

AUGUST 2014

South End NEWS

LOOSE SENIOR CITIZEN CENTER



"Fun is good."
~ Dr. Seuss

DIRECTOR'S MESSAGE

Dear Friends,

FUN the one word in everyone's life that means joy, satisfaction, accomplishment, calm and much more. It can be found in many forms. We have found it in toys, games and interaction with others. We find it playing tag, kick the can or hide and seek, days when we take a walk or go for a ride on our bike. Simple forms of pleasure that resulted in fun. When my sisters were younger, they found great joy in playing house or tea parties with their dolls. I found fun in playing sports. I loved playing baseball in the warm air of summer, football in the fall and basketball in the winter. In my youth, it was the way I had fun. Family gatherings at the grandparents house was always a fun time. Picnics, celebrating the holidays or just those special visits. My fondest memory of fun was going to the Tiger ball games in old Tiger Stadium with my family. The blue seats, the green grass and the smell of hot dogs in the air; it was heaven to me. I will never forget our place in Port Austin where our family spent the summers on the Saginaw Bay.

As I got older, I enjoyed school activities and the social life with my friends. We spent many nights getting together playing ping pong or going out to the local bowling alley. I also found pleasure in working my first job at Morey's hardware store.

As an adult my fun comes in many forms; coaching for 46 years, working for 50 plus years and most of all, my family. I saw parents who became marshmallows as grandparents and spoiled my children. I have found myself becoming that same person and spoiling my daughter's children. I still cherish the moments that I have, to do this part of my life. I love coaching kids. I find joy in running this Center. I have fond memories of my parents and in-laws of the times we shared. Most of all, the fun in my life today is my family and the people I share it with.

We all can reflect in this story. We all had our own way to have fun. Our lives all change from day to day. We should not lose site of the possibility to relive the simpler days and find joy in simple things. Enjoy life as it is and enjoy those in it. Continue to explore ways to have FUN, because "Fun is Good".

Carl Gabrielson
Executive Director

VETERANS THANK YOU FOR YOUR SERVICE

VICINIA GARDENS ALONG WITH THE LOOSE CENTER, invite all Veterans and their families, along with the community, to join us at the Loose Center for an evening of **DANCING**, light refreshments, music from the 30's through the 60's, beverages and more.

ALL HONORING YOU!

Come as you are or all decked out in your uniform or in dress of the time.

Friday, September 12, 2014
5 - 9 pm @ Loose, FREE

We thank all Veterans for their dedicated service!

AIR FORCE
ARMY
COAST GUARD
MARINE CORPS
NAVY

200 TICKETS AVAILABLE

Pick yours up at @ Loose or Vicinia Gardens

VICINIA
GARDENS

4016 Vicinia Way • Fenton • MI • 48430

**"THE RENEWAL OF THE SENIOR MILLAGE
WILL BE ON THE AUGUST 5TH, 2014 BALLOT"**

VOTE

**Absentee ballots are available at
your local city or township office.**

Linden - 735-7980

Fenton - 629-2261

Fenton Township - 629-1537

Argentine Township - 735-5050

Pictured on the cover: Friends gather to play Mah jongg each Tuesday at Loose.

AUGUST SPECIAL HAPPENINGS

PIT STOP @ LOOSE

Wednesday, August 6

between 2 pm - 4 pm

Come by on this day and enjoy the cars as they



roll in. Also between 2 and 4 pm bring the family along and enjoy an ICE CREAM FLOAT of your choice, including Root Beer, Orange, Vernors and Coke.

Cost - \$1



HYPERTUFA PLANTER

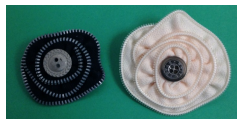
Wednesday, August 6, 12:30 pm, \$15 (limit 5)

Hypertufa is a mud-pie recipe that is used to make all sorts of garden art objects. Sign up and make your own planter. Class will be offsite at the home of the instructor. A supply list and directions to the class are available at the Center. You must register in advance.

PIN CLASS

Thursday, August 7, 12:30 pm, \$5

Made from recycled zippers, this sweet pin is easy and very ornate. It's simple and all you need to do is bring a needle, thread and scissors. All other supplies will be provided. Class size is limited to eight, so sign up today.



