

JANUARY 2019

the perfect place for 50+

LOOSE

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*"Winter is on my head,
but eternal spring is in my heart."
- Victor Hugo*

From the Director

Dear Friends,

January, 2019. We look to a new year filled with hope, love and new beginnings. As we approach the new year we face the winter months that close in on us and limit what we can do. We deal with the cold, snow and ice which makes our daily routine sometimes difficult. Our lives as in winter also gives us times of challenge. It may be our health, finances, loss or just doldrums. We find it hard to cope with what comes our way.

But, spring will soon be here. Warm breezes, brilliant sunshine, colorful flowers and a sense of new. Our life changes to getting outside, taking walks, planting gardens and enjoying the gifts that Mother Nature brings this time of year. Again our lives change. We have more energy. We want to reunite with friends and families. We feel the youth in us that spring affords. We find our hearts become refreshed and we again are in spirit "Young Again".

So my "New Years Message" to you is this. Face the winter in your lives no matter what it brings. Do not succumb to things that may affect you and limit you to what you can do. Make the best of everyday and moment. Go out and be the best you can be. Because spring will soon be here and your spirit will again rejoice in the new that spring brings every year.

"Winter is on my head, but eternal spring is in my heart." - Victor Hugo

I wish you a wonderful and joyous New Year.

All is well!
Carl Gabrielson
Executive Director
Loose Center



MEDICARE 101

Monday, February 4, 12 pm

Maybe you're getting close to 65 yourself or simply want to understand how Medicare works so that you can help a family member or friend. Take this opportunity to sit with our MMAP Counselor's Ann Walker and Dolores Coulter and listen and have a chance to ask questions. Knowledge is power! **Call and sign up today.**



MOVIE NIGHT

Tuesday, February 5, 7 pm

MOVIE DAY

Wed., February 6, 12 noon

From Clint Eastwood comes "The 15:17 to Paris," which tells the real-life story of three men whose brave act turned them into heroes during a high-speed railway ride. In the early evening of August 21, 2015, the world watched in stunned silence as the media reported a thwarted terrorist attack on Thalys train #9364 bound for Paris—an attempt prevented

by three courageous young Americans traveling through Europe. The film follows the course of the friends' lives, from the struggles of childhood through finding their footing in life, to the series of unlikely events leading up to the attack. Throughout the harrowing ordeal, their friendship never wavers, making it their greatest weapon and allowing them to save the lives of the more than 500 passengers on board. The heroic trio is comprised of Anthony Sadler, Oregon National Guardsman Alek Skarlatos, and U.S. Air Force Airman First Class Spencer Stone, who play themselves in the film.

Admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care & Lockwood of Fenton.

Refreshments will be served!

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

CHARITABLE GIVING

YOUR Loose Center Board of Directors has approved the 2019 budget of \$362,355 which includes income needed of \$51,000 from donations and fund raising. Below are two smart ways of charitable giving (hopefully you will consider including Loose).

TRANSFER YOUR RMD (Required Minimum Distribution)

Retirees can give up to \$100,000 to charity tax-free from an IRA and have it count as their required minimum distribution for the year. *Here's what you need to know...* you need to transfer the money directly from the IRA to the charity for it to count as the tax-free transfer.

OPEN A DONOR-ADVISED FUND

which is like a charitable investment account, for the sole purpose of supporting charitable organizations you care about. When you contribute cash, securities or other assets to a donor-advised fund at a public charity, you are generally eligible to take an immediate tax deduction. You need to transfer the money directly from the IRA to the charity for it to count as the tax-free transfer.

It is suggested that you consult with a tax/or Financial Advisor when using either of these tax advantage giving methods. All donations, no matter how large or small are very much appreciated.

Hello January Happenings

Disaster Plan



DISASTER PREPAREDNESS

January 7, 12 pm

Do you know what to do to help keep your family safe in an emergency? Would you know what supplies you need in case the power goes out or what documents you should have on hand if you need to evacuate your home? From flooding to wildfires, emergency preparedness begins with three simple actions: Make a Plan, Be Informed. Sign up today for this important presentation.



SENIOR WINTER GAMES

of Genesee County 2019

REGISTER UNTIL JANUARY 19, 2019

(forms available at Loose, no late registrations)

GAMES BEGIN FEBRUARY 4

Cost \$12 includes, Opening Ceremony, SWG T-shirt, entry to as many games as you wish, Closing Ceremony Banquet

2019 EVENTS INCLUDE

Bowling, Spades, Softball Toss, Lawn Bowling, Soccer-Free Kick, Yahtzee, Cribbage, Pinochle, Suduko, Bean Bag Toss, Shuffleboard, Free Throw, Pickleball, Volleyball, Archery, Euchre, Frisbee Toss, Hand-Knee-Foot, Pool-8 Ball, Table Tennis, Line Dancing, Baking, Karaoke, Dominoes (Mexican Train), Arts & Crafts, Miniature Golf

VOLUNTEERS NEEDED

If you are interested in volunteering, please contact Jean Johnson at 810•744•0960 or Misty Moen at 810•695•3202.

