



AUGUST 2016

LOOSE

*"Good friends are like stars --
you don't always see them
but you know they are there."*

-- Christy Evans



From the Director

Dear Friends,

In our life time we create wonderful friendships with many people. In our youth we form a bond with close friends, people who share our interest and dreams. We find our life becomes entwined with theirs, sharing stories and making plans. We become one and want to be together as much as possible to enrich everything we do. Some of those friendships become stronger as we grow older. They are our best friends and in some cases become our better half.

New friendships begin to develop with age. We meet these individuals in the work place, times of recreation, community activities, in the armed forces and by a chance meeting. We connect with those who have same issues, interests, likes and dislikes, and share a culture that makes up our life. We find comfort in people who are true friends, a person who will bring comfort and understanding to our problems and joy in sharing memories and stories.

Friendships can come in the form of our family doctor, someone who is dedicated to your good health and quality of life. It may be the MTA driver who transports you to many destinations, a minister who fills your spiritual life with comfort or a neighbor who just makes you feel good with idle conversation.

Then there are friends you never see. They are the individuals who take on the challenge to create a world filled with joy and excitement. They are the ones who without notice, make those things in your life possible. It could be a cook and waitress who makes your morning breakfast place special. It is people who make sure your road is maintained in the winter and smooth in the summer. It is committees who plan wonderful events for you to attend with friends and relatives. It could be the many volunteers at Loose who do a litany of jobs that go unnoticed. It is the group who make the gardens and grounds appealing and beautiful. It is the garden club who plants and maintains the community garden so at harvest time there is a bountiful supply of fresh vegetables for all to enjoy. It is people who work the lunch program five days a week, making it possible for members to receive a hot lunch with friends. It could even be someone on the Loose staff who works hard to make sure your every need is fulfilled or share a smile and help make your experience a memorable one. At Loose, we hope you know, YOU are our family and friends.

Not all of our friends are always visible, but ALL play a large role in our daily needs, recreational activities, services, and quality of life. Without them, many of the things that come our way and we take for granted would not exist.

"Good friends are like stars. You don't always see them but you know they are there."

All is Well

Carl Gabrielson, Executive Director



MOVIE NIGHT

August 2, 2016, 7 pm

Frankie (Frankie Avalon) and the gang are hitting the beach for some good old-fashioned shenanigans. To get the party underway, the manager (Paul Lynde) of pop singer Sugar Kane (Linda Evans) decides a skydiving publicity stunt will really do the trick. As Frankie and the others are pulled into the plan, things get out of control. Throw in Bonehead (Jody McCrea) falling in love with a mermaid (Marta Kristen) and a kidnapping biker (Harvey Lembeck), and the party's just getting started.

As always, admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care, Lockwood of Fenton, Wellbridge of Fenton, and Behind Your Designs.

Refreshments will be served!

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



Celebration of Life

Thursday, October 6, 2016, 5-7pm



Join us for a time of celebration, remembering and honoring the lives of our loved ones who have passed. Our celebrating will include a special candle lighting, readings and quiet moments to reflect.

You are encouraged to bring a picture of your loved one to share during our candle lighting ceremony and if you like, feel free to bring a poem or special reading.

*This event is a labor of love ♥
by Heartland Hospice along with
Loose Grief Support Group*

Refreshments and finger foods will be provided.

RSVP (810)735-9406 by 9/29/2016

Loose Center ♥707 N Bridge St ♥Linden♥

Heartland ♥
Enriching life.

AUGUST HAPPENINGS

BIRTHDAY BASH!

Monday August 1, 12 noon - 1 pm, Hall B

Help us celebrate EVERYONE'S BIRTHDAY w/Cake & Ice Cream

you're invited!



Flint Farmer's Market

Caretel.
Inns of Linden

Tuesday
August 9, 2016

FARMER'S 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. Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call 810 735-9406 and sign up today.

aging in place



Wednesday, August 10, 12 pm FREE

Speaker Rob Herringshaw from Adaptive Modification Solutions will share important and valuable information about the many options available that can help you age in your own home. Included in this presentation will be home modifications (ramps, grab bars, ceiling lifts and more) and the cost of aging in your home vs. other options.



GARDENING GURU (FOR-MAR ON THE ROAD)

Thurs., August 18, 10 am (limited to 20)

A For-mar Horticulturist will be teaching about unique garden styles and participants will plant their own container garden to keep. This activity is sponsored by Caretel Inns of Linden and will be held at Loose.

