

JUNE 2014

South End NEWS

LOOSE SENIOR CITIZEN CENTER



"SOMEONE'S SITTING IN THE SHADE TODAY
BECAUSE SOMEONE PLANTED A TREE
A LONG TIME AGO."

~WARREN BUFFETT

DIRECTOR'S MESSAGE

Dear Friends,

When you were young and you thought of growing older, what thoughts came to mind? Did certain people come to mind, did you happen to imagine people sitting around playing checkers, cards and knitting blankets for grandchildren? For years it was a known fact that anyone over the age of 65 was on social security and retired. The times and attitudes have changed. 65 is the new 40. Simply put, people are living far longer and enjoying excellent health much later in life than ever before. Active lifestyles are the norm. Whether it is staying active by playing golf, tennis, softball, riding bikes, walking or running or by eating healthy; it all prolongs life. Minds remain sharp and are still a force to be reckoned in society. A new way of life is being redefined to facilitate the new younger needs of an aging but vibrant "Older Adult".

The unique life style of the many baby boomers has challenged creative thinking and development to give all older adults a sustained healthy, well rounded way of life. Programs are designed to keep the body fit, entertain the mind and to monitor one's health. Loose has over 150 programs that fit these needs. There are programs for all ages including Fit⁴Ever, Yoga, Zumba, Line Dance, Wii bowling, the Biking Bunch and Pickleball, which has expanded to two nights because of its popularity. We continue to expand our list for new interests such as Cornhole which has become very popular. The membership has become so involved in staying young, we have opened the center five nights a week and on weekends. We have endless classes to expand our minds. We have programs to promote sharing time together. We promote special services to make available agencies to help us when we are in need of knowledgeable professionals. The life blood of our Center is our volunteers which step up to make everything that happens at Loose happen.

This beautiful Center started out as a meeting place for those retirees who had a common thought process. People wanted to be with those who had fallen into the status quo and felt that life had passed them by. But because of the medical field and modern technology the "New Older Adult Population" has become a large part of the way society is now developed. Those age 50 and older play an active part in today's happenings and accomplishments. Playing a strong role in the democratic system, there is a great influence and voices are being heard in all areas that affect our political structure.

Yes, we have come a long way in the role that we now play. And it was all made possible by those who would not accept the old way of an old person. We are vibrant, active, outspoken and will be heard so that our generation will not be ignored and will be accepted for who we are and what we represent.

As Warren Buffet said, *"Someone's sitting in the shade today because someone planted a tree a long time ago"*. So let's thank those who planted that tree and go out and build a forest.

Carl Gabrielson
Executive Director



Tuesday, June 3, 2014 PROJECT FRESH COUPONS WILL BE AVAILABLE

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

**Caretel
Loose
PICNIC**
12 noon - 2 pm
Tuesday, July 29

SUMMER FUN!

- ◆ Good Music
- ◆ Good Food (including a pig roast)
- ◆ Prizes and give-a-ways
- ◆ Invite your family and friends
- ◆ Bring a lawn chair and hang out
- ◆ Best of all, it's FREE!

**LIVE
BROADCAST**

Caretel Inns of Linden
202 S. Bridge Street
Park @ Loose and take the Shuttle to Caretel
Parking @ Linden Elementary

NASH
FM 95.1

Pictured on the cover: Loose Line Dancers. The group meets every Tuesday afternoon and Thursday evening. All are welcome!

JUNE SPECIAL HAPPENINGS

FORWARD-THINKING ABOUT YOUR HEALTH AND WELFARE

Tuesday, June 3, 1 pm, FREE

CHECK THIS OUT!

It is not just about old age. At any age, a medical crisis could leave someone too ill to make his or her own healthcare decisions. Even if you are not sick now, making healthcare plans for the future is an important step toward making sure you get the medical care you would want, even when doctors and family members are making the decisions for you. It may not be comfortable, but it is important. The Greater Flint Health Coalition, a local non profit can help you. This program is for all, bring the kids and begin this important conversation TODAY.

EAT SMART, LIVE STRONG

FREE CLASSES

Thursday, June 12 - July 17, 10:30 am, Sunroom

IN SIX WEEKS LEARN HOW IMPORTANT IT IS TO:

- Increase fruits and vegetables in your daily diet
- Increase the amount of your daily activity

LOOK FORWARD TO:

- Free Demos
- Games and activities
- Prizes and Certificates



Class is limited to 10, sign up today.

This special opportunity is the result of a partnership between, The Ruth Mott Foundation, Michigan State University Extension and GCCARD.

HONEST TALK ABOUT YOUR MONEY AND NURSING HOMES,

Wednesday, June 4, 11 am

Steve Herendeen and Martie Lind from Sharp Funeral Home will be at Loose with honest answers to, what you should know about Medicaid eligibility and nursing homes. Topics include Medicaid Spend Down, what does irrevocable mean, the difference between life insurance and a funeral policy. Take care of you by arming yourself with the facts.

The Whiting presents ENTERTAINMENT EXPRESS



Friday, June 13, 10:30 am

@ Loose, FREE

Join Kedree as he delves into the music of early rock n' roll legends, such as the Beatles, Jerry Lee Lewis and Elvis. Who were these icons? Who did they influence? Who influenced them? Let's find out together. Note: Kedree has been to Loose before and did a wonderful job.

KEDREE YOUNG

The History of Rock and Roll

Plant & Seed Swap

Tuesday, June 17, 10:30 am - 12:30 pm

Are you an avid gardener with plenty of seeds and interested in acquiring new varieties? Do you have more plants than you can handle? Share your bounty and pick up a new assortment at our plant and seed swap. Folks will be on hand to help you with questions. Drop in any time during the event. This is FREE and ALL are welcome. Hint - It is very helpful if the plants and seeds are labeled with helpful information.

FLINT HISTORIC CHURCHES

Friday, June 27, 10:30 am, Hall A

After hours of research at the archives in the Sloan Longway's Buick Gallery and Research Center, Bob Florine, a Swartz Creek native has put together a 45 minute presentation that highlights some of Flint's most beautiful treasures. It is an exciting chance to reminisce or hear more about the history of this wonderful community that many of us grew up in.



