



APRIL 2017

the perfect place for 50+

LOOSE

*"April hath put a spirit
of youth in everything."
- William Shakespeare*

From the Director

Dear Friends,

April, the month of reflection of a new start. Spring is finally here. Gentle rain covers the ground nurturing new growth. The scent of new flowers fills the air. The trees begin to take on a hue of green. Winter has gone and the warm breeze brings out the youth in all of us. We find that the season makes us want to go out and enjoy the gifts that it brings. As my mom use to say, "we go outside to blow the stink off of us".

This still holds true today. Winter, with all of it's snow and chill in the air, finds us staying inside reading a good book, watching TV or just sleeping in or taking a long nap. But now April is finally here. We feel younger. We find that we have a new found kick in our step. We are eager to wake early to enjoy the sunrise with the warmth that it brings. We hurry outside to go for that long walk, to visit with friends or just sit in a chair and take in all of it's beauty.

Then there are the seasonal tasks at hand. We plot out all our projects and face them with new found energy and great anticipation. We have planned out our gardens, ordered our seeds and plants from the farmers seed catalog and now set out to dig in the soil. It is the time to wash the car, inside and out of the grime and junk that has accumulated during winter. And let's not forget the garage. This is a place where we neglect to put things in there and clean out the mud and dirt. It is a time to shift from the snow blower to the lawnmower and prepare to mow the grass.

So to close, April is a month of new. It gifts us with rain, flowers, trees with new green foliage and the feeling of youth. It revitalizes us and makes us believe we can conquer any job before us. It is the time of the year when our thoughts turn to the love of the season and the want to embrace it completely. We are again...young in spirit and mind.

"APRIL HATH PUT A SPIRIT OF YOUTH IN EVERYTHING".

Oh, and just a reminder. You may find yourself a bit sore the next day so take it slow and easy. ☺

All is well!

Carl Gabrielson

Executive Director, Loose

BE SURE TO PURCHASE YOUR TICKET TO THE LOOSE FUNDRAISER SCHEDULED FOR APRIL 11. You don't want to miss out on this very special evening of EXCEPTIONAL entertainment and FUN.

From the Loose Board President

Dear Loose Family:

Many of you have heard that there is another attempt by the SLPR Board to remove Loose from the 19% of the recreation millage passed more than seventeen years ago. Since the passing of that perpetual millage, Loose has received 19% of the yearly taxes collected, amounting to 1.3 million dollars.



After the millage passed, the SLPR Board voted on a resolution that stated that Loose Senior Center was to receive 19% of the net revenue generated yearly. The resolution passed unanimously.

We are now faced with their fourth attempt to move us off the 19%. This would occur via a granting process they have already voted to implement that would allow them to reduce our funding to whatever they decided it to be.

We find this unacceptable as according to Dr. Robert Burek, the architect of the Recreation Millage, the intent of this millage was to do two things:

- 1) establish a recreation program
- 2) **provide financial support for the Loose Center.**

He believed that the resolution fully intended for Loose to receive 19%, leaving 81% for the Recreation Program.

As of today's date, March 1, the issue is not settled. We have spoken before both the Fenton Township Board (2/20/17) and the Southern Lakes Park and Recreation Board (2/23/17). We hope to speak to both the Linden City Council as well as the Fenton City Council. We have had both, newspaper coverage (Tri-County Times) as well as television coverage (Channel 12 WJRT).

We are hopeful that the level of public support will cause the SLPR Board to abandon their intention to remove us from the 19% level of funding. However, only the passage of time will tell us if we have prevailed. Until then, let us feed off the strength and bonds of the Loose family. Whatever happens we will continue to strive for the very best Loose, the Seniors of this region deserve nothing less!

On behalf of the tremendous staff and Loose Board, we thank you for your support and best wishes.

Sincerely,

Ken Wensel, President, Loose Board

SENIOR POWER DAY 2017

Wed., May 24, 9 am - 2 pm, \$3

INCLUDES

~GIFTS~ LUNCH~~EXPO~ENTERTAINMENT~
~FREE ICE CREAM~DEMONSTRATIONS~
~DRAWINGS~PRIZES~AND MORE~

Sponsored by the Valley Area Agency on Aging

Please indicate at the time tickets are purchased if transportation is needed.

Senior Power Day is held at Crossroads Village,

For more information and to purchase tickets, visit Loose!

Tickets must be purchased by May 10.

APRIL HAPPENINGS



MOVIE NIGHT

Tuesday, April 4,
7 pm

MOVIE DAY

Wednesday, April 5,
11:45 am

Dutch immigrant, Harry deLeyer, journeyed to the United States after World War II and developed a transformative relationship with a

broken down Amish plow horse he rescued off a slaughter truck bound for the glue factory. Harry paid eighty dollars for the horse and named him Snowman. In less than two years, Harry & Snowman went on to win the triple crown of show jumping, beating the nations blue bloods. They were famous for their day and traveled around the world together. Their chance meeting at a Pennsylvania horse auction saved them both and crafted a friendship that lasted a lifetime. Eighty-six year old Harry tells their Cinderella love story firsthand, as he continues to train on today's show jumping circuit.

As always, admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care, Lockwood of Fenton and Wellbridge of Fenton.

Refreshments will be served!

Donations to Loose, to defray facility usage cost, will be much appreciated.

SUFFERING FROM KNEE PAIN, HIP PAIN?

Thursday, April 20, 6 pm @ Loose

Come join us for a FREE community event to learn about treatments, non-surgical and surgical, for hip and knee pain and get your questions answered by one of OrthoMichigan's Muscle, Bone & Joint Experts. We welcome Dr. Seann Willson, Orthopedic Surgeon

**Ortho
Michigan**
"Muscle, Bone, & Joint Experts"

Don't miss this chance to have a front row seat to GREAT info and an opportunity to ask questions.