TUESDAY, AUGUST 19

\$6.00 (transportation)

Depart Loose, 8:15 am

Return, 3 pm

Loads of fun

Admission is FREE



9 am VG's FREE Coffee and Donuts

9 am Senior Directors exhibit along with vendors and FREE giveaways.

10 am Resisting Arrest performance

11 am Sweet Adelines performance

12 pm Smokin George Winters performance

1 pm FREE Strawberry Shortcake

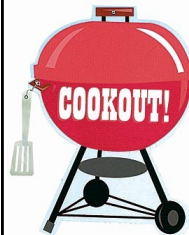
On a first come first serve basis, there are a limited number of parking passes available for those who would like to provide their own transportation.

SUMMER Cookout

Tuesday, August 19, 4:30 pm, \$6

Dinner includes: grilled dogs and burgers, baked beans, salad, chips, dessert, and a beverage.

Seriously folks, it is the best deal around.



PEN PAL PIZZA PARTY

Thursday, August 21, 5:30 pm

Intergenerational Pen Pal participants meet face-to-face for the first time after corresponding all summer. Closer to the date, a reminder will be sent, please RSVP and remind your Pen Pal to respond.



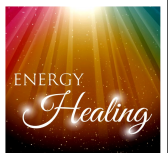
Wednesday, August 27, \$5 (transportation)

Leave Loose at 9:30 am and return approx. 12:30 pm Applewood is the estate of the Charles Stewart Mott Family, built by Mr. Mott in 1916 at the end of downtown Flint. It is 34 acres of beauty. The tour is free, however donations to support this program are welcome. Limited to 10.

ENERGY HEALING WORKSHOP

Thursday, August 21, 2 pm, Sunroom, \$35

There will be a movie on EFT offered called the, "Tapping Solution" (the revolution starts within). It will feature experts and explain what an awesome tool this energy technique is to know and use. In the second half of the class, Christine will offer a Release of Grief for Pet and Animal Loss, using EFT and the Healing Codes Energy Techniques. This will neutralize the emotions of grief and relieve the pain stored in memory. All are welcome the same would apply to Humans.



LEGACY TO LOOSE

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

NUTRITION & MORE

DAILY LUNCH AT LOOSE!

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

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

COFFEE HOUR

2nd Wednesday of each month, 9:30 am, Annex

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

POTLUCK DINNER

2nd Friday of each month, 5 pm, Annex

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



Dinners

Tuesday, September 23, 5 pm \$12 per person

Fried Chicken, Sausage & Kraut, Beef Stroganoff,
Au gratin Potatoes, Green Bean Casserole, Broccoli Cheese
Rice, Tossed Salad, Cottage Cheese & Peaches, Rolls,
Drink & Dessert

GUESTS: David and Barbara Kincaid

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

Mostacholi, Meatballs, Chicken,
Baked Beans, Tossed Salad, Cole Slaw, Rolls,
Drinks & Dessert

GUEST: Caricaturist, Jio Rios

NOVEMBER DINNER DATE TO BE DETERMINED

Thursday, December 4, 12 noon, \$18.50 per person

Christmas Luncheon at Spring Meadows
Music by Dan Hayes

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

NEW!

Tuesday
August 12
7 pm

OPEN
night



(second Tuesday of each Month)

Snacks & drinks available
(donations accepted)

Friends, an Open MIC event is a LIVE show where audience members may perform at the MIC. We are excited to be able to play host to this unique type of event at LOOSE.

THE RULES ARE SIMPLE:

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

HAVE FUN!

LET'S HAVE SOME MORE DANCE FUN!

Tuesday, August 19, 6 - 8 PM

ADMISSION ONLY, \$5

Live Variety Music by: Jim Hedrich
Line Dancing & More!!!

Music for your listening and dancing enjoyment
Great Time for Singles & Couples!!!!

50/50 RAFFLE

Includes: Free Snacks & Beverages

You Do Not Need A Ticket in Advance
Just Come & Have Fun!!!

Call: Loose Center @ (810) 735-9406 or
Jim & Betty Hedrich @ (810) 659-2240

FOR MORE INFORMATION!