DIABETES EDUCATION

Tuesday, August 23, 10:30 am, FREE

A great opportunity to dialog with those in the know about this very important topic. Covered will be,

- ◆ What is Diabetes?
- ◆ How does it affect my health?
- ◆ How is it treated
- ◆ How do I manage it?
- ◆ 12 Steps to healthy, happier feet & benefits of Diabetic shoes



4:30 pm, \$6

Grilled dogs & burgers, baked beans, salad, chips, dessert & beverage

It is the best deal around and there are no strings attached. Just a time to eat and enjoy the company of friends.

Wandering & Safety

Wednesday, August 17, 10:30 am, FREE

An opportunity to listen, ask questions and find help when faced with some of the most common behavioral challenges of Alzheimer's disease.

The workshop will cover the following topics:

- Definition of wandering
- Reasons wandering may occur
- Prevention strategies
- Tips on how to intervene when someone is wandering

alzheimer's association®

Volunteers

Let the celebration of YOU begin!

ALL ACTIVE
Loose
Volunteers

Join Us
for lunch

Wednesday
August 24
12:30 pm

RSVP
no later than 8/17

NUTRITION & MORE FUN

Daily lunch at Loose

Monday through Friday, 11:30 am, Annex
Suggested 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.

GAMENIGHT CLUB

2nd Friday of each month, 5 pm,
Club members, bring your favorite
dish to share, along with your own

place setting and enjoy the fun and fellowship that goes along with a sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

Coffee COPS and Conversation

Tuesday, August 9, 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!



Penpal Pizza Party

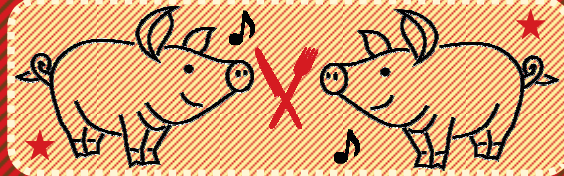
Tuesday, August 23, 5:30 pm

Intergenerational Pen Pal participants meet face-to-face for the first time after corresponding all summer. Closer to the date, a reminder will be sent, please RSVP and remind your Pen Pal to respond.

Plant & Seed Swap

Tuesday, September 13, 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.



Pig Roast

Saturday
September 10
5pm, \$12

If purchased by 9/7 by 4 pm, \$12
LATE SALES (9/8-9/10) \$14

★ LIVE
MUSIC
by MO

★ Menu includes: ★
PULLED PORK,
BAKED BEANS,
SALAD, ROLLS,
MAC & CHEESE,
DESSERT & DRINKS

JOIN US!



LINDEN BACK TO THE BRICKS

Wednesday, August 10, 4pm-8pm

Downtown Linden

Farmers Market 4pm- 8pm

SHUTTLE FROM LOOSE CENTER TO TAKE FOLKS DOWNTOWN

Concert in the Park 6:30pm to 8pm, music by *Soul'd Out*

Be sure to visit the Loose &
Caretel Inns of Linden booth at the Linden event.

FENTON BACK TO THE BRICKS

Thursday, August 11, 4pm-8pm

Downtown Fenton

Farmers Market 5pm-8pm @ the Community Center

Concert in the Park 6:30 pm - 8 pm @

Fenton Millpond Park Gazebo, music by

Billy Mack and the Juke Joint Johnnies



Friday, August 26, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes,

Food & Drink and more!

All are WELCOME!

Garden Meeting

all are
welcome

Saturday
August 13, 10 am

BODY, MIND & SPIRIT

MONDAY

9:30 am **Zumba & Total Fit**
 2:30 pm **Chair Chi**
 4:00 pm **Yoga (gentle flow)**
 5:00 pm **Zumba & Total Fit**
 6:15 pm Pickleball
 LINDEN ELEMENTARY
 6:00 pm **Volleyball**

TUESDAY

9:30 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 12:00 pm **Beg. Line Dance**
 1:00 pm **Adv. Line Dance**
 4:00 pm **Chair Yoga**
 5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:30 am **Yoga (gentle flow)**
 2:30 pm **Chair Chi**
 5:00 pm **TOTAL FIT**
 6:15 pm Pickleball

PLEASE CHECK THE MASTER
 CALENDAR FOR SPECIAL CLOSINGS.

