

South End NEWS

NOVEMBER 2013

LOOSE SENIOR CITIZEN CENTER



*“When you practice
gratefulness, there is a sense
of respect toward others.”*

- Dalai Lama

DIRECTOR'S MESSAGE

Friends,

Each and every one of us has something to be grateful for. Foremost, we are grateful to our parents for our life, care and nurturing. As our life unfolds, our education, social life and position in the work market are influenced by all the other people we encounter. We learn lessons of communication, leadership and relationships from these special people. Some of them may even be responsible for encouraging our talents and teaching us skills so that we could be productive and caring human beings.

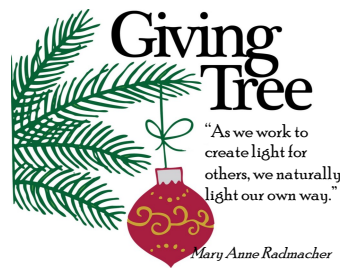
Our life we had or now lead did not just happen. It was made possible by people who care, saw our potential, took a liking to us and made a difference in our life. These extremely gifted and wonderful people passed on what they had learned and took the time to show you. They did that so you could become a person who could make this world a better place and pass on to others valuable life lessons.

We, as an older generation, know the hardships that were faced to make our life and community a nice place to live and call home. We cannot forget those who came before us, who took the time to mold us to who we are and what we represent. We now must continue to pass this special gift to the younger generation. There are so many wonderful, interesting people who come to Loose. The world needs you to pay forward all your knowledge, guidance and love. For if we don't, all that has been accomplished in us is lost. Let's be grateful for who we are.

"WHEN YOU PRACTICE GRATEFULNESS, THERE IS A SENSE OF RESPECT TOWARD OTHERS." Dalai Lama

All is well!

Carl Gabrielson
Executive Director



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 local charities. All donations are appreciated; however there is typically a shortage for men's items. We will be collecting until Friday, December 6. *Thank you!*

VOLUNTEERING GIFTING UPDATE STEPS TO DEVELOPING A CHARITABLE GIVING STRATEGY

You probably already have a plan or strategy in place for managing your money - your monthly budget, investment choices and savings goals, are all part of your financial plan for the future. It makes sense then to have a strategy for your giving as well. Just as you'd want to make your invested funds work hard to ensure the maximum return, you should make sure your charitable donations are as effective as possible, too. A charitable giving strategy is about making your donations more intentional and less random in order to maximize your contribution to society.

To create your strategy, you'll need to start from scratch with an open mind and reflect on past charitable contributions and your future philanthropic goals. Before you begin donating, complete these steps:

- Explore your interests and research prospective charities and their mission statements
- Set goals for your giving plan
- Create a strategy to make sure you reach your goals.

More details on exploring, setting goals and creating a giving strategy to follow next month.



Pictured on the cover: Left, Judith Grubb, Sherry Maxwell, Right, MaryAnn Zann, Marlene Coleman

NOVEMBER SPECIAL HAPPENINGS

Christmas Card Sale

Wednesday, November 6, 2013, 9:00 am to 3:00 pm

Are you ready for Christmas? Loose has hundreds of beautiful Christmas Cards for sale this year. The cards will be sold in packs of 5 identical cards for 50 cents and there will be a section of assorted individual cards for 10 cents each. This is a tremendous Christmas sayings. *Please drop by to see our great selection of cards.*



A SIMPLE DINNER

Thursday, November 7, 5 pm, \$4

Just a simple dinner and an opportunity to come and sit with friends and chat.

MENU: Shredded Barbeque Chicken (sandwiches or not), Hot Dogs (bun or not), Scalloped Potato's, Pasta, and more.

It's going to be a delicious dab of this and a chance to meet up with friends. You won't need to have to think about what to make for dinner AND as always, there will be lots of FUN!

