Efrazier@4LPi.com

# VICINIA GARDENS

*of Fenton*



*A neighborhood you can call home!*

**Vicinia Gardens  
Assisted Living of Fenton**  
4016 Vicinia Way • Fenton

**Vicinia Gardens  
Memory of Fenton**  
4034 Vicinia Way • Fenton

Telephone: (810) 354-8136

Resident Director: Catrina Kraus Telephone: (810) 513-0969

[www.viciniagardens.com](http://www.viciniagardens.com)

Conveniently located at Jennings and Owen Road

*We look forward  
to serving you!*



CALL US FOR ALL OF YOUR HEATING & AIR CONDITIONING NEEDS

DELIVERING COMFORT OUR  
CUSTOMERS EXPECT AND DESERVE

INSTALLATION • SERVICE • MAINTENANCE

810-630-6032

4500 MORRISH RD • SWARTZ CREEK, MI 48473





16

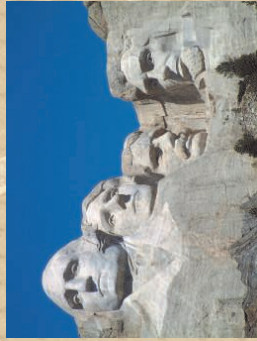
10:00 Soaring Eagle

Please note: *Loose is closed on this day and the building will be locked.*

Loose is

**CLOSED**

in honor of  
*Presidents Day*



17

9:30 Zumba Gold  
 10:00 Loose Threads  
 10:30 FIT4EVER  
 11:30 Lunch *Meatballs*  
 12:00 Beg. Line Dance  
 12:30 Euchre  
 1:00 Scrapbooking  
 1:00 Adv. Line Dance  
 1:00 Chicago Bridge  
 3:00 Mah jongg  
 4:00 Chair Yoga  
 5:00 Yoga  
 6:00 DANCE

18

8:00 Bridge  
 9:00 Manicures  
 9:30 Legal Service  
 9:30 Yoga  
 11:15 Art à la Carte  
 11:00 Indoor Golf Practice  
 11:30 Lunch *Turkey Burger*  
 12:00 Diabetes PATH  
 12:00 Wood Carving  
 12:30 Pinochle/Dominoes/Chess  
 4:00 Ipad 2  
 5:00 Zumba  
 6:15 Pickleball

19

9:15 Chair Yoga  
 10:15 Zumba Gold  
 10:30 Cards & More  
 10:30 FIT4EVER  
 10:45 Farmers' Market Trip  
 11:00 Blood Pressure Check  
 11:30 Lunch *Pot Roast*  
 11:45 Tai Chi  
 11:45 Wii Bowling  
 12:30 Euchre  
 1:00 Jewelry  
 4:00 Yoga  
 6:00 Beg. Line Dance  
 7:30 Adv. Line Dance

20

8:00 Income Tax  
 8:15 Lifelong Learning  
 9:00 MMAP Counselor  
 9:30 Yoga  
 10:00 Hearing Doctor  
 10:00 Yarn Recyclers  
 10:00 Board Games  
 11:00 Pickleball (reservation)  
 11:30 Lunch *Boneless BBQ Ribs*  
 1:00 Lapghans  
 1:00 Chicago Bridge  
 5:30 Dinner & A Show  
 SATURDAY, February 21  
 Arizona, Sedona & Tucson  
 9:00 Yoga  
 10:00 Euchre  
 10:15 Zumba

23

8:00 Bridge  
 9:00 Massage  
 9:30 Zumba Gold  
 10:00 Sleep Mat Production  
 10:00 Painting  
 10:00 Genesee Resource  
 11:30 Blood Pressure Check  
 11:30 Lunch *Chicken Ala King*  
 12:30 Pinochle  
 1:00 Cornhole  
 1:00 Happy Stampers  
 2:30 Arthritis Exercise  
 3:00 Choir  
 4:00 Yoga  
 5:00 Zumba  
 6:00 Volleyball  
 6:00 TOPS Weigh-in  
 6:15 Pickleball