KUMIHIMO NECKLACE

Thursday, June 26, 10 am, Sunroom, \$21

Kumihimo is a gentle repetitive motion using yarn and a small foam disc that has a calming effect on both observer and student. The word Kumihimo covers a wide range of braiding techniques using a variety of products such as soft cord or thread. Depending on the project, beads can also be added on this braid. This foam disc allows you to rotate it around and create a beautiful bracelet, necklace, or any other type of piece you might like. The price of this class includes a one time only basic supply purchase, instruction and necklace supplies (yarn, pendent, etc.). Class size is limited, sign up early.



ENERGY HEALING WORKSHOP

Thursday, June 19, 2 pm, Sunroom, \$35m, See Page 16

AVOID BEING A VICTIM OF FRAUD

Friday, June 30, 10:30 am, Hall A, Details on Page 16

NUTRITION & MORE

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am, Annex
Suggested donation for those 60 and over: \$2
Ages 59 and under: \$3.50

GCCARD provides daily congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735.9406 by 12 noon the day before. Sharing a meal with others is a great way to make friends. Menus are available in the office.

COFFEE HOUR

2nd Wednesday of each month, 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

2nd Friday of each month, 5 pm, Annex

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



June Cookout

Tuesday, June 17, 4:30 pm, \$6
"What is your Emergency Plan?"
Presented by Jenifer Boyer, P.E.M.
Emergency Management Manager

Dinner includes: grilled dogs and burgers, baked beans, salad, chips, dessert and a beverage.
Seriously folks, it is the best deal around.

SAVE the following dates
Tuesday, July 22, 4:30 pm
Tuesday, August 19, 4:30 pm



Any Genesee County or Tyrone Township resident who is permanently or temporarily homebound can register for a Genesee District Library card and begin receiving library books in the mail at no cost. Qualified patrons can choose any book from our collection. Holds can be placed on books through our online catalog (library card and PIN # needed). Your book(s) are then mailed to you. When you are finished reading the book(s), reverse the address card on the mail bag and return it through your postal service.

Register by calling (810) 732-1120 or download the application and send it to: Genesee District Library, Homebound Service, G-4195 W. Pasadena Avenue, Flint, MI 48504.

The Whiting presents **ENTERTAINMENT EXPRESS**



PAT CRONLEY
Celebrate America

Friday, July 25, 1 pm
@ Loose, FREE

Pat Cronley takes us on a tour of the United States with his program **Celebrate America!** Sing along with Pat as he cruises the country roads of West Virginia, motors Route 66 and waltzes through Tennessee. Continue on to New York, New York, Viva Las Vegas, New Orleans, North to Alaska and much more.

Note: This will be Pat's third visit to Loose. That speaks for itself.

BIRTHDAY BASH!

Wednesday, July 23, 12 noon - 1 pm, Hall B

Help us celebrate EVERYONE'S Birthday
with cake and ice cream

you're invited!



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

FINAL CALL! PLEASE, stop by the Office for a pen pal application, fill it out and return it ASAP so that we can match you up with a local third grader with similar interests. The goal of this unique program is to increase communication skills and bridge the generation gap between third grade children and older adults.

PEN PAL WRITERS

Please drop by the Reception Area to select some beautiful, free note cards for your pen pal writing experience.

*"This program and/or service is fully or partially
funded by Genesee County Senior Millage funds.
Your tax dollars are at work."*

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.

FIT⁴EVER \$5 per class (formally Body Recall)

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

BIKING BUNCH Wednesdays, 9:00 am

If you are interested in the Biking Bunch, please contact the Loose Center at 735.9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

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

Wii BOWLING *New league begins 6/5/14*

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

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

MONDAY

1:00 pm Cornhole
4:00 pm Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball

LINDEN ELEMENTARY
6:00 pm Volleyball

FRIDAY

9:30 am Yoga (gentle flow)
11:00 am Pickleball Open Play

SATURDAY

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

TUESDAY

10:15 am Zumba Gold
10:30 am FIT⁴EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

WEDNESDAY

9:00 am Biking Bunch
9:30 am Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball

THURSDAY

9:15 am Chair Yoga
10:00 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT⁴EVER
5:00 pm Yoga (gentle flow)
6:00 pm Beg Line Dance
7:00 pm Adv. Line Dance



Every Monday at 1 pm **Cornhole!** Great indoor fun! Come and give it a try. If you are already a player, join in on the fun. We guarantee, there will be fun, learning, tossing and laughter. It may just become a regular Loose thing. Who knows? We may have the next Cornhole champion right in our midst.

Pickleball



Monday & Wednesday, 6:15 - 9 pm, \$3

Friday, 11 am - 4 pm, Open play on one court. **Please call to schedule your court time.**

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group playing, stop in and watch and give it a try.

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 Tuesday Class - \$4 Thursday Class - \$5

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

Fitness Class Schedule

PLEASE CHECK THE MASTER
CALENDAR FOR SPECIAL CLOSINGS.



ARTSY & CRAFTY

“ANYONE CAN PAINT” Class Minimum: 6

2nd Monday of each month, 12-2 pm, Sunroom, \$20

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

HAPPY STAMPERS GROUP

4th Monday of each month, 1 pm, Sunroom, FREE

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

SCRAPBOOKING

3rd Tuesday of each month, Hall B, FREE

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

YARN RECYCLERS

Fridays, 10 am, Annex, FREE

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

PAINTING GROUP

Mondays, 10 am, Hall B, 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, Hall 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.

LOOSE LAPGHANS

Fridays, 1 pm, Hall A, FREE

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

RHUBARB LEAF STEPPING STONE NEW

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

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



HYPERTUFA PLANTER *Looking Ahead*

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

CARD MAKING CLASS NEW

Monday, June 16, 12:30 pm, Sunroom, \$5

This new class is scheduled to meet the 3rd Monday of each month. Card extraordinaire, Caroline Rohde will lead the class in creating unique and beautiful cards. All materials will be supplied along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Nothing says thoughtful and caring like a lovely handmade card. Take the time to enjoy this special time to learn and connect with others who share a like passion. Class size is limited, sign up early.

