

# South End NEWS

DECEMBER 2013

LOOSE SENIOR CITIZEN CENTER



May your walls know joy,  
may every room hold  
laughter, and every window  
open to great possibility.

- Mary Anne Radmacher



## DIRECTOR'S MESSAGE



Dear Friends,

As we approach the Holiday Season we are thankful for all the wonderful things we witnessed in 2013. We cherish all the gifts that we have in our life and hopefully we take time to see Christmas through the eyes of children. There are memories of pageants filled with wonderful music, gift exchanges with classmates in school and sitting on Santa's knee, asking for the toys that we wished for throughout the year. We cherish the decorations in the town square, the cutting of the tree, decorating it and making our homes beautiful for the holidays. We remember the anticipation of Christmas Eve, trying to stay awake to hear the sound of reindeer hooves on the roof and Santa sliding down the chimney. Then the big day, Christmas, when we awoke, ran to the tree and shared the opening of presents with our family.

Christmas is a time of love, faith, joy and memories, a time to reflect on our childhood and relive those wonderful memories we had with family and friends. It is time to be a kid again. It is also a time to cherish the Christmas of today and all the new memories that are made. So this year, my hope for you is that you would put all your troubles aside and be thankful for those gifts that you have received and for those still to come.

For it is the child in our heart that makes us who we are. Merry Christmas from the Loose Staff and Board. Remember...All is Well!

*Carl Gabrielson*  
Executive Director

### SEEKING NEW BOARD MEMBER

A position on the Loose Board is now vacant. Persons interested in filling this position should submit the following to Carl Gabrielson, Executive Director:

- A letter of intent
- A résumé which includes why you wish to become a board member (reason & purpose)
- Boards you have served (profit or non profit)
- Loose member status (member or non-member)

All letters of intent will be presented to the board and an election to fill this position will take place at the Thursday, March 13, 2014 Loose board meeting .

### STEPS TO DEVELOPING A CHARITABLE GIVING STRATEGY

*(continued)*

In the November issue we introduced three key steps to effective giving: Exploring, Setting Goals and Strategizing.

**Exploring** is asking yourself what you care about, thinking about past donations, your preference for global or community focused causes, and how much you want to be involved in your chosen charity. You also want to make sure you can trust your chosen charity to use your money wisely. As you look at what the Loose Board has been able to do with our new building, we believe you can trust the Loose Center with your gift.

**Setting Goals** is asking yourself what successful philanthropy looks like to you and what you hope to achieve with your gifting money. Make sure you can measure the progress of your chosen charity's mission. Loose's growing membership is an important measurement, proving that we are "providing and coordinating responsive programs and services which enhances the dignity, support the independence, and offer stimulating and meaningful opportunities" to our members.

**Strategizing** is the plan you create to ensure that you'll reach your giving goals, beginning with how much you plan to donate. The average American donates about 4.7% of his or her income. What is the right percentage for your budget? Many people give small amounts to many charities, which is not an effective strategy because it dilutes your donations with hard-to-see measurable progress.

Your strategy should also include how to give and the frequency of your giving. Most important, deciding to be more **intentional** in charitable giving will be beneficial in keeping your budget on track, making a greater impact and discovering how personally rewarding giving can be.



### The New Loose Center GIVING TREE

Thankfully recognizing the generosity of Loose Donors beginning September 30, 2011.

**Pictured on the cover:** Loose Volunteers, Marcia Brasher, Bonnie Meadows (Staff) and Betty Reschly welcome our friends and neighbors from Roo's Daycare on Christmas Card Sale day.

# DECEMBER SPECIAL HAPPENINGS

## CHRISTMAS DINNER AT SPRING MEADOWS

Tuesday, December 3, 12 noon, \$18

Join us for an elegant plated luncheon at Spring Meadows Country Club, located on Ripley Road in Linden. The price includes either **Chicken Marsala or Baked Talapia w/lemon butter almandine** (please indicate your choice at time of ticket purchase), salad, baked potato, green beans almandine, roll and dessert. Dan Hayes will provide entertainment and a hardy sing-along atmosphere. This event is a favorite of many Loose members. Tickets are limited, preregistration is required.



"As we work to create light for others, we naturally light our own way."  
Mary Anne Radmacher

The **GIVING TREE** is up and welcoming new mittens, hats, scarves, gloves and socks. All items will be gathered and donated to local charities. All donations are appreciated; however, there is typically

a shortage for men's items. We will be collecting until Friday, December 6. *Thank you!*

## BEAUTIFUL FELT PURSE

Tuesday, Dec. 3 & Wednesday, Dec. 11, 12-2 pm, \$15



Create a knitted/felted handbag in two classes. In just a few hours you can make this bag for yourself or for a gift. You need to know how to knit or crochet, use 100% wool and wet felt, all taught in the class. Adornments are needle felted. Bring 1-skein of wool yarn (Patons Classic or Lion Brand) and size 10 US needles.