THURSDAY

9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 11:45 am **Wii Bowling**
 10:30 am **FIT⁴EVER**
 2:15 am **Tai Chi Club**
 4:00 pm **Yoga (gentle flow)**

FRIDAY

9:30 am **Yoga (gentle flow)**
 11:00 am Pickleball

SATURDAY

9:00 am **Yoga (gentle flow)**
 10:15 am **Zumba/Total Fit**

SUNDAY

2:00 pm Pickleball

Chair Chi \$5 per class or 10 classes for \$40

WHEELCHAIRS & WALKERS WELCOME!

Adapted from its popular form of Tai Chi, class is intended for individuals with ability restrictions, but is a calming and beautiful movement art for any age. Instructor holds a master's degree in Exercise Science, and has 20+ years of training and experience working with seniors. Contact Leah 989.245.7750, leah@thetotalfit.com or visit thetotalfit.com



Tai Chi Club Thursday, 2:15 pm, \$2 donation

Tai Chi is a gentle form of exercise that improves flexibility, balance and strength. It is often described as meditation in motion. Experienced or not, all are welcome to join.

LINE DANCE \$5 per class (resumes in September)

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!

FIT⁴EVER \$5 per class ALL WELCOME! (resumes 9/6)

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.

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.

BEACHBALL VOLLEYBALL Monday, 6 pm (resumes 9/12)

A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us on Monday at 6 pm at Linden Elementary school located at 400 South Bridge Street in Linden.

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 September 8. If you are interested in Wii bowling, please contact the Loose Office.**

BIKING BUNCH Wednesday 9am

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.

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.

ZUMBA & TOTAL FIT[®] \$5 per class

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[®] \$5 per class

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[®] \$5 per class

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

INSTRUCTORS: *Leah, trained in Exercise Science & instructs Exercise Physiology at UM-Flint, Linda, is a certified Zumba Exercise Instructor.*

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.

YOGA \$5 per class

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.

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.

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!

SCRAPBOOKING

3rd Tuesday of each month, 1 pm, Hall A, FREE

Whether you have pictures from a recent event or from a storage bin, set this time aside to meet other scrapbookers for conversation, inspiration and fun! Bring your photos, scissors or paper trimmer and adhesive of choice. Workshop is open to beginner and experienced scrappers.

YARN RECYCLERS Fridays, 10 am, Annex, 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, Hall A, 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.

Quilt Raffle

FUNdraiser



Tickets are \$1 each or 6 for \$5

This beautiful quilt was made by the Loose Threads group which meets at Loose each Tuesday morning. The material was donated, their time, effort, imagination and hard work was also donated. The quilt was made to be raffled off with the proceeds going to benefit Loose. *The quilt is on display at Loose.*

*The drawing date to be determined
No need to be present to win. The winner will be contacted.*

WATERCOLOR CLASSES

Mon., Aug. 29 & Sept. 12, 1 pm, \$15

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. *Instructor, Peggy Mattson*



CARD MAKING WITH CAROLINE

Monday, August 22, 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

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

SUMMER CLASSES

Smartphone Photos

Tuesday, August 2, 1-3 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.



Individual Computer Help FREE

Thursday, August 4 & 11 (times vary)

(by appointment 1 hour) Call Loose @ 735-9406

IPAD 1

Wednesday, September 21 & 28, \$20, 4-6 pm

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 5 & 12, \$20, 4-6 pm

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.

UNDERSTANDING THE INTERNET

Wednesday, October 19, \$15, 4-6 pm

Maximize your time spent on the internet by learning some key pieces. What is a search engine, which one is best or is there a best one? What about internet safety, email providers and the handy taskbar. Maneuvering is the key to success and we can help. Bring your laptop along or bring yourself and jot some key notes and go home and practice. Sign up today, you won't be sorry.

Sometimes all we need is a little one-on-one time to help us get past a computer road block. Kelly is available for individual help by appointment. For an appointment, call Kelly at 810.964.6455.



Friday, August 26, 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.

