

NOVEMBER 2018

the perfect place for 50+

LOOSE



I wonder how many people
I've looked at all my life
and never seen.

- John Steinbeck

From the Director

Dear Friends,

Invisible. Someone that cannot be seen or perceived. Unobtrusive quality as to be hardly noticeable.

Our days are the same and always different. We wake in the morning to bathe, comb our hair, brush our teeth and dress. We make our morning coffee and turn on the radio or TV to get the latest news. We then take the next steps towards those things that will fill our day. It may be a doctor or dentist appointment. It could be a trip to the grocery store to buy the food and other products we use everyday. As the day continues we may be meeting others to have lunch at our favorite restaurant. Then we go to a place to play cards, exercise, and enjoy entertainment. Then off we go heading home to fix dinner and settle in to watch TV for our evening news and our favorite programs. Days may differ. We may take in a movie, attend a concert, go to a casino, attend a sporting event or visit family. But no matter what, each day of our lives are filled with our interests and needs.

We seldom think of the people who make this possible. They come in many fashions. It is the farmer who grows the food, the manufacturer who develops the products we use, the personalities who we interact with everyday on the TV or radio, the medical professional and nurses who take care of our health and quality of life, the people who work at our local grocery store who supply the food and sell the products we use. We rely on those who fix and serve us our food and run and maintain those places where we meet to have fun and learn.

Our lives are filled with those who are invisible. We sometimes forget that without them we would not be able to enjoy the days we live and the things that fill it. We need to recognize them and take time to say "Thank You". We need to let them know what a big part they play in our lives. I will admit that every year I receive a card from my mailperson and paper deliverer thanking me for letting them serve me. In return I have forgotten to give them a gift card or goodies thanking them. Our world centers on those who cannot be seen or perceived. They have an unobtrusive quality as to be hardly noticeable.

Today, start out your day by thinking how lucky we are to have people in our lives who are making a difference and making each day better. Those who everyday work to fulfill our every needs. Who without them we would not have the quality of life afforded to us. Take a good look at them. See them and realize how they make the world a better place and understand how special they are.

"I wonder how many people I've looked at all my life and never seen."

John Steinbeck

All is well.

Carl Gabrielson

Executive Director

Loose Center



MOVIE NIGHT

Tuesday, November 6, 7 pm

MOVIE DAY

Wed., November 7, 12 noon

An aging screen icon gets lured into accepting an award at a rinky-dink film festival in Nashville, Tenn., sending him on a hilarious fish-out-of-water adventure and an unexpectedly poignant journey into his past.

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.

This movie did not come in time for the October Movie Night. It will run in November.

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!

Beginning PICKLEBALL

Sunday November 11 & 18, 12 - 2 pm, \$10

If you've never played Pickleball before or are a recent beginner, this is designed especially for you! Learn the basics of Pickleball rules, terminology, primary skills, coordination and more. These sessions will help develop technique and strategy for social play. Bring your own paddle (or one can be provided), balls are provided and learn from a veteran instructor. This is the perfect starting place for the beginning of your pickleball adventure. Regular Play follows at 2 pm. All are welcome to stay and try out their skills.

A Mile at a Time RETURNS

Beginning November 1 Loose's BIG HALL will be open on Tuesdays & Thursdays, 8 am until 9:15 am for walkers. Are you ready to adjust your step goal and work toward adding miles to your day? Loose is a safe friendly place to give it a try. Come in, walk, and when you are done, enjoy a cup of coffee.

Always check with your doctor before starting a new fitness routine.



November Happenings



LINDEN HS DINNER

Tuesday, Nov. 13, 5 pm - FREE

A generous gift from the Linden High School Student Council to Loose Members, this meal is a full-fledged Turkey Dinner with all the trimmings. A tradition for many years, the students treat us like royalty.

PLEASE NOTE: You must be a Loose Member, and have a ticket to attend this event. Tickets are available at Loose. Tickets are limited to two per person and are distributed on a first come first served basis. If at some point you find you will not be able to attend this event, please call or return your ticket to Loose. We do take a waiting list.

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. **In addition, there will be multiple counselors available at three special Open Enrollment Events: November 8, November 15 and 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.

“How Healthy Is YOUR Mouth?”

