


South End NEWS

SEPTEMBER 2013

LOOSE SENIOR CITIZEN CENTER

A photograph of a woman with short grey hair and glasses, wearing a red t-shirt and white shorts, sitting on a green lawn. She is holding a young child in a plaid shirt and black shorts. They are surrounded by a garden of orange and yellow marigolds and white daisies. In the background, there are large green trees and a wooden fence.

**"I'M AGING,
AND THE WORLD
IS SEEING IT."**

-RAY ROMANO

DIRECTOR'S MESSAGE

Friends,

Aging begins the day we are born. We are cared for and all our needs are met. As time goes by we begin to learn and understand what one needs to become productive and make a difference. Our first learning experience is when we enter school and learn to share interest and exist with other people. This is when we begin to become who we are.

Our purpose and goals develop, which sets our journey for the future. We define our goals in education, sports, the arts and recreation. Each person finds their purpose in life, setting the course for who they will become.

As a person goes through the aging process, they develop the love of family and friends. In youth, family plays a big part in upbringing. We look to parents, uncles, aunts and grandparents to guide us and teach us what is right and wrong. It also gives us a sense of love and comfort in a world that is sometimes hard to understand. As this aging process continues we find that special person who shares our dreams, joys, love and plans. We also complete our education and step into the world of employment and responsibility. We learn to succeed and fail. We find that part of our life that directs us to become productive in a cause. In the midst of this emergence of our changing life style, we choose to start our own family. This is a major part of who and what we are. We add a new layer to our family. We take this knowledge and bring life into our society. All this time we continue to grow. The aging process does not stop and our worth as a person continues to grow, perhaps as a leader in our church, volunteering at a local school or coaching a little league team. You may be a scout leader or a mentor for the young. It could be that you want to give back to society by giving of your talents to the Boys Club, the Girl or Boy Scouts. You may want to be a volunteer or a board member of the Loose Center. Your knowledge may lead you to be a member of one of many society clubs: such as the Optimist, Rotary, Lions, Red Hats, Kiwanis and other noteworthy organizations. And your journey may lead you into places where your expertise and knowledge will put you in a position to make decisions in politics, the school board, or your church. No matter what path your life may be, your past will take you there.

So, that is our life: birth, adolescence, young adulthood, adulthood, middle age and our golden years. We set out to be different and special. We took on every phase and did it the best we could. At times life has pitfalls and may be difficult. At other times, it will give us precious gifts and many fond memories. And all the time we are establishing our legacy we are impacting others around us. It may go unnoticed or we may be honored for our life long accomplishments. In the end it is

"YOU" who makes a difference. It is what you bring into this world and the sharing of your talents that are your gifts to society. As you enter into this golden time of your life, remember you still have a lot to give. Continue to give to others with the education and knowledge that others have given you. Never feel that you have nothing more to give. You are special and can make a difference.

"I'm Aging and the World is seeing it."

All is well!

Carl Gabrielson

Executive Director

VOLUNTEER GIFTING COMMITTEE UPDATE

Loose Gift Policy

Are you 70 1/2 or older? Do you have an individual retirement account (IRA)? If both answers are yes, please continue reading.

On January 3, 2013, the American Taxpayer relief Act of 2012 was signed by President Obama. One provision allows individuals 70 1/2 or older to make tax free transfers up to \$100,000 from an IRA to a charity (hopefully the Loose Center). Although you would not receive a charitable deduction from this transfer, you would not have to report this distribution as taxable income, thus it is a non-taxable gift, fulfilling some of your required minimum distribution without increasing your taxable income.

This is a great way to make a tax-free gift to Loose from your retirement assets. You should consult with your personal financial advisor and Vince Eible or Dick Laing to help you through the relatively easy process.

**Friday, October 4,
9 am – 1 pm**

Fenton United Methodist Church
119 South Leroy Street,
Fenton, MI 48430



Join us at our annual Health & Housing Fair. This year there is a new twist: we have added the housing piece. We promise a variety of vendors with a multitude of information. This year we will not be offering Flu Shots at the Health Fair; instead, they will held be given at the Loose Center on Monday, September 23 from 10 am - 12:30 pm.

Pictured on the cover: Gail Ponzetti and her grandson Rocco.

