

DECEMBER 2018

the perfect place for 50+

# LOOSE



*"For it is in giving that we receive."  
- Francis of Assisi*



# From the Director



Dear Friends,

Christmas...Tis the season of giving. We see it everywhere we go during the holiday season. It is the one special time that churches, agencies and communities reach out to help those who are in need. We see "The Red Kettle" out in front of stores manned by the Salvation Army and volunteers. There is the "Toys for Tots" boxes that collect items so that every child can have a gift Christmas morning. The traditional turkey dinner with all the trimmings is prepared by the local soup kitchens so that all can enjoy a hot meal. And there is the opportunity for us to give to the Cancer society, churches and numerous other programs to make the less fortunate and those in need, a holiday that is special. These are things we do because we are generous, giving and kind to our fellow person. It makes us feel warm all over knowing that our gift will help many, during the Christmas season.

We also find that there are other ways to give. It is by helping others who need a loving hand. We might take a person or persons out to a nice restaurant to treat them to a nice meal. There could be those who would like to go to the movies. We find that we have the time in our busy schedule to treat them to a show with popcorn, drink and candy. It could be hosting a party of friends who are looking for companionship.

Then we need to remember those who are missing the loved ones they shared this wonderful holiday with for many years. They miss the family traditions and the time spent at their home where memories were made and loved ones gathered. They miss the hustle and bustle of buying gifts, decorating the home and fixing the meal. Nothing was better than mom's turkey and pumpkin pie. We need to reach out and help them revisit their good times and memories. We need to include them in our holiday and share our memories of our family and times gone by. I know that missing the family who has departed during the holidays leaves a hole in your heart that is hard to forget.

The Christmas Holiday represents so many things. There is giving, activities, family, friends, shopping, decorations and the true meaning of spiritual love. We must not forget others who could use our generosity and kindness and our understanding of their needs. So this season, be aware of what you can do for others. Spread your true kindness and love to all and reach out to those who need a little Christmas spirit and a loving hand.

*On behalf of the Loose Staff, Have a very Merry Christmas and a Wonderful New Year.*

**"For it is in giving that we receive."** Francis of Assisi

All is well!  
Carl Gabrielson  
Executive Director  
Loose Center



## MOVIE NIGHT

Tuesday, December 4, 7 pm

## MOVIE DAY

Wed., December 5, 12 noon

**T**he Man Who Invented Christmas tells of the magical journey that led to the creation of Ebenezer Scrooge (Christopher Plummer), Tiny Tim and other classic characters from A Christmas Carol. Directed by Bharat Nalluri (MISS PETTIGREW LIVES FOR A DAY), the film shows how

Charles Dickens (Dan Stevens) mixed real life inspirations with his vivid imagination to conjure up unforgettable characters and a timeless tale, forever changing the holiday season into the celebration we know today.

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.*

## 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.



Loose also sells **Fitness Punch Cards** and

**Loose Lunch Loyalty Cards.**

All would be great gifts at any time of the year.

# DECEMBER Happenings

## UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIOR

MONDAY, DECEMBER 3, 12 NOON

**B**ehavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

alzheimer's association

## MEDICARE OPEN ENROLLMENT INFO

October 15 - December 7, allows people on Medicare to check their current health insurance plan against the new plans being offered for 2019. If you have a Medicare Advantage Plan or a Medicare Part D prescription drug plan, this is when you can choose a different, better plan, effective January 2019.

To help you decide, MMAP (Michigan Medicare/Medicaid Assistance Program) has a counselor at Loose on Thursdays and Fridays between October 15 - December 7.

**Special Open Enrollment Date at Loose is December 3.**

Call Loose to make an appointment, 810-735-9406. Bring your Medicare card and a list of your medications including the dose and how many times a day.

*If you are covered by a retiree insurance plan from your former employer, you usually need to check with your retiree plan to see what options are available.*

## WINTER WELLNESS WITH ESSENTIAL OILS

Wednesday, December 5, 10:30 am, \$10

(includes materials for two items & winter wellness handouts)

**J**oin us for a winter wellness class. We will be discussing natural health solutions with essential oils based products to keep your immune system strong. As part of class participation, we will make an essential oil based chest rub for respiratory wellness and an immune system roll on. Let us focus on staying well this winter.