Tuesday, November 27, 12 pm

We are happy to welcome the Dental Hygiene Students from Mott Community College to Loose to share important information on the topic of a healthy mouth. Please support these students as they work to reach out and to fulfill the required parts of their education. **Sign up today.**



Come out & SUPPORT our STUDENTS

Presentation Topics:

Periodontal Diseases - Gingivitis

Dental Caries - Commonly known as tooth decay

Oral Pathology – Proper teeth brushing, flossing, denture care, fluoride importance

Oral Biofilm Control – Dental plaque

Community Resources

FREE samples will be provided.



THANK YOU
FOR YOUR
SERVICE

CELEBRATING

Veterans

Please join us, at Loose, for **BREAKFAST**

Friday, November 9

anytime between 9 -10:30 am

Stop by the Loose office by 4 pm on 11/6 with proof of service and receive your tickets (2/person). Thank you **CARETEL** for providing this meal for those we honor on this special day.



We look forward to the return of musicians Larry Newman and Grover Tigue who will be playing at the Veteran's Breakfast.



HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Tues., November 13, 2 pm, Hall B

Stacey Brancheau, CFP, CTFA Attorney at Law will guide the participants in a step-by-step process in completing this very important document and each will leave with a complete legal copy, signed by a witness and notarized.

This is such an important part of healthy planning, don't put it off, call Loose and sign up today.



ENERGY EFFICIENCY SOLUTIONS

FOR YOUR HOME

Wednesday, November 14, 10:30 am



HELPING MICHIGAN SAVE ENERGY.
THAT'S OUR PROMISE.

Kirsten Leach Outreach Specialist - Consumers Energy's residential energy efficiency programs. Her role is to raise awareness within the Consumers Energy community about the variety of programs available to customers and the benefits of energy efficiency. Bringing her experience working in a variety of community affairs roles, Kirsten combines common sense, stewardship and simplicity in presenting energy efficiency in the home. The 30-minute presentation will provide you with simple, low or no cost ways to save money on your utility bill. Sign up today!! You might even win a prize!

Nutrition & More

POTLUCK

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

Coffee COPS and Conversation

Tuesday, Nov. 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!



**LUNCH
@
LOOSE**

Tuesday, November 20, 11:30 am

Thanksgiving Lunch

Turkey, Mashed Potatoes, Gravy,
 Dressing, Green Beans, Cranberry
 Sauce, Rolls, Pumpkin Pie

\$4

*Please sign up and pay by 11/13
 seating limited*

November 2018 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
Second Helpings \$1 If available, we are happy to accommodate second helpings. PLEASE NOTE: The cost of the second helping is \$1.00			1 Goulash Salad 	2 Chefs Choice <i>You Won't be sorry</i>
5 Beer Battered Cod Rice Vegetable	6 Broccoli & Cheddar Soup Salad	7 Chicken Pot Pie Jello Salad	8 Tacos & All the Fixins	9 Hand picked just for you! 😊
12 Closed	15 Beef Stew in a Bread Bowl <i>Sponsored by ARGENTINE CARE CENTER 810-735-9497</i>	14 <i>Carl makes lunch day</i> Meatloaf Baked Potato Salad Cake ☺	15 Coney's (Flint or Detroit Style) Salad Chips ★★★★★	16 Clean out the Fridge Day
19 PIZZA Salad <i>Sponsored by FENTON HEALTHCARE CENTER 810-629-4117</i>	20 Thanksgiving Dinner <i>Be sure to pay and sign up by 11/13 seating limited</i>	21 Leftovers (always a winner)	22 CLOSED	23 CLOSED SHOP LOCAL
26 Mac & Cheese Vegetables	27 Meatball Soup Salad	28 BBQ Chicken Baked Beans Salad	29 Baked Potato Bar <i>a Loose favorite</i>	30 Delicious Odds & Ends

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.

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.

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

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

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

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.

A MILE AT A TIME Begins November 1.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

8:00 am Mile @ a Time
9:30 am **Chair Yoga**
10:15 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
11:30 am **Wii Bowling (1/10/19)**
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 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 Friday, 10:30 AM, 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!

BIKING BUNCH See you in the Spring

Artsy & Crafty



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.*

"ANYONE CAN PAINT" Class Minimum: 6

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

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

HAPPY STAMPERS

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

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

PAINTING GROUP Mondays, 10 am, Hall A, FREE

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

YARN RECYCLERS Fridays, 10 am, FREE

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

LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

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

FIBRE FRIENDS Fridays, 1 pm, FREE

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



WATERCOLOR CLASSES

**Mon., Nov. 26 & Dec. 3
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.

CARD MAKING WITH CAROLINE

Monday, Nov. 26, 12:30 pm, Sunroom, \$7 (class limited)

Caroline Rohde, card extraordinaire, will lead the class in creating unique and beautiful cards. All materials will be supplied, along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Take the time to enjoy this special time to learn and connect with others who share a like passion.