POOL Wednesday - Friday, 1 - 3:30 pm

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

BRIDGE Monday & Wednesday, 8 am - 2:30 pm

OPEN GAME PLAY Friday, 10:00 am *(bring a friend)*

CHICAGO BRIDGE Tuesday & Friday, 1 - 4 pm

CHESS Wednesday, 12:30 pm

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 3 pm, Friday, 10 am

PINOCHLE Monday & Wednesday, 12:30 pm

EUCHRE Tues. & Thurs., 12:30 pm, Sat., 10 am

CARDS & MORE Will return in the fall.



Mondays, 3 pm - The choir is a very talented and welcoming group; we hope you will consider joining them on **September 12** when they resume practice.

Genesee County is RICH with opportunities and none so prolific as the Flint Cultural Center, Genesee County Parks & Recreation and so much more. Loose offers the chance to experience many of the special happenings. We hope you enjoy the array of choices. Sign up today!

ART À LA CARTE FLINT INSTITUTE OF ART

A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided.

Leave Loose at 11:15 am. Cost: \$4.50 (transportation)

August 3	Mystery of Matter, Part 1
August 10	Mystery of Matter, Part 2
August 17	Mystery of Matter, Part 3
August 24	NO PROGRAM
August 31	Big Birds Can't Fly



AUGUST 2016

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

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

PHONE
810.735.9406
FAX
810.735.4255

MONDAY

8:00 Bridge
9:30 Zumba & Total Fit
10:00 Painting
10:15 Sleep Mat Production
11:30 Lunch
12:00 Birthday Bash
12:30 Pinochle
1:00 Water Color
1:00 Listening Ear
2:30 Chair Chi
4:00 Yoga
5:00 Zumba & Total Fit
6:00 TOPS Weigh-in
6:15 Pickleball

TUESDAY

9:00 Massage
9:30 Zumba Gold & Total Fit
10:00 Loose Threads
10:30 NO FIT4EVER
11:30 Lunch
12:00 NO Line Dance
12:30 Euchre
1:00 Smartphone Photos
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga
5:30 Clio - Magic Bus
7:00 Movie Night
BEACH PARTY

WEDNESDAY

Consumer Fraud (by appt.)
8:00 Bridge
9:00 Biking Bunch
9:00 Manicures
9:30 Yoga
10:00 1-On-1 Financial
11:00 Nurse Chat
11:00 Health Check
11:15 Art à la Carte
11:30 Lunch
12:00 Diabetes PATH
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
2:30 Chair Chi
5:00 Total Fit
6:15 Pickleball

THURSDAY

9:30 Chair Yoga
10:00 AMVET Representative
10:15 Zumba Gold & Total Fit
10:30 NO FIT4EVER
11:30 Lunch
12:30 Euchre
2:15 Tai Chi Club
4:00 Yoga
6:00 Grief Support

FRIDAY

9:00 MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch
1:00 Lapghans
1:00 Chicago Bridge
SATURDAY August 6
9:00 Zumba & Total Fit
10:00 Euchre
Sunday August 7
2:00 Pickleball

8

8:00 Bridge
9:00 CSFP
9:30 Zumba & Total Fit
10:00 Painting
10:15 Sleep Mat Production
11:30 Lunch
12:00 "Anyone Can Paint"
12:30 Pinochle
1:00 Book Club
2:30 Chair Chi
4:00 Yoga
5:00 Zumba & Total Fit
6:00 TOPS Weigh-in
6:15 Pickleball

9:00 Massage
9:00 Veteran Services
9:30 Zumba Gold & Total Fit
9:30 Coffee Cops Conversation
10:00 Loose Threads
10:15 Farmer's Market
10:30 NO FIT4EVER
11:30 Lunch
12:00 NO Line Dance
12:30 Euchre
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
4:30 COOKOUT
5:00 Yoga
5:30 Clio-The Rock Show

10

8:00 Bridge
9:00 Blood Pressure
9:00 Biking Bunch
9:00 Manicures
9:15 Remember When Trip
9:30 Yoga
11:15 Art à la Carte
11:30 Lunch
12:00 Diabetes PATH
12:00 Aging in Place
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
2:30 Chair Chi
3:15 Coupon Club
4:00 Linden Back To Bricks
5:00 Total Fit
6:15 Pickleball

11

8:00 Board Meeting
9:00 Gun Lake Casino
9:30 Chair Yoga
10:15 Zumba Gold & Total Fit
10:30 NO FIT4EVER
11:30 Lunch
12:30 Euchre
2:15 Tai Chi Club
4:00 Yoga
4:00 Fenton Back to Bricks
5:30 Clio - Shania Twain & Tim McGraw

