

South End NEWS

NOVEMBER 2014

LOOSE SENIOR CITIZEN CENTER



*"Alone we can do so little;
together we can do so much."*

~ Helen Keller

DIRECTOR'S MESSAGE

Dear Friends,

As a father, supervisor and coach, I found that when everyone works together great things happen and success is attainable. Family life is a busy, unending story. It is filled with needs from the youngest child to the oldest adult. It takes everyone working together, being disciplined to the rules and being organized. It takes a bond of those to work together and respect each others needs.

In a business there are many levels of authority and responsibilities. Each person who fills these roles knows that success relies on there ability to fulfill their part and working together with others to harmoniously achieve the purpose and goals of the organization.

In sports it takes all parties being on the same page. From the coach to the players and parents, all must see and understand what it takes to achieve the team's goals and expectations. One person alone cannot be a team. It takes coaches having a good plan that can be translated to the players which allows them to reach their highest potential. It needs parents who understand the system in place that leads to success.

Loose is a lot like these examples. We are a center of many members with many talents to offer. Each and every person brings knowledge that they learned through life that can make Loose a more productive and diverse organization. We respect and thank the many groups who contribute to our mission of giving. These people give all year long of their talents. The Yarn Recyclers, Lapghans and Loose Threads are creating items of need. Their time and efforts through out the year represent the Loose Spirit. We have volunteers that maintain our Food Pantry and support CSFP. Their time and effort may go unnoticed but is greatly appreciated by those who need help. We have a volunteer group that was started many years ago to help those in the community. The Angels serve in many ways. It may be at the Mills days or Adopt-A-Pet. What ever it may be, they are their to fill the request of time. Loose is gifted by many volunteers who give up their talents for all who call Loose home. They fill many roles and make everything seem so special. It may be the delivering of donuts, making our building look beautiful by the landscaping of our grounds, growing vegetables that everyone enjoys, leading a group or teaching a class or it could be making coffee in the morning.

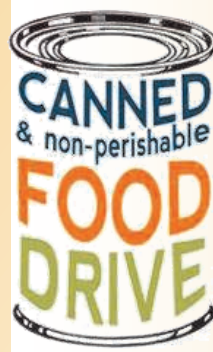
GIVING BACK is the life blood of Loose. It takes all members and volunteers working together to reach our purpose and goals. We are who we are by what we do together. So this holiday season, find something that you are good at and share your talents. We hope you will also consider giving back to our community whether it be by donating canned goods, hats, mittens, socks, recycling and the list goes on. You **will** find it rewarding and you **will** make a difference. *"Alone we can do so little; together we can do so much."*

All is well,
Carl Gabrielson
Executive Director

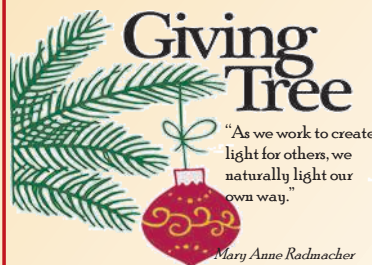
Alone we can do so little;
together
we can do so much.

~Helen Keller

You may recognize the headers on most pages as canned goods, a gentle reminder of the need. Thank you for your continued generosity.



Loose is supporting the Linden Student Council's effort to collect can goods for the wonderful local outreach, Christmas Express. If you are attending the dinner on November 4th, Please bring your donation to the dinner. If you are not attending, please try to drop them off at Loose by 4 pm November 4. There is always need, late donations will be accepted. **THANK YOU!**



The GIVING TREE will be up in November, ready to be decorated with mittens, hats, scarves, gloves and socks. All items will be gathered and donated to local charities. All donations are appreciated;

however there is typically a shortage for men's items. We will be collecting until Friday, December 5. *Thank you!*

ANOTHER WAY TO HELP PLASTIC SHOPPING BAGS are turned into waterproof, durable sleeping mats for the HOMELESS.

