

South End NEWS

APRIL 2013

LOOSE SENIOR CITIZEN CENTER



*"The beautiful journey of today
can only begin when we learn
to let go of yesterday."*

Steve Maraboli

DIRECTOR'S MESSAGE

Friends,

Years ago the Loose Family saw the needs of their community and decided to contribute funds to enhance the lives of citizens in the Linden area. They graciously set up trusts with churches and civic groups. One of their visions was a creation of a Senior Center where adults could meet and enjoy programs that would enrich their lives. In 1996 this vision became reality with the purchase of the Free Methodist church. A group of 300 people began gathering in this social space, playing cards and enjoying each other's company. In time, membership began to grow, and the first executive director Coralee Hendricksen expanded the Center's responsibilities to include a wide range of interests and needs. She introduced a way of life that set a standard of excellence for the future

This dedication continued throughout the term of our second executive director, Marjie Hodges. Marjie's passion for seniors and her pleasant smile made Loose the cornerstone of senior centers of Genesee County. Her attention to detail and her hands-on work ethic brought her into every member's life. Whether it was an exercise class, a special dinner, a night on the town, the Senior Winter Games or the wonderful Christmas party at Spring Meadows, Marjie was always there.

This journey of kindness, love and enjoyment was brought to a halt by the unforeseen death of our beloved Marjie and the burning of Loose Hall in 2011. Our life of Camelot became dark and the future was unknown. As time went by we found a "New Normal". Order was restored. Classes began to meet in the two remaining buildings, exercise programs moved to the Hope Lutheran church, volleyball was played in the Linden school district and the euchre players went back to playing cards in building C. Life was not perfect but we all made the best of the situation.

On March 7, 2013 we found a new vision. The Loose Board developed and approved a plan for a "New Loose", A 6000 sq. ft. building will be attached to building C. This is an opportunity for the membership to enjoy their programs under one roof, and to expand programs to fit their needs. This building project brings new possibilities to once again enhance the lives of the community and our seniors.

We reflect on the past and remember the good times and the bad that we have witnessed. We remember those who, through their passion and dedication, made possible what Loose has become. We now look to the future and

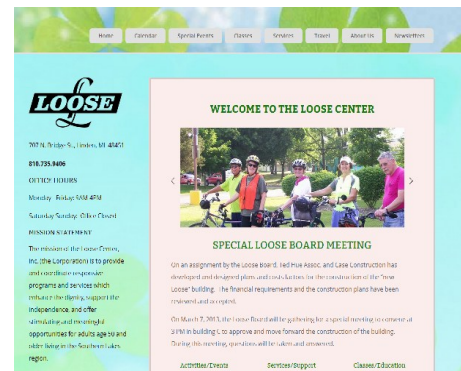
the endless possibilities we have before us. We all need to ask ourselves, "What part do I play in this Wonderful Journey?" A new Loose is before us. We have a chance to continue its growth and make it better. It is our time. Time to reflect on the past and move confidently into the future. The Life of Camelot has been restored.

"The beautiful journey of today can only begin when we learn to let go of yesterday."



Carl Gabrielson
Executive Director

www.loosecenter.org



Check out the new Loose website!

This new format is easy to use and follow. It is full of information and updated regularly. In the future members will be able to make payment via the website. We appreciate any feedback, please feel free to contact us with your thoughts.



Pictured on the cover: Debbie Honea of Ted Hu Associates, Inc. and Cliff Harvey, Case Construction Company, Inc. standing in the location of the NEW Loose.

APRIL SPECIAL HAPPENINGS



"PEACE OF MIND" SEMINAR

Wednesday, April 3, 9:30 am Bldg C

Celebrating life fully means planning your final wishes so your loved ones won't have to. Let us help begin the process through our special "Peace of Mind" seminar. We promise it will be an educational, informative and enjoyable time for learning the full benefits of planning ahead for total "Peace of Mind", in an informal and relaxed setting. **Breakfast and door prizes included!**

*Free
Breakfast
Anyone???*

JUICING

Wednesday, April 17, 12 noon, Bldg C

Juicing fresh fruit and vegetables provides the body with a vast array of vital nutrients in a form that can be easily assimilated. Join Donna Taylor from the MSU Genesee County Extension office as she prepares and explains a variety of options for juicing. Sample the different combinations and learn how they can benefit you and your body. This event is free, but please preregister by stopping at the Loose office or calling 735.9406.



MEDICARE MADE Simple.