SEPTEMBER SPECIAL HAPPENINGS

Spanish Level I

Thursday, Sept. 12, 6:15 - 7:45 pm, 6 weeks, \$10

A continuation on Spanish fundamentals with more emphasis on grammar, structure and vocabulary. People who have either taken Spanish Fundamentals or have a background or small amount of experience in Spanish would do fantastic in this class!



MEDICARE BASICS

Tuesday, September 10, 12:30 - 1:30 pm, Bldg. A

What is Medicare?
The different parts of Medicare
How does Part D Work?
Your Medicare Coverage Choices
When can you enroll?
Medicare Help and Resources
Health Plus Representative Kathryn Pierce-McAllister will be presenting this information session.



POETRY AND PROSE

**Monday, September 16 & 23, 6-8 pm
Building A, \$2**

This class will look at various forms of poetry and prose and will include discussion on forms, format and poets. Additionally, we will be writing our *own poetry* in similar styles to those we learn.

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, September 20

The Patient Protection & Affordable Healthcare Act

Mr. Harden, Vice President of Sales at McLaren Health Plan, offers a splendid opportunity for us to become better informed about something that affects our lives - Obamacare. He will also provide an update on exchanges in Michigan. This is a current topic of importance to all seniors.

You must sign up and pay by noon on the Wednesday prior to the event.



CATERED DINNER

Tuesday, September 24, 5 pm, \$12

GUEST: Rodger Harbaugh, "A Career With NBC"

MENU: Roast Beef, Chicken, Sausage & Kraut,
Mashed Potatoes, Green Beans, Salads, Rolls,
Dessert & Drink

Mr. Harbaugh spent 30 years as an NBC cameraman filming many significant events. His achievements include Super Bowls, World Series and even the Olympics. He later worked for the "Golf Channel" covering 15 tournaments per year. He was also involved with the reality game show "Survivor" at Pearl Island, Australia, Thailand, Africa and Guatemala. And yes --- he is a distant relative of the NFL Harbaugh brothers. A can't miss!

TURKEY DÉCOR FUN

Wednesday, September 25, 10-11 am, Bldg. C, \$3

Make two adorable turkey crafts, a pineapple turkey centerpiece and a turkey peanut. Kits and instructions will be provided, but please bring with you sharp sewing scissors, white glue and a needle and thread (black or white). Please register by Monday, September 16. Limit 10.

This image is just an example. Your final product could vary.



CLASSICAL MUSIC AND TEA

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

Monday, September 30, Vivaldi and White Tea,

These classes will include an enjoyable evening of discussion, history and sampling 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. There will be more Classical Music and Tea opportunities, *see page 10 for details.*



SPECIAL VOLUNTEER MEETING

Thursday, September 19, 9:30 am, Bldg. C

Continental breakfast provided.

Volunteers, please join us as we chat about how things are progressing. If you are not yet a volunteer but would like to get involved, we welcome you also.



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, September 11, 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, September 13, 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.



a peek at the
**FALL
CATERED
DINNERS**

Tuesday, October 22, 5 pm, \$12
Guest, Gerry Roach, "Michigan Lighthouses"
MENU: Ham, Meatballs, Lasagna,
Vegetable, Salads, Rolls, Desert & Drink.

LOOKING AHEAD

November
Dinner at the Linden High School
(more information coming soon)

Tuesday, December 3, 12 noon
Christmas Luncheon at Spring Meadows
(details to follow)



Friday, September 27, \$6, 5 pm
LOOSE EUCHRE TOURNAMENT



FLU SHOTS

@ LOOSE

Monday, Sept. 23, 2013

10 am - 12:30 pm

Loose Center, Building A

It's that time of year and we want to make it as easy as possible for you. Walgreens will be on site on September 23 to administer flu shots to those who wish to take care of this necessary task. Because of this special date, there will be no flu shots available this year at the Loose Heather Fair. Please note: the shots will be administered by a well qualified pharmacist. Most insurances will be accepted. Cash will be accepted for those who are not covered.

Flu Shot-\$25.99 Pneumonia-\$89.99 Shingles-\$219.99

Under normal circumstances Medicare Part B Holder are covered for flu and pneumonia vaccines and Medicare Part D are covered for shingles vaccine. Please call Loose with any questions or to sign up.

VG RECEIPTS UPDATE

Be sure to designate Loose as the recipient of the points from your VGs '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 **first** week to shop using your 'YES' cards linked to Loose is September 22-28, 2013. Purchases you make on those days with your 'Yes' card will automatically be added to the Loose account.