According to the Environmental Protection Agency, the United States consumes about 380 million plastic bags each year. Only 5 percent of these are recycled—and the majority that is disposed of can take up to a thousand years to decompose. SO...Loose is collecting plastic shopping bags for a wonderful member who has been cutting the bags into strips and crocheting them into these amazing mats. It takes at least 700 bags to make a mat. Feel free to recycle your bags by dropping them off at Loose. They will surely be put to good use.





Donate
NOVEMBER SPECIAL HAPPENINGS

DINNER and a SHOW

Sneak Preview

Sign up by 11/14

Saturday, November 22, 7:30 pm, \$5
Includes ticket to the show and a \$5 Fenton House voucher (good 11/22)

The show will be held at Fenton High School. Meet the "New Ambassadors" when they perform as a new group for the first time this year. The amazing talent and youthful energy of this outstanding group promises to captivate you. The FENTON HOUSE is pleased to offer LOOSE Center members an opportunity to enjoy dinner prior to the show. Dine-in or carryout, with the purchase of a 'Sneak Preview' show ticket, you will receive a voucher good for \$5.00 off any \$12.00 food purchase at the Fenton Hotel.

THIS IS A DEAL YOU DON'T WANT TO MISS!

INTERMEDIATE PENCIL DRAWING

Monday, Nov. 17 & 24, 1-3 pm, \$15 (2 classes, 10 max)

This class is for experienced students who are looking to enhance their drawing skills. Supplies necessary for class include: good drawing paper, kneaded eraser, white eraser and a 4B pencil, #2 pencil, #0 pencil. Instructor, Peggy Mattson



MEDICARE PART D OPEN ENROLLMENT

Friday, November 14, by appointment

The open enrollment period is from October 15 through December 7. Changes made take place on January 1, 2015. If you DO NOT wish to make any changes, do nothing. If you DO want to make changes or even if you are just interested in looking over your current plan, we will have MMAP counselors at the Center on the above scheduled dates. Contact Loose for more information.

Loose
Travel Show
 Wednesday, November 19, 2014
 12:30 pm

*Free!
 Treats!
 Drawings!*

Representatives from Bianco Travel, Shoreline Travel and Loose will be available to answer questions. There will be flyers available and presentations of upcoming 2015 trips.

LOOSE
 707 North Bridge St.
 Linden, MI 48451
 810 735-9406
www.loosecenter.org

CHICKEN SALAD LUNCH
 Friday, November 21, 11-12 noon, \$5
Includes sandwich, chips, drink & dessert

LOOSE
Christmas Boutique and CRAFT FAIR

Friday, November 21, 2014

9am-3pm

Loose Center
 707 North Bridge Street
 Linden, MI

FREE



Come and enjoy Christmas items and gifts, greeting cards, baked goods, unique one of a kinds, Loose talent, local talent and a friendly place for holiday shopping.

for vendor info:
Melinda Elmore-Hajek
 810 735-9406
Melinda@loosecenter.org

If you have Christmas Boutique items to donate, please drop them off at Loose between Nov. 3 - 17.



NUTRITION & MORE

**GCCARD
THANKSGIVING DINNER**

Tuesday, November 25, 11:30 am

Reservations due November 14

Turkey w/gravy, mashed potatoes, vegetable blend, stuffing, cranberry sauce, roll, fruit pie, drink

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.

COFFEE HOUR

2nd Wednesday of each month, 9:30 am, Annex

We have coffee, tea, hot chocolate, doughnuts and a wonderful space so you can come and meet new friends, chat with old friends and catch up on all the happenings. **ALL ARE WELCOME!**



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.