24

8:00 Podiatrist  
 9:30 Zumba Gold  
 10:00 Loose Threads  
 10:30 FIT4EVER  
 11:30 Lunch *Sloppy Joe*  
 12:00 Beg. Line Dance  
 12:30 Euchre  
 1:00 Adv. Line Dance  
 1:00 Chicago Bridge  
 2:00 Alzheimer Support  
 3:00 Mah jongg  
 4:00 Chair Yoga  
 5:00 Yoga  
 5:00 Dinner with *Guest Samantha Steele*

25

8:00 Bridge  
 9:00 Manicures  
 9:30 Yoga  
 11:15 Art à la Carte  
 11:00 Indoor Golf Practice  
 11:30 Lunch *Turkey Ham*  
 12:00 Diabetes PATH  
 12:00 Wood Carving  
 12:30 Pinochle/Dominoes/Chess  
 4:00 Ipad 2  
 5:00 Zumba  
 6:15 Pickleball

26

9:15 Chair Yoga  
 10:15 Zumba Gold  
 10:30 Cards & More  
 10:30 FIT4EVER  
 10:45 Farmers' Market Trip  
 11:00 SWG Closing Ceremony  
 11:30 Lunch *Beef Liver*  
 11:45 Tai Chi  
 11:45 Wii Bowling  
 12:30 Euchre  
 4:00 Yoga  
 5:00 Cooking Class  
 6:00 Beg. Line Dance  
 7:30 Adv. Line Dance

27

8:00 Income Tax  
 9:00 MMAP Counselor  
 9:30 Yoga  
 10:00 Write Your Life  
 10:00 Yarn Recyclers  
 10:00 Board Games  
 11:00 Pickleball (reservation)  
 11:30 Lunch *Baked Pollock*  
 1:00 Lapghans  
 1:00 Chicago Bridge  
 5:00 EUCHRE TOURNAMENT  
 Saturday, February 28  
 9:00 Yoga  
 10:00 Euchre  
 10:15 Zumba





**HEALTHY LIVING**

**ONE-ON-ONE FINANCIAL HELP**

Wednesday, February 4, 10:00 am  
 Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

**ALZHEIMER SUPPORT GROUP**

Every 4th Tuesday, 2 pm  
 The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times, and particularly encourages attendance by those who are newly diagnosed with Alzheimer's.

**WRITE YOUR LIFE STORY**

Every 2nd & 4th Friday, 10 am, Sunroom  
 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.

**LOOSE BOOK CLUB**

Every 2nd Monday, 1 pm  
 This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

**LISTENING EAR**

Every 1st Monday, by appointment  
 Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



*A program for family members caring for a loved one with dementia and/or memory loss.*

Wednesdays, March 4 - April 8, 3-5 pm, FREE!  
 2 hour session once a week for six weeks

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Care for your family member with memory loss can be provided free of charge so you may attend the sessions. \*Ask for details when you register.\*

*For further information or to register for the class contact:  
 The Alzheimer's Association Helpline - (800) 272-3900*

