

AUGUST 2019

the perfect place for 50+

LOOSE

L



*"Give the ones you love wings to fly,
roots to come back, and reasons to stay."
- Dalai Lama*

From the Director

Dear Friends,

In life, each and every one of us finds ourselves in a leadership role. It is a person that uses his or her knowledge, experience, love and understanding to give advice, direction and encouragement to a soul trying to find their way. For some it is a parent, family member, coach or very close friend. This person is sometimes put in an uncomfortable position and may find it difficult to express their feelings. They may be unwilling and selfish to let the one they love go.

When confronted with this situation, we must be able to give guidance which is in the best interest of the individual seeking our help. We first must listen closely to what the individual is saying and define the wisdom they seek. We must hear them clearly, understand their feelings and define their needs. This might come in many forms.

It may be a person of youth trying to decide on their future and where it may take them. They look to you to give them solid reasons on why, where and when they should commit to their dream. They find trust in your voice.

It could be a person of middle age struggling with their life and are looking to an older person to give them faith, reason and helpful encouragement to get through the tough times or be able to understand and not judge.

It could be an older person looking to the younger generation for help in managing their ever changing life. It may be that they look for someone who cares, is able to take the time to listen and be there to help when they cannot help themselves.

It is an all-encompassing matter to fill one of these roles. Each and every one of us faces this challenge every day. We must be able to find within us the ability to help others as we help our inner self. We are there to give sound advice, wisdom to help those who look to us for the guidance to give them a clear and understanding of the struggles they have.

In the end, there are those special individuals who accept these challenges and reach out to be a beacon of light to those in the dark. They are there to guide people to reach their dreams. They are there to help those facing personal struggles. And they are there to help those who cannot help themselves. In the end it is this cycle of people helping people that make this a caring, loving, understanding and passionate world.

We must be able to "Give the ones you love wings to fly, roots to come back, and reasons to stay." Dalai Lama

All is Well, Carl Gabrielson

Executive Director, Loose Center



LOOSE
Community
Care Fair
known in the past as the HEALTH FAIR

Friday
September 20, 2019
9 AM - 12 NOON

LOOSE
707 N. Bridge St.
Linden MI 48451

ACTIVITIES WILL INCLUDE:

- ♥ Health Information
- ♥ Flu Shots
- ♥ Health Related Vendors
- ♥ Housing Information
- ♥ Blood Pressure Check
- ♥ Give A-ways
- ♥ Coffee and PRIZES

Join us for a
SLOPPY JOE LUNCH
11 am-12 noon, \$4
Includes: Sandwich, Chips,
Fruit, Cookie & drink
Tickets available
@ Loose Reception Desk

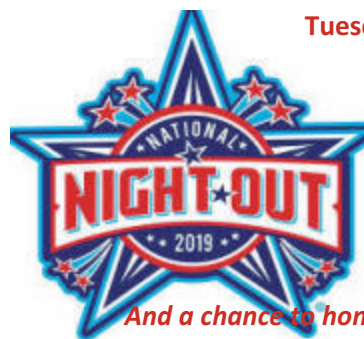
For more information
about this event, Call
(810) 735-9406
visit: www.loosecenter.org

These programs and/or services fully or partially
funded by Genesee County Senior Village Fund.
Thank You to our Senior Village Fund!



Tuesday, August 6, 12-1 pm
national
ROOT BEER FLOAT
day

Grab a friend and treat them
to a \$1 ROOT BEER FLOAT.
A GREAT mid day snack!




Tuesday, August 6, 5 pm-8 pm
Hyatt Elementary School
325 Stan Eaton Dr., Linden
FREE Event for Everyone
Free Food & Refreshments
Free Fire Detectors
Crime Stoppers
Bounce House
Kids Crafts & MORE!

And a chance to honor & recognize the men & women who dedicate their lives to public safety.

AUGUST Happenings

NEED HELP PAYING MEDICARE PREMIUMS, CO-PAYS, DEDUCTIBLES?