Thursday, Dec. 18, 6 pm
@ LOOSE, FREE

We are excited to welcome to Loose the dancers from the Michigan Dance Center. These wonderful young dancers will make your heart happy as they share their passion for dance. We are also

happy to share time with our own Loose Choir who will share songs of the season and lead us in some songs together. The evening will come to a close with refreshments fit for the season. Bring your friends and family for this evening of celebrating all that is good this holiday season. *Pre-registration is not required, but it does help.*

**Celebrate the
Season
with music**

**A SPECIAL INVITATION
FROM OUR FRIENDS AT**



Come and enjoy a peaceful time to be creative and enjoy the company of others. The following events will be held at Caretel Inns, 202 S. Linden in Linden.

HOLIDAY WREATHS *(Burlap or Ribbon)*

Wednesday, November 5, 10 am, \$5, limit 8

The cost covers all supplies.

HOMEMADE SOAP MAKING

Wednesday Nov 19th at 10 am, \$3, limit 8

(Pumpkin Spice and/or Oatmeal & Almond)

The cost covers all supplies & gift wrap for 2 bars of soap.



CHRISTMAS LUNCHEON

Thursday, Dec. 4, 12 noon, \$18.50

**Spring Meadows
Country Club**



Dan Hayes will provide entertainment and a hardy sing-along atmosphere.

A favorite of many Loose members, please register by Nov. 26.

**Tuesday
November 18
7 pm**



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!

All are WELCOME!

KEEPING FIT

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

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

GENTAL 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.

FIT⁴EVER \$5 per class (formerly Body Recall)

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 - \$4 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!

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Will resume on Monday, January 26, 2:30 pm

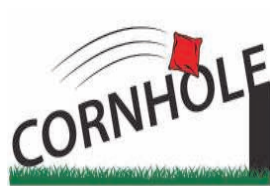
Pickleball



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.



Monday at 1 pm

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 and laughter, not to mention good exercise.

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.



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.

GOLF AT SHIAWASEE SHORES Resumes in the spring!

BIKING BUNCH Resumes in the spring!

MONDAY
9:30 am Zumba Gold begins 12/8
1:00 pm Cornhole
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 ⁴ 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)
5:00 pm Zumba
6:15 pm Pickleball

THURSDAY
9:15 am Chair Yoga
11:45 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT ⁴ 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

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

“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.

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!

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.

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.

SNOWFLAKE-MAKING PARTY
MONDAY, DECEMBER 1, 9-11 am, FREE
 It’s very simple really, bring a pair of scissors and paper and learn to cut the paper to make snowflakes. If you are a snowflake making pro, come and share some of the secrets of the trade. If you have never cut a snowflake, no worries, you will soon be a pro. This is a great time to sit and relax, chat and enjoy. **JOIN US!**

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.

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.

JEWELRY CLASS

Thursday, November 20, 10 am, Sunroom, \$(TBD)

Join Sharon Adams for another wonderful project which will include unique holiday jewelry. This is an all inclusive class, the price of the class will cover the cost of the supplies. Contact Loose at 810 735-9406 for updated class information.



CARD MAKING WITH CAROLINE

Monday, November 17, 12:30 pm, Sunroom, \$5

This new class is scheduled to meet the 3rd Monday of each month. 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.

Senior Winter Games of Genesee County is in need of folks who are willing to volunteer to assist at event sites. If you are interested in volunteering, please contact Melinda Soper at the Swartz Creek Senior Center (810) 635-4122, Misty Moen at the Grand Blanc Senior Center (810) 695-3202 or drop your name and phone number off at the Loose office.



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

new

WINDOWS 8

Wednesday, January 14, 21, 28, 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.

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.



Friday, December 5, 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 *(begins December 4)*

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.



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!

DANCE FUN!
Tuesday, December 2, 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: Free 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!