RSVP is suggested, but not required, to Loose at (810) 735-9406

NURSE chat

Tuesday, April 4, 11 am

Age Related Memory Changes

What is happening, what is normal, what can I expect? Join Mid-Michigan Home Health & Hospice nurse Elaine Schmidt as she shares and takes questions on the topic of memory change.

HEALTHY LIVING FOR YOUR BRAIN & BODY

Wednesday, April 5, 10 am (Alzheimer Series)

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



FALL PREVENTION

Monday, April 10, 2 pm

It's always a special day when local college students come to Loose to practice what they are learning. This time, we welcome students from MCC who are part of the Occupational Therapy Program. Won't you please show your support by attending this talk on Fall Prevention? The time will be spent learning valuable information, including fall risk factors, the role of Occupational Therapist in prevention, fall tips and resources. Movement activities will also be incorporated into this learning piece. Call Loose at (810) 735-9406 to register.

OUR BEST SHOT

Wednesday April 12, 1:30 pm

Do you know which vaccines you need?

Attend this workshop to learn the basics of vaccines—how they work, why they are important for older adults, which ones are recommended, and the role they play in protecting your health and the health of your loved ones.

Paid for with funding by Aging and Adult Services Agency. If you would like more information about this workshop, please call Jennifer Joyner at the Valley Area Agency on Aging at (810)239-7671 Ext 281.



LUNCH & LEARN WITH FRIENDS

Thursday, April 27, Noon, \$12 @ Genesys Athletic Club

PARKINSON WELLNESS RECOVERY! PRW!

PRW! is a group exercise approach that specifically targets the symptoms of Parkinson's disease, emphasizing small and slow movements. Participants learn how to use high effort muscle activation for improved mobility, posture and balance in everyday functions like walking, turning, rising from a chair or floor, buttoning clothes and speaking. Activities are tailored to overcome personal challenges and limitations. *Must pre register! Details available at Loose.*

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

"Sunny Days" Size 84X104 (king)

Assembled by Loose Threads
Long Arm Quilt, by Dave Forest

The drawing will take place on
4/12/17

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

Quilt Raffle

NUTRITION & MORE

Activity Night

2nd Friday of each month, 5 pm

It's a great night of good fun. Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with a sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

Daily lunch at Loose

Monday, Tuesday, Wednesday & 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 COPS and Conversation

Tuesday, April, 11, 9:30-10:30 am
Coffee, COPS & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!

an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



LOOSE

Exceptional Service Volunteer Award DINNER

LINDEN HIGH SCHOOL

Tuesday, May 16, 5 pm, \$8.50

Entertainment by Tom Wachtenhauser

A feast prepared by the talented cooks at LHS, followed by the Loose Board Members presenting the Exceptional Service Volunteer Award, awesome special entertainment and then an opportunity to attend the Linden H.S. Spring Concert at 7 pm. The dinner menu will include, but is not limited to, turkey, meatballs, potatoes, dressing, vegetables, salads, dessert & beverage. Join us for this special evening.

Call Loose and sign up today!



Review us on
facebook.



April

LUNCH @ LOOSE (Thursdays)

Volunteers and Staff will be preparing lunch and serving at 11:30.

They are DEELICIOUS and the best deal in town! Grab a friend, give us a call and we will put you on the list.

BEST DEAL AROUND - IT'S EXCITING! Sign up today!

- April 6 Mostacioli, Salad, Garlic Bread, \$4
- April 13 BREAKFAST—Pancakes, Sausage & More \$4
- April 20 Mac & Cheese, Ham, Green Beans, \$5
- April 27 Soft Tacos and all the fixins, \$4

Fruit, Dessert, Beverage (including milk)
will be available at every meal.

A BIG THANKS TO ALTERNATIVE ELDERLY CARE FOR THE
DESSERT DONATION EACH 3RD THURSDAY OF THE MONTH.

Mother's Day Tea

Friday, May 12, 1pm \$7

This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an afternoon of tea, treats that equal a meal, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Give yourself and/or someone special the time for this treat. Sign up today!

featuring

HISTORY OF MOTHER'S DAY &
ETIQUETTE OF AFTERNOON TEA



We are very happy to welcome Barbara Beaugrand Kincaid, Social and Fashion Historian who will be speaking and sharing her knowledge and years of research, on the History of Mother's Day and Etiquette of the Afternoon Tea. Barbara's special program will top off this day with visuals, facts and stories that will leave you feeling refreshed, sentimental and glad you chose to join us for this HAPPY celebration.

Loose Chorus Spring Performance

Wednesday, May 31, 1:30 pm @ Loose

Enjoy a time of folk music, spirituals & patriotic songs as the Loose Chorus shares their many talents & the culmination of a year of hard work. Concert will be followed by a reception with treats and drinks. THANK YOU CHORUS FOR ALL YOU DO.



