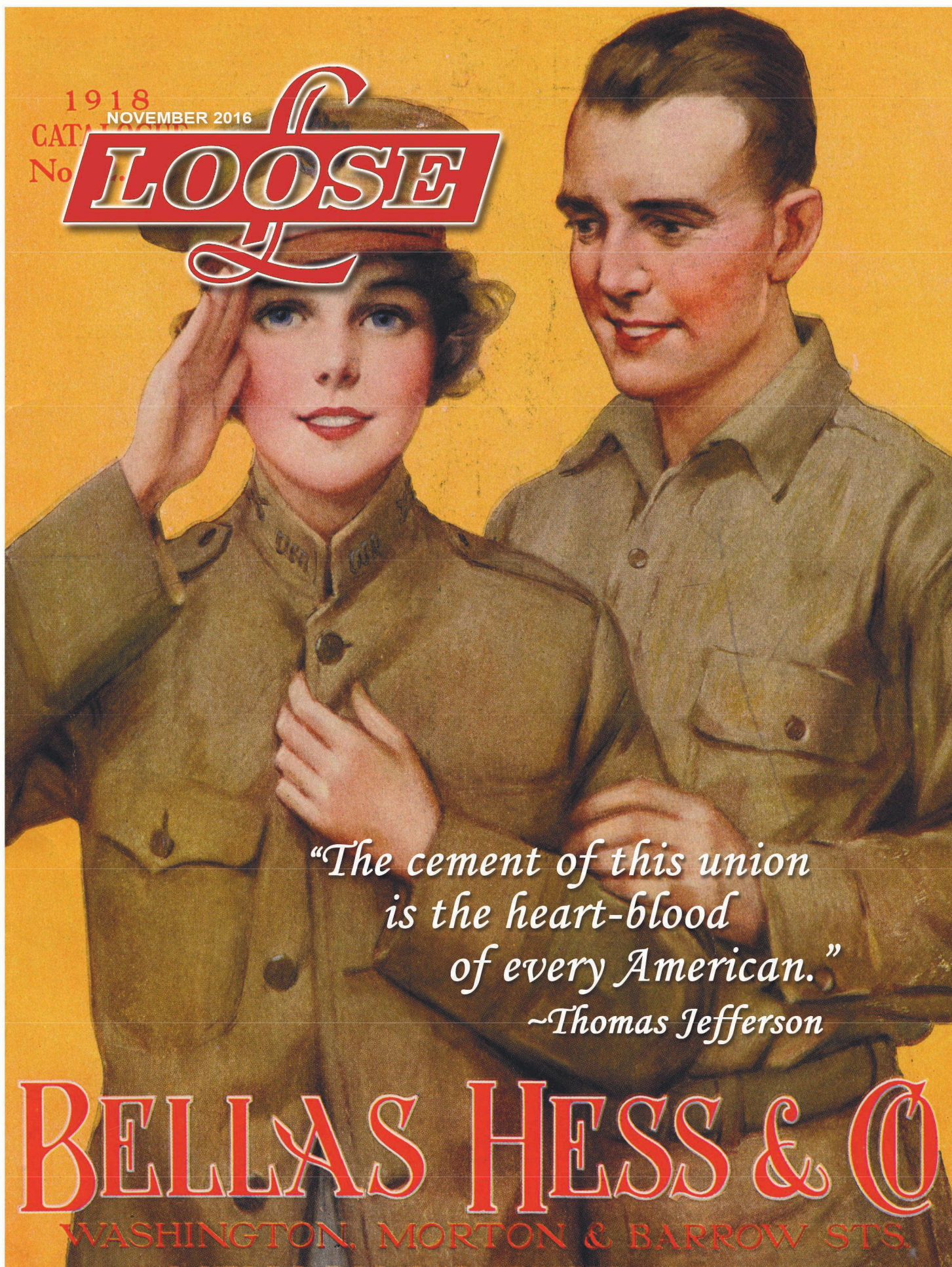


1918
CATALOGUE
No. 1
NOVEMBER 2016

LOOSE



*“The cement of this union
is the heart-blood
of every American.”*

~Thomas Jefferson

BELLAS HESS & CO

WASHINGTON, MORTON & BARROW STS.

From the Director

Dear Friends,

In 1776 the founding fathers led by Thomas Jefferson created and signed a Declaration of Independence. This document set forth an independence from the British Colonies and gave people key rights and established a unified United States. The Constitution adopted in 1790 declared a bill of rights that all citizens would share in individual liberties and freedom from dictatorship.

Throughout history, these documents have come under scrutiny and have been challenged. Americans have gone to war to defend and protect our freedoms. Much sacrifice has been felt by many in loss of family and friends. When threatened, Americans have stepped up to keep our borders safe and freedom for all. Today our veterans continue to celebrate a free America and their part they played to preserve it. We honor them everyday for giving their time, sacrifice and sometimes their life to keep this country one where we celebrate our constitutional rights.

Today, our government is in a struggle to define our constitutional rights. Freedoms are being questioned by our society and being challenged. This is what makes America unique and special. All people have the right to question civil rights and receive answers from those in position to define them. We must not lose sight of how we as an American society became this great country we are. It started with our founding fathers. A group of citizens who saw a better way of life through freedom. Then a group of statesman drafted and passed a Bill of Rights to give us laws to provide for our safety and quality of life.

We can only hope we never forget what America stands for. The leadership that forged our direction. The sacrifice that was given to preserve it. The new leadership that will protect and defend the rights of all people.

