

South End NEWS

MARCH 2013

LOOSE SENIOR CITIZEN CENTER



Develop a passion for learning.
If you do, you will never cease to grow.

Anthony J. D'Angelo

DIRECTOR'S MESSAGE

Friends,

Anyone who is 55 or older can remember our developmental days in kindergarten and elementary school when we learned to tie our shoes, recite the alphabet, identify colors and then, learned to read. We read books like, "See Spot Run", and every Friday was special because we were served chocolate milk and got the *Weekly Reader*. One of the biggest challenges was learning to spell our names. Those were simpler times, and we grew up and matured at an easier pace.

Today, technology has taken over our lives from age three to 100; The Computer Age dictates how we live. In kindergarten, the youth are introduced to a touchscreen iPad – self-teaching tools with which they learn to read, identify colors and communicate with others. By the first grade, they're able to use iPhones with unlimited applications for playing games, reading stories and doing creative projects. By the fourth grade, students have knowledge and computer skills that make them far more advanced than you and I were in the eighth grade.

Technology is a big part of our world today. We do our banking, reading, and searching for knowledge online. We communicate via Twitter to voice an opinion and facebook to exchange pictures and stories with family and friends. So, those of us who are 60 and older face a crossroad to the future. We can either remain in a world that has become cumbersome with paperwork, outdated technology and a waste of our personal time, or we can step into the "now" and learn the benefits that technology affords us to make our lives simpler in the future.

Loose understands the need to help our senior membership to become part of this world. Kelly O'Connell, as an instructor and teacher, knows these values are available to all. In her weekly computer class, she takes her students into the electronic age and shows them how they can become computer wise. She takes them from basic email skills to searching the Web and after that, they learn the wonder of Facebook and how online services can make their lives easier.

We weren't born into the computer age, but we can learn to become part of it. We have the need and the desire to learn and master the skills to make our lives better and friendlier. The knowledge is there ... we just have to embrace it.

**"Develop a passion for learning.
If you do, you will never cease to grow."**

All is well at Loose,

Carl Gabrielson

Executive Director



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. When you are on the Loose Facebook page make sure you [LIKE](#) us!

ORGANIZATIONAL MEETING

Tues., March 26, 9:30 am, Bldg C
Relaxed rules for seniors.



The 2012 season was a "HIT" and Loose sported the title **defending league champs**. This year will be even better. If you are 60 or older and enjoy playing

the game, we want you! The cost for the 12-game season plus playoffs is \$35 per player. Games are held on Wednesdays with practices on Tuesdays at Linden Elementary. **Bonus:** Golf outing at end of season!

Questions? Call Loose at 735.9406.

Pictured on the cover: Members of the Facebook Class (seated from l-r), Susan Wiley, Robert Redmond, Ann Stephens, (standing) instructor Kelly O'Connell

MARCH SPECIAL HAPPENINGS

IDENTITY THEFT



Wednesday March 27, 10 am, Bldg C

The Attorney General's Senior Brigade Presentation will share how to recognize and avoid identity theft, how thieves steal and what they do with your identity, how to protect yourself and what to do if you become a victim.

RAW FOOD LUNCH

Wednesday, March 6, 12 noon, Bldg C
\$5 (special one time deal limited to 10)

Learn the benefits of eating more raw or living foods, adding more enzymes and vitamins which will help with anti-aging, clarity, energy and much more! Lunch will include an entrée, juice, dessert (ice cream). Caution; some of these foods are nut-based. This class is taught by Christine Shreve, Certified EFT Coach. Christine has studied healthy eating guidelines and the body's natural ability to heal itself for many years, at first as a hobby. Christine has studied and practices eating raw food and is finding that the combination of Tapping and eating more raw food is greatly helping with weight loss. *Additional details available in the Loose Office.*

March 4 & 5 (Mon. & Tues), 12 - 4 pm, Bldg A



\$12/person for AARP members
\$14/non-members.
See page 10 for detailed info.