Plant & Seed Swap

Share your FALL bounty and pick up a new assortment at our Fall plant and seed swap. Folks will be on hand to help you with questions. Hint - It is very helpful if the plants and seeds are labeled with helpful information. This is FREE and ALL are welcome. Wed., September 17, 10:30 - 11:30 am

KEEPING FIT

Fitness Room

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

ZUMBA & ZUMBA GOLD \$5 per class

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

FIT⁴EVER \$5 per class (formerly Body Recall)

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

BIKING BUNCH Wednesdays, 9:00 am

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

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

Wii BOWLING Fall league begins 9/11/14

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

GOLF AT SHIAWASEE SHORES

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

MONDAY

1:00 pm Cornhole
4:00 pm **Yoga (gentle flow)**
5:00 pm **Zumba**
6:15 pm Pickleball

LINDEN ELEMENTARY
6:00 pm **Volleyball**

FRIDAY

9:30 am **Yoga (gentle flow)**
11:00 am Pickleball (*call to reserve your spot*)

TUESDAY

10:15 am **Zumba Gold**
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)**

SATURDAY

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

ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

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

Monday at 1 pm (resumes in September)

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



Pickleball

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

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



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

YOGA \$5 per class

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

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

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

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

WEDNESDAY

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

THURSDAY

9:15 am **Chair Yoga**
10:00 am **Wii Bowling**
10:15 am **Zumba Gold**
10:30 am **FIT⁴EVER**
5:00 pm **Yoga (gentle flow)**
6:00 pm **Beg Line Dance**
7:00 pm **Adv. Line Dance**

Fitness Class Schedule

ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

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

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

HAPPY STAMPERS GROUP

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

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

SCRAPBOOKING

3rd Tuesday of each month, Hall B, FREE

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

YARN RECYCLERS

Fridays, 10 am, Annex, FREE

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

PAINTING GROUP

Mondays, 10 am, Hall B, FREE

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Hall A, FREE

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

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.

CARD MAKING WITH CAROLINE

Monday, August 18, 12:30 pm, Sunroom, \$5

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

KUMI WITH BEADS

Thursday, August 28, 10 am, Sunroom, \$15

This beautiful bracelet is created using the Kumihimo braiding disc that was introduced to you in June. This is the same braiding technique, but we have added beads to our design. This bracelet is easy to do and learning this technique opens up the door for many other designs. The cost of \$15.00 includes the braiding thread, beads, end caps and finishing toggle clasp. Bring your own kumihimo disc and bobbins, if you have them. If not, an additional charge of \$6.50 (to be paid at time of class) will be added. Several color choices of beads will be available. Basic Kumihimo instruction is beneficial, but not required.

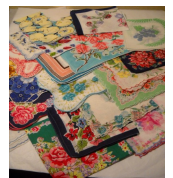
LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

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.

HISTORY OF THE HANDKERCHIEF

Wednesday October 8, 12:30 pm, FREE

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



CARD SHOP DRAWING



The month of August, each day you come to Loose, be sure to put your name in the drawing for the Card Shop Give-a-way. Stop by the reception desk and fill out your name and phone and place in the fancy bag. At the end of the month, we will draw two slips and the winners will be contacted.

CLASSES, MUSICAL OPPORTUNITIES & MORE

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



PLEASE PREREGISTER FOR ALL CLASSES

WEBWISE

Wednesday & Thursday, August 13 & 14, 1-3 pm, \$20 Hall 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

Wednesday, August 20, 1-3 pm, \$10, Hall 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. Be sure to bring your phone to class.

IPAD 1

Wednesday, September 17 & 24, 4-6 pm, \$20, Bldg. A

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

IPAD 2

Wednesday, October 1 & 8, 4-6 pm, \$20, Bldg. A

For those who have completed IPAD 1. Take things a step further and begin to dive into understanding settings, the importance of having them working with you, learn IPAD tricks and dive deeper maximizing this amazing piece of technology to fit you and your needs.

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.



SPANISH FUNDAMENTALS

Thursdays, beginning September 4, 4:15 - 5:30 pm, \$10 (six week class)

If you have some Spanish background from back in the day and want to brush up, or if you are interested in learning the fundamentals of the Spanish language, this class is for you. The emphasis will be basic conversational Spanish and travel Spanish. There will be practice, time for questions, support, and of course, fun while learning.

