

MAY 2019

the perfect place for 50+

# LOOSE



INDIAN LEAF BUTTERFLY. KALLIMA HUTTONI.



THE PURPLE EMPEROR. (Under side)



ILIADES AENOR.



THE RED ADMIRAL. (Pyrausta nloporis)



THE SCARCE GREEN SILVER LINES (Mylothris oleria)



THE SILVER STUDDED BLUE (Glaucopsyche argus)



AUGIADES SYLVANUS.



EUPTYCHIA BRIKUS.



ERATINA LEPTOCIRCATA.



MELITEA CINXIA

THE BLANVILLE FRITILLARY.



THE BRIMSTONE BUTTERFLY.



THE PAINTED LADY VANESSA CARDUI.



VANESSA ANTIOPA.

(The Comberwell Beauty)



CALISTO LYDWINEUS.



DUPON VITIS.



ARROGANIS PANDOSA (Under side)

We delight in the beauty of the butterfly,  
but rarely admit the changes it has to go  
through to achieve that beauty.

~ Maya Angelou

# From the Director

Dear Friends,

A person's life is that of a "Butterfly." It goes through a life cycle. Everyone's life from birth to death is made up of a complete metamorphoses. We are born, build a life and family, enjoy our many accomplishments during retirement and then we pass on, Sounds simple.....Right?

Like the butterfly, our life begins in the infant stage. We are in the care of our parents and we develop our senses of smell, taste, sight, and feel. Our body continues to grow and become stronger to prepare for the next stage. We begin to feel the love of family.

In our second stage there is the time of learning and education. We begin to understand who we are and the need of understanding of society and the things we need to do to continue our cycle of life.

The third stage is one of taking our place in society and the roll we play. It is a time of advanced education, employment, family and community. It has unlimited possibilities and gives us choices of who we will become.

The fourth stage is one of adulthood. The time we use all of our learning experience to achieve success in our life time goals. We have formulated an internal character of who we have become and how we are going to put it in place. This stage will carry us through our formative years, allowing us to be part of family and community. In the end, it will be the stage where we look back and remember the many fond memories. We will be thankful for our lifetime of accomplishments of family and friends. And in our final stage bid goodbye and say "Well Done"

A person's life is that of a "Butterfly." We look at our life and we look and at we are, not of who we have been. We live in the moment and are always looking to the future. We rarely take time to remember how we arrived here. So, take time to look back in your past. Get out the old photo albums and look at yourself as a child and those who raised you. Look at pictures during your school days and think of past classmates who were your friends. Reflect on your family. Remember the love that went into raising your children. Study who you have become and how you developed to be that person. And never forget the last phase. It is the time to reflect. Go back and remember this wonderful life you have made and the memories you made. Think of people past and present. It is now time to look at the stages of your life and look at the many changes it has gone through. And as stated..."Well Done"

*"We delight in the Beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."* Maya Angelou

All is well!

Carl Gabrielson, Executive Director, Loose Center

## Exceptional Service Volunteer Award

**DINNER**

*(all are welcome)*

**@ LINDEN HIGH SCHOOL**

7201 Silver Lake Rd, Linden, MI

**Tuesday, May 14, 5 pm, \$8.50**

A feast prepared by the talented cooks at LHS, followed by the Loose Board Members presenting the **Exceptional Service Volunteer Award** and then an opportunity to attend the Linden H.S. Spring Concert at 7:30 pm. The dinner menu will include, but is not limited to, turkey, meatballs, potatoes, dressing, vegetables, salads, dessert & beverage.

**Call Loose and sign up today!**



### MOVIE NIGHT

Tuesday, May 7, 7 pm

### MOVIE DAY

Wed., May 8, 12 noon

**F**rom award-winning documentary filmmaker E. Chai Vasarhelyi ("MERU") and world-renowned photographer and mountaineer Jimmy Chin comes National Geographic Documentary Film's FREE SOLO, a stunning, intimate and unflinching portrait of the free soloist climber Alex Honnold, as he prepares to achieve his lifelong

dream: climbing the face of the world's most famous rock... the 3,000ft El Capitan in Yosemite National Park... without a rope. Celebrated as one of the greatest athletic feats of any kind, Honnold's climb set the ultimate standard: perfection or death. Succeeding in this challenge, Honnold enters his story in the annals of human achievement. FREE SOLO is both an edge-of-your seat thriller and an inspiring portrait of an athlete who exceeded our current understanding of human physical and mental potential. The result is a triumph of the human spirit.

Admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care & Lockwood of Fenton.

**Refreshments will be served!** Donations to Loose, to defray facility usage cost, will be much appreciated.

## PENPALS



**WHO? YOU!**

**WHAT?** A short term commitment with long term benefits. Take a few short weeks of your summer to write or email a local third grader and enjoy getting to know each other. **WHEN?** Mid June-Mid August

## NEEDED

**WHY?** This is one of the most personally rewarding programs that Loose offers.

**HOW?** Stop by the office for a pen pal application, fill it out and return it ASAP so that we can match you up with a local third grader with similar interests.



# MAY Happenings

**INFORMATION SESSION - U OF M "FALL RISK" STUDY**  
 Wednesday, May 1 at 10:30 am (details on page 14)

**DINNER & FHS AMBASSADORS SPRING SHOW**  
 Friday, May 10, 5:00 pm @ Fenton Hotel, \$20,  
 The price of this event includes dinner, tax & tip and ticket to the show, transportation is on your own. Show begins at 7:30 pm

**FENTON HOTEL TAVERN & GRILLE** Put this exciting evening out on your calendar. Begin by meeting at the Fenton Hotel, order what you want from the early bird menu, enjoy the company, then head to Fenton HS to be wowed with a top notch show featuring the Fenton High School Ambassadors.  
 Reserve your spot by 5/3/19.

*Friday, May 10, 1 pm*



This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an afternoon of tea, treats that equal a meal, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Give yourself and/or someone special the time for this treat.

**SIGN UP TODAY!**  
 ALSO Barbara Kincaid PRESENTS "Our Nations First Ladies"




**BULLYING at THIS AGE??**  
 Wednesday, May 15, 10:30 am



Did you know, that bullying is as much a reality in older social groups as it is of young ones? Take some time and join us for a presentation, frank conversation, questions and answers that will build awareness on this harmful social problem. Trooper Steven A. Kramer, from the Michigan State Police, will be our guest and share info on how to report it, respond to it and how to recognize it.