BODY, MIND & SPIRIT

THE LOOSE FITNESS ROOM IS OPEN

- ◆ Call Loose @ 735-9406 and reserve your time.
- ◆ Drop-ins on availability only.
- ◆ Usage limited to 30 minutes when people are waiting
- ◆ All participants must sign a consent form.
- ◆ Donations accepted for the use of the equipment.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **Zumba & Total Fit**
 11:30 am **Arthritis Swim (GAC)***
 2:00 pm Arthritis Exercise—begins 6/5
 4:00 pm **Yoga (gentle flow)**
 5:00 pm **Zumba & Total Fit**
 6:15 pm Pickleball

TUESDAY

9:00 am **Arthritis Swim (GAC)***
 9:30 am **Zumba Gold /Total Fit**
 10:30 am **FIT⁴EVER**
 12:00 pm **Beg. Line Dance**
 1:00 pm **Adv. Line Dance**
 4:00 pm **Chair Yoga**
 5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:30 am **Yoga (gentle flow)**
 12 noon **Chair Chi**
 12:30 am **Arthritis Swim (GAC)***
2:15 pm Beginning TAI CHI
 5:00 pm **TOTAL FIT**
 6:15 pm Pickleball

THURSDAY

9:00 am **Arthritis Swim (GAC)***
 9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 11:45 am **Wii Bowling** begins 3/23
1:15 pm Beginning TAI CHI
 2:15 pm **Tai Chi Club**
 4:00 pm **Yoga (gentle flow)**

FRIDAY

9:30 am **Yoga (gentle flow)**
 11:00 am Pickleball
 12:30 am **Arthritis Swim (GAC)***

SATURDAY

9:00 am **Yoga (gentle flow)**
 10:15 am **Zumba/Total Fit**
 12:30 am **Arthritis Swim (GAC)***

SUNDAY

2:00 pm Pickleball

YOGA \$5 drop in fee or discounted punch card available

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

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

All Classes - \$5 drop in fee or discounted punch card available

ZUMBA & TOTAL FIT[®] A 45 minute class beginning with 30 minutes of dance/exercise cardio, balance, stretching, toning and brain/movement connection. Easy steps and a fun way to get moving!

ZUMBA GOLD TOTAL FIT[®] A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

TOTAL FIT[®] A 45 minute class beginning with 20 minutes of mixed range cardio, balance, stretching, toning and mind/movement connection.

INSTRUCTORS: Leah, trained in Exercise Science & instructs Exercise Physiology at UM-Flint, Linda, is a certified Zumba Exercise Instructor.

Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.

* Arthritis Swim (GAC)* - See page 14 for details

DOCTOR
RECOMMENDED &
APPROVED BY THE
ARTHRITIS FOUNDATION

IMPROVEMENT IN
Flexibility
Balance
Coordination
Range of Motion
Strength & Confidence
Increases Flexibility
Lowers Cholesterol
Retards Alzheimer's
Improves Blood Flow

beginning tai chi



New Classes
Wednesday's at 2:15
Thursday's at 1:15

\$5 drop in fee or
discounted punch
card available.

CHAIR CHI - Wednesday, 12 noon

\$5 drop in fee or discounted punch card available

A gentle exercise program with the benefits of the traditional Tai Chi in the comfort and safety of a chair. Benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind. Ideal for those who are less physically capable of practicing standing or moving exercises, who are in wheel chairs, or whose capacity for physical movement is limited in any way. Exercises are highly adaptable and beneficial for arthritis, frozen shoulder, knee/hip replacement, wheel-chair/walker bound, benefit from increased circulation and balance.

FIT⁴EVER \$5 drop in fee or discounted punch card available

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.

Tai Chi Club Thursday, 2:15 pm, \$2 donation

Tai Chi is a gentle form of exercise that improves flexibility, balance and strength. It is often described as meditation in motion. Experienced or not, all are welcome to join.

LINE DANCE \$5 drop in fee or discounted punch card available

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!

PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sun. 2 - 5 pm, Friday, 11 am - 4 pm (reservation required), \$3 court rental

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

Wii BOWLING Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. The next 8 week league begins on May 11. If you are interested in Wii bowling, please contact the Loose Office.

BEACHBALL VOLLEYBALL On Break, check back later!

BIKING BUNCH Wednesday 9am (begins May 3)

GOLF AT SHIAWASEE SHORES will resume in the spring.

ARTSY & CRAFTY

HAPPY STAMPERS

3rd Monday of each month, 1 pm, Sunroom, FREE

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

"ANYONE CAN PAINT" Class Minimum: 6

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

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

PAINTING GROUP Mondays, 10 am, Hall A, FREE

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

SCRAPBOOKING

3rd Tuesday of each month, 1 pm, Hall A, FREE

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

YARN RECYCLERS Fridays, 10 am, 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 and crocheting group meets every Friday to knit or crochet needed items.

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.

LOOSE LAPGHANS - Fridays, 1 pm, Hall A, FREE

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

CRAFT CLASS with KARLA CROSS

NEW

Wednesday, May 17, 1 pm, \$20 (includes supplies)

We are happy to welcome to Loose, Karla Cross who has been teaching Art and Craft Classes for many years. In May join Karla as she welcomes the month where we all are thinking of planting our flowers and leave with a whimsical Blue Jean Pocket Flower Pot." *June project-make your own sugar scrub.*



WATERCOLOR CLASSES

Monday, March 27 & April 3, 1 pm, \$15



This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick

up the supply list and additional information for the class.

WATERCOLOR CLASSES

Monday, April 24 & May 1, 1 pm, \$15

Instructor, Peggy Mattson



CARD MAKING WITH CAROLINE

Monday, April 24, 12:30 pm, Sunroom, \$7 (class limited)

Caroline Rohde, card extraordinaire, will lead the class in creating unique and beautiful cards. All materials will be supplied, along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Take the time to enjoy this special time to learn and connect with others who share a like passion.

SLEEP MATS Mondays, 10 - 11:30 am, SUNROOM

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat.

Please donate CLEAN plastic SHOPPING bags ONLY.

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 5 Adventure of Photo-graphy: Portraitists/Nudes

April 12 Finding Vivian Maier

April 19 Pedro E. Guerrero: A Photographer's Journey

April 26 Disfarmer: A Portrait of America

CLASSES, MUSICAL OPPORTUNITIES & MORE



Friday, April 28, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

TECHNOLOGY

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

PLEASE PREREGISTER FOR ALL CLASSES

UPCOMING CLASSES

FACEBOOK

Wednesday, April 12, \$15, 4-6 pm

The benefits of understanding Facebook include, keeping in touch (with family, friends), find old friends (classmates, old neighbors, etc.), ask questions, do research, find entertainment, learn, share, meet others and the list goes on. It's fascinating and it's not going away and there is no better place than Loose to relax and connect and learn why you should care. Sign up today!

