

SEPTEMBER 2019

the perfect place for 50+

# LOOSE



*"Beauty is not in the face;  
beauty is a light in the heart."*

*- Kahlil Gibran*

# From the Director

Dear Friends,

Do you remember those people in your life that were always there when you needed a friend, confidant, buddy or just someone who would listen. They were and still are an important part in our lives. In my case it was my mom, and my aunt. My mom because she was always there for me. She always had a smile and would give me sound advice like, "there is no such word as fair, do the best you can do, always be honest, treat people with kindness and always stand up for what is right." She had many more sayings that always seem to fit the moment. She was my best friend. She would sit and watch the many sports that I loved. (She was a big Tiger and Wings fan) She took me to all of my games and the many events I was in. She was very special.

My aunt Pal was my mother's sister. Her outlook on life was slightly different. She taught me to never grow up. She would read me the tales of Peter Pan and we lived those moments of youth and adventure and what it meant. She helped me see the fun of living life as a different experience everyday. She once helped me run away from home. I was unhappy because I did not get my way and she was going to help me prove a point. So we packed up a lunch and set off to downtown Linden. I quickly learned that the open road is pretty lonely and the thought of sleeping under the stars was not as exciting as I had dreamed. She had a way of letting me be who I was but that there was a lesson to be learned in every instant.

Both of these women in my life were beautiful in every way. They were smart, caring and loving. But it was not their exterior beauty that I loved, it was the inner beauty. It was the love in their heart that they had for me and all of the people they met. They always put others first and were always willing to reach out to make someone's life better. To me they were Angels on earth.

So remember those special people that played this special place in your life. It could be a parent, relative, good friend, teacher or a person of faith. Take time to reflect on this relationship you had with them. The good thing is that these special people continue to come into our lives. Be careful not to ignore them when they are there for you. Embrace the opportunity of receiving their kindness, wisdom, friendship and that special love that comes from their heart.

*"Beauty is not in the face; beauty is a light in the heart."*

Kahlil Gibran

**All is Well, Carl Gabrielson**

Executive Director, Loose Center



## MOVIE NIGHT

Tuesday, September 3, 7 pm

## MOVIE DAY

Wed., September 4, 12 noon

On the heels of their six-time Academy Award®-winning smash, *La La Land*, Oscar®-winning director Damien Chazelle and star Ryan Gosling reteam for Universal Pictures' *First Man*, the riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong and the years

1961-1969. A visceral, first-person account, based on the book by James R. Hansen, the movie will explore the sacrifices and the cost—on Armstrong and on the nation—of one of the most dangerous missions in history.

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.*

**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 sight.
- Loose is not responsible for any lost, stolen or damaged items.

It's true! Loose will be hosting a FLEA MARKET.

Rent a table and bring your goods to sell.

Remember, *"One man's garbage is another man's treasure."*

**It will be fun! Sign up today.**

# September Happenings

**WRITE YOUR LIFE STORY**  
*This is my story...*  
 Every 2nd & 4th Friday, 10 am, Sunroom  
 Beginning September 13, 2019

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

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

## Beginning Knitting & Crochet Classes

**KNITTING** Sept. 24, 26 & October 1, & 3, 3 - 5 pm, \$30  
 Learn how to cast on, knit, purl, yarn over and bind off in four fun lessons. We will complete at least one project that you will be happy to give as a gift. Bring along a skein of Peaches and Cream cotton yarn or any other brand and a size US 10 needle. Practice yarn also available from instructor. Join us!

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

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

*Sign up today, class sizes are limited.*

## Loose Volunteer Recognition

# \* DINNER

*A chance to recognize and honor Loose volunteers.*

**Tuesday, September 17, 5 pm**  
 We welcome Loose Volunteers as our **GUEST**  
 There will be an **\$8** charge for all others.  
**THE EVENING INCLUDES ENTERTAINMENT**

**Ham**

**Chicken**

**Mostaccioli**

**Scalloped Potatoes**

**Vegetable**

**Salad**

**Cole Slaw**

**Roll**

**Beverage**

**Dessert**

## Beginning PICKLEBALL

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

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

After completion, consider attending the beginner play time on Thursdays Oct. 3, 17, 24, Nov. 7, 14 & 21. from 6:30 pm—8:30 to polish your skills (\$5 drop in fee or purchase a Loose Punch Card).