DOUBLE ROW “DENIM TO DIAMONDS”

Thursday, July 24, 10 am, Sunroom, \$20

Similar to the May “Denim to Diamonds” class, but with an added row and challenge. Create this beautiful, yet simple, bracelet. Made from leather, chain and crystals, this piece can be worn with ANYTHING. It is EASY and FUN and a special piece of BLING you will enjoy for years to come. Great for beginners and those who wish to take their new skill to another level. Class size limited, sign up today!

LOOSE THREADS **Tuesdays, 10 am, Sunroom, FREE**

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



Loose appreciates all yarn donations, currently we are very low on **PURPLE, RED, PINKS, BLACK, GRAY, NAVY BLUE, FOREST GREEN**. Thank you for your continued support.

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

IPAD 1

Wednesday & Thursday, June 18 & 19, \$20, 1-3 pm Hall A

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

Wednesday & Thursday, June 25 & 26, 1 - 3 pm, \$20 Hall A

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.

IPHOTO

Wednesday, July 2, 1 - 3 pm, \$10, Hall A

Whether you have an IPAD, IPHONE or the IPOD touch, the digital photo album management is the same. This class will help start you in the right direction of managing those many photos.

LEARN YOUR LAPTOP

Wednesday & Thursday, July 9 & 10, 1-3 pm, \$20 Hall A

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

DIGITAL PHOTOS

Wednesday & Thursday, July 23 & 24, 1-3 pm, \$20 Hall A

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.

SOCIAL MEDIA

Wednesday & Thursday, July 30 & 31, 1-3 pm, \$20 Hall A

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

INDIVIDUAL COMPUTER HELP SESSION

(by appointment 30 minutes) FREE

Wednesday, July 16 and Thursday, July 17, 1 - 4 pm

Call Loose at 735-9406 to schedule.

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, June 27, 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 Thurs. 10:30 am

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



Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir rehearses and works to prepare for many special events. They go into the community sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. The choir is a very welcoming group; stop by and see!

Practices are Mondays, 3 pm, Sunroom

KARAOKE **Mondays 7 pm, Sunroom**

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.**

JUNE 2014

OFFICE HOURS

Monday - Friday
8:30 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsccl@looseseniorcenter.org

WEBSITE

www.looseseniorcenter.org

MONDAY

2
8:00 Bridge
9:00 Massage
10:00 Painting
11:30 Lunch *Meatloaf*
12:30 Pinochle
1:00 CornHole
2:00 Listening Ear
3:00 Choir
4:00 Yoga
4:30 Piano Lessons
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
7:00 Karaoke

TUESDAY

3
9:00 Gun Lake Casino
10:00 Loose Threads
10:15 Zumba Gold
10:30 FIT⁴EVER
11:00 Blood Pressure
11:30 Lunch *Meatballs*
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga

WEDNESDAY

4
8:00 Bridge
9:00 Manicures
9:00 Biking Bunch
9:30 Yoga
10:00 Softball
10:00 Consumer Fraud
11:00 Honest Talk
11:15 Art à la Carte
11:30 Lunch *Chicken Breast*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
2:00 Matter of Balance
1:00 Forward Thinking
5:00 Zumba
6:15 Pickleball

THURSDAY

5
9:15 Chair Yoga
10:00 AMVET
10:15 Zumba Gold
10:30 FIT⁴EVER
11:15 Farmers' Market Trip
11:30 Back to Life @ McLaren
11:30 Lunch *Burrito*
12:00 Wii Bowling
12:30 Euchre
12:30 Rhubarb Leaf
5:00 Yoga
6:30 Beg. Line Dance
7:30 Adv. Line Dance

FRIDAY

6
9:00 MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball Open Play
11:30 Lunch *Mac. & Cheese*
1:00 Lapghans
1:00 Chicago Bridge
Saturday June 7
9:00 Yoga
10:00 Euchre
10:15 Zumba

9

8:00 Bridge
9:00 CSFP
9:00 Massage
10:00 Painting
11:30 Lunch *Boneless Rib*
12:00 "Anyone Can Paint"
12:30 Pinochle
1:00 CornHole
1:00 Book Club
3:00 Choir
4:00 Yoga
4:30 Piano Lessons
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
7:00 Karaoke

10

Turkeyville
9:15 Veteran Services
9:00 Loose Threads
10:15 Zumba Gold
10:30 FIT⁴EVER
11:30 Lunch *Chicken*
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
4:00 Chair Yoga
3:00 Mah jongg
5:00 Yoga

11

Chicago Getaway
8:00 Bridge
9:00 Manicures
9:00 Blood Pressure Check
9:30 Coffee Hour
9:30 Yoga
9:00 Biking Bunch
10:00 Softball
10:30 Watch Repair
10:30 Investment Perspective
11:15 Art à la Carte
11:30 Lunch *Veal Swiss Steak*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
2:00 Matter of Balance
3:15 Coupon Club
5:00 Zumba
6:15 Pickleball

12

Board Meeting
8:00 Massage
9:00 Chair Yoga
9:15 Zumba Gold
10:15 Eat Smart, Live Strong
10:30 FIT⁴EVER
10:30 Farmers' Market Trip
11:15 Lunch *Ham*
11:30 Wii Bowling
12:00 Euchre
12:30 Yoga
5:00 Line Dance
6:00 Adv. Line Dance
7:30

13

MMAP Counselor
9:00 Yoga
9:30 Write Life Story
10:00 Yarn Recyclers
10:00 Board Games
10:30 ENTERTAINMENT EXPRESS
10:30 Pickleball Open Play
11:00 Lunch *Veg. Lasagna*
11:30 Lapghans
1:00 Chicago Bridge
1:00 Potluck
5:00
SATURDAY June 14
9:00 Yoga
10:00 Euchre
10:15 Zumba

LINDEN'S COMPLETE AUTO REPAIR

ALL MAKES & MODELS
Foreign & Domestic



We Honor ALL Dealer Extended Warranties!

SHOP HOURS:
Monday-Friday
8am-6pm
Saturday
8am-3pm
Sunday
closed

Our technicians are trained and ASE certified to diagnose, repair, and service your automobile, light truck, SUV, or motor home.

