

DECEMBER 2016

# LOOSE



*May your days be merry and bright!*



## From the Director

Dear Friends,

"I'm dreaming of a White Christmas", the timeless classic song made famous by Bing Crosby. It tells of a magical season and magical times. Treetops glistening, children listening, all things that brings to me many fond memories. Fond childhood memories of my parents and our family Christmas.

My parents passed away in December, my dad on Christmas Eve. They loved the holidays. My dad would play holiday music starting in June. The fun would start the day after Thanksgiving when we would go out to find the perfect tree. My dad would decorate the outside and my mom would trim the entire house with lights and garland. My brother and sisters would decorate the tree. Our family always took a trip downtown Flint to see the lights with a stop at Sears, where I loved to see the model train display. It was exciting because we would have the chance to see Santa and give him our wish list.

My parents always found a way to make the Holiday season special. My dad hand wrote and sent 200 plus Christmas cards to family and friends around the world. He would fill the house with carols and keep a fire going to warm the house. My mother would bake cookies and make candy. She would put together 50 plus gift boxes to give out to our friends, and shut-ins. Our home was filled with the spirit of Christmas and the aroma of the holidays.

Christmas day brought anticipation of Santa's visit. My family gathered behind the door leading to the family room waiting for my dad to say we could enter. Our faces lit up to find the gifts we had asked Santa for. Later in the day my mom would fix a meal to feed an army. Relatives would begin to arrive, gifts in hand. We had a large family and the dining room was soon overflowing with presents. The tradition of this gathering was to eat the wonderful meal my mom had fixed and the desserts my aunts baked. Then everyone gathered to open the presents.

Oh what special memories! I often remind myself of this Blessed Season. My parents and a good number of relatives have passed and my sisters and brother have moved away. I continue to build new memories with my children and grandchildren and to celebrate the holidays. I will never forget Christmas as a child and how magical it was.

I hope you will take time to remember your childhood during the Christmas season and reflect on those wonderful memories that made the holidays special for you. Continue to find the hope, love and faith in family and friends. Enjoy the trimmings, the food, the special events and the many Hallmark shows. And most of all remember the reason we celebrate this time of year and the spiritual peace it brings to each and everyone of us.

Wishing you all the timeless treasures of Christmas, the warmth of home, the love of family and the company of good friends.

**Merry Christmas,**

Carl Gabrielson

Executive Director, Loose Center

## MOVIE NIGHT

**Tuesday, December 6, 2016, 7 pm**

## MOVIE DAY

**Wednesday, December 7, 2016, 11:45 am**



On Christmas Eve of 1914, a remarkable event took place in the trenches where the Germans faced the British and the French. There was a spontaneous cease-

fire, as the troops on both sides laid down their weapons and observed the birth of the savior in whose name they were killing each other. The Christmas Eve truce actually happened, although not on quite the scale director Christian Carion suggests in his film, which was nominated for the foreign film Oscar this year. He is accurate, however, in depicting the aftermath: Officers and troops were punished for fraternizing with the enemy in wartime. A priest who celebrated mass in No Man's Land is savagely criticized by his bishop, who believes the patriotic task of the clergy is to urge the troops into battle and reconcile them to death.

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

**Refreshments will be served!**

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

### SENIOR WINTER GAMES

*of Genesee County 2017*

Register until January 12, 2017

(forms available at Loose)

Games are held January 20—February 23

Cost \$12 includes, Opening Ceremony, SWG T-shirt, entry to as many games as you wish, Closing Ceremony Banquet



### 2017 EVENTS INCLUDE

Pie Eating, Bowling, Jigsaw Puzzle, Spades, Softball Toss, Lawn Bowling, Soccer-Free Kick, Cribbage, Pinochle, Suduko, Darts, Bean Bag Toss, Shuffleboard, Baking, Fitness Walk, Free Throw, Pickleball, Volleyball, Archery, Euchre, Frisbee Toss, Hand-Knee-Foot, Pool, Line Dancing, Karaoke, Dominoes (Mexican Train), Arts & Crafts, Trivia Game, Miniature Golf

### VOLUNTEERS NEEDED

Senior Winter Games of Genesee County is in need of people who are willing to volunteer to assist at event sites. If you are interested in volunteering, please contact Melinda Soper at the Swartz Creek Senior Center (810) 635-4122 or Misty Moen at the Grand Blanc Senior Center (810) 695-3202.

**CAN YOU?  
HELP**

## DECEMBER HAPPENINGS



Friday, December 2, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

### Meaningful Activity Ideas for Persons with Dementia

Wednesday, December 7, 10:30 am, FREE

Keeping aging loved ones active in hobbies and interests that gave them pleasure in the past is important after a disease diagnosis. Join James on this day and learn stimulating activities for Alzheimer's help. Take advantage of this opportunity to listen, ask questions and find help when faced with some of the most common behavioral challenges of Alzheimer's disease.

