

NOVEMBER 2019

the perfect place for 50+

LOOSE

"Thanksgiving is more than eating, Chuck. We should be thankful for being together."

~ Marcie (A Charlie Brown Thanksgiving, by Charles M. Schulz)



From the Director

Dear Friends,

Thanksgiving is a day when we are awakened by the smells coming from the kitchen. Mom has been up since 6:00 preparing the food the family will enjoy following the Lions loss to the Green Bay Packers. There will be all of our favorites, pumpkin pie, cranberry sauce, chestnut dressing, the variety of vegetables, mashed potatoes with just a hint of lumps, gravy and the center of attraction....the turkey. Who can forget waiting what seemed forever for mom to say "It is dinner Time" and it was over in twenty minutes. Yes, those are pleasant memories of days gone by.

The most important memories are those of my aunts and uncles, cousins and friends arriving at the front door. The house became full of laughter (except when the Lions fumbled the ball and Bart Starr threw a pass to Boyd Dowler to go ahead). It was a moment when my mom and aunts were talking about family life and were sharing what had gone on in their family's lives. It was usually about their children's successes and the high cost of coffee. It was that special moment to catch up and speak of pleasant times. My dad and uncles were all wrapped up in the game, and my cousins and I went outside to enjoy a pleasant warm day to play in the final days of Indian summer.

Then finally it became time for all of the family to sit down and enjoy that wonderful meal my mom had prepared. Adults at the big table and all of us youngsters at the card tables. My dad said grace then it was time to eat. Somehow this meal tasted better than anything we would enjoy all year. I think my mom had a magic potion that made it so good. We all sat around and ate more than our stomachs could bear. And then it was over with that last bite of pie.

After that, my mom and aunts cleaned up the table, washed the dishes and packed away the leftovers. My cousins and I got out the board games in the family room to play Monopoly. As for my dad and uncles....they found a couch or an easy chair and took a nap with loud snoring filling the living room. What a wonderful day it was, family, fun and food. A day filled with heart-felt talks, sitting around watching the game and that nap and fun playing with my cousins that I rarely see.

So you see, *"Thanksgiving is more than eating, Chuck. We should be thankful for being together."* Marcie (A Charlie Brown Thanksgiving, by Charles M. Schultz)


Have a Happy and Wonderful Thanksgiving.

All is well.

Carl Gabrielson

Executive Director Loose Center

LOOSE - 707 North Bridge Street in Linden



Flea Market



Friday
November 1, 2019
9:00 am - 3:00 pm

Vendors, RESERVE your space NOW!

\$20 for one 8 foot table & 2 chairs (make checks payable to Loose Center)
Set-up Thursday, Oct. 31, 4 pm - 5:30 pm or Friday, Nov. 1 - 7 am - 8:30 am. All Set up must be complete by 8:30 am

Name: _____ Address: _____
Phone: _____ Email: _____

- No food or beverage sales.
- No sale or display of drugs or drug paraphernalia, guns and knives of any kind.
- You are responsible to remove all your stuff from the site.
- Loose is not responsible for any lost, stolen or damaged items.



Breathe

BASED ON A TRUE STORY

MOVIE NIGHT

Tuesday, November 5, 7 pm

MOVIE DAY

Wed., November 6, 12 noon

After contracting polio at the age of 28, Robin Cavendish is confined to bed and given only months to live. But with the help of his wife Diana and her twin brothers, and the groundbreaking ideas of inventor Teddy Hall, Cavendish emerges from the hospital ward and devotes the rest of his life to helping fellow patients and the disabled.

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.

November Happenings

NUTRITION SPRAYS & CBD PRODUCTS 101.

Thursday, November 7, 12 noon

Presenter: Donna Roberts



CBD OIL

Take that step and begin to educate yourself about what it means to be an Authority Certified Company and what to look for in spray and CBD products. There will be a short video along with a presentation on daily choice products. Informative and friendly .



LINDEN HS DINNER

Tuesday, Nov. 12, 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 2/person and are distributed at Loose, during office hours, on a first come first served basis. If 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.

LADIES NIGHT OUT

November 18, 2019

4-9 pm, \$7.00

(purchase your ticket at the park)
If you need a ride, sign up early,
transportation is limited. \$5

Riders will leave Loose at 3:30, leave the Village at 7:30 & return to Loose at 8 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, and live entertainment in the Colwell Opera House, holiday lights throughout the Village, vintage rides and more.