Wednesday, April 24, 10:30 am, Bldg C

Baby Boomers are turning 65 and becoming eligible for Social Security and Medicare at a rate never seen before. Although Medicare's Annual Election Period (AEP) is an important time of the year to get the word out about the various supplemental Medicare plans available, this information is needed throughout the year as well. The "Medicare Made Simple" workshop is designed to make sense out of an overwhelming amount of information. There are decisions that new Medicare Beneficiaries have to make before they turn 65; this workshop will address all the key issues and allow time for questions.

FLINT INSTITUTE OF MUSIC FACULTY CONCERTS

Hear talented Flint School of Performing Arts faculty artists perform an amazing range of music, from Beethoven to Broadway to the Blues in this exciting concert series. Receptions follow all concerts. Concerts begin at 7 pm and are free. The cost for transportation is \$5. Transportation leaves Loose at 6:15 pm.

This month, April 19 Roger Jones, Piano

DINNER W/ GUEST SPEAKER

Tuesday, April 16, 5 pm, \$12

Shipwrecks of the Great Lakes

Mike Heberling, *Guest Speaker*

Dr. Michael Heberling, President of the Baker College Center for Graduate Studies will give a presentation on Shipwrecks of the Great Lakes. He will cover the Great Storm of 1913, which



claimed 12 ships and 250 sailors, and the Armistice Day storm of 1940 which resulted in the loss of four ships and 66 lives. Dr. Heberling will also discuss the most recent shipwrecks on the Michigan Great Lakes, with special emphasis given to the Edmund Fitzgerald. Enjoy chicken, ham, meatballs, scalped potatoes, salads and more. **SAVE THE DATE!**

LIFELONG LEARNING FOR SENIORS

\$8 (includes transportation which departs at 8:15 am)

An opportunity offered by Mott Community College. Enjoy great speakers who will inspire and refresh you. A wonderful continental breakfast will be provided. This event takes place in the Regional Technology Center Auditorium at Mott Community College.

April 12 MAINTAIN YOUR HEALTH

Dr. Matt Weiss, Flint Gerontologist, shares valuable information regarding our health and maintaining it during these years. This event is a MUST, so mark your calendar!

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

"ENTERTAINMENT EXPRESS"

Friday, April 19, 1:30 pm, Bldg. C

An Afternoon with Johnny Cash

Kedree Young presents "An Afternoon with Johnny Cash". Singer/songwriter and Flint native Kedree Young pays tribute to one of the

greatest rock'n roll/country/gospel music icons of all time, Johnny Cash. Get ready to sing, tap your foot and learn some history about the "Man in Black".



FREE

Sign up early, this event is limited to 50 people.

Brought to us by The Whiting and a generous grant from the Ruth Mott Foundation with support from the CS Mott Foundation

NUTRITION & MORE



DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am

Suggested donation for those 60 and over: \$2

Ages 59 and under: \$3.50

GCCARD provides daily congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735-9406, the day prior by 12 noon. *Sharing a meal with others is a great way to make friends.* Menus are available in the office.

COFFEE HOUR

Wednesday, April 10, 9:30 am, Bldg C

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

POTLUCK DINNER

Friday, April 12, 5 pm, Bldg C

Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with a good old fashioned potluck gathering. The 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.



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

Tuesday, June 18

Tuesday, July 23

Tuesday, August 20

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.

CALLING ALL SOFTBALL PLAYERS

League Play Begins in May (schedule TBD)

Relaxed rules for seniors.

The 2012 season was a "HIT" and Loose sported the title *defending league champs*. This year will be even better. If you are 60 or older and enjoy playing the game, we want you! The cost for the 12-game season plus playoffs is \$35 per player. Games are held on Wednesdays with practices on Tuesdays at Linden Elementary. **Bonus:** Golf outing at end of season! Contact Loose at 735.9406.

Dinner at the FENTON HOTEL Followed by a Spectacular Performance by "The AMBASSADORS"

Friday, May 10, 2013

Dinner (Fenton Hotel) 5 pm

Show (Fenton High School) 7:30 pm

\$20 for both Dinner and the Show

Transportation not provided, reserve your spot by 5/3.

DINNER CHOICES ARE:

Beef Tips Madeira

(sautéed in Madeira wine sauce) served over pasta, salad, bread and your choice of beverage (coffee, tea, pop)

Raspberry Chicken

w/rice pilaf, vegetable, salad, bread and your choice of beverage (coffee, tea, pop).

Please indicate your dinner choice at the time of your reservation.

Friday, May 10, 1 pm, \$6, Bldg C

YOU ARE INVITED TO OUR...