# TRAVEL SHOW

September 18, 10:30 am

**collette**  
guided by travel

Join Ed McKenna (from Collette Travel),  
**and come & learn about our**  
**SUNNY PORTUGAL, REFLECTIONS of ITALY,**  
**BRITISH ISLES & ALASKAN CRUISE trips**

## A Senior Resource FUN FAIR

**Thursday, September 5, 9 am-1 pm**  
 Leave Loose at 9:00 am, Return Approx. 12 noon  
 Admission is FREE (cost for transportation \$4)

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

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

# 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., Sept. 10, 9:30-10:30 am  
Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



## ANOTHER CRAZY FUN NIGHT @ LOOSE

Meet Comedian Jason Douglas  
Tuesday, October 15, 6-7 pm, \$6

With his quick wit and commanding stage presence Jason takes his audience on a roller coaster ride of laughs from the word go. Incorporating a barrage of past and present "pop culture" references, zany stories, and off the wall "one liners", you can't help but laugh at this goofy, crazy, and original talent.

Jason's show pulls no punches and he refuses to sugar coat anything. He tells it the way it is, the way it was, & the way it should be!

His ability to improv with the audiences makes every show a unique experience. You never know what he'll say next! TV & Radio Credits: CBS, Fox, Comedy Central's Laugh Riots, Bob & Tom Radio Show, SiriusXM Satellite Radio, ESPN College Game Day (twice)

Opening act on tour for: Michael Bubl , Chicago, Beach Boys, Smokey Robinson, The Doobie Brothers, Foreigner, Kenny G, Paul Anka, Pink Floyd Laser Light Show, Weird Al, Dennis Miller, Ron White, Carrot Top, Brad Garrett, Sinbad, and Jim Gaffigan.

He's a **BIG DEAL FOLKS**. Tickets are limited, get yours today!

## September 2019 Lunch @ Loose Menu

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

Lunch is served at 11:30 am  
PLEASE NOTE:  
The cost of the second helping is \$1.00

Mon Potpourri	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up LOOSE ends
2 	3 Creamy Cabbage Soup Salad Hearty Roll	4  SALAD BAR	5 BBQ Pork Sandwiches Coleslaw Chips	6 Leftovers  YUM!
9 Beef Stew Salad Roll	10 Veggie Chowder in a Bread Bowl and a tasty Argentine Dessert ARGENTINE CARE CENTER	11 Lasagna Tossed Salad Garlic Bread	12  TACO TACO BAR Including Chips, Cheese, Salsa	13 Leftovers
16  Pancake Breakfast 9:30-10:30 am Bacon Fruit & Yogurt	17 Chili Salad Corn Bread	18 Pineapple Chicken Stir Fry Rice Salad	19 Coney's (Flint or Detroit Style) Salad Chips	20  LOOSE CARE FAIR Join us for a Sleepy Joe Lunch 11 am-12 noon
23 BLT Wrap Chips Fruit	24 Taco Soup Quesadilla 	25 Baked Fish Sweet Potatoes Vegetable Roll	26  Feston Health Care Ribs Ranch Potatoes Spinach Salad Cobbler	27 Leftovers
30 BREAKFAST 9:30-10:30 am Eggs & Sausage Fruit Cinnamon Rolls 	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).			

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

# BODY, MIND & SPIRIT

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

## **FIT<sup>4</sup>EVER \$5 drop in fee or discounted punch card available**

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

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

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

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

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

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

## **PICKLEBALL Mon. & Wed., 6:15 - 9 pm**

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

**Friday, 11 am - 4 pm (reservation required)**

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

## **ARTHRITIS FOUNDATION EXERCISE**

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

## **HEALTHY AGING EXERCISE Friday, 10:30 am or**

**Tuesday @ Caretel, 1 pm FREE**

**(No classes in Sept. resumes in Oct.)**

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

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

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

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome! **RETURNS September 10**

## PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

### **MONDAY**

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

### **TUESDAY**

9:30 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
12 & 1 pm **Line Dance (9/10)**  
1:00 pm Exercise @ Caretel  
*Resumes in October*  
4:00 pm **Chair Yoga**  
5:00 pm **Yoga (gentle flow)**

### **WEDNESDAY**

9:00 am Biking Bunch  
9:30 am **Yoga (gentle flow)**

### **THURSDAY**

9:30 am **Chair Yoga**  
10:15 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
11:30 am **Wii Bowling**  
5:00 pm **Yoga Fit**

