



SEPTEMBER 2017

the perfect place for 50+

LOOSE



New month.
New beginning.
New mindset.
New focus.
New start.
New intentions.
New results.



From the Director

Dear Friends,

September...a new month. The beginning of fall. Crisp clean and cool air. The changing of the leaves and the beautiful colors. The raking and burning of fallen leaves and the wonderful smell that fills the air.

New beginning. football, back to school, sweaters, long pants. The smell of pot roast with all the fixings. We enter a time when we witness a comforting feeling of things we love. We cherish these things and find ourselves with fond memories of Septembers past.

New mindset. Preparing for the winter that will soon come. Putting away the summer furniture and putting in the storm windows. Gone are the hot days of summer as we welcome the cooling breezes of fall. Our minds fill with excitement of what the season brings.

New focus. We witness the end of wonderful times spent during the summer months. Times at the beach, leisurely walks, camping, traveling or times with our grandchildren. We now focus on the new possibilities that fall brings. Hay rides, pumpkin pie, farmers markets, family and friends.

A new start. We have the chance to open our eyes and see for the first time what this month gives to us. Maybe it was our busy schedule that did not allow us to enjoy the world around us. It could have been work, care giving, illness, lack of funds or just not realizing what our possibilities are for us to enjoy. Life sometimes gets in the way and we are distracted from the gifts of the seasons. We now have a chance at a new start and take in all that awaits.

New intentions. As we explore the fall season we must understand what our intentions are and have a purpose and goal. We have to realize those things that stand in our way, that blind us of the wonderful things we can achieve. We must look at who we are and who we want to be. We must go forward with a positive mindset to reach out to new things and new intentions. The only thing that stands in our way is ourselves. It is a great time in our lives to reevaluate what this season brings.

New results. Once we embrace September and all of its wonders, we then will understand what part we play in this beautiful season. Taking time to take a long look at ourselves, who we are, what we do and what we can be will give us a clear picture where we are going. September gives us a new beginning. It is a changing of time that brings gifts that we can only enjoy during this month. We should take time to stop and realize its glory. Then and only then will we find new results in our lives.

September. A month filled with endless possibilities and a chance for us to be who we are inside.

All is well!

Carl Gabrielson

Executive Director



Get your tickets NOW!

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

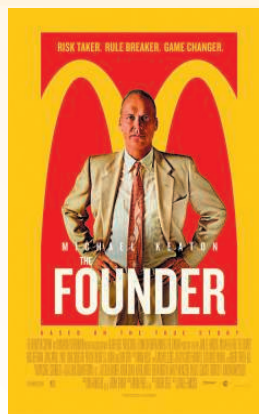
COST: \$25 PP
Includes Dinner & MURDER

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

All proceeds from this FUNDRAISER will go to support Loose.

Tickets are now available for our next EXCITING FUNDRAISING event.

A BIG THANKS to Wellbridge of Fenton & Caretel Inns of Linden for providing the AWESOME dinner for this event.



MOVIE NIGHT

Tuesday, Sept. 5
7 pm

MOVIE DAY

Returns in October

The true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac (John Carroll Lynch) and Dick McDonald (Nick Offerman), who were running a burger operation in 1950s Southern California. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. Kroc soon maneuvers himself into a position to be able to pull the company from the brothers and create a multi-billion dollar empire.

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.

FREE DRUM CIRCLE DEMO Tuesday, September 12, 2pm.
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!
Drumming Circles will be held the Second Saturday of each month starting in October from 11:30-12:30.



FREE DRUMS ALIVE® DEMO Thur., Sept. 14, 12 pm
The Goal of Drums Alive® is to “improve lives, physically and psychologically, through a unique sensory motor drumming program involving Drums Alive® drumsticks, an exercise ball and music.”