Mother's Day Tea

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



LINDEN H.S. CATERED DINNER

Tuesday, May 21, 5:30 pm, \$8.50

This is a catered dinner that will make your mouth water at the sight of it! Tickets are available at the Loose Center. Please sign up no later than May 17. The Linden High School Annual Spring Concert will follow at 7 pm.



KEEPING FIT

Most of Loose's fitness classes will be held at Hope Lutheran Church, located at 7355 Silver Lake Road just past the community schools. A detailed map is available at the Loose Office.

ZUMBA & ZUMBA GOLD \$5 per class

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

TAI CHI SIMPLIFIED YANG FORM \$5 per class

This doctor-recommended exercise, increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow.

TAI CHI FOR ARTHRITIS \$5 per class

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 This activity will reconvene in the spring. If you are interested in the Biking Bunch, please contact the Loose Center at 735.9406.

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 at 735•9406.

BEACHBALL VOLLEYBALL A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us at 5 pm for a more gentle game, no spiking or aggressive play. Or, join us at 6 pm for a more aggressive game.

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.

CARDIO YOGA Keep the flow going and get a great workout for your heart and mind. Feel the movements of your body as you control your breathing, all the while going at your own pace.

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

LINE DANCE \$3 for one or both classes

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

GOLF AT SHIAWASEE SHORES

This program resumes in the spring.

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

Fitness Class Schedule

MONDAY

HOPE LUTHERAN
9:30 am **Yoga (flow)**
5:00 pm **Zumba**

LINDEN ELEMENTARY
5:00 pm **Volleyball**

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TUESDAY

HOPE LUTHERAN
9:15 am **Tai Chi**
10:30 am **Body Recall**
12:00 pm **Beg. Line Dance**
1:00 pm **Adv. Line Dance**
5:30 pm **Yoga (flow)**

LOOSE CENTER
9:30 am **Chair Yoga**
10:30 am **Zumba Gold**

WEDNESDAY

HOPE LUTHERAN
9:30 am **Yoga (flow)**
11:00 am Hope Walking Club
~~4:00 pm Tai Chi for Arthritis~~
5:00 pm **Zumba**



THURSDAY

HOPE LUTHERAN
9:15 am **Tai Chi**
10:30 am **Body Recall**
~~2:30 pm Tai Chi for Arthritis~~
4:30 pm **Zumba**
6:30 pm **Beg Line Dance**
7:30 pm **Adv. Line Dance**

LOOSE CENTER
9:30 am **Chair Yoga**
5:00 pm **Cardio Yoga**

FRIDAY

HOPE LUTHERAN
9:30 am **Yoga (flow)**
11:00 am Hope Walking Club

SATURDAY

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

It is spring, a great time to begin to MOVE.
Join a fitness class today!

ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

Monday, April 8, 12-2 pm, Bldg C, \$20

Steve Wood (award-winning artist) 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 22, 1 pm, Bldg C, FREE

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

SCRAPBOOKING

Tuesday, April 16, 1 pm, Bldg A, FREE

Whether you have pictures from a recent event or from a bin from storage, 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.

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 special one time workshop, **please contact Loose.**



Pictured, the 2013 Fenton High School Ambassadors. In February, Loose was privy to a wonderful dinner at the Fenton Hotel followed by a show put on by these very talented young people. Be sure to check out page four of this newsletter for our next chance to enjoy **Dinner and a Show.**

YARN RECYCLERS

Fridays, 10 am, Bldg C, FREE

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

PAINTING GROUP

Mondays, 10 am, Bldg C, FREE

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Bldg A, FREE

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

LOOSE LAPGHANS

Fridays, 1 pm, Bldg A, FREE

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

LOOSE THREADS

Tuesdays, 10 am, Bldg A, FREE

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



AARP TAX AID TAX HELP!

This is a free program that helps seniors low to moderate income with special attention to helping 60 and older taxpayers do their taxes. This service is available until April 12 (by appointment ONLY.) **Please call the Loose Center at 810 735.9406 to schedule an appointment.**

COMPUTER CLASSES, GAMES AND OTHER GOOD STUFF

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



BASIC INTERNET/EXPLORING THE INTERNET

Wed., April 10 & 17, 4-6 pm, \$20, Bldg A

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.

TEXTING, WHO WHAT WHERE WHEN & WHY

Wed., April 24, 4-6 pm, \$20, Bldg A

It's here and it's not going away. You can either beat them or join them. This class will be informative, fun and set you on your way to quick, high tech communication.

