

South End NEWS

JUNE 2013

LOOSE SENIOR CITIZEN CENTER



*"The best preparation for tomorrow
is the right use of today."*

- unknown

DIRECTOR'S MESSAGE

Friends,

It is human nature for a person to use the past to set one's course for tomorrow. Our day is filled with busy tasks and set plans. We check the calendar for doctor's appointments, lunch with friends, and when to go to Loose to take part in an activity. At times we sit in a quiet place remembering family and friends who have left us and how we miss them. Our life becomes predictable and mundane. We recognize every day to be somewhat the same as the day before. We become comfortable and know only the happiness that is in our "normal" life. This often becomes a natural evaluation of life as people become older and set in their ways.

Today, you can embrace a new beginning. Step out of your "normal" routine and look for new and exciting opportunities. Instead of merely remembering those who have passed on, go out and make new friends. Find a person or people who share your interest and make them part of your life; plan new activities for a positive change in routine and experience the unknown.

If your family is distant or if you are your only family, explore ways to help others and make them part of your new family. Become a pen pal, enrich a child's life through communication. Become active in your church; seek out people who are looking for the same new opportunities that you seek. Get to know your neighbors and share a cup of coffee and fond memories. Join a club and explore your fantasies. Become a volunteer and make a difference.

Make everyday a new and exciting experience. Prepare yourself for your "new" life. Get out and see the world, don't let it pass you by.

Explore and become an active senior.

"The best preparation for tomorrow is the right use of today."

Carl Gabrielson
Executive Director

Pictured on the cover: Loose Board President, Ken Wensel and Vice President, Ron Wagner prepare to break ground as Loose members, local officials and distinguished guests look on.

VOLUNTEER GIFTING COMMITTEE

A newly formed Volunteer Gifting Committee, comprised of Ann Deemer, Vince Eible, Dick Laing, Charles Montgomery and Joy Sheldon has a mission to help raise funds for the Loose Center, while establishing a permanent means to recognize donors.

On May 9th, Loose celebrated the ground-breaking for the new building. The projected cost is \$875,000 with \$802,000 currently available. The Board authorized a loan of up to \$75,000 depending on the building's final cost. While our director and board will continue to seek other funding sources, additional donations from Loose members will continue to be important.

The newly formed committee will encourage donations via information in future news mailings. In addition to cash donations, consider gifting via securities, property, insurance, wills and trusts, required IRA distributions and pledge payments. Look for more information on each topic soon.



A big THANK YOU to Caretel Inns of Linden for sharing in the festivities at the Ground Breaking Ceremony.

Caretel provided hot dogs, chips, popcorn, cookies and drinks. They also donated \$5000 toward the Loose Building Fund for a total of \$10,000. Thank you Caretel.



The **Divine Dixie Deva** is making her appearance at the Loose Center again. In her words, "Hurray! Yes, sirree bob-tale she is back with her cooking ideas. She will be tempting your palette with picnic ideas. Bring your stomach and be prepared to sit and listen to her Southern Stories of her upbringing in Southwest Georgia." She will be here on Wednesday, July 17 at 4 pm. Watch your July newsletter for details or call Loose for updated information.

Important Information

Loose **will be open** on Friday, June 14 for activities, however due to a staff in-service, office staff will not be available for business transactions. Please plan on taking care of Loose business either Thursday, June 13 or Monday, June 17. Thank you for your cooperation.

JUNE SPECIAL HAPPENINGS

ARE YOU LIVING WITH JOINT PAIN? WHEN IS IT TIME FOR A JOINT REPLACEMENT?

Join members of McLaren's Orthopedic Team for this free educational program.

Thursday, June 6, 2013, FREE
6 - 7 pm, Bldg C

TOPICS INCLUDE:


Cause of Joint Pain, Treatment Options, Resources available for your recovery process, McLaren's joint replacement program.

Light Refreshments



Speaker
Ajay Srivastava, M.D.
Orthopedic Surgeon

Registration required, please call 810-735-9406.



SPANISH FUNDAMENTALS

Thursday, June 13, 6:15 - 7:45 pm
\$10 (six week class - no class 7/4)

If you have some Spanish background from back in the day and want to brush up, or if you are interested in learning the fundamentals of the Spanish language, this class is for you. The emphasis will be basic conversational Spanish. There will be practice, time for questions, support, and of course, fun while learning.