Monday, August 5, 12 noon

Mark your calendar and join us,  to learn about programs that can help people with Medicare manage the ever-increasing out of pocket costs for premiums, deductibles, co-pays. Our MMAP counselors, Ann Walker and Dolores Coulter, will explain the benefits available from public and private programs, including the Medicare Savings program (for help with Medicare co-pays, deductibles, and the Part B premium), Extra Help (for help with prescription drug premiums and co-pays) and the Michigan Medigap Subsidy program (for help with Medigap premiums), and the eligibility rules that apply to these programs.

FRUITS & VEGETABLES: COLOR YOURSELF HAPPY

Tuesday, August 13, 2 pm

Hello ya'll! A voice from the past. I'm very excited to come back to Loose to teach you how a rainbow of colors with fruits and veggies can insure you the different nutrients you need.

Turn dull ordinary salads into creations you will keep going back to. You are in for a real treat. We will have fun. I will have recipes to share with you along with other surprises. Can't wait. Call and sign up and mark your calendars. See ya'll then. Kathryn Pierce, Humana (aka Divine Dixie Diva).



SUMMER IN THE CITY

Wed., Aug. 14, 8 am—3:30 pm, \$50

Let's get our friends together and fill this bus with Loose folks and enjoy an adventure to the CITY!

This day trip includes, Round Trip Transportation and features the Boston Edison Historical District, Dakota Inn Rathskeller (includes lunch) & Leon & Lulu's.

SIGN UP EARLY...this deal won't last!



Tuesday August 20
(\$5 transportation)
Depart Loose, 8:15 am
Return, 3 pm
Located at 6130 E. Mt. Morris Rd.
IT'S YOUR DAY AT THE FAIR

Parking and Admission is FREE
All activities in the Community Tent are FREE!
Coffee and Donuts, Entertainment, Wagon Rides, Afternoon Games, Door Prizes, County Fair Activities and Exhibits.
SAVE THE DATE!

ADVANCE CARE PLANNING

Thursday, August 15, 2 pm



There's no easy way to plan for future healthcare choices. It's a process that involves thinking and talking about complex and sensitive issues.

Advance care planning is the process of coming to understand, reflect on, discuss, and plan for a time when you cannot make your own medical decisions. Effective planning is the best way to make sure your views are respected by your loved ones and health providers. This process provides great comfort to those who may make end-of-life decisions for you. *Your Health Your Choice* is provided as a free service to the residents of Genesee County. Sign up today, you will not be sorry.

10 MYTHS OF HOSPICE CARE

Wednesday, August 21, 12– 2 pm



"Does morphine hasten death?" "Is Hospice care only for the last few days of life?" "Does Hospice mean giving up on life?" "I can't afford Hospice, what do I do?" This workshop addresses many of the commonly held assumptions (and myths) about Hospice care. We think you'll be surprised. If you're considering Hospice care for a loved one now or soon down the road, put this workshop on your calendar and bring a friend.

Grace Hospice is sponsoring this important talk and will also be providing an ICE CREAM TREAT during this talk. Sign up today!



BINGO and you are invited

**Caretel
Inns**

202 S. Bridge Street
(810)735-9400

Every 3rd Thursday
of the Month
@ 2:30 pm

All are welcome!
Join in the fun!