FACEBOOK Wed., May 1 & 8, 4-6 pm, \$20

You will be introduced to the basics of social networking, with some hands-on learning about Facebook, there will be plenty of discussion about the advantages and disadvantages of this popular website.

FYI - The University of Arizona published in Feb 2013 that elderly adults who learned to use facebook on a daily basis scored 25% better on tests measuring their cognitive abilities than their peers who did not.

SKYPE Wed. May 22, 4-6 pm, \$10

Learn to communicate with other SKYPE users free of charge: SKYPE allows users to send and receive text messages, to talk and to make video calls. Too much fun!

Kelly is also available for one-on-one instruction.
Call Kelly at 810.964.6455 for information.

MANICURES

Wednesdays, by appointment beginning at 9 am

THE TYPICAL MANICURE WILL INCLUDE

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application
- \$10



Plan on a 1/2 hour process.

Please call Loose to set up your appointment.



EUCHRE TOURNAMENT

Friday, April 26, 5 pm, \$5 Entry Fee
GREAT Prizes, Food & Drink, 50/50 Raffle

SCRABBLE TOURNAMENT

Friday - Sunday, April 5 - 7

GAMES

POOL PLAYERS Bring a friend and play anytime.

BRIDGE Mon.& Wed., 9 am - 2:30 pm

BOARD GAMES Fri., 10 am

CHICAGO BRIDGE Tues. & Fri., 1 - 4 pm

CHESS Wed., 12:30 pm

DOMINOES Wed., 12:30 pm

HAND AND FOOT is on break, check with office.

MAH JONGG Tues. & Thurs. 3 pm

PINOCHLE Mon. & Wed., 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 **Building A**; take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.



The choir practices on **Mondays at 3 pm at the Loose Senior Center.** Our choir director, Gary Daniel and accompanist, Ramona Deese are accomplished and dedicated musicians.

The choir rehearses and works to prepare for many special events. They will be going out into the community and sharing their talent locally with those who can use some good, old-fashioned cheer. They are very welcoming group; maybe it is time to give it a try!

**Mondays
7- 8:30 pm**



The interest in Karaoke is growing and we aim to please those who are interested. Feel free to just come and listen. Please, join us for the FUN!

APRIL 2013



OFFICE HOURS

Monday - Friday
8 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@looseseniorcenter.org

WEBSITE

www.looseseniorcenter.org

MONDAY

1
9:00 Massage
9:00 Bridge
9:30 Yoga
10:00 Painting
11:30 Lunch **Beef Stew**
12:30 Pinochle
3:00 Choir
5:00 Zumba
5:00 Volleyball
6:00 TOPS Weigh-in
7:00 Karaoke

TUESDAY

2
9:15 Tai Chi
9:30 Chair Yoga
10:00 Loose Threads
10:30 Body Recall
10:30 Zumba Gold
11:00 Blood Pressure
11:30 Lunch **Chicken**
12:00 Beg. Line Dance
12:30 Euchre
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
5:30 Yoga

WEDNESDAY

3
9:00 Manicures
9:00 Bridge
9:30 Yoga
10:00 Consumer Fraud
10:30 FREE BREAKFAST
"Peace of Mind"
11:15 Art à la Carte
11:30 Lunch **Spaghetti**
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
5:00 Zumba

THURSDAY

4
9:15 Tai Chi
9:30 Chair Yoga
10:00 AMVET REP
10:00 Wii Bowling
10:30 Cards & More
10:30 Body Recall
11:15 Farmers' Market Trip
11:30 Lunch **Swiss Steak**
12:30 Euchre
3:00 Mah jongg
4:30 Zumba
5:00 Cardio Yoga
6:30 Line Dance
7:30 Adv. Line Dance

FRIDAY

5
Tax Appointments by Appt.
9:00 NO MMAP Counselor
9:30 NO Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:30 Lunch **Mac & Cheese**
1:00 Lapghans
1:00 Chicago Bridge
Scrabble Tournament
SATURDAY April 6
9:00 NO Yoga
10:00 Euchre
10:15 Zumba
Scrabble Tournament

8
9:00 CSFP
9:00 Massage
9:00 Bridge
9:30 NO Yoga
10:00 Painting
11:30 Lunch **BBQ Rib**
12:00 "Anyone Can Paint"
12:30 Pinochle
1:00 Book Club
3:00 Choir
5:00 Zumba
5:00 Volleyball
6:00 TOPS Weigh-in
7:00 Karaoke

