

# South End NEWS

JANUARY 2015

LOOSE SENIOR CITIZEN CENTER



*“I dwell in possibility.”*  
~Emily Dickinson

## DIRECTOR'S MESSAGE

Dear Friends,

The year 2014 has come to an end. It was full of excitement. Loose moved into a new building on December 10, 2013. The opening brought endless possibilities. New programs were added and entertaining events were enjoyed. Programs such as pickleball, cornhole, Wii Bowling, Fit4ever, expanded Yoga and Zumba classes created an interest for people of all ages. Catered dinners with guest speakers drew large crowds and a fund raiser with Cal Roberts raised funds for items on our wish list. Our travel program is growing and our health and special services benefited many. With a new and bigger building came imagination of creation and the possibilities of growth. Loose today supports 4800 members. Their needs are numerous and continue to grow. The staff of Loose will continue to explore new possibilities to fulfill those needs in 2015.

We are a lot like Loose. We find our lives changing everyday. With family, government, and our social life, we try to make sense of it and keep ahead of it. Each day is different. So, we must take a long look of the issues that effect us. We must decide on those things that we can control and those we can't. We need to put our life in order to exist and simplify our actions. The possibilities that are available to us are endless. We look to make our life better. We find that volunteering is a rewarding experience. It may be at Loose, church, Carriage Town, at a school or any non-profit that helps others. We can join a choir, card club, bike club, women's circle, a softball team or the VFW. We find helping our family is very special us as well. Taking care of loved ones who are on in years to grandchildren you can spoil with glee. It may be as simple as writing cards and letters to shut ins or taking a trip. You may have possibilities available that you are yet to discover. No matter what course you take, be sure it is something that makes your life and peoples lives around you special.

"I dwell in Possibilities". They lie before me. My needs are numerous and continue to grow. I must continue to explore new possibilities to fulfill those needs. My life is filled with endless possibilities to be found.

**Carl Gabrielson**

*Executive Director*

## ANNUAL MEETING

**Thursday, January 15**

Immediately following the Loose Board Meeting which begins at 8 AM.

This meeting is for the General Membership and community. The agenda will include Reappointments of Board Members, Election of Officers, Financial Report, Comments from the President and Questions and/or Comments from the attendees.

All are welcome. Please join us!



**AARP TAX-AIDE** Consider volunteering as a Tax Assistance Counselor. It requires online computer and client interview skills, attention to detail, participating in annual training and passing a certification test. Pay is client appreciation for your assistance. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-344-7281. NEW Counselors means MORE tax appointments available.

# Quilt Raffle

## FUNdraiser

on display at Loose



61X82 (double bed Size) hand quilted and donated by our own very talented Loose members.

Drawing 1/27/15



28X41 hand quilted wall hanging

Tickets  
\$1 each or  
6 for \$5

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.



# JANUARY SPECIAL HAPPENINGS

## FLINT'S STREET NAMES AND THEIR ORIGINS

Wednesday, January 14, 12:30 pm, FREE

**H**ave you ever wondered how the city streets received their names? Did you know many of these streets were named after people? Who are these people? Discover the role these people played in the history of Flint and what significant accomplishments they achieved to have a street named after them. This 40 minute presentation made possible through a grant from the **Ruth Mott Foundation** will answer those questions and more. What a great chance to learn and reminisce. **Sign up today!**



## THE KING IS IN THE HOUSE!

Tuesday, January 27, 2015

Dinner at 5 pm

Show immediately following  
**\$15.00 per person**

**DINNER INCLUDES:** Fried Chicken, Sausage and Kraut, Beef Stroganoff, Scalloped Potatoes, Green Bean Casserole, Broccoli-Cheese-Rice Casserole, Tossed Salad, Cottage Cheese, Applesauce, Rolls, Drinks and Dessert.



**E**lvis Lives! With entertainer Dave King, recognized nationwide for his recreation of the King of Rock & Roll. Dave King, began performing in 1974 with mini-shows highlighted by Presley music. Some thirty years later, he continues to excite audiences of all ages to the music and memories of the late Elvis Presley.