"The cement of this union is the heart-blood of every American."

All is Well

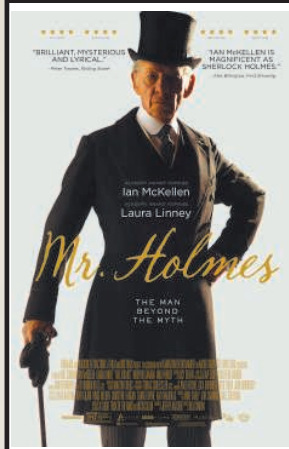
Carl Gabrielson

Executive Director, Loose Center

MEDICARE OPEN ENROLLMENT PERIOD

October 15 - December 7.

We have counselors lined up for one on one appointments with trained MMAP Counselors, on Thursday, November 17, Monday December 5 and each Friday. **TELL YOUR FRIENDS and if you are in need of assistance, please call Loose and set up an appointment.**



MOVIE NIGHT

November 1, 2016, 7 pm

MR HOLMES is a new twist on the world's most famous detective. 1947, an aging Sherlock Holmes returns from a journey to Japan, where, in search of a rare plant with powerful restorative qualities, he has witnessed the devastation of nuclear warfare. Now, in his remote seaside farmhouse, Holmes faces the end of his days tending to his bees, with

only the company of his housekeeper and her young son, Roger. Grappling with the diminishing powers of his mind, Holmes comes to rely upon the boy as he revisits the circumstances of the unsolved case that forced him into retirement, and searches for answers to the mysteries of life and love - before it's too late

As always, admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care, Lockwood of Fenton, Wellbridge of Fenton, and Behind Your Designs.

Refreshments will be served!

Donations to Loose, to defray facility usage cost, will be much appreciated.

MOVIE DAY

SECOND SHOWING

"Mr. Holms"

Wednesday, November 2, 11:45 am

Come, eat popcorn & enjoy!

Beginning in November, we will have a second showing of the movie shown on Movie Night. This will be our daytime showing. So if you miss Movie Night, are busy on Movie night or just plain don't want to go out at night...please join us. And...a BIG THANKS to Tanglewood Home Care for their support of this special program.

Each month Loose hosts a special educational piece that is associated with the topic of Dementia and Alzheimer's and presented by the Program Coordinator of the Alzheimer Association, James Muto, LLBSW. Programs offered at Loose are lead by some VERY qualified folks. Take a look at James bio and then stop by and meet him when he is here at Loose.

James is a social worker currently working on his Master's Degree at the University of Eastern Michigan as well as his Certificate in Dementia. He is his working in his 4th year with the association. James has over 6 years of experience working with this specific population of individuals and their family members to help navigate them through the journey of Dementia.

NOVEMBER HAPPENINGS

NURSE chat



Tuesday, November 1, 11 am **FALLS AND FATIGUE**
Mid-Michigan Home Health & Hospice nurse Elaine Schmidt will be here to discuss underlying illnesses that cause fatigue. Why we run low on energy. Taking the "right steps" to prevent falls and fractures. Making home a safe place and not letting fear keep you from being active!

Healthy Living for Your Brain & Body

Wednesday, November 16, 10:30 am, FREE
An opportunity to listen, ask questions and find help when faced with some of the most common behavioral challenges of Alzheimer's disease.
Join us to learn about research in the area of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on-tools to help you incorporate these recommendations into a plan for healthy aging.

alzheimer's association

Wednesday, December 7, 10:30 am, FREE
Meaningful Activity Ideas for Persons with Dementia



FREE

11/18 @ 10:30 AM

Our friends from CALABRIA VILLAGE, located in Linden, GAVE us a whole bunch of ICE CREAM... Butter Pecan, Peanut Butter Cup and Road Runner Raspberry. They gave it to us and we are giving it to you.

We picked, **Friday, November 18** (before Thanksgiving, so you still have room) beginning **at 10:30 am until it is gone or until 3 pm**, whichever comes first. Stop by, bring a friend, heck bring two friends. Sit and enjoy the ice cream and when you get it chance, stop by CALABRIA'S and say THANKS!

Christmas Cards GIANT Sale

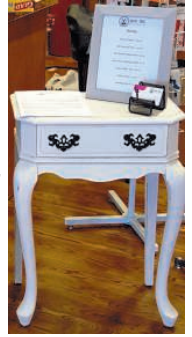
Beginning November 1, stop by Loose for our Christmas Card Sale. Christmas Cards and other goodies, will be at rock bottom prices. We have a HUGE variety, so there will be something for you.

STOP BY, TAKE A LOOK AND STOCK UP.

Cards 10 for \$1

CHALK FURNITURE CLASS

Wednesday, November 9, 5-8 pm, \$30
Hosted by Forever Young Furniture Paint, in this class, Lacey will teach and demonstrate the techniques in flipping furniture using her paint and wax. All of the supplies will be provided, all you need to bring is a small piece of furniture and your creativity.



PRE-VETERANS DAY BRUNCH

Thursday, November 10, 10am—1 pm
Veterans, please join us at Loose for a special breakfast in your honor.

Stop by the Loose office by 4 pm on 11/9

with your proof of service and receive two free tickets to be used on 11/10 between 10am-1pm. Many thanks to our friends at Caretel for providing this very special meal for those we honor on this special day.



LINDEN HS DINNER

Tuesday, Nov. 15, 5 pm - FREE

A generous gift from the Linden High School Student Council to Loose Members, this meal is a full-fledged Turkey Dinner with all the trimmings. A tradition for many years, the students treat us like royalty.

