

FEBRUARY 2016

LOOSE



*"I do not try to dance
better than anyone else.*

*I only try
to dance*

*better than
myself."*

-Mikhail Baryshnikov



Dinner Dance
February 16, 5 pm
w/ The Corner Boys
See back cover
for details

From the Director

Dear Friends,

Life's a dance you learn as you go. Sometimes you lead. Sometimes you follow. Don't worry about what you don't know. Life's a dance you learn as you go. This pretty much sums up one's way of life. Dancing is an expression of yourself. At an early age when we learn to walk, we are swaying to the beat of music. The style of dance continues to change. We snuggle close to those we love to a soft and slow rhythm. We find a closeness and comfort as we sing the words in our partners ear. At other times we dance wildly to the beat of rock in gyrations that can not be explained.

Expression of dance is defined by each individual. It is not a competition but a way of saying who we are in our own way. There is no rule book or manual to say what is right and wrong. It is how we feel inside. It is a moment when we lose ourselves in pleasant thoughts and be suspended in time. You find yourself in a place where nothing matters and it takes you back to pleasant memories. It is a time when you can be you, an individual. To reach out to be in a better place. It is a reflection of our life, to remember all those moments of our youth, special times and lasting friendships.

We now have another opportunity to reflect and enjoy an evening with friends and our special loved one. Loose will be hosting a Valentines dance on February 16. It again will be a special time when you can express yourself in dance. Go back in time and relive those special memories we all have. It will be an evening of music and song. It will be a moment when you can sing those words of "your" song to your partner as you dance the night away. It will be a moment to create new memories of a wonderful night. So I offer you this invitation to come and enjoy a night of fun, memories and dance. Come and enjoy the dream of music and dance one more time.

"I do not try to dance better than anyone else. I only try to dance better than myself."

All is Well

Carl Gabrielson, Executive Director

**LOOSE WILL BE CLOSED FEBRUARY 15 IN
OBSERVANCE OF PRESIDENTS DAY.**



FREE TAX FORM PREPARATION!

AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 60 and older. Preparation is by certified AARP Foundation Tax Aides. This service begins on Friday, February 5 (by appointment ONLY).

Please call the Loose Center at 810.735.9406 on or after Tuesday, January 26 to schedule an appointment.



1st Tuesday of each month
February 2, 2016, 7 pm

THE GRAND SEDUCTION

Residents of a small fishing community in Newfoundland charm a doctor into becoming the town's full-time physician in order to secure a vital factory contract.

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

Refreshments will be served!

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



The Senior Winter Games Board of Directors appreciates your participation in the 2016 Genessee County Senior Winter Games!

- ◆ The Opening Ceremony will be held at 1 pm on Monday, February 1 at Davison Senior Center, which is located on Lapeer Road in Davison. All events will be held from February 2 through February 25.
- ◆ The Closing Ceremony will once again be held at the Knights of Columbus Hall in Davison on Thursday, February 25th. Doors will open promptly at 10 am with the program beginning at 11am.

Please contact Loose to register or for additional details.

WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

In the event of inclement weather, please tune into ABC 12, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.

FEBRUARY HAPPENINGS

WordsMatter

Designed for those with hearing loss.

Thursday, February 4, 11 am, Annex

Clear Captions, a 100% federally funded program that provides an amplified telephone that displays the text of conversations on a large color screen so that you can see and hear what the caller is saying. No cost to have or use ever. Enjoy using the phone again! Plan on talking with the representative on February. 4.



AFTER LUNCH & LEARN W/LEA ANNE

Tuesday, February 9, noon FREE

Are you "55 or better?"

Do you live in Genesee County?

If you answered "yes" to the above questions, you can benefit from learning about Genesys PACE. Genesys PACE is a new option for those who need extra help to stay in their home or apartment. Join Lea Anne from Genesys PACE to learn more, there will be cookies too.

Everyone attending will be entered into a raffle prize drawing for a surprise – there is no obligation required to enter.