Visit Our Website
www.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 COPS and Conversation

Tues., August 13, 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, August 13
4:30 pm, \$6 pp (a deal folks)

Fresh off the grill dogs & burgers, baked beans, salad, chips, dessert & beverage

This is an easy going nice summer dinner for a great price. No hidden agendas. Come and enjoy dinner, chat with friends and have a nice peace filled summer night. **Just give us a call and let us know you are coming!! We can even do take-outs!**

Breakfast

9:30-10:30 am

Monday, August 19, \$4
Eggs, Sausage, Biscuit, Fruit

If you meet up anywhere for breakfast, consider stopping at Loose on the third Monday of each month. We will serve Breakfast from 9:30-10:30 am. It is the perfect meeting place. Come early and enjoy coffee, stay late and enjoy the company. The breakfast is made in house and will be hot and delicious. **Trying to get a friend to give Loose a try...this could be the ticket!**

August 2019 Lunch @ Loose Menu

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

Mon Potpourri	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up LOOSE ends Day
<p>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).</p>		<p>Eat In Take OUT</p>	<p>1 BRING YOUR grandchild TO LOOSE DAY Free Hot Dogs</p>	<p>2 Leftovers</p>
<p>5 Polish Sausage Roasted Potatoes Vegetable</p>	<p>6 Bean Soup Ham Sliders</p>	<p>7 Ham & Hash Brown Casserole Salad Roll</p>	<p>8 Goulash Salad Bread/Butter</p>	<p>9 Leftovers</p>
<p>12 Sweet & Sour Meatball Rice Salad</p>	<p>13 Chicken Noodle Soup and a tasty Argentine Dessert ARGENTINE CARE CENTER</p>	<p>14 Hot Beef Sandwiches Mashed Potatoes Vegetable</p>	<p>15 Coney's (Flint or Detroit Style) Salad Chips</p>	<p>16 Leftovers</p>
<p>19 Breakfast 9:30—10:30 am Eggs, Sausage, Biscuit, Fruit</p>	<p>20 Tomato Soup Grilled Cheese</p>	<p>21 Crusted Chicken Mashed Potatoes Corn Roll</p>	<p>22 BAKED POTATO BAR</p>	<p>23 Leftovers</p>
<p>26 Chicken Salad Chip Fruit</p>	<p>27 Broccoli & Cheese Soup Salad</p>	<p>28 Shepherds Pie Salad Roll</p>	<p>29 Leftovers</p>	<p>30 Loose is CLOSED August 31 - September 2 for the Labor Day Holiday</p>

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

BODY, MIND & SPIRIT

BIKING BUNCH Wednesdays @ 9 am. Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810•735•9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

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. **If you are interested in Wii bowling, please contact the Loose Office.**

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.

PICKLEBALL Mon. & Wed., 6:15 - 9 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 Friday, 10:30 am or

Tuesday @ Caretel, 1 pm FREE

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! **RETURNS in September**

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

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

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

THURSDAY

9:30 am **Chair Yoga**
10:15 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
11:30 am **Wii Bowling**
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 **Zumba/Total Fit**

SUNDAY

2:00 pm Pickleball (returns Oct. 13)



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. **Taking a BREAK until Fall.**

Watch for more information in upcoming newsletters.

"GROOVE" Mon. at 9:30 am

\$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.

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.

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.



Find Your Creative Side

"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.

QUILLING THURSDAYS @ 2 PM

PAPER-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.*



WATERCOLOR CLASSES

Monday, September 16 & 23

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.

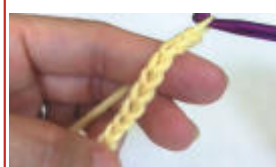
Beginning Knitting & Crochet Classes

KNITTING Sept. 24, 26 & October 1, & 3, 3 - 5 pm, \$30

Learn how to cast on, knit, purl, yarn over and bind off in four fun lessons. We will complete at least one project that you will be happy to give as a gift. Bring along a skein of Peaches and Cream cotton yarn or any other brand and a size US 10 needle. Practice yarn also available from instructor. Join us!



CROCHET October 15 & 17, 22 & 24, 3-5 pm, \$30



Come learn a new terminology and make hand made gifts. What is a SC, DC, TC you ask? We will have you speaking this new language in four easy lessons. Join to learn to Crochet.

Practice yarn provided by instructor.

Sign up today, class sizes are limited.

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.



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.

