

South End NEWS

APRIL 2014

LOOSE SENIOR CITIZEN CENTER



*Spring breathes new
life into the world
around us.*

DIRECTOR'S MESSAGE

Dear Friends,

SPRING, a time when a breath of new life encompasses the world around us. We look back on a hard winter which has put hardship in our life and at times the present even looked bleak. During this time we have witnessed issues of bad health or know of others who have faced the same demise. During this time we have been a slave to our own home, not being able to travel or even go out doors. And we may have shared the sorrow of losing a family member or friend that was very dear to us. The winter of 2014 will be one which will long be remembered for it's harshness and it's challenges. We have survived.

Now we look forward to spring. A time of warming. A time of newness. A time of love for young and old. The warm spring days encourage us to get out and take long walks, ride bikes and just sit on the front porch drinking lemonade and watching the world go by. The trees are in full bloom and take on a new growth of green leaves. We find ourselves visiting greenhouses to buy favorite flowers to fill our gardens with color. Our bodies are filled with vitality and our minds begin to think of the warm days ahead. As with the young at heart, our minds turn to love, sharing wonderful moments with our special friend, family and our better half. The world becomes a better place. We no longer are captured by the cold and the snow. We face a world of new life and want to be part of it. We spend our waking hours embracing the season. The green of the trees and plants to the singing of the birds puts us into a tranquil state that takes over our every thought. The days start with cool but sunny mornings and end with a gentle breeze. Everyday brings new life around us and a pleasure we have longed for in the wintery months.

So, go out and grab spring with both hands and embrace every exciting day. Enjoy the sunshine, the warmth and even the spring showers. For this is God's special season. "Spring breathes new life into the world around us".

Carl Gabrielson
Executive Director

DID YOU KNOW...

Loose has a defibrillator located on the wall by the door in Annex. Commonly referred to as the AED (*automated external defibrillator*), a defibrillator is an electrical device that provides a shock to the heart when there is a life-threatening arrhythmia present. All Loose staff have been trained in using this device, which is conveniently located for first responders. Safety and taking care of our membership is our priority.



DINNER AND A SHOW

Friday, May 9

Dinner begins at 5 pm at Loose

Show begins at 7:30 at Fenton High School

This is an evening you will not want to miss.

We begin at Loose with dinner catered by Barb's Catering

DINNER INCLUDES

Chicken Piccata

Beef Top Round (carved at the table)

with choice of au jus or sautéed mushrooms

Roasted Redskins with butter

Broccoli/Cauliflower/Baby Carrots Combo

Salad, Fine Pastries, Jello Fruit Salad

Rolls and beverages

The top notch show featuring the Fenton High School Ambassadors follows and is held at Fenton High School

This wonderful evening comes with many options

Dinner only \$13

Dinner and the Show \$18

Show only \$5 (Friday or Saturday)

You must sign up no later than May 5 for this event.

Quilt
Raffle



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

These beautiful quilts were made by the Loose Threads group which meets at Loose each Tuesday morning. The material was donated, their time, effort, imagination and hard work was also donated. They then donated the quilts to be raffled off with the proceeds going to benefit Loose.

The drawing will take place on

Thursday, May 22 at the dinner at Linden High School.

No need to be present to win. The winner will be contacted

Pictured on the cover: Judy Bobo and Licensed Nail Technician, Trisha Grzybowski taking a break from special pampering.

APRIL SPECIAL HAPPENINGS

CARETEL INNS OF LINDEN

Open House Thursday, April 3
1:30 - 3:30 pm
REFRESHMENTS AND TOURS!



Exclusive to Loose Membership
Transportation Provided from Loose or stop by Caretel anytime during the Open House hours. If you would like to take advantage of the transportation from Loose to Caretel, please call Loose to reserve your time spot. Much has happened at Caretel this past year, join us as we have a private tour of all the new amenities.

APRIL CATERED DINNER

TUESDAY, APRIL 15, 5 PM, \$12
Guest Speaker: Dr. Mike Heberling
"The Not So Good Old Days"

MENU

Roast Beef, Baked Chicken, Mosticiolli,
Mashed Potatoes/Gravy, Green Bean Casserole,
Corn, Tossed Salad, Cottage Cheese, Peaches,
Rolls, Dessert & Drinks.

~~~~~

## 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, April 18, 2014**

### *Legacy of a Civil War Nurse*

Listen to this fascinating story of the many mysteries surrounding the life of a local heroine, Lucy J Blanchard, a woman who lived and died in Fenton - all researched from a genealogical point of view.

### *Michael J. Thorp: Michigan's Role in the Civil War*

Mr. Thorp is well known in our area as he spent many years working for "WJRT Channel 12. He has written a book about the role our state played in the Civil War.

**Register by noon on the Wednesday prior to the event.**



## ARE YOU CARING FOR A LOVED ONE AT HOME?

Join us for a FREE Seminar: Tips for the At-Home Caregiver & Free Breakfast!  
Saturday, April 26  
Breakfast 8:30 am  
Seminar 9 - 11 am

Take advantage of Tanglewood's 20 years of experience taking care of loved ones in the comfort of their home. You will be provided with information that can help you keep your loved one home longer, while keeping them safe, happy and healthy!

The Seminar will be held at Loose Senior Center  
RSVP to Tanglewood Home Care, 810.629.9004

## CAN THEY DO THAT? HOW DO I KNOW FOR SURE?

Monday, April 7, 10:30 am, Sunroom

Have you ever had an issue with a neighbor where you found yourself asking that question? How about a company that did or said something that you were not sure they could do? Have you ever had a doctor's office or insurance company bill you over and over for something you already paid? Find out how you can KNOW FOR SURE what your rights are. Find out how you can KNOW FOR SURE what they can and can't do. Dan Pricopio, a local business owner and Regional Chamber of Commerce member, explores how you can get the right answers so you can Worry Less and Live More.



## CLASSICAL MUSIC AND TEA

All classes are 6-8 pm, \$2/class,  
Thursday, April 17, Copland  
See page 14 for details



## MATTER OF BALANCE - FREE

Beginning Wednesday April 23, 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!

## HISTORY DISCUSSION

### HISTORY OF THE TITANIC

Wednesday, April 9, 6:30 - 8 pm, Sunroom

A moment in history, never forgotten. Join us as we explore the historic tragedy that was The Titanic. From it's birth in a Belfast shipyard, through the faithful night it sank and it's subsequent discovery. All aspects pertaining to this fascinating mystery will be discussed.





# 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

Wednesday, April 9, 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. *New members are especially encouraged to join us.*

## POTLUCK DINNER

Friday, April 11, 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.



## MONTHLY VOLUNTEER MEETING

Thursday, April 17, 9:30 am, Annex

This time is set aside for committees to meet and plan. Committee heads should contact their members if they plan to meet during this time. Coffee will be available.



SAVE the following dates and join us at our Summer Cookouts.

- Tuesday, June 17
- Tuesday, July 22
- Tuesday, August 19

The cost is \$6 and includes grilled dogs and burgers, baked beans, salad, chips, dessert and a beverage. *Seriously folks, it is the best deal around.*



## SENIOR POWER DAY 2014

Wednesday, May 21, 9 am - 2 pm, \$3

FREE GIFT ~ FREE LUNCH ~ FREE ICE CREAM

Sponsored by the Valley Area Agency on Aging  
*Tickets must be purchased by May 7.*

## MAY CATERED DINNER

