

OCTOBER 2017

the perfect place for 50+

LOOSE L

"Mystery creates wonder
and wonder is the basis
of man's desire
to understand."

- Neil Armstrong

From the Director

Dear Friends,

Life is a mystery. The mystery of the unknown. It creates wonder and wonder is the basis of man's desire to understand. Most of life's creations of invention were discovered by people who unlocked the secrets of things they could only imagine. Thomas Edison could picture a way to record his voice or light up a room. The mystery of these wonders required him to experiment and understand the process to bring them to life. Henry Ford had a dream of motor driven transportation. The wonder of this dream and his desire to understand led him to develop an assembly line to manufacture cars in large quantity by human hands.

We share many of the traits that these two great inventors had. We wonder at the mystery of our lives. We look back on how each played out in our history. The unknown can be scary. We stand ready for each one whose path we cross. We have faced the mystery of childhood, education, war, jobs, family and retirement. Each one presenting a new mystery and wonder. In our lives we have designed, developed and created things that were beyond our understanding. But the mystery of the unknown gave us the desire to look past our apprehension and doubt to be a person who welcomes that challenge to expand our minds.

Today we stand ready for the mystery of life and the future. We embrace the opportunity to take on and create new wonders that surpass our understanding. We find it to be energizing for our soul and body. We will never lack the ambition to face the unknown and all the mystery's that await us. They will all play out as we seek the answers. It could be as simple as solving the mystery of "Midnight at the Masquerade" event on October 24. ☺ Take the challenge and go out and find new mystery's in your life.

Remember...*"Mystery creates wonder and wonder is the basis of man's desire to understand."*

Neil Armstrong

All is well!

Carl Gabrielson

Executive Director



A GOOOLish Treat

Tuesday, October 31, noon - 1 pm, \$1
It's Halloween Treat time. Give us a call and let us know that you are coming or stop by the reception desk and sign up!



MOVIE NIGHT

Tuesday, October 3
7 pm

MOVIE DAY

October 4, 12 noon

Five-year-old Saroo gets lost on a train which takes him thousands of Kilometers across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

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

Refreshments will be served!

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

The True Story Behind *Lion*: How Lost Child Saroo Brierley Found His Birth Mother More Than 20 Years Later

DO YOU HAVE THE BEST MEDICARE PLAN FOR YOU?

Medicare Open Enrollment, October 15 - December 7, allows people on Medicare to check their current health insurance plan against the new plans being offered for 2018. 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 2018.

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 Monday Open Enrollment Events: October 23, November 13, and December 4.

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.

LOOSE FITNESS CLASS PUNCH CARD

is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). All fees will be paid at the reception desk UNLESS the class is held after business hours, instructors will collect drop in fees. A deal and also a GREAT GIFT!





October Happenings

UNDERSTANDING MEDICARE PRESCRIPTION DRUG COVERAGE

Monday October 2, 12 noon

Join us for an informative presentation by our MMAP counselors, Ann Walker and Dolores Coulter, to learn more about Medicare prescription drug coverage, including freestanding Part D plans, coverage through Medicare Advantage plans, the infamous “donut hole”, and financial assistance programs that can help reduce your drug costs. You will also learn how to compare drug plans using Medicare’s online Plan Finder tool on Medicare.gov. If you have a computer you can bring it and follow the Plan Finder discussion on your computer.



Open Enrollment - October 15 - December 7

SAFER DRIVING CAN SAVE YOU MONEY

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

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

AARP SMART DRIVER COURSE

October 18 & 19, (Wednesday & Thursday) 9 am - 1 pm

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

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



HONORING LIFE’S JOURNEY

Wednesday, October 4, 10:30 am

THE MEDICAL TEAM HOSPICE invites you to learn about exploring end of life care options and all the services provided. There are many benefits to having hospice guide you through your end of life journey. Become educated about hospice and get rid of the negative stigma. Also, we will discuss a variety of volunteer opportunities through the agency. There are many ways to give back to your community. Help make a difference in someone else’s life.



HANDLING PAIN WITHOUT MEDS

Monday, October 23, 11:30 am

Join our friends from Guardian Angel for an insightful look at the many alternatives to dealing with ongoing pain. Join in the conversation as we look at exercise, deep breathing, finding support in our relationships, tracking pain levels and more, as ways to handle our pain without the constant use of medication. Refreshments will be served. This conversation will have something for everyone, so call and sign up today.

GENESYS Health Series TRAUMA

TRAUMA Wed., October 11, 10:30 am

Knowledge is power. Zach Landers, Genesys Trauma program manager, is passionate about helping you prevent a visit to the ER. Zach will educate you on medication safety, the importance of senior immunizations and how to prevent the number one trauma seniors are treated for at Genesys - a ground-level fall. Bring your questions and leave this class with tools to help you maximize your safety.