### **FRIDAY**

9:30 am **Yoga (gentle flow)**  
10:30 am Healthy Aging Exercise  
*Resumes in October*  
11:00 am Pickleball

### **SATURDAY**

9:00 am **Yoga**  
10:15 am **Zumba/Total Fit**

### **SUNDAY**

2:00 pm Pickleball (returns Oct. 13)

## **"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<sup>®</sup>** 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<sup>®</sup>**

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** Returns in November

# 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, September 16 & 23

1 pm, \$15

Instructor, Peggy Mattson

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

## 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](http://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!**

## 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.

### PAD 1

**Wednesday, September 18 & 25, 4-6 pm, \$20,**

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

### IPAD 2

**Wednesday, October 2 & 9, 4-6 pm, \$20,**

For those who have completed iPad 1, take things a step further and begin to dive deeper, understanding settings and the importance of making them work for you. Learn iPad tricks and learn how to maximize this amazing piece of technology to fit you and your needs.

### WINDOWS 10

**Wednesday, October 16 & 23, 4-6 pm, \$20**

If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

### INTRODUCTION TO GOOGLE DOCS

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

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

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

THANK YOU!



**Friday, September 27, 5 pm**

**\$7 Entry Fee, 25¢/Euchres**

**GREAT Prizes, Food & Drink & more!**  
**All are WELCOME!**

## BOARD & CARD GAMES

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

**HAND & FOOT** Wednesday, 6:30pm

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

**CHICAGO BRIDGE** Tuesday, 12:30 pm

**CHESS** Wednesday, 12:30 pm

**CARDS & MORE** Returns in October

**DOMINOES** Wednesday, 12:30 pm

**MAH JONGG** Tuesday, 1 pm

**PINOCHLE** Monday & Wednesday, 12:30 pm

**EUCHRE** Tues. & Thurs., 12:30 pm

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



### DO YOU NEED A RIDE TO LOOSE?

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

*PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE*

### MTA/LOOSE TRANSPORTATION

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



Review us on  
**facebook.**



# September 2019

**PHONE**  
810.735.9406  
**FAX**  
810.735.4255

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

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/SUNDAY**



Loose Closed

**Breakfast**  
9:30-10:30 am

**Mon., Sept. 16, \$4**  
Pancakes, Bacon,  
Fruit & Yogurt

**Mon., Sept. 30, \$4**  
Eggs, Sausage,  
Fruit & Cinnamon Rolls

9:00 CSFP	9:00 Veteran Services	9:00 Biking Bunch	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 Yoga
9:30 GROOVE	9:00 Massage	9:00 Manicures	9:30 Genesee Co. Fun Fair	9:30 Yoga	10:15 Zumba
10:15 Sleep Mat Production	9:30 Zumba Gold/Total Fit	9:30 Yoga	10:00 Chair Yoga	10:00 Yarn Recyclers	
10:00 Painting	9:30 Coffee & Cops	10:30 Blood Pressure ✓	10:00 AMVET Rep.	<b>NO</b> Healthy	
<b>11:30 LUNCH Beef Stew</b>	10:00 Loose Threads	10:45 Art à la Carte	10:15 Zumba Gold/Total Fit	Exercise	
12:00 Anyone Can Paint"	10:15 Farmer's Market	<b>LUNCH Salad Bar</b>	<b>FIT4EVER</b>	Pickleball	
12:30 Pinochle	10:30 FIT4EVER	12:00 Movie Day	<b>11:30 LUNCH</b>	<b>11:30 LUNCH</b>	
1:00 Book Club	<b>LUNCH</b>	12:00 Wood Carving	<b>BBQ Pork Sand.</b>	<b>LEFTOVERS</b>	
2:00 Arthritis Exercise	<i>Veggie Chowder</i>	12:30 Chicago Bridge	11:30 Wii Bowling	12:30 Open Game Play	
3:00 Chorus	<i>Argentine Care Center</i>	1:00 Mah jongg	12:30 Euchre	1:00 Fibre Friends	
4:00 Yoga	12:00 Line Dance	4:00 Chair Yoga	2:00 Quilling Class		
5:00 Zumba & Total Fit	12:30 Euchre	5:00 Yoga	5:00 Yoga Fit		
5:30 TOPS Weigh-in	12:30 Chicago Bridge				
6:15 Pickleball	1:00 Mah jongg				
	4:00 Chair Yoga				
	5:00 Yoga				