417 W. BROAD ST • DOWNTOWN LINDEN
(810) 735-9911
www.lindenautorepair.com



FREE Shuttle Service • **FREE** Loaners
FREE 21-pt safety inspection with every oil change

Hometown URGENT CARE

An AccessMD Urgent Care Company

Conveniently located in Fenton

3220 West Silver Lake Rd.
(810) 208-7470

www.AccessMDuc.com • Open 7 days



LSSC

LEO'S CONEY ISLAND

15010 Silver Lake Parkway • Fenton

10% OFF WITH THIS COUPON

Valid this location only • Not valid on any
Breakfast specials • Valid 1 coupon per family

Also bring coupon in on Sunday and receive an additional 5% off

OPEN 7AM-10PM
MONDAY-SUNDAY

Phone: 810-620-8400



RESIDENTIAL & COMMERCIAL

4186 HOLIDAY DRIVE • FLINT, MI 48507

(810) 232-0220
FAX (810) 232-0222

NOW OPEN



**2 BRAND
NEW
ASSISTED
LIVING INNS**

New Year...New Home

"LINDEN'S PREMIERE SKILLED NURSING & REHABILITATION AND ASSISTED LIVING CAMPUS"

Caretel® Inns of Linden

202 S. Bridge Street, Linden MI • (810) 735-9500 • fax (810) 735-9400

Grand Blanc

Rehabilitation and Nursing Center

Specialty Programs:

- Ventilator & Tracheostomy Care
- Stroke & Orthopedic Rehabilitation
- General Surgery Care and Rehab
 - Hospice Care • IV Therapy
 - Post Trauma Care

Our Medical & Physical Rehab Team Consists of:

- 24 Hour a Day licensed nurses
- Respiratory Therapists on Site 24 Hours a Day
 - Dieticians • Pulmonologists
- On-site Dental, Eye & Podiatry Services
 - On-site Internal & Physical
Medicine Physicians

11941 Belsay Road • Grand Blanc
810-694-1970



**Make the
Switch to
DISH Today
and Save
Up To 50%**



Call Now and Ask How!

1-800-341-0518

FREE

OVER 30 PREMIUM
MOVIE CHANNELS

HBO CINEMAX

SHOWTIME starz

For 3 months.

Offer subject to change based on premium
movie channel availability.

FREE

SAME DAY
INSTALLATION
IN UP TO 6 ROOMS

Where available.

**CALL TODAY -
INSTALLED TODAY!**

All offers require 24-month commitment
and credit qualification. Call 7 days a week
8am - 11pm EST. Promo Code: MB0913.
*Offer subject to change based on premium
movie channel availability.





RE/MAX
Select

Direct: (810) 249-9270
Cell: (810) 922-3187
Fax: (810) 222-5493
1320 Hill Rd.
Flint, MI 48507
JimMiller@remax.net



Jim Miller
CDEP

Worry Free Home Care

24-Hour Assistance
Available!



Tanglewood

Home Care

Tanglewood Home Care provides compassionate care in the comfort of your own home. Our services include everything from companionship to complete home health care. When family members or friends need help for the seniors they love, Tanglewood Home Care can help.

(810) 629-9004

www.WorryFreeCare.com

"Simply the Finest Care Available"

Joy A. Cramer, Harmony Quilts
Longarm Quilter, Computer & Hand Guided
Phone: 810-735-7385 Cell: 810-444-0469
E-Mail: jrcramer511@gmail.com
Volunteer for Linus Project & Quilts of Valor
Turn those tops into quilts...

FREE Screening

Audiology & Hearing Aids

Call for Appointment

G-4369 Miller Road, Flint
(810) 733-1385



3027 E. Hill Road, Grand Blanc
(810) 579-0941

Matthew L. Christy, Aud., Licensed Hearing Aid Dispenser # 3501003413

McLaren Physical Therapy - Fenton

Specialties include:

- Back Pain/Spine
- Orthopedics
- Sports Medicine
- Post Surgery care
- Vestibular/Balance
- Fitness Center

Location:

Fenton Physical Therapy & Sports Medicine
Shoppes at Silver Chase Complex
4045 Owen Rd. • Fenton, MI 48430
Phone: 810-750-2222
Fax: 810-750-2978



Good for 1 month complimentary membership to the Fitness Center - 1 per person

METROPOLITAN TREE INC.

Discount Tree & Stump Removal
Free Estimates • 47 YRS EXP.

248-627-6316
800-753-1633

metropolitantree@gmail.com

A+ Rating with the BBB & "A" on Angie's List

Make Yourself at Home *at Lockwood of Fenton*

Independent living and life-enhancing services.
You'll find everything you need at Lockwood of Fenton.

- Spacious apartments with full kitchens
- Housekeeping • Delicious restaurant-style dining
- Scheduled transportation and activities
- Pet friendly • Convenient location

Schedule a tour today!

(810) 714-3340

TTY (800) 649-3777



16300 Silver Parkway, Fenton, MI 48430 • LockwoodSeniorLiving.com



Rehab is work.
But it can also be fun.

To find out how we can help you or someone you love transition smoothly back home, call us to schedule a personal tour.



5370 Baldwin Road • Grand Blanc, MI 48439
810-606-9950 • theoaksatwoodfield.com



Harold M. Koehler, DPM
*Medicine & Surgery
of the Foot & Ankle*

4038 Grange Hall Road, Holly, MI 48442
248 / 634-6200

Come See Us, We're at Loose Monthly!



5300 Gateway Centre
(US-23 & Hill Rd.)
810-720-9111 • www.michvision.com

Michigan Vision

INSTITUTE OPTICAL

Specialized Eye Care by Board Certified Physicians

- Cataract Surgery with Premium Lens Implants including: TECNIS®, ReSTOR® and Toric lenses
- Medical and Surgical Treatment of Glaucoma, Diabetic Retinopathy, Macular Degeneration
- Offering the highest quality contact lenses, eyeglasses, and exams.

Virtually all Medical Insurance plans and most Vision Insurance plans are accepted.

Edward Stack, M.D.

- Athear Alrawi, M.D.
- David B. Krebs, M.D., F.A.C.S.
- Kelly Tierney, O.D.
- John F. Labaza, O.D.