"ENTERTAINMENT EXPRESS"

Friday, Nov. 8, 10 am, bldg. C FREE

Once again, we welcome the Whiting's traveling entertainment to Loose. At this concert, enjoy the beautiful voice of Natalie Sevick, who will perform show tunes and movie stands from the golden age. She transports listeners back to the time of Rodgers and Hammerstein, Lerner and Lowe and Cole Porter, where the guy gets his gal and everyone, including YOU, can join in the chorus.

Natalie has studied theater and the wonderful music of the stage. She is a VERY talented artist and our day will be brighter because of her visit. Please invite a friend and then call Loose to reserve your spot.



NEEDLE FELTING DEMONSTRATION

Wednesday, November 13, 1-3 pm, Bldg. C, FREE

This event was rescheduled. Please call and sign up. *See details on page 6.*

LINDEN HS DINNER

Tuesday, November 12, 5 pm - FREE

Tickets are limited, please call Loose to check ticket availability. If you received a ticket and find you cannot use them, PLEASE return them to Loose. The event typically has a very large waiting list and we would like to accommodate all that we can.

LIFELONG LEARNING FOR SENIORS

Shipwrecks in the Great Lakes

Friday, November 15, \$8 (includes transportation)

Dr. Heberling, President of Baker College Center for Graduate Studies, will provide a presentation on "Shipwrecks of the Great Lakes." He will cover many historical events, including the Great Storm of 1913 which claimed 19 ships and 250 sailors as well as the Armistice Day Blizzard of 1940, which resulted in the loss of three ships and 66 lives. He will also discuss the most recent shipwrecks, with a special emphasis on the Edmund Fitzgerald. *Please sign up by noon the Wednesday prior to the event.*

CLASSICAL MUSIC AND TEA

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

Monday, November 18; Tchaikovsky & Black Tea

See page 10 for details.



MEDICARE PART D OPEN ENROLLMENT

Friday, November 22, by appointment, Bldg A

The open enrollment period is from October 15 through December 7. Changes made take place on January 1, 2014. If you DO NOT wish to make any changes, do nothing. If you DO want to make changes or even if you are just interested in looking over your current plan, we will have MMAP counselors at the Center on the above scheduled date. Contact Loose for more information.

DINNER and a SHOW

series continues...

Sneak Preview

Saturday, November 23, 7 pm, \$4

Fenton High School

Sign up by 11/19

Meet the "New Ambassadors" when they perform as a new group for the first time this year. The amazing talent and youthful energy of this outstanding group promises to captivate you. **THE FENTON HOUSE** is pleased to offer LOOSE Center members an opportunity to enjoy dinner prior to the show. Dine-in or carryout, with the purchase of a 'Sneak Preview' show ticket, you will receive a voucher good for \$5.00 off any \$12.00 food purchase at the Fenton Hotel. **THE FRENCH LAUNDRY** is also offering 10% off to tickets holders the day of concert.

MAKE A DAY OF IT, THIS IS A DEAL YOU DON'T WANT TO MISS!

NUTRITION & MORE

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am

Suggested donation for those 60 and over: \$2

Ages 59 and under: \$3.50

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

COFFEE HOUR

Wednesday, November 13, 9:30 am, Bldg. C

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

POTLUCK DINNER

Friday, November 8, 5 pm, Bldg. C

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

MONTHLY VOLUNTEER MEETING

Thursday, November 21, 9:30 am, Bldg. C

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

CHRISTMAS DINNER AT SPRING MEADOWS

Tuesday, December 3, 12 noon, \$18

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

Tickets must be purchased by Nov. 26.



GCCARD

THANKSGIVING DINNER

Tuesday, November 26, 11:30 am

Reservations due, November 8

Turkey w/gravy, mashed potatoes, vegetable blend, stuffing, cranberry sauce, roll, pecan pie, drink

CHRISTMAS LUNCHEON

Thursday, December 19, 11:30 am

Reservations due, December 6

Pork roast w/gravy, mashed potatoes, capri blend vegetable, roll, cherry pie, drink

A peak at upcoming holiday fun!