12

9:00 MMAP Counselor
9:30 Yoga
10:00 Write Your Life Story
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch
1:00 Lapghans
1:00 Chicago Bridge
5:00 Game Night Club
Saturday August 13
9:00 Zumba & Total Fit
10:00 Euchre
10:00 Garden Meeting
Sunday August 14
GREAT CANADIAN WEST
2:00 Pickleball

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8:00 9:30 10:00 10:15 11:30 12:30 1:00 2:30 4:00 5:00 6:15	15 Bridge Zumba & Total Fit Painting Sleep Mat Production Lunch Pinochle Happy Stampers Chair Chi Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	16 Massage Zumba Gold & Total Fit Loose Threads NO FIT4EVER Lunch NO Line Dance Euchre Scrapbooking Chicago Bridge Mah jongg Chair Yoga Yoga	17 Bridge Biking Bunch Manicures Yoga Ask the Lawyer Wandering & Safety Art à la Carte Lunch Diabetes PATH Wood Carving Pinochle/Dominoes/Chess Chair Chi Total Fit Pickleball	18 Chair Yoga Gardening Guru Zumba Gold & Total Fit Tiger Baseball NO FIT4EVER Blood Pressure Lunch Euchre Tai Chi Club Yoga Grief Support	19 MMAP Counselor Hearing Doctor Yoga Yarn Recyclers Board Games Pickleball (reservation) Lunch Lapghans Chicago Bridge Saturday August 20 Zumba & Total Fit Euchre Sunday August 21 Pickleball
8:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 3:00 4:00 5:00	22 Bridge Zumba & Total Fit Sleep Mat Production Painting Blood Pressure Check Lunch Pinochle Card Making Chair Chi Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	23 Genesee Co. Fair Massage Zumba Gold & Total Fit Loose Threads Diabetes Education NO FIT4EVER NO Line Dance Euchre Chicago Bridge Alzheimer Support Mah jongg Chair Yoga Yoga Pen Pal Party	24 Bridge Biking Bunch Manicures Yoga Art à la Carte Lunch Diabetes PATH Wood Carving Pinochle/Dominoes/Chess Volunteer Celebration Chair Chi Total Fit Pickleball	25 Chair Yoga Zumba Gold & Total Fit NO FIT4EVER Lunch Euchre Tai Chi Club Yoga	26 MMAP Counselor Yoga Write Your Life Story Yarn Recyclers Board Games Pickleball Lunch Lapghans Chicago Bridge EUCHRE TOURNAMENT Saturday August 27 Zumba & Total Fit Euchre Sunday August 28 Pickleball
8:00 9:30 10:00 10:30 11:30 12:30 1:00 2:30 4:00 5:00 6:15	29 Bridge Zumba Gold Sleep Mat Production Painting Lunch Pinochle Water Color Chair Chi Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	30 Podiatrist Massage Zumba Gold & Total Fit FireKeepers Casino Loose Threads NO FIT4EVER Lunch NO Line Dance Euchre Chicago Bridge Mah jongg NO Chair Yoga NO Yoga	31 Bridge Manicures NO Yoga Art à la Carte Lunch Wood Carving Pinochle/Dominoes/Chess Chair Chi Total Fit Pickleball	BOARD OF DIRECTORS Ken Wensel, <i>President</i> Frank Lukowski, <i>VP</i> Alberta Martin, <i>Secretary</i> Vince Eible Jr., <i>Treasurer</i> Bob Cole Ray Culbert Ann Deemer Roby Deese Richard Laing Charlie Ross Les Scott David Kincaid Pat Lockwood	LOOSE STAFF Carl Gabrielson <i>Executive Director</i> Debbie Hancock <i>Business Manager</i> Melinda Elmore-Hajek <i>Program Director</i> Cheryl Rex <i>Clerk</i> Kathy Metivier Dotti Tynes <i>Receptionist</i> Randy & Deb Green <i>Maintenance</i>

NURSE chat

1st Wednesday of every month, 11 am **FREE**
 Stop by and meet the nurse from Magnum Home Health Care, Inc and enjoy a round table discussion on a variety of topics. Bring your questions and suggest topics.

ONE-ON-ONE FINANCIAL HELP

Wednesday, August 3, 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.