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



NOVEMBER 2014

OFFICE HOURS

Monday - Friday
8:30 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsccl@loosecenter.org

WEBSITE

www.loosecenter.org

MONDAY

8:00 Bridge
9:00 Massage
9:30 Zumba
10:00 Painting
10:00 Genesee Resource
11:30 Lunch *Meatloaf*
12:30 Pinochle
1:00 CornHole
1:00 Listening Ear
3:00 Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball

TUESDAY

10:00 Loose Threads
10:15 Zumba Gold
10:30 FIT4EVER
11:30 Lunch *Chicken*
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
5:00 Linden H.S. Dinner

WEDNESDAY

8:00 Bridge
9:00 Manicures
9:30 Yoga
10:00 1 on 1 Financial
10:00 Holiday Wreaths @ Caretel
10:00 Consumer Fraud
11:15 Art à la Carte
11:30 Lunch *Bean Soup*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
2:00 Matter of Balance
5:00 Zumba
6:15 Pickleball

THURSDAY

9:15 Chair Yoga
10:00 AMVET
10:15 Zumba Gold
10:30 Eat Smart, Live Strong
10:30 FIT4EVER
10:45 Farmers' Market Trip.
11:30 Lunch *Ham*
11:45 Tai Chi
12:00 Wii Bowling Banquet
12:30 Euchre
4:00 Yoga
6:00 Beg. Line Dance
7:00 Adv. Line Dance

FRIDAY

9:00 MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch *Mac & Cheese*
1:00 Lapghans
1:00 Chicago Bridge

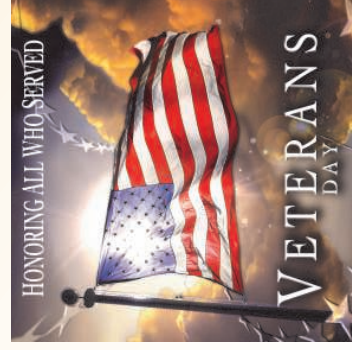
Saturday November 8
9:00 Yoga
10:00 Euchre
10:15 Zumba

10

8:00 Bridge
9:00 CSFP
9:00 Massage
9:30 Zumba
10:00 Painting
10:00 Genesee Resource
11:30 Lunch *Pork Chop*
12:00 "Anyone Can Paint"
12:30 Pinochle
1:00 Book Club
1:00 CornHole
3:00 Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball

11

CLOSED



12

8:00 Bridge
9:00 Manicures
9:00 Blood Pressure Check
9:30 Coffee Hour
9:30 Yoga
10:30 Watch Repair
11:15 Art à la Carte
11:30 Lunch *Steak Pattie*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
2:00 Matter of Balance
3:15 Coupon Club
5:00 Zumba
6:15 Pickleball

13

8:00 Board Meeting
9:15 Chair Yoga
10:15 Zumba Gold
10:30 Eat Smart, Live Strong
10:30 Massage
10:30 FIT4EVER
10:45 Farmers' Market Trip
11:30 Lunch *Chick & Dumpling*
11:45 Tai Chi
12:30 Euchre
4:00 Yoga
6:00 Line Dance
7:00 Adv. Line Dance

14

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 *Veg. Lasagna*
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck

