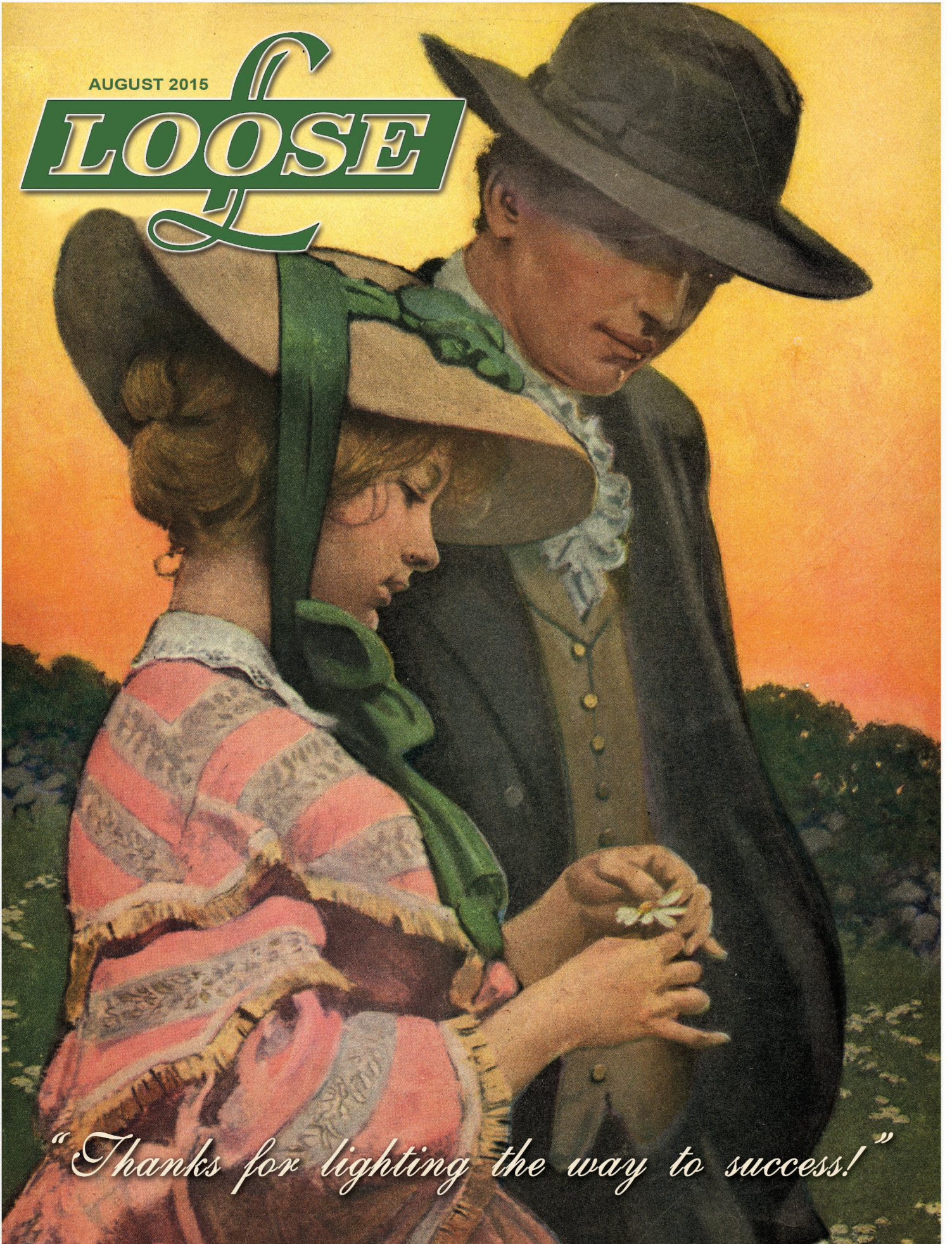


AUGUST 2015

LOOSE



"Thanks for lighting the way to success!"

FROM THE DIRECTOR

Dear Friends,

As Loose faces its 20th anniversary in 2016, it is time to reflect on how we started and how we became who we are today. When the Loose family gifted the community with \$300,000 to build a senior center, a special group of people stepped up to find and develop a location that would serve the senior population for years to come. The Free Methodist Church was purchased by this special group and a remodeling project took place to prepare the complex for the many activities that would soon begin.