"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds. YOUR TAX DOLLARS ARE AT WORK."

ATTRACTING WILDLIFE

(FOR-MAR ON THE ROAD) limited to 20
Wednesday, September 14, 10 am
 Are you a bird watcher or just enjoy seeing the squirrels searching for food? Learn interesting ways to encourage wildlife to your backyard. This activity is sponsored by **Caretel Inns of Linden and will be held at Loose.**



HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Wed., September 28, 11am **FREE**
 Stacey Brancheau, CFP, CTFA
 Attorney at Law will guide the participants in a step-by-step

process in completing this very important document and each will leave with a complete legal copy, signed by a witness and notarized. This is such an important part of healthy planning, don't put it off, call Loose and sign up today.

Managing Caregiver Stress

Wednesday, September 28, 10:30 am, FREE

An opportunity to listen, ask questions and find help when faced with some of the most common behavioral challenges of Alzheimer's disease.

This workshop will cover the following, Join us when we discuss the impact of caregiver stress on overall health and well being. Learn about the signs of caregiver stress. This program will also discuss specific ways to reduce the stress associated with caregiving.

alzheimer's  association®

Healthy Eating for Successful Living

Tuesdays, October 4—November 8, 2016, 2:30pm-5pm

Healthy Eating is a workshop for people who want to feel and look better by making small changes to the foods they eat and the exercise they do. Hands on workshop with food demonstrations and a visit to your local grocery store! Space is limited, so register today *Workshops meet once a week for six weeks.*



A Heads UP! **MEDICARE OPEN ENROLLMENT PERIOD**

is October 15 - December 7.
TELL YOUR FRIENDS and watch for important enrollment information in upcoming Loose Newsletters.

HEALTH SERVICES & TRANSPORTATION



HEALTH CHECK

1st Wednesday, 11 am

Sit with a nurse who can take your blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon (BP only)

4th Monday of each month, 11:30 am - 12:30 pm



MASSAGE

Relax & Unwind

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.

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.

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.

PODIATRIST

Tuesday, August 30, by appointment, Annex

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

3rd Friday of each month, 10 am (by appointment), Annex

Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

"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.

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.

SPECIAL SERVICES & SUPPORT

SUNSHINE GREETINGS

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



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

ASK THE LAWYER

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

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

CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.

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

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

AMVETS

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

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

COUPON CLUB

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

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

TOPS (*Take Off Pounds Sensibly*)

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

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

AARP TAX-AIDE Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html



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

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

MEMBER PRIVILEGES & FUNDRAISING

THE LOOSE COMMUNITY ANGELS

Meeting - Sept. 21, 10 am The Community Angels are a group of Members from Loose whose mission is to assist community organizations that are helping those in need. New volunteers are always welcomed. If you are interested, call our new leaders, Mike and Paula MacMillan at 810-629-7757. Look for OUR Angels supporting community organizations/agencies with their charitable causes.

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.

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 2016. 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.

"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."

Visit Our Website

www.loosecenter.org



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

WE SAVE...

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!

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 Abitibi bin 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.

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.

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.

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



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.

DO YOU HAVE EMAIL? If so, please consider stopping by and update your files or send us an email at LSCC@loosecenter.org



 "like" us on
facebook

TRIPS

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

TRIPS @ A GLANCE

August 10	Remember When Detroit River Cruise	\$76
August 11	Gun Lake Casino	\$35
August 18	Tigers vs Boston Red Socks	\$70
August 14-20	Great Canadian West	\$2,999
August 23	Genesee County Fair	\$5
August 30	FireKeepers Casino	\$32
September 4-5	Mackinac Bridge Walk	\$224
September 8	Applewood Tour	\$4.50
September 12	Caesar Windsor	\$20
September 14-21	London & Paris (Price pre 3/15)	\$3,999
September 17-23	Coast of Maine	\$1,399
September 20	Meijer Garden Tour	\$63
September 27	Soaring Eagle	\$32
Sept. 30-Oct. 5	New York City	\$1,599
Oct. 2	Capitol Steps (Whiting)	\$32
Oct. 5	Genesee Belle Lunch Cruise	varies
Oct. 11-12	Little River	\$125
Oct. 13	Harvest Adventure	\$79
Oct. 22-23	ARK Encounter	\$339
Oct. 27	Hollywood Casino	\$30
Oct. 30-Nov. 2	Nashville	\$999
Nov. 6	Judgement at Nuremberg (Whiting)	\$46
Nov. 14	FireKeepers	\$32
Nov. 16	Dirty Dancey (Whiting)	\$55
Nov. 16-21	Branson	\$1,199
Dec. 5	Soaring Eagle Oak Ridge Boys	\$32
Dec. 5-6	Niagara Falls	\$269
Dec. 31-Jan. 1	New Years Eve @ Amish Acres	\$254
January 11-21	Florida Vacation	\$2,299
February 2	Jackie Robinson Story (Whiting)	\$18
February 15	Cinderella (Whiting)	\$58
February 22-28	Southwest Explorer	\$1,899
February 23	Hawaii	\$5,199
November 4-12	Costa Rica	\$2,649