~~~~

DINNER LINDEN HIGH SCHOOL
THURSDAY, MAY 22, 5:30 PM, \$8.50

The cooks at Linden High School are amazing. Each fall we are fed a wonderful FREE dinner provided by the Linden Student Council. This dinner mimics that meal and we already know it will be delicious. Please join us on that day, we will be pulling the ticket for the BEAUTIFUL quilt raffle, enjoying dinner and each other's company and afterwards are invited to the Linden High School Annual Spring Concert to follow at 7 pm.

Friday, May 9, 1 pm, \$6

YOU ARE INVITED TO OUR...

Mother's Day Tea

A lovely afternoon of tea, treats, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Seating is limited, sign up early!



Boutique & Book Sale



ALL ARE WELCOME
Friday, May 16, 9:30 am - 3 pm
Sloppy Joe Lunch, \$5

All kinds of **DONATIONS** are needed to pull off this exciting event. **Boutique items and books will be accepted at Loose beginning Monday, April 14 through May 9.** Special **DESSERTS** will be needed for the Silent Auction event. If you are willing to make and donate your special dessert, please call Loose and let us know. And, if you plan to eat lunch, it's always nice to have a head count. Please sign up at the Loose Office. Proceeds from this event will go toward a Loose Wish List Registry item.

Dessert Auction & Sloppy Joe Lunch



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 class is designed to increase flexibility, lower cholesterol, retard Alzheimer's and improve blood flow. For those who suffer from **ARTHRITIS**, Tai Chi is approved by the Arthritis Foundation. This class will help you see improvement in flexibility, balance, coordination, range of motion, strength and confidence.

BODY RECALL \$3 per class

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

BIKING BUNCH Will return in the spring.

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

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

Wii BOWLING *New league begins 6/5/14*

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

See you in the spring!

MONDAY

9:30 am Yoga (gentle flow)
1:00 pm Cornhole
5:00 pm **Zumba**

LINDEN ELEMENTARY
6:00 pm **Volleyball**

FRIDAY

9:30 am Yoga (gentle flow)

SATURDAY

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

TUESDAY

9:15 am Chair Yoga
10:15 am **Zumba Gold**
10:30 am **Body Recall**
12:00 pm **Beg. Line Dance**
1:00 pm **Adv. Line Dance**
5:00 pm Yoga (gentle flow)

WEDNESDAY

9:30 am Yoga (gentle flow)
5:00 pm **Zumba**
6:15 pm Pickleball

Biking Bunch
returns in the spring

THURSDAY

9:15 am Chair Yoga
10:00 am Wii Bowling
10:15 am **Zumba Gold**
10:30 am **Body Recall**
4:30 am **Zumba**
5:00 pm Yoga (gentle flow)
6:00 pm **Beg Line Dance**
7:00 pm **Adv. Line Dance**



Every Monday at 1 pm
Cornhole! Great indoor fun for the winter months. 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. It may just become a regular Loose thing. Who knows? We may have the next Cornhole champion right in our midst.

Pickleball

Wednesday, 6:15 - 9 pm, \$3

Try out the fastest-growing sport around! **Pickleball!** Similar to ping pong, badminton, and tennis, it's 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 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 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!

Fitness Class Schedule

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

ARTSY & CRAFTY

“ANYONE CAN PAINT” Class Minimum: 6

Monday, April 14, 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

Monday, April 28, 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

Tuesday, April 15, 1 pm, 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 B, 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, Hall 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, 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! There is help to get you 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.

DENIM TO DIAMONDS BRACELET CLASS

Thursday, May 22, 10 am, Sunroom, \$15

NEW

Create this beautiful, yet simple, bracelet. Made from leather, chain and crystals, this piece can be worn with ANYTHING.



It is EASY and FUN and a special piece of BLING you will enjoy for years to come. Class size limited, sign up today!

LET'S HAVE SOME DANCE FUN!

Tuesday, May 20, 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 Don't 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!

CLASSES, MUSICAL OPPORTUNITIES & MORE

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



PLEASE PREREGISTER FOR ALL CLASSES

IPAD 1

Wednesday, April 2 & 9, 4-6 pm, \$20

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

Wednesday April 16 & 23, 4-6 pm, \$20

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

WORD PROCESSING

Wednesday, May 7, 14, 21, 28, 4-6 pm, \$40

There are so many tricks to word processing programs, and this class will cover many of them, such as creating documents, saving files into folders, toolbars, shortcuts, clip art, labels, envelopes and much more.

BASIC INTERNET/EXPLORING THE INTERNET

Thursday, May 8 & 15, 4-6 pm, \$20

Explore the Internet and find out how a "browser" works and how to search and find reliable information online. You will get to try out some search strategies online with plenty of time to practice.