They are teaming up with Flint Handmade to bring quality vendors selling one-of-a-kind items to jump-start your holiday shopping right. Enjoy treat samples in the village houses, a free carousel ride, a photo-op on the train caboose and so much more!



Located in the Caretel Lounge

Collecting until 12/6

The Giving Tree

THANK YOU!

All items will be gathered and donated to those in need.

All donations are appreciated!

Veterans

Please join us, at Loose, for

BREAKFAST

Friday, November 8

anytime between 9 -10:30 am

Stop by the Loose office by 4 pm on 11/5 with proof of service and receive your tickets. (2/person).



SPECIAL THANKS TO
CARETEL INNS of
LINDEN

For providing this meal for those we honor!

A Mile at a Time RETURNS

Beginning November 5 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.



Tai Chi

Wednesday., November 6, 13, 20 & December 18

10:30 am - 11:05 am

The cost of the first series of these classes will be \$5

(Paid on day one to the instructor - provides each student with a practice DVD from the instructor)

Instructor-Grand Master Dr. Ibrahim is a Registered Nurse, Naturopathic Doctor and one of the highest ranking Martial Artists in the World! He will be teaching a healthy modified Yang form.

THE BENEFITS OF TAI CHI INCLUDE BUT ARE NOT LIMITED TO:

- ◆ Reducing anxiety and depression
- ◆ Improve athletic performance
- ◆ Improving quality of sleep
- ◆ Improving balance and hand/eye coordination
- ◆ Increasing both upper and lower body strength
- ◆ Increasing energy while calming the mind
- ◆ Improving mental clarity and brain focus
- ◆ Lowering blood pressure
- ◆ Helps with pain management
- ◆ Increasing flexibility

A new class session will resume Jan. 8, 15, 29, Feb. 5 & 12
Beginning in 2020, you can purchase your Tai Chi Ticket for \$20 (good for 10 classes)

Nutrition & More

POTLUCK

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

Coffee COPS and Conversation

Tues., Nov. 12, 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!



Breakfast

9:30-10:30 am

Monday, November 18, \$4
 Baked Blueberry
 French Toast Casserole
 Bacon, Fruit & Yogurt

Thursday, November 21, 11:30 am \$4

Thanksgiving Lunch

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

Please sign up and pay by 11/18
 seating limited

November 2019 Lunch @ Loose Menu

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

Mon Polpourri	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up LOOSE ends
Get your Loose Lunch Loyalty Card, good for 10 meals, then get the eleventh for free.	Lunch is served at 11:30 am PLEASE NOTE: The cost of the second helping is \$1.00		<div style="background-color: #E67E22; color: white; padding: 10px; border-radius: 10px; display: inline-block;"> Eat In Take OUT </div>	1 LOOSE FLEA MARKET DAY 9 am—3 pm Lunch begins at 11
4 Baked Fish Rice Vegetable	5 Bean Soup Salad Roll	6 Hamburgers Tater Tots Fresh Vegetables	7 CARL COOKS Ham Dinner with all the fixins	8 Leftovers
11 	12 Turkey Noodle Soup ARGENTINE CARE CENTER and a yummy surprise dessert.	13 Loaded Baked Potato Casserole Salad Roll	14 ? Mystery Lunch ? Provided by Fenton Health Care	15 Leftovers YUM!
18 BREAKFAST 9:30-10:30 am Baked Blueberry French Toast Casserole Bacon Fruit & Yogurt	19 Meatball Tortellini Soup Salad, Roll	20 Chicken Ranch Pasta Salad Roll	21 Thanksgiving Lunch w/Pumpkin Pie sponsored by	22 Leftovers
25 Sloppy Joe Chips Veggies	26 Broccoli Cheddar Soup Ham Sliders Salad	27 Leftovers	28 	29 HAPPY thanksgiving

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

BODY, MIND & SPIRIT



FREE

Thursday, December 12, 12 noon

If you can SPARE a few minutes, It's time to ADDRESS the Pins and learn to play the PERFECT Wii Bowling GAME. It will be fun and there will be plenty of help and guidance.

Wii Bowling Fun!