## PRESENTATION

December 6, 1 pm

Refreshments will be served

**ClearCaptions**



**ClearCaptions** is a free phone captioning service that provides near real-time call captions of phone conversations for anyone hard-of-hearing or with any form of hearing loss. We welcome Pam Howe, who will be sharing more about this program. **Please note:** to qualify for this free service, you must meet the following requirements, 1) Hearing Loss 2) Home phone service 3) High-Speed Internet.

**Kids  
COPS and  
Cocoa**

Tuesday, Dec. 11, 9:30-10:30 am

For December only, we are excited to welcome our neighbors from *Roo's Place Child Development Center*. The kids and staff will join Linden Police and Loose Friends for cocoa, cookie decorating and eating and to hang out with Chief Scott Sutter during this holiday season. The coffee will still be on. So come and join in on the fun!



**Christmas  
Concert**

Wed., December 19  
12:30 pm

**Y**ou are invited to join us for a special Christmas Music Celebration of holiday songs, sing-alongs and an afternoon of fun. Music by our amazing Loose Chorus will add much joy to your holiday season. Please plan on joining us for music and treats (following).

*Make it an afternoon and sign up for  
Lunch at Loose beginning at 11:30 am.*

Located in the Caretel Lounge

Collecting until 12/8.



**The  
Giving Tree**

THANK YOU!

All items will be gathered and donated to those in need.  
**All donations are appreciated!**



Do you have email? If so, please consider stopping by and update your files or send us an email at [LSCC@loosecenter.org](mailto:LSCC@loosecenter.org)

# 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 conversation

COPS and

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!



*Third Annual Loose  
 Celebrity Chef*

# CHILI

*and  
 Dessert*

# COOK OFF

\$5pp

TUESDAY  
 January 29  
 5:00 pm

featuring  
**LIVE  
 MUSIC**

Seating Limited

## December 2018 Lunch @ Loose Menu

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

Mon Polpourri	Tue Soup Day	Wed Healthy Dinner Day	Thu Themo Thursday	Fri Tying up LOOSE ends Day
 <b>Second Helpings</b> \$1	If available, we are happy to accommodate second helpings. <b>PLEASE NOTE:</b> The cost of the second helping is \$1.00		<b>Eat In                      Take OUT</b>	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).
3 <b>Pancakes Sausage Fruit</b>	4 <b>Chili Corn Bread &amp; More</b>	5 <b>Hot Beef Sandwich Mashed Potato Gravy &amp; More</b>	6 <b>Mostaccioli Salad Garlic Bread</b>	7 <b>Hand picked just for you!</b>
10 <b>BBQ Pork Sandwich Baked Beans Salad</b>	11 <b>Mushroom Soup Salad</b> <small>Sponsored by ARGENTINE CARE CENTER</small>	12 <b>SPECIAL CHRISTMAS LUNCHEON</b> Tickets \$15 <small>See back cover for details</small>	13 <b>Coney's (Flint or Detroit Style) Salad Chips</b>	14 <b>Clean out the Fridge Day</b>
17  <b>Stromboli Salad</b> <small>Sponsored by FENTON HEALTHCARE CENTER</small>	18 <b>Tomato Soup Grilled Cheese &amp; more</b>	19 <b>Glazed Ham Sweet Potatoes Mashed Potatoes Vegetable Roll &amp; Dessert</b>	20 <b>Ooo Ooo Ooo SWEET LEFTOVERS</b>	21 <b>CLOSED</b>  Closed
24  Closed	25  Closed	26 <b>PIZZA Salad &amp; More</b>	27 <b>Looking toward the New Year Leftover day!</b>	28  Closed

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.*

### FIT<sup>4</sup>EVER \$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 **FIT<sup>4</sup>EVER**  
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 **FIT<sup>4</sup>EVER**  
11:30 am **Wii Bowling (1/10/19)**  
12 noon Drums Alive  
5:00 pm **Yoga Fit**

### 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” Mondays at 9:30 am **NEW!!!**

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

What is **GROOVE**? It’s 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. Anyone can do this. 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)

*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.