Senior Living Community

*Fenton's Best Kept Secret
for Seniors 55+*



Vicky Coppler
Community Manager

201 E. Elizabeth • Downtown Fenton
(810) 629-1179
millpond@kmgprestige.com



LINDEN MUFFLER MAN

FULL SERVICE
AUTO REPAIR

1018 N. Bridge St. • Linden, MI
(810) 735-4385
MON-FRI 8AM-6PM • SAT 8AM-4PM



Distinctive Flowers & Gifts

713 Silver Lake Road, Fenton, Michigan
ph: 810-629-5995 • fax: 810-629-6905



Generations of Service
to the Community

sharpfuneralhomes.com



Miller Road Chapel

Roger L. Sharp, Manager
8138 Miller Road • Swartz Creek
(810) 635-4411

Linden Chapel

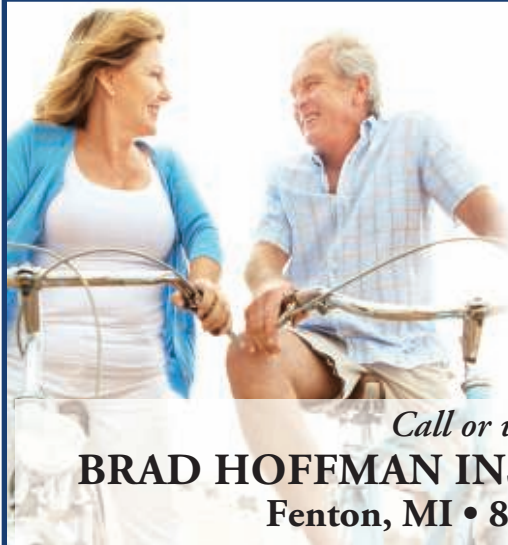
Stephanie Sharp Foster, Manager
209 E. Broad St. • Linden
(810) 735-7833

Fenton Chapel

Michael T. Scully, Manager
1000 Silver Lake Rd • Fenton
(810) 629-9321

Funeral Home & Cremation Center

Jennifer Sharp Scully, Manager
6063 Fenton Road • Flint
(810) 694-4900



In this moment ...

It doesn't matter if you saved
money in 15 minutes.

It doesn't matter if your neighbor has the
same insurance you do.

What matters right now is that you get to
enjoy this moment - feeling completely at
ease - because your independent insurance
agent and the company that stands behind
them have you covered.

Call or visit us

BRAD HOFFMAN INSURANCE AGENCY
Fenton, MI • 810-629-4991

Auto-Owners Insurance 

RMI
REGIONAL MEDICAL IMAGING

Clearly. Better. Choice.

www.rmipc.net
(810) 732-1919



Linda's Place

Services Provided

24-hour Care • Transportation to Local Store
 Laundry & Housekeeping • Hair & Nail Care
 All Meals & Snacks • Visiting Physician
 Medication Distribution • Home Health Care
 Assistance with Bathing & Personal Care • Security System

Contact: Linda Richter 810-735-7519
 627 Silver Lake Rd.
 Linden, MI 48451



Medicare
Solutions

Debra A. Knill

Sales Representative Medicare Division
 2850 W. Grand Blvd. • Detroit, MI 48202
 (248) 443-8636
 dknill@hap.org • hap.org

Health Alliance Plan of Michigan
 Alliance Health and Life Insurance Company | HAP Preferred Inc.

Temrowski Family Funeral Home & Cremation Services

"An exceptional choice in funeral service"

Ken & Becca Temrowski
 Owners/Licensed Funeral Directors

500 Main St. • Fenton
810-629-2533

www.temrowskifamilyfuneralhome.com



- Auto
- Home
- Life
- Business

bbmich.com

1190 Torrey Rd. • Fenton

Call your Brown & Brown advisor at:
(810) 629-1566



*We treat strangers
 like friends and
 friends like family*

3600 Owen Rd • Fenton, MI
 810-714-2708 • fax 810-714-3107

Call ahead for Carry Out or Order Online:
 www.BobEvans.com

Patricia McGarry, DDS

Accepting New Patients

20% Discount for Senior Citizens

New Patient Special

Cleaning, X-rays, & Exam
 Only \$85.00 (No Discounts Apply)

200 Lindenwood Dr. • Linden, MI

810-735-9426

www.drmcgarry.com



OAK TREE DENTAL
 COSMETIC & FAMILY DENTISTRY

New Patients Welcome

500 N. Leroy Street
 Fenton, MI 48430

(810) 629-8272

www.fentondentists.com



1005 Bridge St. • Linden, MI 48451

Full line servicing dealer for Stihl, Simplicity,
 Snapper Pro & Cub Cadet equipment

810-458-4299

www.sloanssalesandservice.com



DAILY & MONTHLY SPECIALS
 FAMILY DINING

122 E. BROAD • 735-5780



Are you looking for a Clean,
 Courteous, On-Time, Electrical
 Expert . . .

We'll Look No Further!

810-629-6968

www.CraftsmenElectrical.com
 jim@CraftsmenElectrical.com

Craftsmen Electrical Services has been serving the
 Greater Fenton Area, Since 1947.
 We would be very pleased to serve you.
 Call for your On-Time Appointment, Today!



of Fenton

A neighborhood you can call home!

Vicinia Gardens
Assisted Living of Fenton
 4016 Vicinia Way • Fenton

Vicinia Gardens
Memory of Fenton
 4034 Vicinia Way • Fenton

Telephone: (810) 354-8136

Resident Director: Catrina Kraus Telephone: (810) 513-0969

www.viciniagardens.com

Conveniently located at Jennings and Owen Road



Residential Furnace Tune Up \$ 29.99

Tune Up	\$ 79.99
Energy Rebate <small>(Consumers Energy Trade Ally)</small>	\$ 50.00
Final Cost	\$ 29.99

CALL US FOR DETAILS 810-630-6032

Expires: 03-31-14

Here at Sherman Heating & Cooling, we believe that maintenance on
 your Heating and Cooling System is very important to insure proper
 operation. Routine maintenance can detect and prevent minor
 problems from developing into major repairs, it also keeps your system
 working at peak efficiency year in and year out.