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.

LEGACY TO LOOSE

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.

EUCHRE TOURNAMENT

Friday, April 25, 5 pm

\$6 Entry Fee, 25¢/Euchres

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

GAMES

POOL PLAYERS Bring a friend and play anytime.

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

BOARD GAMES Friday, 10 am

CHICAGO BRIDGE Tuesday & Friday, 1 - 4 pm

CHESS Wednesday, 12:30 pm

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 3 pm

PINOCHLE Monday & Wednesday, 12:30 pm

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

CARDS & MORE Thurs. 10:30 am

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.



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! **Practices are Mondays, 3 pm, Sunroom**

KARAOKE



Mondays 7 pm, 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.**



April 2014

OFFICE HOURS

Monday - Friday
8:30 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

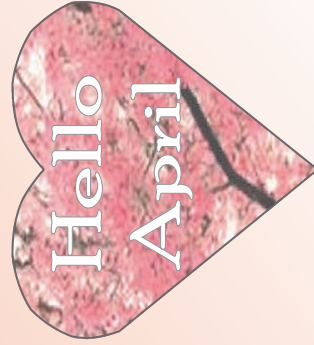
EMAIL

lsc@looseseniorcenter.org

WEBSITE

www.looseseniorcenter.org

MONDAY



Please be good!

TUESDAY

| | |
|-------|-----------------|
| 9:15 | NO Chair Yoga |
| 10:00 | Loose Threads |
| 10:15 | Zumba Gold |
| 10:30 | Body Recall |
| 11:00 | Blood Pressure |
| 11:30 | Lunch |
| 12:00 | Beg. Line Dance |
| 12:30 | Euchre |
| 1:00 | Adv. Line Dance |
| 1:00 | Chicago Bridge |
| 3:00 | Mah jongg |
| 5:00 | NO Yoga |

WEDNESDAY

| | |
|-------|------------------------|
| 8:00 | Bridge |
| 9:00 | Manicures |
| 9:30 | NO Yoga |
| 10:00 | Consumer Fraud |
| 11:15 | Art à la Carte |
| 11:30 | Lunch |
| 12:00 | Wood Carving |
| 12:30 | Pinochle/Dominos/Chess |
| 2:00 | Matter of Balance |
| 4:00 | IPAD 1 |
| 5:00 | Zumba |
| 6:15 | Pickleball |

THURSDAY

| | |
|-------|----------------------|
| 9:15 | NO Chair Yoga |
| 10:00 | AMVET |
| 10:15 | Zumba Gold |
| 10:30 | Body Recall |
| 10:30 | Cards & More |
| 11:15 | Farmers' Market Trip |
| 11:30 | Lunch |
| 12:00 | Wii Bowling |
| 12:30 | Euchre |
| 1:30 | CARETEL OPEN HOUSE |
| 4:30 | Zumba |
| 5:00 | NO Yoga |
| 6:30 | Beg. Line Dance |
| 7:30 | Adv. Line Dance |

FRIDAY

| | |
|-------------------------|---------------------|
| 8:30 | Washington DC Tour |
| 9:00 | Tax Appointment |
| 9:00 | MIMAP Counselor |
| 9:30 | NO Yoga |
| 10:00 | Yarn Recyclers |
| 10:00 | Board Games |
| 11:30 | Lunch |
| 1:00 | Lapghans |
| 1:00 | Chicago Bridge |
| Saturday April 5 | |
| | Scrabble Tournament |
| 9:00 | NO Yoga |
| 10:00 | Euchre |
| 10:15 | Zumba |

| | |
|-------|-------------------|
| 8:00 | Bridge |
| 9:00 | Massage |
| 9:30 | Yoga |
| 10:00 | Painting |
| 10:30 | Can They Do That? |
| 11:30 | Lunch |
| 12:30 | Pinochle |
| 1:00 | CornHole |
| 2:00 | Listening Ear |
| 3:00 | Choir |
| 4:30 | Piano Lessons |
| 5:00 | Zumba |
| 6:00 | Volleyball |
| 6:00 | TOPS Weigh-in |
| 7:00 | Karaoke |

| | |
|-------|------------------|
| 9:15 | Chair Yoga |
| 9:00 | Veteran Services |
| 10:00 | Loose Threads |
| 10:15 | Zumba Gold |
| 10:30 | Body Recall |
| 11:30 | Lunch |
| 12:00 | Beg. Line Dance |
| 12:30 | Euchre |
| 1:00 | Adv. Line Dance |
| 1:00 | Chicago Bridge |
| 3:00 | Mah jongg |
| 5:00 | Yoga |

| | |
|-------|------------------------|
| 8:00 | Bridge |
| 9:00 | Manicures |
| 9:00 | Blood Pressure Check |
| 9:30 | Coffee Hour |
| 9:30 | Yoga |
| 10:30 | Watch Repair |
| 10:30 | Investment Perspective |
| 11:15 | Art à la Carte |
| 11:30 | Lunch |
| 12:00 | Wood Carving |
| 12:30 | Pinochle/Dominos/Chess |
| 2:00 | Matter of Balance |
| 3:15 | Coupon Club |
| 4:00 | IPAD 1 |
| 5:00 | Zumba |
| 6:15 | Pickleball |
| 6:30 | History Discussion |

| | |
|-------|----------------------|
| 8:00 | Board Meeting |
| 9:15 | Chair Yoga |
| 10:15 | Zumba Gold |
| 10:30 | Massage |
| 10:30 | Body Recall |
| 10:30 | Cards & More |
| 11:15 | Farmers' Market Trip |
| 11:30 | Caesars Windsor |
| 11:30 | Lunch |
| 12:00 | Wii Bowling |
| 12:30 | Euchre |
| 4:30 | NO Zumba |
| 5:00 | Yoga |
| 6:30 | Line Dance |
| 7:30 | Adv. Line Dance |

| | |
|--------------------------|-----------------|
| 8:30 | Tax Appointment |
| 9:00 | MIMAP Counselor |
| 9:30 | Yoga |
| 10:00 | Write Your Life |
| 10:00 | Yarn Recyclers |
| 10:00 | Board Games |
| 11:30 | Lunch |
| 1:00 | Lapghans |
| 1:00 | Chicago Bridge |
| 5:00 | Potluck |
| Saturday April 12 | |
| 9:00 | Yoga |
| 10:00 | Euchre |
| 10:15 | Zumba |

LINDEN'S COMPLETE AUTO REPAIR

ALL MAKES & MODELS
Foreign & Domestic



We Honor ALL Dealer Extended Warranties!