"NEW" DEFINITION OF HOSPICE

A Review of the Medicare Hospice Benefit Today

Wednesday, February 24, 10:30 am, FREE

This discussion will look at the changes that have taken place with the *Hospice Benefit* and how they can manage a patient's disease while reducing costs.

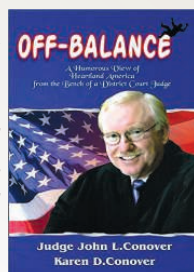
Important Information, a good chance to ask questions and DOOR PRIZES!

LUNCH TALK

Wed., February 3, 12:30 pm, \$5

Enjoy a light lunch of salad, chicken salad sandwich, fruit, dessert & a drink all followed by a wonderful presentation by retired Judge John L. Conover and his wife Karen D. Conover.

Judge Conover served 21 years as a district court judge and because of his wonderful sense of humor, quick wit and wisdom in dispensing tough but fair ruling, has become a much-loved judge, speaker and community activist. Karen has been a lifelong educator and was also a column writer for her local newspaper in which she practiced her style of presenting Conover humorous view of the world. She, too, has continued to be very active in her community. Come and enjoy this afternoon of food, fun and laughter.



2014-2015 INCOME TAX TALK

Thursday, February 4, 1:00 pm, FREE

Both the IRS and the state of Michigan made changes in the tax code for tax year 2014. For those not on Medicare, the Affordable Care Act could affect your income tax. 2012 Michigan law changed property tax credit and filing threshold for seniors. Join us at the Loose Center and hear tax professional, Ann Walker explain the changes. You will hear about the new tax law and understand how it affects your federal and state income tax. There will be an opportunity for questions. All are welcome!

SPECIAL LUNCH

Friday, Feb. 12, 11:30 am, \$5

There will be no GCCARD lunch served on this day. So, join us for FAMOUS FRIDAY PIZZA. The price includes a pizza, salad, dessert and a drink. *Sign up today!*



DINNER AND A SHOW

Dinner at the FENTON HOTEL

Followed by a Spectacular Performance by

"The AMBASSADORS"

Friday, February 19, 2016

Dinner (Fenton Hotel) 5:30 pm

Can be seated as early as 5:00 pm

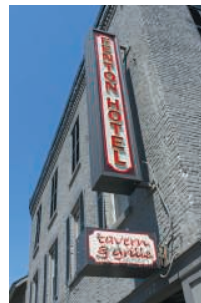
Show (Fenton High School) 7:30 pm

\$20 for both Dinner and the Show

(a \$6 savings, tax/tip included)

Transportation on your own,

Reserve your spot by 2/1



First stop is the FENTON HOTEL where you will be served either Raspberry Chicken with rice or Perch Romano with mashed potatoes. Each entree will come with vegetable, house salad, homemade bread and a choice of beverage (coffee, pop, tea). This followed by an amazing performance by "The AMBASSADOR'S" of Fenton High School. When registering, please indicate meal choice.

Supporting our local students, businesses and enjoying each other's company is a win-win situation, space is limited, sign up today!



Friday, February 26, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!



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.

POTLUCK DINNER

2nd Friday of each month, 5 pm, Annex

Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with a good old-fashioned potluck gathering. Loose Potlucks are among the best, so don't miss out! We also invite you to stick around after dinner and enjoy one of our many games.



Tuesday, Feb. 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 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!



Monday February 29, 2016

LEAP Day Challenge!



1. Sign in (press **Leap Day Challenge**)
2. Stop by the reception area and say, "**Happy Leap Day**"
3. Enjoy a special **Leap Day Treat!**

SIMPLE AS THAT!

DID YOU KNOW?

Those born on Leap Year are considered "leaplings," who celebrate their birthdays on either February 28 or March 1 on a non-Leap Year. Loose has SIX leaplings.