LONG-TERM CARE A CONVERSATION WORTH HAVING

Thursday, October 26, 10 am

You may have spent years carefully working and planning so that you have sufficient income for a comfortable retirement. You may think that your retirement savings are protected, but have you ever considered what might happen if you or your spouse required long-term care? Changes to healthcare costs are impending, and Long Term Care costs are escalating. As a former Healthcare Agent, Cheryl Williams from Morgan Stanley knows how challenging it has been for some people, particularly those who haven’t prepared. It is a discussion worth having before it is required. Join us!



LOOSE IS OFFERING ONE MORE OPPORTUNITY TO GET THAT FLU SHOT
on Monday, October 16, 10:00 - 11:30 am



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

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.

Daily lunch at Loose

Monday, Tuesday, Wednesday & Friday, 11:30 am, Annex

REQUESTED donation for those 60 and over: \$2

Ages 59 and under or those living outside Genesee Co.: \$3.50
GCCARD provides daily congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735-9406 by 12 noon the day before. Sharing a meal with others is a great way to make friends. Menus are available in the office.

Coffee COPS and Conversation

Tuesday, Oct. 10, 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!



**Ladies Night Out @
CROSSROAD VILLAGE**
Mon., Nov. 13, \$10

(includes transportation/ space limited)

**Leave Loose at 3:30 pm
Leave the Village at 8:30 pm**

Grab your favorite shopping buddies and start the holiday season together in the festive quaint glow of Crossroads Village. Ladies Night Out is a special one night only event you're sure to love – and not soon to forget. Enjoy shopping, crafts, demonstrations, holiday lights, vintage rides and more for just \$5 per person. Annual pass holders can get in for free.

We're teaming up with Flint Handmade to bring quality vendors selling one-of-a-kind items to jump-start your holiday shopping right. Includes Food and Dining, Make it and Take it, Demos and more.

Use your ticket that night to receive \$5 off a purchase of \$25 or more in any Crossroads Village gift shop.

Loose will be collecting \$5 for transportation.

You will purchase your \$5 village ticket upon arrival.



LUNCH @ LOOSE (Thursdays)

Volunteers & Staff prepare lunch & serve @ 11:30 am

They are **DEELICIOUS** and the best deal in town!

Grab a friend, Be sure to give us a call so we will put you on the list.

BEST DEAL AROUND - IT'S EXCITING! Sign up today!

- October 5 TACOS with all the fixins, \$4
- October 12 Mostaccioli, Salad, Garlic Bread, \$4
- October 19 Homemade Chicken Noodle Soup & Salad \$3
- October 26 Coney Day, Flint & Detroit, \$3

Fruit, Dessert, Beverage (including milk) will be available at every meal.



LINDEN HS DINNER

Tuesday, Nov. 14, 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.

Tuesday, December 12, 12 noon, \$21

@ Spring Meadows Country Club
1129 Ripley Road, Linden

Christmas LUNCH

Dinner includes your choice of
ASIAN GLASED CHICKEN THIGH

served with rice & mixed vegetables or

PARMESAN CRUSTED WHITEFISH

served with remoulade sauce w/ red skin potato & vegetables.

Includes dinner salad, fresh bread & butter & dessert

Entertainment by **Fiddle & Strum**

Please RSVP by December 1

DRUM CIRCLE FREE

Second Saturday of each month from 11:30-12:30.

Drumming promotes well-being for both mind and body. Drumming enhances socialization and interaction as well as fuels the creative spirit! Drumming has been proven to help with memory and thinking skills. It is a great way to express yourself in a non-verbal rhythmic manner.

NO PRIOR DRUMMING OR MUSICAL EXPERIENCE NEEDED!

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.

HEALTHY AGING EXERCISE Friday, 10:30 AM, FREE *new*

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.

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.

BEGINNING TAI CHI Wed. 2:15pm or Thur. 1:15pm

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

Doctor recommended Approved by the Arthritis Foundation. Participants should see Improvement in increased Flexibility, Balance, Coordination, Range of Motion, Strength, Confidence, Lower Cholesterol along with Retards Alzheimer's and Improves Blood Flow. This is a great class and all are welcome!

CHAIR CHI Wednesday, 12 noon

\$5 drop in fee or discounted punch card available

A gentle exercise program with the benefits of the traditional Tai Chi in the comfort and safety of a chair. Benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind. Ideal for those who are less physically capable of practicing standing or moving exercises, who are in wheel chairs, or whose capacity for physical movement is limited in any way.

