

South End NEWS

JULY 2013

LOOSE SENIOR CITIZEN CENTER



*"A positive spirit and
a positive attitude
can only amount to a
positive outcome..."*

- unknown

DIRECTOR'S MESSAGE

Friends,

The Loose Senior Center has taken many roads to become the "Camelot of Genesee County". It began in 1996 as a place where people could come and enjoy a cup of coffee while sharing their life stories with others. Later, programs were developed to encourage exercise and better health and activities were introduced for members to expand their interests and enjoy life outside the home. Today, Loose is a complete center that allows members of the community to fill their days with education, exercise, sharing and fun.

This success story did not come easily. It took many special people, who shared their valuable time serving as board members, volunteers and stewards to our "Mission Statement". We honor these hard working people who have willingly given of their talents and accomplishments by placing their name on a plaque for all to see in the years to come. This plaque is the Loose legacy of those who made everything possible. This year we honor five members who epitomize the character of those who graced the plaque before them.

Betty Reschly and Betty Shinsky: you can't have one without the other. They have worked together planning, organizing and running the rummage sale for the past 12 years, accumulating over \$45,000 in sales. They have volunteered to plan and organize the catered dinners. They have established the Loose library. Betty Reschly has been in charge of the Loose beautification, planting wonderful flower gardens. They have also collected and counted VG'S and Alpine receipts, raising thousands of dollars for the Center. Linda Kurnick served as the Loose representative from Tyrone Township on numerous committees, she volunteered for many projects and served as treasurer. During the early years, she was the voice of reason that got us through hard times. Even after she stepped down from the board, she continued to serve as a volunteer.

Charles Racher is also a valued volunteer. He served many roles within the Loose system. He was there to give business advice and handle many of the financial transactions. He was a dependable advisor for Marjie. Charlie also volunteered to give computer classes for the membership and many seniors learned to email friends and family through his patient teaching. Charlie also has organized and directs the AARP tax preparation program for the membership. This program has been in existence for the past ten years.

Pictured on the cover: The recipients of the 2013 Loose Humanitarian Award, Linda Kurnick, Betty Reschly & Betty Shinsky. *Not pictured,* Charles Racher & John Stevens.

John Stevens was a "Shooting Star" who was gone too soon. John stepped up after the fire and energized the membership to raise money to build the "New Loose". His organization and direction of fundraisers was instrumental in the construction of our new building. John also brought to the board and director many suggestions which have resulted in growth and a better Loose.

These people have given part of their life for the passion and love of Loose. Many came before them and many will follow. We hope that with everyone who gracefully gives of their precious time, this center will continue to grow and be our "Camelot".

All is well!

Carl Gabrielson

Executive Director

VOLUNTEER GIFTING COMMITTEE

There are several ways a donor can make a contribution to the Loose Center. This month's article will cover the most common method, that being, **cash and cash equivalents**. This type of gift may take the form of currency, check or credit card. Cash or credit card contributions should be delivered in person and a receipt should be requested. Checks are acceptable via mail, but for electronic fund transfers (EFT) or wire transfers, arrangements need to be made between your bank or financial institution and the Loose Center. In the case of transfers, please contact Debbie Hancock for special instructions.

Checks should be made payable to The Loose Senior Center. Credit cards are also accepted and arrangements can be made to pay off a gift pledged over a specific time period.

Donors are encouraged to contact their employer or company from which they retired (ask for Human Resource Department), to see if they have a matching gift program for employees and retirees, thereby doubling the contribution.

We believe in the old saying, "Where there is a will, there is a way." If you wish to help the Loose Center with a contribution, we will help you find the best way. *Next month's topic, Marketable Security Donations.*



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

JULY SPECIAL HAPPENINGS

In God We Trust

FREE HEALTH EXAMS

Tuesday, July 16, 9 - 11 am , Bldg A

Please call ahead for an appointment. Services offered include Blood Pressure, Pulse, Cholesterol Tests, Blood Sugar Tests, Creatinine/BUN, PSA Test, Stool Sample for hidden blood. COUPONS for TB Skin Test, Pneumonia, Flu, Tetanus & Diphtheria Shot. Services are provided by the Genesee County Health Department and are for Genesee County residents only.

