

# South End NEWS

OCTOBER 2014

## LOOSE SENIOR CITIZEN CENTER



**"Even if something is left  
undone, everyone must  
take time to sit still  
and watch  
the leaves turn."  
~ Elizabeth Lawrence**



## DIRECTOR'S MESSAGE

Dear Friends,

"Time" It is always fleeting and there is never enough of it. Beginning when we were young to the time our life ends, we have always competed against time to get things done. As a six year old, my grandson never stands still. From the time he wakes until he goes to bed, he is in constant motion. His life is full of wonderful things to do. He plays baseball, football, basketball and hockey, there is never a time when he is not competing. He loves to go to the zoo, Tiger ballgames, and just have fun being a kid.

Our lives have been much like his. We've been in constant motion. There were early life social activities, education, and employment. Many of us became parents and had children, who like my grandson never stopped. One child keeps you busy enough, but if you had two or more, you spent much time balancing activities. There were school activities, sports, and the list goes on that required you to transport and support your children. Children were only part of the ongoing responsibilities we faced. There are our own interest we need to balance, golf, hockey, softball, boating, clubs, church and countless more. And let's not forget the family pets. They too fill a big part of our life. We find our schedules are in constant flux. We learned to manage the limited time to accommodate the family. I once heard a mother say that the only way she knew what day it was is by looking at the activity calendar on the refrigerator. Ah yes, life as we know it.

So we entered into our golden years and we look forward to those lazy days of peace and quite. Wrong! We find that it is becoming a necessity for us to become surrogate parents to our grandchildren. The intense family social calendar is becoming so full and overwhelming that we as grandparents must help out to make everything work. So we gracefully take our grandchildren into our homes to watch over them when needed and pack them into the car to get them to that very important event.

Our life should be slowing down but we find it speeding up. There is always something to do even if it involves our own special interests. It is important at any age to realize that not everything is going to be perfect some things will be in disarray. We make every effort to fulfill those important things but also work to slow down and see life as it is. Maybe people are doing to much. We may have to evaluate the things we do and set limits. It is not always possible to fill 24 hours in a day. Let's take time and enjoy what we love and let the other things go. Life is short! ***"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."***

**Carl Gabrielson**  
Executive Director

**Support PLANTS TO PLATES**  
**HARVEST DINNER (Soup, Salad and Dessert)**  
Saturday, October 25, 3-5 pm @ Loose  
\$10 tickets available at the LOOSE Center.



**IN CONCERT**  
**Cal Roberts**  
Saturday, October 18, 2014  
6:30 pm - 8:30 pm  
Loose Center  
See back page of the newsletter for details.  
**All proceeds from this FUNDRAISER to benefit Loose activities & wish list.**

**THANK YOU**



**for all the SPECIAL**

**things you do!**



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

# OCTOBER SPECIAL HAPPENINGS

## EAT SMART, LIVE STRONG

FREE CLASSES

Wednesday, October 1, 8, 15, 22, 29, 10:30 am

IN SIX WEEKS LEARN HOW IMPORTANT IT IS TO:

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

LOOK FORWARD TO:

- Free Demos
- Games and activities
- Prizes and Certificates



*Class is limited to 10, sign up today.*

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



## eat, drink, and be healthy

Wednesday, October 1, 10 am

From the Oaks of Grand Blanc, Registered Dietician Amanda Sayles will be sharing healthy eating and drinking tips along with information on special diets. The Chef from The Oaks at Woodfield will bring healthy food for everyone to sample. This is another wonderful opportunity to take advantage of our local expertise. Sign up today!

## MATTER OF BALANCE - FREE

Beginning Wednesday Oct. 1 - Nov. 26, 2-3 pm, Hall B

Class will meet for 8 weeks. Tested, tried and true, this eight session, small class setting is facilitated by caring, well trained volunteers and will change your life. Participants of this program learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Space is limited, so please call Loose and sign up today!

## ADVANCED DIRECTIVES

Monday, October 6, 10 am, Sunroom

Do you have a written plan stating what kind of health care treatments you would want (or not want) if you could not speak for yourself? Have you talked with anyone about end-of-life care plans for yourself or loved one? Yes, comfortable conversation can take place. Take this time to come and listen and learn and more importantly ask questions and get good honest information on the topic. Call Loose and sign up today.

## ENERGY HEALING WORKSHOP

Thursday, October 16, 2 pm, \$35

Christine will be teaching you how to feel. It has been proven that how you feel, has everything to do with what happens in your life. She will show how EFT helps you live a Joyful life. Please pre-register

## HISTORY OF THE HANDKERCHIEF

Wednesday October 8, 12:30 pm, FREE

Learn more about the history of the common HANDKERCHIEF and their different categories. Quester Marlene Coleman will facilitate the presentation and discussion. Bring in your personal collection for others to see and learn creative ways to recycle your handkerchiefs. This class will be held in Hall A.