CLASSES, MUSICAL OPPORTUNITIES & MORE



LOOSE CHORUS

MONDAY @ 3 PM BEGINNING 8/19

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.

WATCH for Fall Class Schedule in future Newsletters.

COMPUTER ONE-ON-ONE HELP WITH KELLY O'CONNELL.

For personalized one-on-one computer training, bring your laptop, phone or tablet, and a list of questions you may have relating to Windows or your devices. Call Loose, at 810 735-9406, to make your appointment. Cost is \$10 for a 30 minute appointment. **Every other Wednesday during the Summer Only!**

PAD 1

Wednesday, September 18 & 25, 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, October 2 & 9, 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.

WINDOWS 10

Wednesday, October 16 & 23, 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.

INTRODUCTION TO GOOGLE DOCS

Wed., Nov. 6, 4-6 pm, \$15

Do you have a gmail account, unlock all it's Possibilities. Learn how to use the Google Drive, Calendar, Docs, Sheets & Slides. **PLEASE NOTE:** You MUST have a gmail account to use Google Docs.



Friday, August 23, 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

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

CHICAGO BRIDGE Tuesday, 12:30 pm

CHESS Wednesday, 12:30 pm

CARDS & MORE Returns in October

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 12:30 pm

EUCHRE Tues. & Thurs., 12:30 pm

REMINDER—Loose Closes at 4 pm
All game play must be wrapped up by that time



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.



Review us on
facebook.



August 2019

PHONE
810.735.9406
FAX
810.735.4255

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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

LOOSE STAFF

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

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Pat Lockwood
Gerianna Mulanix
Joetta Pyles-Zaleski
Les Scott
Brad Dick

join us
Breakfast
9:30-10:30 am
Monday, August 19, \$4
Eggs, Sausage, Biscuit, Fruit



<p>9:30 NO GROOVE 10:00 Sleep Mat Production 10:00 Painting 11:30 Lunch Polish Sausage 12:00 Medicare Premiums 12:30 Pinochle 1:00 Watercolor 1:00 Listening Ear 2:00 Arthritis Exercise 4:00 Yoga 5:00 Zumba & Total Fit 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p>9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 Blood Pressure ✓ 10:30 NO FIT4EVER 11:30 Lunch Bean Soup 12:00 Root Beer Float Day! 12:30 Euchre 12:30 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 5:00 National Night Out</p>	<p>9:00 Manicures 9:00 Biking Bunch 9:30 Yoga 10:00 1 on 1 Financial 10:45 Art à la Carte 12:00 Lunch Ham Casserole 12:00 Wood Carving 12:00 1 on 1 Computer Help 12:30 Pinochle/Dominoes/Chess 2:00 Grief Support BEGINS 2:00 Confident Caregivers 6:15 Pickleball 6:30 Hand & Foot</p>	<p>8 MMAP Counselor 8:00 Board Meeting 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 NO FIT4EVER 11:30 Lunch Goulash 12:00 Matter of Balance 12:30 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p>	<p>9 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch LEFTOVERS 12:30 Open Game Play 1:00 Fibre Friends 5:00 Potluck</p>	<p>10 Loose is Closed Weekends in August</p>
<p>5 GRANDCHILD DAY 10:30 am-1:30 pm Photo Booth Petting Zoo Free Hot Dog Lunch (11:30—12:30) Games & Demos FUN & MORE FUN ALL ARE WELCOME! No Grandchild, No Problem <u>COME ANYWAY</u> 5:00 Yoga Fit</p>	<p>1 Loose is Closed Weekends in August</p>	<p>2 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch Chef's Choice 12:30 Open Game Play 1:00 Fibre Friends</p>	<p>3 Loose is Closed Weekends in August</p>	<p>3 Loose is Closed Weekends in August</p>	



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FAST TRACK

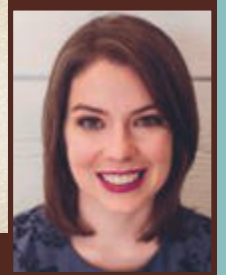
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hurleymc.com 810.262.9000