**MAKOPLASTY KNEE AND HIP REPLACEMENT**  
 Wednesday, May 15, 5 pm - 6 pm, FREE

Loose is partnering with McLaren Flint to offer a free seminar on Makoplasty Knee and Hip Replacement. Seann Willson, MD, Board Certified Orthopedic Surgeon, who is fellowship trained in lower extremity reconstruction and hip and knee replacement, will discuss minimally invasive surgical options for knee and hip pain including the new Makoplasty procedure now available at McLaren Flint. Mako robotic-arm assisted surgery is a procedure designed to relieve the pain caused by joint degeneration due to arthritis. By selectively targeting the damaged cartilage, the surgeon can spare the healthy bone and ligaments surrounding the arthritic portion of the joint. Dr. Willson will take questions following her presentation.




Registration is required and can be made by calling 810-342-4473 or going to [lindenkneepain1.eventbrite.com](http://lindenkneepain1.eventbrite.com)  
**REFRESHMENTS WILL BE SERVED.**

Wednesday  
 May 8, 10:30 am




Loose Chorus  
**Concert**  
 Join us as for a wonderful concert with a patriotic twist.



**Diabetes**  
 May 7, 1:30 pm

**Education Class @ Caretel**

Topics include but not limited to: carbohydrates, exercise, tips & tricks, questions & answers.



**YOUR PRESENTER:** is Paige Winkler, Dietitian/Dietary manager for Caretel Inns of Linden. Paige graduated from WMU, with a BS Dietetics & continued her education as an intern at Loyola University of Chicago's Dietetic Internship program. Before interning, she followed her career in nutrition in the food service industry and then began her professional career at Caretel.

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

**Monday, May 20, \$4**  
 Pancakes, Sausage, Scrambled Eggs, Fruit & Beverage

# Nutrition & More

## POTLUCK

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

## Coffee COPS and Conversation

Tues., May 14, 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!



## JUNE DINNER FUN

**WITH THE DIBBLEVILLE DOLLS**

**TUESDAY, JUNE 18, 5 PM, \$12**

DINNER INCLUDES

Elegant Chicken, Salisbury Steak, Noodles Parmesan, Baked Beans, Mashed Potatoes, Green Bean Almondine, Sweet Southern Carrots, Relish Tray, Roll & Strawberry Delight & Beverages.  
*Catered by Elegant Catering*

Following Dinner, the **Dibbleville Dolls** will provide fun and entertaining music for all. The group presents two guitars, a hammer dulcimer and various percussion instruments. Their gentle, acoustic sound, excellent vocal harmonies and interesting musical arrangements all make for a show that can't be beat!



**Tuesday, July 16 & August. 13**  
**4:30 pm, \$6 pp (a deal folks)**

Fresh off the grill dogs & burgers, baked beans, salad, chips, dessert & beverage

## May 2019 Lunch @ Loose Menu

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

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

Mon Potpourri	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up LOOSE ends Day
<p>It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$4 per lunch, quite the deal).</p>				
6 <b>Mac &amp; Cheese Salad Fruit Roll</b>	7 <b>Bean &amp; Ham Soup Salad &amp; Roll</b>	1 <b>BBQ Ribs French Fries Salad</b>	2 <b>Taco's and all the fixins</b>	3 <b>Chefs Choice You Won't be sorry</b>
13 <b>Chicken Fruit Salad Roll</b>	14 <b>Beef Barley Soup and a tasty Argentine Dessert</b> ARGENTINE CARE CENTER	8 <b>Polish Sausage Roasted Potatoes Roll Veggie</b>	9 <b>Leftovers</b>	10 <b>NO LUNCH! Mother's Day Teal</b>
20 <b>Breakfast</b> 9:30—10:30 am <b>Pancakes, Sausage, Scrambled Eggs, Fruit</b>	21 <b>Chicken &amp; Dumpling Soup Salad</b>	15 <b>Hot Turkey Sandwich Mashed Potatoes Veggie</b>	16 <b>Coney's (Flint or Detroit Style) Salad Chips</b>	17 <b>Delicious Odds &amp; Ends</b>
27 <b>CLOSED</b>	28 <b>Broccoli Cheddar Soup Salad &amp; Roll</b>	22 <b>Potpie Spinach Salad Fenton Healthcare Center</b>	23 <b>Mostaccioli Salad Garlic Bread</b>	24 <b>Leftovers</b>
	29 <b>BBQ Chicken Baked Bean Salad Roll</b>	29 <b>BBQ Chicken Baked Bean Salad Roll</b>	30 <b>Baked Potato Bar and all the fixins</b>	31 <b>Hand Picked Just for you!</b>

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

# BODY, MIND & SPIRIT

**BIKING BUNCH** will begin **May 15**. Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810•735•9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

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

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

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

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

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

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

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

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

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

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

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

## **ARTHRITIS FOUNDATION EXERCISE**



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

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

**Tuesday. @ Caretel, 1 pm FREE**

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

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

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

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

## PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

### **MONDAY**

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

### **TUESDAY**

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

### **WEDNESDAY**

9:00 am Biking Bunch (5/14)  
9:30 am **Yoga (gentle flow)**  
5:00 pm Drums Alive  
6:15 pm Pickleball

### **THURSDAY**

9:30 am **Chair Yoga**  
10:15 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
11:30 am **Wii Bowling**  
5:00 pm **Yoga Fit**  
6:15 pm **Groove**

### **FRIDAY**

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

### **SATURDAY**

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

### **SUNDAY**

2:00 pm Pickleball (returns Oct. 13)



**DRUMS ALIVE®** The Goal of Drums Alive® is to “improve lives, physically and psychologically, through a unique sensory motor drumming program involving drumsticks, an exercise ball and music.” It is a whole body/ whole brain program; suitable for ALL ages and abilities. Equipment needs can be discussed with the program supervisor. \$5 drop in fee or discounted punch card available.

## **“GROOVE”** Mon. at 9:30 am , Thurs. 6:15 pm **\$5 drop in fee or discounted punch card available**

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

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

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

## **ZUMBA GOLD TOTAL FIT®**

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

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

## **THE LOOSE FITNESS ROOM IS OPEN**

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

# Artsy & Crafty

## Can you help?

The Loose knitters and crocheters are working toward donating 500 mens scarves to Carriage Town this next winter. If you can help, scarves should be 8.5-9 inch X 48 inch and can be dropped off at Loose.

**"ANYONE CAN PAINT"** Class Minimum: 6

2nd Monday of each month, 12-2 pm, \$20

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

### HAPPY STAMPERS

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

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

### WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

**PAINTING GROUP** Mondays, 10 am, Hall A, FREE

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

**YARN RECYCLERS** Fridays, 10 am, FREE

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

**LOOSE THREADS** Tuesdays, 10 am, Sunroom, FREE

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

**FIBRE FRIENDS** Fridays, 1 pm, FREE

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



### WATERCOLOR CLASSES

Dates TBD

1 pm, \$15

Instructor, Peggy Mattson

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

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

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

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

Please donate CLEAN plastic **SHOPPING** bags **ONLY**.