SHOP HOURS:
Monday-Friday
8am-6pm
Saturday
8am-3pm
Sunday
closed

Our technicians are trained and ASE certified to diagnose, repair, and service your automobile, light truck, SUV, or motor home.

417 W. BROAD ST • DOWNTOWN LINDEN
(810) 735-9911
www.lindenautorepair.com

Ask about
our
lifetime
protection
plan

FREE Shuttle Service • **FREE** Loaners
FREE 21-pt safety inspection with every oil change

Hometown URGENT CARE

An AccessMD Urgent Care Company

Conveniently located in Fenton

3220 West Silver Lake Rd.
(810) 208-7470

www.AccessMDuc.com • Open 7 days



LSSC

LEO'S CONEY ISLAND

15010 Silver Lake Parkway • Fenton

10% OFF WITH THIS COUPON

Valid this location only • Not valid on any
Breakfast specials • Valid 1 coupon per family

Also bring coupon in on Sunday and receive an additional 5% off

OPEN 7AM-10PM
MONDAY-SUNDAY

Phone: 810-620-8400



RESIDENTIAL & COMMERCIAL

4186 HOLIDAY DRIVE • FLINT, MI 48507

(810) 232-0220
FAX (810) 232-0222

NOW OPEN



**2 BRAND
NEW
ASSISTED
LIVING INNS**



New Year...New Home

"LINDEN'S PREMIERE SKILLED NURSING & REHABILITATION AND ASSISTED LIVING CAMPUS"

Caretel® Inns of Linden

202 S. Bridge Street, Linden MI • (810) 735-9500 • fax (810) 735-9400

Grand Blanc

Rehabilitation and Nursing Center

Specialty Programs:

- Ventilator & Tracheostomy Care
- Stroke & Orthopedic Rehabilitation
- General Surgery Care and Rehab
 - Hospice Care • IV Therapy
 - Post Trauma Care

Our Medical & Physical Rehab Team Consists of:

- 24 Hour a Day licensed nurses
- Respiratory Therapists on Site 24 Hours a Day
 - Dieticians • Pulmonologists
- On-site Dental, Eye & Podiatry Services
 - On-site Internal & Physical
Medicine Physicians

11941 Belsay Road • Grand Blanc
810-694-1970



**Make the
Switch to
DISH Today
and Save
Up To 50%**



Call Now and Ask How!
1-800-341-0518

FREE
OVER 30 PREMIUM
MOVIE CHANNELS

HBO CINEMAX
SHOWTIME starz

For 3 months.

Offer subject to change based on premium
movie channel availability.

FREE

SAME DAY
INSTALLATION
IN UP TO 6 ROOMS
Where available.

**CALL TODAY -
INSTALLED TODAY!**

All offers require 24-month commitment
and credit qualification. Call 7 days a week
8am - 11pm EST. Promo Code: MB0913.
*Offer subject to change based on premium
movie channel availability.





RE/MAX
Select

Direct: (810) 249-9270
Cell: (810) 922-3187
Fax: (810) 222-5493
1320 Hill Rd.
Flint, MI 48507
JimMiller@remax.net



Jim Miller
CDPE

Worry Free Home Care

24-Hour Assistance
Available!



Tanglewood

Home Care

Tanglewood Home Care provides compassionate care in the comfort of your own home. Our services include everything from companionship to complete home health care. When family members or friends need help for the seniors they love, Tanglewood Home Care can help.

(810) 629-9004

www.WorryFreeCare.com

"Simply the Finest Care Available"

FREE Screening

Audiology & Hearing Aids

Call for Appointment

G-4369 Miller Road, Flint
(810) 733-1385



3027 E. Hill Road, Grand Blanc
(810) 579-0941

Matthew L. Christy, Aud., Licensed Hearing Aid Dispenser # 3501003413

McLaren Physical Therapy - Fenton

Specialties include:

- Back Pain/Spine
- Orthopedics
- Sports Medicine
- Post Surgery care
- Vestibular/Balance
- Fitness Center

Location:

Fenton Physical Therapy & Sports Medicine
Shoppes at Silver Chase Complex
4045 Owen Rd. • Fenton, MI 48430
Phone: 810-750-2222
Fax: 810-750-2978



METROPOLITAN TREE INC.

Discount Tree & Stump Removal
Free Estimates • 47 YRS EXP.

248-627-6316
800-753-1633

metropolitantree@gmail.com

A+ Rating with the BBB & "A" on Angie's List

Good for 1 month complimentary membership to the Fitness Center - 1 per person

Make Yourself at Home *at Lockwood of Fenton*

Independent living and life-enhancing services.
You'll find everything you need at Lockwood of Fenton.

- Spacious apartments with full kitchens
- Housekeeping • Delicious restaurant-style dining
- Scheduled transportation and activities
- Pet friendly • Convenient location

Schedule a tour today!

(810) 714-3340

TTY (800) 649-3777



16300 Silver Parkway, Fenton, MI 48430 • LockwoodSeniorLiving.com

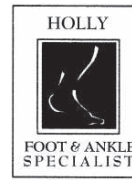


Rehab is work.
But it can also be fun.

To find out how we can help you or someone you love transition smoothly back home, call us to schedule a personal tour.



5370 Baldwin Road • Grand Blanc, MI 48439
810-606-9950 • theoaksatwoodfield.com



Harold M. Koehler, DPM
*Medicine & Surgery
of the Foot & Ankle*

4038 Grange Hall Road, Holly, MI 48442
248 / 634-6200

Come See Us, We're at Loose Monthly!