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

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

Wii BOWLING Organized Wii play is held on Thursdays and open play is available when there is no schedule conflict. **If you are interested in Wii bowling, please contact the Loose Office. Begins 1/9**

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

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

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

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

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

\$5 drop in fee or discounted punch card available

Friday, 11 am - 4 pm (reservation required)

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

ARTHRITIS FOUNDATION EXERCISE

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

HEALTHY AGING EXERCISE Friday, 10:30 am or

Tuesday @ Caretel, 1 pm FREE

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

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

\$5 drop in fee or discounted punch card available

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

BIKING BUNCH Returns in May

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **GROOVE**
2:00 pm Arthritis Exercise
4:00 pm **Yoga (gentle flow)**
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** (9/10)
1:00 pm Exercise @ Caretel
4:00 pm **Chair Yoga**
5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:30 am **Yoga (gentle flow)**
10:30 am **TAI CHI** 11/6, 13, 20
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**
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" Mon. at 9:30 am

\$5 drop in fee or discounted punch card available

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

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

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

ZUMBA GOLD TOTAL FIT[®]

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

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

THE LOOSE FITNESS ROOM IS OPEN

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

A MILE AT A TIME

Begins Nov. 5 & meets

Tuesday & Thursday from 8 am-9:15 am

Find Your Creative Side

"ANYONE CAN PAINT" Class Minimum: 6
2nd Monday of each month, 12-2 pm, \$20

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

HAPPY STAMPERS

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

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

PAINTING GROUP Mondays, 10 am, Hall A, FREE

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

YARN RECYCLERS Fridays, 10 am, FREE

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

LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

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

FIBRE FRIENDS Fridays, 1 pm, FREE

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

"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."



WATERCOLOR CLASSES

Monday, Oct. 28 & Nov. 4
1 pm, \$15

Instructor, Peggy Mattson

This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick up the supply list and additional information for the class.

SLEEP MATS Mondays, 10:00-11:30 am, SUNROOM

The 2nd Monday of each month, this activity begins at 10:15 am

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat.

Please donate CLEAN plastic SHOPPING bags ONLY.



Project Linus

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

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

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

QUILLING THURSDAYS @ 2 PM

PAPER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and **QUILLING** are all names which have been given to our



art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try, beginners included. Please note: there is a \$15 drop in fee for this class.

Visit Our Website

www.loosecenter.org

CLASSES, MUSICAL OPPORTUNITIES & MORE



LOOSE CHORUS

MONDAY @ 3 PM

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. **TALENTED & WELCOMING & ALL ARE WELCOME!**

Thursday, December 19, 12:15 am



You are invited to join us for a special Christmas Music Celebration of holiday songs, sing-a-longs 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 @ Loose @ 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.

INTRODUCTION TO GOOGLE DOCS 
Wed., Nov. 13, 4-6 pm, \$15

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

PLEASE NOTE: You MUST have a gmail account to use Google Docs

Holiday Card Sale



Look for the special display in the hall!

Begins in November!
All Seasonal Cards 10 for \$1



Friday, November 22, 5 pm
\$7 Entry Fee, 25¢/Euchres
GREAT Prizes, Food & Drink & more!
All are WELCOME!

BOARD & CARD GAMES

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

HAND & FOOT Wednesday, 6:30pm

OPEN GAME PLAY Friday, 1:00 - 3:30 pm (bring a friend)

CHICAGO BRIDGE Tuesday, 1:00 pm

CHESS Wednesday, 1:00 pm

CARDS & MORE Thursday, 10 am

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 1:00 pm

EUCHRE Tues. & Thurs., 1:00 pm

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



DO YOU NEED A RIDE TO LOOSE?

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

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.



Review us on
facebook.



November 2019

PHONE
810.735.9406
FAX
810.735.4255

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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

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FALL PREVENTION TECHNOLOGY STUDY AT U OF M-FLINT SPECIAL PRESENTATION Wed., Nov.11 AM – 11:45 AM

Have you fallen or are you afraid of falling? How effective is an exercise program when provided using a smart phone app? Research participants are needed to participate in a study through the University of Michigan to answer that question. Participants must be age 65+, use a smart phone and have at least one person (family member, friend, or neighbor) who give you help or check in on you periodically and who use a smart phone. Short exercise videos along with written information will be provided for the participants during the study. Caregivers and participants will be trained on the use of the app and will be required to download the app on their phone for free.