RHUBARB LEAF STEPPING STONE

Wednesday, June 5, 12:30 pm OR

Wednesday, June 12, 12:30 pm \$5 (Limit 8)

Bring your garden to life with a handmade rhubarb stepping stone. You will need to bring a pair of rubber gloves and a large, recycled pizza box. All other supplies will be provided. Because cement will be used, you may want a mask to protect from the dust. This project will be off-site at the residence of the instructor. It is very easy to find and very close to the Center; directions will be given at the time you register.



Prescription Drug DROP OFF



Wednesday, June 12
9 am - 12 noon
Bldg. C

QUESTER PRESENTATION *Weathervanes* Thursday., June 20, 10:30 am, Bldg C, FREE

Quester Marlene Costello will be at Loose to share her extensive research on weathervanes, their history, purpose and more. Marlene will bring in pictures, and she encourages those attending to also bring in pictures and any information they have on the topic. Take the time to learn more about this unique topic and what the Questers are all about. Sign up today!



HANDS ONLY CPR

Wednesday, June 5, 10 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.

CREATING CONFIDENT CAREGIVERS

Monday, June 17 - July 22, 2-4 pm, Bldg A, FREE

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university-tested program for family members caring for a loved one with dementia at home. Two-hour sessions are held once a week for six weeks (lead by dementia care specialists). This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. When you register, ask for information on free respite care. *Sponsored by Valley Area on Aging and the Alzheimer's Association.*



Celebrating VOLUNTEERS

APPRECIATION DINNER

Monday, June 17, 5 pm

If you are a Loose Volunteer, be sure to sign up for this special recognition dinner.
Please RSVP by Friday, June 14.

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, June 12, 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, June 14, 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, June 18, 4:30 pm

Music by Pat Roberts

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.

"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.



PLEASE CONSIDER BEING PART OF THIS WONDERFUL PROGRAM. YOU WON'T BE SORRY!

This is one of the most personally rewarding programs that Loose offers. Stop by the Office for a pen pal application, fill it out and return it ASAP so that we can match you with a local third grader with similar interests.

MEDICARE MADE Simple.

Wednesday, June 26, 10:30 am, Bldg C

Baby Boomers are turning 65 and becoming eligible for Social Security and Medicare at a rate never seen before. Although Medicare's Annual Election Period (AEP) is an important time of the year to get the word out about the various supplemental Medicare plans available, this information is needed throughout the year as well. The "Medicare Made Simple" workshop is designed to make sense out of an overwhelming amount of information. There are decisions that new Medicare Beneficiaries have to make before they turn 65; this workshop will address all the key issues and allow time for questions.



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.*

VOLUNTEER GROUP MEETING

Thursday, June 20, 9:30 am, Bldg C

This monthly gathering of volunteers is meant to strengthen the Loose volunteer program through planning, growing and empowering leadership that will enhance the Loose Mission Statement. All are welcome, please join us.

KEEPING FIT

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

ZUMBA & ZUMBA GOLD \$5 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.

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.

<p>MONDAY</p> <p>HOPE LUTHERAN</p> <p>9:30 am Yoga (flow) 5:00 pm Zumba</p> <p>LINDEN ELEMENTARY</p> <p>9:00 am Softball Practice 5:00 pm Volleyball</p>	<p>TUESDAY</p> <p>HOPE LUTHERAN</p> <p>9:15 am Tai Chi 10:30 am Body Recall 12:00 pm Beg. Line Dance 1:00 pm Adv. Line Dance</p> <p>LOOSE CENTER</p> <p>9:30 am Chair Yoga 10:30 am Zumba Gold 5:30 pm Yoga (flow)</p>	<p>WEDNESDAY</p> <p>HOPE LUTHERAN</p> <p>9:30 am Yoga (flow) 11:00 am Hope Walking Club 5:00 pm Zumba</p> <p>LOOSE CENTER</p> <p>9:00 am Biking Bunch</p>	<p>THURSDAY</p> <p>HOPE LUTHERAN</p> <p>9:15 am Tai Chi 10:30 am Body Recall 4:30 pm Zumba 6:30 pm Beg Line Dance 7:30 pm Adv. Line Dance</p> <p>LOOSE CENTER</p> <p>9:30 am Chair Yoga 5:00 pm Cardio Yoga</p>
<p>FRIDAY</p> <p>HOPE LUTHERAN</p> <p>9:30 am Yoga (flow) 11:00 am Hope Walking Club</p>	<p>SATURDAY</p> <p>HOPE LUTHERAN</p> <p>9:00 am Yoga (flow) 10:15 am Zumba</p>	<p>Fitness is not about being better than someone else...it's about being better than you used to be.</p>	



ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

Monday, June 10, 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, June 24, 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, June 18, 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.**

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.