A first Board of Directors was organized and they established by-laws, a budget and hired an Executive Director. Public meetings were held and people of the community gave input and structure of the Center began to take place. Many volunteers came forth to make the plans and dreams that would dictate what Loose stood for and what it had to offer. A small staff and volunteers began running the daily activities and bringing Loose to life. Instructors became a big part of the classes that soon allotted the membership to enjoy a health exercise program. Activities such as euchre, bingo, wood carving, quilting and many more expanded the ability for members to take part in programs they enjoyed. Many special services were added such as AARP, MMAP, AMVETS, CSFP, and became an important part of the lifestyle. Trips soon became a welcome addition along with dinners, entertainment and offsite events.

Today, Loose offers well over 180 programs, special events, travel and many special services. We have grown from a complex of buildings to the new Loose Center. We have survived tough financial times and a major fire. We have seen the loss of our founding fathers and our beloved director. Through it all we have had a vision and the strength to go forward and continue to create a Senior Center that fits all the needs of our aging community.

This would not have been possible, if not, for a special group who believed in the vision and had the strength and passion to make it happen. What started as a dream and a vision in 1995 by a small group of volunteers has now grown to one of the nicest Centers in existence. This idea of a few is now shared by a hundred plus volunteers, directors, staff and membership to keep the dream alive that started with a gift of \$300,000. The Loose Center will continue to grow to fulfill the needs of our growing senior population. Many new activities and services will become part of the program. This will be made possible by the many new volunteers that will come. It will be their vision and dreams that will take Loose into the future.

So, I want to take time to remember those who started with a vision to make Loose a possibility. I thank those who took us from a small Center to the Center it is today. I thank those of you who continue to make us what we are today. And I want to thank those in advance who will take us to the next level. There are no limits to the possibilities.

"Thanks for lighting the way to success".

Carl Gabrielson, Executive Director

LOOK Rummage Sale

Friday, August 21, 9 am - 4 pm
Saturday, August 22, 9 am - 2 pm

Thank you to all those who have donated to this sale. The last day to donate is Thursday, August 13. *See the back page of this newsletter for Rummage Sale details.*



LINDEN

BACK TO THE BRICKS

Wednesday, August 5, 4pm-8pm

Downtown Linden

Farmers Market 4pm- 8pm

Captain Meteor & The Rockets at the Concert in the Park 6:30pm to 8pm

FENTON BACK TO THE BRICKS

Thursday, August 6, 4pm-8pm @Fenton High School

DJ -Bob Steel playing from 4-7:30 pm

Farmers Market 5pm-8pm @ the Community Center

Concert in the Park 6:30 pm - 8 pm @

Fenton Millpond Park Gazebo, music by *Soul'd Out*

Loose and Caretel will be sharing a booth at both events.

WE WOULD LOVE TO HAVE YOU STOP BY!

Loose HEALTH fair

Friday, September, 25, 2015

9:00 am - 12:00 noon

Health Information, Flu Shots,
Prizes, Housing Information,
Health Related Vendors,
Blood Pressure Check,
Chicken Salad Lunch,
Coffee, Give A-ways

Chicken Salad Lunch, \$5

Served 11 am - 12 noon

Includes, chicken salad croissant, chips & drink .



HELLO AUGUST



HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Tuesday, August 4, 11 am FREE

Attorney Sharon Miner will guide the participants in a step-by-step process in completing this very important document and each will leave with a complete legal copy, signed by a witness and notarized. This is such an important part of healthy planning, don't put it off, call Loose and sign up today.



HONEST TALK ABOUT SOCIAL SECURITY BENEFITS

Monday, August 10, 2 pm

Loose is excited to have attorneys Seth Neblock (Elder Law Attorney) and Andrea Rossi (Public Benefits/Disability/Social Security Attorney) come and share information on SS retirement benefits and survivors benefits. Seth and Andrea will also be available to answer questions. This is a golden opportunity, call and sign up today!

SAFER DRIVING CAN SAVE YOU MONEY

Refresh your driving skills and you could save money on your car insurance!*

Take the **NEW AARP Smart Driver™ Course.**

AARP SMART DRIVER COURSE

August 12 & 13, (Wed. & Thurs), 10:30 am - 3:00 pm

\$15 for AARP members/\$20 for non members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. In class there will be discussion, laughter and sharing on Road Rules, Safe Driving, and talking to a friend or relative about their driving. You must be on time and in attendance both days. Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP.)