9
9:15 Tai Chi
9:30 NO Chair Yoga
10:00 Loose Threads
10:30 Body Recall
10:30 Zumba Gold
11:30 Lunch **Bean Soup**
12:00 Beg. Line Dance
12:30 Euchre
1:00 1 on 1 Financial
1:00 Adv. Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
5:30 NO Yoga

10
9:00 Blood Pressure Check
9:00 Manicures
9:00 Bridge
9:30 Coffee Hour
9:30 NO Yoga
10:00 FireKeepers
10:30 Watch Repair
10:30 Investment Perspective
11:15 Art à la Carte
11:30 Lunch **Sweet/Sour Meatballs**
12:00 Wood Carving
12:30 Pinochle/Dominoes/Chess
3:15 Coupon Club
4:00 Internet Class
5:00 Zumba

11
8:00 Board Meeting
9:15 Tai Chi
9:30 NO Chair Yoga
10:00 Vision Screening
10:00 Wii Bowling
10:30 Cards & More
10:30 Body Recall
11:15 Farmers' Market Trip
11:30 Lunch **Chicken**
12:30 Euchre
3:00 Mah jongg
4:30 Zumba
5:00 NO Cardio Yoga
6:30 Beg. Line Dance
7:30 Adv. Line Dance

12
Tax Appointments by Appt.
9:00 MMAP Counselor
8:15 Lifelong Learning
9:30 NO Yoga
10:00 Write Your Life
10:00 Yarn Recyclers
10:00 Board Games
11:30 Lunch **Veg. Lasagna**
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
Saturday April 13
9:00 NO Yoga
10:00 Euchre
10:15 Zumba
Symphony

<p>15</p> <p>9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:30 Lunch BBQ Turkey Sand. 12:30 Pinochle 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>16</p> <p>8:30 Podiatrist 9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 Body Recall 10:30 Zumba Gold 11:30 Lunch Pot Roast 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 1:00 Scrapbooking 3:00 Mah jongg 5:30 Yoga 5:00 Catered Dinner</p>	<p>17</p> <p>9:00 Manicures 9:30 Yoga 9:00 Bridge 9:30 Legal Service 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch Turkey Ham 12:00 Juicing 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 4:00 Internet Class 5:00 Zumba</p>	<p>18</p> <p>9:15 Tai Chi 9:30 Volunteer Program Meeting 9:30 Chair Yoga 10:00 Wii Bowling 10:30 Cards & More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Baked Ham 12:00 Blood Pressure 12:30 Euchre 2:00 Energy Healing 3:00 Mah Jongg 4:30 Zumba 5:00 Cardio Yoga 6:30 Line Dance 7:30 Adv. Line Dance</p>	<p>19</p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Hearing Doctor 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch Baked Fish 1:00 Lapghans 1:00 Chicago Bridge 1:30 Entertainment Express 6:15 FIM Faculty Concert</p> <p>Saturday April 20 9:00 Yoga 10:00 Euchre 10:15 Zumba 6:00 Flying Karamazov</p>
<p>22</p> <p>9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:00 Blood Pressure 11:30 Lunch Meatloaf 12:30 Pinochle 1:00 Happy Stampers 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>23</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 Body Recall 10:30 Zumba Gold 11:30 Lunch Pork Chop 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 5:30 Yoga</p>	<p>24</p> <p>9:00 Manicures 9:30 Yoga 9:00 Bridge 10:30 Medicare Made Simple 11:15 Art à la Carte 11:30 Lunch Fried Chicken 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 4:00 Texting Class 5:00 Zumba</p>	<p>25</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 Wii Bowling 10:30 Cards & More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Windsor Casino 11:30 Lunch Creole Steak 12:30 Euchre 3:00 Mah jongg 4:30 Zumba 5:00 Cardio Yoga 6:30 Beg. Line Dance 7:30 Adv. Beg. Line Dance</p>	<p>26</p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:30 Lunch Pub Burger 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament 7:00 "The Adams Family"</p> <p>SATURDAY April 27 9:00 NO Yoga 10:00 Euchre 10:15 NO Zumba</p>
<p>29</p> <p>9:00 Massage 9:00 Bridge 9:30 Turkeyville 9:30 Yoga 10:00 Painting 11:30 Lunch BBQ Chicken 12:30 Pinochle 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>30</p> <p>9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:30 Body Recall 10:30 Zumba Gold 11:30 Lunch Pepper Steak 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 5:30 Yoga</p>	<p>PLEASE SIGN IN</p> <p>No matter if you are here to play cards, participate in a special class, sign up for an event or grab a loaf of bread, please, ALWAYS remember to sign in. It helps in so many ways.</p> <p><i>Thank you!</i></p>	<p>LOOSE</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p>	<p>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

