

South End NEWS

OCTOBER 2013

LOOSE SENIOR CITIZEN CENTER



*"I ain't old but
I've been around
a long time."*

- A song by
Delbert McClinton

DIRECTOR'S MESSAGE

Friends,

Life is a half written book with many chapters. Here I am, at 64 years old, still coaching high school softball at Hartland and enjoying every moment of it. I entered the job market at age 8: cutting lawns, working on the farm, working in a hardware store, then at Sears for 31 years. After my first retirement, I became a township supervisor. Following that I retired again. For years I enjoyed fishing, playing golf, coaching and taking walks with my wife. Now I find myself director of a senior center as we build a new building. My motto could be, "I ain't old but I have been around a long time." That's a good title for a book!

I think each of you can identify with my story. In the 40s and 50s you did not sit around and watch TV or play video games. You were told to get outside and find a job. After completing high school and/or college you set out to find your future. You may have served in the military. You might have gone to work in the automobile factories. Some of you became doctors, nurses, lawyers, teachers, investment specialists, or perhaps you took over the family farm. The list goes on.

Your chapters progressed, you fell in love with your sweetheart, married, and soon heard the patter of little feet. From then the fun had just begun. The children grew older and became involved with many activities. There were school plays, band concerts, sports and proms. With summer came little league, camp and children home all day. You found a way to survive and enjoy those special moments no matter how difficult or time consuming they may have been. Then the children left home and followed their own paths.

The house was now empty and you considered retirement. Just you and the wife. Travel is in your future and you dream of empty days with nothing to do. But wait. Your children are now having children and you become a grandmother or grandfather. Babysitting becomes part of your life and you find it hard to keep up with a 5 and 8 year old. What happened to those empty days? You refocus your life and set a new course. Then, as if you have not taken on enough challenges in your life, you find yourself becoming part of a group who needs your expertise, knowledge or leadership. This helps fill your days and you find you can't stop. You fill your chapters because you are not one to stay indoors, sit around the house and let the world go by. You do it because that is who you are and how you were raised.

Pictured on the cover: Carla Chenoweth

Your life is a half written book with many chapters and it is not finished until you take your last breath. The rewards of your life and memories are priceless. There are still chapters to write. So finish your novel. Enjoy every page. Your title may be, "*I ain't old but I have been around a long time.*"

All is well!

Carl Gabrielson
Executive Director



We enjoyed sharing time with our friends from Caretel Inns of Linden, who served a special fruit and yogurt bar at The Country Affair event in August.

"ENTERTAINMENT EXPRESS"

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

We again 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 a 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.

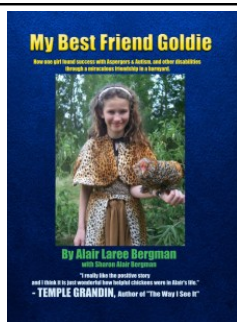
Natalie has studied theater and the wonderful music of the stage. She is a VERY talented artist and our day will be brighter because of her visit. Please invite a friend and then call Loose to reserve your spot.



OCTOBER SPECIAL HAPPENINGS



Friday, October 4, 9 am - 1 pm
DETAILS ON LAST PAGE OF THE NEWSLETTER.



Monday, October 14, 1 pm Bldg. A

The **LOOSE BOOK CLUB** welcomes a very special guest author, Alair Laree Bergman, author of **MY BEST FRIEND GOLDIE**. Adair, along with her mother Sharon and Goldie (her chicken) will be at Loose to share her story with the help of her mother: How one girl found success with Asperger's, Autism, and other disabilities through a miraculous friendship in a barnyard. Please call ahead to reserve your spot.

Monday & Tuesday, October 28-29, 12-4 pm, Bldg. A

AARP \$12/person for AARP members
 \$14/non-members.
 Sign up today!
Driver Safety Program

MEDICARE PART D OPEN ENROLLMENT

Tuesday, October 23, by appointment, Bldg C

Thursday, 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 dates. Contact Loose for more information.