#### DEMENTIA CONVERSATIONS

Wednesday, January 11, 10:30 am, FREE

alzheimer's association



### CHRISTMAS LUNCH & MUSIC CELEBRATION

Thursday, December 15, 11:30 am

You are invited to join us for a special Christmas Lunch Music Celebration that will consist of good food, holiday songs, sing-a-longs and an afternoon of fun. The Loose Chorus is working hard to fill the space with great holiday music. Lunch will be served in Hall B and will be provided by GCCARD.

Please respond by Friday, December 2

#### CHRISTMAS LUNCH

Pork Loin with Gravy,  
Country mashed potatoes  
Far East Veggie Blend  
Roll, Cake, Beverage.

Pre-registration for the lunch is important, BUT all are welcome to stop in at noon and enjoy a time of singing and enjoying the festive Holiday season.



The GIVING TREE is up and ready to be decorated with mittens, hats, scarves, gloves and socks. All items will be gathered and donated to those in need. All donations are appreciated; however there has been a specific request for HATS. The tree is located in the Caretel Lounge and we will be collecting until Friday, December 2. *Thank you!*

### CHRISTMAS LUNCHEON

Tuesday, Dec. 13, 12 noon, \$20.50

Spring Meadows Country Club

Dinner includes your choice of

#### CHICKEN PICATTA

Sautéed Chicken breast topped with  
a lemon butter sauce & capers.

#### WHITEFISH

baked & served w/remoulade sauce

The menu also includes:

red skinned potatoes, veggie medley,  
dinner salad, fresh bread & butter & dessert

A favorite of many Loose members, please register by Nov. 30.



### Entertainment by Fiddle & Strum

What is Fiddle and Strum? It's what we do! Through combinations of stringed instruments and vocals, Fiddle and Strum brings Celtic, Light Classical, Country, Jazz and Original tunes to life. Each performance with Robin Danek on guitar and Lorrie Gunn on violin percolates with good times and fun.



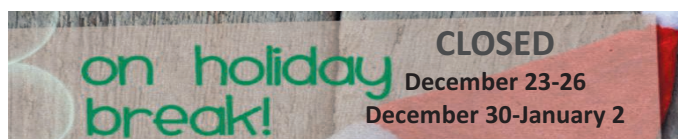
Seriously folks, Lorri and Robin are top notch musicians with credentials to numerous to list. They were secured with grant money shared with us by the Music Performance Trust Fund, The National Council on Aging and Local 542 Flint Federation of Musician.

## Christmas Cards GIANT Sale

Beginning November 1, stop by Loose for our Christmas Card Sale. Christmas Cards and other goodies, will be at rock bottom prices. We have a HUGE variety, so there will be something for you.

**STOP BY, TAKE A LOOK AND STOCK UP.**

Cards 10 for \$1





## Daily lunch at Loose

**Monday through Friday, 11:30 am, Annex**  
**Suggested donation for those 60 and over: \$2**  
 Ages 59 and under: \$3.50

GCCARD provides daily congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735-9406 by 12 noon the day before. Sharing a meal with others is a great way to make friends. Menus are available in the office.

### GAMENIGHT CLUB

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

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

### Coffee COPS and Conversation

Tuesday, Dec. 13, 9:30-10:30 am  
 Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to wel-

come our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



### FITNESS CLASS PARTICIPANTS,

Beginning January 1, 2017, there will be a "change" in the process for paying for Loose Fitness Classes. The drop in fee for classes will continue to be \$5 OR classes will continue to be \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). The card is good for all classes, all fees will be paid at the reception desk UNLESS the class is held after business hours,

instructors will collect drop in fees. The change is a necessary change and the process was constructed to be fair to participants and instructors. Classes affected are, all Yoga classes, Fit4Ever, Zumba & Total Fit Classes, Chair Chi and Beginning Line Dance & Advanced Line Dance. Punch cards will be available in December at the Reception desk. Thank you for your understanding and cooperation during this transition time.

**BEGINNING IN JANUARY**, each **THURSDAY**, instead of serving the GCCARD lunch, we will be having...

### LUNCH @ LOOSE!

Volunteers and Staff will be preparing lunch and serving at 11:30. The cost will be no more than \$5. The menu will be listed in the newsletter and there will be a registration deadline.



#### IT'S EXCITING!

**Check out the January menu and sign up today!**

**Jan. 5** - Pulled Pork Sand, Baked Beans, Coleslaw, Fruit, Cookie, \$5

**Jan. 12** - Turkey & Swiss Wrap, Vegetable Soup, Ice Cream, \$4

**Jan. 19** - Chicken Kiev w/Rice, Green Beans, Fruit, Roll, Dessert, \$5

**Jan. 26** - Pancakes, Sausage, Fruit, Orange Juice. \$4

*Beverage, including milk, will be available at every meal.*

## WANTED



### Chili & Dessert COOK-OFF Taste Testers

#### First Annual Loose Celebrity Chef COOK-OFF

**Date:** Tuesday, January 17, 2017

**Time:** 5 pm,

**Cost:** \$5/person

*Entries open to local Chefs who care for our aging population.  
 They will be competing for the prize for the  
**BEST CHILI and BEST DESSERT.***