**WATERCOLOR CLASSES**

**WINTER SCENE**  
 March 2 & 9, 1 pm, \$15

**BRIDGE SCENE**  
 March 16 & 23, 1 pm, \$15

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

**ONE STOP GENESEE**



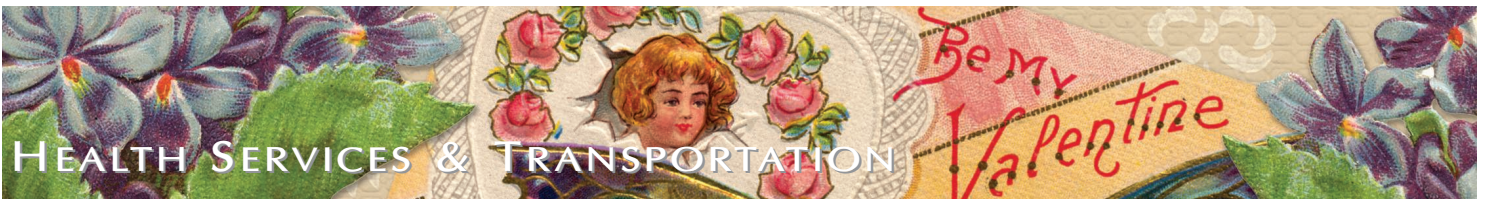
Monday, 10 am - 2 pm  
 Loose welcomes **ONE STOP GENESEE** to the Center each Monday. The goal of this new program is to provide assistance to at-risk individuals and families. Services include; counseling, long term housing placement, emergency solutions, medical care, utility and water assistance, referrals for services and other services to work toward creating a pathway to stability and independence. For information call One Stop Genesee directly at 810 600-4525 or call Loose at 810 735-9406. *Walk-ins welcome!*

**MATTER OF BALANCE - FREE**

Beginning Tuesday, March 17 - April 5, 2:30 pm, Hall B  
 Class will meet for 8 weeks. Tested, tried and true, this eight session, small class setting is facilitated by caring, well trained volunteers and will change your life. Participants of this program learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Space is limited, so please call Loose and sign up today!







**Relax & Unwind**

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

**PODIATRIST**  
**Tuesday, February 24, by appointment, Annex**  
Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

**FREE HEARING CLINIC**  
**3rd Friday of each month, 10 am (by appointment), Annex**  
Hearing Tests and Evaluations, Hearing Aid Checks and 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.


**MANICURES**  
**Wednesday, by appointment, beginning at 9 am, \$10, Annex**  
**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.*


**FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex**  
**1st Tuesday of each month, 2-3 pm NEW TIME!**  
**2nd Wednesday of each month, 9 - 10 am**  
**3rd Thursday of each month, 11 - 12 noon (BP only)**  
**4th Monday of each month, 11:30 am - 12:30 pm**



 Do you have email? If so, please consider stopping by and update your files or send us an email at [LSCC@looseseniorcenter.org](mailto:LSCC@looseseniorcenter.org)

**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.



**MTA/LOOSE TRANSPORTATION**  
Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

**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 pm, \$4.50 roundtrip**

**THURSDAY – Flint Farmers’ Market**  
**10:45 am departure, return 1:30 pm, \$4.50 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.





## SPECIAL SERVICES & SUPPORT

### GENESSEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

Bob Rasche and his over 20 years of working for veterans is available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, it is best to call Loose for an appointment.

### LEGAL ADVICE

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

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, Annex

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 Genessee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genessee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

### AMVETS

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

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

### 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.

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

Our MMAAP 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. MMAAP'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 MMAAP at 1.800.803.7174, ext. 247.

### COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex

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

### WATCH REPAIR

2nd Wed. of each month, 10:30 am - 1 pm, Annex

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.*

**MICAFAE** The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 735.9406.

### COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex

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

### TOPS (Take Off Pounds Sensibly)

**Mondays, 6:00 pm, Annex** For information, please contact the Loose Center at 735.9406.

**LOAN CLOSET** If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate, feel free to drop it off during business hours.

**AARP TAX-AIDE** Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genessee Area District volunteer coordinator at 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at [http://www.aarp.org/money/taxes/info-2006/volunteer\\_aarp\\_tax\\_aide.html](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html)



**HEALTH INSURANCE PENALTY** - The Affordable Care Act (Obama Care) included a provision starting in 2014, requiring all individuals to have qualifying health insurance for the entire year or prove eligibility for a specific exemption from such coverage. There is a payment required on your 2014 income tax return for failing to meet these provisions. You will need to present proof of qualifying health insurance or exemption to your tax preparer for everyone in your household to avoid this penalty payment. This proof would generally be health insurance cards showing dates of coverage in 2014. Medicare Part A and Medicare Advantage is qualifying health coverage.