HANDS ONLY CPR

Wednesday, July 18, 1:30 am, Bldg A, FREE

Hands-only CPR is a potentially lifesaving technique involving no mouth-to-mouth contact. It is best used in emergencies where someone has seen another person suddenly collapse. The hands-only technique increases the likelihood of surviving cardiac emergencies occurring outside medical settings.

A SENIOR RESOURCE FUN FAIR

Thursday, July 18, 2013, Ideal for Seniors and Caregivers!

Leave Loose at 9:00 am, Return Approx. 12 noon Admission is FREE (cost for transportation \$4) Vendors-Refreshments-give-a-ways and the opportunity to learn more about available resources in the community! Held at the Flint Farmers Market under the big tent.

"ENTERTAINMENT EXPRESS"

Friday, July 19, 1:30 pm, Bldg. C , FREE, Limit 50



Singing the Praise of the USA, join Pat Cronley as he sings, plays and discusses the musical anthems of the USA. These songs were written by soldiers, teachers, poets and ministers with one common bond: love of country.

Brought to us by The Whiting and a generous grant from the Ruth Mott Foundation, with support from the C.S. Mott Foundation.

INVESTMENT FRAUD

Wednesday, July 24, 10 am , Bldg C

The Senior Brigade Presentation will include what to watch for at an investment seminar, what questions to ask BEFORE investing and how to recognize and avoid affinity fraud. The Senior Brigade does a top notch presentation and has been to Loose many times. Register today and arm yourself with the power of knowledge.

**Friday, July 26, \$6, 5 pm
LOOSE EUCHRE TOURNAMENT**

THE DIVINE DIXIE DEVA RETURNS

**Wednesday, July 17, 4 pm, \$8
(limit 25), Bldg C**

**THE DIVINE
DIXIE DEVA**

www.dixiedeva.com
PUT ON YOUR PORK BRITCHES!

THE DIVINE DIXIE DEVA IS BACK!

A how-to demo with sampling of her

**BBQ Pork Roast, Brunswick Stew,
dessert & beverage.**

As usual, come ready to listen
to the Deva talk about her
upbringing in Southwest Georgia.

**FUN, LOTS OF LAUGHS
& GOOD FOOD!**

The FUN starts this month at the Clio Amphitheater, one of the most convenient and affordable venues for good entertainment. Join us on a trip to northern Genesee County to enjoy an evening of fun, music, laughter and a chance to be with friends.

Check out page 14 of this newsletter for details.

Wed., July 31, 2 - 3 pm FREE

**You're Invited To A
Birthday Bash**

Happy Birthday to you all!
This is an Open House style event.

**Come enjoy
cake and ice Cream.**

*All are welcome.
Join us in building C.*



NUTRITION & MORE

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am

Suggested donation for those 60 and over: \$2

Ages 59 and under: \$3.50

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

COFFEE HOUR

Wednesday, July 10, 9:30 am, Bldg C

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

POTLUCK DINNER

Friday, July 12, 5 pm, Bldg C

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



SUMMER COOKOUTS
SAVE the following dates
and JOIN US!
Tuesday, July 23, 4:30 pm
Local Musician Chelsea Roberts
Tuesday, August 20, 4:30 pm
Entertainment by our Loose Choir

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

VOLUNTEER GROUP MEETING

Thursday, July 18, 9:30 am, Bldg C

If your group would like to meet to discuss their roll as a Loose Volunteer, this time and space will be available. If you are a member looking for a volunteer opportunity, join the group and see where you fit in. Volunteers at Loose are our greatest asset. We need you and appreciate all of you, your time and talents. Please call Loose at 735-9406 if you have any questions.



Our very quaint LOOSE CARD CORNER is in desperate need of birthday cards. If you have birthday cards that are hanging around and you have been wondering what to do with them, why not donate them to Loose? The Loose Card Corner is the best deal in town and supported, in full, by donations. *As always, thank you for your continued support of this and all Loose programs.*



This month, each time you come to the Center and sign in for whatever reason, remember to put your name in for a drawing for TWO tickets.