For more information, please contact 810-762-3239 and mention the 'SMART PHONE STUDY', email McKaila.roseem@umich.edu



Join us!

Treasures Flea Market

Friday
November 1, 2019
9:00 am - 3:00 pm

All Friday Programs Canceled

Lunch is served from 11-12:30 pm, \$4



<p>9:00 CSFP 9:30 GROOVE 10:15 Sleep Mat Production 10:00 Painting 11:30 Lunch Baked Fish 1:00 Pinochle 1:00 Watercolor 1:00 Listening Ear 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p>4</p> <p>8:00 Mile @ A Time 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 Blood Pressure ✓ 10:30 FIT4EVER 11:30 LUNCH Bean Soup 12:00 Cooking For One 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 MOVIE NIGHT</p>	<p>5</p> <p>Niagara Falls 9:30 Yoga 10:00 Manicures 10:00 1 on 1 Financial 10:30 Tai Chi 10:45 Art à la Carte 11:30 Lunch Hamburgers 12:00 Movie Day 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p>	<p>6</p> <p>MMAP Counselor 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 AMVET Rep. 10:00 FireKeepers 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 LUNCH Ham Dinner 12:00 CBD Product 100 1:00 Euchre 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p>7</p> <p>MMAP Counselor 9:00 Veteran's Breakfast 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch Chef's Choice 1:00 Open Game Play 1:00 Fibre Friends 5:00 Potluck</p>	<p>8</p> <p>MMAP Counselor 9:00 Yoga 10:15 Zumba 6:30 Symphony</p> <p>Sunday, November 10 2:00 Pickleball</p>	<p>9</p> <p>9:00 Yoga 10:15 Zumba 6:30 Symphony</p> <p>Sunday, November 3 2:00 Pickleball</p>	<p>2</p> <p>9:00 Yoga 10:15 Zumba 1:00 Color Purple @ the Whiting</p>
<p>1</p> <p>All Friday Programs Canceled</p> <p>Join us!</p> <h2>Treasures Flea Market</h2> <p>Friday November 1, 2019 9:00 am - 3:00 pm</p> <p>All Friday Programs Canceled</p> <p>Lunch is served from 11-12:30 pm, \$4</p>	<p>1</p> <p>9:00 Yoga 10:15 Zumba 1:00 Color Purple @ the Whiting</p>	<p>2</p> <p>9:00 Yoga 10:15 Zumba 1:00 Color Purple @ the Whiting</p>					



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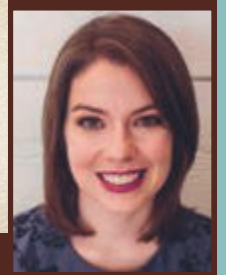
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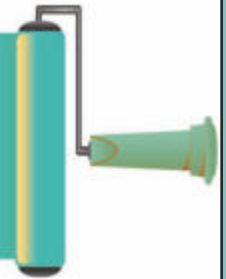