## UNDERSTANDING MMAP Hall A

Thursday, October 9, 12 noon - Are you aging into Medicare. Get the Straight talk about the basics of Medicare from a Medicare Medicaid Assistance Program Counselor. Come with questions. Presenter Ann Walker volunteers her time at Loose each Friday and is one of the best MMAP counselors in Genesee County. **Open enrollment for the Medicare Part D Plans will be available beginning October 15th.**



## HOME SAFETY (how to reduce the risk of falling)

Wed., October 15, 10 am, Sunroom Refreshments provided  
Preventing falls is on everyone's minds. How can medications affect our balance? What can exercise do? How about our footwear? How can we make sure our home is safe and as fall proof as possible. Join Tina from Grand Blanc Rehab as she shares some important information on this topic. Sign up today.

## SEVEN THREATS TO YOUR FAMILY'S SECURITY

Thursday, October 16, 10:30 am, Sunroom

Michigan Estate Planning Law Center will be hosting this informational talk about how to avoid threats to your family's security. Stay in control and protect your loved ones, call today and sign up for a chance to learn more and ask questions that could make a difference.



## AVOID BEING A VICTIM OF FRAUD

Wed., October 22, 2:30 am, Hall A

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



## Dinner at Loose

Tuesday, October 28, 5 pm, \$12 per person

Mostacholi, Meatballs, Chicken, Baked Beans, Tossed Salad, Cole Slaw, Rolls, Drinks & Dessert, **GUEST:** Caricaturist, Jio Rios





# NUTRITION & MORE

## DAILY LUNCH AT LOOSE!

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

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

## COFFEE HOUR



**2nd Wednesday of each month, 9:30 am, Annex**  
 We have coffee, tea, hot chocolate, doughnuts and a wonderful space so you can come and meet new friends, chat with old friends and catch up on all the happenings. *ALL ARE WELCOME!*

## POTLUCK DINNER

**2nd Friday of each month, 5 pm, Annex**  
**Bring your favorite dish to share, along with your own place setting** and enjoy the fun and fellowship that goes along with a good old-fashioned potluck gathering. Loose Potlucks are among the best, so don't miss out! We also invite you to stick around after dinner and enjoy one of our many games.



## TRUNK OR TREAT

**Friday, October 31, Set up 5:30 pm.**  
 Join us on Halloween night and pass out treats to the Trick or Treaters who pass by Loose. It is a very special night with fun had by all.

**IF YOU CAN HELP OUT BY DONATING A BAG OF TREATS, PLEASE DROP THEM OFF AT LOOSE. Thank you!**

Tuesday  
 October 14  
 7 pm



Friends, an **Open MIC** event is a LIVE show where audience members may perform their talent at the MIC.

### THE RULES ARE SIMPLE:

- If you are interested in just listening, please grab a friend, come in, and enjoy.
- If you are interested in performing, come in, sign up, and the master of ceremony will guide you from there.
- Be encouraging and respectful of the performers.

**HAVE FUN!**



## LINDEN HS DINNER

Tuesday, Nov. 4, 5 pm - FREE

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

**PLEASE NOTE:** You must be a Loose Member, and have a ticket to attend this event. Tickets will be available at Loose on Tuesday, October 14 at 9 am. 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.



Loose is supporting the Linden Student Council's effort to collect can goods for the wonderful local outreach, Christmas Express. If you are attending the dinner on November 4th, Please bring your donation to the dinner. If you are not attending, please drop them off at Loose by 4 pm November 4. **THANK YOU!**

## MEDICARE PART D OPEN ENROLLMENT



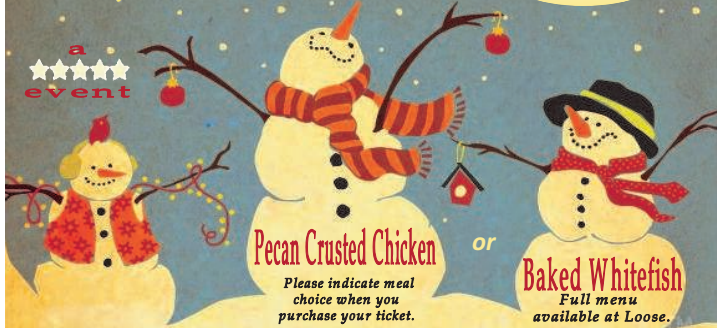
**Friday, October 17, by appointment**  
**Friday, November 14, by appointment**

The open enrollment period is from October 15 through December 7. Changes made take place on January 1, 2015. 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.