The Motown Experience 7 PM	 MUSIC IN THE PARKS 2013	PRIORITY SEATING AUGUST 16 - DOWNTOWN FLINT PART OF BACK TO THE BRICKS PRIORITY SEATING WILL BE RELEASED 20 MINUTES PRIOR TO THE START OF THE CONCERT	ADMIT ONE
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On Saginaw St. just south of the river.
Parking available at UM-Flint surface lots
and the William S. White parking lot.



PROJECT FRESH COUPONS

We expect the coupons any day now! Call 735-9406 and make sure we have your name on our waiting list.

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

KEEPING FIT

ZUMBA & ZUMBA GOLD \$5 per class

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

TAI CHI SIMPLIFIED YANG FORM \$5 per class

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

BODY RECALL \$3 per class

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

BIKING BUNCH Wednesday, 9:00 am

If you are interested in the Biking Bunch, please contact the Loose Center at 735•9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

Wii BOWLING

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

BEACHBALL VOLLEYBALL

A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us at 5 pm for a more gentle game- no spiking or aggressive play- or join us at 6 pm for a more aggressive game. **Volleyball has been postponed, please call before attending.**

YOGA \$5 per class

GENTAL FLOW YOGA

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

CARDIO YOGA

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

CHAIR YOGA

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

LINE DANCE \$3 for one or both classes

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

GOLF AT SHIAWASEE SHORES

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

Fitness Class Schedule

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

HOPE LUTHERAN

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

LINDEN ELEMENTARY

9:00 am Softball Practice

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TUESDAY

HOPE LUTHERAN

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

LOOSE CENTER

9:30 am **Chair Yoga**
10:30 am **Zumba Gold**
5:30 pm **Yoga (flow)**

WEDNESDAY

HOPE LUTHERAN

9:30 am **Yoga (flow)**
11:00 am Hope Walking Club
5:00 pm **Zumba**

LOOSE CENTER

9:00 am **Biking Bunch**

THURSDAY

HOPE LUTHERAN

9:15 am **Tai Chi**
10:30 am **Body Recall**
(Canceled 7/23-8/29)
10:30 am **Zumba**
(begins 7/25-8/29, \$24)
4:30 am **Zumba**
(Canceled until 9/5)
6:30 pm **Beg Line Dance**
7:30 pm **Adv. Line Dance**

LOOSE CENTER

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

FRIDAY

HOPE LUTHERAN

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

SATURDAY

HOPE LUTHERAN

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

I don't *find* the time to exercise, I *make* the time to exercise.

ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

Monday, July 8, 12-2 pm, Bldg C, \$20

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

HAPPY STAMPERS GROUP

Monday, July 22, 1 pm, Bldg C, FREE

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

SCRAPBOOKING

Tuesday, July 16, 1 pm, Bldg A, FREE

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

YARN RECYCLERS

Fridays, 10 am, Bldg C, FREE

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

PAINTING GROUP

Mondays, 10 am, Bldg C, FREE

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Bldg A, FREE

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

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

HYPERTUFA PLANTER

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

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



LOOSE LAPGHANS

Fridays, 1 pm, Bldg A, FREE

The Lapghan group meets to work on a variety of projects, many of which are donated to local charities. Come and join in on the current project or bring your own. Stuck on a project? Stop by! There is help to get you going again.

LOOSE THREADS

Tuesdays, 10 am, Bldg A, FREE

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



**ALL
YARN
DONATIONS
ARE
WELCOME!**

PLEASE SIGN IN

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

COMPUTER CLASSES, 🎵 MUSICAL OPPORTUNITIES & MORE


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



FACEBOOK

Wednesday, July 10 & 17, 12-2 pm, \$20 Building C

This workshop will introduce you to the basics of social networking, get you into Facebook for some hands-on learning, and generate plenty of discussion about the advantages and disadvantages of this phenomenally popular website.

 **Thursday, July 18, 12-2 pm, \$10 Building C**

Learn to communicate with other SKYPE users free of charge: SKYPE allows users to send and receive text messages, talk and have video calls.

TEXTING: WHO WHAT WHERE WHEN & WHY

Wednesday, July 24, 12-2 pm, \$10, Bldg C

It's here and it's not going away. You can either beat them or join them. This class will be informative, fun and will set you on your way to quick, high tech communication.