It is a whole body/ whole brain program; suitable for ALL ages and abilities. **Research shows Drums Alive® programs can “improve concentration and awareness, motor function, and impulse control. It has been proven to reduce blood pressure, show quicker reaction time and improve short term memory. Classes start Thursday September 21, 12 pm. Class equipment needs will be discussed at the demo! \$5 drop in fee or discounted punch card available.**

GENESYS Health Series **DIABETES**

UNDERSTANDING DIABETES Tues., Sept. 19, 2:30

Join Tara Rood, RD from Genesys, as she touches on the topic of Diabetes. Tara will include four important topics including, Monitoring, Nutrition, Medications, and Exercise. She will also touch on the importance of formal education and taking care of those with diabetes.



Wednesday, September 27, 2017

Take a step toward Staying HEALTHY & ACTIVE

Tests include: Carotid Artery (plaque) Screening, Heart Rhythm Screening, Abdominal Aortic Aneurysm Screening, Peripheral Arterial Disease Screening and Osteoporosis Risk Assessment. “9 out of 10 cardiovascular doctors support preventive screenings for those with key risk factors (age 55+, High Blood Pressure, High Cholesterol, Diabetes, Obesity, tobacco usage, family history of CVD or stroke).”

Pre registration is required for this important preventative care opportunity.

Call 1-888-653-6450 for information

Your Life. Your Legacy.
LIFE WELL CELEBRATED
Monday, Sept. 25, 12 noon

Join us for a free informational seminar and find out how to protect your loved ones by making your final arrangements in advance.

- 4 simple steps to planning ahead,
- Peace of mind for you and your loved ones,
- Request a complementary planning guide,
- Refreshments and helpful advice.

Call 810 735-9406 to sign up.



NURSE chat

Tuesday, September 5, 11 am

VISION CHALLENGES AS WE AGE

What is happening, what is normal, what can I expect? Join Mid-Michigan Home Health & Hospice nurse Elaine Schmidt as she shares and takes questions on the topic of Vision Challenges.



CHALK FURNITURE CLASS

Wednesday, September 20, 5-8 pm, \$30

Hosted by Forever Young Furniture Paint, in this class, Lacey will teach and demonstrate the techniques in flipping furniture using her paint and wax. All of the supplies will be provided, all you need to bring is a small piece of furniture and your creativity (the kit includes one jar of paint, extra paint can be purchased for \$15 per jar (some colors may be limited).



Monday, September 18, 11 am

LOOSE

Travel Show

707 N. Bridge Street
Linden, MI 48451
810 735-9406

Join Ed McKenna from Collette Travel, who will be sharing wonderful information about three bucket list trips. Come, enjoy, ask questions, have a snack, put your name in for a special prize.

Abiququerque NM Balloon Show
October 4-9, 2018

SOUTH PACIFIC
10/23-11/6, 2018

POLAND, MAY 10-21, 2018

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: \$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, Sept 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 wel-

come 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!



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.



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!

September 7 Tater Tot Casserole, Salad, \$4
September 14 CHEF CHRIS from **WELLBRIDGE** of Fenton will be preparing Pulled Pork Sandwiches, Coleslaw & CARAMEL APPLE CHEESECAKE, \$2
September 21 Polish Sausage & New Potato Dish, Salad \$4
September 28 Coney Day, Flint & Detroit, \$4

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

Thank you **ALTERNATIVE ELDERLY CARE** for the dessert donation each 3rd Thursday of the month.



Community Care Fair

Friday
September 29, 2017
9 AM - 12 NOON

Join us for a **CHICKEN SALAD LUNCH**
11 am-12 noon, \$5
Includes: sandwich, chips, dessert & drink
Tickets available @ Loose Reception Desk

See back cover for more Care Fair Info.

BEAT the FLU BUG

Get your Shot!

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

Plant & Seed Swap

Tuesday, September 19, 10 - 11 am

Share your FALL bounty and pick up a new assortment at our Fall plant and seed swap. Folks will be on hand to help you with questions. Hint - It is very helpful if the plants and seeds are labeled with helpful information.