PLEASE NOTE: You must be a Loose Member, and have a ticket to attend this event. Tickets are available at Loose. Tickets are limited to two per person and are distributed on a first come first served basis. If at some point you find you will not be able to attend this event, please call or return your ticket to Loose. We do take a waiting list.



The GIVING TREE will be up in November, ready to be decorated with mittens, hats, scarves, gloves and socks. All items will be gathered and donated to those in need. All donations are appreciated; however there has been a specific request for HATS. The tree is

located in the Caretel Lounge and we will be collecting until Friday, December 2. Thank you!

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.

GAMENIGHT CLUB

2nd Friday of each month, 5 pm,
Club members, bring your favorite
dish to share, along with your own

place setting and enjoy the fun and fellowship that goes along with a sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

Coffee COPS and Conversation

Tuesday, Nov. 8, 9:30-10:30 am
Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



THANKSGIVING LUNCHEON @ LOOSE

Tuesday, November 22, 11:30 am
60 & over - donations encouraged, others -\$3.50



MENU : Turkey Breast w/Gravy, Mashed Potato, Vegetable Blend, Stuffing, Cranberry Sauce, Rolls, Pecan Pie and beverage. Please call by November 10 at 12 noon to put in your reservation.

Lunch prepared by our friends at GCCARD

BEGINNING IN JANUARY, each **THURSDAY**, instead of serving the GCCARD lunch, we will be having...

LUNCH @ LOOSE!

Volunteers and Staff will be preparing lunch and serving at 11:30. The cost will be no more than \$5. The menu will be listed in the newsletter and there will be a registration deadline.



IT'S EXCITING! So watch for updated info!

CHRISTMAS LUNCHEON

Tuesday, Dec. 13, 12 noon, \$20.50

Spring Meadows Country Club
Dinner includes your choice of
CHICKEN PICATTA

Sautéed Chicken breast topped with
a lemon butter sauce & capers.

WHITEFISH

baked & served w/remoulade sauce

The menu also includes:

red skinned potatoes, veggie medley,
dinner salad, fresh bread & butter & dessert

A favorite of many Loose members, please register by Nov. 30.



Entertainment by Fiddle & Strum

What is Fiddle and Strum? It's what we do! Through combinations of stringed instruments and vocals, Fiddle and Strum brings Celtic, Light Classical, Country, Jazz and Original tunes to life. Each performance with Robin Danek on guitar and Lorrie Gunn on violin percolates with good times and fun.



CHRISTMAS LUNCH & MUSIC CELEBRATION

Thursday, December 15, 11:30 am

You are invited to join us for a special Christmas Lunch Music Celebration that will consist of good food, holiday songs, sing-a-longs and an afternoon of fun. The Loose Chorus is working hard to fill the space with great holiday music. Lunch will be served in Hall B and will be provided by GCCARD and will be a traditional Christmas Lunch (menu not available at this time). Pre-registration for the lunch is important, BUT all are welcome to stop in at noon and enjoy a time of singing and enjoying the festive Holiday season.



BODY, MIND & SPIRIT

THE LOOSE FITNESS ROOM IS OPEN

- ◆ Call Loose @ 735-9406 and reserve your time.
- ◆ Drop-ins on availability only.
- ◆ Usage limited to 30 minutes when people are waiting
- ◆ All participants must sign a consent form.
- ◆ Donations accepted for the use of the equipment.

MONDAY

9:30 am **Zumba & Total Fit**
 2:30 pm **Chair Chi**
 4:00 pm **Yoga (gentle flow)**
 5:00 pm **Zumba & Total Fit**
 6:15 pm Pickleball

LINDEN ELEMENTARY

6:00 pm **Volleyball**

TUESDAY

9:30 am **Zumba Gold /Total Fit**
 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

9:30 am **Yoga (gentle flow)**
 10:30 pm **Holey Walkamoley**
 2:30 pm **Chair Chi**
 5:00 pm **TOTAL FIT**
 6:15 pm Pickleball

PLEASE CHECK THE MASTER
 CALENDAR FOR SPECIAL CLOSINGS.

THURSDAY

9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 11:45 am **Wii Bowling**
 2:15 am **Tai Chi Club**
 4:00 pm **Yoga (gentle flow)**

FRIDAY

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

SATURDAY

9:00 am **Yoga (gentle flow)**
 10:15 am **Zumba/Total Fit**

SUNDAY

2:00 pm Pickleball

YOGA \$5 per class

GENTLE FLOW YOGA Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep.

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.

ZUMBA & TOTAL FIT® \$5 per class

A 45 minute class beginning with 30 minutes of dance/exercise cardio, balance, stretching, toning and brain/movement connection. Easy steps and a fun way to get moving!

ZUMBA GOLD TOTAL FIT® \$5 per class

A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

TOTAL Fit® \$5 per class

A 45 minute class beginning with 20 minutes of mixed range cardio, balance, stretching, toning and mind/movement connection.

INSTRUCTORS: *Leah, trained in Exercise Science & instructs Exercise Physiology at UM-Flint, Linda, is a certified Zumba Exercise Instructor.*

Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.

HOLEY WALKAMOLEY! **Walking Group**

Wednesday @ 10:30 am (beginning 10/5), **FREE**
Class will not meet the 3rd Wednesday of the month.

We will start outside (weather permitting) for a scenic walk. Inside we will, Jazz walk—Show tunes walk—Country/square dance walk—Whatever we want walk!