GENESEE COUNTY FAIR

TUESDAY, AUGUST 25

\$5.00 (for those requesting transportation)

Depart Loose, 8:15 am, Return, 3 pm

- Admission is FREE
- FREE Coffee and Donuts (while supplies last)
- Visit with Vendors from Genesee County Senior Services
- FREE Entertainment
- FREE Strawberry Shortcake (to first 300 people)
- FREE Wagon Rides every half hour
- Fun Demonstrations
- Parking FREE to Seniors with Parking Pass (available at Loose)



Friday, August 28, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

Root Beer Floats

Monday, August 17, 2 - 3 pm

\$1 each, Simple as that! Join us!

National Root Beer Float Day is August 6, 2015. We are unable to observe this special holiday on the exact day, so please join us on August 17. Bring a friend, 50 & over, who is not a member of **LOOSE** and buy one root beer float and get one **FREE!**

ENERGY HEALING WORKSHOP

Keeping the Body Clear of Anxiousness & Anxiety, Using EFT Tapping.

Thursday, August 20, 2-4 pm, Sunroom, \$35

Christine will teach the wonderful technique called "Tapping" or EFT (emotional freedom technique). This simple Tapping with fingertips method, on acupressure points on the body, takes away stress, improves focus and clarity, while releasing negativity in the body. It's so good for you!



Penpal Pizza Party

Tuesday, August 25, 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.



Volunteers are needed to bake items for the Aug. 21 & 22, bake sale during the Loose Rummage Sale. All bake sale proceeds go to the Community Angels to support upcoming projects.

Volunteers are also needed to work both Linden and Fenton Back to the Bricks events, if you are interested in helping with either of these events, please contact Sandy Davies at (810) 266-4535.

NUTRITION & MORE FUN

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 congregational 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.

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.



Friday, August 21 & 22, 11 - 1 pm
LUNCH SPECIAL

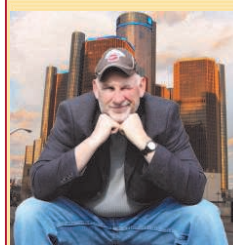
During the Rummage Sale

Hot Dogs each day, 11 am - 1 pm, \$3
(includes one Koegel hot dog, chips & drink)

DINNER & COMEDY SHOW

Tuesday, September 15, 2015, 5 PM \$15

A wonderful dinner followed by the comedic entertainment of Billy Ray Bauer.



"Billy Ray has been a repeat guest on the Bob and Tom Show heard across America. He's also been heard on the Dick Purtan radio show in Detroit and co-hosted the Appliance Doctor Radio program on WXYT for three years. Billy Ray's jokes have appeared in Reader's Digest and one was among their top 50 jokes for 2005. Billy Ray has appeared with Drew Carey, Tim Allen, The Smothers Brothers, Lewis Black, Doug Stanhope, and many other great comedians!"



Fried Chicken, Roast Beef, Cabbage Rolls, Mashed Potatoes and Gravy, Potato Salad, Tossed Salad, Green Bean Casserole, Cottage Cheese and Fruit, Roll, Pickle/Olive Tray, Rolls, Drinks and Dessert

TICKETS AVAILABLE - SIGN UP TODAY!

Tuesday, August 11

Summer COOKOUT

Tuesday, Aug. 11, 4:30 pm \$6

Grilled dogs & burgers, baked beans, salad, chips, dessert & beverage

It is the best deal around and there are no strings attached.

Just a time to eat and enjoy the company of friends.

Please be sure to call ahead or stop by and sign up!

DANCE AT LOOSE

Tuesday, August 11, 6 - 8 PM, ONLY \$5

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

Music for your listening and dancing enjoyment. A great time for singles & couples! **Includes: Snacks & Beverages.** You do not need a ticket in advance, **just come & have Fun!**

FOR MORE INFORMATION, call Loose @ (810) 735-9406 or Jim & Betty Hedrich @ (810) 659-2240.

Tuesday
August 11
7 pm

OPEN MIC
night

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



PROJECT FRESH COUPONS AVAILABLE

Project FRESH provides participants with coupons to purchase fresh fruits and vegetables at local farmers' markets. Seniors 60 and older with incomes of 185% of poverty or less and living in Genesee County are eligible for Senior Project FRESH. Each eligible household will receive coupons to use throughout the summer to purchase fresh, nutritious, unprepared, locally grown produce from authorized Michigan farmers' markets and roadside stands.

A Heads UP!

Medicare Open Enrollment Period
is October 15 - December 7.

TELL YOUR FRIENDS and watch for important enrollment information in upcoming Loose Newsletters.