Join Us For
**Trunk
or
Treat**



October 31st

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, pick out 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.

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 New session begin 9/19

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

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

Fitness Class Schedule

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>HOPE LUTHERAN</p> <p>9:30 am Yoga (gentle flow)</p> <p>5:00 pm Zumba</p> <p>6:00 pm Volleyball</p> <p>Site to be determined</p>	<p>HOPE LUTHERAN</p> <p>9:15 am Tai Chi (resumes 9/10)</p> <p>10:30 am Body Recall</p> <p>12:00 pm Beg. Line Dance</p> <p>1:00 pm Adv. Line Dance</p> <p>LOOSE CENTER</p> <p>9:30 am Chair Yoga</p> <p>10:30 am Zumba Gold</p> <p>5:30 pm Yoga (gentle flow)</p>	<p>HOPE LUTHERAN</p> <p>9:30 am Yoga (gentle flow)</p> <p>11:00 am Hope Walking Club</p> <p>5:00 pm Zumba</p> <p>LOOSE CENTER</p> <p>9:00 am Biking Bunch</p>	<p>HOPE LUTHERAN</p> <p>9:15 am Tai Chi</p> <p>10:00 am Wii Bowling</p> <p>10:30 am Body Recall</p> <p>4:30 am Zumba</p> <p>6:30 pm Beg Line Dance</p> <p>7:30 pm Adv. Line Dance</p> <p>LOOSE CENTER</p> <p>9:30 am Chair Yoga</p> <p>5:00 pm Yoga (gentle flow)</p>
<p>FRIDAY</p> <p>HOPE LUTHERAN</p> <p>9:30 am Yoga (gentle flow)</p> <p>11:00 am Hope Walking Club</p>	<p>SATURDAY</p> <p>HOPE LUTHERAN</p> <p>9:00 am Yoga (gentle flow)</p> <p>10:15 am Zumba</p>	<p>I don't <i>find</i> the time to exercise, I <i>make</i> the time to exercise.</p>	



ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

Monday, September 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, September 23, 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, September 17, 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 knitters and crochet group meet every Friday to knit or crochet needed items.

PAINTING GROUP

Mondays, 10 am, Bldg. C, FREE

The Loose Center is the perfect place for painters of all levels to 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 BC. 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, ALWAYS remember to 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 1

September 18 & 25, 4-6 pm, \$20, Bldg. A

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad including Camera, Calendar, Mail, Notes, Photos, iTunes, iPod, Video and the App Store.

IPAD 2

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 into understanding settings, the importance of having them working with you, learn IPAD tricks and dive deeper maximizing 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.

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 Loose at 735-9406.



AROUND TOWN - September 7, beginning at 3:30
Fiddling in Fenton - Celebrating Country will be held at the Fenton Community Center. All events are FREE and food will be available for purchase. A SLPR sponsored event.

EUCHRE TOURNAMENT

Friday, September 27, 5 pm

\$6 Entry Fee, 25¢/Euchres

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

GAMES

POOL PLAYERS Bring a friend and play anytime.

BRIDGE Monday & Wednesday, 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.



The Loose Music Department

In the
Spotlight

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

RETURNING IN OCTOBER

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.**



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

**WE WILL BE
CLOSED ON
LABOR DAY**

9:15

No 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 **BBQ Chicken**

12:00

No Beg. Line Dance

12:30

Euchre

1:00

No Adv. Line Dance

1:00

Chicago Bridge

3:00

Mah jongg

5:30

Yoga

3

9:00

Yosemite National Park

9:00

Manicures

9:00

Biking Bunch

9:00

Bridge

9:30

Yoga

10:00

FireKeepers

10:00

Consumer Fraud

11:15

Art à la Carte

11:30

Lunch **BBQ Turkey Sand.**

12:00

Wood Carving

12:30

Pinochle/Dominoes/Chess

5:00

Zumba

4

9:15

No Tai Chi

9:30

Chair Yoga

10:00

AMVET

10:30

Body Recall

11:15

Farmers' Market Trip

11:30

Lunch **Philly Steak**

12:30

Euchre

4:30

Zumba

5:00

Yoga

6:30

Line Dance

7:30

Adv. Line Dance

5

8:00

MIMAP Counselor

9:30

Yoga

10:00

Yarn Recyclers

10:00

Board Games

11:30

Lunch **Chick. Lasagna**

1:00

Lapghans

1:00

Chicago Bridge

Saturday September 7

9:00

Yoga

10:00

Euchre

10:15

Zumba

9

9:00

CSFP

9:00

Massage

9:00

Bridge

9:30

Yoga

10:00

Painting

11:30

Lunch **Park Chop**

12:00

"Anyone Can Paint"