THURSDAY AFTERHOURS AT LOOSE

5:00 PM YOGA FIT (see page 5 for a complete Yoga Fit description)

6:15 PM GROOVE What is GROOVE?

It's a simple method to movement, mindfulness & creativity that makes dance easy, fun & accessible to everyone.

NEW

7:30 PM BEGINNER PICKLEBALL PLAYTIME & REVIEW

For players who have completed a beginner class. This is a time to play with others at the same skill level & polish up your technique.

\$5 drop in fee or discounted punch card available

GRIEF SUPPORT GROUP BEGINS

Next Session Begins January 9, 2019

The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.



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

Personal Safety Presentation

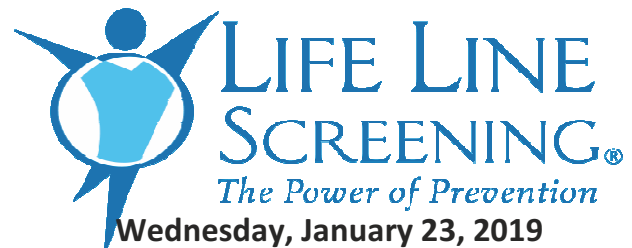
Wednesday January, 9, 10:30am

We welcome Trooper Steven A Kramer from the Michigan State Police—Flint Post, to Loose to share some very important information on the topic of Personal Safety and situational awareness. Learn how to be more aware of your surroundings and how to put safety first.

WHAT TO EXPECT...

General Personal Safety information
De-escalation techniques
Using words to calm a situation
What to look for in a situation—is it dangerous...

AND MORE...There will be plenty of time for questions.

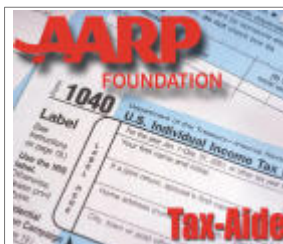


Take a step toward Staying HEALTHY & ACTIVE

Tests include: Carotid Artery (plaque) Screening, Heart Rhythm Screening, Abdominal Aortic Aneurysm Screening, Peripheral Arterial Disease Screening and Osteoporosis Risk Assessment. 9 out of 10 cardiovascular doctors support preventive screenings for those with key risk factors (age 55+, High Blood Pressure, High Cholesterol, Diabetes, Obesity, tobacco usage, family history of CVD or stroke).

Pre registration is required for this important preventative care opportunity.

Call 1-888-653-6450 for information



FREE TAX FORM PREPARATION!

AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 50 and older. Preparation is by certified AARP Foundation Tax Aides. **This service begins on Friday, February 1 (by appointment ONLY).**

Please call the Loose Center at 810.735.9406

on or after Tuesday, January 22, 2019

to schedule an appointment.



Try Drums Alive -Every Thursday at 12 pm

You will LOVE it!!

<http://www.loosecenter.org> • 810-735-9406 • Loose

Nutrition & More

POTLUCK

2nd Friday of each month, 5 pm
It's a great night of good fun. Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

Coffee COPS and Conversation

Tuesday, January 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!



Tuesday, February 26

SPAGHETTI DINNER



Singing the Big Band Standards

MATT WALCH

Dinner served between 4:30 & 5:45, Concert Starts at 6 pm
Dinner & Concert \$12, Dinner Only \$5, Concert Only \$7

Matt Walch is an outstanding singer performing throughout the Country, including New York, Martha's Vineyard, Bar Harbor, Chicago, Scottsdale, Palm Springs, and Boston. His music consists of the Big Band Standards recorded by Sinatra, Tony Bennett, Nat King Cole, Elvis, Bobby Darin and other legends, sounding so close to the original, audiences often wonder if he's actually singing. *Not once has an audience been disappointed in Matt's performance!*



only at Loose

January 2019 Lunch @ Loose Menu

Call (810)735-9406 one day prior to reserve your spot.

It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$4 per lunch...quite the deal).