MATTER OF BALANCE - FREE

Beginning Wednesday, October 7, 2 pm

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



PICKLEBALL

Monday & Wednesday, 6:15 - 9 pm, Sunday 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.

FITNESS ROOM

- ◆ 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

BEACHBALL VOLLEYBALL

Monday, 6 pm

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.

BIKING BUNCH Wednesday, 9 am.

If you are interested in the Biking Bunch, please contact the Loose Center at 810-735-9406, 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.



YOGA \$5 per class

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.

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 (resumes 9/8)

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.

LINE DANCE Tuesday Class-\$5 Thursday Class - \$5 (resumes 9/8)

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

GOLF AT SHIAWASEE SHORES Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members **MUST** sign in at Clubhouse each and every time they golf.

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 September 10. **If you are interested in Wii bowling, please contact the Loose Office. Next Session begins 9/10**

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

<u>MONDAY</u>
9:30 am Zumba Gold
4:00 pm Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball
LINDEN ELEMENTARY
6:00 pm Volleyball

<u>TUESDAY</u>
9:30 am Zumba Gold
10:30 am FIT ⁴ EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

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

<u>FRIDAY</u>
9:30 am Yoga (gentle flow)
11:00 am Pickleball

<u>SATURDAY</u>
9:00 am Zumba (summer only)

<u>THURSDAY</u>
9:30 am Chair Yoga
11:45 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT ⁴ EVER
4:00 pm Yoga (gentle flow)
6:00 pm Beg Line Dance
7:00 pm Adv. Line Dance

<u>SUNDAY</u>
2:00 pm Pickleball

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.

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 LAPGHANS

Fridays, 1 pm, Hall A, FREE

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

LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

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

WATERCOLOR CLASSES

FARM FOG, Sept.28 & Oct. 5, 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. Instructor, Peggy Mattson.



JEWELRY CLASS

Thur., September 24, 1 pm, Sunroom, \$20

Create a beautiful necklace using crystals, clay and a special technique. The cost of the class includes everything you need, however, you might want to bring a magnifying glass and a table lamp. No experience necessary. Sign up today!



CARD MAKING WITH CAROLINE

Monday, August 17, 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.

CRAFTS AT CARETEL

Wednesday, August 26, 10 am, \$7

Join us and create this beautiful fall plaque. All supplies are provided. Enjoy a peaceful time to be creative and enjoy the company of others.

This event will be held at Caretel Inns, 202 S. Bridge in Linden. Class size is limited to 8, so sign up early.



SLEEP MATS

Mondays, 10 - 11:30 am, SUNROOM

The 2nd Monday of each month, this activity begins at 10:15 am

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.

HAPPY STAMPERS

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.



CLASSES, MUSICAL OPPORTUNITIES & MORE

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



PLEASE PREREGISTER FOR ALL CLASSES

IPAD 1

Wednesday & Thursday, August 5 & 6, 1-3 pm, \$20

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad including settings, camera, facetime, notes, and contacts.

IPAD 2

Wednesday & Thursday, August 12 & 13, 1-3 pm, \$20

For those who have completed IPAD 1. Take things a step further and begin to dive into the mail app, calendar app, the App store, and downloading apps. There is always time for questions.

WINDOWS 8

Wednesday, September 16, 23, 30, 4 - 6 pm, \$30

Windows 8: kind of confusing, right? There's no Start button, no straightforward way to shut it down, perhaps worst of all, there's no instruction manual. So how exactly are you supposed to learn your way around the new operating system? Sign up today! If you have a laptop, bring it to class and get yourself set for this new adventure.

IPAD 1

Wednesday, October 7 & 14, 4-6 pm, \$20

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad including settings, camera, facetime, notes, and contacts.

IPAD 2

Wednesday, October 21 & 28, 4-6 pm, \$20

For those who have completed IPAD 1. Take things a step further and begin to dive into the mail app, calendar app, the App store, and downloading apps. There is always time for questions.

INDIVIDUAL COMPUTER HELP SESSION

(by appointment 30 minutes) FREE

Thursday, August 19, 1-4 pm, Call Loose at 735-9406 to schedule.



Mondays, 3 pm, Resumes September 14

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!



Friday, August 28, 5 pm

\$7 Entry Fee, 25¢/Euchres

**GREAT Prizes, Food & Drink and more!
All are WELCOME!**

GAMES

POOL Wednesday - Friday, 1 - 3:30 pm

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

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

OPEN GAME PLAY Friday, 1:00 pm *(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, Friday, 10 am

PINOCHLE Monday & Wednesday, 12:30 pm

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

CARDS & MORE Thurs. 10:30 am

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

**Tuesday
August 11
7 pm**



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

THE RULES ARE SIMPLE:

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

HAVE FUN!