QUILLING CLASS 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.*



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.

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.

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!

**Wed., December 19
12:30 am**



You 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.**

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.

SMARTPHONE PHOTOS

Wed., Nov. 7, 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.

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.

BRIDGE Monday & Wednesday, 8 am-11:00 pm

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.

November

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

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

PHONE
810.735.9406
FAX
810.735.4255

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

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

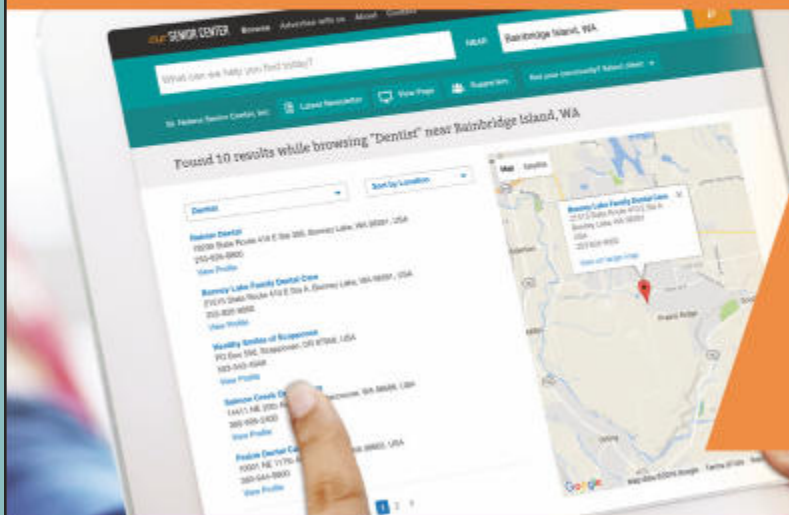
SATURDAY/SUNDAY

reminder
set your clocks
back one hour
on November 4

<p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Soaring Eagle Casino</p> <p>11:30 LUNCH Cod</p> <p>12:30 Pinochle</p> <p>1:00 Water Color Class</p> <p>1:00 NO Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Mile @ a Time</p> <p>9:00 Massage</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH Broccoli Cheddar</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 MOVIE NIGHT</p>	<p>Niagara Falls</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch Party</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 1 on 1 Financial</p> <p>10:00 Consumer Fraud</p> <p>10:45 Art à la Carte</p> <p>11:30 LUNCH Chicken Pot Pie</p> <p>12:00 Wood Carving</p> <p>12:00 Movie Day</p> <p>12:30 Pinodhle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>4:00 Smart Phone Photos</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>8:00 Mile @ a Time</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET REP.</p> <p>10:00 Cards & More</p> <p>10:00 The Historic Whitney</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH Goulash</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>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 Chef's Choice</p> <p>12:30 Open Game Play</p> <p>12:30 Chicago Bridge</p> <p>1:00 Fibre Friends</p>	<p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>Sunday, November 4</p> <p>2:00 Pickleball</p>
<p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Soaring Eagle Casino</p> <p>11:30 LUNCH Cod</p> <p>12:30 Pinochle</p> <p>1:00 Water Color Class</p> <p>1:00 NO Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Mile @ a Time</p> <p>9:00 Massage</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH Broccoli Cheddar</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 MOVIE NIGHT</p>	<p>Niagara Falls</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch Party</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 1 on 1 Financial</p> <p>10:00 Consumer Fraud</p> <p>10:45 Art à la Carte</p> <p>11:30 LUNCH Chicken Pot Pie</p> <p>12:00 Wood Carving</p> <p>12:00 Movie Day</p> <p>12:30 Pinodhle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>4:00 Smart Phone Photos</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>8:00 Mile @ a Time</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET REP.</p> <p>10:00 Cards & More</p> <p>10:00 The Historic Whitney</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH Goulash</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>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 Chef's Choice</p> <p>12:30 Open Game Play</p> <p>12:30 Chicago Bridge</p> <p>1:00 Fibre Friends</p>	<p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>Sunday, November 11</p> <p>12:00 Pickleball Lessons</p> <p>2:00 Pickleball</p>
<p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Soaring Eagle Casino</p> <p>11:30 LUNCH Cod</p> <p>12:30 Pinochle</p> <p>1:00 Water Color Class</p> <p>1:00 NO Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Mile @ a Time</p> <p>9:00 Massage</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH Broccoli Cheddar</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 MOVIE NIGHT</p>	<p>Niagara Falls</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch Party</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 1 on 1 Financial</p> <p>10:00 Consumer Fraud</p> <p>10:45 Art à la Carte</p> <p>11:30 LUNCH Chicken Pot Pie</p> <p>12:00 Wood Carving</p> <p>12:00 Movie Day</p> <p>12:30 Pinodhle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>4:00 Smart Phone Photos</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>8:00 Mile @ a Time</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET REP.</p> <p>10:00 Cards & More</p> <p>10:00 The Historic Whitney</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH Goulash</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>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 Chef's Choice</p> <p>12:30 Open Game Play</p> <p>12:30 Chicago Bridge</p> <p>1:00 Fibre Friends</p>	<p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>Sunday, November 11</p> <p>12:00 Pickleball Lessons</p> <p>2:00 Pickleball</p>