DIGITAL CAMERA CLASS

Wednesday, July 31 Aug 1, 11 am-1 pm, \$20 Bldg C

Make the most of your digital camera and its software. Class will focus on instruction on downloading pictures, saving pictures, sending pictures, organizing pictures and more.

IPAD AND IPHONE

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

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

WORD PROCESSING

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


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

INDIVIDUAL COMPUTER HELP SESSION

(30 minutes-by appointment) FREE

Friday, July 12, 26, August 9, 16, 10-11:30 am

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



MONDAYS, 7- 8:30 pm
The interest in Karaoke is growing and we aim to please those who are interested. Feel free to just come and listen. Please, **join us for the FUN!**



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

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

EUCHRE TOURNAMENT

Friday, July 26, 5 pm

\$6 Entry Fee, 25¢/Euchres

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

GAMES

POOL PLAYERS Bring a friend and play anytime.

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

BOARD GAMES Friday, 10 am

CHICAGO BRIDGE Tuesday & Friday, 1 - 4 pm

CHESS Wednesday, 12:30 pm

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 3 pm

PINOCHLE Monday & Wednesday, 12:30 pm

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

CARDS & MORE See you in the fall!

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

July 2013

OFFICE HOURS

Monday - Friday
8 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@looseseniorcenter.org

WEBSITE

www.looseseniorcenter.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

1
9:00 Massage
9:00 Softball Practice
9:00 Bridge
9:30 Yoga
10:00 Painting
11:30 Lunch Roasted Chicken
12:30 Pinochle
2:00 Creating Conf. Care.
3:00 Choir
5:00 Zumba
6:00 TOPS Weigh-in
7:00 Karaoke

2
9:15 Tai Chi
9:30 Chair Yoga
10:00 Loose Threads
10:30 Body Recall
10:30 Zumba Gold
10:45 Farmers Market
11:00 Blood Pressure
11:30 Lunch Chicken
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
2:00 Listening Ear
3:00 Mah jongg
5:30 Yoga

3
9:00 Biking Bunch
9:00 NO Manicures
9:00 Bridge
9:30 Yoga
10:00 Consumer Fraud
11:15 Art à la Carte
11:30 Lunch Stuffed Peppers
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
5:00 Zumba

4
Loose Closed
Visit our Community Angels at the Loose Booth at the Fenton Freedom Festival



5
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:30 Lunch Chicken Lasagna
1:00 Lapghans
1:00 Chicago Bridge
Saturday July 6
9:00 Yoga
10:00 Euchre
10:15 Zumba

8
9:00 CSFP
9:00 Softball Practice
9:00 Massage
9:00 Bridge
9:30 Yoga
10:00 Painting
11:30 Lunch Enchilada
12:00 "Anyone Can Paint"
12:30 Pinochle
12:30 Book Club
2:00 Creating Conf. Care.
3:00 Choir
5:00 Zumba
6:00 TOPS Weigh-in
7:00 Karaoke

9
9:15 Tai Chi
9:30 Chair Yoga
10:00 Loose Threads
10:30 Body Recall
10:30 Zumba Gold
11:30 Lunch Orange Chicken
12:00 Beg. Line Dance
12:30 Euchre
1:00 1 on 1 Financial
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
5:30 Yoga
5:30 Clio Amphitheater

10
9:00 Manicures
9:00 Biking Bunch
9:00 Blood Pressure Check
9:00 Bridge
9:30 Coffee Hour
9:30 Yoga
10:30 Watch Repair
10:30 Investment Perspective
11:15 Art à la Carte
11:30 Greektown Casino
11:30 Lunch Smoked Turkey
12:00 Facebook
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
3:15 Coupon Club
5:00 Zumba

11
8:00 Loose Board Meeting
9:15 Tai Chi
9:30 Chair Yoga
10:00 Wii Bowling
10:00 Vision Screening
10:30 Body Recall
10:30 Massage
11:15 Farmers' Market Trip
11:30 Lunch Creole Steak
12:30 Euchre
4:30 NO Zumba
5:00 Cardio Yoga
6:15 Spanish
6:30 Line Dance
7:30 Adv. Line Dance