Trunk or Treat

October 31st

LOOSE CENTER

Set-up by 5:30 pm

It's now officially a tradition: join in on the fun this Halloween! Trunk or Treat is a great chance to provide a safe family environment for trick-or-treaters. Put your thinking caps on, decorate your cars and yourself, bring your favorite candy to pass out and join in on the fun! Or just bring your lawn chair and a bowl and enjoy the fun that comes with watching the kids and sharing candy.



CATERED DINNER

Tuesday, October 22, 5 pm, \$12

GUEST: Gerry Roach, "Michigan Lighthouses"

MENU: Ham, meatballs, lasagna, potato, vegetables, salads, rolls, dessert and drink.

Since the National Historic Lighthouse Preservation Act of 2000, nearly 300 lighthouses nationally have received funding by the Federal Government and are now in private or local city/agency hands. Gerald Roach will present how some lighthouses still remain neglected and are falling into severe disrepair. Most lighthouses are 200 years old, and while they were built to withstand all Mother Nature could hand out, Father Time is taking its toll.

CLASSICAL MUSIC AND TEA

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

Monday, October 28, Wagner & Green Tea

See page 10 for details.



ENERGY HEALING

October 17, by appointment

A powerful natural form of healing. For more information, see page 10.



BE Prepared

PLANNING FOR YOUR ESTATE PLANNING FOR THE POSSIBILITIES

Wednesday, October 9, 12:30 pm, Bldg. C

Attorney James Trembley will be at Loose to speak on a topic that many try

to avoid: preparation! Preparing for the possibility of a loved one being ill, being admitted to a nursing home and so much more. Prepare yourself now with information. Information is knowledge and knowledge is love, light and vision. Be kind to yourself and your family and take this time to PREPARE. Join us for this informational piece and a chance to ask some of those very important questions that have been on your mind.

LIFELONG LEARNING FOR SENIORS

Congressman Dan Kildee

Friday, October 18, \$8 (includes transportation)

Hear how the Congressman is adjusting to his congressional duties in Washington D.C. and the many challenges he faces in his new role. Please sign up by noon the Wednesday prior to the event.

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, October 9, 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, October 11, 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, October 17, 9:30 am, Bldg. C

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

LINDEN HS DINNER

Tuesday, November 12, 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 have a ticket to attend this event. **Tickets will be available at Loose on Tuesday, October 10 at 9 am in building C.**

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.



A peak at upcoming holiday fun!

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 savings. *Please drop by to see our great selection of cards.*



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. Lunch will include chicken salad croissant, fruit, beverage and a holiday treat. \$3

CARD MAKING CLASS: 12:30 pm. Relax and enjoy an afternoon of card creativity and great conversation. \$2

CHRISTMAS DINNER AT SPRING MEADOWS

Tuesday, December 3, 12 noon, \$18

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 is a favorite of many Loose members. Please preregister.

Tickets must be purchased by Nov. 26.



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 Wednesday, 9:00 am

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

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 during the summer at 6 pm at Hope Lutheran Church on Silver Lake Road next to the High School.

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

9:00 am Biking Bunch

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, October 14, 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, October 28, 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, October 15, 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

Thursday, October 3, 1-3 pm, Bldg. C, FREE

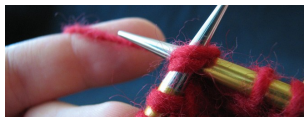
Felting is one of the oldest fiber arts, dating back as early as 6300 B.C. Needle felting uses barbed needles to tangle wool fibers, creating a new dense fabric that will not unravel. Watch a demonstration and participate in hands-on practice of this basic technique.



LEARN TO KNIT

Thursday, Oct. 17, 24, 31, 1-3 pm, Bldg. C, \$15

Whether you are a knitting novice or a pro who needs a refresher, this three-week class will have you casting-on, binding-off, knitting, purling and producing several projects. Make new friends and some gifts this fall! **Please bring to class,** size 10 knitting needles (any length), one skein of Sugar and Cream yarn **OR** one skein of Aunt Lydia's Cotton yarn.



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.