Windows 10

Wednesday, April 19 & 26, \$20, 4-6 pm

Windows 10: It seems that the Windows folks have listened and are working on cleaning up their operating system. If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

IPAD 1

Wednesday, May 3 & 10, \$20, 4-6 pm

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, May 17 & 24, \$20, 4-6 pm

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

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.



LOOSE CHORUS

Mondays, 3 pm

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus 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. *TALENTED & WELCOMING*

GROUP Piano LESSONS

Do you play? Do you want to play?
Do you read music, play by ear, play jazz, classical, etc.?

Group Piano Lessons BEGIN

Wednesday, May 3, 2:30 - 4:30 pm, \$5 per class

Class will be taught by Pat Robertson. Pat has her degree in teaching, was president for the Teachers Association for Piano in Traverse City, has taught and played and has a rich history of success in performing and a mastery of the instrument. If there are questions, please call Loose and leave your name and number and Pat can contact you with answers. If you are interested, please register and take care of payment at Loose before the class.



BOARD & CARD GAMES

All Loose groups are very welcoming and always open to new friends joining in on the fun.

HAND & FOOT Wednesday, 6:30p

POOL Wednesday - Friday, 1-3:30p

Pool players, please check in at the front desk prior to playing.

BRIDGE Monday & Wednesday, 8a-2:30p

OPEN GAME PLAY Friday, 10a-3:30p (*bring a friend*)

CHICAGO BRIDGE Tuesday & Friday, 1-4p

CHESS Wednesday, 12:30p

CARDS & MORE Thursdays, 10a

DOMINOES Wednesday, 12:30p

MAH JONGG Tuesday, 3 pm, Friday 10a

PINOCHLE Monday & Wednesday, 12:30p

EUCHRE Tues. & Thurs., 12:30p, Sat., 10a

April 2017

OFFICE HOURS
Monday ~ Friday
8:00 am ~ 4 pm

EMAIL
lsc@loosecenter.org
WEBSITE
www.loosecenter.org

PHONE
810.735.9406
FAX
810.735.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

MEDICARE AND THE AFFORDABLE CARE ACT

Monday, May 1, 12 noon



If the Affordable Care Act (“Obamacare”) is repealed will the repeal have any effect on the Medicare program? How would a repeal affect persons under age 65 who receive Social Security disability benefits? What happens if I have an ACA policy and I become eligible for Medicare? Join us for an informative presentation by our MMAP counselors, Ann Walker and Dolores Coulter, on Monday, May 1, from noon to 1 PM for answers to these and other questions on how Medicare interacts with the ACA.

BOARD OF DIRECTORS

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Receptionist
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1

9:00 Yoga
10:15 Zumba
10:00 Euchre
12:30 Arthritis
Aquatics (GAC)

Sunday April 2
2:00 Pickleball

8:00 Bridge

9:30 Zumba & Total Fit

10:00 Sleep Mat Production

10:00 Painting

11:30 Lunch *Beef Patty*

11:30 Arthritis Aquatics (GAC)

12:30 Pinochle

1:00 Water Color Class

2:00 Listening Ear

3:00 Chorus

4:00 Yoga

5:00 Zumba & Total Fit

6:00 TOPS Weigh-in

6:15 Pickleball

3

8:00 Solanus Trip

9:00 Massage

9:00 Arthritis Aquatics (GAC)

9:30 NO Zumba Gold

10:00 Loose Threads

10:30 FIT4EVER

11:00 Nurse Chat

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

4:00 Chair Yoga

5:00 Yoga

7:00 Movie Night

4

8:00 Bridge

9:00 Manicures

9:30 Yoga

10:00 FireKeepers Casino

10:00 Consumer Fraud

10:00 Alzheimer Series

10:30 *Healthy Living for YOU*

11:15 1-On-1 Financial

11:30 Art à la Carte

11:30 Lunch *Swiss Steak*

11:45 MOVIE DAY

12:00 Chair Chi

12:00 Wood Carving

12:30 Pinochle/Dominoes/Chess

12:30 Arthritis Aquatics (GAC)

2:15 Beginning Tai Chi

5:00 Zumba/Total Fit

6:15 Pickleball

6:30 Hand & Foot

5

8:00 Bridge

9:00 Manicures

9:30 Yoga

10:00 FireKeepers Casino

10:00 Consumer Fraud

10:00 Alzheimer Series

10:30 *Healthy Living for YOU*

11:15 1-On-1 Financial

11:30 Art à la Carte

11:30 Lunch *Swiss Steak*

11:45 MOVIE DAY

12:00 Chair Chi

12:00 Wood Carving

12:30 Pinochle/Dominoes/Chess

12:30 Arthritis Aquatics (GAC)

2:15 Beginning Tai Chi

5:00 Zumba/Total Fit

6:15 Pickleball

Hand & Foot

MMAP Counselor

9:00 Arthritis Aquatics (GAC)

9:30 Chair Yoga

10:00 Amvet Rep.

10:15 NO Zumba Gold/Total Fit

10:30 FIT4EVER

11:00 Wii Bowling

11:30 LUNCH @ LOOSE

Mostacioli, \$4

12:30 Euchre

1:15 Beginning Tai Chi

2:00 Quilling

2:15 Tai Chi Club

2:30 Longway Planetarium

4:00 Yoga

6:00 Grief Support

6

MMAP Counselor

9:00 Arthritis Aquatics (GAC)

9:30 Yoga

10:00 Yarn Recyclers

10:00 Board Games

11:00 Pickleball

11:30 Lunch *Mac & Cheese*

12:30 Arthritis Aquatics (GAC)

1:00 Lapghans

1:00 Chicago Bridge

7:00 Riverdance

MMAP Counselor

Income Tax (by Appt.)