12
8:30 Tall Ships
9:00 NO MMAP Counselor
9:30 Yoga
10:00 Computer Help
10:00 Write Life Story
10:00 Yarn Recyclers
10:00 Board Games
11:30 Lunch BBQ Chicken
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
Saturday July 13
9:00 Yoga
10:00 Euchre
10:15 Zumba

<p>9:00 Massage</p> <p>9:00 Softball Practice</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Pork Chop</p> <p>12:30 Pinochle</p> <p>2:00 Creating Conf. Care.</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>9:00 Health Exams</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Pepper Steak</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p> <p>5:30 Clio Amphitheater</p>	<p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:00 Legal Services</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch BBQ Turkey Sandwich</p> <p>12:00 Facebook</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 Divine Dixie Deva</p> <p>5:00 Zumba</p>	<p>9:00 Resource Fun Fair</p> <p>9:15 Tai Chi</p> <p>9:30 Volunteer Meeting</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling</p> <p>10:30 Body Recall</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Chicken Cordon Bleu</p> <p>12:00 SKYPE</p> <p>12:30 CPR</p> <p>1:30 NO Zumba</p> <p>4:30 Cardio Yoga</p> <p>5:00 Spanish</p> <p>6:15 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>8:00 NOMMAP</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Baked fish</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>1:30 Entertainment Express</p> <p>SATURDAY July 20</p> <p>9:00 Yoga @ Loose</p> <p>10:00 Euchre</p> <p>10:15 Zumba @ Loose</p>	<p>19</p>
<p>9:00 Massage</p> <p>9:00 Softball Practice</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Salisbury Steak</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:00 Creating Conf. Care.</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>8:30 Podiatrist</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 NO Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Turkey Burger</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:30 COOKOUT</p> <p>5:30 Yoga</p> <p>5:30 Clio Amphitheater</p>	<p>9:00 Manicures</p> <p>9:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Investment Fraud</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Chicken</p> <p>12:00 Wood Carving</p> <p>12:00 Texting</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>5:00 Zumba</p>	<p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling Banquet</p> <p>10:30 NO Body Recall</p> <p>10:30 Zumba</p> <p>10:30 Massage</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch BBQ Pulled Pork</p> <p>12:30 Euchre</p> <p>5:00 Cardio Yoga</p> <p>6:15 Spanish</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>8:00 NOMMAP</p> <p>9:30 Yoga</p> <p>10:00 Computer Help</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Mac & Cheese</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY July 27</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>25</p>
<p>9:00 Massage</p> <p>9:00 Softball Practice</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Meatloaf</p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>9:00 Podiatrist</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 NO Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Chicken Salad</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p> <p>5:30 Clio Amphitheater</p>	<p>9:00 Manicures</p> <p>9:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Spaghetti</p> <p>12:00 Wood Carving</p> <p>12:00 Digital Camera</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>2:00 BIRTHDAY BASH</p> <p>5:00 Zumba</p>	<p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling Banquet</p> <p>10:30 NO Body Recall</p> <p>10:30 Zumba</p> <p>10:30 Massage</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch BBQ Pulled Pork</p> <p>12:30 Euchre</p> <p>5:00 Cardio Yoga</p> <p>6:15 Spanish</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>8:00 NOMMAP</p> <p>9:30 Yoga</p> <p>10:00 Computer Help</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Mac & Cheese</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY July 27</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>31</p>
<p>9:00 Massage</p> <p>9:00 Softball Practice</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Meatloaf</p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>9:00 Podiatrist</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 NO Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Chicken Salad</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p> <p>5:30 Clio Amphitheater</p>	<p>9:00 Manicures</p> <p>9:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Spaghetti</p> <p>12:00 Wood Carving</p> <p>12:00 Digital Camera</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>2:00 BIRTHDAY BASH</p> <p>5:00 Zumba</p>	<p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling Banquet</p> <p>10:30 NO Body Recall</p> <p>10:30 Zumba</p> <p>10:30 Massage</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch BBQ Pulled Pork</p> <p>12:30 Euchre</p> <p>5:00 Cardio Yoga</p> <p>6:15 Spanish</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>8:00 NOMMAP</p> <p>9:30 Yoga</p> <p>10:00 Computer Help</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Mac & Cheese</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY July 27</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>29</p>

LOOSE STAFF

Carl Gabrielson
Executive Director

Debbie Hancock
Business Manager

Melinda Elmore-Hajek
Program Director

Cheryl Rex
Clerk

Bonnie Meadows
Kathy Metivier
Receptionist

Randy Green
Maintenance

WRITE YOUR LIFE STORY

Friday, July 12 & 26, 10 am, Bldg C

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun.