We look forward to serving you

4500 Morrish Road
 Swartz Creek, MI 48473
810-630-6032



<p>16</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Stuffed Cabbage</i></p> <p>12:30 Pinochle</p> <p>12:30 Cardmaking</p> <p>1:00 CornHole</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>4:30 Piano Lessons</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>17</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 Plant & Seed Swap</p> <p>10:30 FIT⁴EVER</p> <p>11:30 Lunch <i>Fried Steak</i></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>4:00 Chair Yoga</p> <p>4:30 Cookout</p> <p>5:00 Yoga</p>	<p>18</p> <p>7:00 Kewadin</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>10:00 Softball</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>BBQ Turkey Burger</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 IPAD I</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>19</p> <p>8:00 Michigan Princess</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>10:30 Eat Smart, Live Strong</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Baked Pork Chop</i></p> <p>11:30 Back to Life</p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 IPAD I</p> <p>2:00 Energy Healing</p> <p>5:00 Yoga</p> <p>6:00 Classical Music & Tea</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>20</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>10:30 Avoiding Fraud</p> <p>11:00 Pickleball Open Play</p> <p>11:30 Lunch <i>Baked Fish</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY June 21</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>23</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure</p> <p>11:30 Lunch <i>Baked Chicken</i></p> <p>12:30 Pinochle</p> <p>1:00 CornHole</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>4:30 Piano Lessons</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>24</p> <p>8:00 Podiatrist</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>11:30 Lunch <i>Burger w/Cheese</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>25</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Softball</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Creole Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 IPAD II</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>26</p> <p>9:15 Chair Yoga</p> <p>9:00 Massage</p> <p>10:00 Necklace Class</p> <p>10:15 Zumba Gold</p> <p>10:30 Eat Smart, Live Strong</p> <p>10:30 FIT⁴EVER</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Back to Life @ McLaren</p> <p>11:30 Lunch <i>BBQ Chicken</i></p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 IPAD II</p> <p>1:00 Back to Life Class</p> <p>5:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>27</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>10:30 Flick-historic Churches</p> <p>11:00 Pickleball Open Play</p> <p>11:30 Lunch <i>Pot Roast</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY June 28</p> <p>Scrabble Tournament</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>

<p>16</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Stuffed Cabbage</i></p> <p>12:30 Pinochle</p> <p>12:30 Cardmaking</p> <p>1:00 CornHole</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>4:30 Piano Lessons</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>17</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 Plant & Seed Swap</p> <p>10:30 FIT⁴EVER</p> <p>11:30 Lunch <i>Fried Steak</i></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>4:00 Chair Yoga</p> <p>4:30 Cookout</p> <p>5:00 Yoga</p>	<p>18</p> <p>7:00 Kewadin</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>10:00 Softball</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>BBQ Turkey Burger</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 IPAD I</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>19</p> <p>8:00 Michigan Princess</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>10:30 Eat Smart, Live Strong</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Baked Pork Chop</i></p> <p>11:30 Back to Life</p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 IPAD I</p> <p>2:00 Energy Healing</p> <p>5:00 Yoga</p> <p>6:00 Classical Music & Tea</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>20</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>10:30 Avoiding Fraud</p> <p>11:00 Pickleball Open Play</p> <p>11:30 Lunch <i>Baked Fish</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY June 21</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>23</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure</p> <p>11:30 Lunch <i>Baked Chicken</i></p> <p>12:30 Pinochle</p> <p>1:00 CornHole</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>4:30 Piano Lessons</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>24</p> <p>8:00 Podiatrist</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT⁴EVER</p> <p>11:30 Lunch <i>Burger w/Cheese</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>25</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Softball</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Creole Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 IPAD II</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>26</p> <p>9:15 Chair Yoga</p> <p>9:00 Massage</p> <p>10:00 Necklace Class</p> <p>10:15 Zumba Gold</p> <p>10:30 Eat Smart, Live Strong</p> <p>10:30 FIT⁴EVER</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Back to Life @ McLaren</p> <p>11:30 Lunch <i>BBQ Chicken</i></p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 IPAD II</p> <p>1:00 Back to Life Class</p> <p>5:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>27</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>10:30 Flick-historic Churches</p> <p>11:00 Pickleball Open Play</p> <p>11:30 Lunch <i>Pot Roast</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY June 28</p> <p>Scrabble Tournament</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>



LOOSE STAFF

<p>Carl Gabrielson <i>Executive Director</i></p> <p>Whitney Hayes <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p>	<p>Cheryl Rex <i>Clerk</i></p> <p>Kathy Metivier Dotti Tynes <i>Receptionist</i></p> <p>Randy Green <i>Maintenance</i></p>
--	--

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 lsccl@looseseniorcenter.org so we can spread the sunshine.

HEALTHY LIVING

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm, Hall B

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

WRITE YOUR LIFE STORY

Every 2nd & 4th Friday, 10 am, Sunroom

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

LOOSE BOOK CLUB

Every 2nd Monday, 1 pm, Hall B

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

LISTENING EAR

Every 1st Monday, by appointment

Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time?

Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



INVESTMENT PERSPECTIVE

Every 2nd Wednesday, 10 am, Sunroom

Financial Advisor Chad Robinson 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.

LEGACY TO LOOSE

There are times in our lives when we need new insights, positive thoughts, thinking time and support. There is a new corner at Loose that you may be interested in. Book donations on subjects focused on grief support have been placed in the Annex Conference Room. Take a moment to look over these wonderful resources.

You may check out these books at the reception area. Please return the books to the reception area when you are finished. Loose would like to thank the donor of this new collection.

INS AND OUTS OF REVERSE MORTGAGE

Wednesday, July 30, 10:30 am, Sunroom

A reverse mortgage is an effective way for seniors to supplement their retirement income. This program allows you to still own your home while accessing some of the built up equity with **no monthly mortgage payments**. You can use the money for anything from having a little extra money month to month, to finally taking that extravagant vacation that you have always dreamed about. This program is designed to help you maximize your retirement! Come take advantage of an opportunity to ask questions and learn about a reverse mortgage from an expert.



AARP SMART DRIVER COURSE

July 16 & 17, (Wed. & Thurs), 11:30 am - 3:30 pm

\$15 for AARP members/\$20 for 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, and 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.)