5300 Gateway Centre
(US-23 & Hill Rd.)
810-720-9111 • www.michvision.com

Michigan Vision

INSTITUTE OPTICAL

Specialized Eye Care by Board Certified Physicians

- Cataract Surgery with Premium Lens Implants including: TECNIS®, ReSTOR® and Toric lenses
- Medical and Surgical Treatment of Glaucoma, Diabetic Retinopathy, Macular Degeneration
- Offering the highest quality contact lenses, eyeglasses, and exams.

Virtually all Medical Insurance plans and most Vision Insurance plans are accepted.

Edward Stack, M.D.

- Athear Alrawi, M.D.
- David B. Krebs, M.D., F.A.C.S.
- Kelly Tierney, O.D.
- John F. Labaza, O.D.



Senior Living Community

*Fenton's Best Kept Secret
for Seniors 55+*



Vicky Coppler
Community Manager

201 E. Elizabeth • Downtown Fenton
(810) 629-1179
millpond@kmgprestige.com



LINDEN MUFFLER MAN

FULL SERVICE
AUTO REPAIR

1018 N. Bridge St. • Linden, MI
(810) 735-4385
MON-FRI 8AM-6PM • SAT 8AM-4PM



Gerych's
Distinctive Flowers & Gifts

713 Silver Lake Road, Fenton, Michigan
ph: 810-629-5995 • fax: 810-629-6905



Generations of Service
to the Community

sharpfuneralhomes.com



Miller Road Chapel

Roger L. Sharp, Manager
8138 Miller Road • Swartz Creek
(810) 635-4411

Linden Chapel

Stephanie Sharp Foster, Manager
209 E. Broad St. • Linden
(810) 735-7833

Fenton Chapel

Michael T. Scully, Manager
1000 Silver Lake Rd • Fenton
(810) 629-9321

Funeral Home & Cremation Center

Jennifer Sharp Scully, Manager
6063 Fenton Road • Flint
(810) 694-4900



Safe. Sound. Secure.®
annuities from
Auto-Owners Insurance.

The smart way to save . . .

Call or visit us

BRAD HOFFMAN INSURANCE AGENCY
Fenton, MI • 810-629-4991

Auto-Owners Insurance 

RMI
REGIONAL MEDICAL IMAGING

Clearly. Better. Choice.

www.rmipc.net
(810) 732-1919



Linda's Place

Services Provided

24-hour Care • Transportation to Local Store
 Laundry & Housekeeping • Hair & Nail Care
 All Meals & Snacks • Visiting Physician
 Medication Distribution • Home Health Care
 Assistance with Bathing & Personal Care • Security System

Contact: Linda Richter 810-735-7519
 627 Silver Lake Rd.
 Linden, MI 48451



Medicare
Solutions

Debra A. Knill

Sales Representative Medicare Division
 2850 W. Grand Blvd. • Detroit, MI 48202
 (248) 443-8636
 dknill@hap.org • hap.org

Health Alliance Plan of Michigan
 Alliance Health and Life Insurance Company | HAP Preferred Inc.

Temrowski Family Funeral Home & Cremation Services

"An exceptional choice in funeral service"

Ken & Becca Temrowski
 Owners/Licensed Funeral Directors

500 Main St. • Fenton
810-629-2533

www.temrowskifamilyfuneralhome.com



- Auto
- Home
- Life
- Business

bbmich.com

1190 Torrey Rd. • Fenton

Call your Brown & Brown advisor at:
(810) 629-1566



*We treat strangers
 like friends and
 friends like family*

3600 Owen Rd • Fenton, MI
 810-714-2708 • fax 810-714-3107

Call ahead for Carry Out or Order Online:
 www.BobEvans.com

Patricia McGarry, DDS

Accepting New Patients

20% Discount for Senior Citizens

New Patient Special

Cleaning, X-rays, & Exam
 Only \$85.00 (No Discounts Apply)

200 Lindenwood Dr. • Linden, MI

810-735-9426

www.drmcgarry.com



OAK TREE DENTAL
 COSMETIC & FAMILY DENTISTRY

New Patients Welcome

500 N. Leroy Street
 Fenton, MI 48430

(810) 629-8272

www.fentondentists.com



1005 Bridge St. • Linden, MI 48451

Full line servicing dealer for Stihl, Simplicity,
 Snapper Pro & Cub Cadet equipment

810-458-4299

www.sloansalesandservice.com



DAILY & MONTHLY SPECIALS
 FAMILY DINING

122 E. BROAD • 735-5780



Are you looking for a Clean,
 Courteous, On-Time, Electrical
 Expert . . .

Well Look No Further!

810-629-6968

www.CraftsmenElectrical.com
 jim@CraftsmenElectrical.com

Craftsmen Electrical Services has been serving the
 Greater Fenton Area, Since 1947.

We would be very pleased to serve you.

Call for your On-Time Appointment, Today!



of Fenton

A neighborhood you can call home!

**Vicinia Gardens
 Assisted Living of Fenton**
 4016 Vicinia Way • Fenton

**Vicinia Gardens
 Memory of Fenton**
 4034 Vicinia Way • Fenton

Telephone: (810) 354-8136

Resident Director: Catrina Kraus Telephone: (810) 513-0969

www.viciniagardens.com

Conveniently located at Jennings and Owen Road



Residential Furnace Tune Up \$ 29.99

| | |
|--|----------|
| Tune Up | \$ 79.99 |
| Energy Rebate
(Consumers Energy Trade Ally) | \$ 50.00 |
| Final Cost | \$ 29.99 |

CALL US FOR DETAILS 810-630-6032

Expires: 03-31-14

Here at Sherman Heating & Cooling, we believe that maintenance on
 your Heating and Cooling System is very important to insure proper
 operation. Routine maintenance can detect and prevent minor
 problems from developing into major repairs, it also keeps your system
 working at peak efficiency year in and year out.