This is FREE and ALL are welcome.

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. **Resumes 9/12.**

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! **Resumes 9/12**

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 (9/21) **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)

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!



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 Sept 14. If you are interested in Wii bowling, please contact the Loose Office.**

GOLF AT SHIAWASEE SHORES Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members **MUST** sign in at Clubhouse each and every time they golf.

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.



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, September 25 & October 2, 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, September 25, 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



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

TECHNOLOGY

Loose computer classes are especially tailored to the needs of older adults. Class sizes are small and the instructor, Kelly O'Connell, is well versed in the subject. *COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER.* You must bring your own computer or you can opt to observe and take notes. All classes will also be projected on the screen.

PLEASE PREREGISTER FOR ALL CLASSES

UPCOMING CLASSES

IPAD 1

Wednesday, September 20 & 27, 4-6 pm, \$20,

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad, including Camera, Calendar, Mail, Notes, Photos, iTunes, iPod, Video and the App Store.

IPAD 2

Wednesday, October 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.

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*

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.

September 2017

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

EMAIL
lscce@loosecenter.org
WEBSITE
www.loosecenter.org

PHONE
810.755.9406
FAX
810.755.4255

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

<p>Loose is CLOSED for the LABOR DAY Weekend Friday September 1 through Monday September 4</p>	<p>5 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 NO FIT4EVER 11:00 Nurse Chat 11:00 Blood Pressure ✓ 11:30 Lunch Pot Roast 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Movie Night</p>	<p>6 National Parks 8:00 Bridge 9:00 Biking Bunch 9:00 NO Manicures 9:30 Yoga 10:00 Consumer Fraud 10:00 1-On-1 Financial 11:30 Lunch Pork loin 12:00 Wood Carving 12:00 Chair Chi 12:30 Pinochle/Dominoes/Chess 1:00 Creating Conf. Caregivers 2:15 Beginning Tai Chi 6:15 Pickleball 6:30 Hand & Foot</p>	<p>7 MIMAP Counselor 9:30 Chair Yoga 10:00 AMVET Counselor 10:15 Zumba Gold/Total Fit 10:30 NO FIT4EVER 11:30 Greektown Casino 11:30 LUNCH @ LOOSE, \$4 Tater Tot Casserole 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Creative Quilling 4:00 Yoga 6:00 Grief Support</p>	<p>8 NO 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 Potluck Night</p>	<p>9 9:00 Yoga 10:00 Euchre 10:15 Zumba/ Total Fit Sunday September 10 9:15 Meadowbrook</p>
<p>11 8:00 Bridge 9:00 Blood Pressure ✓ 9:00 CSFP 9:30 Total Fit 10:00 Painting 10:15 Sleep Mat Production 11:30 LUNCH Park Steak 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 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</p>	<p>12 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 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 2:00 Drum Circle Demo 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>13 8:00 Bridge 9:00 Biking Bunch 9:00 Blood Pressure ✓ 9:00 NO Manicures 9:30 Yoga 11:30 Lunch Ham Steak 12:00 Wood Carving 12:00 Chair Chi 12:30 Pinochle/Dominoes/Chess 2:15 Beginning Tai Chi 1:00 Creating Conf. Caregivers 3:15 Coupon Club 6:15 Pickleball 6:30 Hand & Foot</p>	<p>14 MIMAP Counselor 8:00 Board Meeting 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 Tiger Baseball 10:30 FIT4EVER 11:30 LUNCH @ LOOSE, \$2 WellBridge's CHEF CHRIS CREATION Pulled Pork & more 11:30 Wii Bowling 12:00 Drums Alive© 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Creative Quilling 4:00 Yoga</p>	<p>15 NO 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 Grilled Fish 1:00 Lapghans</p>	<p>16 9:00 Yoga 10:00 Euchre 10:15 Zumba/ Total Fit 5:00 PIG ROAST </p>



WORKING HARD FOR YOU!
Your LOCAL and trusted insurance advisors. 🍏 Call us today for a FREE insurance review!