## CHRISTMAS LUNCHEON

Thursday, Dec. 4, 12 noon, \$18.50

Spring Meadows  
 Country Club



**Dan Hayes will provide entertainment and a hardy sing-along atmosphere.**  
 A favorite of many Loose members, please register by Nov. 26.



KEEPING FIT

# Fitness Room

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

## 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.

## FIT<sup>4</sup>EVER \$5 per class (formerly Body Recall)

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

## BIKING BUNCH Wednesdays, 9:00 am

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

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

## Wii BOWLING

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

## GOLF AT SHIAWASEE SHORES

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

MONDAY
9:30 pm <b>Zumba</b> (begins 12/8)
1:00 pm Cornhole
2:30 pm Arthritis Exercise
4:00 pm <b>Yoga</b> (gentle flow)
5:00 pm <b>Zumba</b>
6:15 pm Pickleball
LINDEN ELEMENTARY
6:00 pm <b>Volleyball</b>

FRIDAY
9:30 am <b>Yoga</b> (gentle flow)
11:00 am Pickleball (call to reserve your spot)

TUESDAY
10:15 am <b>Zumba Gold</b>
10:30 am <b>FIT<sup>4</sup>EVER</b>
12:00 pm <b>Beg. Line Dance</b>
1:00 pm <b>Adv. Line Dance</b>
4:00 pm <b>Chair Yoga</b>
5:00 pm <b>Yoga</b> (gentle flow)

SATURDAY
9:00 am <b>Yoga</b> (gentle flow)
10:15 am <b>Zumba</b>

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

**Monday, Sept. 8 - Nov. 3, 2:30 pm, FREE, Drop ins Welcome**

This program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercise that are suitable for every fitness level. The program will help you keep joints flexible and muscles strong, sleep better, increase energy, improve your overall outlook. *Paid for with funding from VAAA & OSA*



Monday at 1 pm

Great indoor fun! Come and give it a try. If you are already a player, join in on the fun. We guarantee, there will be fun, learning, tossing and laughter, not to mention good exercise.

## Pickleball

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

**Friday, 11 am - 4 pm, Call and reserve a court.**



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

## YOGA \$5 per class

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

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

## LINE DANCE Tuesday Class - \$4 Thursday Class - \$5

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

WEDNESDAY
9:00 am <b>Biking Bunch</b>
9:30 am <b>Yoga</b> (gentle flow)
5:00 pm <b>Zumba</b>
6:15 pm Pickleball

THURSDAY
9:15 am <b>Chair Yoga</b>
11:45 am <b>Wii Bowling</b>
10:15 am <b>Zumba Gold</b>
4:00 pm <b>Yoga</b> (gentle flow)
6:00 pm <b>Beg Line Dance</b>
7:00 pm <b>Adv. Line Dance</b>

## Fitness Class Schedule

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.





## ARTSY & CRAFTY

**“ANYONE CAN PAINT”** Class Minimum: 6

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

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

### HAPPY STAMPERS GROUP

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

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

### SCRAPBOOKING

**3rd Tuesday of each month, Hall B, FREE**

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

### YARN RECYCLERS

**Fridays, 10 am, Annex, FREE**

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

### PAINTING GROUP

**Mondays, 10 am, Hall A, FREE**

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

### WOOD CARVERS

**Wednesdays, 12 - 2 pm, Sunroom, FREE**

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

### LOOSE LAPGHANS

**Fridays, 1 pm, Hall A, FREE**

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

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

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

### STRETCH BRACELET

**Thursday, October 23, 10 am, Sunroom, \$12**

This amazing stretch bracelet is easy to make and beautiful to wear. You will learn pattern structure and how to work with stretch cord. This is a fun and simple bracelet that you will be proud to wear. Cost includes all materials and instruction.



### CARD MAKING WITH CAROLINE

**Monday, October 20, 12:30 pm, Sunroom, \$5**

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

Monday, October 20  
HOLIDAY cards  
will be on sale and  
available at Loose  
for .25 each  
or five for \$1.  
The selection is HUGE!  
*Stop by and  
check them out.*

*Happy  
Holidays!*  
*From the  
Loose  
Card Shop*



# CLASSES, MUSICAL OPPORTUNITIES & MORE

Loose computer classes are especially tailored to the needs of older adults. Class sizes are small and the instructor, Kelly O'Connell, is well versed in the subject. *COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER.* You must bring your own computer or you can opt to observe and take notes. All classes will also be projected on the screen.



## PLEASE PREREGISTER FOR ALL CLASSES

### IPAD 2

**Wednesday, October 1 & 8, 4-6 pm, \$20, Hall B**

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.

### LEARN YOUR LAPTOP

**Wednesday, October 15 & 22, 4-6 pm, \$20, Hall B**

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

### DIGITAL PHOTOS

**Wednesday, October 29 & November 5, 4-6 pm, \$20, Hall B**

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

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.