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<p>11</p> 	<p>8:00 Mile @ A Time 8:00 Veteran Services 9:00 Massage 9:30 Zumba Gold/Total Fit 9:30 Coffee & Cops 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Turkey Noodle 12:00 Cooking For One 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 5:00 Linden HS Dinner</p>	<p>12</p> <p>9:30 Yoga 10:00 Manicures 10:30 Tai Chi 10:30 Blood Pressure ✓ 10:45 Art à la Carte 11:30 Lunch Loaded Baked Potato 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 2:30 Tools For Caregivers 4:00 Google Docs 6:15 Pickleball 6:30 Hand & Foot 6:00 SNAP @ Whiting</p>	<p>13</p> <p>8:00 Mile @ A Time 8:00 Veteran Services 9:00 Massage 9:30 Zumba Gold/Total Fit 9:30 Coffee & Cops 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Broccoli Soup 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 2:00 Alzheimer Support 4:00 Chair Yoga 5:00 Yoga</p>	<p>14</p> <p>8:00 Board Meeting 8:00 NO Mile @ A Time 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Lunch Mystery Lunch??? 1:00 Euchre 2:30 Bingo @ Caretel 5:00 Yoga Fit</p>	<p>15</p> <p>MIMAP Counselor 8:15 Lifelong Learning 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch LEFTOVERS 1:00 Open Game Play 1:00 Fibre Friends</p>	<p>16</p> <p>9:00 Yoga 10:15 Zumba Sunday, November 17 2:00 Pickleball</p>						
<p>18</p> <p>9:30 GROOVE 9:30 BREAKFAST <i>French Toast Casserole</i> 10:00 Soaring Eagle Casino 10:00 Sleep Mat Production 10:00 Painting 1:00 Pinochle 1:00 Happy Stampers 2:00 Arthritis Exercise 3:00 Chorus 3:30 Ladies Night Out 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p>19</p> <p>8:00 Mile @ A Time 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Meatball Tortellini 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>20</p> <p>9:30 Yoga 10:00 Manicures 10:00 Ask A Lawyer 10:30 Tai Chi 10:45 Art à la Carte 11:00 U of M Genius 11:30 Lunch Chicken Pasta 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 2:30 Tools For Caregivers 6:15 Pickleball 6:30 Hand & Foot</p>	<p>21</p> <p>MIMAP Open Enrollment (by apt) 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 Lunch Thanksgiving Lunch 1:00 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p>	<p>22</p> <p>MIMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch Chef's Choice 1:00 Open Game Play 1:00 Fibre Friends 5:00 Euchre Tournament</p>	<p>23</p> <p>9:00 Yoga 10:15 Zumba Sunday, November 24 2:00 Pickleball</p>	<p>LOOSE STAFF Carl Gabrielson <i>Executive Director</i> Melinda Elmore-Hajek <i>Program Director</i> Brittany Hancock <i>Administrative Assistant</i> Cheryl Rex, Clerk Kathy Metivier <i>Receptionist</i> Dotti Tynes Chuck Salerno <i>Maintenance</i></p>						
<p>25</p> <p>9:30 GROOVE 10:00 Sleep Mat Production 10:00 Painting 11:00 Blood Pressure ✓ 11:30 Lunch Sloppy Joe 1:00 Pinochle 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>							<p>26</p> <p>8:00 Mile @ A Time 8:00 Podiatrist 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Broccoli Soup 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 2:00 Alzheimer Support 4:00 Chair Yoga 5:00 Yoga</p>	<p>27</p> <p>MIMAP 9:30 Yoga 9:30 Project Linus 10:00 Manicures 10:45 Art à la Carte 11:30 Lunch Leftovers 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p>	<p>28</p> <p>MIMAP 9:30 Yoga 9:30 Project Linus 10:00 Manicures 10:45 Art à la Carte 11:30 Lunch Leftovers 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p>	<p>29</p> <p>Loose Closed 11/28 through 12/1</p> 	<p>28</p> <p>MIMAP 9:30 Yoga 9:30 Project Linus 10:00 Manicures 10:45 Art à la Carte 11:30 Lunch Leftovers 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p>	<p>29</p> <p>Loose Closed 11/28 through 12/1</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. Specific information is available upon request.

To schedule an appointment, call Loose Center at 735.9406.

ALZHEIMER SUPPORT GROUP

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

LOOSE BOOK CLUB Every 2nd Monday, 1 pm This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

LISTENING EAR

Every 1st Monday, by appointment

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



AARP™ Tax-Aide™ VOLUNTEERS NEEDED FOR THE AARP TAX-AIDE PROGRAM

The income tax assistance program facilitated by the AARP Foundation is looking for new volunteers. We assist tax payers with income tax preparation at many of the Senior Centers throughout Genesee County from February through April each year. If you are good with numbers and interested in helping people, this can be a very rewarding opportunity to volunteer and give back to the community.

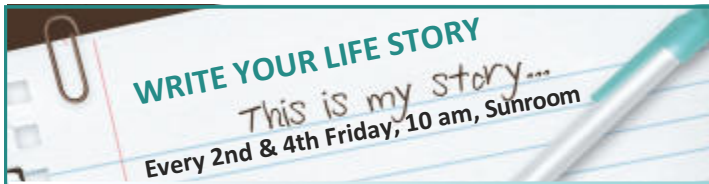
You can find out more about the program by visiting our website at aarp.org/taxaide. In addition, if you let the folks know at the front desk that you might be interested, one of our current volunteers will be more than happy to talk with you about the program and to answer any questions you might have.