A Big Happy Birthday to our LEAPLINGS!

st. patty's day dinner BASH

Tuesday, March 15,
5 pm
\$12.00 per person

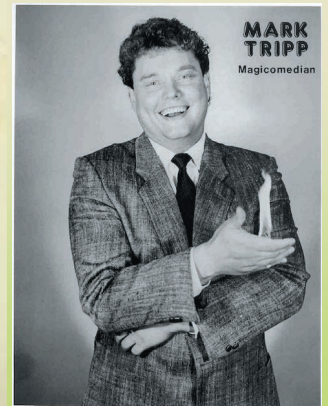
an evening of
good food,
MaGiC

ENJOY A TRADITIONAL

Corn Beef Dinner

including: *Corn beef, cabbage, potatoes, carrots along with barbequed meatballs, mac & cheese, salad, rolls, dessert & beverage.*

OH IT WILL BE VERY TASTY!



Mark Tripp's Magicomedey is becoming one of the most popular and requested shows today. His comedy magic show has been at company banquets, country clubs, cruise lines, comedy clubs nation wide. With a background in stand-up comedy, theater, and teaching science nationwide, this show is anything but your normal magic show. It's a hilarious, audience interactive ride filled with music, mystery, and mayhem that will leave your audience in stitches.

PROUDLY PRESENTED BY

2016 Fenton Regional Chamber of Commerce

COMMUNITY EXPO

SATURDAY
March 5, 2016
10 - 5 pm

SUNDAY
March 6, 2016
11 - 4 pm

FENTON HIGH SCHOOL

Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, giveaways, food booths, demonstrations of many kinds and of course Loose will be there. Stop by the Loose Senior Center Booth and say, "HI"!



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.

LINE DANCE \$5 per class

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

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.

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.

ZUMBA & ZUMBA GOLD \$5 per class

Low-impact dance/exercise class that includes stretching, balance and easy dance moves. **GOLD** is a specially designed class for the active, older adult or unconditioned person. Wear comfortable clothes and smooth-soled athletic shoes and bring a water bottle.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Monday, 2:30 pm, 8 weeks ends March 7, FREE

This program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. The program will help you keep joints flexible and muscles strong, sleep better, increase energy, improve your overall outlook. *Paid for with funding from VAAA & OSA*

Pickleball

Monday & Wednesday, 6:15 - 9 pm, Sunday 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

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.

INDOOR GOLF PRACTICE

Wednesdays, 11 am - 1:30 pm, \$5/session, begins February 3 **GOLFERS**, we have secured an INDOOR GOLF NET for you to use for practice. Call the Center at 810 735-9406 to secure your time and come and sharpen your skills, stay in shape and enjoy our new equipment. Please be sure to bring your clubs and balls.

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 March 17. If you are interested in Wii bowling, please contact the Loose Office.**

BIKING BUNCH will resume in the spring

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.

GOLF AT SHIAWASEE SHORES will resume in the spring

SOFTBALL PLAYERS



Loose has been part of a softball league for the past number of years and it's true, there is much fun to be had. The team includes those 60 and over (three members of each team can be under 60), games are typically held on Wednesdays (more league information will follow).

If you are interested, please contact Loose at 810 735-9406 or stop in during office hours.

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

SCHEDULE

<u>MONDAY</u>
9:30 am Zumba Gold
2:30 pm Arthritis Exercise
4:00 pm Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball
LINDEN ELEMENTARY
6:00 pm Volleyball

<u>TUESDAY</u>
9:30 am Zumba Gold
10:30 am FIT ⁴ EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

<u>FRIDAY</u>
9:30 am Yoga (gentle flow)
11:00 am Pickleball

<u>WEDNESDAY</u>
9:30 am Yoga (gentle flow)
11:00 am Indoor Golf
5:00 pm Zumba
6:15 pm Pickleball

<u>SATURDAY</u>
9:00 am Yoga (gentle flow)
10:15 am Zumba

<u>THURSDAY</u>
9:30 am Chair Yoga
11:45 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT ⁴ EVER
4:00 pm Yoga (gentle flow)

<u>SUNDAY</u>
2:00 pm Pickleball



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.

WATERCOLOR CLASSES

SWAN

February 29 & March 14, 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, February 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.*

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.

JEWELRY CLASS

Taking a break and will be back in the spring!

Quilt Raffle
FUNdraiser

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

This beautiful quilt was donated to Loose to Raffle off in time for Memorial Day. It is twin size and JUST beautiful (you must stop and take a look).