All under the thoughtful, fun and very competent hands of Laura, PTA from Mid-Michigan Home Health & Hospice. Bring your friends cause it's time to put some extra steps on the Fitbit.

Tai Chi Club Thursday, 2:15 pm, \$2 donation

Tai Chi is a gentle form of exercise that improves flexibility, balance and strength. It is often described as meditation in motion. Experienced or not, all are welcome to join.

Chair Chi \$5 per class or 10 classes for \$40

WHEELCHAIRS & WALKERS WELCOME!

Adapted from it's popular form of Tai Chi, class is intended for individuals with ability restrictions, but is a calming and beautiful movement art for any age. Instructor holds a master's degree in Exercise Science, and has 20+ years of training and experience working with seniors.



LINE DANCE \$5 per class

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!

FIT⁴EVER \$5 per class **ALL WELCOME!**

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.

PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sun. 2 - 5 pm,

Friday, 11 am - 4 pm (reservation required), \$3 court rental

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

BEACHBALL VOLLEYBALL Monday, 6 pm

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 Organized Wii play is held on Thursdays, and

open play is available when there is no schedule conflict. **The next 8 week league begins on January 12. If you are interested in Wii bowling, please contact the Loose Office.**

BIKING BUNCH Wednesday 9am (resumes in the spring)

If you are interested in the Biking Bunch, please contact the Loose Center at 810-735-9406, 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.

GOLF AT SHIAWASEE SHORES will resume in the spring.

HAPPY STAMPERS

3rd 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.

"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.

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, 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.

PAINTING GROUP Mondays, 10 am, Hall A, 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!

SCRAPBOOKING

3rd Tuesday of each month, 1 pm, Hall A, FREE

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

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 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! Someone will help you to get going again.

Quilt Raffle

FUNdraiser

Tickets are \$1 each or 6 for \$5

This beautiful quilt was made by the Loose Threads group which meets at Loose each Tuesday morning. The material was donated, their time, effort, imagination and hard work was also donated. The quilt was made to be raffled off with the proceeds going to benefit Loose. *The quilt is on display at Loose.*

Drawing 12/13, No need to be present to win. The winner will be contacted.

CARD MAKING WITH CAROLINE

Monday, November 28, 12:30 pm, Sunroom, \$7 (class limited)

Caroline Rohde, card extraordinaire, 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. Take the time to enjoy this special time to learn and connect with others who share a like passion.

SLEEP MATS Mondays, 10 - 11:30 am, SUNROOM

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat.

Please donate CLEAN plastic SHOPPING bags ONLY.



WATERCOLOR CLASSES

Mon., Nov.28 & Dec. 7, 1 pm, \$15

This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick up the supply list and additional information for the class. *Instructor, Peggy Mattson*

Yarn Donations NEEDED

In the event of inclement weather, please tune into ABC 12, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.



CLASSES, MUSICAL OPPORTUNITIES & MORE



Friday, December 2, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!
All are WELCOME!

TECHNOLOGY

Loose computer classes are especially tailored to the needs of older adults. 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

UPCOMING CLASSES

GET MORE OUT OF YOUR SMARTPHONE

Wednesday, November 2, \$15, 4-6 pm

Smartphones are powerful tools that go far beyond placing phone calls. It's like carrying an entire PC and entertainment system in your pocket. Specifically, this class will touch on, apps, the calendar and notes. Maximize your potential, sign up today.

IPAD 1

Wednesday, January 11 & 18, \$20, 4-6 pm

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.

FACEBOOK

Wednesday, January 25, \$15, 4-6 pm

The benefits of understanding Facebook include, keeping in touch (with family, friends), find old friends (classmates, old neighbors, etc.), ask questions, do research, find entertainment, learn, share, meet others and the list goes on. It's fascinating and it's not going away and there is no better place than Loose to relax and connect and learn why you should care. Sign up today!

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.



LOOSE CHORUS

Mondays, 3 pm

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus 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. *TALENTED & WELCOMING*

BOARD & CARD GAMES

All Loose groups are very welcoming and always open to new friends joining in on the fun.

HAND & FOOT Wednesday, 6:30 pm **NEW**

POOL Wednesday - Friday, 1 - 3:30 pm

Pool players, please check in at the front desk prior to playing.

BRIDGE Monday & Wednesday, 8 am - 2:30 pm

OPEN GAME PLAY Friday, 10:00 am *(bring a friend)*

CHICAGO BRIDGE Tuesday & Friday, 1 - 4 pm

CHESS Wednesday, 12:30 pm

CARDS & MORE Thursdays, 10:30 am

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 3 pm, Friday, 10 am

PINOCHLE Monday & Wednesday, 12:30 pm

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

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)

- | | |
|-------------|--|
| November 2 | Art of the Heist: Miami Sting |
| November 9 | Art of the Heist: The Russian Conspiracy |
| November 16 | Art of the Heist: Mona Lisa |
| November 23 | After the Mayflower |
| November 30 | Our Fires Still Burn |

November 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OFFICE HOURS
Monday - Friday
8:00 am - 4 pm