WRITE YOUR LIFE STORY

Friday, April 12 & 26, 10 am, Bldg C

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

ALZHEIMER'S SUPPORT GROUP

Every 4th Tuesday, 2 pm, Bldg A

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

LOOSE BOOK CLUB

Monday, April 8, 1 pm, Bldg A

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

ENERGY HEALING WORKSHOP

Thursday, April 18, 2 - 4 pm \$30

This particular class will include the teaching of a 5 minute tune up that can be done daily to keep the body's energy clear and flowing, followed by a 5 minute QiGong exercise will be taught as well, to give more energy during the day and a 5 minute exercise to do at night before going to bed to bring the energy level back down. These exercises done daily help keep the body humming and healthy!

"WE HONOR VETERANS PROGRAM"

by Hospice of Michigan

Wednesday, May 1, 10:30 am FREE, Bldg C

The "We Honor Veterans Program" is a collaboration of the VA and NHPCO to ensure America's veterans have access to quality end-of-life care. Involvement in the program helps Hospice of Michigan build relationships with VA resources across the state and provides opportunities to participate in problem-solving discussions to ensure Michigan's military veterans receive high-quality health care, burial benefits and to ensure survivor benefits to veterans' families.



HOME SAFETY & ASSESSIBILITY

Wednesday, May 22, 10:30 am, Bldg C

Be prepared! Join us on this day and hear simple things that can be done to live safely within your own home. A short chat, followed by answers to your questions and the opportunity to sign up for a free in home assessment. Sign up Today!

COMMUNITY GARDEN MEETING

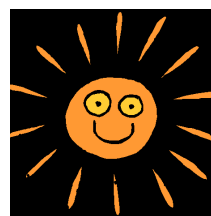
Tuesday, May 14, 11 am, Bldg C

It will soon be planting season and we would love to have your input and leadership as it applies to our community garden. If you are interested in being part of the team, please join us!



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.



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, homebound, 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 the Loose office at 735-9406 or email lsc@looseseniorcenter.org so we spread the sunshine.



HEALTH SERVICES & TRANSPORTATION

MASSAGE THERAPY Mondays, 9 am, Bldg. C

\$5 for 7-minute session or \$10 for 15-minute session, Certified Massage Therapist Donna Roberts will treat you to some great stress relief through massage. Massage increases blood flow, reduces muscle tension and leaves you feeling great! Walk-ins accepted or **call for an appointment.**

FREE VISION SERVICES

Thursday, April 11, 2013, 10 am - 1 pm, Bldg. C

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

PODIATRIST

Tuesday, April 16, by appointment, Bldg A

Dr. Koehler practices at Holly Foot & Ankle Specialists and **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

April 19, 9 am (by appointment), Bldg. C

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

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Bldg C

- 1st Tuesday of each month, 11 - 12 noon (BP only)**
- 2nd Wednesday of each month, 9 - 10 am**
- 4th Monday of each month, 11 am - 12 pm**
- 3rd Thursday of each month, 12 - 1 pm (BP only)**

TOPS (*Take Off Pounds Sensibly*)

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

WATCH REPAIR

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

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

PLEASE CALL THE CENTER TO SCHEDULE RIDES FOR LOOSE RELATED EVENTS.

WEEKLY SCHEDULED VAN DESTINATIONS

Please call ahead to schedule a ride for the following:

Monday – VG's on Silver Parkway, Fenton

12:15 pm departure, return 2:15 pm, \$4 roundtrip

THURSDAY – Farmers' Market

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

FRIDAY – Meijer on Hill Road

12:15 pm departure, return 2:15 pm, \$4 roundtrip

For more information, call the Loose office at 735.9406 or the MTA at 780.8965.

MTA/LOOSE TRANSPORTATION

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

REMINDER: Transportation to and from Loose can be scheduled through the Loose office. If you need a ride to a Loose event, please call the Loose office **at least one day** in advance. Rides cannot be guaranteed when scheduled the day of the event.

TRIP RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED.

Loose Senior Citizens Center (LSCC) 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

INVESTMENT PERSPECTIVE

Wednesday, April 10, 10:30 am, Bldg C

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

ONE-ON-ONE FINANCIAL HELP

Tuesday, April 9, 1:00 pm, Bldg A

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

LEGAL ADVICE

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

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

CONSUMER FRAUD ASSISTANCE

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

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

AMVETS

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10:00 am, Bldg C

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



MICAPE The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. The 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.

COUPON CLUB

2nd Wed. of each month, 3:15 pm, Bldg C

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

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.