SNOW FESTIVAL

WEDNESDAY, DECEMBER 4

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

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

CARD MAKING CLASS

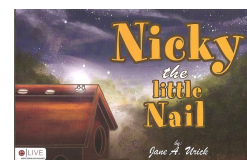
Wednesday, December 4, 12:30 pm, \$2

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

BOOK SIGNING

Wednesday, December 4, 9am - 12 noon

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



HOLIDAY SING-A-LONG

Tuesday, December 17, 6 pm, FREE

Specific details to follow.



KEEPING FIT

ZUMBA & ZUMBA GOLD \$5 per class

Low-impact dance/exercise class that includes stretching, balance and easy dance moves. **GOLD** is a specially designed class for the active older adult or unconditioned person. Wear comfortable clothes and smooth-soled athletic shoes and bring a water bottle.

TAI CHI SIMPLIFIED YANG FORM \$5 per class

This doctor-recommended exercise increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow. For those who suffer from **ARTHRITIS**, Tai Chi is approved by the Arthritis Foundation. This class will help you see improvement in flexibility, balance, coordination, range of motion, strength and confidence.

BODY RECALL \$3 per class

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

BIKING BUNCH Will return in the spring.

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

Wii BOWLING

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

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

YOGA \$5 per class

GENTAL FLOW YOGA Become aware of your body as you gently flow from one pose to another, making adjustments as you go. Learn how to hold the pose to increase your strength and concentration.

CHAIR YOGA Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

LINE DANCE \$3 for one or both classes

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

GOLF AT SHIAWASEE SHORES

The golf season is almost over, but please note that if the weather cooperates, the opportunity will be available. Loose members can enjoy the 9-hole Par 3 golf course for \$5 a round. Be sure to start at the clubhouse to sign in and take care of business.

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

Fitness Class Schedule

MONDAY

HOPE LUTHERAN

9:30 am Yoga (gentle flow)

5:00 pm Zumba

LINDEN ELEMENTARY

6:00 pm Volleyball

TUESDAY

HOPE LUTHERAN

9:15 am Tai Chi

10:30 am Body Recall

12:00 pm Beg. Line Dance

1:00 pm Adv. Line Dance

LOOSE CENTER

9:30 am Chair Yoga

10:30 am Zumba Gold

5:30 pm Yoga (gentle flow)

WEDNESDAY

HOPE LUTHERAN

9:30 am Yoga (gentle flow)

11:00 am Hope Walking Club

5:00 pm Zumba

LOOSE CENTER

Biking Bunch
returns in the spring

THURSDAY

HOPE LUTHERAN

9:15 am Tai Chi

10:00 am Wii Bowling

10:30 am Body Recall

4:30 am Zumba

6:30 pm Beg Line Dance

7:30 pm Adv. Line Dance

LOOSE CENTER

9:30 am Chair Yoga

5:00 pm Yoga (gentle flow)

FRIDAY

HOPE LUTHERAN

9:30 am Yoga (gentle flow)

11:00 am Hope Walking Club

SATURDAY

HOPE LUTHERAN

9:00 am Yoga (gentle flow)

10:15 am Zumba

I don't *find* the time to exercise, I *make* the time to exercise.

movit



ARTSY & CRAFTY

“ANYONE CAN PAINT” Class Minimum: 6
Monday, December 9, 12-2 pm, Bldg. C, \$20

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

HAPPY STAMPERS GROUP

Monday, November 25, 1 pm, Bldg. C, FREE

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

SCRAPBOOKING

Tuesday, November 19, 1 pm, Bldg. A, FREE

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

YARN RECYCLERS

Fridays, 10 am, Bldg. C, FREE

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

PAINTING GROUP

Mondays, 10 am, Bldg. C, FREE

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Bldg. A, FREE

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

We are always looking for new opportunities to learn and grow. If you have a special artistic talent that you would be willing to share by teaching a class or one time workshop, **please contact Loose.**

LOOSE LAPGHANS

Fridays, 1 pm, Bldg. A, FREE

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

LOOSE THREADS

Tuesdays, 10 am, Bldg. A, FREE

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

NEEDLE FELTING DEMONSTRATION

Wednesday, November 13, 1-3 pm, Bldg. C, FREE

Felting is one of the oldest fiber arts, dating back as early as 6300 B.C. Needle felting uses barbed needles to tangle wool fibers, creating a new dense fabric that will not unravel.