HEDDA! A MUSICAL CONVERSATION

Wednesday, December 4, 10 am FREE

Join us as The Whiting, brings to Loose, a one woman play called "Hedda! A Musical Conversation". "Hedda Hopper, the outrageous Hollywood Gossip Columnist in the Hats – Hedda! A Musical Conversation is a series of phone conversations and chats with the audience. We are made privy to Hedda Hopper's feuds, politics, and of course the gossip."



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

EAT HEALTHY, BE ACTIVE

Tuesday, January 7-February 11 (6 weeks)
12 noon - 1 pm • FREE

Eat Healthy, Be Active is a nutrition and physical activity program for adults. It promotes living healthy to reduce the risk of obesity and chronic disease. Participants learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle. Participants receive stretch bands for physical activity and a certificate of completion.



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). Cards can be purchased at the Reception Desk, drop in fees are collected by the instructors. A deal and also a GREAT GIFT!



BINGO and you are invited

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

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HEALTH SERVICES

MASSAGE

By appointment each Tuesday!

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a fifteen minute chair massage for \$10. Call Loose at 735.9406 for details or to schedule your appointment with Donna Roberts, LMT.

Keep Calm & Book a Massage

PODIATRIST

Tuesday, November 26 (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

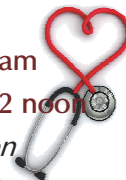
2nd Wednesday of each month, 10:30 - 12 noon

Thank you Caretel Inns of Linden

1st & 3rd Thursday of each month, 11 - 12 noon

4th Monday of each month, 11 - 12 pm

Thank you Community Health & Comfort Care



GRIEF SUPPORT GROUP

Wednesdays @ 2 pm

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.

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.



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."

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

OR maybe you are interested in a TAKE OUT LUNCH? Just call a day ahead and we will have it ready for you to pick up at the reception desk.



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

Special Services & Support

SUNSHINE GREETINGS

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



GENESSEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

ASK THE LAWYER

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

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

CONSUMER FRAUD ASSISTANCE

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

TOPS (*Take Off Pounds Sensibly*)

Mondays, 5:30 pm, Annex For information, please contact the Loose Center at 735.9406.

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!

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.

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

Do you qualify for one of these MONEY SAVING Medicare Benefits

MEDICARE SAVINGS PROGRAM: The State of MI pays your Part B premium, which is worth \$135.50 to you each month. To qualify there is an income and asset test. Income: less than \$1,426/month for single or \$1,923 for a couple (gross before any deductions). Assets: less than \$7,730 for single or \$11,600 for a couple (in bank accounts, 401K, IRAs, etc.)

EXTRA HELP FOR PRESCRIPTION DRUGS FROM SOCIAL SECURITY: The Social Security Administration pays all or part of your Part D prescriptions drug plan premium, and lowers your copays and deductible. This benefit also eliminates the "donut hole" in Rx coverage. Income: less than \$1,538/month single or \$2,078/month for a couple. Assets: less than \$14,390 for single or \$28,720 for a couple.

MICHIGAN MEDIGAP SUBSIDY: If you have a medigap plan from McLaren Health Plan, BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$35/month if you are 65-74 years old, \$110/month if you are under 65 with a disability and \$56 or less for those 75 and over. There is only an income requirement for this benefit. You can have any amount in assets. Income: less than \$28,102/year single or \$38,047/year for a couple...Assets: any amount is OK.

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

MEMBER PRIVILEGES & FUNDRAISING

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.**

KNITTING & CROCHETING FRIENDS




There is great need for scarves (knitted or crocheted) or made of fleece for those in need. 500 are needed for Carriage Town in Flint. If you can help, drop them off or place them under the Loose Giving Christmas tree in late November.

FREE BREAD

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

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

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

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

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

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS. The annual membership fee of \$25 per person is due for 2019. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

SCHOLARSHIPS are available to low-income seniors for assistance to participate in many Loose Center programs. You may qualify for transportation to Loose programs, educational classes or health and wellness programs. Income guidelines are available in the office.