9:00 Massage	9:00 Biking Bunch	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 Yoga
9:30 Zumba Gold/Total Fit	9:00 Manicures	9:30 Genesee Co. Fun Fair	9:30 Board Meeting	9:30 Yoga	10:15 Zumba
10:00 Loose Threads	9:30 Yoga	10:00 Chair Yoga	8:15 Midland	10:00 Write Life Story	
10:30 Blood Pressure ✓	10:30 Blood Pressure ✓	10:00 AMVET Rep.	9:30 Chair Yoga	10:00 Yarn Recyclers	
10:30 FIT4EVER	10:45 Art à la Carte	10:15 Zumba Gold/Total Fit	10:15 Zumba Gold/Total Fit	<b>NO</b> Healthy	
<b>11:30 LUNCH Creamy Cabbage Soup</b>	11:00 Caesar Windsor	10:30 FIT4EVER	10:30 FIT4EVER	Exercise	
12:30 Euchre	<b>11:30 LUNCH Lasagna</b>	<b>11:30 LUNCH</b>	<b>LUNCH TACO BAR</b>	Pickleball	
12:30 Chicago Bridge	12:00 Wood Carving	<b>BBQ Pork Sand.</b>	11:30 Wii Bowling	<b>11:30 LUNCH</b>	
1:00 Mah jongg	12:30 Pinochle/Dominoes/Chess	11:30 Wii Bowling	12:30 Euchre	<b>Chef's Choice</b>	
4:00 Chair Yoga	2:00 Grief Support	12:30 Euchre	2:00 Creative Quilling	12:30 Open Game Play	
5:00 Yoga	6:15 Pickleball	2:00 Quilling Class	2:30 Bingo @ Caretel	1:00 Fibre Friends	
7:00 Movie Night	6:30 Hand & Foot	5:00 Yoga Fit	5:00 Yoga Fit	5:00 Potluck	

9:00 Manicures	9:00 Biking Bunch	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 Yoga
9:00 Biking Bunch	9:00 Manicures	9:30 Genesee Co. Fun Fair	9:30 Board Meeting	9:30 Yoga	10:15 Zumba
9:30 Yoga	9:30 Yoga	10:00 Chair Yoga	8:15 Midland	10:00 Write Life Story	
10:00 1 on 1 Financial	10:30 Blood Pressure ✓	10:00 AMVET Rep.	9:30 Chair Yoga	10:00 Yarn Recyclers	
10:45 Art à la Carte	10:45 Art à la Carte	10:15 Zumba Gold/Total Fit	10:15 Zumba Gold/Total Fit	<b>NO</b> Healthy	
<b>11:30 LUNCH Salad Bar</b>	11:00 Caesar Windsor	10:30 FIT4EVER	10:30 FIT4EVER	Exercise	
12:00 Movie Day	<b>11:30 LUNCH Lasagna</b>	<b>11:30 LUNCH</b>	<b>LUNCH TACO BAR</b>	Pickleball	
12:00 Wood Carving	12:00 Wood Carving	<b>BBQ Pork Sand.</b>	11:30 Wii Bowling	<b>11:30 LUNCH</b>	
12:30 Pinochle/Dominoes/Chess	12:30 Pinochle/Dominoes/Chess	11:30 Wii Bowling	12:30 Euchre	<b>Chef's Choice</b>	
2:00 Grief Support	2:00 Grief Support	12:30 Euchre	2:00 Creative Quilling	12:30 Open Game Play	
6:15 Pickleball	6:15 Pickleball	2:00 Quilling Class	2:30 Bingo @ Caretel	1:00 Fibre Friends	
6:30 Hand & Foot	6:30 Hand & Foot	5:00 Yoga Fit	5:00 Yoga Fit	5:00 Potluck	