We look forward to serving you

4500 Morrish Road
 Swartz Creek, MI 48473
810-630-6032



| | | | | |
|---|--|--|--|--|
| <p>14</p> <p>8:00 Bridge
9:00 CSFP
9:00 Massage
9:30 Yoga
10:00 Painting
11:30 Lunch
12:00 "Anyone Can Paint"
12:30 Pinochle
1:00 CornHole
1:00 Book Club
3:00 Choir
4:30 Piano Lessons
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
7:00 Karaoke</p> | <p>15</p> <p>9:15 Chair Yoga
10:00 Loose Threads
10:15 Zumba Gold
10:30 Body Recall
11:30 Lunch
12:00 Beg. Line Dance
12:30 Euchre
1:00 Scrapbooking
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
5:00 Catered Dinner
5:00 Yoga</p> | <p>16</p> <p>8:00 Bridge
9:00 Manicures
9:30 Legal Service
9:30 Yoga
11:15 Art à la Carte
11:30 Lunch
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
4:00 IPAD 2
5:00 Zumba
6:15 Pickleball</p> | <p>17</p> <p>9:15 Chair Yoga
9:30 Volunteer Meeting
10:15 Zumba Gold
10:30 Cards & More
10:30 Body Recall
11:00 Blood Pressure
11:15 Farmers' Market Trip
11:30 Lunch
12:00 Wii Bowling
12:30 Euchre
4:30 Zumba
5:00 Yoga
6:00 Classical Music & Tea
6:30 Beg. Line Dance
7:30 Adv. Beg. Line Dance</p> | <p>18</p> <p>Loose Office
CLOSED
in recognition of
Good Friday</p> <p>8:15 Lifelong Learning
7:00 Westside Story</p> <p>SATURDAY April 19
9:00 Yoga
10:00 Euchre
10:15 Zumba</p> |
| <p>21</p> <p>8:00 Bridge
9:00 Massage
9:30 Yoga
10:00 Painting
11:30 Lunch
12:30 Pinochle
1:00 CornHole
3:00 Choir
4:30 Piano Lessons
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
7:00 Karaoke</p> | <p>22</p> <p>7:45 Journey To Freedom
8:30 Podiatrist
9:15 Chair Yoga
10:00 Loose Threads
10:15 Zumba Gold
10:30 Body Recall
11:30 Lunch
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
2:00 Alzheimer Support
3:00 Mah jongg
5:00 Yoga</p> | <p>23</p> <p>8:00 Bridge
9:00 Manicures
9:30 Yoga
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 2
5:00 Zumba
6:15 Pickleball</p> | <p>24</p> <p>9:15 Chair Yoga
10:15 Zumba Gold
10:30 Body Recall
10:30 Cards & More
10:30 Massage
11:15 Farmers' Market Trip
11:30 Lunch
12:00 Wii Bowling
12:30 Euchre
4:30 Zumba
5:00 Yoga
6:30 Beg. Line Dance
7:30 Adv. Beg. Line Dance</p> | <p>25</p> <p>9:00 MMAP Counselor
9:30 Yoga
10:00 Hearing Doctor
10:00 Write Life Story
10:00 Yarn Recyclers
10:00 Board Games
11:30 Lunch
1:00 Lapghans
1:00 Chicago Bridge
5:00 Euchre Tournament
7:00 FIM Faculty Concert</p> <p>SATURDAY April 26
8:30 Help for Caregivers
9:00 Yoga
10:00 Euchre
10:15 Zumba
6:30 Former SNL Stars</p> |
| <p>28</p> <p>8:00 Bridge
9:00 Massage
9:30 Yoga
10:00 Painting
11:00 Blood Pressure
11:30 Lunch
12:30 Pinochle
1:00 Happy Stampers
1:00 CornHole
3:00 Choir
4:30 Piano Lessons
5:00 Zumba
6:00 Volleyball
7:00 TOPS Weigh-in
7:00 Karaoke</p> | <p>29</p> <p>9:15 Chair Yoga
10:00 Loose Threads
10:15 Zumba Gold
10:30 Body Recall
11:30 Lunch
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
5:00 Yoga</p> | <p>30</p> <p>8:00 Bridge
9:00 Manicures
9:30 Yoga
10:00 FireKeepers
11:15 Art à la Carte
11:30 Lunch
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
2:00 Matter of Balance
5:00 Zumba
6:15 Pickleball</p> | <p>LOOSE STAFF</p> <p>Carl Gabrielson
<i>Executive Director</i></p> <p>Whitney Hayes
<i>Business Manager</i></p> <p>Melinda Elmore-Hajek
<i>Program Director</i></p> | <p>LOOSE STAFF</p> <p>Cheryl Rex
<i>Clerk</i></p> <p>Bonnie Meadows
Kathy Metivier
<i>Receptionist</i></p> <p>Randy Green
<i>Maintenance</i></p> |

HEALTHY LIVING

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm, Hall B

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

WRITE YOUR LIFE STORY

Friday, April 11 & 25, 10 am, Annex

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

LOOSE BOOK CLUB

Monday, April 14, 1 pm, Hall B

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

Christine will return in the spring.

LISTENING EAR

Monday, April 7, 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.



HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Wednesday, May 28, 12 noon FREE

Attorney Sharon Miner will guide the participants in a step-by-step process. Each will leave with a complete legal document, signed by a witness and notarized. Don't put it off call Loose and sign up today.

"This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work."

INVESTMENT PERSPECTIVE

Wednesday, April 9, 10 am, Sunroom

Financial Advisor Chad Robinson 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.

CLASSICAL MUSIC AND TEA

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

Thursday, April 17, Copland

Thursday, May 15, Beethoven

Thursday, June 19, Mozart

Thursday, July 17, Handel



A tantalizing exploration and discussion of a classical composer and two different teas. Guaranteed to give your ears and taste buds a lovely evening. Class led by our very special Whitney Hayes.