Driver Safety Program

VOLUNTEER PROGRAM



The Loose Center will be forming a Volunteer Program for those who wish to be part of every day activities and programs. This group will commit to meet every month to outline and organize the details for special events or happenings at Loose. **Our first meeting will**

be March 21, 2013 in Building C at 9:30 am. If you see yourself as a self-starter and are willing to take on a leadership role in our new Volunteer Program, join us for our first meeting which includes a light breakfast and a chance to be on the ground level of this new exciting program. Please contact Melinda or Carl for further details.

ST PATRICK'S DAY DINNER

WITH THE DIBBLEVILLE DOLLS

Friday, March 15, 5 pm, \$12, Bldg C

Join us for a night of good old fashioned St. Patrick's Day fun that will include GREAT food and WONDERFUL entertainment. The evening starts with a dinner fit for Saint Patrick himself, including Corned Beef Brisket, Cabbage, Sausage and Kraut, Baked Fish, Mac and Cheese, Scalloped Potatoes, Salads, Beverages & Dessert and will end with an evening with the Dibbleville Dolls and Irish themed songs (seems appropriate). Grab a friend and join in on the fun! Sign up today!



UNDERSTANDING MEMORY LOSS

March 18, 2013, 6:30-8:00 pm, Bldg A

An opportunity for Loose members, family and the community to learn about treatable and untreatable causes of memory loss.

- Recognize the warning signs of Alzheimer's
- Learn about the cause of dementia
- How to get a dignified diagnosis
- How we can help you and you can help others

Please join us for this FREE program
presented by Jo Campbell, MA
Faculty at Eastern Michigan University

T Loose Travel show

Wednesday
March 6
9-11 am
Bldg C

Representatives from Shoreline Travel and Bianco Travel along with Loose Travel will be set up and ready to share detailed information with you about upcoming travel opportunities. Be sure to join us for the fun which will include prizes, snacks and more.

NUTRITION & MORE

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am
60 and over: Suggested donation \$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, the day before by 12 noon. *Sharing a meal with others is a great way to make friends and also get a healthy meal.* Menus are available in the office.

COFFEE HOUR

Wednesday, March 13, 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 with all the happenings. *New members are especially encouraged to join us.*

POTLUCK DINNER

Friday, March 8, 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.

FENTON COMMUNITY EXPO

Saturday, March 2, 10 am - 5 pm
Sunday, March 3, 11 am - 4 pm
Fenton High School, 3100 Owen Road



Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, giveaways, food booths and more. Be sure to stop by the Loose Center Booth and say, "HI"!

DINNER W/ GUEST SPEAKER

Tuesday, April 16, 5 pm, \$12

Shipwrecks of the Great Lakes

Mike Heberling, Guest Speaker

Dr. Michael Heberling, President of the Baker College Center for Graduate Studies will give a presentation on Shipwrecks of the Great Lakes. He will cover the Great Storm of 1913 which claimed 12 ships and 250 sailors and the Armistice Day storm of 1940 which resulted in the loss of four ships and 66 lives. Dr. Heberling will also discuss the most recent shipwrecks on the Michigan Great Lakes with special emphasis given to the Edmund Fitzgerald. *Dinner menu to be determined, watch for details. SAVE THE DATE!*



"ENTERTAINMENT EXPRESS"

Friday, April 19, 1:30 pm, Bldg. C

An Afternoon with Johnny Cash

Kedree Young presents "An Afternoon with Johnny Cash". Singer/songwriter and Flint native Kedree Young pays tribute to one of the greatest rock'n roll/country/gospel music icons of all time, Johnny Cash. Get ready to sing, tap your foot and learn some history about the "Man in Black".



KEDREE YOUNG
"An Afternoon with Johnny Cash"

FREE

Sign up early, this event is limited to 50.

Brought to us by The Whiting and a generous grant from the Ruth Mott Foundation with support from the CS Mott Foundation

Friday, May 10, 1 pm, \$6

YOU ARE INVITED TO OUR...