## RUNNER RAFFLE

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

These beautiful runners were made by the Loose Threads. The material was donated, their time, effort, imagination and hard work was also donated. The runner was made to be raffled off with the proceeds going to benefit Loose. *Drawing, 12/12 @ the Loose Christmas Party. Winner need not be present to win.*



## 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

**P**APER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and **QUILLING** 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.

*Visit Our Website*  
[www.loosecenter.org](http://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, December 7, 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.

# December 2018

## OFFICE HOURS

Monday ~ Friday  
8:00 am - 4 pm

## EMAIL

lsc@loosecenter.org

## WEBSITE

www.loosecenter.org

## PHONE

810.755.9406

## FAX

810.755.4255

**MONDAY**

### LOOSE STAFF

Carl Gabrielson  
*Executive Director*  
Melinda Elmore-Hajek  
*Program Director*  
Cheryl Rex, *Clerk*  
Brittany Hancock  
*Administrative Assistant*  
Kathy Metvier  
Dotti Tynes  
*Receptionist*  
Randy & Deb Green  
*Maintenance*

**TUESDAY**

### BOARD OF DIRECTORS

Ken Wensel, *President*  
Frank Lukowski, *VP*  
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Vince Eible Jr., *Treasurer*  
Ray Culbert  
Roby Deese  
Nancy Galant  
David Kincaid  
Pat Lockwood  
GeriAnne Mulanix  
Joetta Pyles-Zalewski  
Les Scott  
Alberta Martin, *Emeritus*

**WEDNESDAY**



# CHILLI

and  
*Dessert*

## COOKOFF Sponsors

*Landings of Genesee Valley*  
*Springvale Assisted Living*  
*The Oaks at Woodfield*

*Argentine Care Center*  
*Wellbridge of Fenton*  
*The Lodges of Durand*

COMING IN JANUARY (see page 4 for details)