Wow

A GIANT THANKS to our Yarn Recycling group. Each week they gather to knit and crochet, and in the past four years, well over 13,000 hats and over 800 blankets have been donated to those in need. Kudos to those who share of their time and talents in such a caring way!

The Lapghan group is equally as busy sharing their time and talents. In 2012-2013 to date, this group had donated 900 baby hats, 75 adult lapghans & larger afghans, 210 knitted cotton-washcloths (for Homeless personal kits), 155 baby blankies (preemie, NICU, full-term) and that doesn't count the baby booties, neck scarves, slippers, etc.

PLEASE SIGN IN

No matter if you are here to play cards, participate in a special class, sign up for an event or grab a loaf of bread, please, ALWAYS remember to sign in. It helps in so many ways. *Thank you!*

COMPUTER CLASSES AND 🎵 MUSICAL OPPORTUNITIES 🎵

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.



LEARN YOUR LAPTOP

June 12 & 13, 1:30-3:30 pm, \$20 Building C

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

BASIC INTERNET/EXPLORING THE INTERNET

June 19 & 20, 12-2 pm, \$20 Building C

Explore the Internet and find out how a "browser" works and how to search and find reliable information online. You will get to try out some search strategies online with plenty of time to practice.

EMAIL BASICS

Wednesday, June 26, 12-2 pm, \$10 Building C

Learn how easy it is to create an email account, send and receive messages. Topics include file attachments, folders, spam, etc. *If you need to create an email account, please plan on coming to one of the open sessions (Friday, June 21, 10 - 11:30 am) for help setting it up.*

BUYING AND SELLING ON LINE

Thursday, June 27, 1:30-3:30 pm, \$10 Building C

Basic computer skills required

Learn the basics of making purchases and selling your items using the popular websites ebay and Craigslist.

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, 12:00-2:00 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, June 21, July 12, 26, August 9, 23, 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!

June 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
<p>3</p> <p>9:00 Massage 9:00 Bridge 9:00 Softball Practice 9:30 Yoga 10:00 Painting 11:30 Lunch Meatloaf 12:30 Pinochle 2:00 Listening Ear 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>4</p> <p>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 Fried Chicken 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 5:30 Yoga</p>	<p>5</p> <p>9:00 Manicures 9:00 Biking Bunch 9:00 Bridge 9:30 Yoga 10:00 CPR 10:00 Consumer Fraud 10:30 Art à la Carte 11:30 Lunch Ribs in BBQ Sauce 12:00 Wood Carving 12:30 Rhubarb Leaf Step. Stone 12:30 Pinochle/Dominoes/Chess 5:00 Zumba</p>	<p>6</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 AMVET Rep. 10:00 FireKeepers 10:00 Wii Bowling 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Turkey 12:30 Euchre 3:00 Mah jongg 4:30 Zumba 5:00 Cardio Yoga 6:00 Living with Joint Pain 6:30 Beg. Line Dance 7:30 Adv. Line Dance</p>	<p>7</p> <p>8:30 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch Pot Roast 1:00 Lapghans 1:00 Chicago Bridge</p> <p>Saturday June 8</p> <p>9:00 Yoga 10:00 Euchre 10:15 Zumba</p>
<p>10</p> <p>9:00 CSFP 9:00 Massage 9:00 Bridge 9:00 Softball Practice 9:30 Yoga 10:00 Painting 11:30 Lunch Chicken 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>11</p> <p>7:00 All Things Detroit 9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 Body Recall 10:30 Zumba Gold 11:30 Lunch Ham 12:00 Beg. Line Dance 12:30 Euchre 1:00 on 1 Financial 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 5:30 Yoga</p>	<p>12</p> <p>9:00 Prescription Drug Drop 9:00 Blood Pressure Check 9:00 Manicures 9:00 Biking Bunch 9:30 Coffee Hour 9:30 Yoga 9:00 Bridge 10:30 Watch Repair 10:30 Investment Perspective 11:15 Art à la Carte 11:30 Lunch Creole Steak 12:00 Wood Carving 12:30 Rhubarb Leaf Step. Stone 12:30 Pinochle/Dominoes/Chess 1:30 Learn Laptop 3:15 Coupon Club 5:00 Zumba</p>	<p>13</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 Wii Bowling 10:30 Body Recall 10:30 Massage 11:30 Lunch Chicken 12:30 Euchre 1:30 Learn Laptop 3:00 Mah jongg 4:30 Zumba 5:00 Cardio Yoga 6:15 Spanish 6:30 Beg. Line Dance 7:30 Adv. Line Dance</p>	<p>14</p> <p>STAFF INSERVICE No Business Transactions 8:15 Lifelong Learning 8:30 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch Sloppy Joes 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck</p> <p>Saturday June 15</p> <p>9:00 Yoga 10:00 Euchre 10:15 Zumba</p>