IPAD 2

October 2 & 9, 4-6 pm, \$20, Bldg. A

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

KNOW YOUR LAPTOP

October 16 & 23, 4-6 pm, \$20, Bldg. A

Take the time to learn and understand and make the most of your laptop. Learn to navigate, how to log into wireless internet, what programs you have, how to change appearance and more. *A great class to expand your knowledge and make new friends. Be sure to bring your laptop with you.*

MANAGE YOUR FILES & FOLDERS:

TIPS FOR KEEPING YOUR PC FILES ORGANIZED

October 30, 4-6 pm, \$10, Bldg. A

Just like the old four-drawer file cabinet, your computer has the capability of being organized in ABC order, date order, or the way you like it. It's all about files and folders and how to create them and name them. This is vital information to help you maximize the convenience of your computer.

FACEBOOK

November 6 & 13, 4-6 pm, \$20, Bldg. A

Learn the basics of social networking, get you into 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, \$10, Bldg. A

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.

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, October 25, 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, 9 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 accompanied by 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 at special events and are a wonderful addition to any gathering. The choir is a very welcoming group; stop by and see!

Loose CHOIR practices on 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.**

October

OFFICE HOURS

Monday - Friday
8 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@looseseniorcenter.org

WEBSITE

www.looseseniorcenter.org

MONDAY

LOOSE STAFF

Carl Gabrielson
Executive Director
Debbie Hancock
Business Manager
Melinda Elmore-Hajek
Program Director
Cheryl Rex, Clerk
Bonnie Meadows
Kathy Metivier
Receptionist
Randy Green
Maintenance

TUESDAY

1

9:15 Tai Chi
9:30 Chair Yoga
10:00 Loose Threads
10:30 Body Recall
10:30 Zumba Gold
11:00 Blood Pressure
11:30 Lunch *Chicken*
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
5:30 Yoga

WEDNESDAY

2

9:00 Biking Bunch
9:00 Manicures
9:00 Bridge
9:30 Yoga
10:00 Consumer Fraud Presentation
11:00 MMAP Counselor
11:15 Art à la Carte
11:30 Lunch *Sweet/S*
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
4:00 IPAD 2
5:00 Zumba

THURSDAY

3

9:15 Tai Chi
9:30 Chair Yoga
10:00 AMVET
10:00 Wii Bowling
10:30 Body Recall
11:15 Farmers' Market Trip
11:30 Lunch *Baked Ham*
12:30 Euchre
1:00 Needle Felting Demo
4:30 Zumba
5:00 Yoga
6:15 Spanish
6:30 Line Dance
7:30 Adv. Line Dance

FRIDAY

4

9:00 HEALTH FAIR
9:00 NO MMAP Counselor
9:30 No Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:30 Lunch *Baked Fish*
1:00 Lapghans
1:00 Chicago Bridge
Saturday, October 5
9:00 Yoga
10:00 Euchre
10:15 Zumba

7

9:00 Massage
9:00 Bridge
9:30 Yoga
10:00 Painting
11:30 Lunch *BBQ Rib*
12:30 Pinochle
3:00 Choir
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
7:00 Karaoke

8

7:00 Little River Casino
9:15 Tai Chi
9:30 Chair Yoga
10:00 Loose Threads
10:30 Body Recall
10:30 Zumba Gold
11:30 Lunch *Pork Chop*
12:00 Beg. Line Dance
12:30 Euchre
1:00 1 on 1 Financial
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
5:30 Yoga

9


9:00 Biking Bunch
9:00 Manicures
9:00 Blood Pressure
9:30 **Coffee Hour**
9:30 Yoga
9:00 Bridge
10:30 Investment Perspective
10:30 Watch Repair
11:15 Art à la Carte
11:30 Lunch *Fried Chicken*
12:00 Wood Carving
12:30 Estate Planning
12:30 Pinochle/Dominoes/Chess
3:15 Coupon Club
4:00 IPAD 2
5:00 Zumba