LINE DANCE Tuesday, Beginners 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 Wednesday 9am 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.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **Total Fit**
2:00 pm Arthritis Exercise resumes 1/2018
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**
4:00 pm **Chair Yoga**
5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:00 am **BIKING BUNCH**
9:30 am **Yoga (gentle flow)**
12 noon **Chair Chi**
2:15 pm **Beginning TAI CHI**
6:15 pm Pickleball

THURSDAY

9:30 am **Chair Yoga**
10:15 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
11:45 am **Wii Bowling**
12 noon **Drums Alive NEW**
1:15 pm **Beginning TAI CHI**
4:00 pm **Yoga (gentle flow)**

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**
11:30 am **Drumming Circle NEW**
(3rd Sat. only)

SUNDAY

2:00 pm Pickleball (resumes 10/1)

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. *new*

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

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

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

ZUMBA GOLD TOTAL FIT®

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

TOTAL Fit® A 45 minute class beginning with 20 minutes of mixed range cardio, balance, stretching, toning and mind/movement connection.

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.

PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sun. 2 - 5 pm,

Friday, 11 am - 4 pm (reservation required), \$3 court rental

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, Pickleball is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group. Stop in, watch and give it a try.

Wii BOWLING Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. **The next 8 week league begins on January 11. If you are interested in Wii bowling, please contact the Loose Office.**

GOLF AT SHIAWASEE SHORES will resume in the spring.

Artsy & Crafty

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.

"ANYONE CAN PAINT" Class Minimum: 6

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

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

PAINTING GROUP Mondays, 10 am, Hall A, FREE

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

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.

LOOSE LAPGHANS 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.

"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."

WATERCOLOR CLASSES

Monday, October 31 & November 6, 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.

QUILLING DEMO

Thursday, October 12, 2-4 pm, \$5 Christmas Project

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.

Take some time for YOU, sign up, meet instructor Reita Newell and enjoy learning how rewarding this art form can be. This class is limited, sign up early.



CHRISTMAS THEME QUILLING CLASS

Thurs., October 19, November 2, 16 & 30

2-4 pm, \$15 per class (\$60 for series)

This special Christmas project class is for all levels, from beginners to advanced. Come and enjoy this time to share time and create a unique treasure. All materials are provided. Pre registration is advised.



CARD MAKING WITH CAROLINE

Monday, October 23, 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.

SLEEP MATS Mondays, 10 - 11:30 am, SUNROOM

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

Mondays, 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*



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.

PLEASE PREREGISTER FOR ALL CLASSES

UPCOMING CLASSES

IPAD 2

Wednesday, October 4 & 11, 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 18 & 25, 4-6 pm, \$20

Windows 10: It seems that the Windows folks have listened and are working on cleaning up their operating system. 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.

SMARTPHONE PHOTOS

Wed., Nov. 1, 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.

Visit Loose online @ www.loosecenter.org



Friday, October 27, 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, 6:30p

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

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

BRIDGE Monday & Wednesday, 8a-2:30p

OPEN GAME PLAY Friday, 10a-3:30p *(bring a friend)*

CHICAGO BRIDGE Tuesday, 1p & Friday, 11a

CHESS Wednesday, 12:30p

CARDS & MORE Thursdays, 10a

DOMINOES Wednesday, 12:30p

MAH JONGG Tuesday, 3 pm, Friday 10a

PINOCHLE Monday & Wednesday, 12:30p

EUCHRE Tues. & Thurs., 12:30p, Sat., 10a-1p

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.

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.

October 2017



OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

EMAIL

lscce@loosecenter.org

WEBSITE

www.loosecenter.org

PHONE

810.735.9406

FAX

810.735.4255

MONDAY

2
8:00 Bridge
9:30 Total Fit
10:00 Painting
10:15 Sleep Mat Production
11:30 LUNCH *Chicken*
12:00 Medicare/Prescriptions
12:30 Pinochle
1:00 Listening Ear
1:00 Water Color Class
3:00 Loose Chorus
4:00 Yoga
5:00 Zumba & Total Fit
6:00 TOPS Weigh-in
6:15 Pickleball

TUESDAY

3
9:00 Massage
9:30 Zumba Gold/Total Fit
10:00 Loose Threads
10:30 FIT4EVER
11:00 Health ✓
11:30 Lunch *Salisbury Beef*
12:00 Line Dance
12:30 Euchre
1:00 Line Dance
1:00 Chicago Bridge
3:00 Mah Jongg
4:00 Chair Yoga
5:00 Yoga
7:00 Movie Night