Watch a demonstration and participate in hands-on practice of this basic technique.

BEAUTIFUL FELT PURSE

Tues., Dec. 3 & Wed., Dec. 11, 12-2 pm, \$15 

Create a knitted/felted handbag in two classes. In just a few hours you can make this bag for yourself or as a gift. You need to know how to knit or crochet, use



100% wool and wet felt, all taught in the class. Adornments are needle felted. Bring 1-skein of wool yarn (Patons Classic or Lion Brand) and size 10 US needles.

PLEASE SIGN IN

Whether you are here to play cards, participate in a special class, sign up for an event, or grab a loaf of bread, please, remember to ALWAYS sign in. It helps in so many ways. *Thank you!*

CLASSES, MUSICAL OPPORTUNITIES & MORE

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

FACEBOOK

November 6 & 13, 4-6 pm,

Learn the basics of social networking, register on Facebook for some hands-on learning and generate plenty of discussion about the advantages and disadvantages of this phenomenally popular website.

WEBWISE

November 20, 4-6 pm, Bldg. A \$10

Make the most of your online experience. Learn about search engines, email, browsers, shortcuts and the ins and outs that will make your time on the web productive time.

DIGITAL PHOTOS

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

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

GETTING STARTED ON CRAIGSLIST

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

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

IPAD 1

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

IPAD 2

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

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, November 22, 5 pm

\$6 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and a 50/50 Raffle

GAMES

POOL PLAYERS Bring a friend and play anytime.

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

BOARD GAMES **Friday, 10 am**

CHICAGO BRIDGE **Tuesday & Friday, 1 - 4 pm**

CHESS **Wednesday, 12:30 pm**

DOMINOES **Wednesday, 12:30 pm**

MAH JONGG **Tuesday, 3 pm**

PINOCHLE **Monday & Wednesday, 12:30 pm**

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

CARDS & MORE **See you in the fall!**

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



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

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

Loose CHOIR practices are Mondays, 3 pm, Bldg. C.



KARAOKE

Mondays 7-8:30 PM

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

November



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LOOSE STAFF

Carl Gabrielson
Executive Director

Cheryl Rex
Clerk

Debbie Hancock
Business Manager

Bonnie Meadows
Kathy Metivier
Receptionist

Melinda Elmore-Hajek
Program Director

Randy Green
Maintenance

Today I am
Thankful!



Sunday, November 3

OFFICE HOURS

Monday - Friday
8 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@looseseniorcenter.org

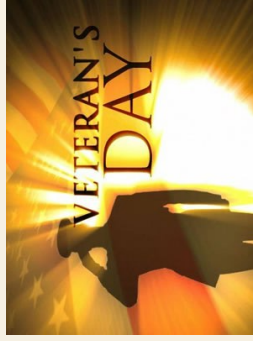
WEBSITE

www.looseseniorcenter.org

<p>1</p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch <i>Pepper Steak</i> 1:00 Lapghans 1:00 Chicago Bridge 7:00 This is the 60's</p> <p>Saturday, November 2 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>	 <p>Sunday, November 3</p>	<p>6</p> <p>8:00 Bridge 9:00 Manicures 9:00 Christmas Card Sale 9:30 Yoga 10:00 Consumer Fraud 11:15 Art à la Carte 11:30 Lunch <i>Chili</i> 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 4:00 Facebook Class 5:00 Zumba</p>	<p>5</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 Body Recall 10:30 Zumba Gold 11:00 Blood Pressure 11:30 Caesars Windsor 11:30 Lunch <i>Chicken ala King</i> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 5:30 Yoga</p>
<p>8</p> <p>8:00 MMAP Counselor 9:30 Yoga 10:00 Entertainment Express 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch <i>Fish</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck</p> <p>SATURDAY November 9 9:00 Yoga 10:00 Euchre 10:15 Zumba 6:30 Jim Belushi</p>	<p>7</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 Wi Bowling 10:00 AMVET 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch <i>Turkey Pot Roast</i> 12:30 Euchre 4:30 Zumba 5:00 A Simple Dinner 5:00 Yoga 6:15 Spanish Makeup 6:30 Line Dance 7:30 Adv. Line Dance</p>	<p>4</p> <p>8:00 Bridge 9:00 Massage 9:30 Yoga 10:00 Painting 11:30 Lunch <i>Stuffed Pepper</i> 12:30 Pinochle 1:00 Listening Ear 3:00 Choir 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>8</p> <p>8:00 MMAP Counselor 9:30 Yoga 10:00 Entertainment Express 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch <i>Fish</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck</p> <p>SATURDAY November 9 9:00 Yoga 10:00 Euchre 10:15 Zumba 6:30 Jim Belushi</p>