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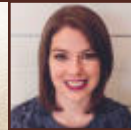
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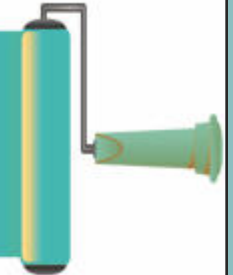
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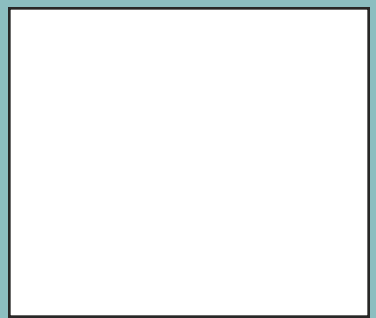
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<p>12</p> <p>CLOSED</p> 	<p>13</p> <p>Mile @ a Time Veteran Services Coffee & Cops Massage Zumba Gold/Total Fit Loose Threads FIT4EVER Lunch Beef Stew <i>Argentine Care Center</i> Line Dance Euchre Mah jongg Chicago Bridge POA Signing Party Chair Yoga Yoga Linden HS Dinner</p>	<p>14</p> <p>Bridge Manicures Blood Pressure ✓ Yoga Energy Efficiency Art à la Carte Lunch Meatloaf Wood Carving Pinochle/Dominoes/Chess Grief Support Coupon Club Pickleball Hand & Foot</p>	<p>15</p> <p>MMAP Counselor Mile @ a Time Chair Yoga Cards & More Zumba Gold/Total Fit FIT4EVER Blood Pressure ✓ LUNCH Coney Day Drums Alive© Euchre Creative Quilling Yoga Fit</p>	<p>16</p> <p>MMAP Counselor Lifelong Learning Yoga Yarn Recyclers Healthy Exercise Pickleball Lunch Chef's Choice Chicago Bridge Open Game Play Fibre Friends PETER GROS</p>	<p>17</p> <p>9:00 Yoga 10:15 Zumba Sunday, November 18 12:00 Pickleball Lessons 2:00 Pickleball</p>
<p>19</p> <p>Bridge GROOVE Sleep Mat Production Painting 11:30 Lunch Pizza & Salad <i>Fenton Healthcare Center</i> 12:30 Pinochle 1:00 Happy Stampers 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>20</p> <p>Mile @ a Time Massage Zumba Gold/Total Fit Loose Threads FIT4EVER Thanksgiving Lunch Euchre Line Dance Mah jongg Chicago Bridge Chair Yoga Yoga</p>	<p>21</p> <p>Bridge Manicures Yoga Ask A Lawyer Art à la Carte Lunch Leftovers Wood Carving Pinochle/Dominoes/Chess Grief Support Pickleball Hand & Foot</p>	<p>22</p>	<p>23</p> <p>MMAP Counselor Mile @ a Time Chair Yoga Cards & More Zumba Gold/Total Fit FIT4EVER LUNCH <i>Baked Potato Bar</i> Drums Alive© Euchre Creative Quilling Yoga Fit</p>	<p>24</p>
<p>26</p> <p>Bridge GROOVE Sleep Mat Production Painting Blood Pressure ✓ Lunch Mac & Cheese Pinochle Card Making Water Color Arthritis Exercise Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball</p>	<p>27</p> <p>Mile @ a Time Podiatrist Massage Zumba Gold/Total Fit Loose Threads FireKeepers Casino FIT4EVER Lunch Meatball Soup Healthy Mouth Euchre Line Dance Mah jongg Chicago Bridge Alzheimer Support Chair Yoga Yoga</p>	<p>28</p> <p>Bridge Manicures Yoga Project Linus Art à la Carte Lunch BBQ Chicken Wood Carving Pinochle/Dominoes/Chess Pickleball Hand & Foot</p>	<p>29</p> <p>MMAP Counselor Mile @ a Time Chair Yoga Cards & More Zumba Gold/Total Fit FIT4EVER LUNCH <i>Baked Potato Bar</i> Drums Alive© Euchre Creative Quilling Yoga Fit</p>	<p>30</p> <p>MMAP Counselor Yoga Yarn Recyclers Healthy Exercise Pickleball Lunch Chef's Choice Chicago Bridge Open Game Play Fibre Friends</p>	<p>31</p>
 <p>Happy Thanksgiving Loose will be CLOSED for the Holiday Weekend and reopen on Monday, November 26</p>					
 <p>Christmas Cards GIANT Sale STOP BY, TAKE A LOOK AND STOCK UP Cards 10 for \$1 Beginning Nov. 1</p>					