*The drawing will take place on
Thursday, May 19 at the Linden HS. Dinner.
No need to be present to win. The winner will be contacted.*



CLASSES, MUSICAL OPPORTUNITIES & MORE



Mondays, 3 pm
 Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir 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. The choir is a very welcoming group; stop by and see!

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

IPAD 1 Wednesday, February 3 & 10, 4-6 pm, \$20, Hall B

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 settings, camera, facetime, notes, and contacts.

IPAD 2 Wednesday, February 17 & 24, 4-6 pm, \$20, Hall B

For those who have completed IPAD 1. Take things a step further and begin to dive into the mail app, calendar app, the App store, and downloading apps. There is always time for questions.

SOCIAL MEDIA SCOOP—Why should you care?

Wednesday, March 2 & 9, 4 pm, \$20, Hall B

The benefits of understanding Social Media include, keeping in touch (with family, friends), find old friends (classmates, old neighbors, etc.), ask questions, do research, find entertainment, learn, share, meet others and the list goes on. It's fascinating and it's not going away and there is no better place than Loose to relax and connect and learn why you should care. Sign up today!

GOOGLE DRIVE Wednesday, March 16 & 23, 4 pm, \$20, Hall B

Google Drive is a file storage and management service created by Google. It allows users to store files in the cloud, share files, and edit documents, spreadsheets, and presentations with collaborators. It's not as scary as it sounds and can be used on a laptop or tablet. Give it a try, sign up today.

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



Friday, February 26, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and 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 Thursdays, 10:30 am

**Tuesday
February 9
7 pm**



Friends, an **Open MIC event** is a LIVE show where audience members may perform their talent at the MIC.

THE RULES ARE SIMPLE:

- If you are interested in just listening, please grab a friend, come in, and enjoy.
- If you are interested in performing, come in, sign up, and the master of ceremony will guide you from there.
- Be encouraging and respectful of the performers.

HAVE FUN!

February 2010

OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

EMAIL

lscce@loosecenter.org

WEBSITE

www.loosecenter.org

PHONE

810.735.9406

FAX

810.735.4255

MONDAY

8:00 Bridge
9:00 Massage
9:30 Zumba Gold
10:00 Painting
10:15 Sleep Mat Production
11:30 Lunch
12:30 Pinochle
1:00 Watercolor Class
1:00 SWG Opens
1:00 Listening Ear
2:30 Arthritis Exercise
3:00 Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball

TUESDAY

9:30 Zumba Gold
10:00 Loose Threads
10:30 FIT4EVER
11:30 Lunch
12:00 Line Dance
12:30 Euchre
1:00 Chicago Bridge
3:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga
7:00 Movie Night

WEDNESDAY

8:00 Bridge
9:00 Manicures
9:30 Yoga
10:00 Consumer Fraud (by appt)
10:30 1 on 1 Financial
11:00 Indoor Golf
11:15 Art à la Carte
11:30 Lunch
12:00 Wood Carving
12:30 Lunch Talk
12:30 Pinochle/Dominos/Chess
4:00 IPAD 1
5:00 Zumba
6:15 Pickleball

THURSDAY

9:00 MMAP Counselor
9:30 Chair Yoga
10:00 Amvets
10:15 Zumba Gold
10:30 Cards n More
10:30 FIT4EVER
10:30 Farmers' Market Trip
11:00 WORDS MATTER
11:30 Lunch
11:45 Wii Bowling
12:30 Euchre
1:00 Tax Talk
4:00 Yoga
6:00 Grief Support

FRIDAY

Income Tax Prep (by appt.) 5
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 February 6
9:00 Yoga
10:15 Zumba
10:00 Euchre

Sunday February 7
2:00 Pickleball

8

8:00 Bridge
9:00 CSFP
9:00 Massage
9:30 Zumba Gold
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 Arthritis Exercise
3:00 Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball

10

8:00 Bridge
9:00 Manicures
9:00 Blood Pressure
9:30 Yoga
10:00 FireKeepers Casino
11:00 Indoor Golf
11:15 Art à la Carte
11:30 Lunch
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
3:15 Coupon Club
4:00 IPAD 1
5:00 Zumba
6:15 Pickleball