### NEW!!! BEGINNING QUILTING

THURSDAY JUNE 13 & 27 @ 12 PM, \$15/CLASS

All materials are supplied



June 13

Create a butterfly & caterpillar

June 27

Create flower & vase



### ADVANCED QUILTING

THURSDAYS @ 2 PM

**P**APER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and **Q**UILTING are all names which have been given to our art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try, beginners included. *Please note: there is a \$15 drop in fee for this class.*



## Project Linus

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

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

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

# CLASSES, MUSICAL OPPORTUNITIES & MORE

## LOOSE CHORUS



Our Chorus is out sharing their gift of music with others during the month of May. The month ends with a wonderful concert at Loose on May 30 at 12 noon. They will then take a much needed break in the summer and resume in September. Think about joining them in the fall. There love of music and giving back is a win win for all.

## 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.

**WATCH for Fall Class Schedule in future Newsletters.**

### COMPUTER ONE-ON-ONE HELP WITH KELLY O'CONNELL.

For personalized one-on-one computer training, bring your laptop, phone or tablet, and a list of questions you may have relating to Windows or your devices. Call Loose, at 810 735-9406, to make your appointment. Cost is \$10 for a 30 minute appointment. *Every other Wednesday during the Summer Only!*



## FREE HEALTH AND WELLNESS PROGRAM!

UM-Flint Physical Therapy students and faculty are offering a free, individualized, 6-week health and wellness program to help you achieve your health, exercise, & wellness goals. Each person will be paired with a Physical Therapy Student and works on a six week plan.

MORE DETAILS ARE AVAILABLE AT LOOSE.

**REGISTRATION IS LIMITED**

**Wednesday, June 5, 12, 19, 29, July 10, 17**

*Please commit to all the dates. These are Physical Therapy Students working on their Doctorate of Physical Therapy and this experience is important to their education.*

If you are interested, please call **LOOSE @ 810 735-9406**

*Visit Our Website*  
[www.loosecenter.org](http://www.loosecenter.org)



**Friday, May 24, 5 pm**

**\$7 Entry Fee, 25¢/Euchres**

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

## BOARD & CARD GAMES

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

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

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

**CHICAGO BRIDGE Tuesday, 1pm**

**CHESS Wednesday, 12:30 pm**

**CARDS & MORE Thursday, 10 am**

**DOMINOES Wednesday, 12:30 pm**

**MAH JONGG Tuesday, 1 pm**

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

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



### DO YOU NEED A RIDE TO LOOSE?

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

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

### MTA/LOOSE TRANSPORTATION

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



Review us on  
**facebook.**



# May 2019

## 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

### LOOSE STAFF

Carl Gabrielson  
*Executive Director*  
Melinda Elmore-Hajek  
*Program Director*  
Brittany Hancock  
*Administrative Assistant*  
Cheryl Rex, Clerk  
Kathy Metivier  
Dotti Tynes  
*Receptionist*  
Randy & Deb Green  
*Maintenance*

### BOARD OF DIRECTORS

Frank Lukowski, President  
Ken Wensel, Vice President  
Ann Deemer, Secretary  
Ray Culbert, Treasurer  
Mary Auge  
Roby Deese  
Nancy Galant  
David Kincaid  
Pat Lockwood  
Gerianne Mulanix  
Joetta Pyles-Zalewski  
Les Scott  
Brad Dick


## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY/SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>9:30 GROOVE</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 <b>Lunch</b> <i>Mac &amp; Cheese</i></p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus (<i>on the road</i>)</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 FIT4EVER</p> <p>11:30 <b>Lunch</b> <i>Bean &amp; Ham Soup</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>1:30 Diabetes @ Caretel</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 Movie Night</p>	<p>8:45 MeadowBrook</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>10:00 1 on 1 Financial</p> <p>10:30 U of M Study Presentation</p> <p>10:45 Art à la Carte</p> <p>12:00 <b>Lunch BBQ Ribs</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>5:00 DRUMS ALIVE</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>MMAP Counselor (by apt.)</p> <p>9:30 Chair Yoga</p> <p>10:00 Amvet Rep.</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 <b>LUNCH TACOS</b></p> <p>11:30 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p>MMAP Counselor (by apt.)</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p>11:30 <b>Lunch</b> <b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p>9:00 Yoga</p> <p>10:15 Zumba</p>
<p>9:30 GROOVE</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 <b>Lunch</b> <i>Mac &amp; Cheese</i></p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus (<i>on the road</i>)</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>7:30 Holland Trip</p> <p>9:00 U of M Study</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 Chorus Concert</p> <p>10:45 Art à la Carte</p> <p>11:30 <b>Lunch Polish Sausage</b></p> <p>12:00 Movie Day</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>3:15 Coupon Club</p> <p>5:00 DRUMS ALIVE</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>8:45 MeadowBrook</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>10:00 1 on 1 Financial</p> <p>10:30 U of M Study Presentation</p> <p>10:45 Art à la Carte</p> <p>12:00 <b>Lunch BBQ Ribs</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>5:00 DRUMS ALIVE</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>MMAP Counselor (by apt.)</p> <p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 <b>Lunch</b> <b>Chef's Choice</b></p> <p>11:30 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:00 NO Quilling Class</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p>MMAP Counselor (by apt.)</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:30 NO Healthy Exercise</p> <p>11:00 NO Pickleball</p> <p>11:30 <b>NO LUNCH</b></p> <p>12:30 Open Game Play</p> <p>1:00 <b>Mother's Day Tea</b></p> <p>1:00 Fibre Friends</p> <p>5:00 Potluck</p> <p>5:00 Fenton Hotel Dinner &amp; Ambassador Concert</p>	<p>9:00 Yoga</p> <p>10:15 Zumba</p>  <p><i>The images used in this newsletter came from 1928 Cigarette Tabaco Cards</i></p>
<p>9:30 GROOVE</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 <b>Lunch</b> <i>Mac &amp; Cheese</i></p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus (<i>on the road</i>)</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>7:30 Holland Trip</p> <p>9:00 U of M Study</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 Chorus Concert</p> <p>10:45 Art à la Carte</p> <p>11:30 <b>Lunch Polish Sausage</b></p> <p>12:00 Movie Day</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>3:15 Coupon Club</p> <p>5:00 DRUMS ALIVE</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>8:45 MeadowBrook</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>10:00 1 on 1 Financial</p> <p>10:30 U of M Study Presentation</p> <p>10:45 Art à la Carte</p> <p>12:00 <b>Lunch BBQ Ribs</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>5:00 DRUMS ALIVE</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>MMAP Counselor (by apt.)</p> <p>9:30 Chair Yoga</p> <p>10:00 Amvet Rep.</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 <b>LUNCH TACOS</b></p> <p>11:30 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p>MMAP Counselor (by apt.)</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p>11:30 <b>Lunch</b> <b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p>9:00 Yoga</p> <p>10:15 Zumba</p>