August 2015

OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

PHONE
810.735.9406
FAX
810.735.4255

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

MONDAY

3
8:00 Bridge
9:00 Massage
9:30 Zumba Gold
10:00 Sleep Mat Production
10:00 Painting
11:30 Lunch *Meatloaf*
12:30 Pinochle
1:00 Listening Ear
3:00 NO Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball

TUESDAY

4
9:00 Gun Lake Casino
9:30 Zumba Gold
10:00 Loose Threads
10:30 NO FIT4EVER
11:00 Signing Party
11:30 Lunch *Philly Chicken*
12:00 NO Line Dance
12:30 Euchre
1:00 Chicago Bridge
2:00 Blood Pressure
3:00 Mah Jongg
4:00 Chair Yoga
5:00 Yoga
5:30 Magic Bus

WEDNESDAY

5
8:00 Bridge
9:00 Biking Bunch
9:00 Manicures
9:30 Yoga
10:00 Consumer Fraud
10:30 1 on 1 Financial
11:15 Art à la Carte
11:30 Lunch *Pulled Turkey*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
1:00 IPAD 1
4:00 Back to Bricks Linden
5:00 Zumba
6:15 Pickleball

THURSDAY

6
9:00 NO Massage
9:30 Chair Yoga
10:00 AMVET
10:15 Zumba Gold
10:30 Tiger Ball Game
10:30 NO FIT4EVER
10:45 Farmers' Market Trip
11:30 Lunch *Roasted Chicken*
12:30 Euchre
1:00 IPAD 1
4:00 Back to Bricks Fenton
4:00 Yoga
6:30 NO Line Dance

FRIDAY

7
9:00 MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch *Pasta & Cheese*
1:00 Lapghans
1:00 Chicago Bridge
SATURDAY August 8
9:00 Zumba
10:00 Euchre
Sunday August 9
2:00 Pickleball

10

8:00 Bridge
9:00 CSFP
9:00 Massage
9:30 Zumba Gold
10:00 Painting
10:15 Sleep Mat Production
11:30 Lunch *Turkey Burger*
12:00 "Anyone Can Paint"
12:30 Pinochle
1:00 Book Club
2:00 Social Security Talk
3:00 NO Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball

11

9:00 Veteran Services
9:30 Zumba Gold
10:00 Loose Threads
10:30 NO FIT4EVER
11:30 Lunch *Spaghetti*
12:00 NO Line Dance
12:30 Euchre
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
4:30 Cookout
5:00 Yoga
5:30 Jimmy Buffet
6:00 Dance
7:00 Open MIC

12

8:00 Bridge
9:00 Bay City Trip
9:00 Biking Bunch
9:00 Manicures
9:00 Blood Pressure Check
9:30 Yoga
10:30 Watch Repair
10:30 AARP Safe Driving
11:15 Art à la Carte
11:30 Lunch *Pork Dippers*
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
1:00 IPAD 2
3:15 Coupon Club
5:00 Zumba
6:15 Pickleball

13

8:00 Board Meeting
9:30 Chair Yoga
10:15 Zumba Gold
10:30 NO FIT4EVER
10:30 Farmers' Market Trip
10:30 AARP Safe Driving
11:30 Lunch *Beef Stroganoff*
12:30 Euchre
1:00 IPAD 2
4:00 Yoga
6:00 NO Line Dance
Last Rummage Donation Day

14

9:00 MMAP Counselor
9:30 Yoga
10:00 Write Your Life
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch *Lemon Pepper Cod*
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
SATURDAY August 15
9:00 Zumba
10:00 Euchre
Sunday August 16
2:00 Pickleball