UPS STORE DISCOUNT CARD

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

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

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

TRIPS

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

TRIPS @ A GLANCE

November 2	The Color Purple	\$61
November 6-7	Niagara Falls Festival of Lights	\$369
November 7	FireKeepers	\$32
November 9	Symphony	\$23
November 13	SNAP	\$50
November 18	Soaring Eagle	\$32
December 2-5	Christmas in Nashville	\$1,299
December 3-7	Christmas in New York	\$1,460
December 9-12	Christmas at The Greenbrier	\$1,299
December 16	FireKeepers	\$32
January 11	Bandstand @ the Stranahan	\$140
January 15	Soaring Eagle Casino	\$32
January 25	Arizona	\$3,199
February 13	FireKeepers Casino	\$32
March 1	Detroit Symphony	\$115
March 12	Hollywood Casino	\$32
March 16	Unholy Toledo	
March 27-April 5	Sunny Portugal	\$\$\$
March 30	FireKeepers Casino	\$32
April 8	Paint Night @ Purple Rose	\$91
April 16-17	Vera Bradley Outlet Annual Sale	\$294
April 17-19	Thunder Over Louisville	\$799
April 20	Lancaster, Pennsylvania	\$804
May 23- June 3	Alaska Land & Cruise	\$\$\$
June 11-13	Lilac Festival (Mackinac Island)	\$634
June 17	Meadow Brook Theatre "Fancy"	\$101
July 3-8	New York City	\$1,999
August 24	Mississippi Cruise	\$999
September 2-4	Untouchable Chicago	\$600
September 10-18	British Landscapes	\$\$\$
September 20-27	Cape Cod	\$1,999
September 24-25	Ark Encounter	\$334
Oct. 19-28	Reflections of Italy	\$\$\$

Detailed flyers are available at the Loose Center.

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

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 program features a unique lecture and will be accompanied with a continental breakfast and door prizes.

November 15 Ric Mixer *Offshore Outposts*

Michigan's lighthouses are some of the most remote beacons found in the United States. These markers guided sailors to port and marked dangerous islands and reefs miles from shore. Ric Mixer shares some of the most remote locations along with commentary from those who were stationed at DeTour and Huron Island. He also solves the mystery of the explosion at Standard Rock which killed a crewman. You'll see rare interviews as well as footage of what the lighthouses look like today.

December 13 Dr. Dallas Gatlin *Carriage Town: A clean, safe, encouraging place for those who are desperate.* Carriage Town Ministries opened as The Rescue Mission of Flint in 1950. Carriage Town Ministries is a redemptive, productive community, with residents serving the neighborhoods of Flint and serving each other, as they piece together a new life grounded in faith, hope, education, a dependable income stream, and a healthy social support structure.

2019/20 Flint Cultural Center 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

THE COLOR PURPLE Saturday, Nov. 2, 2pm @ The Whiting, \$61

With a soul-raising, Grammy®-winning score of jazz, gospel, ragtime and blues, THE COLOR PURPLE gives an exhilarating new spirit to this Pulitzer Prize-winning story.

FLINT SYMPHONY ORCHESTRA MASTER WORKS II CLASSICAL CONCERT

Saturday, November 9, 7:30 pm @ The Whiting, \$23

Enrique Diemecke Conductor, Sharon Isbin Guitar

SNAP Wednesday, Nov. 13, 7:30 pm @ the Whiting, \$50

Poof! Presto! Snap! Mixing dexterous sleight of hand, Chaplin-esque vaudevillian comedy and ingenious visual effects, SNAP conjures a marvelous, magical cabaret perfect for the whole family.

HOLIDAY POPS Saturday, Dec. 21 @ 7 pm @ the Whiting, \$12

Joy, merriment and the holiday spirit abound in this beloved season favorite featuring the Flint Symphony Orchestra and the Flint Symphony Chorus.

BANDSTAND Tuesday, February 25 @ 7:30 @ the Whiting, \$61

It's 1945, and six soldiers return from war to a changed nation. When NBC announces a national competition to find the nation's next great musical superstars, they form a band unlike any the nation has ever seen. Along the way, they discover the power of music to face the impossible, find their voice, and finally feel like they have a place to call home.