EMAIL
lsc@loosecenter.org
WEBSITE
www.loosecenter.org

PHONE
810.755.9406
FAX
810.755.4255

	<p>1</p> <p>9:00 Massage 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:00 Nurse Chat 11:00 Health Check 11:30 Lunch <i>Chili</i> 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 2:30 Healthy Eating 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Movie Night</p>	<p>2</p> <p>8:00 Bridge 9:00 NO Manicures 9:30 Yoga 10:00 Consumer Fraud 10:00 1-On-1 Financial 11:00 AARP Safe Driving 11:00 HolyWALKamoley 11:15 Art à la Carte 11:30 Lunch <i>Grilled Chicken</i> 11:45 MOVIE DAY 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 Chair Chi 4:00 Smartphone 5:00 Total Fit 6:15 Pickleball 6:30 Hand & Foot</p>	<p>3</p> <p>9:30 Chair Yoga 10:00 AMVET Rep. 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 10:30 Cards n More 11:30 Lunch <i>Beef</i> 12:30 Euchre 2:15 Tai Chi Club 4:00 Yoga 6:00 Grief Support</p>	<p>4</p> <p>MIMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch <i>Mac & Cheese</i> 1:00 Lapghans 1:00 Chicago Bridge Saturday November 5 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre Sunday November 6 2:00 Pickleball 2:00 Judgement @ Nuremberg</p>
<p>7</p> <p>8:00 Bridge 9:30 Zumba & Total Fit 10:00 Painting 10:15 Sleep Mat Production 11:30 Lunch <i>Baked Ham</i> 12:30 Pinochle 1:00 Water Color Class 2:00 Listening Ear 2:30 Chair Chi 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:00 Volleyball (Linden El) 6:15 Pickleball</p>	<p>8</p> <p>9:00 Massage 9:00 Veteran Services 9:30 Zumba Gold 9:30 Coffee Cops 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch <i>Pasta & Meatballs</i> 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 2:30 Healthy Eating 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>9</p> <p>8:00 Bridge 9:00 Blood Pressure ✓ 9:00 Manicures 9:30 Yoga 11:00 HolyWALKamoley 11:15 Art à la Carte 11:30 Lunch <i>Chicken Stir Fry</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 Chair Chi 3:15 Coupon Club 5:00 Total Fit 5:00 Chalk Furniture Class 6:15 Pickleball 6:30 Hand & Foot</p>	<p>10</p> <p>8:00 Board Meeting 9:30 Chair Yoga 10:00 Veteran's Day Brunch 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 10:30 Cards n More 11:30 Lunch <i>Salisbury Steak</i> 12:30 Euchre 2:15 Tai Chi Club 4:00 Yoga</p>	<p>11</p>  <p>Saturday November 12 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre 10:00 Garden Meeting Sunday November 13 2:00 Pickleball</p>