ALZHEIMER'S SUPPORT GROUP

Every 4th Tuesday, 2 pm, Bldg A

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

LOOSE BOOK CLUB

Monday, July 8, 1 pm, Bldg A

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

ENERGY HEALING WORKSHOP

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

Eliminate stress and negative emotions that can lead to diseases of the body by using Energy Intervention Techniques. These simple techniques will keep your body balanced and your energy healthy. Offered bi-monthly EFT Meridian Tapping eliminates stress and negativity. Energy Medicine Exercises involve Meridian Points & Chakras for body balancing. Christine Shreve is the certified EFT Coach.

LISTENING EAR

Tuesday, July 2, 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.

I will
be ur
listening
ear...



Friday, August 23

11 am - 1 pm



PURSE BOOTH

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



CHECKERS TOURNAMENT

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

JOE'S FAMOUS SLOPPY JOES

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



NEUROPATHY: is there HOPE?

Wednesday, August 7, 10:30 am FREE

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

TOPS (Take Off Pounds Sensibly)

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

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

HEALTH SERVICES & TRANSPORTATION

MASSAGE

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



Schedule today, Call 735-9406 for an appointment.

PODIATRIST

Tuesday, July 23, by appointment, Bldg A

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

FREE VISION SERVICES

Thursday, July 11, 2013, 10 am - 1 pm, Bldg. C

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

FREE HEARING CLINIC

July 19, 10 am (by appointment), Bldg. C

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

MANICURES

Wed., by appointment beginning at 9 am, \$10
THE TYPICAL MANICURE WILL INCLUDE

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior fare. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation cost \$4. A monthly pass is available for \$35 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

WEEKLY SCHEDULED VAN DESTINATION

Please call ahead to schedule a ride for the following:

THURSDAY – Flint Farmers' Market

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

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

TRIP RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED.

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

NOTE: All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions.

To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Bldg C

1st Tuesday of each month, 11 - 12 noon (BP only)

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon (BP only)

4th Monday of each month, 11 am - 12 pm



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

SPECIAL SERVICES & SUPPORT

INVESTMENT PERSPECTIVE

Wednesday, July 10, 10:30 am, Bldg C

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

ONE-ON-ONE FINANCIAL HELP

Tuesday, July 9, 1:00 pm, Bldg A

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

LEGAL ADVICE

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

Attorney Sharon Miner will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

CONSUMER FRAUD ASSISTANCE

1st Wednesday of each month, 10 am -12 noon, Bldg C

If you are having any problems with a place of business or are wondering if you have been scammed, call for an appointment or stop and talk with a representative from the office of the Genesee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genesee County by gathering, processing, and investigating consumer complaints and attempting to resolve them.

AMVETS

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

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

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

DISPOSAL OF THE AMERICAN FLAG

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure it is disposed of properly.

COUPON CLUB

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

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

WATCH REPAIR

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

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10:00 am, Bldg C

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

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

MEMBER PRIVILEGES & FUNDRAISING

UPS STORE DISCOUNT CARD

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

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

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

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

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

FREE LENDING LIBRARY The library is located in the Activity Center. Come, and take a book home with you. Donated gently-used books are always welcome; drop them off in Building C.

MEMBERSHIP Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25, which is due January 1st.

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

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

SCHOLARSHIPS are available to low-income seniors for assistance to participate in many Loose Center programs. You may qualify for transportation to Loose programs, educational classes or health and wellness programs. Income guidelines are available in the office.

PLEASE REMEMBER...We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

WE SAVE...

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

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

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

RECYCLING We receive cash for paper. Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow Abitibi bin in the parking lot.

CELL PHONES We are collecting used cell phones. Please drop them off at the Center in the drop box.

EYE GLASSES Deposit your used glasses in the Lions box, located in Building C.