11

8:00 Board Meeting
9:00 MMAP Counselor
9:30 Chair Yoga
10:00 Farmers' Market Trip
10:15 Zumba Gold
10:30 FIT4EVER
10:30 Cards n More
11:30 Lunch
11:45 Wii Bowling
12:30 Euchre
4:00 Yoga

12

Income Tax Prep (by appt.) 12
9:30 Yoga
10:00 Write Your Life
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch PIZZA
1:00 Lapghans
1:00 Chicago Bridge
5:00 Potluck
7:00 "Ragtime"

SATURDAY February 13
9:00 Yoga
10:15 Zumba
10:00 Euchre

Sunday February 14
2:00 Pickleball

www.edwardjones.com

Complimentary Review

Do you have the right investments in place to help you meet your financial goals?

At Edward Jones, our business is to help people find solutions for their long-term financial goals.

If you would like a free review of your estate plan or any of your other investments to see if they are appropriate for your long-term goals, please call or stop by today.



Chad A. Robinson
Financial Advisor
618 W Broad St Suite A
Linden, MI 48451
810-735-1678

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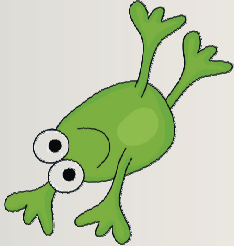

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<p>15</p> <p>Loose Closed</p> 	<p>16</p> <p>9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch 12:00 NO Line Dance 12:30 Euchre 1:00 Scrapbooking 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 5:00 DINNER DANCE</p>	<p>17</p> <p>8:00 Bridge 9:00 Manicures 9:30 "Odd Couple" 9:30 Yoga 10:00 Legal Advice 11:00 Indoor Golf 11:15 Art à la Carte 11:30 Lunch 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 4:00 IPAD 2 5:00 Zumba 6:15 Pickleball</p>	<p>18</p> <p>9:00 MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 10:30 Cards n More 11:00 Blood Pressure 11:30 Lunch 11:45 Wii Bowling 12:30 Euchre 2:00 NO Energy Healing 4:00 Yoga 6:00 Grief Support</p>	<p>19</p> <p>Income Tax Prep (by appt.) 8:15 Lifelong Learning 9:00 Hearing Doctor 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 5:30 Dinner & A Show Saturday February 20 9:00 Yoga 10:15 Zumba 10:00 Euchre Sunday February 21 2:00 Pickleball</p>	
<p>22</p> <p>8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 11:30 Blood Pressure Check 11:30 Lunch 12:30 Pinochle 12:30 Card Making 2:30 Arthritis Exercise 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>23</p> <p>8:00 Podiatrist 9:30 Zumba Gold 10:00 Soaring Eagle 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>24</p> <p>8:00 Bridge 9:00 Manicures 9:30 Yoga 10:30 "New" Definition of Hospice 11:00 Indoor Golf 11:15 Art à la Carte 11:30 Lunch 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 4:00 IPAD 2 5:00 Zumba 6:15 Pickleball</p>	<p>25</p> <p>9:00 MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 10:30 Cards n More 11:30 Lunch 11:45 Wii Bowling 12:30 Euchre 4:00 Yoga</p>	<p>26</p> <p>Income Tax Prep (by appt.) 9:30 Yoga 10:00 Write Your Life 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch 1:00 Lapghans 1:00 Chicago Bridge 5:00 EUCHRE TOURNAMENT Saturday February 27 9:00 Yoga 10:15 Zumba 10:00 Euchre Sunday February 28 2:00 Pickleball</p>	
<p>29</p> <p>8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Painting 10:15 Sleep Mat Production 11:30 Lunch 12:30 Pinochle 2:30 Arthritis Exercise 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>LEAP DAY CHALLENGE</p>  <p>See page 4 for details.</p>		 <p>Donations are appreciated!</p> <p>Loose is collecting shampoo, hand creams, toothpaste, to create "care bags" for the Homeless Shelter. Please drop them off at the Center and a Volunteer will make sure they are delivered to the Shelter.</p>	<p>LOOSE STAFF</p> <p>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 Doti Tynes <i>Receptionist</i> Randy Green <i>Maintenance</i></p>	<p>BOARD OF DIRECTORS</p> <p>Ken Wensel, <i>President</i> Alberta Martin, <i>Secretary</i> Vince Eible Jr., <i>Treasurer</i> Bob Cole Ray Culbert Ann Deemer Roby Deese Richard Laing Frank Lukowski Charlie Ross Les Scott Cheryl King</p>