EUCHRE TOURNAMENT

Friday, August 22, 5 pm

\$7 Entry Fee, 25¢/Euchres

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

GAMES

POOL PLAYERS Bring a friend and play anytime.

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

OPEN GAME PLAY Friday, 10 am (*bring a friend*)

CHICAGO BRIDGE Tuesday & Friday, 1 - 4 pm

CHESS Wednesday, 12:30 pm

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 3 pm

PINOCHLE Monday & Wednesday, 12:30 pm

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

CARDS & MORE Thurs. 10:30 am (beginning in November)

JIGSAW PUZZLES Browse through our puzzle selection located in the **Annex**; take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.



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

Practices will resume in the fall.

KARAOKE **Will resume in the fall.**

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

ROMANCE LANGUAGE FOUNDATIONS

Thursdays, beginning October 16, 4:15 - 5:30 pm, \$10 Explore the many facets of the numerous cultures around the world that speak French, Spanish, Portuguese, Italian and Romanian. This class will be six weeks of language, customs, cultures and discussion. Expect to learn a few phrases in each of these languages, the history of the languages and their common Latin base. This class is great for anyone interested in learning a bit more about other country's customs and origins. No prior knowledge is needed. Join us on this relaxing ride through the Romance Languages.

AUGUST 2014

OFFICE HOURS

Monday - Friday
8:30 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@loosecenter.org

WEBSITE

www.loosecenter.org

MONDAY

LOOSE STAFF

Carl Gabrielson
Executive Director
Whitney Hayes
Business Manager
Melinda Elmore-Hajek
Program Director
Cheryl Rex
Clerk
Kathy Meivier
Dotti Tynes
Receptionist
Randy Green
Maintenance

TUESDAY

A WELL KEPT SECRET

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



WEDNESDAY

THURSDAY

FRIDAY

SPECIAL AUGUST DATES	
WEDNESDAY, AUGUST 6	Hypertufa Planter, 12:30 pm Back to Bricks Pit Stop, 2 pm ICE CREAM FLOATS, 2 pm
THURSDAY, AUGUST 7	Pin Class, 12:30 pm
TUESDAY, AUGUST 19	Genesee County Fair, 8:15 am Loose Cookout, 4:30 pm
THURSDAY, AUGUST 21	Pen Pal Party, 5:30 pm

9:00	M MAP Counselor
9:30	Yoga
10:00	Yarn Recyclers
10:00	Open Game Play
11:00	Pickleball (reservation)
11:30	Lunch <i>Salisbury Steak</i>
1:00	Lapghans
1:00	Chicago Bridge
Saturday August 2	Yoga
9:00	Yoga
10:00	Euchre
10:15	Zumba

8:00	Bridge
9:00	Massage
10:00	Painting
11:30	Lunch <i>Meatloaf</i>
12:30	Pinochle
2:00	Listening Ear
3:00	NO Choir
4:00	Yoga
5:00	Zumba
6:00	Volleyball
6:00	TOPS Weigh-in
6:15	NO Pickleball
7:00	NO Karaoke

9:00	M MAP Counselor
9:30	Yoga
10:00	Write Your Life
10:00	Yarn Recyclers
10:00	Open Game Play
11:00	Pickleball (reservation)
11:30	Lunch <i>Chicken Philly</i>
1:00	Lapghans
1:00	Chicago Bridge
5:00	Potluck
Saturday August 9	Yoga
9:00	Yoga
10:00	Euchre
10:15	Zumba

9:15	Chair Yoga
10:00	AMVET
10:15	Zumba Gold
10:30	NO FIT4EVER
11:15	Farmers' Market Trip
11:30	Lunch <i>Turkey</i>
12:30	Euchre
12:30	Pin Class
5:00	Yoga
6:30	NO Beg. Line Dance
7:30	NO Adv. Line Dance