10

8:00 Loose Board Meeting
9:15 Tai Chi
9:30 Chair Yoga
10:00 Vision Screening
10:00 Wii Bowling
10:30 Massage
10:30 Body Recall
11:15 Farmers' Market Trip
11:30 Lunch *Creole Steak*
12:30 Euchre
4:30 Zumba
5:00 Yoga
6:15 Spanish
6:30 Beg. Line Dance
7:30 Adv. Line Dance

11

8:00 NO MMAP Counselor
9:30 Yoga
10:00 Write Life Story
10:00 Yarn Recyclers
10:00 Board Games
11:30 Lunch *Pub Burger*
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
Saturday, October 12
9:00 Yoga
10:00 Euchre
10:15 Zumba
Symphony

<p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch BBQ Rib</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>14</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Pepper Steak</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p>	<p>15</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>9:00 Bridge</p> <p>9:30 Legal Services</p> <p>10:45 Genesee Belle</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Fried Chicken</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Know your Laptop</p> <p>5:00 Zumba</p>	<p>16</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:00 Wii Bowling</p> <p>10:30 Body Recall</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Creole Steak</p> <p>12:30 Euchre</p> <p>1:00 Knitting Class</p> <p>2:00 Energy Healing</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>17</p> <p>8:00 NO MMAP</p> <p>8:30 Lifelong Learning</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Sloppy Joes \$3</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday October 19</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>7:00 MOMTOURAGE</p>
<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Meatloaf</p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</p> <p>3:00 Choir</p> <p>5:00 NO Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p> <p>Shop at VG's Oct. 20-26 and use your YES card!</p>	<p>21</p> <p>8:30 Podiatrist</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Pepper Steak</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 NO Mah jongg</p> <p>5:00 Catered Dinner</p> <p>5:30 NO Yoga</p>	<p>22</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:00 Medicare Open Enrollment</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Fried Chicken</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Know your Laptop</p> <p>5:00 Zumba</p>	<p>23</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling</p> <p>10:30 Massage</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Motor City Casino</p> <p>11:30 Lunch Creole Steak</p> <p>12:30 Euchre</p> <p>1:00 Knitting Class</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>24</p> <p>8:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Pub Burger</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>Saturday October 26</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch Beef Stew</p> <p>12:00 AARP Safe Driving</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Classical Music & Tea</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>28</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Pepper Steak</p> <p>12:00 Beg. Line Dance</p> <p>12:00 AARP Safe Driving</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p>	<p>29</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Fried Chicken</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Manage Your Files & Folders</p> <p>5:00 Zumba</p>	<p>30</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Creole Steak</p> <p>12:30 Euchre</p> <p>1:00 Knitting Class</p> <p>4:30 NO Zumba</p> <p>5:00 Yoga</p> <p>5:30 Trunk or Treat</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>31</p> <p>8:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch Pub Burger</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>Saturday October 26</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> 

Alzheimer Support Group In the **Spotlight** Every 4th Tues., 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, October 11 & 25, 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 See page 3 for details!

Monday, October 14, 1 pm, Bldg. A Something Special
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, October 17, 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 as in 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, October 21, 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, October 28, Tchaikovsky and Black Tea
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.



GENESEE COUNTY PROTECTION & FRAUD DIVISION

Wednesday, October 2, 10 am Bldg. C

Consumer Protection has the latest information on scams and fraudulent schemes that bilk people out of millions of dollars annually. Meet Consumer Fraud Division Investigator Thomas Lavigne. He will also help with any investigation or complaint and attempt to secure a just resolution to the problem.



Friday, October 25, \$6, 5 pm
LOOSE EUCHRE TOURNAMENT

TOPS (*Take Off Pounds Sensibly*)

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

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 October 20-26, 2013. Purchases you make on those days with your 'Yes' card will automatically be added to the Loose account.



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

HEALTH SERVICES & TRANSPORTATION

MASSAGE

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



Schedule today! Call 735.9406 for an appointment.