9:00 Manicures	9:00 Biking Bunch	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 Yoga
9:00 Biking Bunch	9:00 Manicures	9:30 Genesee Co. Fun Fair	9:30 Board Meeting	9:30 Yoga	10:15 Zumba
9:30 Yoga	9:30 Yoga	10:00 Chair Yoga	8:15 Midland	10:00 Write Life Story	
10:00 1 on 1 Financial	10:30 Blood Pressure ✓	10:00 AMVET Rep.	9:30 Chair Yoga	10:00 Yarn Recyclers	
10:45 Art à la Carte	10:45 Art à la Carte	10:15 Zumba Gold/Total Fit	10:15 Zumba Gold/Total Fit	<b>NO</b> Healthy	
<b>11:30 LUNCH Salad Bar</b>	11:00 Caesar Windsor	10:30 FIT4EVER	10:30 FIT4EVER	Exercise	
12:00 Movie Day	<b>11:30 LUNCH Lasagna</b>	<b>11:30 LUNCH</b>	<b>LUNCH TACO BAR</b>	Pickleball	
12:00 Wood Carving	12:00 Wood Carving	<b>BBQ Pork Sand.</b>	11:30 Wii Bowling	<b>11:30 LUNCH</b>	
12:30 Pinochle/Dominoes/Chess	12:30 Pinochle/Dominoes/Chess	11:30 Wii Bowling	12:30 Euchre	<b>Chef's Choice</b>	
2:00 Grief Support	2:00 Grief Support	12:30 Euchre	2:00 Creative Quilling	12:30 Open Game Play	
6:15 Pickleball	6:15 Pickleball	2:00 Quilling Class	2:30 Bingo @ Caretel	1:00 Fibre Friends	
6:30 Hand & Foot	6:30 Hand & Foot	5:00 Yoga Fit	5:00 Yoga Fit	5:00 Potluck	

9:00 Manicures	9:00 Biking Bunch	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 Yoga
9:00 Biking Bunch	9:00 Manicures	9:30 Genesee Co. Fun Fair	9:30 Board Meeting	9:30 Yoga	10:15 Zumba
9:30 Yoga	9:30 Yoga	10:00 Chair Yoga	8:15 Midland	10:00 Write Life Story	
10:00 1 on 1 Financial	10:30 Blood Pressure ✓	10:00 AMVET Rep.	9:30 Chair Yoga	10:00 Yarn Recyclers	
10:45 Art à la Carte	10:45 Art à la Carte	10:15 Zumba Gold/Total Fit	10:15 Zumba Gold/Total Fit	<b>NO</b> Healthy	
<b>11:30 LUNCH Salad Bar</b>	11:00 Caesar Windsor	10:30 FIT4EVER	10:30 FIT4EVER	Exercise	
12:00 Movie Day	<b>11:30 LUNCH Lasagna</b>	<b>11:30 LUNCH</b>	<b>LUNCH TACO BAR</b>	Pickleball	
12:00 Wood Carving	12:00 Wood Carving	<b>BBQ Pork Sand.</b>	11:30 Wii Bowling	<b>11:30 LUNCH</b>	
12:30 Pinochle/Dominoes/Chess	12:30 Pinochle/Dominoes/Chess	11:30 Wii Bowling	12:30 Euchre	<b>Chef's Choice</b>	
2:00 Grief Support	2:00 Grief Support	12:30 Euchre	2:00 Creative Quilling	12:30 Open Game Play	
6:15 Pickleball	6:15 Pickleball	2:00 Quilling Class	2:30 Bingo @ Caretel	1:00 Fibre Friends	
6:30 Hand & Foot	6:30 Hand & Foot	5:00 Yoga Fit	5:00 Yoga Fit	5:00 Potluck	

9:00 CSFP	9:00 Veteran Services	9:00 Biking Bunch	9:00 MMAP Counselor	9:00 MMAP Counselor	9:00 Yoga
9:30 GROOVE	9:00 Massage	9:00 Manicures	9:30 Genesee Co. Fun Fair	9:30 Yoga	10:15 Zumba
10:15 Sleep Mat Production	9:30 Zumba Gold/Total Fit	9:30 Yoga	10:00 Chair Yoga	10:00 Write Life Story	
10:00 Painting	9:30 Coffee & Cops	10:30 Blood Pressure ✓	10:00 AMVET Rep.	10:00 Yarn Recyclers	
<b>11:30 LUNCH Beef Stew</b>	10:00 Loose Threads	10:45 Art à la Carte	10:15 Zumba Gold/Total Fit	<b>NO</b> Healthy	
12:00 Anyone Can Paint"	10:15 Farmer's Market	11:00 Caesar Windsor	10:30 FIT4EVER	Exercise	
12:30 Pinochle	10:30 FIT4EVER	<b>11:30 LUNCH Lasagna</b>	<b>11:30 LUNCH</b>	Pickleball	
1:00 Book Club	<b>LUNCH</b>	12:00 Wood Carving	<b>LUNCH TACO BAR</b>	<b>11:30 LUNCH</b>	
2:00 Arthritis Exercise	<i>Veggie Chowder</i>	12:30 Pinochle/Dominoes/Chess	11:30 Wii Bowling	<b>Chef's Choice</b>	
3:00 Chorus	<i>Argentine Care Center</i>	2:00 Grief Support	12:30 Euchre	12:30 Open Game Play	
4:00 Yoga	12:00 Line Dance	6:15 Pickleball	2:00 Creative Quilling	1:00 Fibre Friends	
5:00 Zumba & Total Fit	12:30 Euchre	6:30 Hand & Foot	2:30 Bingo @ Caretel	5:00 Potluck	
5:30 TOPS Weigh-in	12:30 Chicago Bridge		5:00 Yoga Fit		
6:15 Pickleball	1:00 Mah jongg				
	4:00 Chair Yoga				
	5:00 Yoga				