**THURSDAY**

**FRIDAY**

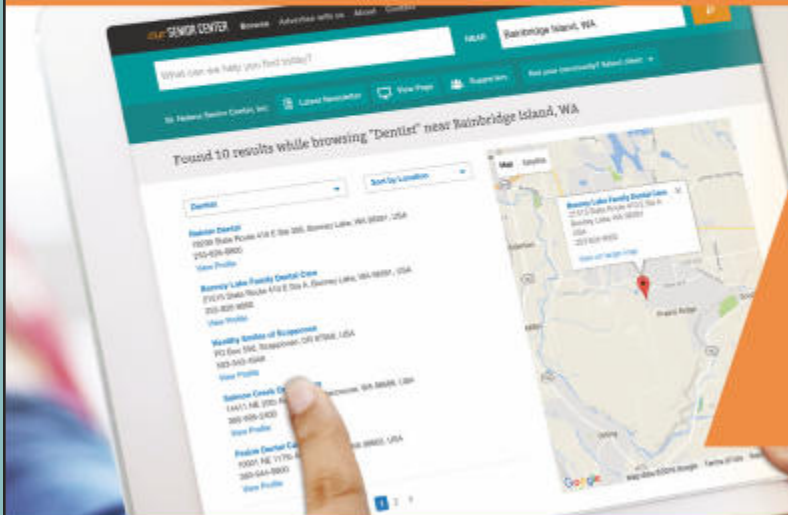
**SATURDAY/SUNDAY**

<p><b>3</b></p> <p>MMAP Counselor 9:30 GROOVE 10:00 Painting 10:00 Sleep Mat Production <b>11:30 LUNCH Pancakes</b> 12:00 Understanding Dementia 12:30 Pinochle 1:00 Water Color Class 1:00 Listening Ear 2:00 Arthritis Exercise 2:00 Chorus @ Argentine CC 3:15 Chorus @ Caretel Inns 4:00 Yoga 5:00 Zumba &amp; Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p><b>4</b></p> <p>8:00 NO Mile @ a Time 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 Blood Pressure ✓ 10:30 FIT4EVER <b>11:30 Lunch Chilli</b> 12:00 Line Dance 12:30 Euchre 1:00 Mah jongg 1:00 Chicago Bridge 4:00 Chair Yoga 5:00 Yoga 7:00 MOVIE NIGHT</p>	<p><b>5</b></p> <p>Country Christmas 9:00 Manicures 9:30 Yoga 10:00 NO 1 on 1 Financial 10:00 Consumer Fraud 10:30 Essential Oils 10:45 Art à la Carte <b>11:30 LUNCH</b> <i>Hot Beef Sandwich</i> 12:00 Wood Carving 12:00 Movie Day 12:30 Pinochle/Dominoes/Chess 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p><b>6</b></p> <p>MMAP Counselor 8:00 Mile @ a Time 9:30 Chair Yoga 10:00 AMVET REP. 10:00 Cards &amp; More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER <b>11:30 LUNCH Mostaccioli</b> 12:00 Drums Alive© 12:30 Euchre 1:00 Clear Captions 2:00 Creative Quilling 5:00 Yoga Fit 6:30 Drumline @ Whiting</p>	<p><b>7</b></p> <p>MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball <b>11:30 Lunch</b> <b>Chef's Choice</b> 12:30 Open Game Play 12:30 Chicago Bridge 1:00 Fibre Friends 5:00 <b>EUCHRE</b> <b>TOURNAMENT</b></p>	<p><b>1</b></p> <p>9:00 Yoga 10:15 Zumba <b>Sunday, Dec. 2</b> 2:00 Pickleball * * * * * * IT'S THE MOST <i>Wonderful</i> TIME OF THE <i>Year</i> * * * * *</p>
<p><b>8</b></p> <p>9:00 Yoga 10:15 Zumba <b>Sunday, Dec. 9</b> 2:00 Pickleball</p> 					



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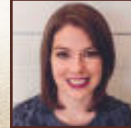
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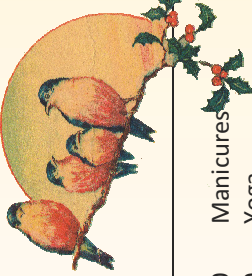
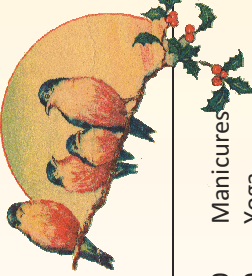
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<p>17</p> <p>9:30 GROOVE</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 <b>Lunch Stromboli</b></p> <p><i>Fenton Healthcare Center</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>2:00 Chorus @ Lockwood</p> <p>3:15 Chorus @ Mill Pond</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>18</p> <p>8:00 Mile @ a Time</p> <p>8:00 Podiatrist</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 <b>Lunch Tomato Soup</b></p> <p><i>Grilled Cheese</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>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>19</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask A Lawyer</p> <p>10:45 Art à la Carte</p> <p>11:30 <b>Lunch</b></p> <p><i>Chef Carl's Glazed Ham</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>12:30 Christmas Concert</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>20</p> <p>MMAP Counselor</p> <p>8:00 Mile @ a Time</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards &amp; More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 <b>LUNCH Leftovers</b></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>21</p> <p><b>LOOSE WILL BE CLOSED</b></p> <p>Friday, December 21 <i>through</i></p> <p>Tuesday, December 25 <i>and</i></p> <p>Friday December 28 <i>through</i></p> <p>Tuesday January 1</p> 	<p>22</p> <p>The gift of <i>love</i></p> <p>the gift of <i>peace</i></p> <p>the gift of <i>happiness</i></p> <p><b>May these be yours at Christmas.</b></p> <p>Carl, Melinda, Brittany, Cheryl, Kathy, Dotti, Deb &amp; Randy</p>
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# HEALTHY LIVING

## ONE-ON-ONE FINANCIAL HELP

First Wednesday of the month, 10:00 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 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.



### Disaster Plan

### DISASTER PREPAREDNESS

January 7, 12 pm

**D**o 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.

## Personal Safety Presentation

Wednesday January, 9, 10:30am

**W**e 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.*

## LIFE LINE SCREENING®

*The Power of Prevention*

Wednesday, January 23, 2019

### 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**

If you are a regular participant at Loose, we would like to ask if you would be willing to pick up your monthly newsletter at Loose as opposed to having it put in the US Mail. We are looking at opportunities to be mindful of our resources and by picking up the newsletters at Loose you could help with that. The monthly newsletter is in the Loose Office before it is in your mailbox and if you were to be open to receiving your newsletter, we would call your home (through a mass call system) and let you know when they are available.