Friday, October 24, 5 pm  
**\$7 Entry Fee, 25¢/Euchres**  
 GREAT Prizes, Food & Drink and more!  
 All are WELCOME!

## GAMES

- POOL PLAYERS Bring a friend and play anytime.
- BRIDGE **Monday & Wednesday, 8 am - 2:30 pm**
- OPEN GAME PLAY **Friday, 10 am** (*bring a friend*)
- CHICAGO BRIDGE **Tuesday & Friday, 1 - 4 pm**
- CHESS **Wednesday, 12:30 pm**
- DOMINOES **Wednesday, 12:30 pm**
- MAH JONGG **Tuesday, 3 pm**
- PINOCHLE **Monday & Wednesday, 12:30 pm**
- EUCHRE **Tues. & Thurs., 12:30 pm, Sat., 10 am**
- CARDS & MORE **Thurs. 10:30 am** (beginning in November)
- JIGSAW PUZZLES Browse through our puzzle selection located in the **Annex**; take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.



**Mondays, 3 pm, Loose Sunroom**

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



**Mondays, 7 pm, Loose Sunroom**

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

# All are WELCOME!

**DANCE FUN!**  
**Tuesday, October 21, 6 - 8 PM**  
**ADMISSION ONLY \$5**

Live Variety Music by: Jim Hedrich  
 Line Dancing & More!!!  
 Music for your listening and dancing enjoyment  
 Great Time for Singles & Couples!!!!  
 50/50 RAFFLE  
**Includes: Free Snacks & Beverages**

You Do Not Need A Ticket in Advance  
 Just Come & Have Fun!!!  
 Call: Loose Center @ (810) 735-9406 or  
 Jim & Betty Hedrich @ (810) 659-2240  
**FOR MORE INFORMATION!**



# OCTOBER 2014

## OFFICE HOURS

Monday - Friday  
8:30 am- 4 pm

## PHONE

810.735.9406

## FAX

810.735.4255

## EMAIL

lsc@loosecenter.org

## WEBSITE

www.loosecenter.org

### MONDAY

#### LOOSE STAFF

Carl Gabrielson  
*Executive Director*  
Debbie Hancock  
*Business Manager*  
Melinda Elmore-Hajek  
*Program Director*  
Cheryl Rex  
*Clerk*  
Kathy Metivier  
Dotti Tynes  
*Receptionist*  
Randy Green  
*Maintenance*

### TUESDAY



**Cal Roberts**  
**IN CONCERT**  
Saturday, October 18, 2014  
6:30 pm - 8:30 pm  
Loose Center

### WEDNESDAY

8:00 Bridge  
9:00 Manicures  
9:00 Biking Bunch  
9:30 Yoga  
10:00 Consumer Fraud  
10:00 Eat Drink and Be Healthy  
10:30 Eat Smart, Live Strong  
11:15 Art à la Carte  
11:30 Lunch  
12:00 Wood Carving  
12:30 Pinochle/Dominoes/Chess  
2:00 Matter of Balance  
4:00 iPad II  
5:00 Zumba  
6:15 Pickleball

### THURSDAY

9:15 Chair Yoga  
10:00 AMVET  
10:15 Zumba Gold  
10:30 FIT4EVER  
10:45 Farmers' Market Trip  
11:30 Lunch  
11:45 Wii Bowling  
12:30 Euchre  
4:15 Spanish  
5:00 Yoga  
6:30 Beg. Line Dance  
7:30 Adv. Line Dance

### FRIDAY

9:00 MMAP Counselor  
9:30 Yoga  
10:00 Yarn Recyclers  
10:00 Board Games  
11:00 Pickleball (reservation)  
11:30 Lunch  
1:00 Lapghans  
1:00 Chicago Bridge  
Saturday October 4  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba

6

8:00 Bridge  
9:00 Massage  
10:00 Advanced Directives  
10:00 Painting  
11:30 Lunch  
12:30 Pinochle  
1:00 CornHole  
1:00 Listening Ear  
2:30 Arthritis Exercise  
3:00 Choir  
4:00 Yoga  
5:00 Zumba  
6:00 Volleyball  
6:00 TOPS Weigh-in  
6:15 Pickleball  
7:00 Karaoke

7

7:00 *Little River*  
10:00 Loose Threads  
10:15 Zumba Gold  
10:30 FIT4EVER  
11:30 Lunch  
12:00 Beg. Line Dance  
12:30 Euchre  
1:00 Adv. Line Dance  
1:00 Chicago Bridge  
3:00 Mah jongg  
4:00 Chair Yoga  
5:00 Yoga