Mother's Day Tea

A lovely afternoon of tea, treats, great conversation and enjoying a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Seating is limited, sign up early!



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 with music, 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
Doctor-recommended, increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow.

TAI CHI FOR ARTHRITIS \$5 per class
Approved by the Arthritis Foundation, 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 This activity will reconvene in the spring. If you are interested in the Biking Bunch, please contact the Loose Center at 735.9406.

Wii BOWLING
Organized Wii play is held on Thursdays, open play is available when there is no schedule conflict. If you are interested in Wii bowling, please contact the Loose Office at 735-9406.

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, all the while going at your own pace.

CHAIR YOGA Discover the health benefits of yoga honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or just 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
This program resumes in the spring.

PLEASE CHECK THE MASTER CALENDAR FOR HOLIDAY CLOSINGS.

Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HOPE LUTHERAN 9:30 am Yoga (flow) 5:00 pm Zumba LINDEN ELEMENTARY 5:00 pm Volleyball	HOPE LUTHERAN 9:15 am Tai Chi 10:30 am Body Recall 12:00 pm Beg. Line Dance 1:00 pm Adv. Line Dance 5:30 pm Yoga (flow) LOOSE CENTER 9:30 am Chair Yoga 10:30 am Zumba Gold	HOPE LUTHERAN 9:30 am Yoga (flow) 11:00 am Hope Walking Club 4:00 pm Tai Chi for Arthritis 5:00 pm Zumba	HOPE LUTHERAN 9:15 am Tai Chi 10:30 am Body Recall 2:30 pm Tai Chi for Arthritis 4:30 pm Zumba 6:30 pm Beg Line Dance 7:30 pm Adv. Line Dance LOOSE CENTER 9:30 am Chair Yoga 5:00 pm Cardio Yoga
FRIDAY HOPE LUTHERAN 9:30 am Yoga (flow) 11:00 am Hope Walking Club	SATURDAY HOPE LUTHERAN 9:00 am Yoga (flow) 10:15 am Zumba		
			
<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;"> During these cold winter days keep MOVIN... Try a Loose fitness class! </div>			

ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

Monday, March 11, 12-2 pm \$20, Bldg C

Steve Wood (award-winning artist) 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, March 25, 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, ideas, share time with those who share the same interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.

WOOD CARVERS

Wednesdays, 12 - 2 pm, Bldg A, FREE

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

YARN RECYCLERS

Fridays, 10 am, Bldg C, FREE

We are always in need of those who would like to help with the lap robes that are donated to local vets, nursing homes and those with other 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 come and 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 and take the time to relax and work.

AARP TAX AID TAX HELP!

This is a free program that helps seniors low to moderate income with special attention to helping 60 and older taxpayers do their taxes. This service is available until April 12 (by appointment ONLY.) **Please call the Loose Center at 810 735.9406 to schedule an appointment.**

SCRAPBOOKING

Tuesday, March 19, 1 pm, Bldg A, FREE

Whether you have pictures from a recent event or they've been in storage for years, set this time aside to meet other Scrapbookers for conversation, inspiration and fun! Bring your photos, scissors or paper trimmer and adhesive of choice. Workshop is open to beginner and experienced scrappers.

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 who are currently working on a quilting project. Also, feel free to come and work on your own projects in a setting that is conducive to good company and a common quest to share time and talent with others, or meet regularly and receive personalized instruction.

Please help us keep our files up-to-date.

Provide us with your PICTURE, updated contact information and emergency contact information.

**CARD
Shop
Special**

FREE ENVELOPES

So many have lost their mates, so it is up to us to give them a purpose. Stop by and help yourself to the many shapes and sizes.