### If you are interested in helping please;

1. Call Loose and let us know that you are interested
2. Be sure to update your info on file with Loose, specifically your correct phone number.
3. We will remove your name from the *mailing list* and put your name on the *pick up at Loose list*.
4. Each month when the extra newsletters are picked up and brought to the office, we will call you and indicate their availability and you can pick them up between 8 am and 4 pm, Monday through Friday.

Thank you so much for your consideration and participation in what we do here at Loose.

# 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

**December 18 (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

1<sup>st</sup> Tuesday of each month, 10:30 - 11:30am

2<sup>nd</sup> Wednesday of each month, 9 - 10 am

3<sup>rd</sup> Thursday of each month, 11 - 12 noon

4<sup>th</sup> 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](http://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](mailto: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

**W**e 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 2018. 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

December 5-6	Country Christmas	\$280
December 6	Drumline	\$28
December 16	Holiday Pops	\$21
December 13	Caesar Windsor	\$25
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
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.

**December 14 - Dr. Chris Flores & Kenneth Charles Briggs**

**OPIOID CRISIS** Dr. Chris Flores currently the Chairman of the Hurley Medical Center Board of Managers. The life story of Kenneth Briggs highlights the difficulties of being born into a home filled with drug and alcohol activity. He has appeared on the Oprah Winfrey show, Dateline Detroit, and was featured in the Guidepost Magazine. He has found the most meaningful way to share his life story through appearances in high schools, businesses, churches to bring enlightenment on the topic of substance abuse to young and old alike.

**January 18 - Amy Rouleau The Building of the Restoration Place**

## 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

### DRUMLINE Thursday, December 6, 7:30 pm, \$28



The DRUMLINE Live Holiday Spectacular takes you on an unforgettable musical journey through the most beloved chart-topping holiday classics. Imagine the festive sounds of holiday cheer combining Gospel, Jazz, Soul, Motown rhythms, and the Nutcracker suite mixed with a hip-hop beat and the driving force of a Historically Black College and University (HBCU) marching band.

### HOLIDAY POPS Sunday, December 16, 3 pm, \$21

### 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

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

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

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

**Sunday, December 16, 2018**

**\$16W/O Transportation**

**\$21 With Transportation**

The show begins at 3 pm

The bus leaves Loose at 2 pm



THE FLINT SYMPHONY ORCHESTRA  
ENRIQUE DIEMECKE, CONDUCTOR

Catch the holiday spirit with the Flint Symphony Orchestra, the Flint Symphony Chorus and community singers, and hosts Angie Hendershot and Matt Franklin of ABC 12 as they come together to bring you festive favorites.