WEDNESDAY

4
8:00 Bridge
9:00 Biking Bunch
9:00 **NO** Manicures
9:30 Yoga
10:00 Consumer Fraud
10:00 1-On-1 Financial
10:30 Honoring Life's Journey
10:45 Genesee Belle
11:15 Art à la Carte
11:30 Lunch *Chicken Teriyaki*
12:00 Movie Day
12:00 Wood Carving
12:00 Chair Chi
12:30 Pinochle/Dominoes/Chess
2:15 Beginning Tai Chi
4:00 IPAD 2
6:15 Pickleball
6:30 Hand & Foot

THURSDAY

5
MMAP Counselor
9:30 Chair Yoga
10:00 AMVET Counselor
10:15 Zumba Gold/Total Fit
10:30 FIT4EVER
11:30 Wii Bowling
11:30 LUNCH @ LOOSE
Soft Taco, \$4
12:00 Drums Alive©
12:30 Euchre
1:15 Beginning Tai Chi
2:00 NO Creative Quilling
4:00 Yoga
6:00 Grief Support

FRIDAY

6
NO MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
10:30 Healthy Exercise
11:00 Chicago Bridge
11:00 Pickleball
11:30 Spanish *Baked Fish*
1:00 Lapghans

SATURDAY/SUNDAY

7
9:00 Yoga
10:00 Euchre
10:15 Zumba

Sunday, October 8

2:00 Pickleball

9
8:00 Bridge
9:00 CSFP
9:30 Total Fit
10:00 Painting
10:15 Sleep Mat Production
11:30 LUNCH *Pulled Pork*
12:00 "Anyone Can Paint"
12:30 Pinochle
1:00 Book Club
3:00 Loose Chorus
4:00 Yoga
5:00 Zumba & Total Fit
6:00 TOPS Weigh-in
6:15 Pickleball

10
9:00 Massage
9:00 Veteran Services
9:30 Zumba Gold/Total Fit
9:30 Coffee Cops
10:00 Loose Threads
10:15 Farmers Market
10:30 FIT4EVER
11:30 Lunch *Veal Steak*
12:00 Line Dance
12:30 Euchre
1:00 Line Dance
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga

11
8:00 Bridge
9:00 Biking Bunch
9:00 Blood Pressure ✓
9:00 **NO** Manicures
9:30 Yoga
10:30 Genesys Series/Trauma
11:15 Art à la Carte
11:30 Lunch *Creole Steak*
12:00 Wood Carving
12:00 Chair Chi
12:30 Pinochle/Dominoes/Chess
2:15 Beginning Tai Chi
3:15 Coupon Club
4:00 IPAD 2
6:15 Pickleball
6:30 Hand & Foot

12
MMAP Counselor
8:00 Board Meeting
9:30 Chair Yoga
10:15 Zumba Gold/Total Fit
10:30 FIT4EVER
11:30 LUNCH @ LOOSE
Mostaccioli, \$4
11:30 Wii Bowling
12:00 Drums Alive©
12:30 Euchre
1:15 Beginning Tai Chi
2:00 Quilling DEMO
4:00 Yoga

13
MMAP Counselor
9:30 Yoga
10:00 Write Life Story
10:00 Yarn Recyclers
10:00 Board Games
10:30 Healthy Exercise
11:00 Chicago Bridge
11:00 Pickleball
11:30 Lunch *Chicken Chili*
1:00 Lapghans
5:00 Potluck