*Located in building C on
the table inside the main door.*

COMPUTER CLASSES, GAMES AND OTHER GOOD STUFF

Loose classes are especially tailored to the needs of senior citizens. Class sizes are small and the instructor, Kelly O'Connell, well versed in the subject. *COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER in*



Bldg. A. You must bring your own computer or all classes will be projected to the screen, so students can opt to observe and take notes.

MS WORD (MS WORD, WORKS, OPEN OFFICE)

Wed., March 6, 13, 20, 27, 4-6 pm, \$40, Bldg A

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.

BASIC INTERNET/EXPLORING THE INTERNET

Wed., April 10 & 17, 4-6 pm, \$20, Bldg A

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.

TEXTING, WHO WHAT WHERE WHEN & WHY

Wed., April 24, 4-6 pm, \$20, Bldg A

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

Kelly is also available for one-on-one instruction.
Call Kelly at 810.964.6455 for information.

MANICURES

Wednesdays, by appointment beginning at 9 am

THE TYPICAL MANICURE WILL INCLUDE

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application
- \$10



Plan on a 1/2 hour process.

Please call Loose to set up your appointment.

EUCHRE TOURNAMENT

FRIDAY, March 22, 5 pm, \$5 Entry Fee
GREAT Prizes, Food & Drink, 50/50 Raffle

SCRABBLE TOURNAMENT

FRIDAY, April 5 - 7

GAMES

POOL PLAYERS Bring a friend and play anytime.

BRIDGE Mon. & Wed., 9 am - 2:30 pm

BOARD GAMES Friday, 10 am

CHICAGO BRIDGE Tues. & Fri., 1 - 4 pm

CHESS Wed., 12:30 pm

DOMINOES Wed., 12:30 pm

HAND AND FOOT is on break, check with office.

MAH JONGG Tues. & Thurs. 3 pm

PINOCHLE Mon. & Wed., 12:30 pm

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

CARDS & MORE Thurs., 10:30 am

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



The choir practices on **Mondays at 3 pm** at the Loose Senior Center. Our choir director, Gary Daniel and accompanist, Ramona Deese are accomplished and dedicated musicians.

The choir rehearses and works to prepare for many special events and is currently working on Irish music. They will be going out into the community and sharing their talent locally with those who can use some good, old fashioned cheer. A very welcoming group; maybe it is time to give it a try.



Mondays
7- 8:30 pm

The interest in Karaoke is growing and we aim to please those who are interested. **Join us for the FUN!**

March 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



Staff

TUESDAY

Carl Gabrielson
Executive Director

Debbie Hancock
Business Manager

Melinda Elmore-Hajek
Program Director

WEDNESDAY

Cheryl Rex
Clerk

Bonnie Meadows
Kathy Metivier
Receptionist

Randy Green
Maintenance

THURSDAY


*"No act of kindness,
however small,
is ever wasted."*

Aesop



FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:30 Lunch Fried Chicken 12:30 Pinochle 12:00 AARP Safe Driving 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke	5 9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 Body Recall 10:30 Zumba Gold 11:00 Blood Pressure 11:30 Lunch Chili 12:00 AARP Safe Driving 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 5:30 Yoga	6 9:00 Manicures 9:00 Bridge 9:00 TRAVEL SHOW 9:30 Yoga 10:00 Consumer Fraud 11:15 Art à la Carte 11:30 Lunch Park Chop 12:00 Raw Food Lunch 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 4:00 MS Word 5:00 Zumba	7 9:15 Tai Chi 9:30 Chair Yoga 10:00 AMVET REP 10:00 Wii Bowling Banquet 10:30 Cards & More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Turkey Veg. Soup 12:30 Euchre 3:00 Mah jongg 4:30 NO Zumba 5:00 Cardio Yoga 6:30 Line Dance 7:30 Adv. Line Dance	8 Tax Appointments 8:15 Lifelong Learning 9:00 MMAP Counselor 9:30 Yoga 10:00 Write Your Life 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch Veg. Lasagna 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck SATURDAY March 9 9:00 Yoga 10:00 Euchre 10:15 Zumba
9:00 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch Beef Liver 1:00 Lapghans 1:00 Chicago Bridge SATURDAY March 2 9:00 Yoga 10:00 Euchre 10:15 Zumba 10:00 - 5:00 PM EXPO @ FHS SUNDAY March 3 11:00 - 4:00 PM EXPO @ FHS	9:00 MMAP Counselor 9:30 Yoga 10:00 MMAP Counselor 9:00 Yoga 10:00 Write Your Life 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch Veg. Lasagna 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck SATURDAY March 9 9:00 Yoga 10:00 Euchre 10:15 Zumba			