<p>17</p> <p>9:00 Massage 9:00 Bridge 9:00 Softball Practice 9:30 NO Yoga 10:00 Painting 11:30 Lunch <i>Pepper Steak</i> 12:30 Pinochle 2:00 Creating Conf. Care. 3:00 NO Choir 5:00 Zumba 5:00 Volleyball 5:00 Volunteer Celebration 6:00 TOPS Weigh-in 7:00 NO Karaoke</p>	<p>18</p> <p>8:30 Podiatrist 9:15 NO Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 NO Body Recall 10:30 Zumba Gold 11:30 Lunch <i>Chicken</i> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Scrapbooking 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:30 Cookout 5:30 Yoga</p>	<p>19</p> <p>9:00 Manicures 9:00 Biking Bunch 9:30 Legal Services 9:30 NO Yoga 9:00 Bridge 11:15 Art à la Carte 11:30 Lunch <i>Spaghetti</i> 12:00 Wood Carving 12:00 Exploring the Internet 12:30 Pinochle/Dominoes/Chess 5:00 Zumba</p>	<p>20</p> <p>7:00 Kewadin Trip 9:15 NO Tai Chi 9:30 Volunteer Meeting 9:30 Chair Yoga 10:00 Wii Bowling 10:30 Quester Weather Vanes 10:30 NO Body Recall 11:00 Blood Pressure 11:15 Farmers' Market Trip 11:30 Lunch <i>BBQ Turkey</i> 12:00 Exploring the Internet 12:30 Euchre 2:00 Energy Healing 3:00 Mah jongg 4:30 Zumba 5:00 Cardio Yoga 6:15 Spanish 6:30 Beg. Line Dance 7:30 Adv. Line Dance</p>	<p>21</p> <p>8:30 MMAP Counselor 9:30 NO Yoga 10:00 Hearing Doctor 10:00 Yarn Recyclers 10:00 Board Games 10:00 Computer Help 11:30 Lunch <i>Mac & Cheese</i> 1:00 Lapghans 1:00 Chicago Bridge SATURDAY June 22 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>
<p>24</p> <p>9:00 Massage 9:00 Bridge 9:00 Softball Practice 9:30 Yoga 10:00 Painting 11:00 Blood Pressure 11:30 Lunch <i>Steak</i> 12:30 Pinochle 1:00 Happy Stampers 2:00 Creating Conf. Care. 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>25</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 Body Recall 10:30 Zumba Gold 11:30 Lunch <i>Burrito</i> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 5:30 Yoga</p>	<p>26</p> <p>9:00 Manicures 9:30 Yoga 9:00 Bridge 9:00 Biking Bunch 10:00 Medicare Made Simple 11:15 Art à la Carte 11:30 Lunch <i>Pork Chop</i> 12:00 Wood Carving 12:00 Email Basics 12:30 Pinochle/Dominoes/Chess 5:00 Zumba @ Loose</p>	<p>27</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 Wii Bowling 10:30 Body Recall 10:30 Massage 11:15 Farmers' Market Trip 11:30 Lunch <i>BBQ Chicken</i> 12:30 Euchre 1:30 Buy & Sell Online 3:00 Mah jongg 4:30 Zumba 5:00 Cardio Yoga 6:15 Spanish 6:30 Beg. Line Dance 7:30 Adv. Line Dance</p>	<p>28</p> <p>8:30 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch <i>Baked Fish</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament SATURDAY June 29 9:00 Yoga @ Loose 10:00 Euchre 10:15 Zumba @ Loose</p>

HEALTHY LIVING

WRITE YOUR LIFE STORY

Friday, June 14 & 28, 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, June 10, 1 pm, Bldg A

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

ENERGY HEALING WORKSHOP

Thursday, June 20, 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 to eliminate stress and negativity, Energy Medicine Exercises involving Meridian Points & Chakras for body balancing by Christine Shreve, Certified EFT Coach.