8

8:00 Bridge  
8:30 *Deutsch Detroit*  
9:00 Manicures  
9:00 Blood Pressure Check  
9:30 Coffee Hour  
9:30 Yoga  
9:00 Biking Bunch  
10:30 Eat Smart, Live Strong  
10:30 Watch Repair  
10:30 1 on 1 Financial  
11:15 Art à la Carte  
11:30 Lunch  
12:00 Wood Carving  
12:30 History of the Handkerchief  
12:30 Pinochle/Dominoes/Chess  
2:00 Matter of Balance  
3:15 Coupon Club  
4:00 iPad II  
5:00 Zumba  
6:15 Pickleball

9

8:00 Board Meeting  
9:15 Chair Yoga  
10:15 Zumba Gold  
10:30 Massage  
10:30 FIT4EVER  
10:45 Farmers' Market Trip  
11:30 Lunch  
11:45 Wii Bowling  
12:00 Understanding Medicare  
12:30 Euchre  
4:15 Spanish  
5:00 Yoga  
6:00 Line Dance  
7:30 Adv. Line Dance

10

9:00 MMAP Counselor  
9:30 Yoga  
10:00 Write Your Life  
10:00 Yarn Recyclers  
10:00 Board Games  
11:00 Pickleball (reservation)  
11:30 Lunch  
1:00 Lapghans  
1:00 Chicago Bridge  
5:00 Potluck  
SATURDAY October 11  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba

*Lunch menus are available in the Loose Office.*



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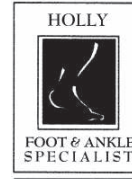


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<p><b>13</b></p> <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Lunch</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>1:00 CornHole</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 Karaoke</p>	<p><b>14</b></p> <p>9:00 Veteran Services</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</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>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 Open MIC</p>	<p><b>15</b></p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>10:00 Home Safety</p> <p>10:30 Eat Smart, Live Strong</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Matter of Balance</p> <p>4:00 Learn Your Laptop</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p><b>16</b></p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Seven Threats</p> <p>11:00 Blood Pressure</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch</p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>4:15 Romance Language</p> <p>5:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>8:15 Lifelong Learning <b>17</b></p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p><b>SATURDAY October 18</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p><b>6:30 CAL ROBERTS CONCERT</b></p>
<p><b>20</b></p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>12:30 Card Class</p> <p>1:00 CornHole</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 Karaoke</p>	<p><b>21</b></p> <p>9:45 <i>Heaven &amp; Hell</i></p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</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>4:00 Chair Yoga</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p> <p>6:00 DANCE</p>	<p><b>22</b></p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:30 Eat Smart, Live Strong</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Matter of Balance</p> <p>2:30 Avoid Being Fraud Victim</p> <p>4:00 Learn Your Laptop</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p><b>23</b></p> <p>9:15 Chair Yoga</p> <p>10:00 <i>FireKeepers</i></p> <p>10:00 Jewelry Class</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Massage</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch</p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:15 Romance Language</p> <p>5:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. line Dance</p>	<p>9:00 MMAP Counselor <b>24</b></p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch</p> <p>1:00 Board Games</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p><b>Saturday October 25</b></p> <p><i>New Orleans</i></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>3-5 pm Harvest Dinner</p>
<p><b>27</b></p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>1:00 CornHole</p> <p>1:00 Happy Stamps</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 Karaoke</p>	<p><b>28</b></p> <p>8:00 Podiatrist</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:00 DINNER</p> <p>6:00 <i>"The Things They Carried"</i></p>	<p><b>29</b></p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:30 Eat Smart, Live Strong</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 NO Matter of Balance</p> <p>4:00 Digital Photos</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p><b>30</b></p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 FLU SHOT CLINIC</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch</p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:15 Romance Language</p> <p>5:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. line Dance</p>	<p>9:00 MMAP Counselor <b>31</b></p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch</p> <p>1:00 Board Games</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:30 <b>TRUNK OR TREAT</b></p> <p><b>Saturday November 1</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>

## HEALTHY LIVING

### ONE-ON-ONE FINANCIAL HELP

Wednesday, October 8, 10:30 pm

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 2nd Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

### ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

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

### WRITE YOUR LIFE STORY

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

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

### LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

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

### LISTENING EAR

Every 1st Monday, by appointment

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



### ROMANCE LANGUAGE FOUNDATIONS

Thursdays, beginning October 16, 4:15 - 5:30 pm, \$10

Explore the many facets of the numerous cultures around the world that speak French, Spanish, Portuguese, Italian and Romanian. This class will be six weeks of language, customs, cultures and discussion. Expect to learn a few phrases in each of these languages, the history of the languages and their common Latin base. This class is great for anyone interested in learning a bit more about other country's customs and origins. No prior knowledge is needed. Join us on this relaxing ride through the Romance Languages.