SATURDAY November 15
9:00 Yoga
10:00 Euchre
10:15 Zumba

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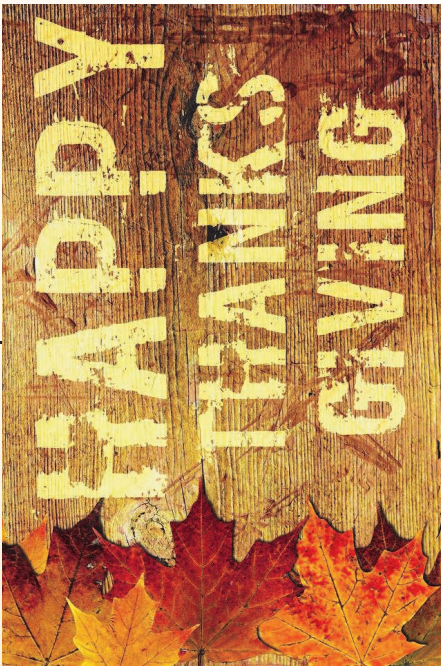
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<p>17</p> <p>8:00 Bridge 9:00 Massage 9:30 NO Zumba 10:00 Painting 10:00 Genesee Resource 11:30 Lunch <i>Chicken</i> 12:30 Pinochle 12:30 Card Making 1:00 Pencil Drawing 1:00 CornHole 3:00 Choir 4:00 Yoga 5:00 NO Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>18</p> <p>10:00 Loose Threads 10:15 NO Zumba Gold 10:30 FIT4EVER 11:30 Lunch <i>Creole Steak</i> 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 7:00 Open MIC</p>	<p>19</p> <p>8:00 Bridge 9:00 Manicures 9:30 Legal Service 9:30 Yoga 10:00 Soap Making @ Caretel 11:15 Art à la Carte 11:30 Lunch <i>Chicken Ala King</i> 12:00 Wood Carving 12:30 TRAVEL SHOW 12:30 Pinochle/Dominoes/Chess 2:00 Matter of Balance 5:00 NO Zumba 6:15 Pickleball</p>	<p>20</p> <p>Christmas @ Greenbrier 9:15 Chair Yoga 10:00 Jewelry Class 10:15 NO Zumba Gold 10:30 FIT4EVER 11:00 Blood Pressure 11:30 Caesar Windsor 10:45 Farmers' Market Trip 11:30 Lunch <i>Stuffed Cabbage</i> 11:45 Tai Chi 12:30 Euchre 2:00 Energy Healing 4:00 Yoga 6:00 Beg. Line Dance 7:00 Adv. Line Dance</p>	<p>21</p> <p>8:15 Lifelong Learning 9:00 MMAP Counselor 9:00 BOUTIQUE & CRAFT FAIR 9:30 No Yoga 10:00 Hearing Doctor 10:00 No Yarn Recyclers 10:00 No Board Games 11:00 No Pickleball 11:00 Chicken Salad Lunch \$5 1:00 No Lapghans 1:00 No Chicago Bridge SATURDAY November 22 9:00 Yoga 10:00 Euchre 10:15 NO Zumba 7:30 Dinner & A Show</p>
<p>17</p> <p>8:00 Bridge 9:00 Massage 9:30 NO Zumba 10:00 Painting 10:00 Genesee Resource 11:30 Lunch <i>Chicken</i> 12:30 Pinochle 12:30 Card Making 1:00 Pencil Drawing 1:00 CornHole 3:00 Choir 4:00 Yoga 5:00 NO Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>18</p> <p>10:00 Loose Threads 10:15 NO Zumba Gold 10:30 FIT4EVER 11:30 Lunch <i>Creole Steak</i> 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 7:00 Open MIC</p>	<p>19</p> <p>8:00 Bridge 9:00 Manicures 9:30 Legal Service 9:30 Yoga 10:00 Soap Making @ Caretel 11:15 Art à la Carte 11:30 Lunch <i>Chicken Ala King</i> 12:00 Wood Carving 12:30 TRAVEL SHOW 12:30 Pinochle/Dominoes/Chess 2:00 Matter of Balance 5:00 NO Zumba 6:15 Pickleball</p>	<p>20</p> <p>Christmas @ Greenbrier 9:15 Chair Yoga 10:00 Jewelry Class 10:15 NO Zumba Gold 10:30 FIT4EVER 11:00 Blood Pressure 11:30 Caesar Windsor 10:45 Farmers' Market Trip 11:30 Lunch <i>Stuffed Cabbage</i> 11:45 Tai Chi 12:30 Euchre 2:00 Energy Healing 4:00 Yoga 6:00 Beg. Line Dance 7:00 Adv. Line Dance</p>	<p>21</p> <p>8:15 Lifelong Learning 9:00 MMAP Counselor 9:00 BOUTIQUE & CRAFT FAIR 9:30 No Yoga 10:00 Hearing Doctor 10:00 No Yarn Recyclers 10:00 No Board Games 11:00 No Pickleball 11:00 Chicken Salad Lunch \$5 1:00 No Lapghans 1:00 No Chicago Bridge SATURDAY November 22 9:00 Yoga 10:00 Euchre 10:15 NO Zumba 7:30 Dinner & A Show</p>
<p>24</p> <p>8:00 Bridge 9:00 Massage 9:30 NO Zumba 10:00 Painting 10:00 Genesee Resource 11:30 Blood Pressure Check 11:30 Lunch <i>Pulled Pork</i> 12:30 Pinochle 1:00 Pencil Drawing 1:00 CornHole 1:00 Happy Stampers 3:00 Choir 4:00 Yoga 5:00 NO Zumba 6:00 NO Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>25</p> <p>8:00 Podiatrist 10:00 Loose Threads 10:15 NO Zumba Gold 10:30 FIT4EVER 11:30 Thanksgiving Dinner <i>Reservations due 11/14</i> 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</p>	<p>26</p> <p>8:00 Bridge 9:00 Manicures 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch <i>Beef Stew</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Matter of Balance 5:00 NO Zumba 6:15 NO Pickleball</p>	<p>27</p> <p>Christmas @ Greenbrier 9:15 Chair Yoga 10:00 Jewelry Class 10:15 NO Zumba Gold 10:30 FIT4EVER 11:00 Blood Pressure 11:30 Caesar Windsor 10:45 Farmers' Market Trip 11:30 Lunch <i>Stuffed Cabbage</i> 11:45 Tai Chi 12:30 Euchre 2:00 Energy Healing 4:00 Yoga 6:00 Beg. Line Dance 7:00 Adv. Line Dance</p>	<p>28</p> 
<p>Loose is CLOSED for the long Holiday weekend and will reopen on Monday, December 1.</p>				