8:00	Bridge
9:00	Manicures
9:00	Biking Bunch
9:30	Yoga
10:00	Consumer Fraud
11:15	Art à la Carte
11:30	Caesar Windsor
11:30	Lunch <i>Steak Strips</i>
12:00	Wood Carving
12:30	Hypertufa (off site)
12:30	Pinochle/Dominoes/Chess
2:00	Back to Bricks Pit Stop
2:00	\$1 Ice Cream Floats
3:00	Matter of Balance
5:00	Zumba
6:15	NO Pickleball

7:00	Put-In-Bay
10:00	Loose Threads
10:15	Zumba Gold
10:30	NO FIT4EVER
11:00	Blood Pressure
11:30	Lunch <i>BBQ Chicken</i>
12:00	NO Beg. Line Dance
12:30	Euchre
1:00	NO Adv. Line Dance
1:00	Chicago Bridge
3:00	Mah jongg
4:00	Chair Yoga
5:00	Yoga
5:30	Clio Amphitheater

8:00	Bridge
9:00	Massage
10:00	Painting
11:30	Lunch <i>Meatloaf</i>
12:30	Pinochle
2:00	Listening Ear
3:00	NO Choir
4:00	Yoga
5:00	Zumba
6:00	Volleyball
6:00	TOPS Weigh-in
6:15	NO Pickleball
7:00	NO Karaoke

<p>11</p> <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Baked Chicken</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>3:00 NO Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 NO Karaoke</p>	<p>12</p> <p>9:00 Veteran Services</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch Meatballs</p> <p>12:00 NO Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 NO Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:30 Clio Amphitheater</p> <p>7:00 Open MIC</p>	<p>13</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Blood Pressure Check</p> <p>9:30 Coffee Hour</p> <p>9:30 Yoga</p> <p>9:00 Biking Bunch</p> <p>10:30 Watch Repair</p> <p>10:30 1 on 1 Financial</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch BBQ Pulled Pork</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 Webwise</p> <p>3:00 Matter of Balance</p> <p>3:15 Coupon Club</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>14</p> <p>8:00 Board Meeting</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Massage</p> <p>10:30 NO FIT4EVER</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Pasta & Meatballs</p> <p>12:30 Euchre</p> <p>1:00 Webwise</p> <p>5:00 Yoga</p> <p>6:00 NO Line Dance</p> <p>7:30 NO Adv. Line Dance</p>	<p>15</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Open Game Play</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch Mac & Cheese</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY August 16</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>18</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>10:00 Soaring Eagle</p> <p>11:30 Lunch Chicken</p> <p>12:30 Pinochle</p> <p>12:30 Card Class</p> <p>3:00 NO Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 NO Karaoke</p>	<p>19</p> <p>8:15 Genesee County Fair</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch Sloppy Joes</p> <p>12:00 NO Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 NO Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>4:30 COOKOUT</p> <p>5:00 Yoga</p> <p>5:30 Clio Amphitheater</p> <p>6:00 DANCE</p>	<p>20</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Baked Ham</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 Texting</p> <p>3:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>21</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Pepper Steak</p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>5:00 Yoga</p> <p>5:30 PenPal Party</p> <p>6:00 NO Beg. Line Dance</p> <p>7:30 NO Adv. Line Dance</p>	<p>22</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Open Game Play</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch Veg. Lasagna</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>SATURDAY August 23</p> <p>9:00 NO Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>25</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch Chicken</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>3:00 NO Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p> <p>7:00 NO Karaoke</p>	<p>26</p> <p>8:00 Stratford</p> <p>Podiatrist</p> <p>Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch Steak Strips</p> <p>12:00 NO Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 NO Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p>	<p>27</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Applewood</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Turkey Ham</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>28</p> <p>9:15 Chair Yoga</p> <p>10:00 Kumi w/Beads</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>10:30 Massage</p> <p>11:00 Tiger Baseball</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Steak Patty</p> <p>12:30 Euchre</p> <p>5:00 Yoga</p> <p>6:00 NO Beg. Line Dance</p> <p>7:30 NO Adv. line Dance</p>	<p>29</p> <p>LOOSE is CLOSED</p> <p>SATURDAY August 30</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>SUNDAY August 30</p> <p>Mackinaw Bridge Walk</p>

HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, August 13, 10:00 pm,, Sunroom

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

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm, Hall B

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

WRITE YOUR LIFE STORY

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, Hall B

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

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.