## LIFELONG LEARNING FOR SENIORS

Friday, December 20, \$8 (includes transportation)

*Whaley Historical House Museum*

Ms. Steele, Director of Whaley will discuss the rich history of this Kearsley St. landmark as part of the Christmas at Whaley annual event. Hear about the Whaleys, a well known family that lived in the residence. Tour the Whaley House after the program for the special price of \$3. Dan Hayes will also provide beautiful Christmas songs. *Please sign up by noon the Wednesday prior to the event.*

*A peak at upcoming holiday fun!*

## SNOW FESTIVAL

WEDNESDAY, DECEMBER 4

**SNOWFLAKE-MAKING PARTY:** 9-11 am. A new decoration tradition at the Loose Center. Bring your scissors and leave the rest to us. FREE

**LIGHT LUNCH:** 11:30-12 noon. Lunch will include chicken salad croissant, fruit, beverage and a holiday treat. \$3 *This special lunch will not take the place of the regular daily lunch. Please be sure to register for this event.*

## CARD MAKING CLASS

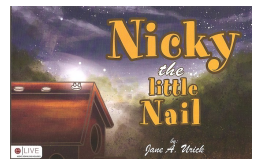
Wednesday, December 4, 12:30 pm, \$2

Relax and enjoy an afternoon of card creativity and great conversation. Member Dee Behrens, who is a VERY talented card maker, will lead this class. Materials will be provided and each participant will create their own card. Be sure to sign up.

## BOOK SIGNING

Wednesday, December 4, 9 am - 12 noon

Loose member Jane Urick has written her first book, and it has been published! She will be at Loose on Snow Festival Day. Jane is a great-great grandmother and has lived in the Fenton/Linden area for over forty years. She has had several children's stories published and is now putting those stories in book form. "Nicky the Little Nail" is her first book.



## MEDICATION ADMINISTRATION & SAFETY

Tuesday, December 10, 12:30 pm, Bldg. A

Learn the top five things people should know about medication...*and don't*. Discover common sense approach to medication dos and don'ts. Come talk with Racheal Schiavone, Licensed Practical Nurse, for inside tips on how to better manage your medications and health. Get free advice in plain English and an easy-to-understand format. Please call and register for this event.

## CHRISTMAS SING-A-LONG

Tuesday, December 17, 6 pm, FREE  
*Specific details located on the back page.*



## 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, December 11, 9:30 am, Annex

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

### POTLUCK DINNER

Friday, December 13, 5 pm, Annex

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

### MONTHLY VOLUNTEER MEETING

Thursday, January 23, 9:30 am, Annex

This meeting is set for volunteer committees to meet (if necessary) to plan, brainstorm and welcome new committee members.



Visit us on  
**Facebook**

Facebook is probably the dominant social networking sites in the world. Facebook lets you create, reconnect with friends, family, share photos and keep in touch in many ways. This kind of technology can be intimidating because of a lack of understanding. Loose offers Facebook classes as a way to help. Knowledge is power, take the leap!

Loose has a Facebook page that is updated and a fun way to keep in touch. Check it out at, click the ["Find us on Facebook"](#) link on the Loose website @ [www.loosecenter.org](http://www.loosecenter.org). When you are on the Loose Facebook page make sure you [LIKE](#) us!

**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, remember to ALWAYS sign in. It helps in so many ways. *Thank you!*

### GCCARD

### CHRISTMAS LUNCHEON

Thursday, December 19, 11:30 am

**Reservations due December 6**

Pork Roast w/gravy, Mashed Potatoes, Capri Blend Vegetable, Roll, Cherry Pie, Drink

## Christmas Card Sell-Out

If you haven't bought your Christmas Cards yet **OR** would like to buy them for next year, Loose has a deal you can't pass up. All Christmas Cards will be sold **15 for \$1.00** the entire month of December.

Stop by, take a look and stock up.

## 2014 CATERED DINNERS

*To be held in our beautiful new hall!*

**FRIDAY, JANUARY 17, 5 PM, \$12**

Guest Speaker Len Thomas,  
*"The Waterfalls of Michigan"*

### MENU

Cabbage Rolls, Chicken, Pulled Pork,  
Au gratin Potatoes, Corn,  
Salads, Rolls, Desert & Drinks.

~~~~~  
**FRIDAY, FEBRUARY 14, 5 PM, \$12**

Guest: The Loose Choir

### MENU

Swiss Steak, Turkey, Sausage & Kraut,  
Mashed Potatoes, Green Beans, Corn,  
Salads, Rolls, Desert & Drinks.