14
9:00 Yoga
10:00 Euchre
10:15 Zumba

Sunday, October 15

2:00 Pickleball



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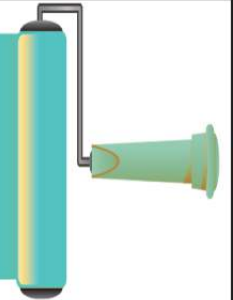
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8:00 9:30 10:15 10:00 10:00 11:30 12:30 1:00 3:00 4:00 5:00 6:00 6:15	16 Bridge Total Fit Sleep Mat Production Painting Flu Shots Lunch Chick/Dumplings Pinochle Happy Stampers Loose Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	17 Little River Casino 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Char Steak 12:00 Line Dance 12:30 Euchre 1:00 Line Dance 1:00 Chicago Bridge 1:00 Scrapbooking 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	18 Bridge AARP SAFE DRIVING Biking Bunch Manicures Yoga Ask a Lawyer Art à la Carte 11:30 Lunch Pub Burger 12:00 Wood Carving 12:00 Chair Chi 12:30 Pinochle/Dominoes/Chess 2:15 Beginning Tai Chi 4:00 Windows 10 6:15 Pickleball 6:30 Hand & Foot	19 MMAP Counselor 9:00 AARP SAFE DRIVING 9:30 Chair Yoga 10:15 NO Zumba/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 LUNCH @ LOOSE Chicken Noodle Soup, \$3 11:30 NO Wii Bowling 12:00 Drums Alive@ 12:30 Euchre 2:15 Beginning Tai Chi 2:00 Quilling XMAS Project 4:00 Yoga 6:00 Grief Support 6:30 Kinky Boots	20 MMAP Counselor 8:15 Lifelong Learning 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 10:30 Healthy Exercise 11:00 Chicago Bridge 11:00 Pickleball 11:30 Lunch Stuffed Pepper 1:00 Lapghans	21 Yoga Euchre Zumba Drum Circle Sunday, October 22 2:00 Pickleball
8:00 9:30 10:00 10:15 11:30 12:30 1:00 3:00 4:00 5:00 6:00 6:15	23 MMAP Counselor Bridge Total Fit Painting Sleep Mat Production Blood Pressure ✓ Pain W/O Meds 11:30 LUNCH Steak Pattie Pinochle Card Making Loose Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	24 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Bean Soup 12:00 NO Line Dance 12:30 Euchre 1:00 NO Line Dance 1:00 NO Chicago Bridge 2:00 Alzheimer Support 3:00 NO Mah jongg 4:00 NO Chair Yoga 5:00 NO Yoga 5:00 MURDER MYSTERY FUNDRAISER	25 Bridge Biking Bunch Party Day Manicures Yoga Ceasar Windsor Art à la Carte 11:30 Lunch Pulled Chicken 12:00 Wood Carving 12:00 Chair Chi 12:30 Pinochle/Dominoes/Chess 2:15 Beginning Tai Chi 4:00 Windows 10 6:15 Pickleball 6:30 Hand & Foot	26 MMAP Counselor 9:30 Chair Yoga 10:00 Long-Term Care 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 LUNCH @ LOOSE Coney Day, \$3 11:30 Wii Bowling 12:00 Drums Alive@ 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Creative Quilling 4:00 Yoga	27 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 10:30 Healthy Exercise 11:00 Chicago Bridge 11:00 Pickleball 11:30 Lunch Veg Lasagna 1:00 Lapghans 5:00 Euchre Tournament	28 Yoga Euchre Zumba Sunday, October 29 2:00 Pickleball
8:00 9:30 10:00 10:15 11:30 12:30 1:00 3:00 4:00 5:00 6:00 6:15	30 Bridge Total Fit Painting Sleep Mat Production 11:30 LUNCH Beef Stew Pinochle Water Color Class Loose Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	31 Podiatrist 8:00 Massage 9:00 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Pepper Steak 12:00 A GOOOLISH TREAT 12:00 Line Dance 12:30 Euchre 1:00 Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	 <p>A giant sized THANK YOU to CALABRIA VILLAGE for their generous donation of ICE CREAM. We have an amazing assortment and are looking forward to using it up in a variety of ways.</p> <p>First ICE CREAM EVENT October 31, Noon-1 pm, \$1 A GOOOLISH Treat awaits See page 2 for details.</p>			BOARD OF DIRECTORS Ken Wensel, <i>President</i> Frank Lukowski, <i>VP</i> Alberta Martin, <i>Secretary</i> Vince Eible Jr., <i>Treasurer</i> Ray Culbert Ann Deemer Roby Deese Richard Laing Charlie Ross Les Scott David Kincaid Pat Lockwood
8:00 9:30 10:00 10:15 11:30 12:30 1:00 3:00 4:00 5:00 6:00 6:15	33 MMAP Counselor Bridge Total Fit Painting Sleep Mat Production Blood Pressure ✓ Pain W/O Meds 11:30 LUNCH Steak Pattie Pinochle Card Making Loose Chorus Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	34 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Bean Soup 12:00 NO Line Dance 12:30 Euchre 1:00 NO Line Dance 1:00 NO Chicago Bridge 2:00 Alzheimer Support 3:00 NO Mah jongg 4:00 NO Chair Yoga 5:00 NO Yoga 5:00 MURDER MYSTERY FUNDRAISER	35 Bridge Biking Bunch Party Day Manicures Yoga Ceasar Windsor Art à la Carte 11:30 Lunch Pulled Chicken 12:00 Wood Carving 12:00 Chair Chi 12:30 Pinochle/Dominoes/Chess 2:15 Beginning Tai Chi 4:00 Windows 10 6:15 Pickleball 6:30 Hand & Foot	36 MMAP Counselor 9:30 Chair Yoga 10:00 Long-Term Care 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 LUNCH @ LOOSE Coney Day, \$3 11:30 Wii Bowling 12:00 Drums Alive@ 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Creative Quilling 4:00 Yoga	37 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 10:30 Healthy Exercise 11:00 Chicago Bridge 11:00 Pickleball 11:30 Lunch Veg Lasagna 1:00 Lapghans 5:00 Euchre Tournament	38 Yoga Euchre Zumba Sunday, October 29 2:00 Pickleball

HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, October 4, 10:30 am

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times.