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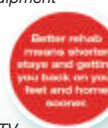
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<p>9:30 GROOVE <b>9:30 BREAKFAST Pancakes</b> 10:00 Sleep Mat Production 10:00 Painting 10:00 Pinochle 12:30 Watercolor 1:00 Happy Stampers 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:00 Zumba &amp; Total Fit 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p>17 Lake MI Autumn Breeze 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 LUNCH Chili</b> 12:00 Line Dance 12:30 Euchre 12:30 Chicago Bridge 1:00 Mah jongg 4:00 <b>NO</b> Chair Yoga 5:00 <b>NO</b> Yoga 5:00 DINNER</p>	<p>18 9:00 Manicures 9:00 Biking Bunch 9:30 Yoga 10:00 Ask A Lawyer 10:30 Travel Show 10:45 Art à la Carte <b>11:30 LUNCH Chicken Stir Fry</b> 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 2:00 Grief Support 4:00 IPAD 1 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p>19 MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ <b>11:30 LUNCH CONEY DAY!</b> 11:30 Wii Bowling 12:30 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p>	<p>20  9 am – 12 noon <b>COMMUNITY CARE FAIR</b> 11:00—12 noon <b>LUNCH</b> <i>Sloppy Joes</i> 12:30 Open Game Play 1:00 Fibre Friends</p>	<p>21 9:00 Yoga 10:15 Zumba  <b>Sunday, Sept. 22</b> Coastal Treasures</p>
<p>23 9:30 GROOVE 10:00 Sleep Mat Production 10:00 Painting 11:00 Blood Pressure ✓ <b>11:30 LUNCH BLT Wrap</b> 12:30 Pinochle 1:00 Watercolor 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:00 Zumba &amp; Total Fit 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p>24 8:00 Podiatrist 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 LUNCH Taco Soup</b> 12:00 Line Dance 12:30 Euchre 12:30 Chicago Bridge 1:00 Mah jongg 2:00 Alzheimer Support 3:00 Knitting Class 4:00 Chair Yoga 5:00 Yoga</p>	<p>25 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 9:30 Project Linus 10:45 Art à la Carte <b>11:30 LUNCH Baked Fish</b> 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 2:00 Grief Support 4:00 IPAD 1 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p>26 MMAP Counselor 9:30 Chair Yoga 10:00 FireKeepers Casino 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER <b>11:30 LUNCH Ribs</b> <i>Fenton Health Care</i> 11:30 Wii Bowling 12:30 Euchre 2:00 Quilling Class 3:00 Knitting Class 5:00 Yoga Fit</p>	<p>27 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:30 <b>NO</b> Healthy Exercise 11:00 Pickleball <b>11:30 LUNCH</b> <b>Chef's Choice</b> 12:30 Open Game Play 1:00 Fibre Friends <b>5:00 Euchre</b> <b>Tournament</b></p>	<p>28 9:00 Yogo 10:15 Zumba  <b>Sunday, Sept. 29</b> 12:00 Beginner Pickleball</p>

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<p><b>LOOSE STAFF</b> 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></p>	<p><b>BOARD OF DIRECTORS</b> Frank Lukowski, President Ken Wensel, Vice President Ann Deemer, Secretary Ray Culbert, Treasurer Mary Auge Roby Deese Nancy Galant David Kincaid Pat Lockwood Gerianna Mulanix Joetta Pyles-Zalewski Les Scott Brad Dick</p>
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**First Wednesday of the month, 10:00 am**

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*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!

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## FALL PREVENTION

Wednesday, October 2, 10:30 am

**L**et's work on fall prevention for the Fall!! Kat Wood DPT, LOCS, ATC from Ivy Rehab Linden will be at the Loose Center to talk about exercises and drills you can do to help improve your balance. Whether you want to improve your balance for mobility around the house or are looking to improve your balance for your pickleball game, we will have exercises for you. We will also discuss things that put you at higher risk for falls and ways to reduce those risks. Bring your questions and bring your friends!