# SHIELD YOURSELF FROM THE FLU.



Thursday, October 30, 2014

10:30 - 11:30 AM

LOOSE CENTER

## FLU SHOT CLINIC

A Pharmacist from the Fenton Rite Aid will be at Loose to provide flu shots to those interested. Please bring your insurance card. If you are not eligible through your insurance company for a flu shot, **the cost is \$25** (cash or check please).

# LOOSE Christmas Boutique and CRAFT FAIR

Friday, November 21, 2015

9am-3pm

Loose Center

707 North Bridge Street  
Linden, MI

**FREE**

Come and enjoy Christmas items and gifts, greeting cards, baked goods, unique one of a kinds, Loose talent, local talent and a friendly place for holiday shopping.

for vendor info:  
**Melinda Elmore-Hajek**  
810 735-9406  
[Melinda@loosecenter.org](mailto:Melinda@loosecenter.org)

If you have Christmas Boutique items to donate, please drop them off at Loose between Nov. 3 - 17.



# HEALTH SERVICES & TRANSPORTATION

## Relax & Unwind

### MASSAGE

By appointment, Mondays & 2nd & 4th Thursdays

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Monday, enjoy a chair massage for as low as \$5 or on Thursdays a table massage as low as \$25. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

### PODIATRIST

Tuesday, October 28, by appointment, Annex

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

### FREE HEARING CLINIC

3rd Friday of each month, 10 am (by appointment), Annex

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

### MANICURES

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

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



Plan on a 1/2 hour manicure.

*Please call Loose to set up your appointment.*

### FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

2<sup>nd</sup> Wednesday of each month, 9 - 10 am

3<sup>rd</sup> Thursday of each month, 11 - 12 noon (BP only)

4<sup>th</sup> Monday of each month, 11:30 am - 12:30 pm



### 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](mailto:lsc@looseseniorcenter.org) so we can spread the sunshine.



### MTA/LOOSE TRANSPORTATION

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

### WEEKLY SCHEDULED VAN DESTINATION

*Please call 24 hours in advance to schedule a ride.*

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

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

THURSDAY – Flint Farmers' Market

10:45 am departure, return 1:30 pm, \$4.50 roundtrip

TRIP RESERVATIONS ARE NOT GUARANTEED  
UNTIL PAYMENT IS RECEIVED.

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

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

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



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



## SPECIAL SERVICES & SUPPORT

### GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

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

### LEGAL ADVICE

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

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

### CONSUMER FRAUD ASSISTANCE

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

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

### AMVETS

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

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

### DISPOSAL OF THE AMERICAN FLAG

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

### MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

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

### COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex

Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

### WATCH REPAIR

2nd Wed. of each month, 10:30 am - 1 pm, Annex

Specializing in battery replacement and/or adjustment, Angela Waldowski has over 30 years of experience in the trade. *There is a cost for most repairs, so please inquire prior to the service.*

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

### COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

### TOPS (*Take Off Pounds Sensibly*)

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

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

**AARP TAX-AIDE** Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at [http://www.aarp.org/money/taxes/info-2006/volunteer\\_aarp\\_tax\\_aide.html](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html)

### YOU DON'T HAVE TO MUDDLE THROUGH

There are times in our lives when we need new insights, positive thoughts, thinking time and support. There is a new corner at Loose that you may be interested in. Book donations on subjects focused on grief support have been placed in the Annex Conference Room. Take a moment to look over these wonderful resources. You may check out these books at the reception area. Please return the books to the reception area when you are finished. Loose would like to thank the donor of this new collection.





## MEMBER PRIVILEGES & FUNDRAISING

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

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

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

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

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

**A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.** The annual membership fee of \$25 per person is due for 2014. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

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

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

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

### WE SAVE...

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

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

**VG'S** donates a percentage from sales when using the 'YES' card during designated dates. Be sure to designate Loose as the recipient of the points from your VG's 'YES' card.