# SPREAD THE WORD

A Thriving, Vibrant  
Community Matters



**SUPPORT OUR ADVERTISERS**

# #HURLEY CARES

for seniors



Regions Only  
**No-Wait** Immediate  
Room Experience in  
the Emergency Room,  
**Senior Fast Track**

HURLEY SENIOR  
**FAST TRACK**

HURLEY Senior Center  
of Excellence  
hurleymc.com 810.262.9000

# DON'T SHOP. AD PAW PT.

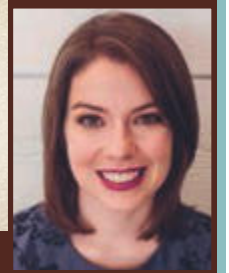


**Linden Family Eye Care**  
123 E. Broad St. • Linden, MI 48451  
**(810) 735-9988**  
www.lindenfamilyeyecare.com

- Comprehensive Eye Exams
- Full-service Optical
- Urgent Care Appointments
- Accepts Most Medical Insurance
- Dr. Mulanix is residency-trained in ocular disease and low vision rehabilitation.

*Caring for patients in Genesee County since 2011.*

Gerianne Mulanix, OD



## The Lodges of Durand

A VIBRANT LIFE COMMUNITY  
A whole new approach to  
Assisted Living & Memory Care

8800 Monroe Rd. • Durand  
**(989) 288-6561**

www.thelodgeofdurand.com

## Abbey Park



*"Live Here... for the Best of Your Life"®*  
Independent Senior Living with  
Personal Care Assistance Available  
3221 E Baldwin Rd • Grand Blanc  
**(810) 606-1110 • www.abbeypark.com**

## Caretel® Inns of Linden

Your Door to Successful Rehab!

- Short term rehab
- Patient-centered care
- Revolutionary Cmill/Regait
- 5,000 sq.ft. Bridge Street Gym
- Highly motivated, trained therapy staff
- The latest technology & equipment
- Private rooms
- Chef prepared meals
- Room service
- Wireless internet
- Direct dial phones & cable TV

Visit Caretel Inns  
of Linden for a tour.

**810.735.9400**

202 S. Bridge St • Linden  
www.caretelins.com

Proudly serving the  
Linden Community since 1954!



175 N. Leroy Street  
(800) 535-0517  
www.thestatebank.com



## THE BRANCHEAU LAW FIRM

FAMILY LEGACY PLANNING

Wills • Trusts • Probate • Elder Law

*Stacey M. Brancheau*

Attorney at Law and Certified Financial Planner™

1100 Torrey Rd., Ste. 200, Fenton, MI 48430

**(810) 629-2222**

www.BrancheauLaw.com



# Argentine Care Center

Specializing in short term rehabilitation & long term care

Family Owned- Our Family Caring for Your Family

9051 Silver Lake Road • Linden, MI 48451

**Tel: (810) 735-9487**

www.argentinecarecenter.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0685

# Choose **EPIC** Rehabilitation after Surgery or Hospitalization!



## WELLBRIDGE OF FENTON

YOUR BRIDGE TO RECOVERY AND WELLNESS

[www.thewellbridgegroup.com](http://www.thewellbridgegroup.com)

901 Pine Creek Drive, Fenton, MI 48430

PHONE: 810.616.4100



Proud to be Rated 5 Stars by CMS!

**EPIC**

Excellence Passion Innovation Care

Fresh  
WB's Bistro



➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Eileen Frazier to place an ad today!

[efrazier@lpiseniors.com](mailto:efrazier@lpiseniors.com)  
or (800) 477-4574 x6309

**FREE**  
AD DESIGN  
WITH PURCHASE  
OF THIS SPACE.  
- 800-477-4574 -

### GIFTED GROUNDS PROPERTY MANAGEMENT

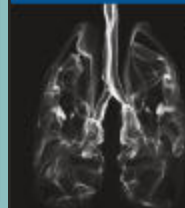
Complete Lawn Maintenance

Call: (810) 869-7749

Proud member of the  
Loose Senior Center!

Insured

### CAN YOU SEE HOW SMOKING HAS AFFECTED YOUR LUNGS?



CHEST X-RAYS *ALONE*  
ARE NOT ENOUGH!  
Early detection of lung  
cancer leads to easier  
treatment, reducing  
deaths by 20% more  
than chest x-rays alone.

## HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-331-6501



HOME SECURITY TEAM

THIS SPACE IS  
**AVAILABLE**

Call LPi at  
1.800.477.4574  
for more  
information.

Where public transportation  
goes, community grows!



Customer Service  
(810) 767-0100  
[www.mtaflint.org](http://www.mtaflint.org)

TALK TO YOUR DOCTOR & GET AN ORDER FOR

### CT LUNG SCREENING

UTILIZING A SPECIFIC LOW-DOSE (LDCT) PROTOCOL

92% CT Lung Screening:  
Fast, Affordable, Safe

- Choose the **ONLY** imaging center in Fenton. Convenient & Comfortable
- Cash pay option costs less than a month of smoking
- Covered by most insurances - visit [rmipc.net/ctlung](http://rmipc.net/ctlung) to see if you qualify



15%



Survival Rates



810-732-1919

Fenton • Lennon Rd, Flint • Grand Blanc • Novi

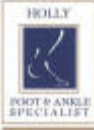


4-D-5-5

For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)



15-0685



Harold M. Koehler, DPM  
Medicine & Surgery  
of the Foot & Ankle

4038 Grange Hall Road, Holly, MI 48442  
248 / 634-6200

*Come See Us, We're  
at Loose Monthly!*

UPGRADE TO A  
**VIBRANT**  
ad  
Contact us for details  
800-477-4574



**WE'RE HIRING  
AD SALES EXECUTIVES**



- Full Time Position with Benefits
  - Sales Experience Preferred
  - Paid Training
  - Overnight Travel Required
  - Expense Reimbursement
- CONTACT US AT: [careers@4LPi.com](mailto:careers@4LPi.com)  
[www.4LPi.com/careers](http://www.4LPi.com/careers)

**Fenton Medical Center**

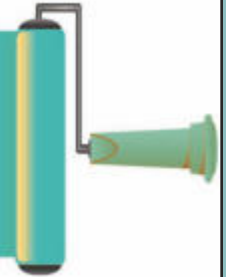
Serving our Community for 77 Years!  
102 N. Adelaide Street, Fenton, MI 48430  
(810) 629-2245  
Hours: Monday-Friday 8:00 AM-5:30 PM