Mon <i>Potpourri</i>	Tue <i>Soup Day</i>	Wed <i>Healthy Dinner Day</i>	Thu <i>Theme Thursday</i>	Fri <i>Tying up LOOSE ends Day</i>
Eat In Take OUT	1 happy new year	2 Cabbage Rolls Mashed Potatoes Carrot Salad	3 Tacos and all the Fixins	4 Chefs Choice <i>You Won't be sorry</i>
7 Chicken Salad Croissant Tossed Salad	8 Chicken Tortilla Soup <i>Sponsored by ARGENTINE CARE CENTER</i>	9 Hot Turkey Sandwiches Mashed Potatoes Gravy Corn	10 Eggs Sausage Fruit	11 Delicious Odds & Ends
14 Hamburgers Fries Raw Veggies	15 Beef Stew Hearty Roll Landings <i>of Genesee Valley</i>	16 <i>Carl's Day to Cook</i> BBQ Ribs Fried Potatoes Tossed Salad Roll	17 Coney's (Flint or Detroit Style) Salad Chips	18 Hand picked just for you! ☺
21 MARTIN LUTHER KING JR. DAY	22 Chicken Noodle Soup Roll & Salad	23 Swedish Meatballs Noodles Green Beans	24 Spaghetti Tossed Salad Garlic Bread	25 Leftovers
28 Reuben Stromboli	29 Broccoli Cheddar Soup Ham Sliders	30 Shepard's Pie Salad	31 Baked Potato Bar	PLEASE NOTE: The cost of the second helping is \$1.00

LOOSE LUNCH (all meals are prepared in house) Each hearty meal includes, fruit, beverage (including milk) & dessert.

BODY, MIND & SPIRIT

THE LOOSE FITNESS ROOM IS OPEN

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

A MILE AT A TIME Tuesday & Thursday, 8-9:15 am FREE

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

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

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

Yoga Fit Keep the flow going and get a good workout with your yoga. Balance poses to strengthen the body, cardio for the heart and concentration for the mind.



DRUMS ALIVE® The Goal of Drums Alive® is to “improve lives, physically and psychologically, through a unique sensory motor drumming program involving drumsticks, an exercise ball and music.” It is a whole body/ whole brain program; suitable for ALL ages and abilities. Equipment needs can be discussed with the program supervisor. \$5 drop in fee or discounted punch card available.

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

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

ZUMBA GOLD TOTAL FIT®

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

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

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

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

Wii BOWLING Organized Wii play is held on Thursdays and open play is available when there is no schedule conflict. **The next 8 week play begins on January 10, 2019. If you are interested in Wii bowling, please contact the Loose Office.**

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **GROOVE**
2:00 pm Arthritis Exercise
4:00 pm **Yoga (gentle flow)**
5:00 pm **Zumba/Total Fit**
6:15 pm Pickleball

TUESDAY

8:00 am Mile @ a Time
9:30 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
12 & 1 pm **Line Dance**
1:00 pm Exercise @ Caretel
4:00 pm **Chair Yoga**
5:00 pm **Yoga (gentle flow)**

WEDNESDAY

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

THURSDAY

8:00 am Mile @ a Time
9:30 am **Chair Yoga**
10:15 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
11:30 am **Wii Bowling (1/10)**
12 noon Drums Alive
5:00 pm **Yoga Fit**
6:15 pm **Groove (1/10)**
7:30 pm **Beginner Pickleball Play**

FRIDAY

9:30 am **Yoga (gentle flow)**
10:30 am Healthy Aging Exercise
11:00 am Pickleball

SATURDAY

9:00 am **Yoga**
10:15 am **Zumba/Total Fit**

SUNDAY

2:00 pm Pickleball

“GROOVE” Mon. at 9:30 am, Thurs. 6:15 pm

\$5 drop in fee or discounted punch card available

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. We are united in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body, heart, and soul. You can even do it from a chair. Best part, you add your own style and you can't do this wrong! Come check it out.

PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sunday, 2 pm

\$5 drop in fee or discounted punch card available

Friday, 11 am - 4 pm (reservation required)

Thursday, 7:30 Beginner playtime & Review (must have completed beginner class to play at this time)

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.

ARTHRITIS FOUNDATION EXERCISE



Monday, 2 pm, FREE Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*

HEALTHY AGING EXERCISE FREE

Friday, 10:30 am or Tuesday @ Caretel, 1 pm

Maintain good health with movement & strengthening that will enhance balance & increase your tolerance for a healthy active lifestyle. This program will be led by a Physical & Occupational Therapist from Caretel Inns. Do not miss this chance to add movement to your life.

LINE DANCE Tuesday, Beginning 12 noon, Advanced, 1 pm

\$5 drop in fee or discounted punch card available

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

BIKING BUNCH See you in the Spring

Artsy & Crafty

"ANYONE CAN PAINT" Class Minimum: 6

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

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

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

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!

YARN RECYCLERS Fridays, 10 am, FREE

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

LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

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

FIBRE FRIENDS Fridays, 1 pm, 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.