ENERGY HEALING WORKSHOP

Returns March 17, 2 PM

Christine Shreve Certified Coach, teaches EFT (emotional freedom tech) and more information, to bring calm and balance to the body's Energy System for Health, Joy and Prosperity. Learn how this scientifically proven technique of EFT is good for your wellness and hear an explanation of how EFT works with the Cells in the body for longevity, health and wellbeing.

ONE-ON-ONE FINANCIAL HELP

Wednesday, January 6, 10:30 am

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

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

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

WRITE YOUR LIFE STORY

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

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

LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

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

LISTENING EAR

Every 1st Monday, by appointment

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



HISTORIC CEMETARIES IN FLINT & GENESEE COUNTY

Wednesday, March 9, 10 am

The Sloan*Longway Outreach and Enrichment Program will be coming to Loose. Made possible through a grant from the Ruth Mott Foundation, Presenter Shelby Sandborn will help participants explore the local history and origins of cemeteries in the Flint and Genesee County area. Learn about the funerary and burial traditions of different cultures from around the world and why preserving our cemeteries is important in documenting the history of our towns and cities.



KNOW THE 10 SIGNS! EARLY DETECTION MATTERS

Wednesday, March 2, 10:30 am

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. A workshop presented by the Alzheimer's Association.



ACTIVE, NATURALLY A PROGRAM FOR OLDER ADULTS

Thursday, March 3, 10, 17, 24, 31 & April 7, 1 pm

This one hour, once a week, program, sponsored by Genesee County Parks meets for six weeks and focuses on health, nutrition, gardening and nature found in our parks. There will be setting of fitness goals, engaging in outdoor activities, meeting LIVE ANIMALS, incentives and more. March is the perfect time to shake it off and explore something new. This program is the outcome of a special grant from MParks, the Michigan Recreation and Park Association and the Michigan Health Endowment fund.

"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."



HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

By appointment each Monday
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.

PODIATRIST

Tuesday, February 23, 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 Wизгird, 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.

MANICURES

Wednesday, by appointment, beginning at 9 am, \$10, Annex
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.

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



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

"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday
6:00 pm - 7:30 pm, Loose Sunroom

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

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

DO YOU 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.

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.

WEEKLY SCHEDULED VAN DESTINATION

Please call 24 hours in advance to schedule a ride.

THURSDAYS – Flint Farmers' Market

10:45 am departure, return 1:30 pm, \$4.50 roundtrip

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

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

Bob Rasche and his over 20 years of working for veterans is available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, 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

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.

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 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 lsccl@loosescenter.org so we can spread the sunshine.



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

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 March 16, 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.

Visit Loose online at
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 Fenton, the Harding Foundation and donations from individuals.


RUMMAGE SALE Our past sale was a huge success and we thank all those who donated and to those who worked so hard at the event. *At this time, we will not be collecting rummage items.*

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.

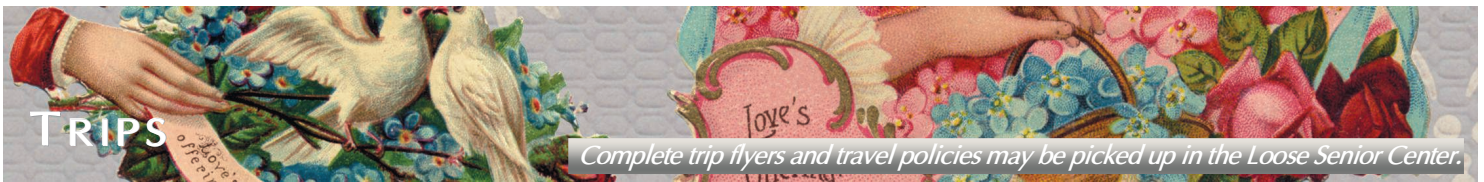
PLEASE HELP US KEEP OUR FILES UP-TO-DATE

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.