**NEED HELP AFTER HOURS?**

Visit our Fenton Late Hours **Urgent Care** right here in our building.  
(810) 629-7511  
Hours: Monday-Friday: 6:00 PM- 9:00 PM  
Saturday: 2:00 PM- 6:00 PM • Sunday: 1:00 PM- 5:00 PM

SUPPORT THE **ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY



Generations of Service  
to the Community

[sharpfuneralhomes.com](http://sharpfuneralhomes.com)



**Miller Road Chapel**

Roger L. Sharp, Manager  
8138 Miller Road • Swartz Creek  
(810) 635-4411

**Linden Chapel**

Stephanie Sharp Foster, Manager  
209 E. Broad St. • Linden  
(810) 735-7833

**Fenton Chapel**

Michael T. Scully, Manager  
1000 Silver Lake Rd • Fenton  
(810) 629-9321

**Funeral Home & Cremation Center**

Jennifer Sharp Scully, Manager  
6063 Fenton Road • Flint  
(810) 694-4900



Shiawassee  
Shores  
Retirement Park

810.735.9003

1515 W. Rolston Rd.  
Linden, MI 48451

[www.shiawasseehores.com](http://www.shiawasseehores.com)

**METROPOLITAN TREE INC.**  
Discount Tree & Stump Removal

Tree Removal • Tree Trimming  
Heavy Brush Mowing  
Land Clearing • Stump Removal  
Firewood • Wood Chips • Mulch  
FREE ESTIMATES 50+ YRS EXP.  
248-627-6316 • 800-753-1633  
[metropolitantree@gmail.com](mailto:metropolitantree@gmail.com)

A+ Rating with the BBB 10% Senior Discount

**Senior Living Community**

Fenton's Best Kept Secret  
for Seniors 55+



Vicky Coppler  
Community Manager

201 E. Elizabeth • Downtown Fenton  
(810) 629-1179  
[millpond@kmgprestige.com](mailto:millpond@kmgprestige.com)

UPGRADE TO A

**VIBRANT**  
ad

Contact us for details  
800-477-4574



319 South Bridge Street  
Linden, MI 48451

(810) 735-0010

[www.ivyrehab.com/location/linden-mi/](http://www.ivyrehab.com/location/linden-mi/)

Specialized individual treatment in  
orthopedics, geriatrics, vestibular  
problems, balance training and  
post-surgical rehabilitation

It's all about the people®



400 Rounds Drive  
Fenton, MI 48430

(810) 750-1996

[www.ivyrehab.com/location/fenton-mi/](http://www.ivyrehab.com/location/fenton-mi/)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)



15-0685

Patricia McGarry, DDS

Accepting New Patients

20% Discount for Senior Citizens

*New Patient Special*

Cleaning, X-rays, & Exam  
Only \$85.00 (No Discounts Apply)

200 Lindenwood Dr. • Linden, MI

810-735-9426

www.drmcgarry.com

**Temrowski Family  
Funeral Home  
& Cremation Services**

*"An exceptional choice in funeral service"*

Ken & Becca Temrowski  
Owners/Licensed Funeral Directors

500 Main St. • Fenton

810-629-2533

www.temrowskifamilyfuneralhome.com



**FENTON  
HEALTHCARE**

*a Health Care Center*

*Neighbors Caring  
for Neighbors*

Fenton Healthcare is a place to get better, a place for living. As a 121-bed skilled nursing center, our culture creates a community where our staff cares for patients and residents like family, not because it's their job, but because it's their calling. We are Ambassadors of Care.

- Comprehensive Rehabilitation Services
- Alzheimer's & Dementia Care Service
- Advanced Wound Care
- Skilled Nursing Services
- Long Term Care
- Open 24 Hours



512 Beach St., Fenton, MI 48430 • 810-629-4117

www.fentonhealthcare.com



*Linden Kitchen & Bath*

1002 N. Bridge Street, Linden, MI

Mon-Fri 9am-5pm or Call For An Appointment

810.735.7846

www.lindenkitchenandbath.com



**Lockwood  
of Burton**

**Senior living at  
its finest!**

*Tours daily*

(810) 744-9400



2173 S Center Rd | lockwoodofburton.com



**PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM**



**\$29.95/MO**

**BILLED QUARTERLY**

PLUS  
SPECIAL  
OFFER

**CALL NOW! 1.877.801.5055**

**WWW.24-7MED.COM**

**VICINIA  
GARDENS  
of Fenton**



*Assisted Living, Memory and Intermediate Care*

*A neighborhood you can call home!*

**\$500.00 Off** *subject to change*

**Community Director: Catrina Kraus**

**(810) 513-0969**

**www.viciniagardens.com**

*Conveniently located at Jennings and Owen Road*

**Enjoy maintenance  
free living at  
an affordable  
senior community.**



The Village of  
**Holly  
Woodlands**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