~~~~~  
**TUESDAY, MARCH 18, 5 PM, \$12**

Guest Speaker: Meteorologist, John McMurray\MENU TBD

~~~~~  
**TUESDAY, APRIL 15, 5 PM, \$12**

Guest Speaker: Dr. Mike Heberling  
*"The Not So Good Old Days"*

### MENU TBD

### INCLEMENT WEATHER POLICY

When the Linden Schools are closed due to weather conditions, the Loose Senior Citizen Center will be closed. Local television and radio stations will list the latest school closings. Feel free to call Loose for updates in scheduling.



# 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 Will return in the spring.

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 *New league begins 1/9/14*

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

## GOLF AT SHIAWASEE SHORES

See you in the spring!



Mon., January 13, 1pm

**Cornhole!** Great indoor fun for the winter months. Come and give it a try. If you are already

a player, join in on the fun. We guarantee, there will be fun, learning, tossing and laughter. It may just become a regular Loose thing. Who knows? We may have the next Cornhole champion right in our midst.

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

## 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.

**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!

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

# Fitness Class Schedule

### MONDAY

9:30 am Yoga (gentle flow)  
5:00 pm Zumba  
**LINDEN ELEMENTARY**  
6:00 pm Volleyball

### TUESDAY

9:15 am Tai Chi  
9:15 am Chair Yoga  
10:15 am Zumba Gold  
10:30 am Body Recall  
12:00 pm Beg. Line Dance  
1:00 pm Adv. Line Dance  
5:00 pm Yoga (gentle flow)

### WEDNESDAY

9:30 am Yoga (gentle flow)  
11:00 am Hope Walking Club  
5:00 pm Zumba  
**Biking Bunch**  
returns in the spring

### THURSDAY

9:15 am Tai Chi  
9:15 am Chair Yoga  
10:00 am Wii Bowling  
10:15 am Zumba Gold \*  
*\*(begins when the new facility opens)*  
10:30 am Body Recall  
4:30 am Zumba  
5:00 pm Yoga (gentle flow)  
6:30 pm Beg Line Dance  
7:30 pm Adv. Line Dance

### FRIDAY

9:30 am Yoga (gentle flow)

### SATURDAY

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





## ARTSY & CRAFTY

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

**Monday, December 9, 12-2 pm, Annex, \$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, December 23, 1 pm, Annex, 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, December 17, 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, Annex, FREE**

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

### **PAINTING GROUP**

**Mondays, 10 am, Annex, FREE**

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

### **WOOD CARVERS**

**Wednesdays, 12 - 2 pm, 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.

### **INTRODUCTION TO BASIC DRAWING**

**Monday, January 27-March 24, 1-3 pm, \$55 (8 classes)**

This class introduces students to learning the basic forms and transitioning basic forms into shapes. Learn how to use values in your drawing to get depth, movement: and use of negative space. Supplies necessary for class include: drawing paper or a sketch pad, kneaded eraser, white eraser and a 2B pencil. **Instructor,** Peggy Mattson



## **Senior Winter Games**

The Senior Winter Games Board of Directors is pleased to announce information for the 2014 Genesee County Senior Winter Games!

- ◆ Registration is open December 9 - January 16.
- ◆ The Opening Ceremony will be held at 1 pm on Monday, February 3 at Davison Senior Center, which is located on Lapeer Road in Davison. All events will be held from February 3 through February 19.
- ◆ The Closing Ceremony will once again be held at the Knights of Columbus Hall in Davison on February 20<sup>th</sup>. Doors will open promptly at 10 am with the program beginning at 11am.
- ◆ The registration fee is \$12 and includes the Opening Ceremony, Closing Banquet, event, and a Games shirt. Please contact Loose for additional details.



## CLASSES, 🎵 MUSICAL OPPORTUNITIES & MORE

Loose computer 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*. You must bring your own computer or you can opt to observe and take notes. All classes will also be projected on the screen.



### PLEASE PREREGISTER FOR ALL CLASSES

#### DIGITAL PHOTOS

**January 9 & 16, 4-6 pm, Bldg. A, \$20**

Did you receive a new camera or phone with a camera recently? We'll show you how to save, share, fine-tune, and order photos, photo books and other special photo gifts online right from home. Either bring your own photos on a personal flash drive or learn using ours. Prerequisites: Participants must be experienced using the mouse and Internet.

#### GETTING STARTED ON CRAIGSLIST

**January 23 & 30, 4-6 pm, Bldg. A, \$20**

Participate in the resale market for recycling, clutter control or just for the fun of hunting for a bargain. Whether you're buying or selling, we'll get you started using free local online classified ads. Prerequisites: Participants must be experienced using the mouse and Internet and must have an email account or create one before the day of class. The perfect class to go along with the Digital Photo class. Sign up today!

#### IPAD 1

**February 5 & 12, 4-6 pm, Bldg. A, \$20**

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

#### IPAD 2

**February 19 & 26, 4-6 pm, Bldg. A, \$20**

For those who have completed iPad 1. Take things a step further and begin to dive deeper. Understanding settings and the importance of making them work for you. Learn iPad tricks and learn how to maximize this amazing piece of technology to fit you and your needs.

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