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TRIPS @ A GLANCE

February 10	FireKeepers Casino	\$32
February 12	Ragtime	\$55
February 17	Purple Rose Theater "The Odd Couples"	\$92
February 18-25	California (7 nights)	\$2,799
February 23	Soaring Eagle	\$32
March 2	Flint Firebirds vs Saginaw Spirit	\$19
March 7	FireKeepers Casino	\$32
March 9-12	Philadelphia Flower Show	\$604
March 23	Greektown	\$29
April 7	FireKeepers Casino	\$32
April 10	Annie the Musical	\$55
April 15-21	Sedona & Las Vegas	\$2,299
April 25-26	Little River	\$120
May 9	Soaring Eagle & Chubby Checkers	\$32
May 22	Tigers vs Tampa Bay	\$73
May 22	Historic Cities of the East	\$999
May 24 - June 5	Alaska Discovery Land & Cruise	Prices Vary
May 26	FireKeepers Casino	\$32
June 5-6	Mackinaw Island Lilac Festival	\$340
June 8	Caesars Windsor	\$20
June 28	FireKeepers Casino	\$32
July 15	Tall Ship Celebration, Bay City	\$86
July 24- Aug. 2	Colorado-Rocky Mountain Spectacular	\$1,999
July 27 & 28	Kewadin Casino	\$120
August 10	Remember When Detroit River Cruise	\$76
August 14-20	Great Canadian West	\$2,999
September 14-21	London & Paris (Price pre 3/15)	\$3,999
September 17-23	Coast of Maine	\$1,399
Sept. 30—Oct. 5	New York City	\$1,599

Detailed flyers are available at the Loose Center.

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

WHITING 2015/16 OPPORTUNITIES

RAGTIME

Friday, Feb. 12, 2016 8:00PM, \$55, Van leaves Loose @ 7 pm



AT THE DAWN OF A NEW CENTURY, everything is changing...and anything is possible. The stories of an upper-class wife, a determined Jewish immigrant and a daring young Harlem musician unfold - set in turn-of-the-century New York - all three united by their desire and belief in a brighter tomorrow.

ANNIE THE MUSICAL

Sunday, April 10, 2 PM, \$55, Van leaves Loose @ 1 pm

The world's best-loved musical returns in time-honored form. Directed by original lyricist and director Martin Charnin and choreographed by Liza Gennaro, this production of ANNIE will be a brand new incarnation of the iconic original.



Join Loose, Wednesday, March 2, 2016

MCC CONTINUING EDUCATION (Fridays @ Applewood)

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

Each month from September through May, a specially chosen program will be offered to inspire, rejuvenate, stimulate and refresh! Each program will feature a unique lecture and will be accompanied with a continental breakfast and door prizes.

February 19 - What Do I Do With Grandma's Stuff?

Speaker: Len Thomas

Mr. Leonard Thomas a well-known former Flint educator and speaker, will discuss a situation we all have or will find ourselves in at some point. How should we disburse or dispose of family member's former property, laden with treasured memories. Len can give us suggestions

March 18 - Family Services of Mid-Michigan

Speaker: Chuck Tommasulo

The Family Service Agency of Mid-Michigan plays a crucial role in assisting many needy people. Mr. Chuck Tommasulo has been the Executive Director since 1990, overseeing "FSA" In-Home Eldercare Services, Guardian/Conservatorship, Representative Payee, Visual Impairment, Senior Companion and Foster Grand Parent Programs. He will explain how FSA acts as a safety net for many individuals.

Payment is due Wednesday prior to the event.

Many thanks to the State Bank for their support, which allows us to offer this program at a special rate.