WELLNESS USING BODY ENERGY TECHNIQUES

Thursday, November 20, 2 pm, \$35
Christine Shreve Certified Coach, teaching EFT (emotional freedom tech) and more information, to bring calm and balance to the body's Energy System for Health, Joy and Prosperity. Knowing this information will give the ability to transform your life.



ONE-ON-ONE FINANCIAL HELP

Wednesday, November 5, 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.



ONE STOP GENESEE

Monday, 10 am - 2 pm, *walk-ins welcome*
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.



A Program of **RESOURCE GENESEE**



The Loose Card Shoppe has a "FEAST" of THANKS and GIVING for you in November. To add to the excitement of the upcoming holiday, there will be three (3) special Card Shoppe drawings.

Friday, November 7 winner will receive a decorated box of assorted wrapping paper

Friday, November 14 winner will receive 25 Christmas Cards of his/her choice

Friday, November 21 winner will receive 3 handmade, paper crafted snowflakes .



All you need to do is...each time you check in on the My Senior Center Computer, is to put your name and phone number in the drawing container on the check in station. Winners will be contacted.

Remember to stop and check out the holiday cards for sale during this holiday season.

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



Relax & Unwind

MASSAGE
By appointment, Mondays & 2nd & 4th Thursdays

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Monday, enjoy a chair massage for as low as \$5 or on Thursdays a table massage as low as \$25. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

PODIATRIST
Tuesday, November 25, 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


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

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 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 (MMAP)

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

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

YOU DON'T HAVE TO MUDDLE THROUGH

There are times in our lives when we need new insights, positive thoughts, thinking time and support. There is a new corner at Loose that you may be interested in. Book donations on subjects focused on grief support have been placed in the Annex Conference Room. Take a moment to look over these wonderful resources. You may check out these books at the reception area. Please return the books to the reception area when you are finished. Loose would like to thank the donor of this new collection.

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



MEMBER PRIVILEGES & FUNDRAISING

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 2014. 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.

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 Center 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.