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

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

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

**EYE GLASSES** Deposit your used glasses in the Lions box, located in Annex.

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

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

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

**PLEASE HELP US KEEP OUR FILES UP-TO-DATE.**  
Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

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

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

## TRIPS @ A GLANCE

Oct. 7 & 8	Little River/Turtle Creek	\$120
Oct. 8	Deutsche Detroit	\$59
Oct. 9 - 13	Rails of West Virginia	\$999
Oct. 21	Heaven & Hell	\$65
Oct. 23	FireKeepers	\$30
Oct. 25-Nov. 2	New Orleans	\$1,799
Oct. 28	"The Things They Carried"	\$33
<b>NOVEMBER 19</b>	<b>LOOSE TRAVEL SHOW, 12:30 PM</b>	<b>FREE</b>
Nov. 20	Caesar Windsor	\$18
Nov. 20-23	Christmas @ The Greenbrier	\$999
Dec. 1-5	Smokey Mountain Christmas	\$899
Dec. 16	Soaring Eagle	\$30
Dec. 21	Holiday Pops	\$21
Dec. 30 - Jan. 1	Cleveland New Years Eve	\$404
Jan. 8	Greektown Casino	\$29
Jan. 21	FireKeepers Casino	\$30
Jan. 25	Rhythmic Circus	\$36
Feb 3	Caesar Windsor	\$18
Feb. 16	Soaring Eagle & Kingston Trio	\$32
Jan 24 - Feb. 4	Florida Vacation	\$1999
Feb. 15	"Anything Goes"	\$57
Feb. 21-27	Arizona & Sedona & Tucson	\$2149
March 1	"Sister Act"	\$57
March 7-15	Costa Rica	\$2999

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

## 2014/15 FLINT SYMPHONY ORCHESTRA

Buy season tickets for the 2014-15 season for **half price** ( as low as \$48, which 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.



Limited tickets have been secured for the following events at the Whiting for the 2014/2015 year. Call or visit Loose or our website for detailed information.

"THE THINGS THEY CARRIED"	Tuesday, October 28, 2014
"HOLIDAY POPS"	Sunday, December 21, 2014
"FEET DON'T FAIL ME"	Sunday, January 25, 2015
"ANYTHING GOES"	Sunday, February 15, 2015
"SISTER ACT"	Sunday, March 1, 2015
"MACBETH"	Friday, March 13, 2015
"JACK HANNA'S INTO THE WILD"	Friday, May 1, 2015
"RAIN, A TRIBUTE TO THE BEATLES"	Tuesday, May 12, 2015
"MAMMA MIA"	Friday, May 29, 2015



## HOLIDAY POPS

**Sunday, December 21, \$21**

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

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

**Tickets are limited, get yours today!**

## 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.

### October 17

**Physical Therapy for Seniors Speaker: Kim Turner**

Without motion, life doesn't have much quality. Physical therapy brings motion to life. Kim Turner, Physical Therapist and owner of Advanced Physical Therapy Center, will be presenting an interesting and informative perspective of how physical and occupational therapy can help people live life to the fullest and keep them doing the things they love.

### November 21

**Shipwrecks in the Great Lakes: Speaker: Dr. Michael Heberling**

Dr. Heberling, President of Baker College Center for Graduate Studies, will host a presentation on "Shipwrecks of the Great Lakes". He will cover many historical events including the great storm of 1913 which claimed nineteen ships and two hundred fifty sailors. He will also discuss the Armistice Day Blizzard of 1940, which resulted in the loss of three ships and sixty-six lives. He will also discuss more recent shipwrecks with special emphasis on the Edmund Fitzgerald.

**Payment is due Wednesday prior to the event.**



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



A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided. **Leave Loose at 11:15 am. Cost: \$4.50 (transportation)**

October 1	Unfinished Spaces
October 8	Futurist Life Redux
October 15	Digi-Tech
October 22	Video Games - Behind the Fun
October 29	War of the Worlds



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

### Heaven & Hell (Hell MICHIGAN THAT IS!)



\$65 PER PERSON

**TUESDAY, October 21, 2014**

Depart 9:45 am - Return 5:30 am

Kmart on Silver Parkway

Tour Includes Transportation, Heavenly Scent Herb Farm, Lunch at Zukey Lake Tavern, Tour of Hell, Screams of Ice Cream, Spicer's Orchards and Farm Market with wagon ride and cider & donuts.

### Christmas at the GREENBRIER

**November 20-23, 2014 \$999 double**

Includes: Motor coach Transportation and

- 1 night @ Wheeling Island Casino
- 1 night @ GREENBRIER Resort
- 1 night - Lexington KY
- 3 Breakfasts & 3 Dinners
- Oglebays Festival of Lights
- \$50 Casino Package
- Christmas @ the Greenbrier Resort
- Greenbrier Bunker Tour
- Afternoon Tea
- Greenbrier History Tour
- Lexington Horse Park Tour



### SMOKY MOUNTAIN CHRISTMAS

**\$899 double, December 1-5, 2014**



Tour Includes Transportation, 4 nights at Pigeon Forge, TN, 4 breakfasts, 2 dinners, Titanic Museum Attraction, Smoky Mounty Opry, Hatfield & McCoys

Christmas Show, Biltmore Estates, Blackwoods Family Christmas Show, Tourn of Smoky Mountain Nat'l Park, Dollywood, Luggage Handling, Tax & Tip on included meals.