9:30 Yoga

10:00 Yarn Recyclers

10:00 Board Games

11:00 Pickleball

11:30 Lunch *Mac & Cheese*

12:30 Arthritis Aquatics (GAC)

1:00 Lapghans

1:00 Chicago Bridge

7:00 Riverdance

8

9:00 Yoga

10:15 Zumba

10:00 Euchre

12:30 Arthritis

Aquatics (GAC)

Sunday April 9

2:00 Pickleball



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8:00 9:00 9:00 9:30 9:30 10:00 10:15 11:30 11:30 12:00 12:30 1:00 2:00 3:00 4:00 5:00 6:00 6:15	10 Bridge Blood Pressure ✓ CSFP Zumba & Total Fit Painting Sleep Mat Production LUNCH <i>Salisbury Sk.</i> Arthritis Aquatics (GAC) "Anyone Can Paint" Pinochle Book Club Fall Prevention Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	9:00 9:00 9:00 9:30 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 3:00 4:00 5:00 5:00	11 Massage Arthritis Aquatics (GAC) Veteran Services NO Zumba Gold Coffee Cops Loose Threads FIT4EVER Lunch <i>Chicken</i> BEG. Line Dance Euchre ADV. Line Dance Chicago Bridge Mah jongg NO Chair Yoga NO Yoga COOL2DUEL	8:00 9:00 9:00 9:30 9:30 10:00 10:30 11:30 12:00 12:30 1:30 2:15 3:15 4:00 5:00 6:15 6:30	12 Bridge Blood Pressure ✓ Manicures Yoga Art à la Carte Lunch <i>Philly Steak</i> Arthritis Aquatics (GAC) Wood Carving Chair Chi Pinochle/Dominoes/Chess Our Best Shot Beginning Tai Chi Coupon Club FACEBOOK Zumba/Total Fit Pickleball Hand & Foot	8:00 9:00 9:00 9:30 11:15 11:30 12:30 12:00 12:00 12:30 1:30 2:15 3:15 4:00 5:00 6:15 6:30	13 MMAP Counselor Board Meeting Arthritis Aquatics (GAC) Chair Yoga Zumba Gold/Total Fit FIT4EVER Wii Bowling LUNCH @ LOOSE BREAKFAST, \$4 Euchre Beginning Tai Chi Tai Chi Club Yoga	14 	15
8:00 9:30 10:00 10:00 11:00 11:30 11:30 12:30 1:00 1:00 3:00 4:00 5:00 6:00 6:15	17 Bridge Zumba & Total Fit Sleep Mat Production Painting Blood Pressure ✓ Lunch <i>Turkey Tetrazzini</i> Arthritis Aquatics (GAC) Pinochle Happy Stampers Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	9:00 9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 3:00 4:00 5:00	18 Massage Arthritis Aquatics (GAC) Zumba Gold Loose Threads FIT4EVER Lunch <i>Ravioli</i> BEG. Line Dance Euchre ADV. Line Dance Scrapbooking Chicago Bridge Mah jongg Chair Yoga Yoga	8:00 9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 3:00 4:00 5:00	19 Bridge Manicures Yoga Ask the Lawyer Art à la Carte Lunch <i>BBQ Turkey</i> Chair Chi Wood Carving Pinochle/Dominoes/Chess Arthritis Aquatics (GAC) Beginning Tai Chi Window's 10 Zumba/Total Fit Pickleball Hand & Foot	8:00 9:00 9:30 10:00 11:15 11:30 12:00 12:00 12:30 12:30 2:15 4:00 5:00 6:15 6:30	20 MMAP Counselor Arthritis Aquatics (GAC) Chair Yoga Zumba Gold/Total Fit FIT4EVER Wii Bowling Blood Pressure ✓ LUNCH @ LOOSE Ham, Mac & Cheese, \$5 Euchre Beginning Tai Chi Tai Chi Club Yoga Grief Support Ortho Michigan	21 MMAP Counselor Lifelong Learning Yoga Hearing Doctor Yarn Recyclers Board Games Pickleball Lunch <i>Baked Fish</i> Arthritis Aquatics (GAC) Lapghans Chicago Bridge	22 9:00 Yoga 10:15 Zumba 10:00 Euchre 12:30 Arthritis Aquatics (GAC) Sunday April 23 2:00 Pickleball
8:00 9:30 10:00 10:00 11:00 11:30 12:30 1:00 1:00 2:00 3:00 4:00 5:00 6:00 6:15	24 Bridge Zumba & Total Fit Sleep Mat Production Painting Blood Pressure ✓ Lunch <i>Chicken Breast</i> Arthritis Aquatics (GAC) Pinochle Card Making Water Color Class Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	7:00 8:00 9:00 9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 2:00 3:00 4:00 5:00	25 Little River Podiatrist Massage Arthritis Aquatics (GAC) Zumba Gold Loose Threads FIT4EVER Lunch <i>Cheeseburger</i> BEG. Line Dance Euchre ADV. Line Dance Chicago Bridge Alzheimer Support Mah jongg Chair Yoga Yoga	7:00 8:00 9:00 9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 2:00 3:00 4:00 5:00	26 Celebration Belle Bridge Manicures Yoga Art à la Carte Lunch <i>Pork Chop</i> Chair Chi Wood Carving Pinochle/Dominoes/Chess Arthritis Aquatics (GAC) Beginning Tai Chi Window's 10 Zumba/Total Fit Pickleball Hand & Foot	8:00 9:00 9:30 11:15 11:30 12:00 12:00 12:30 12:30 2:15 4:00 5:00 6:15 6:30	27 MMAP Counselor Arthritis Aquatics (GAC) Chair Yoga Zumba Gold/Total Fit FIT4EVER Wii Bowling Banquet LUNCH @ LOOSE TACOS, \$4 Lunch & Learn (GAC) Euchre Beginning Tai Chi Tai Chi Club Yoga	28 MMAP Counselor Yoga Write Life Story Yarn Recyclers Board Games Pickleball Lunch <i>Turkey Polish</i> Arthritis Aquatics (GAC) Lapghans Chicago Bridge Euchre Tournament 42 nd Street	29 9:00 Yoga 10:15 Zumba 10:00 Euchre 10:00 Garden Meeting 12:30 Arthritis Aquatics (GAC) Sunday April 30 2:00 Pickleball