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

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, toll free 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at www.aarp.org/taxaide.

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 those who serve them 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.

MEMBER PRIVILEGES & FUNDRAISING

UPS STORE DISCOUNT CARD

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

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

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

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

FREE WiFi (wireless Internet) Both buildings A & C have secured wireless Internet. Stop by the office for the password.

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

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

A REMINDER to our out-of-county members. The annual membership fee of \$25 per person is due for 2013. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

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

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

WE SAVE...

ALPINE and VG'S will donate 1% of the total cash register receipts turned in. Please remember to turn in the whole receipt. Partial receipts often have the vital information torn or cut off making them useless. Thank you!

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

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

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

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

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

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

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

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.**

POLICY ON THE USE OF TOBACCO PRODUCTS ON LOOSE PROPERTY

No person, at any time, shall smoke or use tobacco products on Loose property, except in the privacy of their own vehicle.



"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."

This newsletter is funded through Genesee County Senior Millage Funds. Your tax dollars at work!



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

TRIPS @ A GLANCE

April 10	FireKeepers Casino	\$30
April 12	Lifelong Learning	\$8
April 13	Symphony	
April 19	FIA Faculty Concert	\$5
April 20	Flying Karamazov Brothers	\$35
April 25	Windsor Casino	\$17
Apr 26	"The Addams' Family"	\$59
April 29	Turkeyville "Steel Magnolias"	\$76
May 6	Soaring Eagle & "Frankie Avalon"	\$30
May 11	Williamsburg	\$1339
May 15	Tigers vs Astros <i>\$\$ super saver \$\$</i>	\$48
May 18	"Beauty and the Beast"	\$59
May 20	Saganing Eagles Landing Casino	\$30
June 6	FireKeepers Casino	\$30
June 9-14	Branson	\$1099
June 11	All Things Detroit	\$71
June 20-21	Kewadin Casino	\$115
June 26-27	"The Wizard Of Oz" Toronto	\$399
July 12	Tall Ships Bay City	\$79
July 19-27	South Dakota's National Parks	\$1,569
August 6-12	Canadian Rockies	\$2,899
August 18	Detroit Princess	\$77
August 22	Tigers vs Twins	\$65
September 1-2	Mackinaw Bridge Walk	\$184
September 4-10	Yosemite	\$2,599
September 29	Cape Cod	\$1,299
October 8-9	Turtle Creek/Soaring Eagle	\$120
November 14-25	Hawaii Cruise	\$3899
November 21-24	Opryland Country Christmas	\$999
December 2-3	Niagara Falls	\$209

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

CLIO AMPHITHEATER TRIBUTE CONCERTS

The following concerts are scheduled and will be held at the Clio Amphitheater. Mark your calendar and watch for more details, available soon!



Tuesday, July 9

"Dick Wagner," writer for such bands as Alice Cooper, Meat Loaf & The Frost

Tuesday, July 16

"The Marcells" & "The Shades of Blue," Legends of Doo Wop

Tuesday, July 23

"Elvis Aaron Presley Jr." w/"Tommy Vale & The Torpedos"

Tuesday, July 30

"The Fabulous Oldies But Goodies," a 50's & 60's review

Tuesday, August 6 "Lady Luck,"

a tribute to Heart & the women of Rock-n-Roll

Tuesday, August 13

"Mitch Ryder & The Detroit Wheels"

Join Loose Senior Center Wednesday, May 15



INCLUDES

- Roundtrip Motorcoach Transportation
- Pavilion (Section 144) Seat
- Free Soft Drink & Hot Dog
- Water and Snacks on the Bus

\$48

**SUPER SAVER
Special!**

DEPARTS K-Mart Owen Rd. Fenton

DEPARTURE TIME 11 am

APPROXIMATE RETURN 7 pm

FLINT INSTITUTE OF ART ART À LA CARTE

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

4/3 *From Revolution to Nature*

4/10 *From Nature to Transcendence*

4/17 *From Transcendence to Oblivion*

4/23 *Downside UP*



JOIN LOOSE @ THE WHITING

Details available at the Loose Center

Sat., Apr 20 **Flying Karamazov Brothers** \$35

Fri, Apr 26 **"The Addams' Family"** \$59

Sat, May 18 **"Beauty and the Beast"** \$59

Tickets on hold are released one month before

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.

April 12 MAINTAIN YOUR HEALTH

Dr. Matt Weiss, Flint Gerontologist, shares valuable information regarding our health and maintaining it during these years. This is a MUST, mark your calendar!