SAVVY SAVING SENIORS ®

Steps to Avoiding Scams

Thursday, September 11, 2-3 pm, Hall B

How Much Do You Know About Scams & Swindles?

- Why You're at Risk for Financial Scams
- The Usual Suspects & Types of Scams
- Protecting Yourself & Loved Ones from Scams
- Resources to Report Scams & Financial Abuse

DISCOVER

- The 10 most popular scams targeting older adults
- 8 ways to protect yourself
- What you should do if you have been scammed

This event is sponsored by the National Council on Aging and Bank of America Charitable Foundation and the Valley Area Agency on Aging. It is educational only, NO financial products will be sold. The workshop is free, but registration is required. Join us! **Please RSVP by Thursday, September 4 to 735-9406.**

1 in 6 people will have a STROKE in their lifetime.

Wednesday September 17, 2 PM

Join Tina from Grand Blanc Rehab as she shares vital information about STROKES, including signs, symptoms, prevention and treatment. Educate yourself; stay current on this and other important health related topics. Along with important information, refreshments will be served along with free blood pressure checks. Call Loose and sign up today.



RECYCLING WORKSHOP

Thursday, September 18, 12 noon

The Genesee County Metropolitan Planning Commission Recycling will be at Loose to offer great information regarding recycling in general and in Genesee

County. As we work toward a cleaner and greener environment, we all look for our way to make a difference.

Knowledge is power, join us for this short but important talk. Call Loose and sign up today!

Did you know....

- Each ton of recycled paper can save 17 trees, 380 gallons of oil, 3 cubic yards of landfill space, 4,000 kilowatts of energy, and 7,000 gallons of water.
- Plastics can take up to 400 years to break down in a landfill.
- Recycling 1 pound of steel saves enough energy to light a 60-watt light bulb for over 26 hours.



Any Genesee County or Tyrone Township resident who is permanently or temporarily homebound can register for a Genesee District Library card and begin receiving library books in the mail at no cost. Qualified patrons can choose any book from our collection. Holds can be placed on books through our online catalog (library card and PIN # needed). Your book(s) are then mailed to you. When you are finished reading the book(s), reverse the address card on the mail bag and return it through your postal service. Register by calling (810) 732-1120 or download the application and send it to: Genesee District Library, Homebound Service, G-4195 W. Pasadena Avenue, Flint, MI 48504.

HEALTH SERVICES & TRANSPORTATION

MASSAGE

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



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

PODIATRIST

Tuesday, August 26, by appointment, Annex

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

FREE HEARING CLINIC

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

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

MANICURES

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

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



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon (BP only)

4th Monday of each month, 11:30 am - 12:30 pm



SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsc@looseseniorcenter.org so we can spread the sunshine.



MTA/LOOSE TRANSPORTATION

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

WEEKLY SCHEDULED VAN DESTINATION

Please call 24 hours in advance to schedule a ride.

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

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

THURSDAY – Flint Farmers' Market

11:15 am departure, return 2:30 pm, \$4.50 roundtrip

**TRIP RESERVATIONS ARE NOT GUARANTEED
UNTIL PAYMENT IS RECEIVED.**

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

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

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



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

SPECIAL SERVICES & SUPPORT

GENESSEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

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

LEGAL ADVICE

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

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

CONSUMER FRAUD ASSISTANCE

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

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

AMVETS

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

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

COUPON CLUB

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

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

WATCH REPAIR

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

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

TOPS (*Take Off Pounds Sensibly*)

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

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

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



A giant thanks to our volunteers who share each and every day at the Loose Center. We don't do what we do here without your help. We are THANKFUL FOR YOU! Volunteers, please remember to always sign in when you volunteer. If you are not comfortable with the process, a staff person will be happy to help. **The month of June - 45 volunteers gave 275 hours of their time.**

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

MEMBER PRIVILEGES & FUNDRAISING

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

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

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

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

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

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.

The annual membership fee of \$25 per person is due for 2014. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

THE LOOSE COMMUNITY ANGELS

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

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

UPS STORE DISCOUNT CARD

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

WE SAVE...

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

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

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

GREETING CARDS

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

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

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

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

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

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

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

PLEASE HELP US KEEP OUR FILES UP-TO-DATE.