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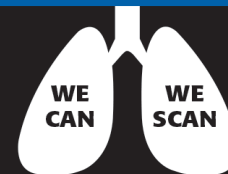
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<p>17</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Pork Chop</i></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>2:00 ROOT BEER FLOATS, \$1</p> <p>3:00 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>18</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch <i>Pepper Steak</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</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>19</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>10:00 Legal Advice</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Fried Chicken</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>20</p> <p>9:00 NO Massage</p> <p>9:30 NO Chair Yoga</p> <p>10:15 NO Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:00 Blood Pressure Check</p> <p>11:30 Lunch <i>Country Steak</i></p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>4:00 NO Yoga</p> <p>6:00 NO Line Dance</p>	<p>21</p> <p>9:00 Hearing Doctor</p> <p>9:00 MMAP Counselor</p> <p>RUMMAGE SALE, 9am – 4pm <i>Hot Dog Lunch, 11am–1pm, \$3</i></p> <p>SATURDAY AUGUST 22</p> <p>RUMMAGE SALE, 9am – 2pm <i>Hot Dog Lunch, 11 am–1 pm, \$3</i></p> <p>SUNDAY AUGUST 23</p> <p>2:00 Pickleball</p>
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<p>24</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch <i>Beef Steak</i></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>25</p> <p>8:00 Podiatrist</p> <p>8:15 Jackson Prison Tour</p> <p>8:15 Genesee County Fair</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch <i>Chicken Enchilada</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 NO Chair Yoga</p> <p>5:00 NO Yoga</p> <p>5:30 PEN PAL PARTY</p>	<p>26</p> <p>Untouchable Chicago</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>10:00 Caret Craft</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Philly Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 VOLUNTEER CELEBRATION</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>27</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch <i>Baked Chicken</i></p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>6:00 NO Line Dance</p>	<p>28</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Pub Burger</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>SATURDAY AUGUST 29</p> <p>9:00 Zumba</p> <p>10:00 Euchre</p> <p>SUNDAY AUGUST 30</p> <p>2:00 Pickleball</p>
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<p>31</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Greentown Casino</p> <p>11:30 Lunch <i>BBQ Chicken Wings</i></p> <p>12:30 Pinochle</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>Plant & Seed Swap Wednesday, September 23, 10 - 11 am</p> <p>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.</p> 	<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Cheryl Rex <i>Clerk</i></p> <p>Kathy Metivier <i>Dotti Tynes</i></p> <p>Receptionist Debbie Green <i>Maintenance</i></p>	<p>BOARD OF DIRECTORS</p> <p>Ken Wensel, <i>President</i></p> <p>Ron Wagner, <i>Vice President</i></p> <p>Alberta Martin, <i>Secretary</i></p> <p>Vince Eible Jr., <i>Treasurer</i></p> <p>Bob Cole</p> <p>Ray Culbert</p> <p>Ann Deemer</p> <p>Roby Deese</p> <p>Cheryl King</p> <p>Richard Laing</p> <p>Frank Lukowski</p> <p>Charlie Ross</p> <p>Les Scott</p>
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HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, August 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.



LOST AND FOUND

Friends,

Please check the LOST and FOUND and the coat rack located in the hallway at Loose. At the end of the day, Friday, August 17, all items will be removed and donated to Goodwill. Thank you for your cooperation. *Loose Staff*

"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday, beginning October 1
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.*

FOOD DEMO & NUTRITION

Wednesday, September. 23, 2:30 PM

Recipes, fresh produce, nutrition information, tips on preparing healthy meals on a budget, all packed into a wonderful demo and presentation by Arlene Collins, Food Banks MiFBAN Program Coordinator. Join Arlene as she shares a wealth of information and prepares wonderful samples for you to try. All attending will receive a take home package. Please be sure to call and register.



HEALTHY LIVING TO 100

Thursday, October 1, 12 noon

Increase productivity and learn about your own health. Learn about sleep patterns and how they dictate stress on the heart. Learn a guide to creating a healthy routine. LEARN TO INCREASE YOUR QUALITY OF LIFE! Join Fenton's own Dr. Ide who will share important information to help you focus on keeping out of a sick care system and more into a health and wellness system. LEARN SOLUTIONS TO STAYING HEALTHY & STAYING WELL. Sign up today!

HEXAGON ORNAMENT CLASS

Wednesday, October 7, 12:30 pm, \$5

Class size is limited to 8.

There is no better way to spend a fall afternoon than by learning something new, creating and sharing time with others. Sign up early, space is limited. Fabric and felt will be provided, please bring with you, needle, thread and scissors.



*Loose programs and/or services are fully or partially
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HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

By appointment each Monday & 1st & 3rd Thursdays

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$5. Table massages are also available. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

PODIATRIST

Tuesday, August 25, 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, *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), Annex

Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wизгird, 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

1st Tuesday of each month, 2-3 pm **NEW TIME!**

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



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



COMING IN SEPTEMBER

Tuesday, September 8, 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!



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.

THURSDAYS – Flint Farmers' Market

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

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.

NATIONAL DO NOT CALL REGISTRY

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at the National Do Not Call Website. You can register your home or mobile phone for free.