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<p>8:00 Bridge</p> <p>9:00 Blood Pressure ✓</p> <p>9:00 CSFP</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 FireKeepers Casino</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch <i>Meatloaf</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:30 Chair Chi</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:00 Volleyball (Linden El)</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:30 NO Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Chicken</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:00 Linden HS Dinner</p>	<p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask the Lawyer</p> <p>10:00 Angel Meeting</p> <p>10:30 Healthy Living for You!</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Pepper Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p> <p>6:30 Dirty Dancing</p>	<p>16</p> <p>Bridge</p> <p>Manicures</p> <p>Yoga</p> <p>Ask the Lawyer</p> <p>Angel Meeting</p> <p>Healthy Living for You!</p> <p>Art à la Carte</p> <p>Lunch <i>Pepper Steak</i></p> <p>Wood Carving</p> <p>Pinochle/Dominoes/Chess</p> <p>Chair Chi</p> <p>Total Fit</p> <p>Pickleball</p> <p>Hand & Foot</p> <p>Dirty Dancing</p>	<p>MMAP Counselor (by apt)</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold & Total Fit</p> <p>10:30 FIT4EVER</p> <p>10:30 Cards n More</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch <i>Stuffed Chicken</i></p> <p>12:30 Euchre</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>17</p> <p>Chair Yoga</p> <p>Zumba Gold & Total Fit</p> <p>FIT4EVER</p> <p>Cards n More</p> <p>Blood Pressure ✓</p> <p>Lunch <i>Stuffed Chicken</i></p> <p>Euchre</p> <p>Tai Chi Club</p> <p>Yoga</p> <p>Grief Support</p>	<p>MMAP Counselor</p> <p>8:15 Lifelong Learning</p> <p>9:30 Yoga</p> <p>9:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 FREE ICE CREAM</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Baked Pollock</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday November 19</p> <p>9:00 Yoga</p> <p>10:15 Zumba & Total Fit</p> <p>10:00 Euchre</p> <p>Sunday November 20</p> <p>Pickleball</p>	<p>18</p> <p>Lifelong Learning</p> <p>Yoga</p> <p>Hearing Doctor</p> <p>Yarn Recyclers</p> <p>Board Games</p> <p>FREE ICE CREAM</p> <p>Pickleball</p> <p>Lunch <i>Baked Pollock</i></p> <p>Lapghans</p> <p>Chicago Bridge</p> <p>November 19</p> <p>Yoga</p> <p>Zumba & Total Fit</p> <p>Euchre</p> <p>November 20</p> <p>Pickleball</p>
<p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Bean Soup</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:30 Chair Chi</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:00 Volleyball (Linden El)</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:30 NO Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Thanksgiving</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</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>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:00 HolyWALKamoley</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Fried Chicken</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 Chair Chi</p> <p>5:00 NO Total Fit</p> <p>6:15 NO Pickleball</p> <p>6:30 NO Hand & Foot</p>	<p>23</p> <p>Bridge</p> <p>Manicures</p> <p>Yoga</p> <p>HolyWALKamoley</p> <p>Art à la Carte</p> <p>Lunch <i>Fried Chicken</i></p> <p>Wood Carving</p> <p>Pinochle/Dominoes/Chess</p> <p>Chair Chi</p> <p>NO Total Fit</p> <p>NO Pickleball</p> <p>NO Hand & Foot</p>	<p>MMAP Counselor (by apt)</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold & Total Fit</p> <p>10:30 FIT4EVER</p> <p>10:30 Cards n More</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch <i>Stuffed Chicken</i></p> <p>12:30 Euchre</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>17</p> <p>Chair Yoga</p> <p>Zumba Gold & Total Fit</p> <p>FIT4EVER</p> <p>Cards n More</p> <p>Blood Pressure ✓</p> <p>Lunch <i>Stuffed Chicken</i></p> <p>Euchre</p> <p>Tai Chi Club</p> <p>Yoga</p> <p>Grief Support</p>	<p>MMAP Counselor</p> <p>8:15 Lifelong Learning</p> <p>9:30 Yoga</p> <p>9:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 FREE ICE CREAM</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Baked Pollock</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday November 19</p> <p>9:00 Yoga</p> <p>10:15 Zumba & Total Fit</p> <p>10:00 Euchre</p> <p>Sunday November 20</p> <p>Pickleball</p>	<p>18</p> <p>Lifelong Learning</p> <p>Yoga</p> <p>Hearing Doctor</p> <p>Yarn Recyclers</p> <p>Board Games</p> <p>FREE ICE CREAM</p> <p>Pickleball</p> <p>Lunch <i>Baked Pollock</i></p> <p>Lapghans</p> <p>Chicago Bridge</p> <p>November 19</p> <p>Yoga</p> <p>Zumba & Total Fit</p> <p>Euchre</p> <p>November 20</p> <p>Pickleball</p>
<p>8:00 Bridge</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Grilled Pork</i></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>1:00 Water Color Class</p> <p>2:30 Chair Chi</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 TOPS Weigh-in</p> <p>6:00 Volleyball (Linden El)</p> <p>6:15 Pickleball</p>	<p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 NO Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Beef Stew</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:00 HolyWALKamoley</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Turkey Cutlet</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>30</p> <p>Bridge</p> <p>Manicures</p> <p>Yoga</p> <p>HolyWALKamoley</p> <p>Art à la Carte</p> <p>Lunch <i>Turkey Cutlet</i></p> <p>Wood Carving</p> <p>Pinochle/Dominoes/Chess</p> <p>Chair Chi</p> <p>Total Fit</p> <p>Pickleball</p> <p>Hand & Foot</p>	<p>MMAP Counselor (by apt)</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold & Total Fit</p> <p>10:30 FIT4EVER</p> <p>10:30 Cards n More</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch <i>Stuffed Chicken</i></p> <p>12:30 Euchre</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>17</p> <p>Chair Yoga</p> <p>Zumba Gold & Total Fit</p> <p>FIT4EVER</p> <p>Cards n More</p> <p>Blood Pressure ✓</p> <p>Lunch <i>Stuffed Chicken</i></p> <p>Euchre</p> <p>Tai Chi Club</p> <p>Yoga</p> <p>Grief Support</p>	<p>MMAP Counselor</p> <p>8:15 Lifelong Learning</p> <p>9:30 Yoga</p> <p>9:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 FREE ICE CREAM</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Baked Pollock</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday November 19</p> <p>9:00 Yoga</p> <p>10:15 Zumba & Total Fit</p> <p>10:00 Euchre</p> <p>Sunday November 20</p> <p>Pickleball</p>	<p>18</p> <p>Lifelong Learning</p> <p>Yoga</p> <p>Hearing Doctor</p> <p>Yarn Recyclers</p> <p>Board Games</p> <p>FREE ICE CREAM</p> <p>Pickleball</p> <p>Lunch <i>Baked Pollock</i></p> <p>Lapghans</p> <p>Chicago Bridge</p> <p>November 19</p> <p>Yoga</p> <p>Zumba & Total Fit</p> <p>Euchre</p> <p>November 20</p> <p>Pickleball</p>

Happy Thanksgiving

Loose will be **CLOSED** for the Holiday Weekend and reopen on Monday, November 28

AARP SMART DRIVER COURSE

Oct. 31 & Nov. 2, (Monday & Wednesday) 11 am - 3 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.)

ONE-ON-ONE FINANCIAL HELP

Wednesday, November 2, 10:30 am

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

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.

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

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

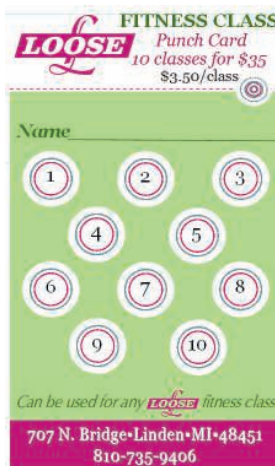
Every 1st Monday, by appointment

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.



FITNESS CLASS PARTICIPANTS,

Beginning January 1, 2017, there will be a "change" in the process for paying for Loose Fitness Classes. The drop in fee for classes will continue to be \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). The card is good for all classes, all fees will be paid at the reception desk UNLESS the class is held after business hours, instructors will collect drop in fees. The change is a necessary change and the process was constructed to be fair to participants and instructors. Classes affected are, all Yoga classes, Fit4Ever, Zumba & Total Fit Classes, Chair Chi and Beginning Line Dance & Advanced Line Dance. Punch cards will be available in December at the Reception desk. Thank you for your understanding and cooperation during this transition time.