ESTATE PLANNING

Complementary Dinner

Tuesday, July 15, 5 pm FREE

Learn more about: Providing for loved ones and favorite charities, wills and trust, IRA planning and more. Speakers include, Attorney Sharon Miner owner of Miner Law Office PC in Fenton and A State Bank Trust Department Representative. Space is limited, so call Loose at 735-9406 and sign up today.



CLASSICAL MUSIC AND TEA

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

Thursday, June 19, Mozart

Thursday, July 17, Handel

A tantalizing exploration and discussion of a classical composer and two different teas. Guaranteed to give your ears and taste buds a lovely evening. Class led by our very special Whitney Hayes.



HEALTH SERVICES & TRANSPORTATION

MASSAGE

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



Call for additional massage package information.
Schedule today! Call 735.9406 for an appointment.

PODIATRIST

Tuesday, June 24, by appointment, Annex

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

FREE HEARING CLINIC

3rd Friday of each month, 10 am (by appointment), Annex
Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizzgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

MANICURES

Wednesday, by appointment, beginning at 9 am, \$10, Annex
MANICURE WILL INCLUDE:

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



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

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

2nd Wednesday of each month, 9 - 10 am

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

4th Monday of each month, 11:30 am - 12:30 pm



MAKING YOUR HOME SAFE AS YOU AGE

Wednesday, July 9, 1:30 pm FREE

LOCATION - Shiawassee Shores Clubhouse

Dessert will be provided

TOPICS WILL INCLUDE:

- ◆ What you need to do to prepare your home as you age.
- ◆ Existing dangers and hazards in your home
- ◆ How to make your home safer as you age
- ◆ The most dangerous room in your house.

Presented by Jill Saxton - of Atlas Home Improvement.

For more information call Jill at 810.522.7648

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

WEEKLY SCHEDULED VAN DESTINATION

Please call 24 hours in advance to schedule a ride.

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

11:15 am departure, return 2 pm, \$4.50 roundtrip

THURSDAY – Flint Farmers' Market

11:15 am departure, return 2:30 pm, \$4.50 roundtrip

TRIP RESERVATIONS ARE NOT GUARANTEED
UNTIL PAYMENT IS RECEIVED.

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

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

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



Do you have email? If so, please consider stopping by and update your files or send us an email at LSCC@looseseniorcenter.org

SPECIAL SERVICES & SUPPORT

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

Bob Rasche and his over 20 years of working for veterans is available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, it is best to call Loose for an appointment.

LEGAL ADVICE

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

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

CONSUMER FRAUD ASSISTANCE

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

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

AMVETS

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

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

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

AVOID BEING A VICTIM OF FRAUD

NEW

Friday, June 30, 10:30 am, Hall A

Join the Comerica Bank Fraud Services Representative as she shares IMPORTANT information on how to protect your liability, what current scams are out and many tips and resources. Fraud and Scams are a constant threat and educating yourself is the best tool for keeping safe. Call and sign up for this important talk today!



ENERGY HEALING WORKSHOP

Thursday, June 19, 2 pm, Sunroom, \$35



Learn how feeling good, using tapping, creates what you want to live! There will be discussion on Magnetism and We will group Tap Tune Up. After the session you will feel lighter and refreshed.

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.*

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 to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 735.9406.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex

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

TOPS (Take Off Pounds Sensibly)

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

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



MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD Volunteers pick up day old bread each Monday and Wednesday from VG's. It is available on a first-come, first-served basis at the Loose Center from 8:30 - 10am.

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

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

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

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

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.

The annual membership fee of \$25 per person is due for 2014. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

THE LOOSE COMMUNITY ANGELS

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

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

UPS STORE DISCOUNT CARD

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

WE SAVE...

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

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

PLEASE HELP US KEEP OUR FILES UP-TO-DATE.

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

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

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

TRIPS @ A GLANCE

June 1-6	Cape May	\$1,249
June 3	Gun Lake Casino	\$35
June 10	Turkeyville "Boogie Woogie Swing"	\$76
June 11-12	Chicago Getaway	\$324
June 18-19	Kewadin Casino	\$115
June 19	Michigan Princess	\$77
July 8	Saganing Eagles Landing Casino	\$30
July 8-10	National Cherry Festival	\$490
July 15	Black Oak Arkansas @ Clio	\$11
July 14-18	New York City	\$929
July 16	Genesee Belle Lunch Cruise	\$22
July 22	Jr. Walkers All Star Band @ Clio	\$11
July 23	FireKeepers Casino	\$30
July 29	The Fabulous Oldies But Goodies @ Clio	\$11
July 31	Tigers vs Chicago White Sox	\$70
Aug. 2-10	Nova Scotia	\$3199
August 5	Phil Dirt & The Dozers @ Clio	\$11
August 5	Put-In-Bay	\$120
August 6	Caesar Windsor	\$18
August 12	Bill Haleys' Youngest Drummer	\$11
August 18	Soaring Eagle & Doo Wop Show	\$30
August 19	The Country Legends Tour	\$11
August 26-27	Stratford	\$419
August 27	Applewood Tour	\$5
August 28	Tigers vs Yankees	\$70
Aug. 31- Sept 1	Mackinaw Bridge Walk	\$180
Sept. 8	Greektown Casino	\$26
Sept. 15-20	Hudson River Valley	\$1,279
Sept. 29-Oct. 3	Yooperland, USA	\$655
Sept. 23	Frankenmuth/Show	\$65
Sept. 24	Huron Lady II	\$74
Sept. 30	Hollywood Casino	\$28
Oct. 7 & 8	Little River	\$120
Oct. 8	Deutsche Detroit	\$59
Oct. 9 - 13	Rails of West Virginia	\$999
Oct. 21	Heaven & Hell	\$65
Oct. 25-Nov. 2	New Orleans	\$1,799
Nov. 20-23	Christmas @ The Greenbrier	\$999
Dec. 1-5	Smokey Mountain Christmas	\$899

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



Applewood Tour

Thursday, August 27, \$5 (transportation)

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

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

GENESEE BELLE LUNCH CRUISE

Wednesday, July 16, \$22 includes transportation, cruise & lunch (please make sure you indicate your menu choice at the time you register). The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is 7/14.



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



ART À LA CARTE FLINT INSTITUTE OF ART



A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided.