<https://www.donotcall.gov> or call 1-888-382-1222

SPECIAL SERVICES & SUPPORT

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

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

LEGAL ADVICE

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

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

CONSUMER FRAUD ASSISTANCE

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

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

AMVETS

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

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

COUPON CLUB

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

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

WATCH REPAIR

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

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

TOPS (Take Off Pounds Sensibly)

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

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

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

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@loosescenter.org so we can spread the sunshine.



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



THE LOOSE COMMUNITY ANGELS

The Community Angels are a group of Members from Loose whose mission is to assist community organizations that are helping those in need. New volunteers are always welcomed. If you are interested, call our new leaders, Mike and Paula MacMillan at 810-629-7757. Look for OUR Angels supporting community organizations/agencies with their charitable causes.

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.

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 2015. 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.

Visit Loose online at www.loosecenter.org

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 office.

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 is scheduled for August 21 & 22. Donations are now being collected. We ask that you please drop off donations on Wednesdays and Thursdays only. Thank you!

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.

REMINDER, Loose is non smoking, both facility and grounds. Smoking in vehicles is acceptable.

"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 4	Gun Lake Casino	\$35
August 4	Magic Bus - Tribute to Woodstock	\$5
August 6	Detroit Tiger vs. Kansas City Royals	\$69
August 11	Jimmy Buffet Tribute	\$5
August 12	Bay City	\$78
August 8--17	Oregon Coast	\$3,299
August 25	Genesee County Fair	\$6
August 25	Jackson Historic Prison Tour	\$102
August 26-28	Untouchable Chicago	\$424
August 31	Greektown Casino	\$28
Sept. 4	Michigan State Fair	\$20
Sept. 6-7	Mackinac Bridge Walk	\$180
Sept. 8-17	Shades of Ireland	\$3,699
Sept. 9-11	Lake Geneva, Wisconsin	\$569
Sept. 15	Applewood Tour	\$5
Sept. 15-22	National Parks	\$2899
Sept. 17	Viva Italiano	\$72
Sept. 22	King Tut Grand Rapid Public Museum	\$87
Sept. 24	FireKeepers Casino	\$32
Oct. 9	The Illusionists @ the Whiting	\$55
Oct. 10-17	Vermont-New Hampshire	\$1,799
Oct. 12-13	Little River Casino	\$120
Oct. 14	"Romeo & Juliet"	\$35
Oct. 15	Stratford Festival "Sound of Music"	\$145
Oct. 28	Caesar Windsor Casino	\$18
Nov. 10-19	Reflections of Italy	\$4,249
Nov. 17	Parade Company	\$76
Nov. 17	Greektown Casino	\$28
Nov. 21	"Christmas Rocks"	\$38
Nov. 28-Dec. 3	Christmas Extravaganza	\$1,249
December 7	Soaring Eagle & Brenda Lee Show	\$32
December 9	Holiday Glitz Rochester Style	\$80
December 10	"It's a Wonderful Life"	\$20
December 15	Mannheim Steamroller Christmas	\$65
December 29	California (ROSE BOWL PARADE)	\$2,579
January 21	Florida (14 days, 13 nights)	\$2,399
February 18-25	California (7 nights)	\$2,799
April 15-21	Sedona & Las Vegas	\$2,299

Detailed flyers are available at the Loose Center.

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

CLIO AMPHITHEATER 2015 TRIBUTE SHOWS

Depart Loose @ 5:30 pm, show starts at 7 pm

Tickets can be purchased at the gate prior to the show - \$6
Transportation arrangements made through Loose at \$5

August 4 Magic Bus
August 11 Jimmy Buffet Tribute



FRESH PRODUCE @ The MARKET

Thursday, August 20, 2015, \$2

Leave 10:00 am,

Return 1 pm (limit 8)

We are partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's. Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call and sign up today. **Next market visit with Caretel Inn, Thur., Sept. 17.**



APPLEWOOD Garden Tour

Tuesday, September 15 \$5 (transportation)

Leave Loose at 9:30 am return 12:30 pm

Applewood is the estate of the Charles Stewart Mott Family, built by Mr. Mott in 1916 in Flint. It is 34 acres of beauty and is now a part of the Ruth Mott Foundation.

The estate's beautifully landscaped 18 acres weave together the Mott family's past and present dedication to serving the needs of the community through convening and public programs. *The tour is free, however Applewood does encourage participants to donate to their favorite charity.* Limited to 10.