WRITE YOUR LIFE STORY

Every 2nd & 4th Friday, 10 am, Sunroom

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun.

LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

LISTENING EAR

Every 1st Monday, by appointment

Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



Christmas Cards
GIANT Sale Cards 10 for \$1

Beginning November 1, stop by Loose and check the Christmas Card Sale. Christmas Cards and other goodies, will be at rock bottom prices. We have a HUGE variety, so there will be something for you.
STOP BY, TAKE A LOOK AND STOCK UP.

HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Wed., November 8, 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.



GENESYS Health Series

CARDIAC HEALTH

Tuesday, November 14, 2:30

Presenter-Dr. Stephen Brooks, board certified cardiologist

A healthy heart is a happy heart. Sometimes heart problems are silent and can go undetected. Knowing the signature ingredients to keeping our hearts healthy and the most telling warning signs is essential. We will discuss blood pressure management, signs and symptoms of heart failure and atrial fibrillation. Come to this class with a willing heart and get the answers you have been looking for regarding heart health.



THANK YOU FOR YOUR SERVICE

CELEBRATING Veterans

Please join us, at Loose, for **BREAKFAST**
Wednesday, November 8
anytime between 9 - 11 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.

CARD SHOP CONTEST

During the month of October, make sure each day you come to Loose and check in, you fill out the entry slip to win one of these special gems prepared by our card shop volunteer Marcia Brasher. If you come often, enter often. Names will be drawn on November 1 and winners will be notified. **GOOD LUCK!**



HEALTH SERVICES & TRANSPORTATION

MASSAGE

By appointment each Tuesday!

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

Keep Calm & Book a Massage

PODIATRIST

Tuesday, October 31, (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.

FREE HEARING CLINIC

We are deeply saddened by the news that our Hearing Specialist, David Wizzird, DB-HIS passed away suddenly on July 13. Dave has been a part of Loose for over 10 years. Our thoughts and prayers are with his wife and young son. Every effort is being made to fill his shoes. Until that time, the Hearing Clinic at Loose is on hold. Check back or call 810 735-9406 to stay a breast of the status.

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, 11 am (Health Check)

Blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

Sponsored by Mid-Michigan Home Health & Hospice

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



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday

6:00 pm - 7:30 pm, Loose Sunroom

"Journey To Hope And Healing" is a support group open to those who have suffered the loss of a loved one. In a safe and comfortable environment, participants will be able to hear how others are experiencing the effects of loss, share stories about their loved one, and learn about the strategies that help individuals cope with the everyday difficulties of loss. Through sharing and education, it is possible to move forward into the process of hope and healing.

For more information or register for attendance, call Loose at (810) 735-9406.

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.

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 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

Drug Take Back UPDATE

Loose no longer accepts DRUG drop offs of any kind. The following local location has a drop off area.

Fenton City Police Department
301 South Leroy, Fenton
24 hour drop off

Grand Blanc Township Police Department
5405 South Saginaw, Grand Blanc
24 hour drop off

- These sights accept PILLS & PATCHES ONLY
- All pills must be removed from container & blister packs.
- No liquids, ointments, inhalers or needles

MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD Volunteers pick up day old bread each Monday and Wednesday from VG's. It is available on a first-come, first-served basis at the Loose Center at 10 am.

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 2017. 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.



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

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.

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

"Loose programs and/or services are fully or partially funded by Genesee County Senior 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

October 4	Genesee Belle Lunch Cruise	\$23
October 10	Flint Farmer's Market	\$2
October 17-18	Little River Casino	\$130
October 19	Kinky Boots	\$59
October 25	Caesar Windsor	\$22
Oct. 28-Nov. 2	Southern Charm Fall Tour	\$1,299
November 6	Soaring Eagle & Wayne Newton Show	\$34
November 3	Motown the Musical	\$59
November 4-12	Costa Rica	\$2,649
November 19-20	Niagara Falls Festival of Lights	\$279
November 24	Wizard of Oz	\$54
November 29	FireKeepers Casino	\$34
December 2-3	Chicago Style Christmas	\$334
December 9	Rudolph the Red Nosed Reindeer	\$41
December 17	Holiday Pops (w/transportation)	\$24
December 18	Caesar Windsor	\$22
January 17	Soaring Eagle	\$32
February 3-9,	Iceland	\$3,299
February 4	Honky Tonk Angels	\$75
February 12	FireKeepers Casino	\$32
February 19-27	The Deep South	\$1,799
February 22	Daniel O Donnell	\$125
March 3-9	Arizona, Sedona & Tucson	\$2,499
April 17-20	Lancaster PA	\$699
May 6-13	Great Canadian Cities	\$1,999
May 10-21	Discovering Poland (before 11/10)	\$3,599
Oct. 4-9, 2018	Albuquerque Balloon Fiesta	\$2,679
10/23 -11/6/18	South Pacific Wonders (early discount)	\$6,899