WE ARE PROUD TO BE ABLE TO OFFER THIS EVENING OF GOOD FOOD AND GREAT FUN. A big thanks to Caretel Inns for their support!

**Sign up today!**

**BACK BY POPULAR DEMAND**

**KEDREE YOUNG**

Thursday, January 15, 1 pm @ Loose, FREE

We look forward to welcoming back Kedree for another afternoon of great music and entertainment. Kedree is an amazing local talent. In the past he has shared the life and music of Johnny Cash, the music of early rock n' roll legends, such as the Beatles, Jerry Lee Lewis and Elvis. Be sure to join us for this special time discovering the many talents of Kedree. **Sign up today!**

## PLANTS TO PLATES GARDEN UPDATE

It is exciting to report the first year of Garden produce was very lucrative. 1000 pounds of veggies, most donated to our friends at Loose, the rest donated to a local church and some to the garden workers. 2014 was deemed a success and we look forward to 2015. We hope you will consider participating in next years garden process. The group will be brainstorming ideas and meeting in January. If you are interested in being helping, please contact, Lynn Stork at 810 348-0296.



**AARP TAX AID TAX HELP!**

**TIME FOR TAXES**

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 on or after Tuesday, January 27 to schedule an appointment.

**2013-2014 INCOME TAX TALK**

Thursday, January 29, 2:30 pm, FREE

Both the IRS and the state of Michigan made changes in the tax code for tax year 2014. For those not on Medicare, the Affordable Care Act could affect your income tax. 2012 Michigan law changed property tax credit and filing threshold for seniors. Join us at the Loose Center and hear tax professional, Ann Walker explain the changes. You will hear about the new tax law and understand how it affects your federal and state income tax. There will be an opportunity for questions.

**BASICS OF ALZHEIMER AND DEMENTIA**

Tuesday, January 20, 2015, 6:30-8:00 pm

Please join us for this FREE program

Alzheimer's disease is not a normal part of aging. It is a progressive and fatal brain disease that is the most common form of dementia. Please join us for an opportunity for Loose members, family and the community to learn about treatable and untreatable causes of memory loss.

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

*Presented by Valley Area Agency on Aging and Alzheimer's Association*

## NUTRITION & MORE

### 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.





**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!

## 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.

Supporting our local students, businesses and enjoying each other's company is a win-win situation, space is limited, sign up today!



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

◆ Registration is open until - January 15, 2015.

◆ 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 20<sup>th</sup>. Doors will open promptly at 10 am with the program beginning at 11am.

◆ The registration fee is \$12 and includes the Opening Ceremony, Closing Banquet, Unlimited Participation in Events, and a Games shirt.

*Please contact Loose to register or for additional details.*

# 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

## 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 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

Begins Monday, January 26, 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!

## 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.

## FIT<sup>4</sup>EVER \$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!

## Wii BOWLING (new play begins 1/15/15)

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.**

MONDAY
9:30 am Zumba Gold
1:00 pm Cornhole <i>begins 1/5</i>
2:30 pm Arthritis Exercise (1/26)
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 ( <i>call to reserve your spot</i> )

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

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 <i>begins 1/15</i>
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

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

## Fitness Class Schedule

Coming in March  
**WATER COLOR CLASSES**  
Details forthcoming!  
**ARTSY & CRAFTY**



## 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.

**"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!

## 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.

**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

Wednesday, January 21, 9 am, Sunroom, \$10

Come and visit the art of macramé jewelry. This process incorporates basic knots and the adding of attractive beads to create a unique and beautiful bracelet. Don't be discouraged by the word "knots". There will be a demonstration of the very basic square knot, which will be used through the bracelet. This class will be great fun. There are so many designs and variations that can be made using this one simple knot. Sign up today!

## CARD MAKING WITH CAROLINE

Monday, January 5, 12:30 pm, Sunroom, \$5

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.

Note  
Date  
change

## CRAFTS AT CARETEL



SOCK SNOWMEN CRAFT

Wednesday, January 7, 10:00am, \$3, (limit 8)

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.