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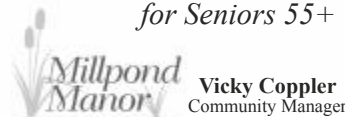
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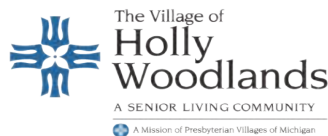


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<p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Soaring Eagle Casino</p> <p>10:00 Painting</p> <p>11:30 Lunch Sweet/Sour Meatballs</p> <p>12:00 Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Veteran Services</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>9:30 Coffee & Cops</p> <p>10:00 Loose Threads</p> <p>10:15 Farmer's Market</p> <p>10:30 NO FIT4EVER</p> <p>11:30 LUNCH</p> <p><i>Chicken Noodle Soup</i></p> <p><i>Argentine Care Center</i></p> <p>Euchre</p> <p>12:30 Chicago Bridge</p> <p>12:30 Mah Jongg</p> <p>1:00 Fruits & Vegetables</p> <p>2:00 Chair Yoga</p> <p>4:00 COOKOUT</p> <p>5:00 Yoga</p>	<p>8:00 Summer In The City</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Blood Pressure ✓</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Hot Beef Sand.</p> <p>12:00 Wood Carving</p> <p>12:30 Pinodhle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>2:00 Confident Caregivers</p> <p>3:15 Coupon Club</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>8:00 MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 NO FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 LUNCH CONEY DAY!</p> <p>12:00 Matter of Balance</p> <p>12:30 Euchre</p> <p>2:00 Advanced Care Planning</p> <p>2:00 Creative Quilling</p> <p>2:30 Bingo @ Caretel</p> <p>5:00 Yoga Fit</p>	<p>16</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>1:00 Fibre Friends</p>	<p>17</p> <p>Loose is Closed Weekends in August</p>
<p>9:30 GROOVE</p> <p>BREAKFAST</p> <p><i>Eggs, Sausage & more</i></p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus Begins</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:15 Genesee County Fair</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch Tomato Soup</p> <p>Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Mah Jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:30 PenPal Party</p>	<p>9:00 NO Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Ask A Lawyer</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Carl's Chicken</p> <p>12:00 Myths About Hospice</p> <p>12:00 1 on 1 Computer Help</p> <p>By Appt.</p> <p>12:00 Wood Carving</p> <p>12:30 Pinodhle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>2:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>9:30 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>1:00 Fibre Friends</p> <p>5:00 Euchre Tournament</p>	<p>23</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>1:00 Fibre Friends</p> <p>5:00 Euchre Tournament</p>	<p>24</p> <p>Loose is Closed Weekends in August</p>
<p>9:30 GROOVE</p> <p>FireKeepers Casino</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch Chicken Salad</p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</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>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch Broccoli Soup</p> <p>Euchre</p> <p>12:30 Chicago Bridge</p> <p>1:00 Mah Jongg</p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Project Linus</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Shepherd's Pie</p> <p>12:00 Wood Carving</p> <p>12:30 Pinodhle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>2:00 Confident Caregivers</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>9:30 MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>0:30 NO FIT4EVER</p> <p>10:30 TIGER BASEBALL</p> <p>11:30 LUNCH Leftovers</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p>	<p>29</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>0:30 NO FIT4EVER</p> <p>10:30 TIGER BASEBALL</p> <p>11:30 LUNCH Leftovers</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p>	<p>30</p> <p>Loose will be closed, 8/30 through 9/2.</p> <p>HAPPY Labor Day WEEKEND</p> <p>Regular office hours will resume on 9/3.</p>

HEALTHY LIVING

WRITE YOUR LIFE STORY *Breaking for summer, resume 9/13*

Every 2nd & 4th Friday, 10 am 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.