12:30

Pinochle

1:00

Book Club

3:00

Choir

5:00

Zumba

6:00

Volleyball

6:00

TOPS Weigh-in

7:00

No Karaoke

10

9:15

Tai Chi

9:30

Chair Yoga

10:00

Loose Threads

10:30

Body Recall

10:30

Zumba Gold

11:30

Lunch **Chicken**

12:00

Beg. Line Dance

12:30

Euchre

12:30

Medicare Basics

1:00

Adv. Line Dance

1:00

Chicago Bridge

3:00

Mah jongg

5:30

Yoga

11

9:00

Manicures

9:00

Biking Bunch

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 **Beef Ravioli**

12:00

Wood Carving

12:30

MIMAP Counselor

12:30

Pinochle/Dominoes/Chess

3:15

Coupon Club

5:00

Zumba

12

8:00

Loose Board Meeting

9:15

Tai Chi

9:30

Chair Yoga

10:30

Massage

10:30

Body Recall

11:15

Farmers' Market Trip

11:30

Lunch **Chicken**

12:30

Euchre

4:30

Zumba

5:00

Yoga

6:15

Spanish 1

6:30

Beg. Line Dance

7:30

Adv. Beg. Line Dance

13

9:30

Yoga

10:00

Write Life Story

10:00

Yarn Recyclers

10:00

Board Games

11:30

Lunch **Mac & Cheese**

1:00

Lapghans

1:00

Chicago Bridge

5:00

Potluck

SATURDAY September 14

9:00

Yoga

10:00

Euchre

10:15

Zumba

<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Salisbury Steak</i></p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Poetry & Prose</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 No Karaoke</p>	<p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch <i>Turkey Burger</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah Jongg</p> <p>5:30 Yoga</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>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Steak Strips</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 IPAD 1</p> <p>5:00 Zumba</p>	<p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Volunteer Meeting</p> <p>10:00 Wii Bowling Begins</p> <p>10:30 Hollywood Casino</p> <p>10:30 Body Recall</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Chicken</i></p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish 1</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>	<p>8:00 MMAP Counselor</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 <i>Baked Fish</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY September 21</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>19</p>
<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 FLU SHOTS</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Orange Chicken</i></p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>6:00 Poetry & Prose</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 No Karaoke</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 <i>Creole Steak</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 NO Mah jongg</p> <p>5:00 Catered Dinner</p> <p>5:30 NO Yoga</p>	<p>7:15 Happy BDay Henry</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Turkey Décor</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Enchilada</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 IPAD 1</p> <p>5:00 Zumba</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 Lunch <i>Chicken Philly</i></p> <p>12:30 Euchre</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish 1</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</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 <i>Smoked Turkey</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY September 28</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>26</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 <i>Meatloaf</i></p> <p>12:30 Pinochle</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 No Karaoke</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 <i>Creole Steak</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 NO Mah jongg</p> <p>5:00 Catered Dinner</p> <p>5:30 NO Yoga</p>	<p>7:15 Happy BDay Henry</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Turkey Décor</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Enchilada</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 IPAD 1</p> <p>5:00 Zumba</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 Lunch <i>Chicken Philly</i></p> <p>12:30 Euchre</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:15 Spanish 1</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</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 <i>Smoked Turkey</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY September 28</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>30</p>
<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p>			<p>Cheryl Rex <i>Clerk</i></p> <p>Bonnie Meadows Kathy Metivier <i>Receptionist</i></p> <p>Randy Green <i>Maintenance</i></p>		<p>“It is always wise to look ahead, but difficult to look further than you can see.”</p> <p>Winston Churchill</p> 
<p>SHOP VG'S SEPT. 22-28, USE YOUR YES CARD AND Raise money for LOOSE. Be sure to link your card to Loose. Call Loose @ 735-9406 for information</p>					

WRITE YOUR LIFE STORY

Friday, September 13 & 27, 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.