### EUCHRE TOURNAMENT

**Friday, January 24, 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, 8 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.



Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. Led by accomplished and dedicated musicians, director Gary Daniel and accompanist

Ramona Deese, the choir rehearses and works to prepare for many special events. They go into the community sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. The choir is a very welcoming group; stop by and see!

**Loose CHOIR practices are Mondays, 3 pm, Annex.**



### KARAOKE

**Mondays 7-8:30 PM**

Karaoke is just plain fun. If you have always wanted to try, this is the place to start. The group is very encouraging and many friendships have been formed. Also, feel free to just come and listen. **Just say YES to the fun.**





# DECEMBER



## 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

|          |                                                                                                                                                                                                                                                                                                           |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b> | Niagara Falls<br>8:00<br>Bridge<br>9:00<br>Massage<br>9:30<br>Yoga<br>10:00<br>Painting<br><b>11:30 Lunch Stuffed Peppers</b><br>12:00<br>Felting Purse<br>12:30<br>Pinochle<br>2:00<br>Listening Ear<br>3:00<br>Choir<br>5:00<br>Zumba<br>6:00<br>Volleyball<br>6:00<br>TOPS Weigh-in<br>7:00<br>Karaoke |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|          |                                                                                                                                                                                                                                                                                                                                                                |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b> | Tai Chi<br>9:15<br>Chair Yoga<br>9:30<br>Loose Threads<br>10:00<br>Body Recall<br>10:30<br>NO Zumba Gold<br>10:30<br>Blood Pressure<br>11:00<br><b>11:30 Lunch Beef Barley Soup</b><br>12:00<br><b>SPRING MEADOWS</b><br>12:00<br>Beg. Line Dance<br>12:30<br>Euchre<br>1:00<br>Adv. Line Dance<br>1:00<br>Chicago Bridge<br>3:00<br>Mah jongg<br>5:00<br>Yoga |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|          |                                                                                                                                                                                                                                                                                                                                                                       |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>4</b> | <b>SNOW FESTIVAL DAY *</b><br>8:00<br>Bridge<br>9:00<br>Manicures<br>9:00<br>Snowflake Making *<br>9:00<br>Book Signing *<br>9:30<br>Yoga<br>10:00<br>Consumer Fraud<br>11:15<br>Art à la Carte<br><b>11:30 Lunch Pork Chop</b><br>11:30<br>Light Lunch \$3 *<br>12:30<br>Card Making *<br>12:00<br>Wood Carving<br>12:30<br>Pinochle/Dominoes/Chess<br>5:00<br>Zumba |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|          |                                                                                                                                                                                                                                                                                                                      |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>5</b> | Tai Chi<br>9:15<br>Chair Yoga<br>9:30<br>AMVET<br>10:00<br>Cards & More<br>10:30<br>Body Recall<br>10:30<br>Farmers' Market Trip<br>11:15<br><b>11:30 Lunch Pepper Steak</b><br>12:00<br>Wii Bowling Banquet<br>12:30<br>Euchre<br>4:30<br>NO Zumba<br>5:00<br>Yoga<br>6:30<br>Line Dance<br>7:30<br>Adv. Line Dance |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|          |                                                                                                                                                                                                                                                               |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>6</b> | MMAP Counselor<br>8:00<br>Yoga<br>9:30<br>Yarn Recyclers<br>10:00<br>Board Games<br>10:00<br><b>11:30 Lunch Chick. Gumbo</b><br>1:00<br>Lapghans<br>1:00<br>Chicago Bridge<br><b>Saturday December 7</b><br>9:00<br>Yoga<br>10:00<br>Euchre<br>10:15<br>Zumba |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|          |                                                                                                                                                                                                                                                                                                                              |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9</b> | Bridge<br>8:00<br>CSFP<br>9:00<br>Massage<br>9:00<br>Yoga<br>9:30<br>Soaring Eagle<br>10:00<br>Painting<br>10:00<br><b>11:30 Lunch Chicken</b><br>12:00<br>"Anyone Can Paint"<br>12:00<br>Pinochle<br>12:30<br>Book Club<br>1:00<br>Choir<br>3:00<br>Zumba<br>5:00<br>Volleyball<br>6:00<br>TOPS Weigh-in<br>7:00<br>Karaoke |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

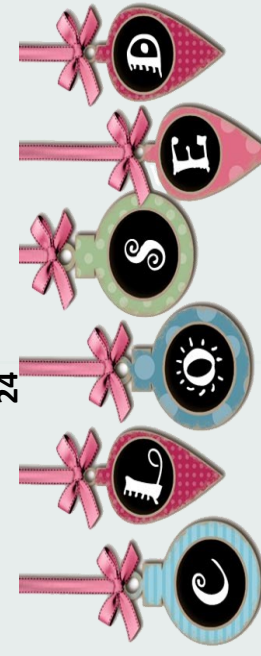