## ANOTHER WAY TO HELP

Mondays, 10 - 11:30 am, SUNROOM

Join 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 completed mat.

*Please donate your plastic bags...it takes oodles of them to create one mat.*

# CLASSES, MUSICAL OPPORTUNITIES, & MORE

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, January 23, 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.



**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!

**Tuesday  
January 13  
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!**

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

**All are WELCOME!**

# January 2015

## OFFICE HOURS

Monday - Friday  
8:00 am - 4 pm

## PHONE

810.735.9406

## FAX

810.735.4255

## EMAIL

lsc@loosecenter.org

## WEBSITE

www.loosecenter.org

### MONDAY

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 *Swiss Steak*  
12:30 Pinochle  
12:30 Card Making  
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

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

### WEDNESDAY

8:00 Bridge  
9:00 Manicures  
9:30 Yoga  
10:00 Crafts at Caretel  
10:00 Consumer Fraud  
10:30 1 on 1 Financial  
11:15 Art à la Carte  
11:30 Lunch *Meatloaf*  
12:00 Wood Carving  
12:30 Pinochle/Dominos/Chess  
5:00 Zumba  
6:15 Pickleball

### THURSDAY

9:15 Chair Yoga  
10:15 Zumba Gold  
10:30 Cards & More  
10:30 FIT4EVER  
10:45 Farmers' Market Trip  
11:30 Greentown Casino  
11:30 Lunch *Turkey*  
11:45 Tai Chi  
12:30 Euchre  
4:00 Yoga  
6:30 Beg. Line Dance  
7:30 Adv. Line Dance

### FRIDAY

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, January 10  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba

### 12

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 *Chicken*  
12:00 "Anyone Can Paint"  
12:30 Pinochle  
1:00 Cornhole  
1:00 Book Club  
3:00 Choir  
4:00 Yoga  
5:00 Zumba  
6:00 Volleyball  
6:00 TOPS Weigh-in  
6:15 Pickleball

### 13

9:00 Veteran Services  
9:30 Zumba Gold  
9:30 Lunch Workers Meeting  
10:00 Loose Threads  
10:30 FIT4EVER  
11:30 Lunch *Meatballs*  
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

### 14

8:00 Bridge  
9:00 Manicures  
9:00 Blood Pressure Check  
9:30 Yoga  
10:30 Watch Repair  
11:15 Art à la Carte  
11:30 Lunch *Chicken Ala King*  
12:00 Wood Carving  
12:30 Flint Street Names  
12:30 Pinochle/Dominos/Chess  
3:15 Coupon Club  
4:00 Windows 8  
5:00 Zumba  
6:15 Pickleball

### 15

8:00 Board Meeting followed by Annual Meeting  
9:15 Chair Yoga  
10:15 Zumba Gold  
10:30 Cards & More  
10:30 FIT4EVER  
10:45 Farmers' Market Trip  
11:00 Blood Pressure  
11:30 Lunch *Liver & Onions*  
11:45 Tai Chi  
12:00 Wii Bowling  
12:30 Euchre  
1:00 Whiting Entertainment  
4:00 Yoga  
6:00 Line Dance  
7:30 Adv. Line Dance

### 16

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 *BBQ Rib*  
1:00 Lapghans  
1:00 Chicago Bridge  
  
SATURDAY, January 17  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba



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19

Loose is  
**CLOSED**  
in honor of  
*Martin Luther  
King, Jr. Day*



20

9:30 Zumba Gold  
10:00 Loose Threads  
10:30 FIT4EVER  
11:30 Lunch *Beef Steak*  
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  
6:30 Basics of Alzheimer  
and Dementia  
**ALL ARE WELCOME!**

21

8:00 Bridge  
9:00 Manicures  
9:30 Legal Service  
9:30 Yoga  
10:00 FireKeepers Casino  
11:15 Art à la Carte  
11:30 Lunch *Chicken*  
12:00 Wood Carving  
12:30 Pinochle/Dominoes/Chess  
4:00 Windows 8  
5:00 Zumba  
6:15 Pickleball