WANTED



Chili & Dessert COOK-OFF Taste Testers

**First Annual Loose
Celebrity Chef COOK-OFF**

Date: Tuesday, January 17, 2017
Time: 5 pm,
Cost: \$5/person

*Entries open to local Chefs who care for our aging population.
They will be competing for the prize for the
BEST CHILI and BEST DESSERT*

Ticket holders will determine the winner and will be treated to a variety of Chili Creations, Salad, Bread, a Variety of Desserts & beverage.

There will be music, fun, laughter and by the end of the night, a chef with bragging rights, until the next time.

HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

By appointment each Tuesday! Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$5. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

PODIATRIST

Tuesday, November 29, (by appointment)

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, **copays or deductibles may apply**. 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)

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

MANICURES

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

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



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. 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.

DO YOU NEED A RIDE TO LOOSE? Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE.

BLOOD PRESSURE CHECK

1st Tuesday of each month, 11 am (Health Check)

Blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

Sponsored by Mid-Michigan Home Health & Hospice

2nd Monday of each month, 9 am

Sponsored by WellBridge of Fenton

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

4th Tuesday of each month, 11:00 am - 12 pm

Sponsored by Argentine Care Center



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday
6:00 pm - 7:30 pm, Loose Sunroom

"Journey To Hope And Healing" is a support group open to those who have suffered the loss of a loved one. In a safe and comfortable environment, participants will be able to hear how others are experiencing the effects of loss, share stories about their loved one, and learn about the strategies that help individuals cope with the everyday difficulties of loss. Through sharing and education, it is possible to move forward into the process of hope and healing.

For more information or register for attendance, call Loose at (810) 735-9406.

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.

Garden Meeting
all are welcome **Saturday**
November 12, 10 am

SPECIAL SERVICES & SUPPORT

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 home-bound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsc@loosescenter.org so we can spread the sunshine.



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome Gary Putinsky and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

ASK THE LAWYER

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

Attorney Stacey N. Brancheau 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 the month, by appointment.

If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact 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.

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 they are 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.**

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!

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!

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 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.

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 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html



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

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

MEMBER PRIVILEGES & FUNDRAISING

LOOSE COMMUNITY ANGELS

Meeting - Nov. 16, 10 am The Community Angels are a group of Members from Loose whose mission is to assist community organizations that are helping those in need. New volunteers are always welcomed. If you are interested, call our leader, Paula MacMillan at 810-629-7757. Look for OUR Angels supporting community organizations/agencies with their charitable causes.

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 the container located under the check-in station. We have many of the latest popular magazine titles for you to enjoy. Please feel free to take them home.

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 2017. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

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.

"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."

Visit Our Website

www.loosecenter.org



REMINDER, Loose is NON SMOKING, both facility and grounds. Smoking in vehicles is acceptable.

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!

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 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 Linden, City of Fenton, the Harding Foundation and donations from individuals.

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.

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



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.



"like" us on
facebook

TRIPS

TRIPS @ A GLANCE

Nov. 6	Judgement at Nuremberb (<i>Whiting</i>)	\$46
Nov. 14	FireKeepers	\$32
Nov. 16	Dirty Dancing (<i>Whiting</i>)	\$55
Nov. 16-21	Branson	\$1,199
Nov. 18	Friday @ Applewood	\$8
Dec. 5	Soaring Eagle Oak Ridge Boys	\$32
Dec. 5-6	Niagara Falls	\$229
Dec. 9	Christmas @ Crossroads Village	varies
Dec. 18	Holiday Pops	varies
Dec. 31-Jan. 1	New Years Eve @ Amish Acres	\$254
January 10	FireKeepers Casino	\$32
January 11-21	Florida Vacation	\$2,299
January 26	Caesar Windsor	\$20
February 2	Jackie Robinson Story (<i>Whiting</i>)	\$22
February 15	Cinderella (<i>Whiting</i>)	\$58
February 22-28	Southwest Explorer	\$1,899
February 27	FireKeepers Casino	\$32
March 3	Drumline LIVE	\$40
March 21	Greektown Casino	\$29
March 22	Jewish Cultural Experience	\$67
April 4	FireKeepers Casino	\$32
April 7	RIVERDANCE	\$58
April 25-26	Little River	\$139
April 26-28	Celebration Belle	\$499
April 28	42 nd Street	\$58
May 13-18	Colonial Williamsburg	\$1,259
June 20-21	Holland & Saugatuck	\$340
November 4-12	Costa Rica	\$2,649

Detailed flyers are available at the Loose Center.

Please note: A reservation is made only when a deposit has been received.

Holiday Pops!

Sunday, December 18

The show begins @ 3 pm, the bus leaves Loose @ 2 pm
\$12 W/O Transportation, \$17 With Transportation

Catch the holiday spirit with the Flint Symphony Orchestra, the Flint Festival Chorus and community singers, and hosts Angie Hendershot and Matt Franklin of ABC 12 as they come together to bring you festive favorites.

"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds. YOUR TAX DOLLARS ARE AT WORK."

2016/17 Whiting Opportunities

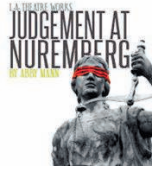
All prices include transportation, if you choose to NOT use transportation; \$5 will be deducted from the final cost

JUDGEMENT AT NUREMBERG

Sunday, November 6, 3PM, \$46,

Van leaves Loose at 2pm

As the world commemorates the 75th anniversary of World War II, and as politics continues to infiltrate human rights and social justice issues worldwide, L.A. Theatre Works tours one of the great courtroom dramas of the last century: Judgment at Nuremberg is both surprising and unsettling.