WATERCOLOR CLASSES

Monday, January 7 & 14, 2019

1 pm, \$15

Instructor, Peggy Mattson

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.

SLEEP MATS Mondays, 10:00-11:30 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.

QUILLING CLASS THURSDAYS @ 2 PM

PAPER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and **Q**UILLING are all names which have been given to our art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try, beginners included. *Please note: there is a \$15 drop in fee for this class.*



Project Linus

4th Wednesday of each month, 9:30 to 11:30 am

This special group that has been making and donating blankets to local shelters and outreach of many kinds (over 27,000 blankets donated since 1999) with a goal to provide comfort for any vulnerable child.

Each time they gather, some of "blanketeers" bring machines and supplies and work on blankets, others make blankets at home and drop in to deliver blankets, get pattern ideas, and pick up supplies and laugh.

WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

In the event of inclement weather, please tune into ABC 12, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.

Visit Our Website
www.loosecenter.org

CLASSES, MUSICAL OPPORTUNITIES & MORE

LOOSE CHORUS

MONDAY @ 3 PM



Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events.

They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering.

TALENTED & WELCOMING & ALL ARE WELCOME!

TECHNOLOGY

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

IPAD 1

Wednesday, January 23 & 30, 4-6 pm, \$20,

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

IPAD 2

Wednesday, February 6 & 13, 4-6 pm, \$20,

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

SMARTPHONE PHOTOS

Wed., February 20, 4-6 pm, \$15

So you have learned to take pictures with your new smart phone, now what? Your photo album that sits on the coffee table could use updating and the photos are on your phone, now what? Take the time and learn what to do next and how to get those photos in your hands

WINDOWS 10

Wednesday, February 27 & March 6, 4-6 pm, \$20

If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

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.



Friday, January 25, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

BOARD & CARD GAMES

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

HAND & FOOT Wednesday, 6:30pm

POOL Wednesday - Friday, 1pm-3:30 pm

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

OPEN GAME PLAY Friday, 12:30-3:30 pm *(bring a friend)*

CHICAGO BRIDGE Tuesday, 1pm & Friday, 12:30pm

CHESS Wednesday, 12:30 pm

CARDS & MORE Begins October 11.

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 12:30 pm

EUCHRE Tues. & Thurs., 12:30pm



DO YOU NEED A RIDE TO LOOSE?

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

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE

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.

January 2019

OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

EMAIL

lscce@loosecenter.org

WEBSITE

www.loosecenter.org

PHONE

810.735.9406

FAX

810.735.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

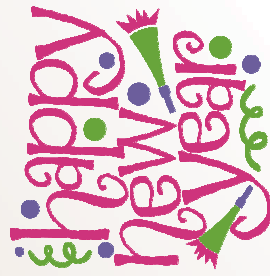
FRIDAY

SATURDAY/SUNDAY

WANT TO HELP?

It's easy! Pick your newsletter up at Loose as opposed to having it mailed.

Give us a call and we can explain how it works.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:30 GROOVE</p> <p>10:00 FireKeepers Casino</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch</p> <p>12:00 <i>Chicken Croissant</i></p> <p>12:30 Disaster Response</p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</p> <p>1:00 Water Color</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>1</p> <p>9:30 Yoga</p> <p>10:00 NO Manicures</p> <p>10:00 1 on 1 Financial</p> <p>10:00 Consumer Fraud</p> <p>10:45 Art à la Carte</p> <p>11:30 LUNCH Cabbage Roll</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>2</p> <p>8:00 Mile @ a Time</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET REP.</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH Tacos</p> <p>12:00 Drums Alive@</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>3</p> <p>MMAP Counselor</p> <p>8:00 Mile @ a Time</p> <p>9:30 Yarn Recyclers</p> <p>10:00 Healthy Exercise</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>Chef's Choice</p> <p>12:30 Open Game Play</p> <p>12:30 Chicago Bridge</p> <p>1:00 Fibre Friends</p>	<p>4</p> <p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>Chef's Choice</p> <p>12:30 Open Game Play</p> <p>12:30 Chicago Bridge</p> <p>1:00 Fibre Friends</p>	<p>5</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>Sunday, January 6</p> <p>2:00 Pickleball</p>
<p>7</p> <p>9:30 GROOVE</p> <p>10:00 FireKeepers Casino</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch</p> <p>12:00 <i>Chicken Croissant</i></p> <p>12:30 Disaster Response</p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</p> <p>1:00 Water Color</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8</p> <p>8:00 Mile @ a Time</p> <p>8:00 Veteran Services</p> <p>9:30 Coffee & Cops</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p><i>Chicken Tortilla Soup</i></p> <p><i>Argentine Care Center</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>9</p> <p>9:00 Blood Pressure ✓</p> <p>9:30 Yoga</p> <p>10:00 Manicures</p> <p>10:30 MSP Personal Safety</p> <p>10:45 Art à la Carte</p> <p>12:00 Lunch Hot Turkey Sand.</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>3:15 Coupon Club</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>10</p> <p>MMAP Counselor</p> <p>8:00 NO Mile @ a Time</p> <p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Wii Bowling</p> <p>11:30 LUNCH</p> <p><i>Eggs/Sausage</i></p> <p>12:00 Drums Alive@</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p> <p>6:30 Sleeping Beauty</p> <p>7:30 Beginner Pickleball</p>	<p>11</p> <p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Write Life Story</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p>11:30 Lunch</p> <p>Chef's Choice</p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p>5:00 Potluck</p>	<p>12</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>Sunday, January 13</p> <p>2:00 Pickleball</p>