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.



UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIOR

MONDAY, DECEMBER 3, 12 NOON

Behavior 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.



We could use your

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.

Help & Support

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.

WINTER WELLNESS WITH ESSENTIAL OILS

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

(includes materials for two items & winter wellness handouts)

Join 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.

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

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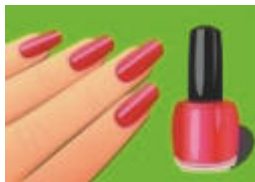
November 27 (by appointment)

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.

BLOOD PRESSURE CHECK

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

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

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

Sponsored by Fenton HealthCare Center



GRIEF SUPPORT GROUP

Wednesdays, 11/7, 11/17, 11/21

Next Session Begins January 9, 2019



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



Do you qualify for one of these MONEY SAVING Medicare Benefits

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

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

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

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

Visit Loose online @ www.loosecenter.org

Special Services & Support

SUNSHINE GREETINGS

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



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

ASK THE LAWYER

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

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

CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

AMVETS

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

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

COUPON CLUB

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

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

TOPS (*Take Off Pounds Sensibly*)

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

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

AARP TAX-AIDE

Consider volunteering as a Tax Assistance Counselor. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-241-8919

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




MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD

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

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

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

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

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

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS. The annual membership fee of \$25 per person is due for 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

UPDATED

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

November 1	The Historic Whitney	\$73
November 5	Soaring Eagle, <i>Ronnie Milsap</i>	\$34
November 7	Niagara Falls Festival of Lights	\$299
November 16	Peter Gros @ the Whiting	\$26
November 25-30	New York City Holiday	\$1,799
November 27	FireKeepers Casino	\$32
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 8	Holland Tulip Time	\$95
May 13-20	Charleston/Savannah	\$1,899
June 6-8	Lilac Festival	\$580
June 20	See the "T" (Toledo)	\$96
June 20-June 29	Switzerland, Austria & Bavaria	\$\$\$\$
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.

November 16 - Ric Mixer

This unique talk features the Coast Guard's finest moments, including the tragic career of the Michigan built cutter "Es-canaba". This ship was built in Bay City and it saved dozens of lives on the lakes before deploying to the North Atlantic for convoy duty during WW11. In 1943 the Esky saved over 130 lives when the Dorchester was torpedoed. In June of 1943 the Esky mysteriously exploded and sank with over 100 lives just off the coast of Greenland. Only two men survived and Ric will share their amazing story.

December 14 - Dr. Chris Flores & Kenneth Charles Briggs

Opioid Crisis

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

PETER GROS (Mutual of Omaha's Wild Kingdom)

Friday, November 16, 7:30 pm, \$26

Peter shares his exciting animal world, travel experiences and timeless tales. He highlights his many adventures with a mix of video clips and bloopers while introducing friendly exotic animals to audience members, and telling inspirational stories dealing with issues of conservation, travel, and wildlife filming. Peter's fascinating stories have been thrilling and educating audiences across the country for years.