TRIPS @ A GLANCE

NOVEMBER 19	LOOSE TRAVEL SHOW, 12:30 PM	FREE
Nov. 20	Caesar Windsor	\$18
Nov. 20-23	Christmas @ The Greenbrier	\$999
Nov. 21	Lifelong Learning	\$8
Dec. 1-5	Smokey Mountain Christmas	\$899
Dec. 12	Lifelong Learning	\$8
Dec. 16	Soaring Eagle	\$30
Dec. 21	Holiday Pops	\$21
Dec. 30 - Jan. 1	Cleveland New Years Eve	\$404
Jan. 8	Greektown Casino	\$29
Jan. 21	FireKeepers Casino	\$30
Jan 24 - Feb. 4	Florida Vacation	\$1999
Jan. 25	"Feet Don't Fail Me" Rhythmic Circus	\$36
Feb 3	Caesar Windsor	\$18
Feb. 16	Soaring Eagle & Kingston Trio	\$32
Feb. 15	"Anything Goes"	\$57
Feb. 21-27	Arizona & Sedona & Tucson	\$2149
March 1	"Sister Act"	\$57
March 7-15	Costa Rica	\$2999
April 18-24	The Old South	\$1199
May 7-8	Springtime in Niagara Falls	\$279
May 17-23	Montreal & Quebec City	\$1699

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

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)**

November 5	Playing to Win: Inside the Video Game Industry
November 12	70s Tech
November 19	80s Tech
November 26	90s Tech



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.

"HOLIDAY POPS"	Sunday, December 21, 2014
"FEET DON'T FAIL ME"	Sunday, January 25, 2015
"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



HOLIDAY POPS

Sunday, December 21, \$21

The show begins @ 3 pm, the bus leaves Loose @ 2 pm.
Featuring the Flint Symphony Orchestra, Flint Festival Chorus with area high school singers, the Flint Jubilee Chorale, and the Flint Festival Youth Chorus.



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*.

Tickets are limited, get yours today!

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.

November 21

Shipwrecks in the Great Lakes: Speaker: Dr. Michael Heberling
Dr. Heberling, President of Baker College Center for Graduate Studies, will host a presentation on "Shipwrecks of the Great Lakes". He will cover many historical events including the great storm of 1913 which claimed nineteen ships and two hundred fifty sailors. He will also discuss the Armistice Day Blizzard of 1940, which resulted in the loss of three ships and sixty-six lives. He will also discuss more recent shipwrecks with special emphasis on the Edmund Fitzgerald.

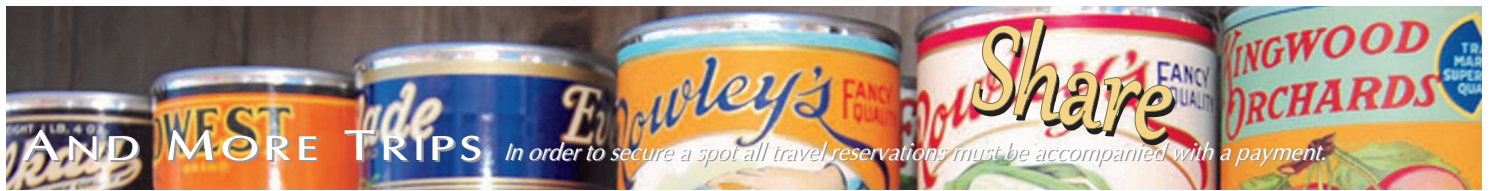
December 12

Whaley Historic House Museum - Speaker: Samantha Steele
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. Dan Hays will again provide us with beautiful Christmas music prior to the Whaley House Tour. His music and the beautiful decorations always get us in the Christmas Spirit! Ms. Steele has graciously offered a reduced price Christmas tour of \$3 per person (payable at the door). The Whaley tour will commence immediately after the Applewood lecture.

Payment is due Wednesday prior to the event.

2014/15 FLINT SYMPHONY ORCHESTRA

Buy season tickets for the 2014-15 season for **half price** (as low as \$48, which 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.