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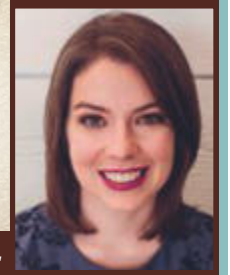


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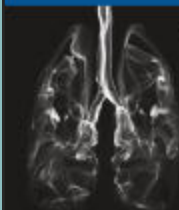
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<p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch</p> <p><i>Reuben Stromboli</i></p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Mile @ a Time</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p><i>Chicken Noodle Soup</i></p> <p>12:30 Euchre</p> <p>12:00 Line Dance</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Lifeline Screening</p> <p>9:30 Yoga</p> <p>9:30 Project Linus</p> <p>10:00 Manicures</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch</p> <p><i>Swedish Meatballs</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>4:00 IPAD 1</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>8:00 Mile @ a Time</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch Spaghetti</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p> <p>7:30 Beginner Pickleball</p>	<p>20</p> <p>21</p> <p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>26</p>
<p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch</p> <p><i>Reuben Stromboli</i></p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Mile @ a Time</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p><i>Chicken Noodle Soup</i></p> <p>12:30 Euchre</p> <p>12:00 Line Dance</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Lifeline Screening</p> <p>9:30 Yoga</p> <p>9:30 Project Linus</p> <p>10:00 Manicures</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch</p> <p><i>Swedish Meatballs</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>4:00 IPAD 1</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>8:00 Mile @ a Time</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch Spaghetti</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p> <p>7:30 Beginner Pickleball</p>	<p>27</p> <p>28</p> <p>29</p> <p>30</p> <p>31</p>



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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 is facilitated by John Strayer of Tanglewood Homecare and Assisted Living.

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.



Beginning PICKLEBALL

Sunday February 24 & March 3, 12 - 2 pm, \$10

If you've never played Pickleball before or are a recent beginner, this is designed especially for you! Learn the basics of Pickleball rules, terminology, primary skills, coordination and more. These sessions will help develop technique and strategy for social play. Bring your own paddle (or one can be provided), balls are provided and learn from a veteran instructor. This is the perfect starting place for the beginning of your pickleball adventure.

After completion, consider attending the beginner play time on Thursdays at 7:30 pm to polish your skills.

HOW TO SAVE FUNERAL HOME COSTS

Tuesday, February 12, 2:30 pm

Making funeral home arrangements is one of the hardest yet meaningful tasks a family can do together. Better financial decisions while not under emotional duress, peace of mind, and honoring family wishes are just some of the benefits of planning early. In this 1-Hour workshop you will learn . . .

- How to save money in funeral costs
- Your rights under the Federal Trade Commission
- The ABCs of Caskets, Embalming, Burial Vaults, etc.
- The types of services to choose
- Considerations when pre-paying
- Veteran benefits

You will also receive a **General Price Worksheet** and the **State of Michigan Funeral Facts** booklet. This workshop is free and led by *Rev. Steve Gonzales, Bereavement Coordinator of Grace Hospice in Flint. *Rev. Gonzales does not represent a funeral home.



Looking for Opportunities to Volunteer with Hospice Patients?

Grace Hospice is looking for volunteers interested in providing encouragement and companionship to our hospice patients and caregivers. Following the Funeral Home workshop, please visit the Grace Hospice table to learn how you can brighten someone's day.



LOW BACK PAIN: HOW CAN I TAKE CONTROL?