May 10 MICHIGAN LIGHTHOUSES

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

AND MORE TRIPS *Travel reservations without payment or deposit will be held for one week.*

TURKEYVILLE featuring "Steel Magnolias"

Monday, April 29, 2013, \$76

Includes Transportation: Turkey Lunch Buffet and a wonderful performance of "Steel Magnolias".



WILLIAMSBURG

May 11-17, 2013

INCLUDES TRANSPORTATION

- ◆ 6 Nights Lodging
- ◆ 6 Breakfasts & 4 Dinners
- ◆ American Mountain Show, Luray Caverns
- ◆ "Monticello", St. John's Church
- ◆ Yorktown Victory Center, National D Day Memorial
- ◆ Virginia Dare Dinner Cruise ... and MORE!



Price Per Person \$1,339 double/\$1,789 Single

BRANSON *Springtime Musical Extravaganza*

June 9-14, 2013, \$1,099 (double)

INCLUDES TRANSPORTATION PLUS

- 5 Nights Lodging, 5 Breakfasts & 3 Dinners
- Kickback receptions @ Drury Hotel
- Sightseeing Tour of Ozark Mountains
- 5 GREAT BRANSON SHOWS
- Sightseeing Tour of St. Louis ... and MORE!



All Things Detroit

Tuesday, June 11, 2013, \$71

INCLUDES TRANSPORTATION PLUS

- Tour of Detroit American
- Coney Island Lunch
- Guardian Building Tour
- Cliff Bells (dessert & coffee)



"THE WIZARD OF OZ" in Toronto

June 26-27, \$399 (double)

INCLUDES TRANSPORTATION PLUS

- 1 night @ Holiday Inn Express
- Top Price Ticket for "Wizard of Oz"
- Sightseeing Tour of Toronto
- 1 Breakfast & 1 Dinner and much more!



Friday, July 12, \$79

INCLUDES TRANSPORTATION

- ◆ Two-Hour Saginaw River Lunch Buffet Cruise aboard the Princess Wenonah. From this vantage point, we'll experience the grand spectacle.
- ◆ Free Time at the Maritime Festive (admission included)

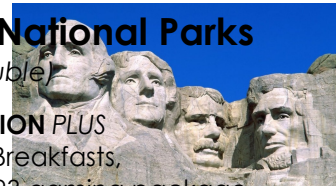


South Dakota's National Parks

July 19-27, \$1,569 (double)

INCLUDES TRANSPORTATION PLUS

- 8 Nights Lodging, 8 Breakfasts, 1 lunch, 4 dinners, \$93 gaming package
- Sights galore!
- All tax and tips on meals
- Luggage Handling



CANADIAN ROCKIES

August 6-12, \$2,899(double)

INCLUDES TRANSPORTATION AIR & MOTORCOACH

- 6 Nights Lodging, 6 Breakfasts, Lunch @ Chateau Lake Louise, 3 dinners
- All tax and tips on meals
- Sights galore including, Jasper and Banff National Parks, Columbia Icefields Sno-Coach, Malign Canyon and MORE!
- Luggage Handling



DETROIT PRINCESS includes TRANSPORTATION &

- ◆ 2 hour cruise on the Detroit Princess Riverboat.
- ◆ Lunch: the Captains Buffet includes, Prime Rib, Chicken Picata, Crab Stuffed Salmon & Vegetarian Lasagna
- ◆ Musical Melodies and Motown Memories
- ◆ AND MUCH MUCH more!



Sunday, August 18, \$77

HAWAII November 14-25, 2013

Includes: Roundtrip Air-Detroit-Honolulu

- ◆ 2 nights @ Sheraton Princess Kaiulani
- ◆ 7 Night Cruise on Pride of America
- ◆ And much much more!

Detailed information available at Loose.

Inside Stateroom - \$3899
 Outside Stateroom - \$4659
 Balcony Stateroom - \$4859



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

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



**“Thank you for the tangible and intangible;
the prayers and support and soon, we will have another home.”**

Ken Wensel, Loose Board President, 3/7/2013



The room fills prior to the Special Board Meeting held on Thursday, March 7.



Alberta' Martin, “I move approval of the construction and financing of the new building as presented .”
Seconded by Chuck Montgomery and APPROVED!



Joe Sobczak shares during the Hearing of the Public.



Rodney Roberson from Caretel Inns of Fenton presents Ken Wensel, Loose Board President with a check for \$5000 with \$5000 more presented at the ribbon cutting ceremony.



The meeting ends with a moment of silence for those who were with us and are not here now.