11

CLOSED



12

Rum Runners

Tai Chi

Chair Yoga

Loose Threads

Body Recall

Zumba Gold

Lunch Chicken

Beg. Line Dance

Euchre

Adv. Line Dance

Chicago Bridge

Mah jongg

Linden H.S. Dinner

Yoga

8:00

9:00

9:30

9:30

9:30

10:30

11:15

11:30

12:00

12:30

1:00

3:15

4:00

5:00

13

Bridge

Manicures

Blood Pressure

Coffee Hour

Yoga

Watch Repair

Art à la Carte

Lunch Beef Steak

Wood Carving

Pinochle/Dominoes/Chess

Needle Felting Demo

Coupon Club

Facebook Class

Zumba

8:00

9:00

9:30

10:00

10:30

10:30

11:15

11:30

12:30

5:00

6:15

6:30

7:30

14

Board Meeting

Tai Chi

Chair Yoga

Wii Bowling

Massage

Body Recall

Farmers' Market Trip

Lunch Chicken Gumbo

Euchre

Zumba

Yoga

Spanish Makeup

Beg. Line Dance

Adv. Beg. Line Dance

8:00

9:15

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7:30

15

MIMAP

Lifelong Learning

Yoga

Hearing Doctor

Yarn Recyclers

Board Games

Lunch Meatloaf

Lapghans

Chicago Bridge

SATURDAY November 16

Yoga

Euchre

Zumba

Symphony

8:00

8:30

9:30

10:00

10:00

10:00

11:30

1:00

1:00

SATURDAY November 16

9:00

10:00

10:15

7:00

18

Bridge

CSFP

Massage

Yoga

Painting

Lunch Turkey Soup

Pinochle

Choir

Zumba

Classical Music & Tea

Volleyball

TOPS Weigh-in

Karaoke

8:00

9:00

9:00

9:30

10:00

10:30

10:30

11:30

12:00

12:30

1:00

1:00

3:00

5:30

19

Tai Chi

Chair Yoga

Loose Threads

Body Recall

Zumba Gold

Lunch Salisbury Steak

Beg. Line Dance

Euchre

Scrapbooking

Adv. Line Dance

Chicago Bridge

Mah jongg

Yoga

8:00

9:00

9:30

9:30

11:15

11:30

12:00

12:30

4:00

5:00

20

Bridge

Manicures

Legal Services

Yoga

Art à la Carte

Lunch Chicken Sandwich

Wood Carving

Pinochle/Dominoes/Chess

Webwise

Zumba

21

Tai Chi

Chair Yoga

Volunteer Meeting

Firekeepers

Wii Bowling

Body Recall

Blood Pressure

Farmers' Market Trip

Lunch Beef Pastie

Euchre

Energy Healing

NO Zumba

Yoga

Beg. Line Dance

Adv. Beg. Line Dance

9:15

9:30

9:30

10:00

10:00

10:00

10:30

11:00

11:15

11:30

12:30

2:00

4:30

5:00

6:30

7:30

22

MIMAP Enrollment

Yoga

Write Life Story

Yarn Recyclers

Board Games

Lunch Mac & Cheese

Lapghans

Chicago Bridge

Euchre Tournament

SATURDAY November 23

Yoga

Euchre

Zumba

Sneak Preview

9:00

9:30

10:00

10:00

10:00

11:30

1:00

1:00

SATURDAY November 23

9:00

10:00

10:15

7:00

25

Bridge

Massage

Yoga

Painting

Blood Pressure

Lunch Chick. & Dumplings

Pinochle

Happy Stampers

Choir

Zumba

Volleyball

TOPS Weigh-in

Karaoke

8:00

9:00

9:30

10:00

10:30

10:30

11:30

12:30

1:00

3:00

5:00

6:00

7:00

26

Podiatrist

Tai Chi

Chair Yoga

Loose Threads

Body Recall

Zumba Gold

Thanksgiving Lunch

Beg. Line Dance

Euchre

Chicago Bridge

Alzheimer Support

Mah jongg

Yoga

8:30

9:15

9:30

10:00

10:30

10:30

11:30

12:30

12:30

5:00

27

Bridge

Manicures

Yoga

Art à la Carte

Lunch Bean Soup w/Ham

Wood Carving

Pinochle/Dominoes/Chess

Zumba

28

Bridge

Manicures

Yoga

Art à la Carte