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





**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 at the Loose Center from 8:30 - 10am.

**FREE MAGAZINES** Feel free to drop off current magazines in Annex. We have many of the latest popular magazine titles for you to enjoy. Please feel free to take them home.

**COMPUTER & FREE WiFi** We 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 Annex.

**MEMBERSHIP** Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25.

#### **A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.**

The annual membership fee of \$25 per person is due for 2015. 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. Look 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.

#### **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.

Visit Loose on line at  
[www.loosecenter.org](http://www.loosecenter.org)

#### **WE SAVE...**

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

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

**VG'S** donates a percentage from sales when using the 'YES' card during designated dates. Be sure to designate Loose as the recipient of the points from your VG's 'YES' card.

#### **GREETING CARDS**

If you have **new** greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

**RECYCLING** Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow 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 Annex.

**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.**

**PLEASE HELP US KEEP OUR FILES UP-TO-DATE** Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

*"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region."*





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

# Soaring Eagle Casino **\$32** Monday, February 16, 2015 Kingston Trio Concert



## TRIPS @ A GLANCE

Feb 3	Caesar Windsor	\$18
Feb. 15	"Anything Goes"	\$57
Feb. 16	Soaring Eagle & Kingston Trio	\$32
Feb. 21-27	Arizona & Sedona & Tucson	\$2,149
March 1	"Sister Act"	\$57
March 3	Motor City	\$28
March 15	Historical Detroit	\$72
March 18	Kewadin	\$119
March 26	IKEA	\$30
April 2	FireKeepers Casino	\$32
April 18-24	The Old South	\$1,199
April 20	Greektown Casino	\$28
May 6	Soaring Eagle Casino	\$32
May 7-8	Springtime in Niagara Falls	\$279
May 12	Stratford Festival "Sound of Music"	\$145
May 17-23	Montreal & Quebec City	\$1,699
May 28	Hollywood Casino	\$30
June 1-2	Mackinaw City & Mackinaw Island	\$189
June 9-10	Titanic The Musical in Toronto	\$399
June 18-22	New York City	\$1034
June 26	Monroe County Country Adventure	\$79
July 6-7	Quilt Gardens Tour	\$264
July 15-16	Kewadin	\$119
July 20	Soaring Eagle Casino Sinatra Forever	\$32
July 23	Lions, Tigers & Boats, Oh My!	\$81
July 22-27	Boston ( <i>Tiger Game Included</i> )	\$1,204
August 12	Bay City	\$78
August 15-24	Oregon Coast	\$3,299
Sept. 6-7	Mackinac Bridge Walk	\$180
Sept. 8-17	Shades of Ireland	\$3,699
Sept. 9-11	Lake Geneva, Wisconsin	\$569
Sept. 15-22	National Parks	\$2899
Sept. 17	Viva Italiano	\$72
Oct. 10-17	Vermont-New Hampshire	\$1,799
Nov. 10-19	Reflections of Italy	\$4,249
December 29	California (ROSE BOWL PARADE)	\$2,579

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



Limited tickets have been secured for the following events at the Whiting for the 2014/2015 year. Call or visit Loose or our website for detailed information.

"ANYTHING GOES"	Sunday, February 15, 2015
"SISTER ACT"	Sunday, March 1, 2015
"MACBETH"	Friday, March 13, 2015
"JACK HANNA'S INTO THE WILD"	Friday, May 1, 2015
"RAIN, A TRIBUTE TO THE BEATLES"	Tuesday, May 12, 2015
"MAMMA MIA"	Friday, May 29, 2015



## 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.

### February 20

**The Major Challenges of Publishing - Urban Newspapers**

Speaker: Marjory Raymer

Ms. Raymer will discuss the daily challenges of running the Flint Journal as its editor. Many large urban center newspapers have faced tremendous challenges such as declining readership and revenues. Come and hear how our Flint Journal is handling this difficult period of time.