ONE-ON-ONE FINANCIAL HELP

Wednesday, April 5, 10:30 am

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

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

WRITE YOUR LIFE STORY

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

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

LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

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

LISTENING EAR

Every 1st Monday, by appointment

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



LOOSE FITNESS CLASS PUNCHCARD



is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). The card is good for Yoga classes, Fit4Ever, Zumba & Total Fit Classes, Tai Chi and Beginning Line Dance & Advanced Line Dance. All fees will be paid at the reception desk UNLESS the class is held after business hours, instructors will collect drop in fees. A deal and also a GREAT GIFT!

Got Drugs?

DRUG TAKE BACK LOOSE CENTER

Wednesday, May 3, 10 am-12 noon

Gather up and drop off your unused or expired drugs at Loose and know that they will be properly disposed of. If there are questions or for information, call Loose at (810) 735-9406.

Please, pills and patches ONLY.

- ◆ All pills must be removed from container & blister packs and placed in a Ziploc bag
- ◆ No liquids, ointments, inhalers or needles

Iceland Travel Show

Featuring Iceland's Magical Northern Lights
Monday, May 15, 11 am

Highlights include: 7 days, 5 breakfasts, 5 dinners, Reykjavik, Northern Lights Cruise, Golden, Circle, Seljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Centre, Skogar Museum, Kogafoss Jokulsrlon, Glacier Lagoon, Skaftafell National Park, Vatnajokull Glacier, Blue Lagoon

This magical adventure is scheduled for February 2-9, 2018. We hope you plan on joining us for the opportunity to hear more, ask questions, enjoy snacks, and maybe even win a prize. Visiting the most **PEACEFUL** nation in the world is a real treat and should be on everyone's bucket list.

ARTHRITIS AQUATICS (swim)

RELIEVE YOUR ARTHRITIS PAIN TODAY

Genesys Athletic Club (GAC) has teamed up with The Arthritis Foundation to provide a class for people with arthritis. Held in the GAC warm water Therapy Pool, this class is for anyone looking for gentle exercise. Participants experience increased joint flexibility, range of motion, muscle strength and stamina. Most importantly, this class helps reduce pain caused by arthritis and improves overall health. Non GAC members can purchase a package of 12 classes for \$55. We are happy to partner with Genesys and share this info with our Loose membership as another opportunity to enhance their life.

Currently classes are offered as follows and Loose Members are encouraged to give them a try.

Monday 11:30 am or 5 pm
Tuesday & Thursday, 9 am
Wednesday, 12:30 pm or 5 pm
Friday & Saturday, 12:30 pm



Call 810-606-7817 for more information

HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

By appointment each Tuesday! Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$5. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

PODIATRIST

Tuesday, April 25, (by appointment)

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, **copays or deductibles may apply**. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

FREE HEARING CLINIC

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

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

MANICURES

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

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



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. 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.

DO YOU NEED A RIDE TO LOOSE? Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE.

BLOOD PRESSURE CHECK

1st Tuesday of each month, 11 am (Health Check)

Blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

Sponsored by Mid-Michigan Home Health & Hospice

2nd Monday of each month, 9 am

Sponsored by WellBridge of Fenton

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

4th Monday of each month, 11:00 am - 12 pm

Sponsored by Argentine Care Center



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday

6:00 pm - 7:30 pm, Loose Sunroom

"Journey To Hope And Healing" is a support group open to those who have suffered the loss of a loved one. In a safe and comfortable environment, participants will be able to hear how others are experiencing the effects of loss, share stories about their loved one, and learn about the strategies that help individuals cope with the everyday difficulties of loss. Through sharing and education, it is possible to move forward into the process of hope and healing.

For more information or register for attendance, call Loose at (810) 735-9406.

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.

Garden Meeting
all are welcome **Saturday**
April 29, 2017

SPECIAL SERVICES & SUPPORT

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 home-bound, 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@loosescenter.org so we can spread the sunshine.



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome Gary Putinsky and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

ASK THE LAWYER

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

Attorney Stacey N. Brancheau 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 the month, by appointment.

If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact 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.

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 they are disposed of properly.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter 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.**

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!

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!

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

TOPS (*Take Off Pounds Sensibly*)

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

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

AARP TAX-AIDE

Consider volunteering as a Tax Assistance Counselor. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-241-8919



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

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

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

MEMBER PRIVILEGES & FUNDRAISING

LOOSE COMMUNITY ANGELS

It is with deep regret we share that the Angel program will be on hiatus until new leadership can be secured. We are grateful for the leadership of Paula and the late Michael MacMillan these past two years and are sorry for the loss of Mike and thankful for Paula's compassion to give her best and wish her much peace in the months to come.

The Angel program is a wonderful community outreach effort, rich with a philosophy that involves Loose giving back to a community who so generously have been supportive through the years.