Lunch Bean Soup w/Ham

Wood Carving

Pinochle/Dominoes/Chess

Zumba

9:15

9:30

9:30

10:00

10:00

10:00

11:00

11:15

11:30

12:30

2:00

4:30

5:00

6:30

7:30

Closed November 28-30



Alzheimer Support Group

Every 4th Tuesday, 2 pm, Bldg. A

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

WRITE YOUR LIFE STORY

Friday, November 8 & 22, 10 am, Bldg. C

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

LOOSE BOOK CLUB

Monday, December 9, 1 pm, Bldg. A

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

ENERGY HEALING WORKSHOP

Thursday, November 21, 2 - 4 pm, Bldg. A, \$30

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

LISTENING EAR

Monday, November 4, by appointment

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



CLASSICAL MUSIC AND TEA

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

Monday, November 18, Wagner and Green Tea

Monday, January 27, Gershwin and Mixed Tea



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

MEDICATION ADMINISTRATION & SAFETY

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

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

This newsletter is funded through Genesee County Senior Millage Funds-your tax dollars at work!



The Loose Card Shop has a "Turkey" of a surprise for you in November. To add to the excitement of the upcoming holidays, there will be three special give-a-ways. Every time you come to Loose, fill out a ticket and enter your name for these special drawings. Fridays, Nov. 8, 15 and 22, a name will be drawn and the winner called on Nov. 8' a decorated bag of beautiful handmade Christmas cards will go to one lucky winner. On Nov. 15' an assortment of Christmas wrapping will be the prize. On Nov. 22, the winner will have an opportunity to select 20 Christmas Cards of their choice. This is a lot of "Stuffing" for all our wonderful Loose people!



HEALTH SERVICES & TRANSPORTATION

MASSAGE

Mondays, 9 am & 2nd & 4th Thur., 10:30 am
\$5 for 7-minute session or \$10 for 15-minute session.



Schedule today! Call 735.9406 for an appointment.

PODIATRIST

Tuesday, November 26, by appointment, Bldg. A

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

FREE VISION SERVICES

Check back for 2014 schedule.

- Vision Screens
 - Adjustments and cleaning of glasses
 - Affordable frames to try on
 - Literature on Macular Degeneration & Glaucoma
 - Discount cards for all uninsured
 - Free one-year frame warranty with appointment
- Sponsored by Riverfront Optical

FREE HEARING CLINIC

November 15, 10 am (by appointment), Bldg. C

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

MANICURES

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

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



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4. A monthly pass is available for \$35 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

WEEKLY SCHEDULED VAN DESTINATION

Please call 24 hours in advance to schedule a ride.