|           |                                                                                                                                                                                                                                                                                                                                                        |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>10</b> | Tai Chi<br>9:15<br>Chair Yoga<br>9:30<br>Loose Threads<br>10:00<br>Body Recall<br>10:30<br>Zumba Gold<br>10:30<br><b>11:30 Lunch Beef Steak</b><br>12:00<br>Beg. Line Dance<br>12:30<br><b>Medication Admin.</b><br>12:30<br>Euchre<br>1:00<br>Adv. Line Dance<br>1:00<br>Chicago Bridge<br>1:15<br>Holiday Giltz<br>3:00<br>Mah jongg<br>5:00<br>Yoga |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|           |                                                                                                                                                                                                                                                                                                                                |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>11</b> | Bridge<br>8:00<br>Manicures<br>9:00<br>Blood Pressure<br>9:00<br>Coffee Hour<br>9:30<br>Yoga<br>9:30<br>Watch Repair<br>10:30<br>Art à la Carte<br>11:15<br><b>11:30 Lunch Chicken Sandwich</b><br>12:00<br>Wood Carving<br>12:00<br>Felting Purse<br>12:30<br>Pinochle/Dominoes/Chess<br>3:00<br>Coupon Club<br>5:00<br>Zumba |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|           |                                                                                                                                                                                                                                                                                                                    |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>12</b> | Board Meeting<br>8:00<br>Tai Chi<br>9:15<br>Chair Yoga<br>9:30<br>Massage<br>10:30<br>Body Recall<br>10:30<br>Cards & More<br>10:30<br>Farmers' Market Trip<br>11:15<br><b>11:30 Lunch Meatloaf</b><br>12:30<br>Euchre<br>4:30<br>Zumba<br>5:00<br>Yoga<br>6:30<br>Beg. Line Dance<br>7:30<br>Adv. Beg. Line Dance |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|           |                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>13</b> | MMAP Counselor<br>8:00<br>Yoga<br>9:30<br>Write Life Story<br>10:00<br>Yarn Recyclers<br>10:00<br>Board Games<br>10:00<br><b>11:30 Lunch Baked Fish</b><br>1:00<br>Lapghans<br>1:00<br>Chicago Bridge<br>5:00<br><b>Potluck</b><br><b>Saturday December 14</b><br>9:00<br>Yoga<br>10:00<br>Euchre<br>10:15<br>Zumba<br><b>Sunday December 15</b><br>2:30<br>Mannheim Steamroller |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



|                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>16</b></p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p><b>11:30 Lunch Salisbury Steak</b></p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>                                            | <p><b>17</b></p> <p>8:30 Foot Doctor</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><b>11:30 Lunch Turkey Soup</b></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>5:00 Yoga</p> <p>6:00 <b>CHRISTMAS SING-ALONG</b></p> | <p><b>18</b></p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Legal Services</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p><b>11:30 Lunch Beef Pasties</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p> | <p><b>19</b></p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:30 Body Recall</p> <p>10:30 Cards &amp; More</p> <p>11:15 Farmers' Market Trip</p> <p><b>11:30 Lunch Christmas Lunch</b></p> <p>12:00 Blood Pressure</p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p> | <p><b>20</b></p> <p>8:00 MMAP Counselor</p> <p>8:15 Lifelong Learning</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><b>11:30 Lunch Mac &amp; Cheese</b></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p><b>Saturday December 21</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p><b>Sunday December 22</b></p> <p>2:00 <b>Holiday Pops</b></p> |
| <p><b>23</b></p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure</p> <p><b>11:30 Lunch Ham</b></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p> | <p><b>24</b></p>  <p><b>for Christmas!</b></p> <p>The Loose office will be closed from December 24 - January 1 for the Holidays. The Office will reopen on January 2, 2014.</p> <p><b>The Loose Staff wishes you all a blessed Christmas and look forward to sharing a joyful New Year!</b></p>                                    | <p><b>26</b></p> <p><b>LOOSE STAFF</b></p> <p>Carl Gabrielson<br/><i>Executive Director</i></p> <p>Debbie Hancock<br/><i>Business Manager</i></p> <p>Melinda Elmore-Hajek<br/><i>Program Director</i></p>                                                 | <p><b>27</b></p> <p>Cheryl Rex<br/><i>Clerk</i></p> <p>Bonnie Meadows<br/>Kathy Metivier<br/><i>Receptionist</i></p> <p>Randy Green<br/><i>Maintenance</i></p>                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                    |



# HEALTHY LIVING

## Alzheimer 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.

## WRITE YOUR LIFE STORY

Friday, December 13, 10 am, Annex

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

## LOOSE BOOK CLUB

Monday, December 9, 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, December 19, 2 - 4 pm, Bldg. A, \$30

Come Tap with us! Learn how tapping the Meridian points on the upper body stimulates the energy pathways of the body similar to acupuncture, with an added psychological focus. Releases stress, traumas, depression and fears. This technique can be used to accomplish many objectives for joyful living. It is a relaxing, simple, easy-to-use tool that brings a feeling of internal massage. Christine Shreve is the certified EFT Coach.