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)

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.

Friday, October 20

Ric Mixer – Famous Shipwrecks of the Great Lakes

While his name is recognized for his reporting on WNEM and WJRT television, he is best known for sharing maritime history with millions of viewers on PBS and the Outdoor Channel. He is one of the most requested speakers around the Great Lakes, sharing stories from wrecks he has visited personally from century old schooners to the giant Edmund Fitzgerald.

Join historian Ric Mixer as he dives into the mystery of these shipwrecks. He will explore those ships that are still missing and share rare underwater.

November 17 - Dr. Mike Heberling – Michigan's Role in the Cold War

Flint Farmer's Market



Caretel.
Inns of Linden

Tuesday
Oct. 10, 2017

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 12 & October 10.*

2017/18 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

KINKY BOOTS Thur., Oct. 19 @ 7:30pm, \$59

WINNER!
BEST MUSICAL



Kinky Boots is Broadway's huge-hearted, high-heeled hit! With songs by Grammy® and Tony® winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind.

MOTOWN THE MUSICAL Fri., Nov. 3 @ 8pm, \$59

Motown shattered barriers, shaped our lives and made us all move to the same beat. Featuring classic songs such as "My Girl" and "Ain't No Mountain High Enough," experience the story behind the music in the record-breaking smash hit **MOTOWN THE MUSICAL!**



THE WIZARD OF OZ Fri., Nov. 24 @ 7:30pm, \$54

RUDOLPH THE RED-NOSED REINDEER: THE MUSICAL
Sat., Dec. 9 @ 7pm, \$41

THE SECOND CITY COMEDY Fri., Feb. 23 @ 8pm, \$41

OPUS CACTUS Fri., Mar. 9 @ 8pm, \$46

RAIN: A TRIBUTE TO THE BEATLES Sun., Mar. 11 @ 3pm, \$59

CABARET Thur., Mar. 22 @ 8pm, \$59

MIKE SUPER Fri., Apr. 13 @ 8pm, \$36

ART À LA CARTE FLINT INSTITUTE OF ART



A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided. *Leave Loose at 11:15 am. Cost: \$4.50 (transportation)*

Movement

October 4 Van Gogh, The early years and Dutch Period

October 11 In the footsteps of Van Gogh

October 18 Secrets of the Dead: Van Gogh's ear

October 25 The Buried Mirrow

AND MORE TRIPS

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



Chicago Style Christmas Shopping

December 2-3, 2017, 2 days/1 night \$334 PP Double

THIS TOUR INCLUDED: Round trip Transportation

1 night as the Double Tree by Hilton in downtown Chicago
1 Lunch & 1 Dinner

FEATURING

- ◆ Magnificent Mile
- ◆ Food Life
- ◆ Water Town Place
- ◆ Museum of Science & Industry
- ◆ Gratuities for the above



Theater on the Avenue in Wyandotte presents...

Sunday February 4, 2018, \$75



Includes: Round Trip Transportation, Lunch at Smokies Restaurant & Bar and tickets to **The Honky Tonk Angels**. **The Honky Tonk Angels** is a musical extravaganza that combines over 30 classic country tunes with a hilarious story about three gutsy gals who are determined to better their lives and follow their dreams to Nashville. The all-hit song list includes I'll Fly Away, Stand by Your Man, 9 to 5, Coal Miner's Daughter, Ode to Billy Jo, These Boots Are Made for Walking, Rocky Top, and I Will Always Love You. This charming, foot-stompin' musical has played to sold-out audiences across the country.

ARIZONA Sedona & Tucson

March 3-9, 2018

6 Nights • 11 Meals, \$2,499 pp Double

Highlights: Round trip air and Motorcoach, San Xavier Mission, Pima Air & Space Museum, Kartchner Caverns, Sabino Canyon Trolley, Pinnacle Peak & Trail Dust Town, Biosphere 2, Verde Canyon rail Journey, Sedona Trolley Tour, Luggage & Handling, tax & tips on included meals and more.