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

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

TRIPS

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

TRIPS @ A GLANCE

August 5	Phil Dirt & The Dozers @ Clio	\$11
August 5	Put-In-Bay	\$120
August 6	Caesar Windsor	\$18
August 12	Bill Haleys' Youngest Drummer	\$11
August 18	Soaring Eagle & Doo Wop Show	\$30
August 19	Genesee County Fair	\$6
August 19	The Country Legends Tour	\$11
August 26-27	Stratford (waiting list only)	\$419
August 27	Applewood Tour	\$5
August 28	Tigers vs Yankees	\$70
Aug. 31- Sept 1	Mackinaw Bridge Walk	\$180
Sept. 8	Greektown Casino	\$26
Sept. 16	Flint Farmers Market	\$6
Sept. 15-20	Hudson River Valley	\$1,279
Sept. 29-Oct. 3	Yooperland, USA	\$655
Sept. 23	Frankenmuth/Show	\$65
Sept. 24	Huron Lady II	\$74
Sept. 30	Hollywood Casino	\$28
Oct. 1	Shoreline Appreciation Tour	\$69
Oct. 7 & 8	Little River/Turtle Creek	\$120
Oct. 8	Deutsche Detroit	\$59
Oct. 9 - 13	Rails of West Virginia	\$999
Oct. 21	Heaven & Hell	\$65
Oct. 23	FireKeepers	\$30
Oct. 25-Nov. 2	New Orleans	\$1,799
Nov. 20	Caesar Windsor	\$18
Nov. 20-23	Christmas @ The Greenbrier	\$999
Dec. 1-5	Smokey Mountain Christmas	\$899
Dec. 16,	Soaring Eagle	\$30
Dec. 30 - Jan. 1	Cleveland New Years Eve	\$404
Jan 24 - Feb. 4	Florida Vacation	\$1999
Feb. 21-27	Arizona & Sedona & Tucson	\$2149
March 7-15	Costa Rica	\$2999

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



Plans are underway to secure tickets to some wonderful events at the Whiting for the 2014/2015 year. Below are the teasers, more information will follow.

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

LET'S GO TO THE MARKET

TUESDAY, SEPTEMBER 16, \$6 (transportation)

- ◆ Van leaves Loose at 10:45 am
- ◆ Arrive at Market 11:15
- ◆ Lunch & shopping on your own
- ◆ Leaves Market 1:30 pm
- ◆ Arrives at Loose Approx. 2 pm



JOIN THE FUN AT THE FLINT FARMERS MARKET

The New Farmers' Market is more than a place to shop, it is a destination and an entrepreneurial hub. Like no other in the mid-West, it has a state of the art demonstration kitchen, a rentable commercial kitchen, an incubator kitchen program and community rooms for private and public events all under one roof. (limit 10)



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)

THE LIFE OF LEONARDO DA VINCI

August 6	The Magic of Illusion
August 13	10 Buildings that Changed America
August 20	Rebel: Loreta Velazquez, Secret Soldier of the American Civil War
August 27	All About Prints

THIS SUMMER AT THE CLIO AMPHITHEATER

A GREAT night out for \$11 (includes ticket and transportation)

Bus leaves 5:30 pm, Pre shows 6:30, Show time at 7 pm

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

Legendary 50's and 60's tribute rockers, *Phil Dirt & The Dozers*, present an entertaining show that includes covers from *Big Bopper* to *The Beach Boys*.

Tuesday, August 12, 2014 - Enjoy such hits such as "Rock Around the Clock," "Shake, Rattle & Roll" and "See Ya Later Alligator" from *Bill Haley's Youngest Drummer*.

Tuesday, August 19, 2014 - *The County Legends Tour* includes tributes to *Johnny Cash*, *Patsy Cline*, and *Willie Nelson*.

2014/15 FLINT SYMPHONY ORCHESTRA

Buy season tickets for the 2014-15 season for **half price** (as low as \$48, which includes special seating and 2 bonus tickets that can be used for any other Flint Institute of music events, such as Holiday Pops, "Nutcracker", etc. or half-off seating on available seats. Don't wait, call Loose today for more information.