<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Swiss Steak</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>5:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>8:30 Podiatrist</p> <p>9:00 CSFP</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Turkey</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 1 on 1 Financial</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p>	<p>9:00 Blood Pressure Check</p> <p>9:00 Manicures</p> <p>9:00 Bridge</p> <p>9:30 Coffee Hour</p> <p>9:30 Yoga</p> <p>10:30 Watch Repair</p> <p>10:30 Investment Perspective</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Swiss Chicken</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>4:00 MS Word</p> <p>5:00 Zumba</p>	<p>8:00 Board Meeting</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:30 Cards & More</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Beef Barley Soup</p> <p>12:30 Euchre</p> <p>3:00 Mah jongg</p> <p>4:30 Zumba</p> <p>5:00 Cardio Yoga</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>9:00 Tax Appointments</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Mac & Cheese</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 CATERED DINNER</p> <p>Saturday March 16</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Symphony</p>	<p>15</p>
<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Chicken</p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>5:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:30 MEMORY LOSS</p> <p>7:00 Karaoke</p>	<p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Bean Soup</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p> <p>6:15 Blue Man Group</p>	<p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:00 Bridge</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Goulash</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 MS Word</p> <p>5:00 Zumba</p>	<p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>9:30 Volunteer Program Meeting</p> <p>10:00 Wii Bowling</p> <p>10:30 Cards & More</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Smoked Turkey Ham</p> <p>12:00 Blood Pressure Check</p> <p>12:30 Euchre</p> <p>2:00 Energy Medicine</p> <p>3:00 Mah jongg</p> <p>4:30 Zumba</p> <p>5:00 Cardio Yoga</p> <p>6:30 Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>9:00 Tax Appointments</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Tilapia</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>Saturday March 23</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>22</p>
<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>Blood Pressure</p> <p>11:30 Lunch Stuffed Cabbage</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>5:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>9:15 NO Tai Chi</p> <p>9:30 Chair Yoga</p> <p>9:30 Softball Meeting</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Chicken</p> <p>12:00 NO Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 NO Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p>	<p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Identity Theft</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Beef Stew</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 MS Word</p> <p>5:00 Zumba</p>	<p>9:15 NO Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling</p> <p>10:30 Cards & More</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch BBQ Chicken</p> <p>12:30 Euchre</p> <p>3:00 Mah jongg</p> <p>4:30 Zumba</p> <p>5:00 Cardio Yoga</p> <p>6:30 NO Beg. Line Dance</p> <p>7:30 NO Adv. Beg. Line Dance</p>	<p>9:00 Tax Appointments</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Tilapia</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>Saturday March 23</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>28</p>
 <p style="text-align: center;">LOOSE CLOSED All Activities Are Canceled</p>					
<p style="text-align: right;">29</p>					

AARP SAFE DRIVING

March 4 & 5 (Mon. & Tues) , 12 - 4 pm, Bldg A

\$12/person for AARP members \$14/non-members.

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. In class there will be discussion, laughter and sharing on Road Rules, Safe Driving, talking to a friend or relative about their driving. (You must be on time and in attendance both days.) Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP.)

ENERGY MEDICINE *returns*

Thursday, March 21, 2- 4 pm \$30, Limit 6, Bldg C

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.