## LISTENING EAR

Monday, December 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.



## CLASSICAL MUSIC AND TEA

All classes are 6-8 pm, Bldg. A, \$2/class

Monday, January 27, Gershwin and Mixed Tea

These classes will be an enjoyable evening of discussion, history and sampling of both works of classical music and types of tea. Plan to exercise both your taste buds and brain cells on this exciting journey through music and tea.



## VETERANS & CAREGIVERS - JOIN US!

Tuesday, January 14, 10 am, Annex

Presented by Genesee County Department of Veterans Services & Valley Area Agency on Aging, topics will include, General VA Benefits, Disability Compensation, Dependents Education Assistance, VA Healthcare Enrollment. *Please call ahead and register for this event.*



## Kidney Smart is the SMART START

Wednesday, January 22, 10 am, Annex

How do kidneys function and what is the cause of chronic kidney disease? What are "Kidney Enemies"? How do medications, exercise, diet & nutrition work together to keep you healthy? These and many more questions will be answered by a Kidney Smart Educator. Educate yourself, make a plan and take control. Register for this class today.

## MATTER OF BALANCE - FREE

Beginning Wednesday February 19, 2-3 pm, Annex

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



MANAGING CONCERNS ABOUT FALLS

*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, December 17, by appointment, Bldg. A**

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

## FREE VISION SERVICES

**Check back for 2014 schedule.**

- 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

**December 20, 10 am (by appointment), Annex**

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

**Wednesday, by appointment, beginning at 9 am, \$10**  
**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 rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$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 24 hours in advance to schedule a ride.*

**WEDNESDAY– ART À LA CARTE** (see page 14 for details)

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

**THURSDAY – Flint Farmers' Market**

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

**TRIP RESERVATIONS ARE NOT GUARANTEED  
UNTIL PAYMENT IS RECEIVED.**

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

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

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

## FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

**1<sup>st</sup> Tuesday of each month, 11 - 12 noon (BP only)**

**2<sup>nd</sup> Wednesday of each month, 9 - 10 am**

**3<sup>rd</sup> Thursday of each month, 11 - 12 noon (BP only)**

**4<sup>th</sup> 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

## LEGAL ADVICE

**3rd Wed. of the month, 9:30 am -12:30 pm, Annex**  
Attorney Sharon Miner will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

## CONSUMER FRAUD ASSISTANCE

**1st Wednesday of each month, 10 am -12 noon, Annex**  
If you are having any problems with a place of business or are wondering if you have been scammed, call for an appointment or stop and talk with a representative from the office of the Genesee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genesee County by gathering, processing, and investigating consumer complaints and attempting to resolve them.

## AMVETS

**1st Thursday of each month, 10 am - 12 noon, Annex**  
Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

**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.

## 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.**

## TOPS (*Take Off Pounds Sensibly*)

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

## COUPON CLUB

**2nd Wednesday of each month, 3:15 pm, Annex**  
Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

## WATCH REPAIR

**2nd Wed. of each month, 10:30 am - 1 pm, Annex**  
Specializing in battery replacement and/or adjustment, Angela Waldowski has over 30 years of experience in the trade. *There is a cost for most repairs, so please inquire prior to the service.*

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

## COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

**2nd Monday of each month, 9-10 am, Annex**  
Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

**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](http://www.aarp.org/taxaide).

## VG's YES CARD ADVANTAGE

**B**e sure to designate Loose as the recipient of the points from your **VG's 'YES' card**. Points mean \$ for Loose. If you are not sure if Loose is set to receive your points, please stop by customer service at VG's or the Loose office. The **NEXT** week to shop using your 'YES' cards linked to Loose is **January 12-18, 2013**. Purchases you make on those days with your 'Yes' card will automatically be added to the Loose account.





# MEMBER PRIVILEGES & FUNDRAISING



## SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email [lsc@looseseniorcenter.org](mailto:lsc@looseseniorcenter.org) so we can spread the sunshine.

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

**COMPUTER & FREE WiFi** 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 Annex.

**MEMBERSHIP** Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25, 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. Look for our Angels supporting community organizations/agencies with their charitable causes.

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

## WE SAVE...

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

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

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