## MEDICARE OPEN ENROLLMENT: COMING SOON

Monday, October 7, 12 noon

**M**edicare plans can change from year to year. Open Enrollment is an opportunity to review your current Medicare health plan coverage, compare your coverage with other plans, and make a decision for 2020.

Join our MMAP (Medicare Medicaid Assistance Program) counselors, Ann Walker and Dolores Coulter, to learn more about your Medicare Open Enrollment options. We will also discuss Special Enrollment Periods that, under certain circumstances, allow a Medicare beneficiary to change plans at other times during the year.

## FLU SHOTS Sponsored by Linden RITE AID

Thursday, OCTOBER 17

11 am-12 noon @ LOOSE

### REMEMBER

- It can save your life.
- Friends & family members will thank you
- You'll cut your flu risk roughly in half
- Stop in and get it done!



## IT'S TIME TO REVIEW YOUR MEDICARE PLAN!

**P**remiums, co-pays and the drugs covered can change from year to year, even within the same plan. Your current plan should send you an "Annual Notice of Change" before Open Enrollment that outlines any changes for the next year. Medicare Part D plans are sold and managed by private companies and vary greatly in terms of monthly premiums, annual deductibles, drugs covered and prescription prices. Insurers tweak Medicare Advantage Plans every year, and those changes could mean that you can't see your favorite doctor or that you might need to pay more. **So--review, review, review!**

MMAP Counselors Are There For You--For Free!

Extra appointment dates are set to accommodate YOU!

Call Loose and make an appointment today!

# HEALTH SERVICES

## MASSAGE

*By appointment each Tuesday!*

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

**Keep Calm & Book a Massage**

## PODIATRIST

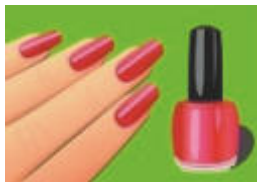
**Tuesday, September 24 (by appointment)**

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

1<sup>st</sup> Tuesday of each month, 10:30 - 11:30am

2<sup>nd</sup> Wednesday of each month, 10:30 - 12 noon

*Thank you Caretel Inns of Linden*

3<sup>rd</sup> Thursday of each month, 11 - 12 noon

4<sup>th</sup> Monday of each month, 11 - 12 pm

*Thank you Community Health & Comfort Care*



## GRIEF SUPPORT GROUP

**Wednesdays @ 2 pm**  
**Next Session begins Oct.???**

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."*

## PRESENTATION

Wednesday, October 9, 10 am



*Join us as we explore the following topics...*

- Quality hearing for a social lifestyle.
- Hearing Prevention
- Health studies that link Hearing Loss to Memory Related Problems.
- Diabetes & hearing issues
- Hearing Aids & Insurance
- Affordable lease program.
- UAW Retiree? You may qualify for a free set of hearing aids.

**Refreshments will be served! ☺**



**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](mailto:lsc@loosescenter.org) so we can spread the sunshine.



## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

## ASK THE LAWYER

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

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

## CONSUMER FRAUD ASSISTANCE

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

## DISPOSAL OF THE AMERICAN FLAG

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

## MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

## 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.

**MICAPE** 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

**SAVE THE DATE**  
Tuesday, September 24  
5-8 pm


Visit **Culver's of Fenton**  
3202 Owen Rd

*A portion of  
The sales will  
go to LOOSE.*

**Donate While You Dine**

Enjoy a delicious meal & benefit a great cause.

**THANKS FOR YOUR SUPPORT**



## 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.

## 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

September 11	Caesar Windsor	\$27
September 12	Midland	\$94
September 17-18	Lake Michigan Autumn Breeze	\$304
September 18	TRAVEL SHOW 10:30 am	
September 22-28	Coastal Treasures	\$999
September 26	FireKeepers	\$32
Sept. 29-Oct. 3	Yooperland, USA	\$940
October 2-3	Kewadin Casino	\$135
October 2-9	Railroads of New England (full)	\$1,999
October 7-10	Taste Of Northern Michigan	\$644
October 9	Genesee Belle Lunch Cruise	Price Varies
October 16	Rum Runners	\$113
October 19-28	Shades of Ireland	\$\$\$\$
October 22	Gun Lake Casino	\$35
November 6-7	Niagara Falls Festival of Lights	\$369
November 7	FireKeepers	\$32
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 25	Arizona	\$3,199
March 1	Detroit Symphony	\$115
March 27-April 5	Sunny Portugal	\$\$\$\$
April 16-17	Vera Bradley Outlet Annual Sale	\$294
April 17-19	Thunder Over Louisville	\$799
July 3-8	New York City	\$1,999
September 2-4	Untouchable Chicago	\$600
September 10-18	British Landscapes	\$\$\$\$
Oct. 19-28	Reflections of Italy	\$\$\$\$

Detailed flyers are available at the Loose Center.