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

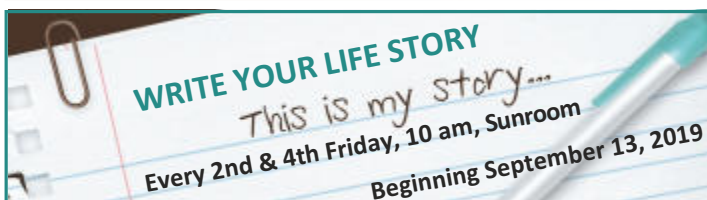
Every 4th Tuesday, 2 pm The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Homecare and Assisted Living.

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.



Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. **WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.** This group meets twice a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience*, *My Proudest Moment*, *My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories. ALL ARE WELCOME

Current group member writes...

"Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. Writing those stories will leave a treasured legacy for our families."

TRAVEL SHOW

September 18, 10:30 am



Join Ed McKenna (*from Collette Travel*),
and come & learn about our

**SUNNY PORTUGAL, REFLECTIONS of ITALY,
BRITISH ISLES & ALASKAN CRUISE** trips

Beginning PICKLEBALL

Sunday, September 29 & October 6, 13, 20,
12 - 2 pm, \$20

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 Oct. 3, 17, 24, Nov. 7, 14 & 21. from 6:30 pm—8:30 to polish your skills (\$5 drop in fee or purchase a Loose Punch Card).

Loose Volunteer Recognition

DINNER

A chance to recognize and honor Loose volunteers.

Tuesday, September 17, 5 pm

We welcome Loose Volunteers as our **GUEST**

There will be an **\$8** charge for all others.

THE EVENING INCLUDES ENTERTAINMENT



Ham
Chicken
Mostaccioli
Scalloped Potatoes
Vegetable

Salad
Cole Slaw
Roll
Beverage
Dessert

HEALTH SERVICES

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

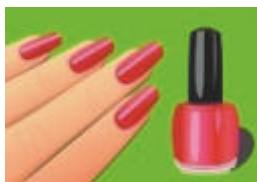
Tuesday, August 27 (by appointment)

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.



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

BLOOD PRESSURE CHECK

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

2nd Wednesday of each month, 10:30 - 12 noon

Thank you Caretel Inns of Linden

3rd Thursday of each month, 11 - 12 noon

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



Seeking volunteers to help with Blood Pressure checks, if interested, please contact Loose.



GRIEF SUPPORT GROUP

Wednesdays @ 2 pm

Next Session begins Aug. 7 - Sept. 25

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 \$135.50 to you each month. To qualify there is an income and asset test. Income: less than \$1,426/month for single or \$1,923 for a couple (gross before any deductions). Assets: less than \$7,730 for single or \$11,600 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 \$1,538/month single or \$2,078/month for a couple. Assets: less than \$14,390 for single or \$28,720 for a couple.

MICHIGAN MEDIGAP SUBSIDY:

If you have a medigap plan from McLaren Health Plan, BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$35/month if you are under 75, \$110/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 \$28,102/year single or \$38,047/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 Greeter, Janet Green, would like you to know she is ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsc@loosescenter.org so we can spread the sunshine.



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

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sheriff at 810-341-5923.

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!

MICA FE 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, 5:30 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.



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."