FUNDING The Loose Center is funded in part by the Genesee County Senior Millage, the Southern Lakes Regional Metropolitan Parks and Recreation Millage, a Community Development Block Grant from the City of Fenton, the Harding Foundation and donations from individuals.

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



SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735-9406 or email lsc@looseseniorcenter.org so we can spread the sunshine.

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

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

TRIPS @ A GLANCE

July 10	Greektown Casino	\$27
July 12	Tall Ships Bay City	\$79
July 29	Caesars Windsor	\$17
August 6-12	Canadian Rockies	\$2,899
August 13	Genesee County Fair	\$5
August 14	Soaring Eagle & "Neil Diamond Tribute"	\$30
August 15	Applewood Tour	\$5
August 18	Detroit Princess	\$77
August 22	Tigers vs Twins	\$65
September 1-2	Mackinaw Bridge Walk	\$184
September 4	FireKeepers Casino	\$30
September 4-10	Yosemite	\$2,599
September 19	Hollywood Casino	\$28
September 25	Happy Birthday Henry	\$69
September 29	Cape Cod	\$1,299
October 8-9	Turtle Creek/Soaring Eagle	\$120
October 16	Genesee Belle Fall Lunch Cruise	\$21
October 24	Motor City Casino	\$27
November 5	Caesar Windsor Casino	\$18
November 12	Rum Runners	\$98
November 14-25	Hawaii Cruise	\$3899
November 21	FireKeepers	\$30
November 21-24	Opryland Country Christmas	\$999
December 2-3	Niagara Falls	\$209
December 9	Soaring Eagle & "Great Russian Ballet"	\$30
December 10	Holiday Glitz	\$73
December 30	New Year's Eve in Traverse City	\$284
February 2014	San Antonio & Galveston	\$2349
March 2014	Gulf Shores & The Deep South	\$1599

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

CLIO AMPHITHEATER TRIBUTE CONCERTS

Cost \$10 includes ticket and transportation

Leave Loose @ 5:30 pm

Concert begins @ 7:30 pm

Return to Loose approximately 9:30 pm

Tuesday, July 9

"Dick Wagner," writer for such bands as Alice Cooper, Meat Loaf & The Frost

Tuesday, July 16

"The Marceles" & "The Shades of Blue," Legends of Doo Wop

Tuesday, July 23

"Elvis Aaron Presley Jr." w/ "Tommy Vale & The Torpedos"

Tuesday, July 30

"The Fabulous Oldies But Goodies," a 50's & 60's review

Tuesday, August 6 "Lady Luck,"

a tribute to Heart & the women of Rock-n-Roll

Tuesday, August 13

"Mitch Ryder & The Detroit Wheels"



Thursday, August 15, \$4 (transportation)

Leave Loose at 9:30 am and return approx. 12:30 pm

Applewood is the estate of the Charles Stewart Mott Family, built by Mr. Mott in 1916 at the end of downtown Flint. It is 34 acres of beauty. The tour is free, however donations to support this program are welcome. Limited to 14, sign up today!



A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided. Leave Loose at 11:15 am. Cost: \$4 (transportation)

- July 3 Arts & The Mind: Creativity
- July 10 Arts & The Mind: The Art of Connection
- July 17 Realism in Twentieth-Century American Painting
- July 24 Burchfield's Vision
- July 31 John Portman: A Life of Building

GENESEE BELLE FALL LUNCH CRUISE

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



The Genesee Belle Paddlewheel Riverboat is a replica of the riverboats that traveled down the mighty Mississippi River during the era of Mark Twain. This fall lunch cruise is a wonderful opportunity to enjoy the beautiful setting, scenery and a relaxing time away.

2013/14 FLINT SYMPHONY ORCHESTRA

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

LIFELONG LEARNING FOR SENIORS

will return in the fall.

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

DETROIT PRINCESS includes
TRANSPORTATION &

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



Sunday, August 18, \$77

Join Loose Senior Center Thursday, August 22



INCLUDES

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

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

\$65
 Bring your Grandchild Day!