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

Join Loose on the

## GENESEE BELLE FALL LUNCH CRUISE



Wednesday, October 9, 2019

\$25.00 includes, cruise & lunch (no transportation)

Cruise begins at Crossroads Village, 6140 Bray Road, Flint  
Loading is at the back of the village at the dock.

(Please share your menu choice at the time you register).

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

## 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

### FLINT SYMPHONY ORCHESTRA MASTER WORKS I CLASSICAL CONCERT

Saturday, October 12, 7:30 pm @ The Whiting, \$ 23

Enrique Diemecke Conductor, Andrew Von Oeyen Piano

### JIM BELUSHI AND THE BOARD OF COMEDY

Thursday, October 24, 7:30 pm @ The Capitol Theatre, \$51

With more than thirty years of experience and an alumnus of "Saturday Night Live" and Chicago's famed Second City, JIM BELUSHI is now bringing to the stage an improvised comedy sketch show featuring members of the Board of Comedy.

### THE COLOR PURPLE Saturday, Nov. 1, 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

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

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

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

## 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)

- September 4 Troublemakers: The Story of Land Art
- September 11 Levitated Mass
- September 18 Painted Land: In Search of the Group of Seven
- September 25 Craft in America: Landscape

## Flint Farmer's Market



Caretel.  
Inns of Linden

Tuesday  
Sept. 10, 2019

### MARKET SEASON

Leave 10:15 am

Return 1 pm (limit 8)

\$2 round trip

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

# AND MORE TRIPS

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



**Wed. Oct., 16, \$113**

**RUM RUNNERS TOUR**

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

**CHRISTMAS @ OPRYLAND RESORT NASHVILLE**  
 December 2-5, \$1,299 pp/double

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

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



**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





**BANDSTAND**  
*The New American Musical*

**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**

**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**



**SUNNY PORTUGAL**  
 Estoril Coast, Alentejo & Algarve

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

3/27/20 - 4/5/20  
 10 Days • 14 Meals

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

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



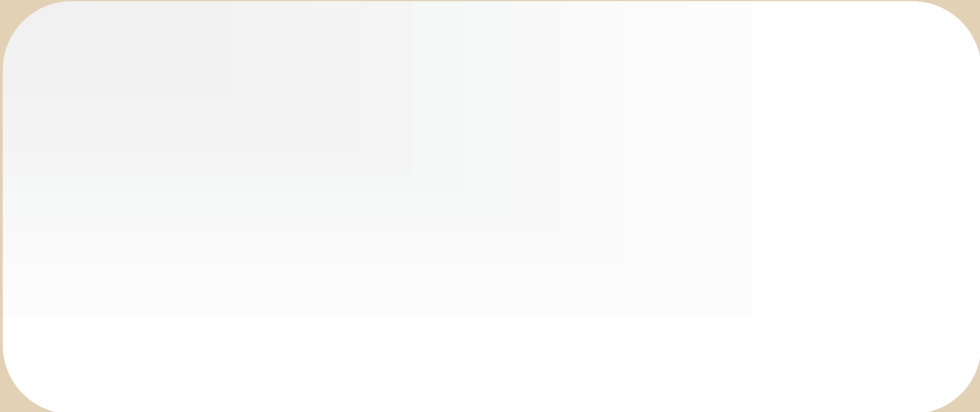
Sept. 10-19, 2020  
 10 Days • 12 Meals

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

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



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



**LOOSE**

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

**Friday**  
September 20, 2019  
**9 AM - 12 NOON**

**LOOSE**  
707 N. Bridge St.  
Linden MI 48451

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

**ACTIVITIES WILL INCLUDE:**

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

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

Loose programs and/or services are fully or partially funded by Genesee County-Serve: At-Risk Funds. YOUR TAX DOLLARS ARE AT WORK.