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

11:15 am departure, return 2:00 pm, \$4 roundtrip

THURSDAY – Flint Farmers' Market

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

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

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

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

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

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Bldg. C

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

2nd Wednesday of each month, 9 - 10 am

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

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



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

SPECIAL SERVICES & SUPPORT

LEGAL ADVICE

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

CONSUMER FRAUD ASSISTANCE

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

AMVETS

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

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

TOPS (*Take Off Pounds Sensibly*)

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

COUPON CLUB

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

WATCH REPAIR

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

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, 9-10:00 am, Bldg. C
Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

AARP TAX-AIDE Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 248.634.1216 or toll free at 1-888-OUR:AARP (1.888.687.2277), or use the online registration form on our website at www.aarp.org/taxaide.

VG's YES CARD ADVANTAGE

Be sure to designate Loose as the recipient of the points from your **VG's 'YES' card**. Points mean \$ for Loose. If you are not sure if Loose is set to receive your points, please stop by customer service at VG's or the Loose office.

The **NEXT** week to shop using your 'YES' cards linked to Loose is **November 17-23, 2013**. Purchases you make on those days with your 'Yes' card will automatically be added to the Loose account.



MEMBER PRIVILEGES & FUNDRAISING

UPS STORE DISCOUNT CARD

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

SUNSHINE GREETINGS If you know someone whose spirits would be lifted by receiving a card or note, please stop by or call Loose and tell us their name. A card will be sent ASAP by our Sunshine Greeting volunteer.

FREE BREAD Volunteers pick up day old bread each Monday and Wednesday from VG's. It is available on a first-come, first-served basis.

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

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

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

MEMBERSHIP Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25, which is due January 1st.

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS. The annual membership fee of \$25 per person is due for 2013. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

THE LOOSE COMMUNITY ANGELS

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

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

WE SAVE...

ALPINE 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 Building C.

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

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

SUNSHINE GREETINGS



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

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

TRIPS @ A GLANCE

November 1	This is the 60's	\$45
November 5	Caesar Windsor Casino	\$17
November 9	Jim Belushi & Chicago Comedy	\$50
November 12	Rum Runners	\$98
November 14-25	Hawaii Cruise	\$3899
November 21	FireKeepers	\$30
November 21-24	Opryland Country Christmas	\$999
December 2-3	Niagara Falls	\$209
December 9	Soaring Eagle & "Great Russian Ballet"	\$30
December 10	Holiday Glitz	\$73
December 15	Mannheim Steamroller	\$60
December 22	Holiday Pops	\$21
December 30	New Year's Eve in Traverse City	\$284
January 8	Gun Lake Casino	\$35
January 23	Greektown Casino	\$26
January 31	Million Dollar Quartet	\$57
February 3	Soaring Eagle & Vicki Lawrence Show	\$30
February 9	Detroit Symphony Orchestra NEW!	\$107
February 13-20	San Antonio & Galveston	\$2349
March 16-24	Gulf Shores & The Deep South	\$1599
March 17	Soaring Eagle & The 4 Irish Tenors Show	\$30
March 25-31	Arizona	\$1854
April 4-8	Cherry Blossom Tour & More	\$949
August 18	Soaring Eagle & Doo Wop Show	\$30

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

2013/14 FLINT SYMPHONY ORCHESTRA

Buy season tickets for the 2013-14 season for **half price** (includes special seating and 2 bonus tickets that can be used for any other Flint Institute of music events, such as Holiday Pops, "Nutcracker", etc. or half-off seating on available seats. Don't wait, call Loose today for more information.

LIFELONG LEARNING FOR SENIORS

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

An opportunity offered by Mott Community College. Enjoy great speakers who will inspire and refresh, along with a wonderful continental breakfast. Takes place in the Regional Technology Center Auditorium.

Friday, November 15

Shipwrecks of the Great Lakes: Dr. Heberling, Pres. Baker College

See page 3 for details.

Friday, December 20

Whaley Historical Hours Museum: Ms. Steele, Director of Whaley

Ms. Steele will discuss the rich history of this Kearsley St. landmark as part of the Christmas at Whaley annual event. Hear about the Whaleys, a well known family who were the original residents. Dan Hayes will provide beautiful Christmas songs.