### CLEVELAND NEW YEAR'S EVE

**December 30, 2014 - January 1, 2015, \$404 double**

Includes: Motor coach Transportation and

- 2 night @ Hampton Inn in downtown Cleveland
- 2 Breakfasts & 1 Dinner
- Hollywood Casino, Hard Rock Rocksino
- Rock & Roll Hall of Fame & Museum
- Shopping at 5thStreet Arcades (optional)
- Horseshoe Casino



**Soaring Eagle Casino \$32**

**Monday, February 16, 2015**

Kingston Trio Concert



# Loose

Free!

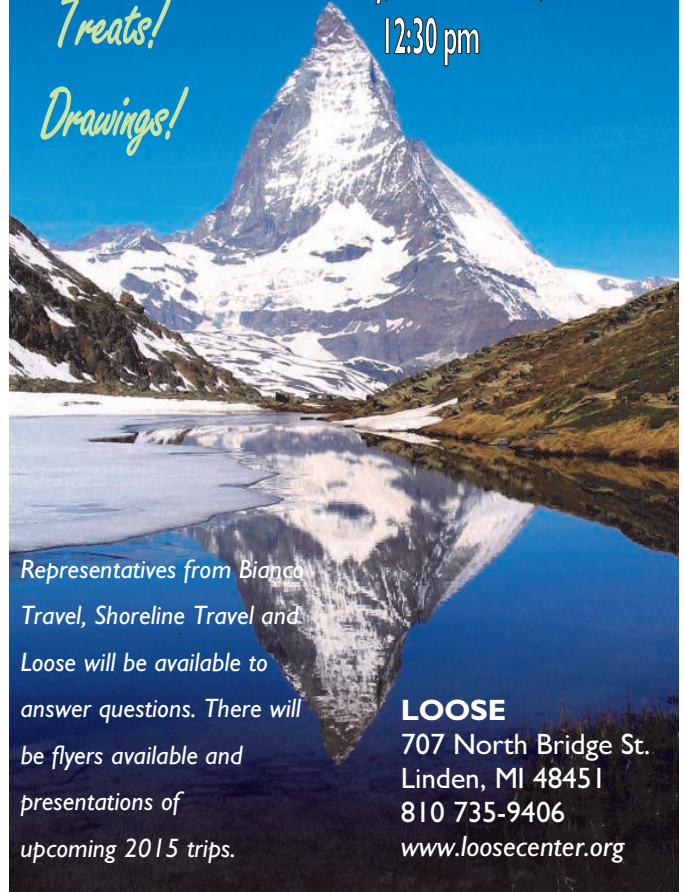
Treats!

Drawings!

# Travel Show

Wednesday, November 19, 2014

12:30 pm



Representatives from Bianco Travel, Shoreline Travel and Loose will be available to answer questions. There will be flyers available and presentations of upcoming 2015 trips.

**LOOSE**

707 North Bridge St.  
Linden, MI 48451

810 735-9406

[www.loosecenter.org](http://www.loosecenter.org)

### FLORIDA VACATION

**January 24 - February 4, 2015, \$1999 Double**

Includes: Motor coach Transportation and

- 11 nights Lodging
- 11 Breakfasts - 1 Lunch - 1 Dinner
- Visit to Lookout Mountain
- Florida Aquarium or Dolphin Cruise
- Broadway Palm Dinner Theater
- Trolley Tour of Naples
- Everglades Airboat Swamp Tour
- Gulf of Mexico Lunch Cruise
- St. Peat's Sunken Gardens
- Rock Candy Tour

Outrigger Beach Resort  
Fort Myers



**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406  
[www.loosecenter.org](http://www.loosecenter.org)

PRSR STD  
U.S. Postage  
**PAID**  
Flint, MI  
Permit No. 6

# IN CONCERT

Saturday, October 18, 2014

6:30 pm - 8:30 pm

Loose Center

**Cal Roberts** *Formally of The New Platters*



## TICKETS

*\$50/couple or \$30 Single*

## INCLUDES

Pizza, Salad, Bread Sticks,  
Cake, Pop, Door Prizes,  
50/50 drawing and more!

***Purchase your tickets TODAY!***

*Available at LOOSE*

707 North Bridge, Linden

810 735-9406



Born in Miami, FL, Cal Roberts began performing in 1957 and was drafted into the U.S. Air Force just three years later. Cal was voted the top vocalist and M.C. in the U.S. Air Force from 1960-1961. After being discharged in 1963, Cal continued with his singing career opening up for acts such as; Della Reese, Sarah Vaughn, Ray Charles, Little Richard, Kenny Rodgers, Frankie Valli, Sister Sledge, Joe Tex, Jerry Butler, and many more. Cal joined "The New Platters," in 1964 and toured the world with them until 1978 when he retired. Cal has now returned and has been performing since 1999!

All proceeds to benefit **LOOSE** activities & wish list.