### March 20

**Flint's Master Plan - Speaker: Megan Hunter**

Flint's Chief Planner- Megan Hunter, has developed Flint's first master plan in over fifty years. Hear from her what the plan covers and why it is needed. Does the city have the financial resources to support the master plan? We look forward to hearing what Ms. Hunter has to say about this very important topic.

**Payment is due Wednesday prior to the event.**

## 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: \$4.50 (transportation)**

February 4	Rap Therapy
February 11	Rocka My Soul, Jonathan Green's Seeking: <i>A Documentary</i>
February 18	Birmingham Black Bottom: <i>The First All Black Cast Talks</i>
February 25	The Black List, Volume 2





## Historical Detroit


Wednesday, March 11  
Departs 8:15 am - returns 3:40 pm

**\$72**

**Includes:** Round Trip Transportation

- Lunch at DaEdoardo Foxtown Grille
- Detroit Historical Museum
- Guided tour of Hitsville USA





Wed, March 18-19, 2015  
\$ 119.00 per person, double occupancy  
Tour Includes Transportation *plus*  
1 night lodging at Kewadin Casino Resort, \$10 Food Voucher at St. Ignace, Two \$10 Coin Vouchers at St Ignace, Two \$10 Coin vouchers at Kewadin Casino Sault Ste. Marie, 1 Buffet Breakfast value of \$7. *Call for details.*

**THE OLD SOUTH Savannah-Charleston-Hilton Head**

April 18-24, 2015 \$1199 Double

**GREAT PRICE** Modern Motorcoach Transportation **PLUS** **GREAT PRICE**  
6 Nights Lodging, breakfasts, 2 Dinners

Daniel Stowe Botanical Gardens, Trolley Tour of Savannah  
Savannahs River Street, Sight seeing Tour of Hilton Head Island  
Dolphin & Nature Cruise, Sightseeing Tour of Charleston  
Boone Hall Plantation, Visit to Beaufort and Tour  
Charleston Historic Market, Luggage Handling


**\$30** Join the Loose Center  
Thursday, March 26, 2015

# IKEA

Home furnishings

**DEPARTURE TIME - 9 AM**  
**APPROXIMATE RETURN - 4 PM**

*Call Loose for details.*



## Springtime in Niagara Falls

May 7-8, 2015 \$279 Double

Modern Motorcoach Transportation  
1 night at the Hilton Fallsview Casino Resort  
1 Breakfast, African Lion Safari,  
Journey Behind the Falls,  
Visit Niagara-on-the-Lake, leisure time in Niagara Falls

## MONTREAL & QUEBEC CITY w/1000 ISLANDS & TORONTO

May 17-23, 2015, \$1,699 (double)

**Tour Includes Transportation PLUS**  
Six nights lodging, 4 breakfasts,  
1 lunch, 3 dinners, 1000 Islands Cruise,  
Montreal City Tour, Visit St. Joseph's  
Oratory, Mont Royal, Montmorency  
Falls, Ste. Ann de Beaupre, Sightseeing  
Tour of Old Quebec City, Leisure Tim in  
Old Quebec, Sightseeing Tour of Toronto,  
CN Town, Toronto Harbor Cruise, Luggage Handling and Tax  
& Tip on Included Meals. *Call Loose for details.*



*Two nights at the World  
Renowned Chateau Frontenac,  
Canada's most beloved hotel  
is a 5-star experience of  
luxury and elegance.*

**Tuesday, May 12, 2015**  
Departs: 7 am - Returns 9 pm  
Pick up at Kmart, Silver Pkwy,

# Stratford FESTIVAL

**\$145.00**  
**Includes Transportation,**  
Queen's Inn Buffet Lunch,  
Shopping, Festival Theater,  
Sound of Music, starring  
Stephanie Rothenberg