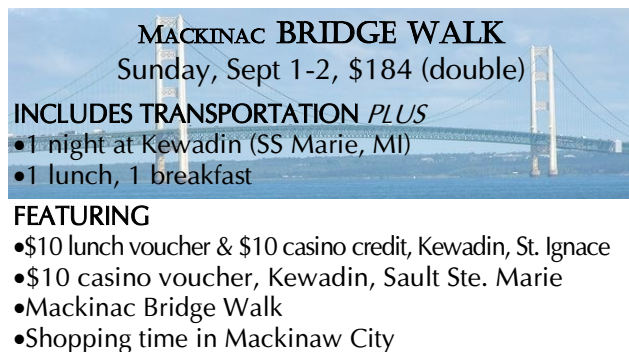


CANADIAN ROCKIES

August 6-12, \$2,899(double)

INCLUDES TRANSPORTATION AIR & MOTORCOACH

- 6 Nights Lodging, 6 Breakfasts, Lunch @ Chateau Lake Louise, 3 dinners
- All tax and tips on meals
- Sightings galore, including Jasper and Banff National Parks, Columbia Icefields Sno-Coach, Malign Canyon and MORE!



MACKINAC BRIDGE WALK

Sunday, Sept 1-2, \$184 (double)

INCLUDES TRANSPORTATION PLUS

- 1 night at Kewadin (SS Marie, MI)
- 1 lunch, 1 breakfast

FEATURING

- \$10 lunch voucher & \$10 casino credit, Kewadin, St. Ignace
- \$10 casino voucher, Kewadin, Sault Ste. Marie
- Mackinac Bridge Walk
- Shopping time in Mackinaw City



Yosemite National Park, Sept 4-10

\$2,599(double)

INCLUDES TRANSPORTATION AIR & MOTORCOACH


- 6 Nights Lodging, 6 Breakfasts, 3 dinners
- All tax and tips on meals
- Sightings galore including, Napa Valley, Lake Tahoe Boat Cruise, San Francisco, Big Trees Tram Tour, Old Sacramento and more!
- Luggage Handling

Happy Birthday HENRY

Celebrate the 150th Birthday of this legendary industrialist

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

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




Cape Cod & Martha's Vineyard

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

INCLUDES MOTORCOACH TRANSPORTATION PLUS

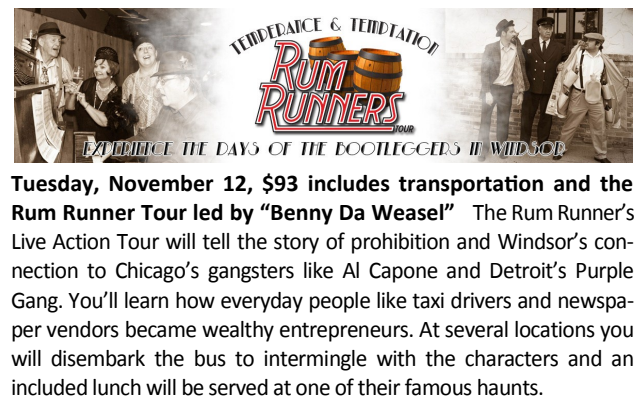
- 2 Nights - Pennsylvania
- 4 Nights Falmouth, Cape Cod
- 6 breakfasts & 3 dinners
- Tour of Cape Cod, Whale Watch, John F Kennedy Memorial, Sightseeing Martha's Vineyard, and so much more!



October 8-9, 2013, \$120 double

Includes Motorcoach Transportation PLUS

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



RUM RUNNERS

EXPERIENCE THE DAYS OF THE BOOTLEGGERS IN WINDSOR

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



Opryland Country Christmas

Plus Louisville's
 Kalighoscope Christmas

November 21-24, \$999

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

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

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



Friends!

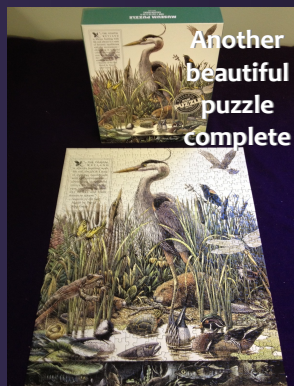


Loose Choir performs in the Opera House during Senior Power Day at Crossroad Village.

*The
faces of
Loose*



Tai Chi demonstration at Senior Power Day at Crossroad Village.



Another beautiful puzzle complete



Biking Bunch out for a ride.