**248.634.0592**

**www.pvm.org**

*Call for details on how to qualify  
or to schedule a tour!*

3325 Grange Hall Rd. • Holly  
TTY: 800-649-3777



**Dave Lamb  
HEATING & COOLING INC.**

*Dave Lamb  
Elite Furnace*



409 E. Caroline  
Fenton, MI 48430

**800.454.4946**

**810.629.4946**

- Air Conditioning Service
- Furnace Tune-Up
- Water Heaters

**www.davelambheating.com**



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0685

<p><b>13</b></p> <p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Painting</p> <p><b>11:30 Lunch Chick. Fruit Salad</b></p> <p>12:00 Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus (<i>on the road</i>)</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p><b>14</b></p> <p>8:00 Veteran Services</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>9:30 Coffee &amp; Cops</p> <p>10:00 Loose Threads</p> <p>10:15 Farmer's Market</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch Beef Barley Soup</b></p> <p><b>Argentine Care Center</b></p> <p>12:30 Euchre</p> <p>12:00 Line Dance</p> <p>1:00 Mah Jongg.</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:00 Dinner Linden HS</p> <p>6:30 Jersey Boys</p>	<p><b>15</b></p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch Begins</p> <p>9:30 Yoga</p> <p>9:30 Ask A Lawyer</p> <p>10:00 FireKeepers</p> <p>10:30 Stop Bullying</p> <p>10:45 Art à la Carte</p> <p><b>11:30 Lunch Hot Turkey Sand.</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>5:00 NO DRUMS ALIVE</p> <p>5:00 Hip &amp; Knee Replacement</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p><b>16</b></p> <p>MMAP Counselor (by apt.)</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p><b>11:30 Lunch Coney Day!</b></p> <p>11:30 Wii Bowling Banquet</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>2:30 Bingo @ Caretel</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p><b>17</b></p> <p>MMAP Counselor (by apt.)</p> <p>8:15 Lifelong Learning</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p><b>11:30 Lunch</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p><b>18</b></p> <p>9:00 Yoga</p> <p>10:15 Zumba</p>
<p><b>13</b></p> <p>9:30 GROOVE</p> <p><b>BREAKFAST til 10:30</b></p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus (<i>on the road</i>)</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p><b>14</b></p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><b>Chicken &amp; Dumpling Soup</b></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p><b>15</b></p> <p>8:30 Senior Power Day</p> <p>9:00 U of M Study</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Project Linus</p> <p>10:45 Art à la Carte</p> <p><b>11:30 Lunch Potpie</b></p> <p><b>Fenton Health Care</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>5:00 DRUMS ALIVE</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p><b>16</b></p> <p>MMAP Counselor (by apt.)</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch Mostaccioli</b></p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p><b>17</b></p> <p>MMAP Counselor (by apt.)</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p><b>11:30 Lunch</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p><b>5:00 Euchre</b></p> <p><b>Tournament</b></p>	<p><b>18</b></p> <p>Loose will be <b>CLOSED</b> May 25-May 27 in recognition of the <b>MEMORIAL DAY HOLIDAY</b></p> <p><i>In remembrance of those who gave their life in service to our country.</i></p>
<p><b>13</b></p> <p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><b>Broccoli Cheddar Soup</b></p> <p>12:30 Euchre</p> <p>12:00 Line Dance</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p><b>14</b></p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><b>BBQ Chicken</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>5:00 DRUMS ALIVE</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p><b>15</b></p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:45 Art à la Carte</p> <p><b>11:30 Lunch</b></p> <p><b>Baked Potato Bar</b></p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p><b>16</b></p> <p>MMAP Counselor (by apt.)</p> <p>6:15 See the T</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Wii Bowling Begins</p> <p><b>11:30 Lunch</b></p> <p><b>Baked Potato Bar</b></p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p><b>17</b></p> <p>MMAP Counselor (by apt.)</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p><b>11:30 Lunch</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p><b>18</b></p> <p>Loose sells <b>Fitness Punch Cards</b> and <b>Loose Lunch Loyalty Cards.</b></p> <p><i>For more information, stop by the reception desk.</i></p>
<p><b>13</b></p> <p>8:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Painting</p> <p><b>11:30 Lunch Chick. Fruit Salad</b></p> <p>12:00 Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus (<i>on the road</i>)</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p><b>14</b></p> <p>8:00 Veteran Services</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>9:30 Coffee &amp; Cops</p> <p>10:00 Loose Threads</p> <p>10:15 Farmer's Market</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch Beef Barley Soup</b></p> <p><b>Argentine Care Center</b></p> <p>12:30 Euchre</p> <p>12:00 Line Dance</p> <p>1:00 Mah Jongg.</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:00 Dinner Linden HS</p> <p>6:30 Jersey Boys</p>	<p><b>15</b></p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch Begins</p> <p>9:30 Yoga</p> <p>9:30 Ask A Lawyer</p> <p>10:00 FireKeepers</p> <p>10:30 Stop Bullying</p> <p>10:45 Art à la Carte</p> <p><b>11:30 Lunch Hot Turkey Sand.</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>5:00 NO DRUMS ALIVE</p> <p>5:00 Hip &amp; Knee Replacement</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p><b>16</b></p> <p>MMAP Counselor (by apt.)</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch Coney Day!</b></p> <p>11:30 Wii Bowling Banquet</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>2:30 Bingo @ Caretel</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p><b>17</b></p> <p>MMAP Counselor (by apt.)</p> <p>8:15 Lifelong Learning</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p><b>11:30 Lunch</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p><b>18</b></p> <p>9:00 Yoga</p> <p>10:15 Zumba</p>
<p><b>13</b></p> <p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Painting</p> <p><b>11:30 Lunch Chick. Fruit Salad</b></p> <p>12:00 Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus (<i>on the road</i>)</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p><b>14</b></p> <p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch</b></p> <p><b>Broccoli Cheddar Soup</b></p> <p>12:30 Euchre</p> <p>12:00 Line Dance</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p><b>15</b></p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:45 Art à la Carte</p> <p><b>11:30 Lunch</b></p> <p><b>BBQ Chicken</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Grief Support</p> <p>5:00 DRUMS ALIVE</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p><b>16</b></p> <p>MMAP Counselor (by apt.)</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p><b>11:30 Lunch Mostaccioli</b></p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p> <p>6:15 Groove</p>	<p><b>17</b></p> <p>MMAP Counselor (by apt.)</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p><b>11:30 Lunch</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p><b>5:00 Euchre</b></p> <p><b>Tournament</b></p>	<p><b>18</b></p> <p>Loose sells <b>Fitness Punch Cards</b> and <b>Loose Lunch Loyalty Cards.</b></p> <p><i>For more information, stop by the reception desk.</i></p>



# HEALTHY LIVING

## WRITE YOUR LIFE STORY

**Every 2nd & 4th Friday, 10 am** 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.

## ONE-ON-ONE FINANCIAL HELP

**First Wednesday of the month, 10:00 am**

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

To schedule an appointment, call Loose Center at 735.9406.

## ALZHEIMER SUPPORT GROUP

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

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

## LISTENING EAR

**Every 1st Monday, by appointment**

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



## Research Participants Needed



Researchers at the University of Michigan – Flint are doing a study to determine if tools used to measure balance and fall risk in breast, prostate, lung, and colorectal cancer survivors can be considered reliable or valid for use in this group. The study is being performed because cancer and its treatment result in multiple problems affecting physical function, mobility, and balance which contribute to a higher risk of falls and may result in long-term disabilities. Adults age 65 years or older with a history of breast, lung, prostate or colorectal cancer who are at least 3 months from the last cancer treatment and who can walk 50 feet or more are needed to complete two 1 hour sessions at University of Michigan-Flint. Each session will be 2 weeks apart and a monetary incentive will be provided upon completion of the testing sessions. Please contact Dr. Jennifer Blackwood at (810) 762.3239 or via email: jblackwo@umflint.edu

Join Dr. Jennifer Blackwood at the information session on Fall Risk research. **Wednesday, May 1 at 10:30 am**

## GOLF SEASON IS BACK!!!

**Wednesday, June 5, 10:30 am**

It is a short period of time that we have available to get in some good golf here in Michigan. Don't spend that time trying to fight through an injury or limitation. Kat Wood DPT, OCS, ATC from Ivy Rehab – Linden (formerly Linden Physical Therapy) will be presenting information on some simple stretches and drills that you can use to make sure you are golf ready when it counts. These are designed at improving mobility to allow a freer swing and decrease the stress on your joints. We can't promise any lower scores, but hopefully you can be out there more to enjoy the game!!!



## MEDICARE AND LONG TERM CARE

**Monday, June 3, 12 noon**

The increasing cost of long term care, including in home services, assisted living, and nursing home care, can threaten a lifetime of savings. Join us for a presentation by our MMAP counselors, Dolores Coulter and Ann Walker, on about a frequently misunderstood aspect of the Medicare program - it's very limited coverage of long term care costs - and learn about other possible sources of assistance.