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

RENT Friday, January 25, \$45

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



THE FLINT SYMPHONY ORCHESTRA
ENRIQUE DIERMECKE, CONDUCTOR

Sunday, December 16, 2018

\$16 W/O Transportation

\$21 With Transportation

The show begins at 3 pm

The bus leaves Loose at 2 pm

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)

November 7 This May Be the Last Time

November 14 Accordions Rising

November 21 Music in the Air

November 28 Richard M. Sherman: Songs of a Lifetime

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

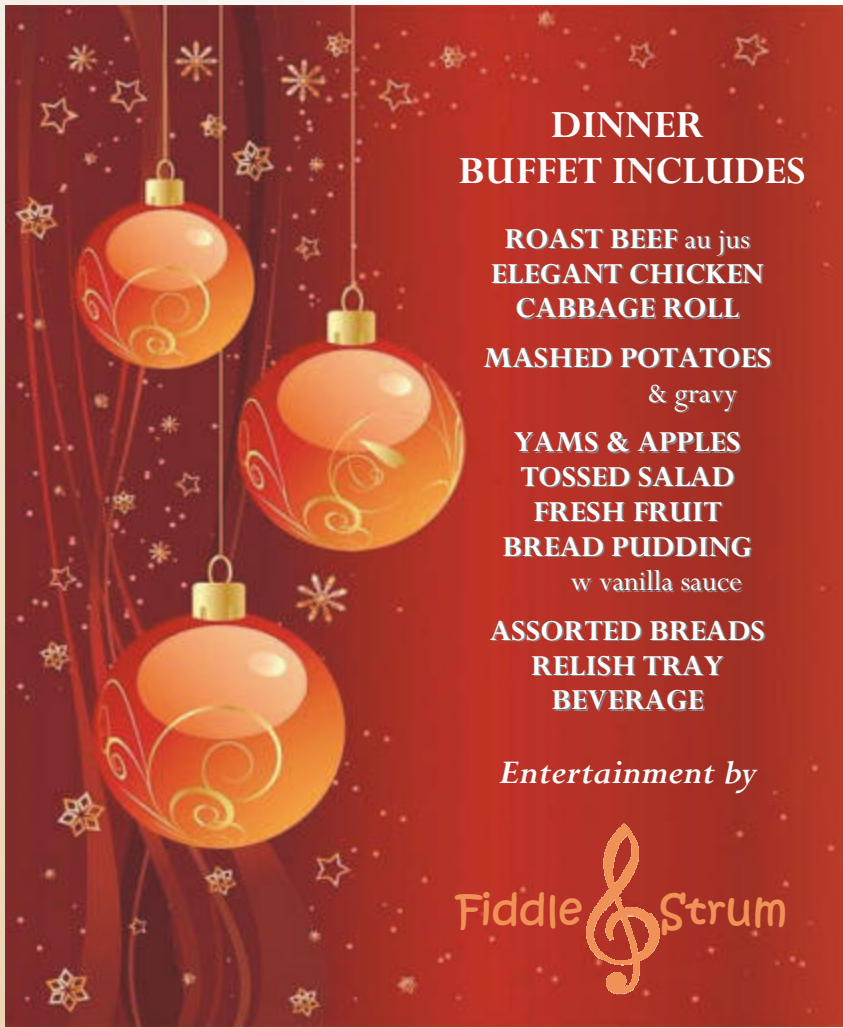
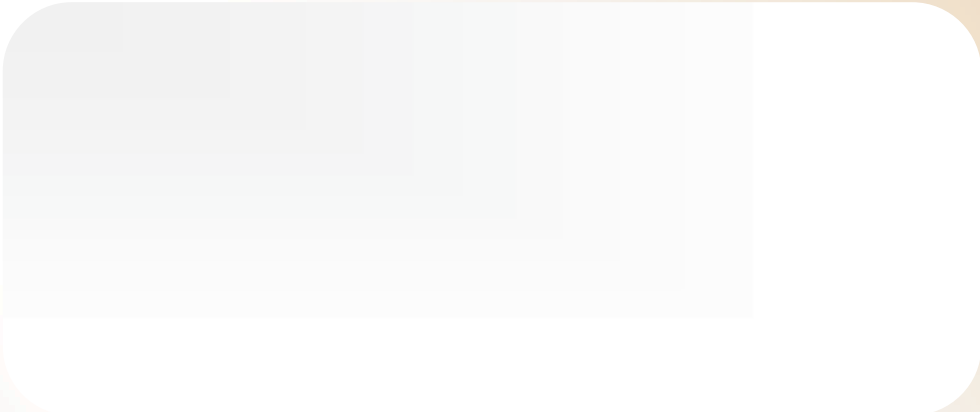
HIGHLIGHTS: Bern, Château de Chillon, Montreux, Golden Pass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, Oberammergau



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



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Permit No. 6



**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

Lorrie 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.

Robin 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.