**Purchase your tickets from Loose today!**

## 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)

**December 5** Chinese Chariots

**December 12** Secrets of the Forbidden City

**December 19** China's Terracotta Warriors

# 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

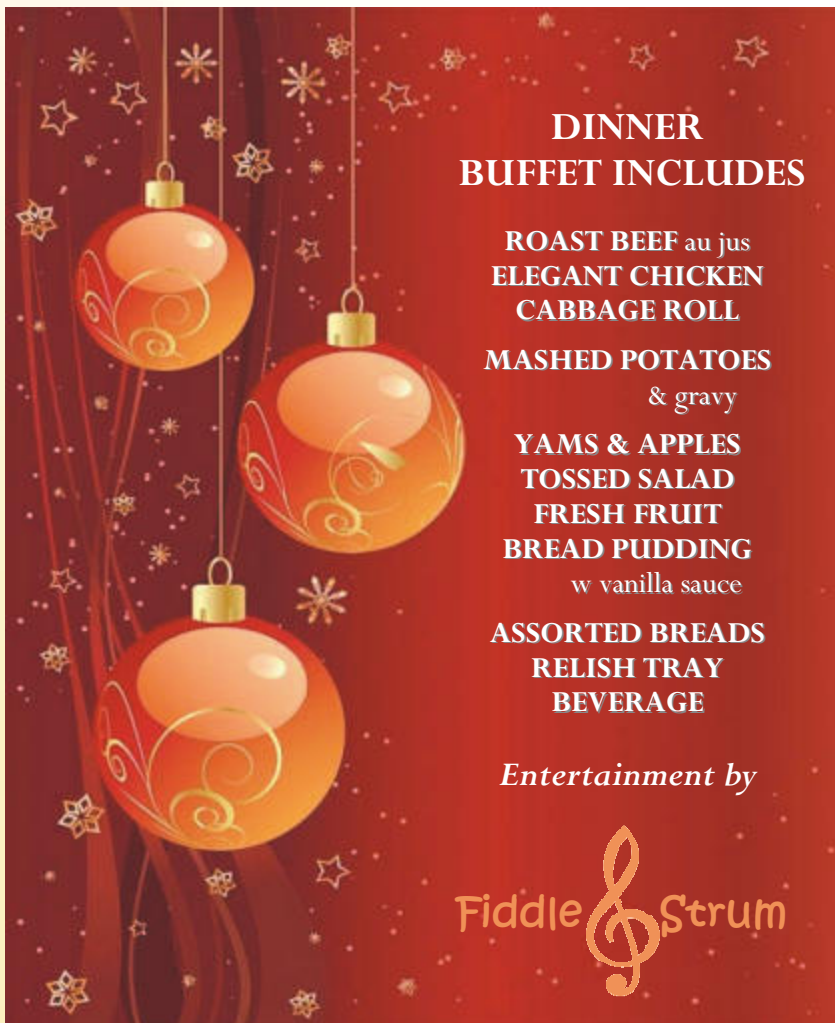
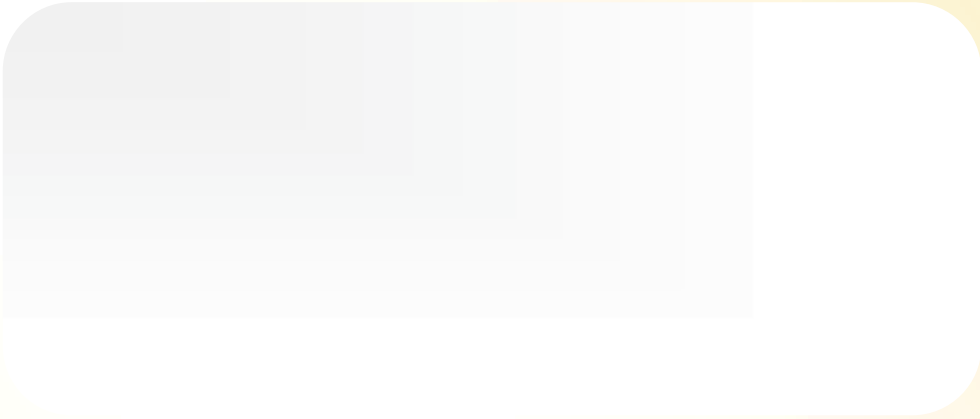
**HIGHLIGHTS:** Bern, Château de Chillon, Montreux, Golden Pass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, Oberammergau



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



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**DINNER  
BUFFET INCLUDES**

ROAST BEEF au jus  
ELEGANT CHICKEN  
CABBAGE ROLL  
MASHED POTATOES  
& gravy  
YAMS & APPLES  
TOSSED SALAD  
FRESH FRUIT  
BREAD PUDDING  
w vanilla sauce  
ASSORTED BREADS  
RELISH TRAY  
BEVERAGE

*Entertainment by*

**Fiddle & Strum**

## *Christmas* LUNCH Wed., December 12, 12 noon \$15

held @ LOOSE • 707 N. • Bridge • Linden  
*Please RSVP by December 5*

### ABOUT THE ENTERTAINMENT

**L**orrie Gunn is a classically trained violinist that plays in the Flint Symphony, Rochester Symphony and the Saginaw Symphony. When not playing symphony music or teaching violin, she slips into her alter ego as a fiddler, with styles ranging from Celtic to Country.

**R**obin Danek plays acoustic and electric guitar and is the lead singer of Fiddle & Strum. Robin has been performing professionally for 10+ years and is an energetic performer who loves to engage the audience and make sure everyone has a great time.