Discovering Poland

May 10—21, 2018, \$3,599 PP Double (until 11/10/17)

Highlights: Warsaw, Black Madonna, Auschwitz, Jasna Gora Monastery, Krakow, Folklore Show & Dinner, Wroclaw, Torun, Gingerbread Baking, Gdansk, Solidarity Shipyards, Choice on Tour, Malbork Castle

NIAGARA FALL Festival of Lights, \$279 PP Double November 19-20, 2017

**Includes Round Trip Motorcoach Transportation,
1 night Lodging Fallsview Hilton,
1 breakfast & 1 dinner,
Tour of Niagara Falls, Festival of lights,
Luggage Handling, Tax & tips on included meals**



THE FLINT SYMPHONY ORCHESTRA
ENRIQUE DIEMECKE, CONDUCTOR

Sunday, December 17, 2017

\$24 W/O Transportation

\$29 With Transportation

The show begins at 3 pm
The bus leaves Loose at 2 pm

Joy, merriment and the holiday spirit abound in this beloved season favorite featuring the Flint Symphony Orchestra with Conductor Enrique Diemecke, and the Flint Symphony Chorus. **Purchase your tickets today!**

The Deep South

Gulf Shores & New Orleans

February 19-27, 2018 • 8 Nights • 14 Meals,
\$1,799.00 pp Double

Highlights: Accommodations @ Perdido Beach Resort a 4 star Mediterranean Style resort directly on the Gulf of Mexico, Ave Maria Grotto, Bellingrath Gardens, Pensacola, National Naval Aviation Museum, Dolphin Watch Cruise, Fairhope, Alabama, Florabama, Lucy Buffet, Louisiana's Swap Tour, New Orleans/Katrina Sightseeing Tour, Birmingham, Civil Rights Institute, Luggage & Handling, tax & tips on included meals



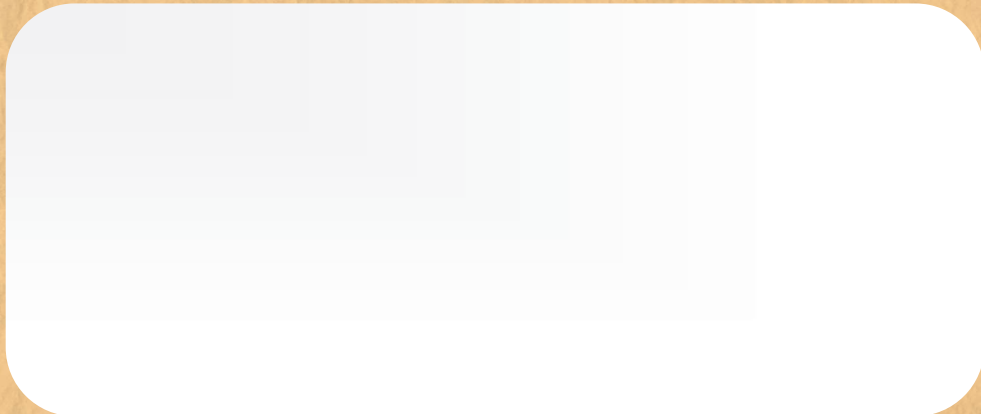
INCLUDES Thursday, February 22, 2018, \$125

- Round Trip Motorcoach Transportation
- Tony Packo's at the Park Restaurant,
- Tickets to the show & a stop for dinner (on your own).

Daniel is back with new award-winning Band Members and long time favorites. His new show is three hours of awesome! Joining Daniel on stage is "Mary Duff", Ireland's top female vocalist, to give you a blend of traditional Irish favorites, and her new award winning hits! If you've ever attended a live concert by Daniel, you know it is 3-hours of your favorite songs and stories by your favorite entertainer!

Loose the perfect place for 50+
707 N. Bridge St.
Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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Flint, MI
Permit No. 6



The Murder Mystery Co.
MIDNIGHT AT THE MASQUERADE

JOIN US FOR A NIGHT OF MYSTERY, MAYHEM, AND MURDER!

DATE: 10/24/2017 TIME: 5 pm

LOCATION: **LOOSE**

ADDRESS: 707 N. Bridge St.
Linden, MI 48451

COST: \$25 PP
Includes Dinner & MURDER

Phone: (810)735-9406
RSVP: Email: LSCC@loosecenter.org
Website: www.loosecenter.org

All proceeds from this FUNDRAISER will go to support Loose.

Dinner provide by
Wellbridge of Fenton & Caretel Inns of Linden.



Thank you!