WRITE YOUR LIFE STORY

Friday, March 8 & 22, 10 am, Bldg C

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories of our lives. There are plenty of helpful tips and class discussion that makes putting our memories in 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 persons at all times and particularly encourages attendance by those who have newly diagnosed Alzheimer's patients.

LOOSE BOOK CLUB

Monday, March 11, 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.

JUICING

Wednesday, April 17, 12 noon, Bldg C

Juicing fresh fruit and vegetables works by providing the body with a vast array of living, vital nutrients in a form that can easily be assimilated. Join Donna Taylor from the MSU Genesee County Extension office as she prepares and explains a variety of options of juicing. Sample the different combinations and learn how they can benefit you and your healthy body. This event is free, please preregister by stopping at the Loose office or calling 735.9406.

MEDICARE MADE SIMPLE

Wednesday, April 24, 10:30 am, Bldg C

Baby Boomers are turning 65 and becoming eligible for Social Security and Medicare at a rate unlike ever before. Although Medicare's Annual Election Period (AEP) is an important time of the year to get the word out about the 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 the great amount of information that can sometimes be very confusing. 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.

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, suffering a loss, homebound, recovering from surgery and any number of other reasons. If you know someone who would benefit from a card, please contact the Loose office at 735-9406 or email lsc@looseseniorcenter.org so the ball can start rolling and sunshine can be spread.

INCLEMENT WEATHER POLICY

During the winter months, Loose has an 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 or feel free to call Loose for updates in scheduling.



HEALTH SERVICES & TRANSPORTATION

MASSAGE THERAPY Mondays, 9 am, Bldg. C

\$5 for 7-minute session or \$10 for 15-minute session, Certified Massage Therapist Donna Roberts will treat you to some great stress relief through massage. Massage increases blood flow, reduces muscle tension and leaves you feeling great! Walk-ins accepted or **call for an appointment.**

FREE VISION SERVICES

Thursday, April 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

PODIATRIST

Tuesday, March 12, 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 HEARING CLINIC

March 15, 9 am (by appointment), Bldg. C

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

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

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

3rd Thursday of each month, 12 - 1 pm (BP only)

TOPS (*Take Off Pounds Sensibly*)

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

WATCH REPAIR

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

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

PLEASE CALL THE CENTER TO SCHEDULE RIDES FOR LOOSE RELATED EVENTS.

WEEKLY SCHEDULED VAN DESTINATIONS

Please call ahead to schedule a ride for the following:

Monday – VG's on Silver Parkway, Fenton

12:15 pm departure, return 2:15 pm, \$4 roundtrip

THURSDAY – Farmers' Market

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

FRIDAY – Meijer on Hill Road

12:15 pm departure, return 2:15 pm, \$4 roundtrip

For more information, call the Loose office at 735.9406 or the MTA at 780.8965.

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 fee is \$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.

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

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

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

SPECIAL SERVICES & SUPPORT

INVESTMENT PERSPECTIVE

Wednesday, March 13, 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 2nd Wednesday of each month.

ONE-ON-ONE FINANCIAL HELP

Tuesday, March 12, 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 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 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 question whether 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, 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 or any other VA related matter. Drops-ins are welcome!

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Tuesday, 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.

MICAPE 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 and maintain their health and independence. The assistance is provided through the 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.

COUPON CLUB

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

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

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 gets disposed of properly.

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.

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, toll free 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at www.aarp.org/taxaide.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAAP)

Our MMAAP Counselor, Ann Walker, will be available to see Medicare beneficiaries Fridays by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAAP's mission is to educate, counsel and empower Medicare beneficiaries and those who serve them 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 MMAAP at 1.800.803.7174, ext 247.**

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

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.

FREE WiFi (wireless Internet) Both buildings A & C have secured wireless Internet. Stop by the office for the password.

FREE LENDING LIBRARY The library is located in the Activity Center. Come and browse and take a book 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. *No annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25 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 help those community organizations who 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 in the community 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 and VG'S will donate 1% of the total cash register receipts turned in. Please remember to turn in the whole receipt. Partial receipts often have the vital information torn or cut off making them useless. Thank you!