MICHIGAN STATE FAIR

Friday, September 4, 2015

7:30 am-7 pm, \$20

THE PRICE OF THIS TRIP INCLUDES

- Round Trip Motorcoach Transportation
- Free Admission to the fair for those 62 and over.
(Those 50- 61, \$8 admission to the Fair)
- Continental Breakfast
- Vendors with FREE stuff
- Door Prizes and Drawing
- Entertainment
- Time to explore all the FAIR has to offer
- AND MORE!

Don't Miss Out!

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)

August 5 Wassily Kandinsky
August 12 Piet Mondrian
August 19 Calder: Sculptor of Aur
August 26 Rothko



AND MORE TRIPS

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



Wed., August 12, \$78

Tour Includes Transportation PLUS City Tour, Lunch at Krzysiak's House, Saginaw River Cruise, Shopping. **Come on, you know you want to. Call today! 9 am - 6:15 pm**



KING TUT The breathtaking recreation presented by Grand Rapids Public Museum

Tuesday, September 22, 2015

Departs: 9:15am - Returns: 8:30 pm
Pick up at Kmart, Silver Pkwy. \$87

Tour Includes Motorcoach Transportation PLUS Lunch at Pearl Street Grill (please indicate

your lunch choice when you register for the trip, the Discovery of King Tut: His Tomb & His Treasure exhibit, admission to the Grand Rapids Public Museum.



CALL LOOSE FOR DETAILS!

JACKSON HISTORIC PRISON TOUR **Tuesday, August 25, 2015**
Departs: 8:15am - Returns: 5:45 pm
Pick up at Kmart, Silver Pkwy. \$102

CALL LOOSE FOR DETAILS!

Tour Includes Motorcoach Transportation PLUS Michigan Theater featuring "Jacktown: The History of Michigan's First State Prison", Lunch at Steve's Ranch, Amory Arts Village - visit the "Old Prison", now Armory Arts Village a resident artist community, and The Parlour Old Fashioned Hand-Dipped Ice Cream.



October 12-13, 2015, \$120 double

Includes Motorcoach Transportation PLUS

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



THE PARADE COMPANY

Tuesday, November 17, 2015, \$76

Departs: 8:30am - Returns: 5:45 pm
Pick up at Kmart, Silver Pkwy

Tour Includes Motorcoach Transportation PLUS Lunch at Sindbad's Restaurant, a guided tour of Ford Field and The Parade Company Tour - a behind the scenes look, Detroit's' hidden treasures at The Parade Company Studio. We will step into a story land of color and fun as we get ready for one of Detroit's most anticipated holiday events.



Mackinac BRIDGE WALK (walking optional)

Sunday, September 6-7, 2015, \$180 pp/double occupancy

Departs: Pick up at Kmart, Silver Pkwy

Tour Round Trip Motorcoach Transportation:



PLUS: 1 night stay at Kewadin Casino Hotel in Sault Ste. Marie, MI, one breakfast and one lunch. Featuring: Shopping time at Mackinaw Crossings, Kewadin Casino (includes \$10 casino credit, \$10 in food coupons and a \$10 cash incentive). Walk across the Mackinac Bridge, shopping time in Mackinaw City.

Thursday, October 15, 2015

Departs: 6:15 am - Returns 10 pm
Pick up at Kmart, Silver Pkwy,

Required (one of the following)

Valid Passport, Passport Card, Enhanced Drivers License or Certificate of Naturalization

CALL LOOSE FOR DETAILS!



Stratford FESTIVAL

\$145.00

Includes Transportation, Queen's Inn Buffet Lunch, Shopping, Festival Theater, Sound of Music, starring



January 21 - February 2, 2016
\$2,399 PP Double Due 12/10/15

Tour Includes Transportation (air and motorcoach) PLUS 13 nights lodging 13 breakfast, 1 lunch, 1 dinner, 2 nights complimentary food and drinks, Edison & Ford Winter Estate, Ringling Circus Museum & Museum of Art, Gulf of Mexico Lch Cruise, Broadway Palm Dinner Theater, Fleamasters Flea market, Henry B. Plant Museum, Inside CNN Studio Tour, Luggage Handling, Tax & Tip on included meals.

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

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Rummage **SALE** & Bake Sale

Friday, August 21, 9 am - 4 pm
Saturday, August 22, 9 am - 2 pm

LOOSE CENTER
707 North Bridge Street, Linden
810 735-9406
www.loosecenter.org



ENJOY Hot Dogs each day, 11 am - 1 pm , \$3
(includes one Koegel hot dog, chips & drink)