AND MORE TRIPS

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

CAESARS \$18
WINDSOR
Thursday, November 20, 2014

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



Soaring Eagle Casino \$30
Tuesday, December 16, 2014

SMOKY MOUNTAIN CHRISTMAS
\$899 double, December 1-5, 2014



Tour Includes Transportation, 4 nights at Pigeon Forge, TN, 4 breakfasts, 2 dinners, Titanic Museum Attraction, Smoky Mounty Opry, Hatfield & McCoys Christmas Show, Biltmore Estates, Blackwoods Family Christmas Show, Tourn of Smoky Mountain Nat'l Park, Dollywood, Luggage Handling, Tax & Tip on included meals.

CLEVELAND NEW YEAR'S EVE
December 30, 2014 - January 1, 2015, \$404 double

Includes: Motor coach Transportation and

- 2 night @ Hampton Inn in downtown Cleveland
- 2 Breakfasts & 1 Dinner
- Hollywood Casino, Hard Rock Rocksino
- Rock & Roll Hall of Fame & Museum
- Shopping at 5thStreet Arcades (optional)
- Horseshoe Casino

FLORIDA VACATION
January 24 - February 4, 2015, \$1999 Double

Includes: Motor coach Transportation and

- 11 nights Lodging
- 11 Breakfasts - 1 Lunch - 1 Dinner
- Visit to Lookout Mountain
- Florida Aquarium or Dolphin Cruise
- Broadway Palm Dinner Theater
- Trolley Tour of Naples
- Everglades Airboat Swamp Tour
- Gulf of Mexico Lunch Cruise
- St. Peat's Sunken Gardens
- Rock Candy Tour

Ontrigger Beach Resort
Fort Myers


ARIZONA "Valley of the Sun"
SEDONA & TUCSON
February 21-27, 2015 \$2149 double

Includes: Round Trip air from Detroit to Phoenix
3 nights in Tucson & 3 nights in Sedona, 6 Breakfasts & 1 box lunch & 3 Dinners
Sightseeing tour of Tucson, San Xavier Mission, Pima Air & Space Museum, Kartchner Caverns, Sabino Canyon Trolley Tour, Pinnacle Peak & Trail Dust Town, Casa Grande Ruins National Monument, Biosphere 2, Verde Canyon Rail Journey, Sedona Trolley Tour, Leisure time in Sedona & more.

Natural Wonders of COSTA RICA

MARCH 7-15, 2015 \$2999 (DOUBLE)

Round trip air, fully escorted, 8 nights lodging, 8 breakfast, 5 lunches, 5 buffet dinners, Banana Plantation, Cruise through Tortuguero National Park, Rainforest Guided Walk, Corsicana Pineapple Farm, Tilarjari Rain forest Reserve, Ecotermals Hot Springs, Arenal Volcano, Sky Walk Hanging Bridges, Santa Elea Cloud Forest, Trapiche Farm Tour, Sarchi & Grecia Village, all luggage fees & handling.




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 Cruse, Sightseeing Tour of Charleston Boone Hall Plantation, Visit to Beaufort and Tour Charleston Historic Market, Luggage Handling

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



Loose Center
707 N. Bridge St.
Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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LOOSE

Christmas Boutique and CRAFT FAIR



Friday, November 21, 2014

9am-3pm

LOOSE CENTER

707 North Bridge Street
Linden, MI

FREE

**CHICKEN SALAD
LUNCH**

11am-12 noon, \$5

Includes: Sandwich, Chips,
Drink, & Dessert

**If you have Christmas
Boutique items to
donate, please drop
them off at Loose
between Nov. 3 - 17.**

*Come and enjoy Christmas items and gifts, greeting cards,
baked goods, unique one of a kinds, Loose talent,
local talent and a friendly place for holiday shopping.*

Vendors, for table information call 810 735-9406.