Wednesday, February 20, 10:30 am

About 80% of the population experiences low back pain at some point in their life. According to a recent survey, more than a third of people with low back pain report that it affects their daily living and around 75% utilize pain medication to treat their symptoms. Exercise is a known, effective treatment for both the reduction of and the prevention of low back pain. Come learn about low back pain, how to prevent it, when to know when it is time to seek help from a professional and some simple but effective exercises that can help you prevent or reduce your low back pain. Kat Wood DPT, OCS, ATC from Ivy Rehab – Linden (formerly Linden Physical Therapy) will be presenting information that you can use to take control in the battle against low back pain.



BUSTING-MYTHS

February 13, 11AM

Honoring life's journey Come join us for an introduction to hospice and busting all the misconceptions and fears associated with hospice. Is hospice a place? Is hospice a last resort? Does hospice forego medications or treatments? Is my doctor excluded if I choose hospice? There are so many questions, be informed! Presented by Stacy Trudeau RN

HEALTH SERVICES & TRANSPORTATION

MASSAGE

By appointment each Tuesday!

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

Keep Calm & Book a Massage

PODIATRIST

January 29 (by appointment)

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

MANICURES

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

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



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

Travel & Participant Statement 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.

BLOOD PRESSURE CHECK

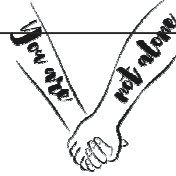
1st Tuesday of each month, 10:30 - 11:30am

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

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

Sponsored by Fenton HealthCare Center



GRIEF SUPPORT GROUP

Next Session Begins January 9, 2019

**Wednesdays, 1/9, 1/16, 1/23, 1/30,
2/6, 2/13, 2/20, 2/27**

We are thankful to McLaren Hospice who has reached out to us and offered to facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

Do you qualify for one of these MONEY SAVING Medicare Benefits

MEDICARE SAVINGS PROGRAM: The State of MI pays your Part B premium, which is worth \$109-\$134 to you each month. To qualify there is an income and asset test. Income: less than \$1377/month for single or \$1,874 for a couple (gross before any deductions). Assets: less than \$7,390 for single or \$11,090 for a couple (in bank accounts, 401K, IRAs, etc.)

EXTRA HELP FOR PRESCRIPTION DRUGS FROM SOCIAL SECURITY: The Social Security Administration pays all or part of your Part D prescriptions drug plan premium, and lowers your copays and deductible. This benefit also eliminates the "donut hole" in Rx coverage. Income: less than \$1,528/month single or \$2,050/month for a couple. Assets: less than \$13,820 for single or \$27,600 for a couple.

MICHIGAN MEDIGAP SUBSIDY: If you have a medigap plan from BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$40/month if you are under 75, \$65/month if you are over 75. There is only an income requirement for this benefit. You can have any amount in assets. Income: less than \$26,730/year single or \$36,045/year for a couple...Assets: any amount is OK.

MMAP (Michigan Medicare/Medicaid Assistance Program) can help you apply for any of these benefits. Call Loose Senior Center, 810-735-9406 for an appointment with a MMAP counselor.

Visit Loose online @ www.loosecenter.org

Special Services & Support

SUNSHINE GREETINGS

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



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

ASK THE LAWYER

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

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

CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

AMVETS

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

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

COUPON CLUB

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

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

TOPS (*Take Off Pounds Sensibly*)

Mondays, 6:00 pm, 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. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-241-8919

We are happy to share that we are actively recycling here at Loose. You will see BLUE containers with the universal recycle emblem around the building in a variety of locations. Please help us reduce our waste by placing your recyclable products in these containers. This would include, PLASTIC, GLASS, METAL, CARD BOARD (no food, no Styrofoam, etc). Don't forget we also collect paper in our bins located in the parking lot. Thank you for helping out! If you have questions, please check with staff.




MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday, Tuesday and Wednesday after 10 am. This generous Loose privilege is on a first come first serve basis and distribution is on the honor system. We just ask, so all can enjoy, you limit your choices to two items. Thank you!

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

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

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. 

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 2019. 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.

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

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

WE SAVE...YOU CAN HELP



VG'S Drop off your ENTIRE VG receipt at Loose. Once we have collected and turned in \$150,000 worth of receipts, VG's will donate \$1000 to Loose. WOW!

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!

KROGER If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

AMAZON SMILE Do you shop Amazon? If so, there is a very simple way your purchases can benefit Loose. Search for Amazon Smile or go to, <https://smile.amazon.com/ch/38-3266054>, sign in and designate Loose as your charity. Each time you make a purchase, a portion will be donated back to Loose.

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 bins 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.

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."