WAITRESS Friday, April 3 @ 8 pm @ the Whiting, \$61

ONE FLEW OVER THE CUCKOO'S NEST Sun., March 15 @ 8pm, \$18

A Cappella Live! Thurs., March 26 @ 7:30 pm @ the Whiting, \$39

WAITRESS Friday, April 3 @ 8 pm @ the Whiting, \$61

THE MAGNIFICENT SEVEN May 1 @ 8 pm @ Repertory Theatre, \$18

THE PLAY THAT GOES WRONG Sat., May 9 @ 2 pm @ the Whiting, \$61



Saturday, Dec. 21, 2019

\$7 W/O Transportation

\$12 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. **Purchase your tickets from Loose today!**

Please Note: Transportation is limited.

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 6 First Peoples: Americas

November 13 Independent Lens: What Was Ours

November 20 Chautauqua: An American Narrative

November 27 The Circus, Part 1



AND MORE TRIPS

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

NEW YORK HOLIDAY

December 3-7, \$1,460 PP

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

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



Sunday, March 1, 2020

Departs 10 am - Returns 7:15 pm
\$115 PP

INCLUDES: Transportation
Lunch at **Traffic Jam & Snug**
Choose between Vegetarian Spinach Lasagna, Pot Roast, Chicken Pot Pie, Orleans Jambalaya and Londontown Fish & Chips.
Detroit Orchestra Hall (3 pm show) and the musical sounds from Broadway to Hollywood.



Vera Bradley Outlet Annual Sale

April 16-17, \$294 PP

INCLUDES: Transportation, 1 night at the Hyatt Place in Fort Wayne, IN, 1 Breakfast & 1 Dinner
FEATURES Sechler's Pickles (tour & shopping), **DeBrand Chocolatiers** (tour & samples) Jefferson Point (shopping, lunch on your own)
Three Rivers Distillery (tour & samples)
Vera Bradley Outlet Sale



The Stranahan Theater
Saturday, January 11, \$140

Departs 9 am - Returns 7:45 pm

INCLUDES
Transportation

Lunch at **Georgio's Café International**,
Choice of
Beef Stroganoff
Chicken Pastry
Fish of the Day

BANDSTAND
@ the
Stranahan Theater

INCLUDES: Round Trip Transportation

Wednesday, April 8 \$91



Lunch at **Weber's** in Ann Arbor
Ticket to "Paint Night" at the Purple Rose.

PAINT NIGHT

Depart Loose @ 10:45 am
Return 7 pm

Estoril Coast, Alentejo & Algarve

3/27/20 - 4/5/20
10 Days • 14 Meals



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

SUNNY
PORTUGAL

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



Sept. 10-19, 2020
10 Days • 12 Meals

British
Landscapes

INCLUDES: Transportation & London, England, City of York, Borders Region, Scotland-Edinburgh, Lake District, England, Chester, Llangollen Wales, Stafford-upon-Avon



Wednesday, June 17

Departs 9:15 am
Returns 6:45 pm

\$101.00



INCLUDES: Round Trip Transportation
Lunch **Loccino Italian Grill**

Ticket to the 2 pm show "FANCY" at the Meadow Brook Theatre

The perfect place for 50+

LOOSE

707 N. Bridge St • Linden MI 48451
 www.loosecenter.org
 810•735•9406

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 Flint, MI
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Grandparents, Aunts, Uncles, Friends,

Tuesday, December 10
 4:30-6:00 pm

LOOSE
 707 North Bridge Street Linden
 810•735•9406

free

Cookies & Crafts

w/Santa & Mrs. Claus

Treat the children in your life to this special evening with Santa & Mrs. Claus. Take time to decorate a cookie, make a craft and capture that photo with Santa (be sure to bring your camera).

Christmas LUNCH

Wednesday, December 11, 12 noon \$15

LUNCH BUFFET INCLUDES

- ROAST BEEF au jus
- ELEGANT CHICKEN
- BAKED HAM HAWAIIAN
- ROASTED POTATOES
- GREEN BEAN CASSEROLE
- SQUASH
- YAMS & APPLES
- TOSSED SALAD
- AMBROSIA
- STRAWBERRY DELIGHT
- ASSORTED BREADS
- RELISH TRAY
- BEVERAGE

Entertainment by
 Fiddle & Strum

held @ Loose • 707 N. • Bridge • Linden Please RSVP by December 4

Please remember to call and register and then sign in for all Loose events. THANK YOU!