A MATTER OF BALANCE

## DO YOU HAVE concerns about falling?

THIS PROGRAM EMPHASIZES PRACTICAL STRATEGIES TO MANAGE FALLS

**YOU WILL LEARN TO:** view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance

**WHO SHOULD ATTEND?** anyone concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past, anyone who has restricted activities because of falling concerns.

**BEGINS, THURSDAY, JUNE 13, 12-2 PM**

Cost for the participant manual is \$10.00. Classes are conducted over eight sessions, June 13, 20, 27, July 11, 18, 25,



and you are invited

Caretel  
Inns

202 S. Bridge Street  
(810)735-9400

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

All are welcome!  
Join in the fun!

# HEALTH SERVICES

## MASSAGE

*By appointment each Tuesday!*

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

**Keep Calm & Book a Massage**

## PODIATRIST

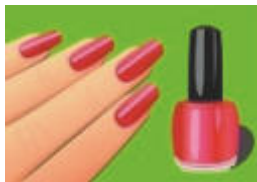
**May28 (by appointment)**

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, **copays or deductibles may apply**. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

## MANICURES

**Wednesday, by appointment, beginning at 10 am, \$10, MANICURE WILL INCLUDE:**

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application



Plan on a 1/2 hour manicure.

*Please call Loose to set up your appointment.*

### **Travel & Participant Statement RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED**

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

**NOTE:** All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions. To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.



Do you have email? If so, please consider stopping by and update your files or send us an email at [LSCC@loosecenter.org](mailto:LSCC@loosecenter.org)

## BLOOD PRESSURE CHECK

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

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

*Thank you Caretel Inns of Linden*

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

4<sup>th</sup> Monday of each month, 11:00 am - 12 pm



*Seeking volunteers to help with Blood Pressure checks, if interested, please contact Loose.*



## GRIEF SUPPORT GROUP

**Wednesdays @ 2 pm**

**Next session begins 4/24**

We are thankful to McLaren Hospice who has reached out to us and offered to facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

## Do you qualify for one of these MONEY SAVING Medicare Benefits

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

### **EXTRA HELP FOR PRESCRIPTION DRUGS FROM SOCIAL SECURITY:**

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

### **MICHIGAN MEDIGAP SUBSIDY:**

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

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

**Visit Loose online @ [www.loosecenter.org](http://www.loosecenter.org)**

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



## GENESSEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

## ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm, Annex  
Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

## CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.  
If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact with a representative from the office of the Genesee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genesee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

## DISPOSAL OF THE AMERICAN FLAG

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

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

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

## AMVETS

1st Thursday of each month, 10 am - 12 noon, Annex  
Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

## COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex  
Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

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

## COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex  
Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

## TOPS (*Take Off Pounds Sensibly*)

Mondays, 5:30 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.



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



## CARD SHOP drawing

**D**uring the month of **MAY** be sure to sign in at the My Senior Center Computer. The person who signs in the most wins this Loose Card Shop PRIZE. Drawing to be held June 3.



# MEMBER PRIVILEGES & FUNDRAISING

## **FREE BREAD**

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

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

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

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



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

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

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

## **UPS STORE DISCOUNT CARD**

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

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

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

## **WE SAVE...YOU CAN HELP**

**VG'S** Drop off your ENTIRE VG receipt at Loose. Once we have collected and turned in \$150,000 worth of receipts, VG's will donate \$1000 to Loose. WOW!

**ALPINE** will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

**KROGER** If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

**AMAZON SMILE** Do you shop Amazon? If so, there is a very simple way your purchases can benefit Loose. Search for Amazon Smile or go to, <https://smile.amazon.com/ch/38-3266054>, sign in and designate Loose as your charity. Each time you make a purchase, a portion will be donated back to Loose.

## **GREETING CARDS**

If you have new greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

**RECYCLING** Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow bins in the parking lot.

**CELL PHONES** We are collecting used cell phones. Please drop them off at the Center in the drop box.

**EYE GLASSES** Deposit your used glasses in the Lions box, located in Annex.

**PLEASE REMEMBER...**We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

## **PLEASE HELP US KEEP OUR FILES UP-TO-DATE**

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

*"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."*

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

# TRIPS

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

## TRIPS @ A GLANCE

May 1	Meadow Brook Theatre	\$101
May 8	Holland Tulip Time	\$95
May 14	Jersey Boys @ the Whiting (full)	
May 15	FireKeepers Casino	\$32
May 22	Senior Power Day	\$3
May 30	See the "T" (Toledo)	\$96
June 3	Soaring Eagle	\$34
June 6-8	Lilac Festival	\$580
June 11	Meijer Gardens	\$67
June 19	District Detroit	\$85
June 20-June 29	Switzerland, Austria & Bavaria	\$\$\$\$
June 26	Caesar Windsor	\$27
July 15	FireKeepers Casino	\$32
July 17	Clinton River Cruise	\$76
July 31	Hollywood	\$32
August 4-10	Canadian Rockies	\$3,599
August 8-17	Oregon Coast & Pacific Northwest	\$3,889
August 14	Summer In the City	\$50
August 29	Tiger Baseball	\$70
September 12-17	Wisconsin Dells (Lake Geneva)	\$1,499
September 12	Midland	\$94
September 17-18	Lake Michigan Autumn Breeze	\$304
September 22-28	Coastal Treasures	\$999
Sept. 29-Oct. 3	Yoopeland, USA	\$940
October 2-9	Railroads of New England	\$1,999
October 7-10	Taste Of Northern Michigan	\$644
October 16	Rum Runners	\$113
October 19-28	Shades of Ireland	\$\$\$\$
December 2-5	Christmas in Nashville	\$1,299
December 3-7	Christmas in New York	\$1,460
December 9-12	Christmas at The Greenbrier	\$1,299
March 27-April 5	Sunny Portugal	\$\$\$\$

Detailed flyers are available at the Loose Center.

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

## MCC CONTINUING EDUCATION

(Fridays @ Applewood)

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

**Payment is due by 4 pm Tuesday prior to the event!**

*A special THANKS to The State Bank for their donation to help offset the cost of this event for Loose Members*

Each 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.

**May 17** *Barbara & David Kincaid, The RMS Titanic, A Night to Remember*  
Barbara and her husband David, offer a historical presentation on "The Titanic - A Night to Remember," taking us back over 100 years to April 1914. The Kincaides' dress in authentic Edwardian vintage attire to help create the shipboard ambiance for the audience. In addition to a display of objects and items related to the iconic ship and its passengers, historic facts and events are also presented. Join us for a time of reflection on this historic event - The saga of the iconic RMS Titanic.