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

**RECYCLING** 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 Annex.

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

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

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

*"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."*

**Please help us keep our files up-to-date.**  
Provide us with your PICTURE, updated contact information and emergency contact information.

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

**TRIPS @ A GLANCE**

|                |                                        |        |
|----------------|----------------------------------------|--------|
| December 2-3   | Niagara Falls                          | \$209  |
| December 9     | Soaring Eagle & "Great Russian Ballet" | \$30   |
| December 10    | Holiday Glitz                          | \$73   |
| December 15    | Mannheim Steamroller                   | \$60   |
| December 22    | Holiday Pops                           | \$21   |
| December 30    | New Year's Eve in Traverse City        | \$284  |
| January 8      | Gun Lake Casino                        | \$35   |
| January 13     | FIM Concert - Jazzmen                  | \$5    |
| January 18     | Flint Symphony                         |        |
| January 23     | Greektown Casino                       | \$26   |
| January 31     | Million Dollar Quartet                 | \$57   |
| February 3     | Soaring Eagle & Vicki Lawrence         | \$30   |
| February 7     | FIM Concert - Roger Jones, Jazz Band   | \$5    |
| February 8     | Flint Symphony                         |        |
| February 9     | Detroit Symphony Orchestra <b>NEW!</b> | \$107  |
| February 11    | "Hamlet"                               | \$35   |
| February 13-20 | San Antonio & Galveston                | \$2349 |
| February 20    | Hollywood Casino <b>NEW!</b>           | \$28   |
| March 9        | "Menopause the Musical"                | \$50   |
| March 16-24    | Gulf Shores & The Deep South           | \$1599 |
| March 12-13    | Kewadin Casino <b>NEW!</b>             | \$115  |
| March 15       | Flint Symphony                         |        |
| March 17       | Soaring Eagle & The 4 Irish Tenors     | \$30   |
| March 21       | Cirque Mechanics                       | \$45   |
| March 25-31    | Arizona                                | \$1854 |
| April 4-8      | Cherry Blossom Tour & More             | \$949  |
| April 18       | "West Side Story"                      | \$60   |
| April 22       | "Journey to Freedom" <b>NEW!</b>       | \$57   |
| April 25       | FIM Concert - Nicholas Tobin, Cello    | \$5    |
| April 26       | Former SNL Stars                       | \$50   |
| May 3          | Flint Symphony                         |        |
| May 7          | Tulip Time Festival <b>NEW!</b>        | \$98   |
| May 17         | Mike Super Magic & Illusion            | \$30   |
| May 21         | Historical Detroit <b>NEW!</b>         | \$70   |
| May 23         | FIM Concert - Kyle Canjar, Guitar      | \$5    |
| June 1-6       | Cape May                               | \$1249 |
| June 18-19     | Kewadin Casino <b>NEW!</b>             | \$115  |
| June 19        | Michigan Princess <b>NEW!</b>          | \$77   |
| July 14-18     | New York City <b>NEW!</b>              | \$92   |
| August 18      | Soaring Eagle & Doo Wop Show           | \$30   |

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

**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.

**Friday, December 20**

**Whaley Historical House Museum**

**Friday, January 17, 2014**

**The Life and Career of Charles Kettering.**

**Friday, February 21, 2014**

**A Career with NBC & John Rios: Caricature Artist**

**Register by noon on the Wednesday prior to the event.**



**HOLIDAY POPS**

**Sunday, December 22, \$21**

The show begins @ 3 pm, the bus leaves Loose @ 2 pm.

Featuring the Flint Symphony Orchestra, Flint Festival Chorus with area high school singers, the Flint Jubilee Chorale, and the Flint Festival Youth Chorus.

Celebrate the season by sharing this warm and joyful musical event with your family. Enjoy your favorite carols like *Deck the Halls*, *Silent Night* and holiday favorites including Handel's *Messiah*. **Purchase your tickets today!**

**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)

|                    |                                          |
|--------------------|------------------------------------------|
| <b>December 4</b>  | Beatrice Wood: Mama of Dada              |
| <b>December 11</b> | Violin Masters: Two Gentlemen of Cremona |
| <b>December 18</b> | Mystery of a Masterpiece                 |

**FREE FIM FACULTY CONCERTS**

**\$5 (transportation),** Depart, 6:15 pm,

Show Time, 7:00 pm, Return, 9:00 pm



**Friday, January 17, JAZZMEN**

**Friday, February 7, ROGER JONES, JAZZ BAND**

**Friday, April 25, NICHOLAS TOBIN, CELLO**

**Friday, May 23, KYLE CANJAR, GUITAR**



**JOIN LOOSE @ THE WHITING**

Details available at the Loose Center

|               |                                        |      |
|---------------|----------------------------------------|------|
| Sun., Dec 22  | <b>HOLIDAY POPS</b>                    | \$21 |
| Fri., Jan 31  | <b>Million Dollar Quartet</b>          | \$57 |
| Tues., Feb 11 | <b>"Hamlet"</b>                        | \$35 |
| Sun., Mar 9   | <b>"Menopause the Musical"</b>         | \$50 |
| Fri., Mar 21  | <b>Cirque Mechanics</b>                | \$45 |
| Fri., Apr 18  | <b>"West Side Story"</b>               | \$60 |
| Sat., Apr 26  | <b>Former SNL Stars</b>                | \$50 |