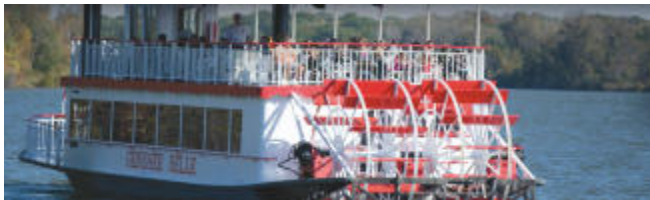
TRIPS @ A GLANCE

August 12	Soaring Eagle	\$32
August 14	Summer In the City	\$50
August 26	FireKeepers	\$32
August 29	Tiger Baseball	\$70
September 11	Caesar Windsor	\$27
September 12	Midland	\$94
September 17-18	Lake Michigan Autumn Breeze	\$304
September 18	TRAVEL SHOW 10:30 am	
September 22-28	Coastal Treasures	\$999
September 26	FireKeepers	\$32
Sept. 29-Oct. 3	Yooperland, USA	\$940
October 2-3	Kewadin Casino	\$135
October 2-9	Railroads of New England (full)	\$1,999
October 7-10	Taste Of Northern Michigan	\$644
October 9	Genesee Belle Lunch Cruise	Price Varies
October 16	Rum Runners	\$113
October 19-28	Shades of Ireland	\$\$\$\$
October 22	Gun Lake Casino	\$35
November 6-7	Niagara Falls Festival of Lights	\$369
December 2-5	Christmas in Nashville	\$1,299
December 3-7	Christmas in New York	\$1,460
December 9-12	Christmas at The Greenbrier	\$1,299
January 25	Arizona	\$3,199
March 27-April 5	Sunny Portugal	\$\$\$\$
Oct. 19-28	Reflections of Italy	\$\$\$\$

Detailed flyers are available at the Loose Center.

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

Join Loose on the GENESEE BELLE FALL LUNCH CRUISE



Wednesday, October 9, 2019

\$25.00 includes, cruise & lunch (no transportation)
 \$30 includes transportation (limited), cruise & lunch
 (please make sure you indicate your menu choice at the time you register).

The Van leaves Loose at 10:45 am
 Return to Loose Approximately 2 pm

We cruise at noon, registration deadline is September 20.
 The Genesee Belle Paddlewheel Riverboat is a replica of the riverboats that traveled down the mighty Mississippi River during the era of ark Twain. This fall lunch cruise is a wonderful opportunity to enjoy the beautiful setting, scenery and a relaxing time away.

Flint Farmer's Market



Caretel
Inns of Linden

Tuesday
Aug. 13, 2019

MARKET SEASON

Leave 10:15 am

Return 1 pm (limit 8)

\$2 round trip

Loose is partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's. Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. Future special trips, September 10 & October 8.

Thursday, August 29, 2019

Vs. Chicago White Sox

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



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

Seats are located in the
 Lower Baseline Box,
 Section 112, Rows 22-24,

To secure your spot, please
 purchase your tickets by August 14.



A Senior Resource FUN FAIR

Thursday, September 5, 9 am-1 pm

Leave Loose at 9:00 am, Return Approx. 12 noon

Admission is FREE (cost for transportation \$4)

You are invited to the Flint Farmers' Market for a Resource Fair! Ideal for ALL and is open to the public! A great opportunity to learn more about resources available for senior citizens in the community!

Flint Farmers' Market-Ramsdell Room 300 E. First Street

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)

August 7	Arcimboldo: Nature & Fantasy
	Botticelli: La Primavera
August 14	Arts & The Mind: Creativity
August 21	Arts & The Mind: The Art of Connection
August 28	Art & Craft: What's It Take to Catch a Fake?



AND MORE TRIPS

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

Midland

Thursday, September 12, \$94

Includes Round Trip Transportation, Alden B. Dow Home & Studio Tour, Lunch @ Lucky's Steakhouse, Dow Gardens, Whiting Forest Canopy Walk.

Departs 8:15 am - Returns 5:30 pm



RUM RUNNERS TOUR

Wed. Oct., 16, \$113

INCLUDES

Transportation
Rum Runners Tour
Lunch
Departs 7:45 am
Returns 5:15 am

CHRISTMAS @ OPRYLAND RESORT NASHVILLE

December 2-5, \$1,299 pp/double

INCLUDES Transportation and 1 night in Lexington KY, 2 nights @ Opryland Resort, 3 breakfast, 2 dinner &

Lexington "Southern Lights"
Grand Old Opry
Oprylands Delta Flatboats
Tour of Nashville OR Johnny Cash Museum
Country Music Hall or Fame OR "ICE"
Leisure Time to ENJOY the Hotel
And MORE!