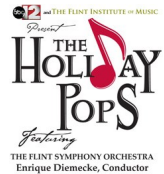
Please pay by noon on the Wednesday prior to the event.

HOLIDAY POPS

Sunday, December 22, \$21

The show begins at 3 pm, the bus leaves Loose at 2 pm.
Featuring the Flint Symphony Orchestra, Flint Festival Chorus with area high school singers, the Flint Jubilee Chorale, and the Flint Festival Youth Chorus.

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



ART À LA CARTE
FLINT INSTITUTE OF ART

A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided. Leave Loose at 11:15 am. Cost: \$4 (transportation)

November 6	Toulouse-Lautrec
November 13	Cezanne
November 20	Rousseau
November 27	The Final Flourish



JOIN LOOSE @ THE WHITING

Details available at the Loose Center

Fri., Nov 1	This is the '60s	\$45
Sat., Nov. 9	Jim Belushi & Chicago Comedy	\$50
Sun., Dec 15	Mannheim Steamroller	\$60
Sun., Dec 22	HOLIDAY POPS	\$21
Fri., Jan 31	Million Dollar Quartet	\$57
Tues., Feb 11	"Hamlet"	\$35
Sun., Mar 9	"Menopause the Musical"	\$50
Fri., Mar 21	Cirque Mechanics	\$45
Fri., Apr 18	"West Side Story"	\$60
Sat., Apr 26	Former SNL Stars	\$50
Sat., May 17	Mike Super Magic & Illusion	\$30

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



Tuesday, November 12, \$98 includes transportation and the Rum Runner Tour led by "Benny Da Weasel" The Rum Runner's Live Action Tour will tell the story of prohibition and Windsor's connection to Chicago's gangsters like Al Capone and Detroit's Purple Gang. You'll learn how everyday people like taxi drivers and newspaper vendors became wealthy entrepreneurs. At several locations you will disembark the bus to intermingle with the characters and an included lunch will be served at one of their famous haunts.

<p>Opryland Country Christmas Plus Louisville's Kalighoscope Christmas</p> <p>November 21-24, \$999</p>	<ul style="list-style-type: none"> • 8 nights Lodging • 1 breakfast • 2 dinners • Hall of Trees • ICE Exhibit • Grand Ole Opry • Radio City Rockettes • Sightseeing • Oh so much more!
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NIAGARA FALLS "Festival of Lights" & FALLSVIEW CASINO RESORT
December 2-3, 2013

TOUR INCLUDES TRANSPORTATION and:

- 1 NIGHT @ HILTON FALLSVIEW RESORT
- Full Breakfast Buffet @ Hotel
- Sightseeing Tour of Niagara Falls
- Visit to Rockway Winery
- Festival of Lights & plenty of Gaming time

\$209 double, \$269 single

Washington DC Cherry Blossom Tour
April 4-8, 2014

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

TEXAS, San Antonio & Galveston
February 13-20, 2014, \$2,349 Double

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



Tuesday, December 10, 2013
Departs 1:15 pm, Returns 8:15 pm
\$73 per person

TOUR INCLUDES TRANSPORTATION and

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

New Year's Eve in Traverse City

Monday, December 30 - January 1, 2014, \$284 Double
(includes \$40 gaming/food vouchers)

INCLUDES TRANSPORTATION PLUS
2 Nights @ the County Inn Suites in Traverse
2 Continental Breakfasts
2 dinners at Local Traverse Restaurants
Ring in the NEW YEAR at Turtle Creek Casino
Featuring: Little River Casino, Turtle Creek Casino, Leelanau*
Sands Casino, Soaring Eagle Casino

Gulf Shores & The Deep South
March 16-24, 2014, \$1,599 Double

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

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

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

INCLUDES FLIGHT & DELUXE MOTORCOACH PLUS
6 nights at the Radisson Rort McDowell Resort
1 Lunch, 6 dinners

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

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

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Visit Loose on the web @
www.loosecenter.org



**“You're off to Great Places!
Today is your day!
Your mountain is waiting,
So... get on your way!”**
Dr. Seuss, Oh, the Places You'll Go!