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



Join LOOSE for the following home TIGER BASEBALL GAMES

August 28, Tigers vs. Yankees, \$70

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

PUT-IN-BAY

On South Bass Island

\$120 per person

Tuesday, August 5,

Depart : 7 am, Return: 6:45 pm

Tour Includes Transportation, Round trip Ferry Ride, Perry's International Peace Memorial. Heineman Winery, Lunch at Tipper's Restaurant on Put-in-Bay Island & Free Time.



What would Lucy Do? **Bavarian Inn of Frankenmuth** Tuesday, September 23, 2014

- Bus leaves Loose at 11:30 am
- Arrive at Frankenmuth 12:15
- Free time
- Lunch seating begins at 2:15
- Lunch begins at 2:30
- Show begins after lunch
- Bus returns to Loose approx. 6 pm



\$65

Hudson River Valley

\$1279 double , September 15-20

Tour Includes Transportation, 1 night to and from Hudson River Valley, 3 nights, Fishkill in Hudson River Valley, 5 breakfasts, 2 lunches, 2 dinners, U.S. Military Academy, Madava Farms, Innisfree Gardens, Vanderbilt Mansion, Culinary Institute of American, FDR Presidential Library, Great Estate River Cruise, and more.



MACKINAC BRIDGE WALK

Sunday, August 31 - Sept 1, \$180 (double)

INCLUDES TRANSPORTATION PLUS

- 1 night at Kewadin (SS Marie, MI)
- 1 lunch, 1 breakfast, ALSO FEATURING
- \$10 lunch voucher & \$10 casino credit, Kewadin, St. Ignace
- \$10 casino voucher, Kewadin, Sault Ste. Marie
- Mackinac Bridge Walk
- Shopping time in Mackinaw City



August 26-27, 2014, \$419 (double)

Tour Includes: Round Trip Transportation, one night at St. Jacobs, Ontario, 1 breakfast, 1 dinner, 2 great musicals with excellent seats (Crazy for You & Les Miserables), Back Roads Mennonite Country Tour, Shopping in St. Jacobs, Aberfoyle Model Railway.

2nd ANNUAL APPRECIATION TOUR to Amherstburg, Ontario

1 Day Tour - October 1, \$69

TOUR INCLUDES: Round Trip Transportation, Visit to Fort Malden, Amherstburg Sightseeing Tour, Hiram Walker's Canadian Club Tour, lunch at Artesian Grill. Sponsored by **SHORELINE TRAVEL & TOURS**

Huron Lady II

\$74 per person

Wednesday, September 24

Depart : 9 am, Return: 7 pm

Tour Includes Transportation, Round trip, Lunch. Huron Lady II Cruise, Shopping Time in Marine City's Nautical Mile, about a 1/2 mile charming area of shops, restaurants, parks, and more.



DUETSCH DETROIT Wednesday, October 8, \$59

Join us as we experience a bit of German Heritage.

Round Trip Transportation • Palmer Park Diving Tour • Dakota Inn Rathskeller (Traditional Lunch and German Sing-a-long) • Eastern Market • Guided tour of St. Joseph's Church.

Pick up Kmart on Silver Parkway, Depart 8:30 am - Returns 5:15 pm



October 7-8, 2014, \$120 double

Includes Motorcoach Transportation PLUS



- ◆ Lodging @ Little River Casino
- ◆ Gaming sessions @ Turtle Creek, Little River & Soaring Eagle
- ◆ Casino Play \$35
- ◆ Food \$16
- ◆ Fun - Priceless

SMOKY MOUNTAIN CHRISTMAS

\$899 double, December 1-5, 2014



Tour Includes Transportation, 4 nights at Pigeon Forge, TN, 4 breakfasts, 2 dinners, Titanic Museum Attraction, Smoky Mounty Opry, Hatfield & McCoys Christmas Show, Biltmore Estates, Blackwoods Family Christmas Show, Tourn of Smoky Mountain Nat'l Park, Dollywood, Luggage Handling, Tax & Tip on included meals.

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

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Visit Loose on the web @ www.loosecenter.org

Loose
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Friday, September 26, 2014, 9 am - 12 noon

LOOSE CENTER

707 North Bridge Street, Linden