BACK TO LIFE CLASS

Thursdays, May 8, 15, 22, 29, 1 pm, FREE

A series of four classes addressing issues related to back health and care: prevention, posture and body mechanics, proper lifting and back protection exercises for "life" and common problems. Classes are presented by two Licensed physical therapists from McLaren who have forty-two combined years of clinical experience. Two additional classes will be offered off site to practice exercises and techniques presented. Completing the series will entitle participants to one month of free Wellness membership in the physical therapy clinic.



PLEASE CONSIDER BEING PART OF THIS WONDERFUL PROGRAM. YOU WON'T BE SORRY!

This is one of the most personally rewarding programs that Loose offers. PLEASE, stop by the Office for a pen pal application, fill it out and return it ASAP so that we can match you up with a local third grader with similar interests. This is a fun, interesting and rewarding activity that takes place from June until August culminating in a pizza party where you can meet your pen pal! The goal of this unique program is to increase communication skills and bridge the generation gap between third grade children and older adults. This is accomplished through written communication and the sharing of experiences between generations.



HEALTH SERVICES & TRANSPORTATION

MASSAGE

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



Call for addition massage package information.
Schedule today! Call 735.9406 for an appointment.

PODIATRIST

Tuesday, April 22, 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

Friday, April 25, 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.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

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



A WELL KEPT SECRET

Did you know that each month the next month's newsletter is posted on the Loose website by the middle of the month. That means, you can go to www.loosecenter.org, click on newsletters link and see what's happening the next month weeks before you receive the newsletter in your mailbox.



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

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.

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

11:15 am departure, return 2:30 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.

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 will be 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.

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.

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.

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.





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 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 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.
Provide us with your **PICTURE**, updated contact information 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

| | | |
|-----------------|-------------------------------------|---------|
| April 4-8 | Cherry Blossom Tour & More | \$949 |
| April 10 | Caesar Windsor | \$18 |
| April 18 | "West Side Story" | \$60 |
| April 22 | "Journey to Freedom" | \$57 |
| April 25 | FIM Concert - Nicholas Tobin, Cello | \$5 |
| April 26 | Former SNL Stars | \$50 |
| April 30 | FireKeepers | \$30 |
| May 3 | Flint Symphony | |
| May 7 | Tulip Time Festival | \$98 |
| May 8 | Tigers vs Astros NEW! | \$54 |
| May 14 | Greektown | \$26 |
| May 17 | Mike Super Magic & Illusion | \$30 |
| May 21 | Historical Detroit NEW! | \$70 |
| May 22-23 | Springtime in Niagara Falls | \$229 |
| May 23 | FIM Concert - Kyle Canjar, Guitar | \$5 |
| June 1-6 | Cape May | \$1,249 |
| June 3 | Gun Lake Casino | \$35 |
| June 10 | Turkeyville "Boogie Woogie Swing" | \$76 |
| June 11-12 | Chicago Getaway | \$324 |
| June 18-19 | Kewadin Casino | \$115 |
| June 19 | Michigan Princess | \$77 |
| July 8-10 | National Cherry Festival | \$490 |
| July 14-18 | New York City | \$929 |
| July 31 | Tigers vs Chicago White Sox | \$70 |
| Aug. 2-10 | Nova Scotia | \$3199 |
| August 5 | Put-In-Bay | \$115 |
| August 18 | Soaring Eagle & Doo Wop Show | \$30 |
| August 26-27 | Stratford | \$419 |
| August 28 | Tigers vs Yankees | \$70 |
| Aug. 31- Sept 1 | Mackinaw Bridge Walk | \$180 |
| Sept. 15-20 | Hudson River Valley | \$1,259 |
| Sept. 20-Oct. 3 | Yooperland, USA | \$655 |
| Sept. 24 | Huron Lady II | \$74 |
| Oct. 8 | Deutsche Detroit | \$59 |
| Oct. 9 - 13 | Rails of West Virginia | \$999 |
| Oct. 21 | Heaven & Hell | \$65 |
| Oct. 25-Nov. 2 | New Orleans | \$1,799 |

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

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, April 18, 2014 - see page 3

Legacy of a Civil War Nurse

Michael J. Thorp: Michigan's Role in the Civil War

Friday, May 16, 2014

Celebrating the Traditions of Flint Central High School

Flint Central is a beloved institution with many wonderful traditions that made thousands of young men and women proud to be alumni. Hear from a panel of former FCHS faculty discussing the many accomplishments and tradition that made this special school famous.

Register by noon on the Wednesday prior to the event.



JOIN LOOSE @ THE WHITING

Details available at the Loose Center

| | | |
|--------------|-----------------------------|------|
| Fri., Apr 18 | "West Side Story" | \$60 |
| Sat., Apr 26 | Former SNL Stars | \$50 |
| Sat., May 17 | Mike Super Magic & Illusion | \$30 |

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



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)

| | |
|-----------------|--|
| April 2 | John Glick - Woodfired Pottery |
| April 9 | Art Incarnation: Portraits of Artists as Art |
| April 16 | South Sotho Pot Making |
| April 23 | Van Briggel: Art of Clay |
| April 30 | Through the Eyes of the Sculptor |

FREE FIM FACULTY CONCERTS

\$5 (transportation), Depart, 6:15 pm,

Show Time, 7:00 pm, Return, 9:00 pm

Friday, April 25, NICHOLAS TOBIN, CELLO

Friday, May 23, KYLE CANJAR, GUITAR



THIS SUMMER AT THE CLIO AMPHITHEATER

Tickets at the door \$6

Transportation via Fenton Your Ride is \$5

A GREAT night out for \$11

Tuesday, July 8, 2014 - *Danny and the Juniors* with opening act *Tommy Vale & The Torpedoes*.