Every effort will be made to secure new leadership who possess strong leader, organizational, computer and people skills. When that happens, all current Angels will be contacted, a recruiting campaign for new members will be implemented and a meeting will be scheduled.

Watch this newsletter for updates.



REMINDER, Loose is NON SMOKING, both facility and grounds. Smoking in vehicles is acceptable.

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!

GREETING CARDS

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

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

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

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

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

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

PLEASE HELP US KEEP OUR FILES UP-TO-DATE

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

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



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.

"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."

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 the container located under the check-in station. We have many of the latest popular magazine titles for you to enjoy. Please feel free to take them home.

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 2017. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

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.

TRIPS

TRIPS @ A GLANCE

April 4	Solanus Casey Pilgrimage	\$62
April 5	FireKeepers Casino	\$32
April 6	Longway Planetarium	Price varies
April 7	RIVERDANCE	\$58
April 25-26	Little River	\$130
April 26-28	Celebration Belle	\$499
April 28	42 nd Street	\$58
May 11	Hollywood Casino	\$32
May 13-18	Colonial Williamsburg	\$1,259
May 22	Soaring Eagle & Frankie Avalon Show	\$34
May 25	Senior Power Day	
June 4	Tigers vs Chicago White Sox	\$75
June 8	FireKeepers Casino	\$32
June 19	Caesar Windsor	\$22
June 20-21	Holland & Saugatuck	\$340
June 24- July 1	Cape Cod & More	\$1,799
June 27	Old Road Murder Mystery Train	\$101
July 6	FireKeepers Casino	\$32
July 12	"Harvey" @ The Purple Rose	\$93
July 18	Ausable River Queen	\$100
July 19-20	Kewadin Casino	\$120
August 6-13	America's National Parks	\$2,999
August 7	FireKeepers Casino	\$32
August 16	Put-In-Bay	\$142
August 23	Soaring Eagle	\$32
August 29	Huron Lady	\$79
September 6-16	National Parks & Canyon Country	\$2,899
September 7	Greektown Casino	\$30
September 14	Tigers vs Chicago White Sox	\$70
September 26	FireKeepers Casino	\$32
Oct. 28-Nov. 2	Southern Charm Fall Tour	\$1,299
November 6	Soaring Eagle & Wayne Newton Show	\$34
November 4-12	Costa Rica	\$2,649
Feb. 3-9, 2018	Iceland (price if booked before 8/14)	\$3,299
Oct. 4-9, 2018	Albuquerque Balloon Fiesta	\$2,679

Detailed flyers are available at the Loose Center.

Please note: A reservation is made only when a deposit has been received.

LONGWAY PLANETARIUM Thursday, April 6, 2:30 show \$9 w/transportation (leave Loose 1:45pm), \$4 w/out transportation.

Presented by National Geographic Entertainment and Day's End Pictures, takes audiences on an extraordinary journey into unseen worlds and hidden dimensions beyond our normal vision to uncover the mysteries of things too fast, too slow, too small or simply invisible. The film, narrated by Forest Whitaker, uses innovative high-speed and time-lapse photography, electron microscopy, and nanotechnology, to transport audiences to an enthralling secret world of nature, events, and breathtaking phenomena not visible to the naked eye.

DETROIT
Tigers
\$75pp

Sunday, June 4 2017

Vs. Chicago White Sox

INCLUDES: Round Trip Motor Coach Transportation, Ticket to the game, Free Soft Drink, Chips & Hot Dog voucher, Water, Snacks and FUN on the Bus

DEPART Loose - 10:30 am APPROXIMATE RETURN ~7 pm

Seats are located in the Lower Baseline Box, Section 113, Rows 22-26, Seats, 15-24

2016/17 Whiting Opportunities

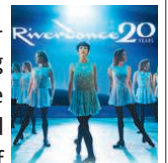
All prices include transportation, if you choose to NOT use transportation; \$5 will be deducted from the final cost

RIVERDANCE

Friday, April 7, 2017 8PM, \$58

Van leaves Loose at 7 pm

Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures in an innovative and exciting blend of dance, music and song.



42nd STREET, Friday, April 28, 2017 8PM

Van leaves Loose at 7 pm, **This show is SOLD OUT.**

MCC CONTINUING EDUCATION

(Fridays @ Applewood)

\$8 (includes transportation - departs 8:15 am)

Each month from September through May, a specially chosen program will be offered to inspire, rejuvenate, stimulate and refresh! Each program will feature a unique lecture and will be accompanied with a continental breakfast and door prizes.

April 21, 2017- Dawn Jones - WJRT Anchor and Reporter
Dawn is a longtime, well-known anchor/reporter for Flint's channel 12 (WJRT). She has a personable, highly effective style and is a trusted member of the media. She will discuss her career and the topic of journalism, as well as her chosen career of television broadcasting.

May 19, 2017—Len Thomas - Street of Dreams

Len is a wonderful speaker who has been a good friend to Friday's at Applewood. He has spoken to our seniors many times over the years, and always does a superb job. This time his topic will be the history of East Kearsley Street. Kearsley Street is one of the most famous streets in Flint. He will discuss the history of many of the houses and talk about the famous people who have lived in these homes.

Payment is due Wednesday prior to the event.

Many thanks to the State Bank for their support, which allows us to offer this program at a special rate.

AND MORE TRIPS

In order to secure a spot, all travel reservations must be accompanied with a payment.



April 25-26, 2017 \$130 PP Double

TOUR INCLUDES Round Trip Motorcoach Transportation
1 night Lodging Little River Casino, Gaming
Session at Turtle Creek Casino, Little River
Casino & Soaring Eagle Casino, Tax & tips
include on hotel accommodations, Drivers tip
not included, Turtle Creek Casino pk.,
\$10 + 2 food Voucher, Little River Casino pk.,
\$20 + 10 food voucher, Soaring Eagle Casino pk., \$10 + 5 food
voucher (additional \$10 after you earn 100 points on rewards
card), Casino package are subject to change without notice.