Leave Loose at 11:15 am. Cost: \$4.50 (transportation)

June 4 Manet: The Man Who Invented Modern Art

June 11 The Gang of Four

June 18 The Great Outdoors

June 25 Painting To The People



THIS SUMMER AT THE CLIO AMPHITHEATER

A GREAT night out for \$11
(includes ticket and transportation)
Bus leaves 5:30 pm,
Performances with pre shows 6:30
Show time at 7 pm

Tuesday, July 8, 2014 - *Danny and the Juniors* with opening act *Tommy Vale & The Torpedoes*. *Danny and the Juniors* first hit it big with "At the Hop." This song was followed by "Rock and Roll is Here to Stay," "Twistin USA," and "Pony Express."

Tuesday, July 15, 2014 - *Black Oak Arkansas* with opening act *The Donny Hartman Band*. Southern rock comes alive with *Black Oak Arkansas* who released a new album for Atlantic Records/Atco Records on October 15, 2013 titled "Back Thar N' Over Yonder".

Tuesday, July 22, 2014 - *Jr. Walker's All Star Band* with opening act *The Jim Cummings Band*. Known world-wide as The Ultimate Motown Party Band present a spectacular show of unforgettable non-stop hits including: "What Does It Take? (To Win Your Love)" "Roadrunner" "Shotgun" & others.

Tuesday, July 29, 2014 - *The Fabulous Oldies But Goodies*

Tuesday, August 5, 2014 - *Phil Dirt & The Dozers*

Tuesday, August 12, 2014 - *Bill Haley's Youngest Drummer*

Tuesday, August 19, 2014 - *The Country Legends Tour*

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

Cornwell's Turkeyville Dinner Theater

Featuring "Boogie Woogie Swing Time"

Tuesday, June 10, 2014

Tour Includes Transportation and Complete Turkey Lunch Buffet along with Cornwell's Turkeyville Dinner Theater "Boogie Woogie Swing Time," A musical comedy tribute to our military forces of today and yesterday.

Departs: 9:15 am (Kmart on Silver Parkway in Fenton)

Returns: Approximately 6:45 pm **\$76 per person**



Wed, June 18-19, 2014

\$ 115.00 per person, double occupancy

Tour Includes Transportation plus 1 night lodging at Kewadin Casino Resort, \$10 Food Voucher at St. Ignace, Two \$10 Coin Vouchers at St Ignace, Two \$10 Coin vouchers at Kewadin Casino Sault Ste. Marie, 1 Buffet Breakfast value of \$7. Call for details.

TRAVERSE CITY - National Cherry Festival

July 8 - 10, 2014, \$490 based on double occupancy
Tour Includes Transportation plus two nights lodging at Turtle Creek Casino Hotel in Williamsburg, \$15 gaming credit, a \$2 meal discount each day, two dinners, plus: Wine tasting at Chateau Chantel, Guided Tour of Sleeping Bear Dunes National Lake Shore, National Cherry Festival, Scenic Cruise, Hoxie's Farm Market, Guided tour of Interlocken Center for the Arts.



PUT-IN-BAY

On South Bass Island

\$120 per person

Tuesday, August 5,

Depart : 7 am, Return: 6:45 pm

Tour Includes Transportation, Round trip Ferry Ride, Perry's International Peace Memorial. Heineman Winery, Lunch at Tipper's Restaurant on Put-in-Bay Island & Free Time.



NOVA SCOTIA

AUGUST 2 - 10, \$3199 Double INCLUDES ROUND TRIP AIR, 1ST CLASS MOTORCOACH PLUS

Toronto, Halifax, Cape Breton, Prince Edward Island, Luggage Handling, Airline Baggage Fees, Tax & Tips on Included Meals.

FEATURING: 8 Breakfasts, 1 lunch @ Keltic Lodge, 5 dinners, Sightseeing tour of Toronto, Halifax, Prince Edward Island, Visti to Peggy's Cove, Alexander Graham Bell Museum, Tour of Cabot Trail, Ferry to Prince Edward Island, Anne of Green Gables Musical, Bay of Fundy & Hopewell Rocks tour and more.

The Michigan PRINCESS

Thursday, June 19

\$77

TRIP INCLUDES:

Guided Tour of the Michigan State Capitol Building
 Michigan Princess Riverboat Lunch Cruise
 Eli & Edythe Broad Art Museum

Departs 8 am - Returns 4:15 pm



Join LOOSE for the following home **TIGER BASEBALL GAMES**

July 31, Tigers vs. Chicago White Sox, \$70
 August 28, Tigers vs. Yankees, \$70

Each Trip includes: Round Trip Motor Coach Transportation Departing from Loose at 11 am and returning at 7 pm, Good seats, Free Soft Drink & Hot Dog voucher, Water, Snacks and FUN on the Bus.

What would Lucy Do?

Bavarian Inn of Frankenmuth

Tuesday, September 23, 2014

- Bus leaves Loose at 11:30 am
- Arrive at Frankenmuth 12:15
- Free time
- Lunch seating begins at 2:15
- Lunch begins at 2:30
- Show begins after lunch
- Bus returns to Loose approx. 6 pm



Huron Lady II

\$74 per person

Wednesday, September 24

Depart : 9 am, Return: 7 pm

Tour Includes Transportation, Round trip, Lunch at Quay Street Brewing Co. Huron Lady II Cruise, Shopping Time in Marine City's Nautical Mile, about a 1/2 mile charming area of shops, restaurants, parks, and more.



Hudson River Valley

\$1279 double, September 15-20

Tour Includes Transportation, 1 night to and from Hudson River Valley, 3 nights, Fishkill in Hudson River Valley, 5 breakfasts, 2 lunches, 2 dinners, U.S. Military Academy, Madava Farms, Innisfree Gardens, Vanderbilt Mansion, Culinary Institute of American, FDR Presidential Library, Great Estate River Cruise, and more.



Loose 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



Hall Rental Available

- Banquets • Ceremonies
- Wedding Receptions
- Open House • Parties
- Business Meetings
- Dances & more

REASONABLE PRICED RENTAL FACILITY

LARGE ROOMS, KITCHEN, TABLES, CHAIRS AND AMPLE PARKING

AVAILABLE TO ANYONE • CALL 810-735-9406 FOR AVAILABILITY AND PRICING