PODIATRIST

Tuesday, October 22, 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

Thursday, October 10, 2013, 10 am - 1 pm, Bldg. C

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

FREE HEARING CLINIC

October 18, 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

INVESTMENT PERSPECTIVE

Wednesday, October 9, 10:30 am, Bldg. C

Financial Advisor Katie Rozen will be discussing a variety of relevant financial topics including today's market, investment strategies, living in retirement, and ways to protect what is important. Investment Perspective will follow the Coffee Hour on the 2nd Wednesday of each month.

ONE-ON-ONE FINANCIAL HELP

Tuesday, October 8, 1:00 pm, Bldg. A

Financial Advisor Katie Rozen will be available for free financial consultations at Loose Center the 2nd Tuesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

LEGAL ADVICE

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

Attorney Sharon Miner will be at the Loose Center to offer free consultations on estate planning. This service is 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.**

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.*

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, 9-10:00 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.

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 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

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

RECYCLING We receive cash for paper. Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow Abitibi bin in the parking lot.

CELL PHONES We are collecting used cell phones. Please drop them off at the Center in the drop box.

EYE GLASSES Deposit your used glasses in the Lions box, located in Building C.

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

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

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

October 8-9	Turtle Creek/Soaring Eagle	\$120
October 16	Genesee Belle Fall Lunch Cruise	\$21
October 22	Happy Birthday Henry (<i>rescheduled</i>)	\$69
October 24	Motor City Casino	\$27
November 5	Caesar Windsor Casino	\$17
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 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
February 3	Soaring Eagle & Vicki Lawrence Show	\$30
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
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, October 18

Congressman Dan Kildee: His Many Changes in Washington D.C.
(See page 3 for details)

Friday, November 15

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

Friday, December 20

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

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

GENESEE BELLE FALL LUNCH CRUISE

Wednesday, Oct. 16, \$21 includes transportation, cruise & lunch (please make sure you indicate your menu choice at the time you register). The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is October 2.



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

**ART À LA CARTE
FLINT INSTITUTE OF ART**

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

- Oct. 2 An Artist's Montmartre
- Oct. 9 Henri de Toulouse-Lautrec
- Oct. 16 Munch
- Oct. 23 Gauguin
- Oct. 30 Van Gogh



JOIN LOOSE @ THE WHITING

Details available at the Loose Center

Sat., Oct 19	MOMTOURAGE	\$40
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!**

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

LITTLE RIVER CASINO RESORT **October 8-9, 2013, \$120 double**

Casino Special

Includes Motorcoach Transportation PLUS

- ◆ Lodging @ Little River Casino
- ◆ Gaming sessions @ Turtle Creek, Little River & Soaring Eagle
- ◆ Casino Play \$35
- ◆ Food \$16
- ◆ Fun - Priceless



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.

Opryland Country Christmas
Plus Louisville's Kalighoscope Christmas

November 21-24, \$999

- 3 nights Lodging
- 1 breakfast
- 2 dinners
- Hall of Trees
- ICE Exhibit
- Grand Ole Opry
- Radio City Rockettes
- Sightseeing
- Oh so much more!

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**



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

TOUR INCLUDES TRANSPORTATION and

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

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

Loose

health fair

and
housing

Friday, October 4, 9 am - 1 pm
FENTON UNITED METHODIST CHURCH
119 South Leroy Street Fenton

Participating Agencies

Shiawassee Shores	Alternative Elderly Care
American Red Cross	Caretel Inns of Linden
Comfort Keepers	The Oaks at Woodfield
Costco Wholesale	Regency at Grand Blanc
Sharp Funeral Home	Senior Home Solutions
NBO Medical	Wynwood of Grand Blanc
STAT EMS	Village Manor Retirement
Fenton Health Care	Temrowski Family Funeral Home
Vial of Life	TaECKENS Terrace Senior Apartments
MMAP Program Reps	Senior Benefits Group Retirement Advisor
Hear Clear	Harbor Healing Massage
Loose Fitness Programs	Holly Foot & Ankle Specialist
Patricia McGarry, D.D.S.	Argentine Care Center

INCLUDES

- Health Information
- Housing information
- Loose Information
- Blood Pressure Check
- Vendors
- Free Mini Massage
- Demonstrations
- Prizes
- Good Fun!
- Free Coffee