SPARTAN STORES will donate \$20/1,000 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.

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.**

POLICY ON THE USE OF TOBACCO PRODUCTS ON LOOSE PROPERTY

No person, at any time, shall smoke or use tobacco products on Loose property, except in the privacy of their own vehicle.

"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."

This newsletter is funded through Genesee County Senior Millage Funds. Your tax dollars at work!

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.

March 8 CHARLES STEWART MOTT FOUNDATION

This will be a special chance to gain knowledge and appreciate this extremely generous Foundation that has done so much for Flint over the past eight decades.

April 12 MAINTAIN YOUR HEALTH

Dr. Matt Weiss, Flint Gerontologist, shares valuable information regarding our health and maintaining it during these years. This is a MUST, mark your calendar!

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

TRIPS @ A GLANCE

March 7	Red Wings vs Oilers	\$62
March 18	Soaring Eagle & "Celtic Crossroads"	\$30
March 19	Blue Man Group	\$64
March 20	Ethnic Dine Around	\$63
March 21-22	Kewadin Casino	\$115
April 5-11	Spring Southern Swing	\$1,485
April 10	FireKeepers Casino	\$30
April 19	FIA Faculty Concert	\$5
April 25	Windsor Casino	\$17
April 29	Turkeyville "Steel Magnolias"	\$76
May 6	Soaring Eagle & "Frankie Avalon"	\$30
May 11	Williamsburg	\$1339
May 20	Saganing Eagles Landing Casino	\$30
June 6	FireKeepers Casino	\$30
June 9-14	Branson	\$1099
June 11	All Things Detroit	\$71
June 20-21	Kewadin Casino	\$115
June 26-27	"The Wizard Of Oz" Toronto	\$399
July 12	Tall Ships Bay City	\$79
July 19-27	South Dakota's National Parks	\$1,569
August 6-12	Canadian Rockies	\$2,899
August 18	Detroit Princess	\$77
September 1-2	Mackinaw Bridge Walk	\$184
September 4-10	Yosemite	\$2,599
September 29	Cape Cod	\$1,299
November 14-25	Hawaii Cruise	\$3899

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



JOIN LOOSE @ THE WHITING

Details available at the Loose Center

Tues., Mar 19	Blue Man Group	\$64
Sat., Apr 20	Flying Karamazov Brothers	\$35
Fri, Apr 26	"The Addams' Family"	\$59
Sat, May 18	"Beauty and the Beast"	\$59

Tickets on hold are released one month before the performance, PLEASE REGISTER EARLY!

FLINT INSTITUTE OF MUSIC FACULTY CONCERTS

Hear talented Flint School of Performing Arts faculty artists perform an amazing range of music from Beethoven to Broadway to the Blues in this exciting concert series. Receptions follow all concerts. Concerts begin at 7 pm and are free. The cost for transportation is \$5. Transportation leaves Loose at 6:15 pm.

April 19 Roger Jones, Piano

FLINT INSTITUTE OF ART ART À LA CARTE

A series of informative programs focusing on the arts. It is 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

3/6	<i>Top Secret Rosies</i>
3/13	<i>Louise Bourgeois: The Spider, the Mistress...</i>
3/20	<i>Meinrad Craighead: Praying with Images</i>
3/27	<i>A Portrait of the Artist as an Old(er) Woman...</i>

2013 FLINT SYMPHONY ORCHESTRA

Buy season tickets for the 2013 season for **\$43.50** (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.

CONCERTS

Saturday, March 16, 8:00 pm
Saturday, April 13, 8:00 pm



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

ETHNIC DINE AROUND

Wednesday, March 20, \$63

Featuring appetizers at Original New Parthenon Restaurant, main course at The Polonia Restaurant and dessert at Shatila Bakery, transportation and a wonderful afternoon.



This trip would be great with a friend.