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

TRIPS

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

TRIPS @ A GLANCE

January 7	FireKeepers Casino	\$32
January 10	Sleeping Beauty	\$35
January 20	"Beehive" @ Theatre on the Avenue	\$72
January 25	Rent	\$45
January 30	Greektown Casino	\$30
February 12	FireKeepers Casino	\$32
February 20	Viva Italiano!	\$79
Feb.19-Mar. 5	Machu Picchu & The Galapagos Islands	\$\$\$\$
Feb. 22-28	Treasures of California	\$2,999
February 26	Freedom Bound	\$12
March 7	Soaring Eagle	\$32
March 18-29	Texas	\$2,789
March 27	Gun Lake Casino	\$35
April 9	Detroit Behind the Scenes	\$85
April 25-May 5	Spain's Classics	\$\$\$\$
April 26-27	Chicago Weekender	\$354
May 1	Meadow Brook Theatre	\$101
May 8	Holland Tulip Time	\$95
May 13	Niagara Fall & Toronto	\$599
May 13-20	Charleston/Savannah	\$1,899
May 30	See the "T" (Toledo)	\$96
June 6-8	Lilac Festival	\$580
June 19	District Detroit	\$85
June 20-June 29	Switzerland, Austria & Bavaria	\$\$\$\$
July 17	Clinton River Cruise	\$76
August 4-10	Canadian Rockies	\$3,599
August 8-17	Oregon Coast & Pacific Northwest	\$3,889
September 12-17	Wisconsin Dells (Lake Geneva)	\$1,499
October 2-9	Railroads of New England	\$1,999
October 19-28	Shades of Ireland	\$\$\$\$

Detailed flyers are available at the Loose Center.

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

MCC CONTINUING EDUCATION

(Fridays @ Applewood)

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

Payment is due by 4 pm Tuesday prior to the event!

A special THANKS to The State Bank for their donation to help offset the cost of this event for Loose Members

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

January 18 - Amy Rouleau The Building of the Restoration Place
Amy is the founder and Executive Director of The Restoration Place, a nonprofit organization whose primary vision is to provide long-term aftercare for girls who have been sexually exploited through Human Trafficking. She has led an effort to build a facility in the greater Flint area to help young women reclaim their lives.

February 15 - Randy Conant

Randy was hired by ABC channel 12 in 1992. He became a very familiar face in our area as he covered local stories related to aviation, the auto industry and business.

2018/19 Whiting Opportunities

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

Van leaves Loose one hour prior to SHOW TIME

SLEEPING BEAUTY (BALET) Thursday, January 10, 7:30, \$35

Sleeping Beauty tells the magical story of a beautiful, sleeping princess who awaits the kiss of her prince. Brought to life by the Russian National Ballet, this production's luminous costumes and elaborate sets complement the graceful movements of those gifted dancers, resulting in a sublime performance.

RENT Friday, January 25, \$45

This Pulitzer Prize and Tony Award®-winning masterpiece returns to the stage in a vibrant 20th anniversary touring production. RENT follows an unforgettable year in the lives of seven artists struggling to follow their dreams without selling out. With its inspiring message of joy and hope in the face of fear, this timeless celebration of friendship and creativity reminds us to measure our lives with the only thing that truly matters—love.

FREEDOM BOUND Tuesday, February 26, 7 pm \$12

There is a story connected with the Underground Railroad in countless communities throughout the north. Old houses have secret tunnels leading into the woods, attics with hidden stairways. The "Railroad" was a network of friends who helped slaves escape to freedom in the north and on to Canada before the Civil War.



DIABOLO/ARCHITECTURE IN MOTION Fri., March 1, 8 pm, \$23



Diavolo/Architecture in Motion, fresh from its recent success as a top 10 finalists on NBC's America's Got Talent, Diavolo explores the relationship between the human body and its architectural environment, pushing the limits of performance by incorporating architectural structures, gymnastics and acrobatics into its work. Led by Artistic Director Jacques Heim, this audacious and innovative company, goes where no other company dares.

SHAKESPEARE COMEDY Thursday, April 25, 7:30 pm, \$15

JERSEY BOYS Tuesday, May 14, 7:30 pm, \$47

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 10:45 am. Cost: \$4.50 (transportation)



January 2 North Star: Mark di Suvero

January 9 Exit Through the Gift Shop

January 16 Plastic Man: The Artful Life of Jerry Ross Barrish

January 23 Ai Weiwei: Never Sorry

January 30 Small Steps: Creating the High School for Contemporary Arts

AND MORE TRIPS

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

BEEHIVE THE 60s MUSICAL

Sunday, January 20, 2019 \$72

HIGHLIGHTS INCLUDE:

- ◆ Round Trip Transportation
- ◆ Lunch at the Hungarian Rhapsody Restaurant
- ◆ Tickets to the *Theater on the Avenue in Wyandotte* play, **BEEHIVE**, the ultimate celebration of 1960 female empowerment.