DIRTY DANCING FULL

Wednesday, November 16, 7:30PM, \$55,

Van leaves Loose at 6:30 pm

THE CLASSIC STORY ON STAGE is a record-breaking live theatre sensation, exploding with heart-pounding music, passionate romance and sensational dancing.

JACKIE ROBINSON STORY

Thursday, February 2, 7PM, \$22

Van leaves Loose at 6 pm

This play with music by Mad River Theater Works shows the events that shaped Jackie Robinson's character, his struggle to gain acceptance, and the tremendous obstacles he overcame on his way to changing the face of our nation and our national pastime.

MCC CONTINUING EDUCATION

(Fridays @ Applewood)

\$8 (includes transportation - departs 8:15 am)

Each month from September through May, a specially chosen program will be offered to inspire, rejuvenate, stimulate and refresh! Each program will feature a unique lecture and will be accompanied with a continental breakfast and door prizes.

November 18- Steve Kramer, Michigan State Police, Human Trafficking House

Human Trafficking and Sex Trafficking is modern-day slavery. Here in Michigan, the National Human Trafficking Resource Center states that as of June 30, 2015 they had received 290 calls and 81 trafficking case reports for 2105 alone. Michigan is #2 in the nation for Human Trafficking. Hear what Mr. Kramer has to say about the involvement of the Michigan State Police with this horrendous problem.

December 16- Lynn M. Radzilowski—Genesee County Senior Millage

Payment is due Wednesday prior to the event.

Many thanks to the State Bank for their support, which allows us to offer this program at a special rate.

AND MORE TRIPS

In order to secure a spot, all travel reservations must be accompanied with a payment.

HOLIDAY MAGIC Christmas at Crossroads

Friday, December 9, 2016

\$33 (W/transportation) or \$28 (WO/transportation)

PRICE INCLUDES:

- Buffet Dinner
- Admission to Village
- Train Ride
- Lights, Lights & MORE Lights

4:00 pm
Arrive @ Village
5:30 pm
Buffet Dinner
7:30 pm
Train Ride

Payment must be received by November 23

NIAGARA FALL Festival of Lights, \$229 PP Double

December 5 - 6

Includes Round Trip Motorcoach Transportation, 1 night Lodging Fallsview Hilton, 1 breakfast & 1 dinner, Tour of Niagara Falls, Festival of lights, Luggage Handling, Tax & tips on included meals

Florida Vacation



Jan. 11-21, \$2299 pp double

Includes Motor coach Transportation
PLUS

Eleven nights lodging, 7 nights at the Outrigger Beach Resort, Fort Myers, 11 breakfast, 1 lunch, 2 dinners, Ringling Circus Museum & Museum of Art, Everglades Airboat Swam Tour, Broadway Palm Dinner Theater, Gulf of Mexico Lunch Cruise, Fleamasters Flea market, Henry B. Plant Tour, Inside CNN Studio Tour Luggage Handling, Tax & Tip on Included Meals.

New Years Eve!



AMISH ACRES

December 31—January 1,

\$254 PP Double

Includes

- Round Trip Motorcoach Transportation,
- 1 night Nappanee Inn
- 1 continental breakfast & 1 dinner (Amish Acres)
- Round Barn Theatre Show, Midnight Fireworks
- Tax & tips on included meals

SOUTHWEST EXPLORER

February 22-28, 2017 \$1,899 pp double

Round trip air, 1st class Motor Coach, Tour Direct and



4 nights in Laughlin, Nevada, 2 nights in Las Vegas, 5 breakfast, 1 lunch, 3 dinner, Hoover Dam, Boat Cruise on Lake Mead, Grand Canyon Skywalk, Celebration Dinner Cruise, Red Rock Canyon State Park, Sightseeing Tour of Las Vegas, Day Tour to Death Valley National Park, luggage Handling including Airport Baggage Fees, Tax & Tips on included meals.

Jewish Cultural Experience

Wednesday, March 22, 2017

Departs 9:30 am - Returns 5:15 pm

\$67 Includes Motor coach Transportation PLUS

Holocaust Memorial Center in Farmington Hills, considered by the Wall Street Journal as possibly the most provocative museum of them all. The architecture of this historic museum stirs the public consciousness of the unprecedented horrific crime of the Holocaust. **Lunch at the Granite City Food & Brewery**, a polished American restaurant that features high-quality menu items, made from scratch.

Tropical Costa Rica

Nov. 4-Nov. 12, 2017 • 9 Days • 13 Meals,
\$2,649pp double (if purchased by May 4)

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre

Essential Experiences-Climb high into the trees for a "Hanging Bridges" tour in the cloud forest. Discover the charming town of Zarcero and its whimsical topiary garden. Get to know Costa Rican culture in the picturesque town of Grecia.

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

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***INSIDE THIS ISSUE,
LOOK FOR INFORMATION ON***

Movie Night & Movie Day (free)

Nurse Chat (free)

ICE CREAM JACKPOT (free)

Veterans Brunch (free to Vets)

Chalk Furniture Class

Giving Tree

Christmas Card Sale

Holiday Magic @ Crossroads

Holiday Pops

MCC Continuing Education

***“WE’VE BEEN
CARRYING ON,
HAVING FUN
ENJOYING LIFE.***