Spring Southern Swing

April 5-11, 2013, \$1,485 double

Featuring a Master Gold Tournament Practice Round

INCLUDES TRANSPORTATION

- 6 Nights Lodging
- 6 Breakfasts, 1 lunch & 2 Dinners
- Tour of Savannah
- Tour of Biltmore House & Gardens
- Masters Practice Round @Augusta Natl. Golf Club
- Opportunities for golfing in Savannah & Atlanta
- Optional Tour of the Coca Cola Museum



TURKEYVILLE featuring "Steel Magnolias"

Monday, April 29, 2013, \$76

Includes Transportation: Turkey Lunch Buffet and a wonderful performance of "Steel Magnolias".



WILLIAMSBURG

May 11-17, 2013

INCLUDES TRANSPORTATION

- ◆ 6 Nights Lodging
- ◆ 6 Breakfasts & 4 Dinners
- ◆ American Mountain Show, Luray Caverns
- ◆ "Monticello", St. John's Church
- ◆ Yorktown Victory Center, National D Day Memorial
- ◆ Virginia Dare Dinner Cruise ... and MORE!



Per Person Price \$1,339 double/\$1,789 Single

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



BRANSON Springtime Musical Extravaganza

June 9-14, 2013, \$1,099 double

INCLUDES TRANSPORTATION PLUS

- 5 Nights Lodging, 5 Breakfasts & 3 Dinners
- Kickback receptions @ Drury Hotel
- Sightseeing Tour of Ozark Mountains
- 5 GREAT BRANSON SHOWS
- Sightseeing Tour of St. Louis ... and MORE!

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)

"THE WIZARD OF OZ" in Toronto

June 26-27, \$399 (double)

INCLUDES TRANSPORTATION PLUS

- 1 night @ Holiday Inn Express
- Top Price Ticket for "Wizard of Oz"
- Sightseeing Tour of Toronto
- 1 Breakfast & 1 Dinner and much more!



Friday, July 12, \$79

INCLUDES TRANSPORTATION

- ◆ Two-Hour Saginaw River Lunch Buffet Cruise aboard the Princess Wenonah. From this vantage point, we'll experience the grand spectacle.
- ◆ Free Time at the Maritime Festive (admission included)



**TALL SHIP
CELEBRATION**
BAY CITY, MICHIGAN 2013

HAWAII November 14-25, 2013

Includes: Roundtrip Air-Detroit-Honolulu

- ◆ 2 nights @ Sheraton Princess Kaiulani
- ◆ 7 Night Cruise on Pride of America
- ◆ And much much more!

Detailed information available at Loose.

Inside Stateroom - \$3899
Outside Stateroom - \$4659
Balcony Stateroom - \$4859

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

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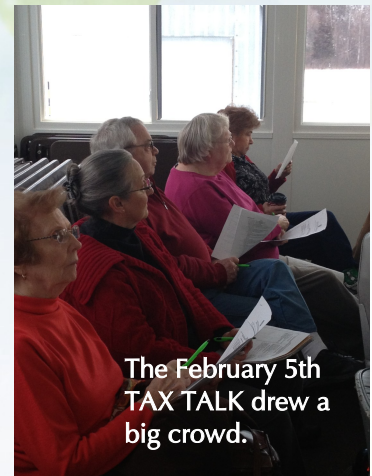


Comedian,
Jason Cooper,
entertains the
masses at the
January catered
dinner.



A toast by Dennis and Joyce Dawson.
At Loose we have many reasons to toast.

*“love life, engage in it, give it all
you've got. love it with a passion,
because life truly does give back,
many times over, what you put
into it” - Maya Angelou*



The February 5th
TAX TALK drew a
big crowd.



A table of WINNERS
(in more ways than one)!



The Loose choir, sharing their
talents at Caretel.
Thank you Choir!



Welcome Trish
Grzybowski!
Trish offers
manicures,
here each
Wednesday.
Sign up today!