Lake Michigan

Autumn Breeze

September 17-19, 2019

\$304 pp/double

INCLUDES

Transportation & one night at the Holiday Inn Express in Ludington, one breakfast and one dinner, seven



mile Dune Ride, Shelby Gem Factory, North Breakwater Lighthouse & Beach, Douglas Valley Winery, Port of Ludington Maritime Museum.



COASTAL TREASURES

Wildwood, NJ

Cape May & Atlantic City

September 22-28

\$999 pp/double

INCLUDES

Transportation
2 nights to/from
4 nights
Wildwood NJ
(ocean front)
6 breakfasts
2 dinners

QVC Studio Tour

American Helicopter Museum, Historic Smithville, Afternoon in Atlantic City, Beautiful Cape May, Cape May Sightseeing Tour, Dolphin Watch Cruise, DuPont's Hagley Museum & Library & more.

INCLUDES

Transportation

3 nights @ Petoskey
Holiday Inn Express
3 Breakfasts
1 lunch & 3 dinners



TASTE OF NORTHERN MICHIGAN

October 7-10

\$644.00

Cops & Doughnuts, Guided Tour of Charlevoix (Gnome Houses), Castel Farms & Gardens, Tunnel of Trees, Guided Tour of Petoskey, Kilwins Chocolates, Downtown Petosky, Friske's Orchard, optional trip to Odawa Casino.



SUNNY PORTUGAL

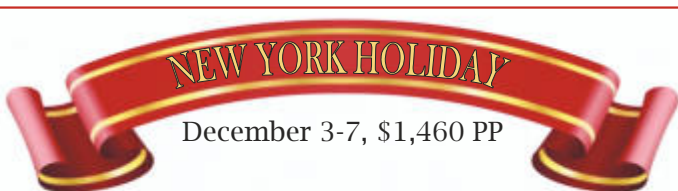
Estoril Coast, Alentejo & Algarve

\$3,499pp double
(before 9/27/19)

3/27/20 - 4/5/20
10 Days • 14 Meals

You're Invited!
Special Travel
Presentation
Wed., Sept. 18
10am

INCLUDES: Transportation & Portuguese Riviera, Choice on Tour, Lisbon, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Alentejo Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 Winery Tours, 5 UNESCO World Heritage Sites



NEW YORK HOLIDAY

December 3-7, \$1,460 PP

Includes Round Trip Transportation, 4 nights @ the Holiday Inn Express Midtown Manhattan, 4 breakfasts, 3 dinners and FEATURING...

- Guided Tour of St Patrick's Cathedral
- Winter Village Holiday Market @ Bryant Park
- Ellen's Stardust Diner (dinner)
- NBC Studio Tour
- Radio City Music Hall Christmas Spectacular
- Rockefeller Center
- Holiday Light Guided Tour
- Empire State Building
- Optional Broadway Show





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BRING YOUR
grandchild
TO **LOOSE** DAY!

Thursday, August 1, 10:30 am - 1:30 pm

ALL ARE WELCOME!
No grandchildren? PLEASE come anyway!

ONGOING ACTIVITIES INCLUDE

Photo Booth ♥ Petting Zoo, ♥ Bowling for a Prize ♥ Demos
Corn Hole Toss ♥ Cake walk (*til the cake runs out*)
Touch the Truck (fire) ♥ Check out the Police Car & MORE
LUNCH (hot dogs) ♥ 11:30-12:30 pm

Thank You Sponsors

Dort *df* Federal CREDIT UNION

Argentine Care Center
A Small Home with a Big Heart

Caretel
Inns of Linden

The Lodges of Durand

Springvale
ASSISTED LIVING

MICHIGAN STATE
UNIVERSITY
EXTENSION

WELLBROOK OF FENTON

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