265 N. Alloy, Suite 100, Fenton (810) 629-1504 www.PeabodyInc.com




Argentine Care Center

Specializing in short term rehabilitation & long term care
Family Owned- Our Family Caring for Your Family

9051 Silver Lake Road • Linden, MI 48451

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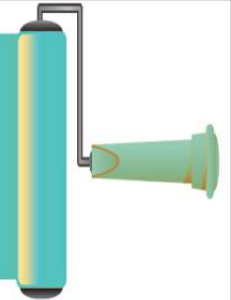
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8:00 9:30 10:00 10:00 11:00 11:30 12:30 1:00 3:00 4:00 6:15	Bridge Total Fit Sleep Mat Production Painting TRAVEL SHOW Lunch Chicken Pinochle Happy Stampers Loose Chorus Yoga Zumba/Total Fit TOPS Weigh-in Pickleball	9:00 9:30 10:00 10:00 10:30 11:30 12:00 12:30 1:00 1:00 2:30 3:00 4:00 5:00	Massage Zumba Gold/Total Fit Loose Threads PLANT SWAP FIT4EVER Lunch Meat/loaf Line Dance Euchre Chicago Bridge Scrapbooking Understanding Diabetes Mah jongg Chair Yoga Yoga	8:00 9:00 9:00 9:30 10:00 11:15 11:30 12:00 12:00 12:30 2:15 4:00 5:00 6:15 6:30	Bridge Biking Bunch Manicures Yoga Ask a Lawyer Art à la Carte Lunch Chicken Chili Wood Carving Chair Chi Pinochle/Dominoes/Chess Beginning Tai Chi IPAD 1 Chalk Furniture Pickleball Hand & Foot	20	MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 LUNCH @ LOOSE, \$4 Polish Sausage & New Potato Dish 11:30 Wii Bowling 12:00 Drums Alive© 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Creative Quilling 4:00 Yoga 6:00 Grief Support	21	9:30 10:00 10:00 10:00 10:30 11:00 11:00 11:00 11:30 1:00 5:00	MMAP Counselor Yoga Write Life Story Yarn Recyclers Board Games Healthy Exercise Chicago Bridge Pickleball Lunch Mac & Cheese Lapghans Euchre Tournament	22	8:00 9:30 10:00 10:00 10:30 11:30 12:00 12:00 12:30 2:15 4:00 6:15 6:30	Bridge Biking Bunch Manicures Yoga Ask a Lawyer Art à la Carte Lunch Chicken Chili Wood Carving Chair Chi Pinochle/Dominoes/Chess Beginning Tai Chi IPAD 1 Chalk Furniture Pickleball Hand & Foot	27	LIFELINE SCREENING 8:00 Bridge 9:00 Biking Bunch 9:00 NO Manicures 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch Smoked Pork 12:00 Wood Carving 12:00 Chair Chi 12:30 Pinochle/Dominoes/Chess 2:15 Beginning Tai Chi 4:00 IPAD 1 6:15 Pickleball 6:30 Hand & Foot	28	MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 LUNCH @ LOOSE, \$3 Coney Day 11:30 Wii Bowling 12:00 Drums Alive© 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Creative Quilling 4:00 Yoga	29	9 – 12 Noon COMMUNITY CARE FAIR 11:00 Chicken Salad Lunch 10:00 Yarn Recyclers 1:00 Board Games 1:00 Chicago Bridge 1:00 Lapghans	30	9:00 Yoga 10:00 Euchre 10:15 Zumba/ Total Fit 7:00 illuminate Sunday October 1 2:00 Pickleball	23	9:00 Yoga 10:00 Euchre 10:15 Zumba/ Total Fit	23
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HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, September 6, 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.