May 13 - 18, 2017, \$1,259 pp double

Colonial Williamsburg

INCLUDES MOTOR COACH TRANSPORTATION PLUS
5 Nights lodging
5 Breakfasts & 3 dinners

American Mountain Theatre, Thomas Jefferson's Monticello, Colonial Williamsburg (walking tour) Sightseeing Tour of Jamestown, Yorktown Victory Center, and MORE



Holland & Saugatuck



2 days / 1 night
June 20-21, \$340 pp double

Includes...

Round Trip Motorcoach Transportation and 1 night
Haworth Inn, 1 breakfast, 1 lunch & 1 dinner Coral Gab-
bles, Shopping in Saugatuck & Holland, Saugatuck
Dune Ride, Holland Princess Dinner Cruise, Windmill
Island Gardens & Holland State Park.

HARVEY @ The Purple Rose

Wednesday, July 12, \$93

Departs 11 am Returns 6:30 pm

Includes, Transportation, lunch at the Common
Grill in Chelsea & Tickets to the play "Harvey".



AUSABLE RIVER QUEEN

Tuesday, July 18, 8:45 am-8:30 pm, \$100

Includes... Round Trip Motorcoach Transportation,
Shopping in Pinconning at Wilson's Cheese Shoppe,



Lunch overlooking Tawas
Bay and a 2 hour cruise
on the Ausable River
aboard the River Queen
double-decker authentic
paddle wheel.



Murder Mystery Train

June 27, 8:45am-5pm, \$101

Includes Motor coach

Transportation PLUS: Old
Road Murder Mystery Train,
Lunch & Entertainment.

Each railcar will have
members selected to participate in each show, you may even
be selected as the victim. Come out and have FUN!



Tropical Costa Rica

**Nov. 4-Nov. 12, 2017 • 9 Days • 13 Meals,
\$2,649pp double (if purchased by May 4)**

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde
Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise,
Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre
Essential Experiences: *Climb high into the trees for a "Hanging
Bridges" tour in the cloud forest. Discover the charming town of Zarcero
and its whimsical topiary garden. Get to know Costa Rican culture in the
picturesque town of Grecia.*

America's National Parks

**August 6-13, 2017 • 8 Days • 16 Meals,
\$2,999pp double (if purchased by June 1)**

Highlights: Round Trip Ai, 1st Class touring Coach, 1 night in
Calgary, Alberta, 2 nights in Waterton Lake, Alberta, 2 nights in West
Yellowstone, WY, 1 night in Jackson Hole, WY, 1 night in Salt Lake
City, UT, Head-Smashed-in-Buffalo Jump, Wateryon Lakes Boat
Cruise, Going-to-the-Sun Scenic Drive, Glacier National Park Jammer
Tour, Sightseeing Tour of Yellowstone National Park, Jackson Hole,
Luggage Handling Baggage Fee, Tax & tips on included meals.

Loose the perfect place for 50+
707 N. Bridge St.
Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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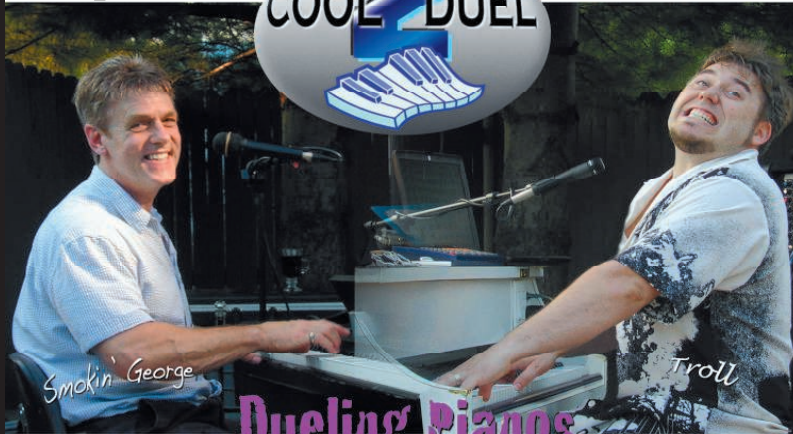
LOOSE GIANT sized SPECIAL EVENT Tuesday, April 11, 2017



5pm



\$25^{pp}



Dueling Pianos

(the Original Portable Dueling Show)
since 1997

All proceeds from this event will go to **LOOSE**, the perfect place for 50+.

The Dueling Pianos concept can be summed up in a single word: FUN! Combine two sharp-witted, incredibly talented musicians with two pianos on stage, and add a roomful of people: The result is an evening of fast, funny, unforgettable interactive entertainment. The musical repertoire ranges from classic rock to country, hard rock to R&B, oldies and show tunes to the newest Top 40 hits. Best of all, the audience is the star of the show - sending up requests, singing along to favorites, bantering with performers, and having the time of their lives.

TICKET PRICE INCLUDES

5pm-6pm Social Hour
(with hors d'oeuvres & wine tasting)
6pm-8pm Cool2Duel Dueling Piano
Chance for an amazing **DOOR PRIZE**

OTHER

CASH BAR (wine only)
5pm-6:30pm (\$5.00 per glass)

Ticket are available at **LOOSE**
707 North Bridge Street, Linden
(810) 735-9406

A special **THANKS** to our sponsors
for their generous support.

Caretel Inns of Linden
Wellbridge of Fenton
The Fenton Winery
Alternative Elderly Care
Lasco Ford of Fenton
Heartland ♥