Detailed flyers are available at the Loose Center.

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



TUESDAY, AUGUST 23

\$4.50 (for those requesting transportation)

Depart Loose, 8:15 am, Return, 3 pm
Located at 6130 E. Mt. Morris Rd.

With the sound of bleating animals, the announcer welcoming guests, and the smell of cotton candy and pizza in the air, the county fair will hold different memories for each fair-goer. Join us for this traditional fun filled day. Some of the reasons you may want to attend are listed below.

- Admission is FREE
- FREE Coffee and Donuts (while supplies last)
- Visit with Vendors from Genesee County Senior Services
- FREE Entertainment
- FREE Wagon Rides every half hour
- Fun Demonstrations
- AND MORE!
- Parking FREE to Seniors with Parking Pass (available @ Loose)

2016/17 Whiting Opportunities

All prices include transportation, if you choose to NOT use transportation; \$5 will be deducted from the final cost

CAPITOL STEPS

Sunday, October 2, 5PM, \$32,

Van leaves Loose at 4PM



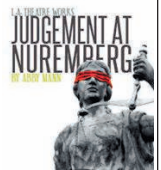
Cleverly putting the "mock" in democracy, The Capitol Steps began as a group of U.S. Senate staffers who set out to satirize the very people and places that employed them. And there is never any shortage of fresh, comedic material.

JUDGEMENT AT NUREMBERG

Sunday, November 6, 3PM, \$46,

Van leaves Loose at 2pm

As the world commemorates the 75th anniversary of World War II, and as politics continues to infiltrate human rights and social justice issues worldwide, L.A. Theatre Works tours one of the great courtroom dramas of the last century: Judgment at Nuremberg is both surprising and unsettling.



DIRTY DANCING



Wednesday, November 16, 7:30PM, \$55,

Van leaves Loose at 6:30 pm

THE CLASSIC STORY ON STAGE is a record-breaking live theatre sensation, exploding with heart-pounding music, passionate romance and sensational dancing.

GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 5, 2016

\$17 includes, cruise & lunch (no transportation)

\$21 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 9/21/16.



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.

CLIO AMPHITHEATER 2016 TRIBUTE SHOWS

Depart Loose @5:30 pm, show starts at 7 pm

Tickets can be purchased at the gate prior to the show - \$6

Transportation arrangements made through Loose at \$5

Tues., August 2 Magic Bus Woodstock Tribute
Tues., August 9 The Rockshow Tribute to the 80s
Thur., August 11 Shania Twain & Tim McGraw Tribute

AND MORE TRIPS

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

DETROIT
Tigers
\$70

Thursday, August 18 2016

Vs. Boston Red Socks

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

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

MEIJER GARDENS & SCULPTURE PARK, \$63

Tuesday, September 20, 2016 **INCLUDES:** Motor Coach Transportation, Admission into the Frederick Meijer Gardens & Sculpture Park. Tram Tour of the Gardens (with a stop at the Japanese Gardens), \$10 voucher to use at the Café, 2016 ArtPrize Exhibits located at the Garden, *Chrysanthemums & More Exhibit!* The largest of its kind in Michigan, featuring expansive chrysanthemum displays, fall foliage and family-friendly



NEW YORK CITY

Sept. 30-Oct. 5, 2016
\$1,599 PP Double

Tour Includes Round Trip Motorcoach Transportation, 5 nights lodging (3 at the newly-redesigned 4 start Novotel located niTimes Square) 5 breakfasts, 1 dinners, 9/11 Museum & Memorial, All Day Sightseeing Tour, Tour Famous Apollos Theatre, Statue of Liberty with Pedestal Pass, Ellis Island, Saturday Night Live Museum/Exhibition Luggage Handling, Tax & Tip on all meals. Detailed Flyers available at Loose or online at www.loosecenter.org.