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)

February 3	Against the Odds: The Artists of the Harlem Renaissance
February 10	The Black List Volume I
February 17	Kehinde Wiley: An Economy of Grace
February 24	The Spirit of the Individual Faith Ringgold: The Last Story Quilt

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



AND MORE TRIPS

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

The Purple Rose Theater

The Odd Couple



Wed., Feb. 17, 2016

9:30 am-7:30 pm, \$92

Includes: transportation, lunch @ Common Grill, Shopping & the Play

Philadelphia Flower Show



March 9-12, 2016
\$604 PP Double

Tour Includes Transportation (motorcoach) PLUS 3 nights lodging, 3 breakfast, 2 dinners, Cavanaugh's Head House, Guided tour of Philadelphia, Philadelphia Flower Show,

Guided tour of Easter Sate Penitentiary, reading Terminal Mark, Chart House Restaurant.

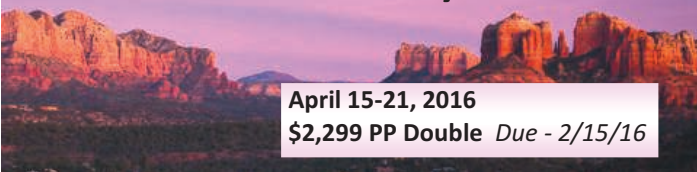


April 25-26, 2016 \$120 PP Double

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.



Sedona & Las Vegas Plus: The Grand Canyon Train



April 15-21, 2016
\$2,299 PP Double Due - 2/15/16

Tour Includes Round Trip Air, air taxes and fees, /surcharges, Hotel Transfers, 6 nights, 9 meals, Grand Canyon Train Leisure time @ Grand Canyon, Black Bart Steakhouse Musical Revue, Sedona Sightseeing trolley, Leisure Day in Sedona, Verde Canyon Railroad, Hoover Dam, Free Day in Las Vegas, Detailed Flyers for this special vacation are available at Loose or online at www.loosecenter.org

Join Loose, Monday, May 9, 2016

Soaring Eagle Casino



CHUBBY in concert
CHECKER

\$32

Alaska Discovery Land & Cruise

May 24 – June 5, 2016

Prices begin at \$4,199 PP Double
13 days, 21 meals



Included in Price: Port Charges, Round Trip Air from Detroit Metro Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Highlights... Anchorage, McKinley, Luxury Domed Rail, Denali National Park, Music of Denali Dinner Theatre, Tundra Wilderness Tour, Whittier, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage. Detailed Flyers for this bucket list vacation are available at Loose or online at www.loosecenter.org

MACKINAC ISLAND LILAC FESTIVAL

JUNE 5 & 6, 2016



Tour Includes Transportation (motorcoach) PLUS 1 night lodging at the Lake View Hotel on Mackinac Island's Main Street. 1 Continental Breakfast and 1 dinner. Shepler's Ferry to Mackinac Island, Mackinaw Island Lilac Festival, Mackinac Island Carriage Tour, Free time on Mackinac Island. **\$340 PP Double**

Luggage Handling, Tax & Tip on included meals.

London & Paris



September 14-21, 2016
\$3,999 PP Double if pd by 3/15

Tour Includes Round Trip Air, air taxes and fees, /surcharges, Hotel Transfers, 8 days, 9 meals. Highlights include, Pub Dinner, Buckingham Palace, Big Ben, London Theater Performance, Eurostar Train, Eiffel Tower Dinner, Seine River Cruise, Arc de Triomphe, Paradis Latin Cabaret. Detailed Flyers for this bucket list vacation are available at Loose or online at www.loosecenter.org

Loose Center
707 N. Bridge St.
Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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Dinner Dance

LIVE MUSIC

Tuesday, February 16, 5 pm, \$15

We welcome MO and his band, The Corner Boys, to Loose for an evening of GREAT music and a dance floor ready to rock.

Dinner will be served at 5 pm

The menu includes, roast beef, chicken, sausage & kraut, mashed potatoes, gravy, salads, vegetables, dessert, drinks

DANCING WILL FOLLOW!