**Required** (one of the following)  
Valid Passport,  
Passport Card,  
Enhanced Drivers License or  
Certificate of Naturalization



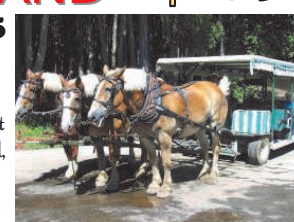
**CALL LOOSE FOR DETAILS!**

## MACKINAW CITY & MACKINAC ISLAND

Monday, June 1-2, 2015

**\$189**

**INCLUDES:** Round Trip Transportation, 1 nights lodging at the Hamilton Inn located on Lake Huron in Mackinaw City, 1 full breakfast  
Round Trip Transportation to Mackinac Island, Narrated horse-Drawn Carriage Ride on Mackinac Island, Free Time, and more.



## Shades of Ireland

September 8 - 17, 2015  
Double \$3,699

ITINERARY AT A GLANCE	
DAY 1	OVERNIGHT FLIGHT
DAYS 2, 3	TRINITY CITY HOTEL, DUBLIN
DAY 4	GRANDVILLE HOTEL, WATERFORD
DAYS 5, 6	KILARNEY TOWERS, KILARNEY
DAYS 7, 8	ABSOLUTE HOTEL, LIMERICK
DAY 9	CABRA CASTLE, KINGSCOURT

**INCLUDED IN PRICE:** Round Trip Air from Detroit Metro Airport, Air Taxes and Fees/Surcharges. Hotel Transfers



**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406  
[www.loosecenter.org](http://www.loosecenter.org)

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

## More new STUFF at Loose

Are you **HUNGRY** or wondering **WHAT** to cook or **HOW** to cook it? Then this special class is for you. We are excited to have Deb Brindle, Linden Community School's Community Education and Food Service Director bring her special kind of fun to Loose.

**GOLFERS**, Look what you can do at Loose during these cold winter month! Call the Center at 810 735-9406 to secure your time and come and sharpen your skills, stay in shape and enjoy our new **INDOOR GOLF NET**. Please be sure to bring your clubs and balls.



### Cooking Made Easy

**WHAT CAN YOU DO WITH HAMBURGER?**  
February 26, 5 - 7 pm  
\$15 (class size limited)

You don't have to be a culinary genius to turn a pound of hamburger into a wonderful meal. Come join this class and learn to make simple, good meals with just a few ingredients.

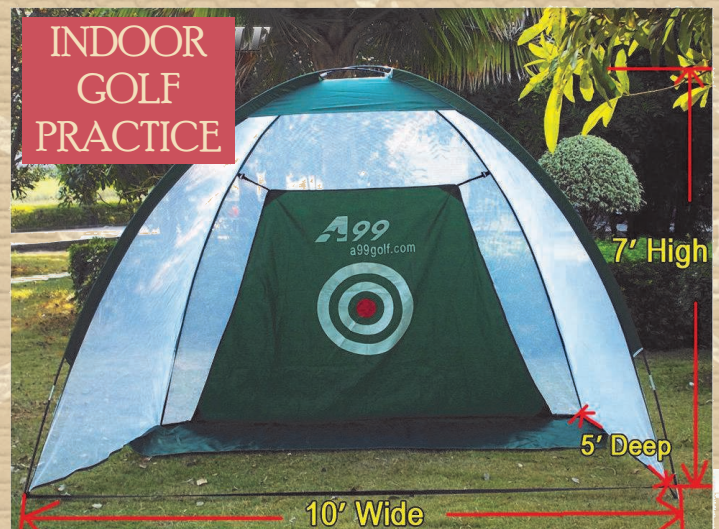
In February's class we will take burger and make 3 different meals. So roll up your sleeves and prepare to cook.

#### LOOKING AHEAD...

March 26 - "Tastes like CHICKEN"

April 23 - Those amazing CROCKPOTS

**Beginners**  
will LOVE this!



+



18.5"