LISTENING EAR

1st Monday of the month 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 to and share in this safe space to calm the rough waters of your life.



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.

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.

TOPS (Take Off Pounds Sensibly)

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

EUCHRE TOURNAMENT

Friday, June 28, 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 & Thursday 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.

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, June 18, 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

June 21, 10 am (by appointment), Bldg. C

Hearing Tests and Evaluations, Hearing Aid Check 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, June 12, 10:30 am, Bldg C

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

ONE-ON-ONE FINANCIAL HELP

Tuesday, June 11, 1:00 pm, Bldg A

Financial Advisor Katie Rozen will be available for free financial consultations at Loose Center the 2nd Tuesday of each month. This service is 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

June 4	Flint Farmer's Market	\$5
June 6	FireKeepers Casino	\$30
June 9-14	Branson	\$1099
June 11	All Things Detroit	\$71
June 20-21	Kewadin Casino	\$115
July 10	Greektown Casino	\$27
July 12	Tall Ships Bay City	\$79
July 19-27	South Dakota's National Parks	\$1,569
July 29	Caesars Windsor	\$17
August 6-12	Canadian Rockies	\$2,899
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
November 14-25	Hawaii Cruise	\$3899
November 21-24	Opryland Country Christmas	\$999
December 2-3	Niagara Falls	\$209

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

The following concerts are scheduled and will be held at the Clio Amphitheater. Mark your calendar and watch for more details, available soon!



Cost \$10 includes ticket and transportation

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"

TUESDAY, JUNE 4, \$5 (transportation)

- ◆ Van leaves Loose at 10:45 am
- ◆ Arrive at Market 11:15
- ◆ Lunch and shopping on your own.
- ◆ Leaves Market 1 pm
- ◆ Arrives at Loose Approx. 1:30 pm



JOIN IN THE SUMMER FUN AT THE MARKET



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!

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.

**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 (transportation)

- 6/5 Dad's in Heaven with Nixon
- 6/12 The Evolution of Art
- 6/19 London
- 6/26 Paris



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.

June 14: THE WATERFALLS OF MICHIGAN

A visual feast, join us as we take you on a journey to some of the hidden majesties of our state.

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



All Things Detroit

Tuesday, June 11, 2013, \$71

INCLUDES TRANSPORTATION PLUS

- Tour of Detroit American
- Coney Island Lunch
- Guardian Building Tour
- Cliff Bells (dessert & coffee)



South Dakota's National Parks

July 19-27, \$1,569 (double)

INCLUDES TRANSPORTATION PLUS

- 8 Nights Lodging, 8 Breakfasts, 1 lunch, 4 dinners, \$93 gaming package
- Sights galore!
- All tax and tips on meals
- Luggage Handling



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!

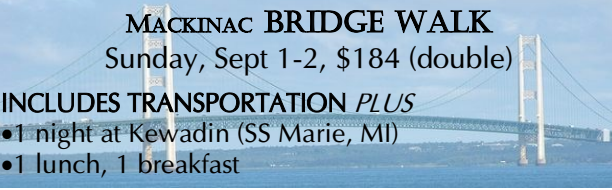


CANADIAN ROCKIES

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
- Sights 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
- Sights galore including, Napa Valley, Lake Tahoe Boat Cruise, San Francisco, Big Trees Tram Tour, Old Sacramento and more!
- Luggage Handling

Happy Birthday HENRY

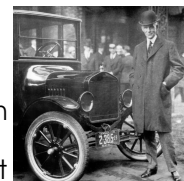
Celebrate the 150th Birthday of this legendary industrialist

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




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

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

CAUTION

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

Ground Breaking Celebration!

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



The sign is up!

LOOSE BOARD
Ken Wensel
Ron Wagner
Alberta Martin
Vince Eible, Jr.
Bob Cole
Ann Deemer
Roby Deese
Cheryl King
Richard Laing
Frank Lukowski
Charles Montgomery
Charlie Ross
Les Scott



Linden American Legion
Post 119 leads the
Pledge of Allegiance.



The crowd looks on as
the ground is *BROKEN!*



Caretel team provided
lunch for the crowd.



Enjoying lunch and
the beautiful day!