DETROIT—BEHIND THE SCENES

Tuesday, April 9 20, 2019 \$85

HIGHLIGHTS INCLUDE:

- ◆ Round Trip Transportation
- ◆ Fisher Building guided tour (est. 1928)
- ◆ Detroit Opera House guided tour
- ◆ Lunch at Mario's Restaurant (est. 1948)



VIVA ITALIANO

Wednesday, February 20, 2019 \$79

Tour Includes:

- Round Trip Transportation
- Italian Architectural Influence
- Lunch at Loccino Italian Grill
- Wine Samples at Fieldstone Winery
- Shopping at Nino Salvaggio International Market

Shades of Ireland

October 19 - October 28, 2019 • 10 Days • 13 Meals

\$3,549 *If purchased before 4/20/2019*

HIGHLIGHTS: Dublin, Irish Evening, Kilkenny, Waterford, Choices on Tour, Blarney Castle, Killarney, Ring of Kerry, Farm Visit, Jaunting Car Ride, Limerick, Cliffs of Moher, Galway, Castle Stay



- Day 1 Overnight Flight
- Day 2—Hotel Riu Plaza The Gresham Dublin, Dublin
- Day 4 Granville Hotel, Waterford
- Day 5- 6 Killarney Avenue, Killarney
- Day 7-8 Absolute Hotel, Limerick
- Day 9 Cabra Castle, Kingscourt



Call Loose for More Information

TEXAS

March 18-29, 2019

Motorcoach
Tour

\$2,789

The Lone Star State

HIGHLIGHTS: Dallas, Forth Worth, Waco, San Antonio, Hot Springs, AK, 11 nights lodging, 11 breakfasts, 2 lunch & 5 dinners, 3 kickback receptions, Fantastic Caverns, City Sightseeing Tours, Fantastic Caverns, AT&T Stadium, Fort Worth Stockyards, Southfork Ranch, Magnolia Market at the Silo and so much more.

April 26-27, 2019, \$354

Tour Includes:

- Round Trip Transportation
- 1 night at Hampton Inn & Suites downtown Chicago
- Lou Malnati's Pizzeria (includes dinner)
- Ruth Page Center For the Arts, Featuring "A Chorus Line"
- Guided tour of Chicago
- Harold Washington Library

Chicago
WEEKENDER

A
CHORUS
LINE



Discover Switzerland, Austria & Bavaria

June 20 — June 29, 2019 • 10 Days • 12 Meals
Double \$3,999 (if purchased before 12/21/18)

- Day 1 Overnight Flight
- Day 2-5 Hotel Bern, Bern
- Day 6- 9 Hotel Innsbruck, Innsbruck

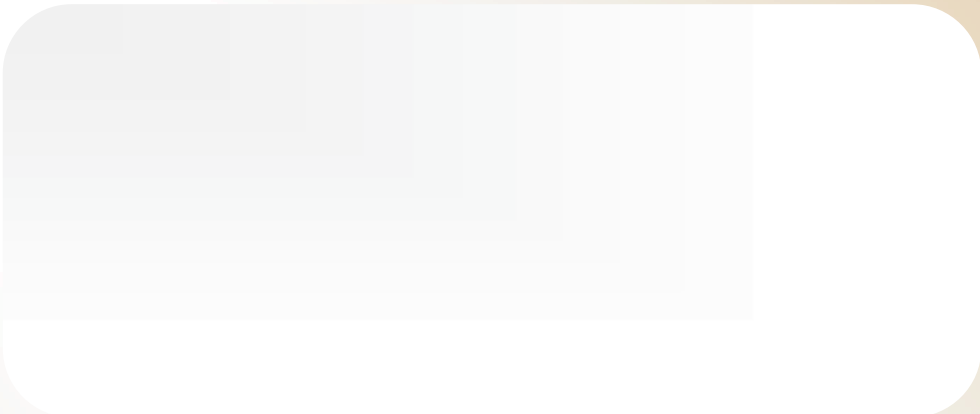
HIGHLIGHTS: Bern, Château de Chillon, Montreux, Golden Pass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, Oberammergau



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



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*Third Annual Loose
Celebrity Chef*

CHILI
and
Dessert
COOK OFF

\$5pp



TUESDAY
January 29
5:00 pm

featuring
**LIVE
MUSIC**

Seating Limited

CHILI
and
Dessert
COOKOFF
Participants & Sponsors

- Argentine Care Center
- The Oaks at Woodfield
- The Lodges of Durand
- Wellbridge of Fenton
- Vicinia Gardens
- Landings of Genesee Valley
- Springvale Assisted Living
- Brookdale of Grand Blanc
- Brookdale of Davison

Thank you!