Tuesday, July 15, 2014 - *Black Oak Arkansas* with opening act *The Donny Hartman Band*

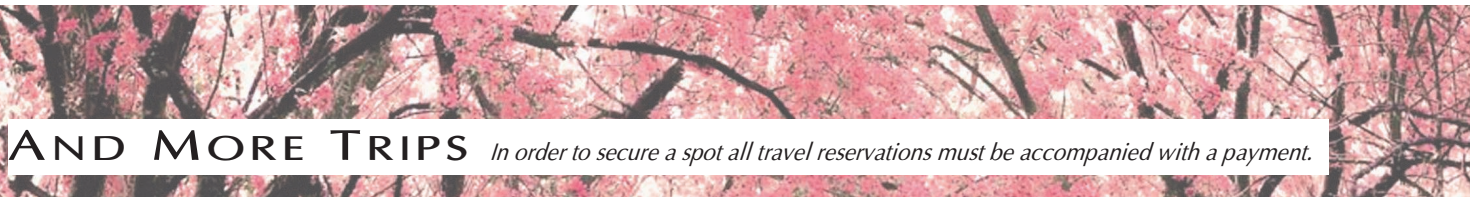
Tuesday, July 22, 2014 - *Jr. Walker's All Star Band* with opening act *The Jim Cummings Band*

Tuesday, July 29, 2014 - *The Fabulous Oldies But Goodies*


Tuesday, August 5, 2014 - *Phil Dirt & The Dozers*

Tuesday, August 12, 2014 - *Bill Haley's Youngest Drummer*

Tuesday, August 19, 2014 - *The Country Legends Tour*



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

 Tuesday, April 22, 2014
 Departs: 7:45 am - Returns: 5:15 pm
\$ 57.00 per person

Tour Includes Transportation *and:* Journey to Freedom Tour - Hear the legends, learn the facts, explore the history of the underground Railroad and much more and lunch at Haab's Restaurant which dates back to the mid-19th century.


Tulip Time Festival
 Holland Michigan
 Wednesday, May 7, 2014
 \$98.00 per person
 Departs 8:00 am - Returns 9:00 pm
 Tour Includes Transportation *and Lunch at the Alpen Rose Restaurant. A stop at the Dutch Marketplace, Enjoy Volksparade! And the Veldheer Tulip Gardens.*

HISTORICAL DETROIT
 Wednesday, May 21, 2014
 Departs: 7:45 am - Returns 5:00 pm
\$ 70.00 per person

Tour Includes Transportation *and:*

- ◆ Detroit Historical Museum
- ◆ Lunch at the Detroit Beer Company
- ◆ Guided tour of Hitsville USA.




 Join LOOSE for the following home **TIGER BASEBALL GAMES**

May 8, Tigers vs. Astros, \$54
 July 3, Tigers vs. Chicago White Sox, \$70
 August 28, Tigers vs. Yankees, \$70

Each Trip includes: Round Trip Motor Coach Transportation Departing from Loose at 11 am and returning at 7 pm, Good seats, Free Soft Drink & Hot Dog voucher, Water, Snacks and FUN on the Bus.

 **Springtime in Niagara Falls**
 May 22 & 23, 2014
\$229 per person

Tour Includes Transportation, one night at the Hilton Fallsview, 1 breakfast, Sightseeing tour of Niagara Falls, Maid of the Mist Boat Cruise, Visit Niagara-on-the-Lake, Leisure time at Fallsview Casino.

Cornwell's Turkeyville Dinner Theater
 Featuring "Boogie Woogie Swing Time"
 Tuesday, June 10, 2014

Tour Includes Transportation and Complete Turkey Lunch Buffet along with Cornwell's Turkeyville Dinner Theater "Boogie Woogie Swing Time," A musical comedy tribute to our military forces of today and yesterday.

Departs: 9:15 am (Kmart on Silver Parkway in Fenton)
Returns: Approximately 6:45 pm \$76 per person

CHICAGO GETAWAY
 June 11-12, \$324 Double

INCLUDES DELUXE MOTORCOACH PLUS
 1 night at the Double Tree by Hilton in Downtown Chicago


FEATURING: Detroit Tigers vs. Chicago White Sox at U.S Cellular Field, Free time at Navy Pier, Shoreline Sightseeing Cruise, Free time for shopping on the Magnificent Mile.

 Wed, June 18-19, 2014
\$ 115.00 per person, double occupancy
 Tour Includes Transportation *plus* 1 night lodging at Kewadin Casino Resort \$10 Food Voucher at St. Ignace, Two \$10 Coin Vouchers at St Ignace, Two \$10 Coin vouchers at Kewadin Casino Sault Ste. Marie, 1 Buffet Breakfast value of \$7 *Call for details.*

The Michigan PRINCESS
 Thursday, June 19
\$77

TRIP INCLUDES:
 Guided Tour of the Michigan State Capitol Building
 Michigan Princess Riverboat Lunch Cruise
 Eli & Edythe Broad Art Museum
Departs 8 am - Returns 4:15 pm

TRAVERSE CITY - National Cherry Festival
 July 8 - 10, 2014, \$490 based on double occupancy
 Tour Includes Transportation *plus* two nights lodging at Turtle Creek Casino Hotel in Williamsburg, \$15 gaming credit, a \$2 meal discount each day, two dinners, plus: Wine tasting a Chateau Chantel, Guided Tour of Sleeping Bear Dunes National Lake Shore, National Cherry Festival, Scenic Cruise, Hoxie's Farm Market, Guided tour of Interlocken Center for the Arts.



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

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

Visit Loose on the web @ www.loosecenter.org

Loose Wish List Registry

One way to make our new building into a home away from home is to fund the purchase of a specific item listed in this wish list registry, similar to a housewarming gift. If the cost of a specific item is too large, consider inviting friends to join you in funding the item.

Organizing or hosting a fundraising event can increase the fun in helping with the cost of a specific item. If you are interested in taking the lead on a fundraising event, contact the Loose Office.

WISH LIST ITEMS FOR THE MONTH OF APRIL

If you would like to donate to any of these items or see the larger list, please stop by the Loose office.



WINDOW SOLAR SHADES

Office Shades - \$180 each
wish list - 5

Marjie Hodges Hall - \$500
each *wish list - 5*



FLOOR RUNNER - \$350
wish list - 2

COLLECTION CONTAINERS ON CASTERS - \$200

wish list - 1 Set



If you would prefer to not designate a specific item, but would rather give money to a high priority item on the wish list, please write "wish list" on the memo line of the check.