Branson Christmas Package November 16-21, \$1199
Includes Transportation PLUS

Five nights lodging, five breakfast, three dinners, "Kickback Reception", five Branson Show, Sightseeing Tour of the Ozarks, Leisure Time in Branson, Abraham Lincoln Presidential Library & Museum, The National Tiger Sanctuary, Luggage Handling, Tax & Tip on Included Meals.

COAST OF MAINE

September 17-23, 2016
\$1,399 PP Double

Tour Includes Round Trip Motorcoach Transportation, 6 nights lodging, 6 breakfasts, 3 dinners, Museum of Old York, Kennebunkport Trolley Tour, Sightseeing Tour of Portland, Maine, Day Trip to Camden, Maine, Maine State Prison Craft Shop, Camden Hills State Park, Captain Fish Scenic Harbor Cruise, Leisure Time in Boothbay Harbor, Boothbay Railway Village, Luggage Handling, Tax & Tip on all meals. Detailed Flyers available at Loose or online at www.loosecenter.org.

HARVEST ADVENTURE

Thursday, October 13, \$79
Departs 9 am, Returns 4:30 pm
Includes Transportation PLUS

PEBBLE BROOK FARM—prized Huacaya and Sri alpacas and history of the farm, gift shop that features a variety of Alpaca fibers.
WHITE HORSE INN—Lunch at the oldest continuously operating restaurant in MI which in the past has served as a hotel, brother, stagecoach stop, etc.
WESTVIEW ORCHARD—enjoy a tour, pick fresh fruit or a bag of pre picked for FREE. *Time for shopping and snacks on the return trip.*

Hawaiian Adventure

Three Islands featuring Oahu, Kauai and Maui

February 23– March 4, 2017
\$5,299 PP Double if pd by 8/23

Tour Includes Round Trip Air, air taxes and fees, /surcharges, Hotel Transfers, 10 days, 13 meals. **Highlights include,** Waikiki Beach, Pearl Harbor, Oahu's North Shore, Kilohana Plantation, Waimea Canyon, Kauai Coffee Estate, Iao Valley, Lahaina, Polynesian Luau. Detailed Flyers for this bucket list vacation are available at Loose or online at www.loosecenter.org

Little River
CASINO RESORT



Soaring Eagle

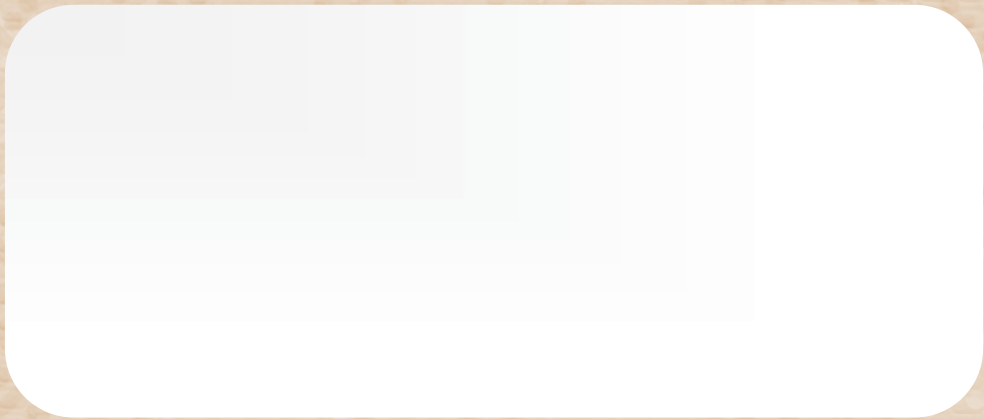
October 11-12, 2016 \$125 PP Double

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.



Loose Center
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(810) 735-9406
www.loosecenter.org

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LOOSE

Friday, September, 30
9 am - 12 noon

Community HEALTH Fair

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



Join us for a
CHICKEN SALAD LUNCH
Served 11 am - 12 noon , \$5
Includes, chicken salad sandwich, chips & drink

LOOSE Center
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