ALZHEIMER'S SUPPORT GROUP

Every 4th Tuesday, 2 pm, Bldg. A

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

LOOSE BOOK CLUB

Monday, September 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, September 19, 2 - 4 pm, Bldg. A \$30

Stopped being robbed of the feeling of JOY because you face the same struggles over and over again. Give yourself this gift and learn to release your fears and burdens. Start anew to wake each day knowing how to feel JOY. You will leave with the knowledge of a great tool to use for life! Energy Medicine Exercises involve Meridian Points & Chakras for body balancing. Christine Shreve is the certified EFT Coach.

LISTENING EAR

Monday, September 23, 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.

I will
be ur
listening
ear...



CLASSICAL MUSIC AND TEA

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

Monday, September 30, Vivaldi and White Tea

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.



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.

October 28-29, (Mon. & Tues), 12 - 4 pm, Bldg. A

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

Driver Safety Program

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

TOPS (Take Off Pounds Sensibly)

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

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, September 24, 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

September 20, 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, September 11, 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.*

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.

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. YOU LIKE...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. Watch 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 VGs '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

September 1-2	Mackinaw Bridge Walk	\$184
September 4	FireKeepers Casino	\$30
September 4-10	Yosemite	\$2,599
September 19	Hollywood Casino	\$28
September 20	Lifelong Learning	\$15
September 25	Happy Birthday Henry	\$69
September 29	Cape Cod	\$1,299
October 8-9	Turtle Creek/Soaring Eagle	\$120
October 16	Genesee Belle Fall Lunch Cruise	\$21
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 30	Greektown Casino	\$26
February 13-20	San Antonio & Galveston	\$2349
March 16-24	Gulf Shores & The Deep South	\$1599
April 4-8	Cherry Blossom Tour & More	\$949

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, September 20

The Patient Protection & Affordable Healthcare Act

(See page 3 for details)

Friday, October 18

Congressman Dan Kildee: His Many Changes in Washington D.C.

Friday, November 15

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

Friday, December 20

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

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)

- Sept. 4 The Developing Image (1900–1934)
- Sept. 11 The Photographic Age (1935–1959)
- Sept. 18 Photography Transformed (1960–1999)
- Sept. 25 Eugène & Berenice - Pioneers Urban Photography



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, PLEASE REGISTER EARLY!

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

Happy Birthday HENRY

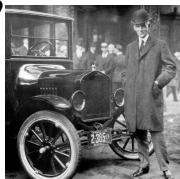
Celebrate the 150th Birthday of this legendary industrialist

Wednesday, September 25, 2013, \$69

Departs: 7:15 am - Returns 6 pm

INCLUDES TRANSPORTATION PLUS

Narrated tour of Detroit & Dearborn
Lunch at Maccabees at Midtown
Guided tour of Ford Piquette Plant



Cape Cod & Martha's Vineyard

Sept. 29 - Oct. 5, 2013 \$1,299 (double)

INCLUDES MOTORCOACH TRANSPORTATION PLUS

2 Nights - Pennsylvania

4 Nights Falmouth, Cape Cod

6 breakfasts & 3 dinners

Tour of Cape Cod, Whale Watch, John F Kennedy Memorial,
Sightseeing Martha's Vineyard, and so much more!

October 8-9, 2013, \$120 double



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.



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

November 21-24, \$999

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



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 |

Loose Center
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(810) 735-9406

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CAUTION
WATCH YOUR
STEP

Friends, During the construction period
please use extra caution, avoid
entering designated danger
zones and watch your step.
If needed...PLEASE ASK FOR HELP!

CAUTION
WATCH YOUR
STEP

SENIOR CENTERS...experts at LIVING WELL

Senior Centers are evolving rapidly! As a new generation looks to redefine retirement, they are connecting older adults with meaningful career and volunteer opportunities and increasing their access to valuable benefits and resources. For example, at the Loose Center, we're using evidence-based programs and offering tools to help older adults manage their health and finances, live in their own homes as long as possible and grow friendships, the key to a healthy life.

We are also excited about the possibilities as we see our membership increase along with our facilities. This month take the time to step back, look at the possibilities and challenge yourself to try something new, invite a friend and celebrate all the possibilities.



LIVING WELL by utilizing training resources.



Living Well by enjoying an afternoon with Pat Cronley.



Living Well by being active and sharing an amazing talent.



Living Well by sharing in the excitement of a new Loose.

National Senior Center Month • September 2013