| Sat., May 17  | <b>Mike Super Magic &amp; Illusion</b> | \$30 |

There are a limited number of tickets and all tickets on hold are released one month before the performance, so PLEASE REGISTER EARLY!



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

**Holiday Glitz**

Tuesday, December 10, 2013

Departs 1:15 pm, Returns 8:15 pm

\$73 per person

**TOUR INCLUDES TRANSPORTATION and**

- ♦ Meadow Brook Hall 42nd holiday walk
- ♦ Dinner @ Rochester Mills Beer Company
- ♦ Shopping in downtown Rochester
- ♦ **Big Bright Light Show** unlike any in the Midwest! Buildings in downtown Rochester will be covered in more than 1.5 million points of glimmering holiday lights.



**Detroit  
Symphony Orchestra**

Featuring "A Century of Broadway"

Sunday, February 9, 2014

**Tour Includes Transportation and lunch at Da Edoardo Foftown Grille, Detroit Opera Hall, 3 pm show time.**

Departs: 10:45 am (Kmart on Silver Parkway in Fenton)

Returns: Approximately 7:15 pm **\$ 107 per person**

**TEXAS, San Antonio & Galveston**

February 13-20, 2014, \$2,349 Double

**INCLUDES ROUND TRIP AIR PLUS**

- |                                                                  |                                |
|------------------------------------------------------------------|--------------------------------|
| 7 nights lodging, 6 breakfasts, 2 kickback receptions, 3 dinners | San Antonio river Cruise       |
| Sightseeing tour of Houston,                                     | LBJ Ranch, Library & Museum    |
| Galveston & San Antonio                                          | Austin's' Capitol Building     |
| Moody Gardens                                                    | SAS Shoe Factory Tour & More   |
| Space Center Houston                                             | Airline fees, Luggage Handling |
| Alamo & San Jose Mission                                         | Taxes & Tips on Included Meals |
| Institute of Texas Cultures                                      |                                |

**Washington DC Cherry Blossom Tour**

April 4-8, 2014

**Tour Includes Transportation and:** 4 nights Lodging, 4 Breakfast Buffet & 2 Dinners, Pizza Party Dinner & Drinks, Washington Cherry Blossom Festival, Sight Seeing Tour of D.C., Arlington National Cemetery, Mt. Vernon, Monticello, Woodrow Wilson Presidential Library & Museum. **\$949 double, \$1319 single**



Tuesday, April 22, 2014

Departs: 7:45 am - Returns 5:15 pm

**\$ 57.00 per person**

**Tour Includes Transportation and:** Journey to Freedom Tour - Hear the legends, learn the facts, explore the history of the underground Railroad and much more and lunch at Haab's Restaurant which dates back to the mid-19th century.

**New Year's Eve in Traverse City**

Monday, December 30 - January 1, 2014, \$284 Double

(includes \$40 gaming/food vouchers)

**INCLUDES TRANSPORTATION PLUS**

- 2 Nights @ the County Inn Suites in Traverse
- 2 Continental Breakfasts
- 2 dinners at Local Traverse Restaurants
- Ring in the NEW YEAR at Turtle Creek Casino

**Featuring:** Little River Casino, Turtle Creek Casino, Leelanau Sands Casino, Soaring Eagle Casino

**Gulf Shores & The Deep South**

March 16-24, 2014, \$1,599 Double

**INCLUDES TRANSPORTATION PLUS**

8 nights lodging (5 nights at the 4 star Perdido Beach Resort)  
8 breakfasts, 2 receptions, 3 dinners

- |                                |                                   |
|--------------------------------|-----------------------------------|
| Ave Maria Grotto               | Dolphin Watch Cruise              |
| Bellingrath Gardens            | Birmingham Civil Rights Institute |
| Mobile Carnival Museum         | Leisure Time                      |
| National Naval Aviation Museum | Optional Activities               |
| Day trip to Pensacola          | Luggage Handling                  |
| Fort Barrancas                 | Taxes & Tips on Included Meals    |

**ARIZONA** March 25-31, 2014, \$1,854 Double

**INCLUDES FLIGHT & DELUXE MOTORCOACH PLUS**

6 nights at the Radisson fort McDowell Resort  
1 Lunch, 6 dinners

**FEATURING:** Pinnacle Peak Patio, apache Trail, Dolly Steamboat, Tortilla Flat, Casa Grande Ruins, Gila River Arts & Crafts Community, Desert Botanical Garden, Rockin' R Ranch, San Xavier del Bac Mission, Saguaro National Park, Arizona Sonora Desert Museum, Sedona (tour, winery tour & shopping), Wrigley Mansion Guided Tour, Old Town Scottsdale, Taliesen West Guided Tour, Sonora Desert, Superstition Mountains.

**Tulip Time Festival**

Holland Michigan

Wednesday, May 7, 2014

\$98.00 per person

Depart 8:00 am - Returns 9:00 pm

**Tour Includes Transportation and Lunch at the Alpen Rose Restaurant. A stop at the Dutch Marktplaats, Enjoy Volksparade! And the Veldheer Tulip Gardens.**



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

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

Visit Loose on the web @  
[www.loosecenter.org](http://www.loosecenter.org)

*Save the Date*  
for the  
**LOOSE**



**OPEN HOUSE**

*Friday, January 31, 2014*

*3:00 pm - 7:00 pm*

**LOOSE CENTER**  
707 North Bridge Street  
Linden, MI 48451  
810.735.9406



**Christmas  
Sing-along**

**Tuesday, December 17, 2013**  
6 pm, FREE

**Y**ou, your family and friends are invited to join the very talented Loose choir for an evening of festivities, holiday music and special treats. This is truly a year to gather and celebrate our blessings and there is no better way to than by being with those who mean so much to us.

*Please call and let us know the number in your party so we can be adequately prepared.*

**Much PEACE to you all  
this blessed holiday season.**