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!



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.



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.

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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.)

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.



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, September 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.

FREE HEARING CLINIC

We are deeply saddened by the news that our Hearing Specialist, David Wizzgird, 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 Monday of each month, 9 am

Sponsored by WellBridge of Fenton

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.



GENESSEE 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

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.

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 from 8:30 - 10am.

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

September 3-4	Mackinaw Bridge Walk	\$244
September 6-16	National Parks & Canyon Country	\$2,899
September 7	Greektown Casino	\$30
September 10	Meadow Brook Theater	\$96
September 14	Tigers vs Chicago White Sox	\$70
Sept. 18, 11 am	TRAVEL SHOW Balloon Show & South Pacific	
September 26	FireKeepers Casino	\$32
October 4	Genesee Belle Lunch Cruise	\$23
October 17-18	Little River Casino	\$130
October 25	Caesar Windsor	\$22
Oct. 28-Nov. 2	Southern Charm Fall Tour	\$1,299
November 6	Soaring Eagle & Wayne Newton Show	\$34
November 4-12	Costa Rica	\$2,649
November 19-20	Niagara Falls Festival of Lights	\$279
November 29	FireKeepers Casino	\$34
December 2-3	Chicago Style Christmas	\$334
December 17	Holiday Pops (w/transportation)	\$24
December 18	Caesar Windsor	\$22
Feb. 3-9, 2018	Iceland	\$3,299
Feb. 19-27	The Deep South	\$7,799
March 3-9	Arizona, Sedona & Tucson	\$2,499
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)

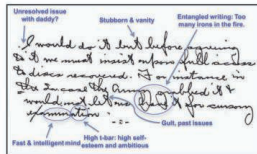
\$8 (includes transportation - departs 8:15 am)

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, September 15

David Littman – Graphology (Handwriting Analysis)

Mr. Littman will explain what Graphoanalysis is - the study of human personality through handwriting analysis. It is now an accepted and increasingly used technique for the assessment of people. He embarked into the study of Graphology after a successful career as an economist. He has made regular appearances on 760 WJR Radio covering current economic news, and you will likely recognize his "Golden Voice"!



Friday, October 20

Ric Mixer – Famous Shipwrecks of the Great Lakes

Flint Farmer's Market



**Caretel
Inns of Linden
Tuesday
Sept. 12, 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

FLIP FABRIQUE CATCH ME Tue., Sept. 26 @ 7:30pm, \$26

Flip FabriQue is a young troupe founded by a group of friends who are professional circus artists. Their shared dream is to create circus shows that reflect their unique image, draw from their personal experiences and unleash each member's full potential.



ILUMINATE Sat., Sept. 30 @ 8pm, \$31



iLuminate is a company based on the fusion of technology and dance. This distinct intermix will reawaken your senses and imagination!

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

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

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)

Sept. 20 La Belle Epoque (1890-1914)

Sept. 27 Elbert Hubbard: Rebel of the Arts & Crafts Movement

October 4 In a Brilliant Light: Van Gogh in Arles

Visit Loose online @ www.loosecenter.org

AND MORE TRIPS

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

Thursday, September 14, 2017

Vs. Chicago White Sox

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



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

Seats are located in the Lower Baseline Box, Section 112, Rows 23-27, Seats, 10-21

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

Sunday, September 10, \$96 PP

Departs Kmart @ 9:15a, Returns 6:45p

Includes: Round Trip Motorcoach Transportation, Loccino Italian Grill Lunch, Meadow Brook Theater, 2 pm Show



An exciting new musical set in a New York City nightclub when places like the Copacabana, The Latin Quarter and El Morocco were filled with socialites and glamorous showgirls. It's the early 1960s and Johnny, the owner of Johnny Manhattan's has invited his closest friends to a private party for a surprise announcement. Unexpected surprises abound as relationships clash and secrets are revealed. Don't miss this preview at Meadow Brook for the first time prior to opening on Broadway! World Premiere .



GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 4, 2017

\$18.50 includes, cruise & lunch (no transportation)

\$23 includes transportation, cruise & lunch

(be sure you indicate your menu choice at the time you register) The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is 9/20/17.



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

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

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



October 17-18, 2017 \$130 PP Double

TOUR INCLUDES Round Trip Motorcoach Transportation
1 night Lodging Little River Casino, Gaming Session at Turtle Creek Casino, Little River Casino & Soaring Eagle Casino, Tax & tips include on hotel accommodations, Drivers tip not included, Turtle Creek Casino pk., \$10 + 2 food Voucher, Little River Casino pk., \$20 + 10 food voucher, Soaring Eagle Casino pk., \$10 + 5 food voucher (additional \$10 after you earn 100 points on rewards card), Casino package are subject to change without notice.

JOIN LOOSE

Soaring Eagle Casino Monday, November 6, 2017



Wayne Newton

\$34

INCLUDES

Show Ticket

\$10 on Players Card
\$5 Food Voucher
PLUS, earn 100 points

on your visit and receive a bonus \$10 in premium play and Round Trip Motor Coach Transportation

Iceland's Magical Northern Lights

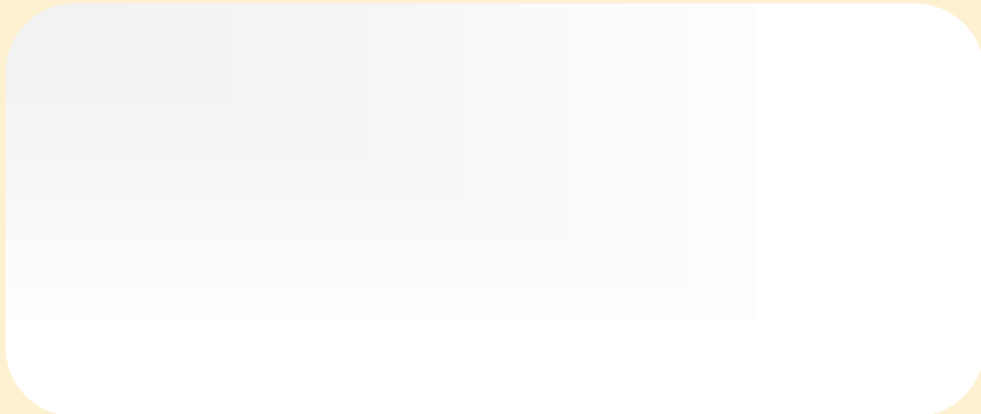
February 3-8, 2018 • 7Days • 10 Meals,
\$3,299pp double (if purchased by 8/4/2017)

Highlights: Reykjavik, Northern Lights Cruise, Golden circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Center, Skogar Museum, Skogafoss Jokulsarlon Glacial Lagoon, Skafafell National Park, Vatnajokull Glacier, Blue Lagoon

Experience It! The Northern Lights.

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

PRSR STD
U.S. Postage
PAID
Flint, MI
Permit No. 6



Saturday

September 16, 2017
5 PM, \$13 per person



Menu includes:
PULLED PORK,
BAKED BEANS,
SALADS, ROLLS,
MAC & CHEESE,
DESSERT & DRINKS
Music by **MO**
Invite your family and Friends.

LOOSE

Community Care Fair

known in the past as the HEALTH FAIR

Friday
September 29, 2017
9 AM - 12 NOON

LOOSE
707 N. Bridge St.
Linden MI 48451

ACTIVITIES WILL INCLUDE

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

Join us for a
**CHICKEN SALAD
LUNCH**
11 am - 12 noon, \$5
*Includes: sandwich, chips,
dessert & drink*
Tickets available
@ Loose Reception Desk

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

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YOUR TAX DOLLARS ARE AT WORK.