22

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

23

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 *Chili*  
1:00 Lapghans  
1:00 Chicago Bridge  
5:00 EUCHRE TOURNAMENT  
  
SATURDAY, January 24  
Florida Vacation  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba  
  
SUNDAY, January 25  
2:00 Rhythmic Circus

26

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*  
12:30 Pinochle  
1:00 Cornhole  
1:00 Happy Stammers  
2:30 Arthritis Exercise  
3:00 Choir  
4:00 Yoga  
5:00 Zumba  
6:00 Volleyball  
6:00 TOPS Weigh-in  
6:15 Pickleball

27

Call for Tax Appointment  
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  
**ELVIS IS IN THE HOUSE!**

28

8:00 Bridge  
9:00 Manicures  
9:30 Yoga  
11:15 Art à la Carte  
11:30 Lunch *Turkey Ham*  
12:00 Wood Carving  
12:30 Pinochle/Dominoes/Chess  
4:00 Windows 8  
5:00 Zumba  
6:15 Pickleball

27

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

30

9:00 MMAP Counselor  
9:30 Yoga  
10:00 Yarn Recyclers  
10:00 Board Games  
11:30 Lunch *Baked Pollock*  
12:00 Pickleball  
1:00 Lapghans  
1:00 Chicago Bridge  
  
Saturday, January 31  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba



**ONE-ON-ONE FINANCIAL HELP**

Wednesday, January 7, 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**

A Program of **RESOURCE 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!*

**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!

**DANCE FUN!**  
 Tuesday, February 17, 6 - 8 PM  
 ADMISSION ONLY \$5  
 Live Variety Music by: Jim Hedrich  
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 Jim & Betty Hedrich @ (810) 659-2240  
**FOR MORE INFORMATION!**

**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.

# HEALTH SERVICES & TRANSPORTATION

## 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, January 27, 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**



### 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.



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)

## SPECIAL SERVICES & SUPPORT

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

### AMVETS

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

**MICAFE** 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/Genesee 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)

### 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 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.

### 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

Jan. 8	Greektown Casino	\$29
Jan. 21	FireKeepers Casino	\$30
Jan 24 - Feb. 4	Florida Vacation	\$1,999
Jan. 25	"Feet Don't Fail Me" Rhythmic Circus	\$36
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 7-15	Costa Rica	\$2,999
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 17-23	Montreal & Quebec City	\$1,699
May 28	Hollywood Casino	\$30
June 1-2	Mackinaw City & Mackinaw Island	\$189
June 10-11	"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	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.

## THE WHITING PRESENTS

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.

"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
"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.

#### January 16

**Consumers Energy** - Speaker: Kevin Keane

Mr. Keane will discuss how the Consumers Energy Company provides us with heat and air conditioning for year-round comfort. Learn how they prepare for periods of extreme cold and heat, and the purchase and storage of gas. He will also discuss the pros and cons of the Keystone Pipeline and fracking.

#### 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.

**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)**

January 7	Matisse/Picasso: Twin Giants of Modern Art
January 14	North Start: Mark di Suvero
January 21	California Clay in the Rockies
January 28	Potters at Work

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

### 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



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.*

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

**IKEA**  
Home furnishings

Call Loose for details.

DEPARTURE TIME - 9 AM  
APPROXIMATE RETURN - 4 PM

### 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, Ecotermales Hot Springs, Arenal Volcano, Sky Walk Hanging Bridges, Santa Elea Cloud Forest, Trapiche Farm Tour, Sarchi & Grecia Village, all luggage fees & handling.



### 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

### 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.

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

**GREAT PRICE**

April 18-24, 2015 \$1199 Double

**GREAT PRICE**

Modern Motorcoach Transportation *PLUS*

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

### MACKINAW CITY & MACKINAC ISLAND

**\$189**

Monday, June 1-2, 2015

**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.



### 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

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

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# WARNING!

EXERCISE HAS BEEN KNOWN TO  
CAUSE HEALTH & HAPPINESS



*Find a detailed  
schedule of all of  
Loose Fitness  
classes on page 5.*