## Thursday, August 29, 2019

Vs. Chicago White Sox

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



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

Seats are located in the  
Lower Baseline Box,  
Section 112, Rows 22-24,

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

## Senior Power Day 2019

May 22, 9 am-2 pm, \$3 (includes transportation)

Crossroads Village • 6140 Bray Road • Flint, MI

For over 30 years, Valley Area Agency on Aging has hosted Senior Power Day. This annual event is held at Crossroads Village in May to celebrate Older Americans Month. The purpose of Senior Power Day is to provide older citizens of Genesee, Lapeer and Shiawassee Counties with information and entertainment. **TICKET SALES END MAY 10.**

## Flint Farmer's Market



**Caretel**  
Inns of Linden

**Tuesday**  
**May 14, 2019**

### MARKET SEASON

Leave 10:15 am

Return 1 pm (limit 8)

**\$2 round trip**

Loose is partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's. Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. *Future special trips, June 11, July 9, August 13, September 10 & October 8.*

## ART À LA CARTE FLINT INSTITUTE OF ART

A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm.

Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided.

Leave Loose at 10:45 am. Cost: \$4.50 (transportation)

**May 1** Design e2: A Garden in Cairo & The Village Architect

**May 8** Design e2: Melbourne Reborn & The Art & Science of Renzo Piano

**May 15** Design e2: New Orleans—The Water Line & Super Use

**May 22** Edgar Allan Poe: Buried Alive

**May 29** Tolkein & Lewis: Myth, Imagination & the Quest for Meaning



# AND MORE TRIPS

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

LEAVE LOOSE 8:30 am, RETURN 4:30 pm



**FREDERIK MEIJER**  
Gardens & Sculpture Park

*only* **\$67**

**Tuesday, June 11, 2019**

- INCLUDES Round Trip Motor Coach Transportation &
- Admission into the Frederik Meijer Gardens & Sculpture Park
- Narrated Tram Tour of the Gardens, sculpture park, Japanese Gardens and Michigan Farm Garden
- \$12 voucher to use at the Taste of the Gardens Café
- A National Treasure: Fred Meijer, His Collection and Legacy
- The Gardens in full bloom
- Water, snacks & *FUN* on the bus and one DANDY ESCORT!

*Another Loose Summer Deal*

**SUMMER IN THE CITY**  
Wed., Aug. 14, 8 am—3:30 pm, \$50

Let's get our friends together and fill this bus with Loose folks and enjoy an adventure to the CITY!

This day trip included Round Trip Transportation and features the Boson Edison Historical District, Dakota Inn Rathskeller (includes lunch) & Leon & Lulu's.

**SIGN UP EARLY...this deal won't last!**

**Midland**

*Thursday, September 12, \$94*

Includes Round Trip Transportation, Alden B. Dow Home & Studio Tour, Lunch @ Lucky's Steakhouse, Dow Gardens, Whiting Forest Canopy Walk.

**Departs 8:15 am - Returns 5:30 pm**

Wed. Oct., 16, \$113



**RUM RUNNERS TOUR**

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



**WISCONSIN DELLS  
LAKE GENEVA &  
"TASTE OF MILWAUKEE"**

Sept. 12-17 \$1,499pp

**INCLUDES**

Transportation & 5 nights lodging Milwaukee (2), Wisconsin Dells (1), Lake Geneva (2), 5 Breakfasts & 2 Dinners, Michigan's Lake Express Ferry, Sightseeing tour of Milwaukee, Hous on the Rock, Dells Dinner Cruise, Lake Geneva Cruise, Jelly Bean Factory & more.

**Lake Michigan**  
*Autumn Breeze*  
September 17-19, 2019  
**\$304 pp/double**




**INCLUDES**

Transportation & 1 night at the Holiday Inn Express in Ludington, 1 breakfast and 1 dinner, 7 mile Dine Rid, Shelby Gem Factory, North Breakwater Lighthouse & Beach, Douglas Valley Winery, Port of Ludington Maritime Museum



**COASTAL TREASURES**  
Wildwood, NJ  
Cape May &  
Atlantic City  
September 22-28  
**\$999 pp/double**



**INCLUDES**

Transportation 2 nights to/from 4 nights Wildwood NJ (ocean front) 6 breakfasts 2 dinners QVC Studio Tour American Helicopter Museum, Historic Smithville, Afternoon in Atlantic City, Beautiful Cape May, Cape May Sightseeing Tour, Dolphin Watch Cruise, DuPont's Hagley Museum & Library & more.

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

3/27/20 - 4/5/20  
10 Days • 14 Meals

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

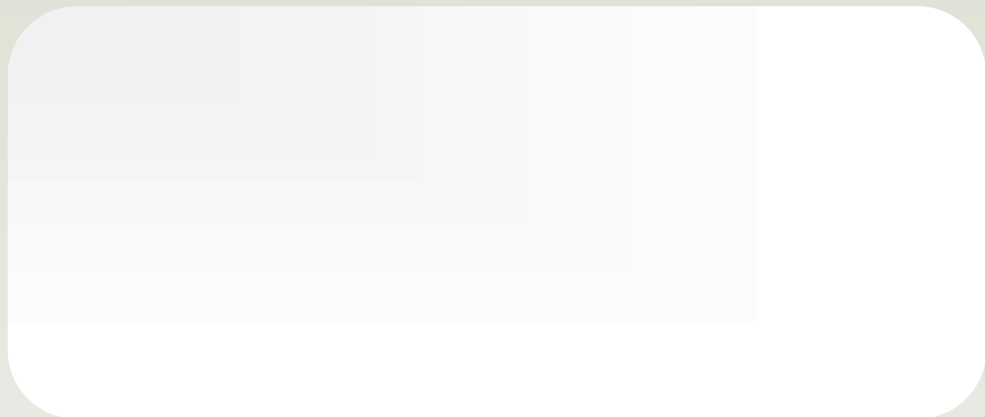
*You're Invited!*  
Special Travel Presentation  
Wed., Sept. 18  
10am



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



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



# Classic & Muscle **Car** Show

**Friday, June 21, 2019, 11am-2pm**

*FREE entry for participants & spectators!  
 RIGHT HERE @ LOOSE —707 North Bridge Street, Linden*

**Free**

*Thank you  
 Wellbridge of Fenton*

**Hot Dogs**

**Free**

*Thank you  
 AMERICAN HOUSE  
 of Grand Blanc*

**Floats**

**Free**

*Classic Car check in begins at 10:30 am*

**Entry**



*Sponsored by*

**Comfort Keepers.**

HOME CARE SPECIALISTS

For more information contact Comfort Keepers: [Events@CKofGenesee.com](mailto:Events@CKofGenesee.com) or 888.917.3894