*Ticket holders will determine the winner and will be treated to a variety of Chili Creations, Salad, Bread, a Variety of Desserts & beverage.*

*There will be music, fun, laughter and by the end of the night, a chef with bragging rights, until the next time.*

### SO FAR COOK-OFF PARTICIPANTS INCLUDE

Wellbridge of Fenton

Brookdale of Grand Blanc

Landing of Genesee Valley

Rosehaven Manor

Caretel Inns of Linden

Brookdale of Davison

Regency of Grand Blanc

Vicinia Gardens

Fenton HealthCare Center

**Thanks to all for the support!**



# BODY, MIND & SPIRIT

## THE LOOSE FITNESS ROOM IS OPEN

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

### MONDAY

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

#### LINDEN ELEMENTARY

6:00 pm **Volleyball**

### TUESDAY

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

### WEDNESDAY

9:30 am **Yoga (gentle flow)**  
 10:30 pm **Holey Walkamoley**  
 2:30 pm **Chair Chi**  
 5:00 pm **TOTAL FIT**  
 6:15 pm Pickleball

PLEASE CHECK THE MASTER  
CALENDAR FOR SPECIAL CLOSINGS.

### THURSDAY

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

### FRIDAY

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

### SATURDAY

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

### SUNDAY

2:00 pm Pickleball

## HOLEY WALKAMOLEY! Walking Group

Wednesday @ 10:30 am , FREE

*Class will not meet the 3rd Wednesday of the month.*

We will start outside (weather permitting) for a scenic walk. Inside we will, Jazz walk—Show tunes walk—Country/square dance walk—Whatever we want walk!

*All under the thoughtful, fun and very competent hands of Laura, PTA from Mid-Michigan Home Health & Hospice. Bring your friends cause it's time to put some extra steps on the Fitbit.*

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

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

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

### WHEELCHAIRS & WALKERS WELCOME!

Adapted from it's popular form of Tai Chi, class is intended for individuals with ability restrictions, but is a calming and beautiful movement art for any age. Instructor holds a master's degree in Exercise Science, and has 20+ years of training and experience working with seniors.



## 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!

## FIT<sup>4</sup>EVER \$5 per class ALL WELCOME!

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

## PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sun. 2 - 5 pm,

### Friday, 11 am - 4 pm (reservation required), \$3 court rental

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

## BEACHBALL VOLLEYBALL Monday, 6 pm

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

**Wii BOWLING** Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. **The next 8 week league begins on January 12. If you are interested in Wii bowling, please contact the Loose Office.**

## BIKING BUNCH Wednesday 9am (resumes 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.

## 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 & TOTAL FIT® \$5 per class

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

## ZUMBA GOLD TOTAL FIT® \$5 per class

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

## TOTAL Fit® \$5 per class

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

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

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



## HAPPY STAMPERS

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

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

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

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

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

## WOOD CARVERS

**Wednesdays, 12 - 2 pm, Sunroom, FREE**

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

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

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

## SCRAPBOOKING

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

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

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

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

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

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

**LOOSE LAPGHANS - Fridays, 1 pm, Hall A, FREE**

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

## Beginning Quilling Class

**Thursday, January 12, 19, 26, Feb. 2,**

2-4 pm, four classes, \$15 per class

All supplies are included. Limit 10

Quilling or paper filigree is an art form that involves the use of strips

of paper that are rolled, shaped and glued together to create decorative designs. Each class you will create a new project with the careful instruction from Reita Newell. Projects available for viewing at Loose reception desk. Please sign up early and plan on attending all four classes.



## CARD MAKING WITH CAROLINE

**Monday, January 23, 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.*



## WATERCOLOR CLASSES

**Mon., Nov.28 & Dec. 5, 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*

## Yarn Donations NEEDED

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.





# CLASSES, MUSICAL OPPORTUNITIES & MORE



Friday, December 2, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

## TECHNOLOGY

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

**PLEASE PREREGISTER FOR ALL CLASSES**

### UPCOMING CLASSES

#### IPAD 1

Wednesday, January 11 & 18, \$20, 4-6 pm

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

#### FACEBOOK

Wednesday, January 25, \$15, 4-6 pm

The benefits of understanding Facebook 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!

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

## Quilt Raffle

### FUNdraiser

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

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

*The quilt is on display at Loose.*

*Drawing 12/21, No need to be present to win. The winner will be contacted.*



### LOOSE CHORUS

Mondays, 3 pm

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. **TALENTED & WELCOMING**

### BOARD & CARD GAMES

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

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

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

CARDS & MORE Thursdays, 10:30 am

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

### 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)**

**December 7** Art of the Heist: The Lady in Gold

**December 14** Art of the Heist: Pharaoh's Head

**December 21** Art of the Heist: The Thieving Don Juan

### MEDICARE OPEN ENROLLMENT PERIOD

**October 15 - December 7.**

We have counselors lined up for one on one appointments with trained MMAP Counselors on Monday December 5 and each Friday. **TELL YOUR FRIENDS and if you are in need of assistance, please call Loose and set up an appointment.**



# December 2016

## OFFICE HOURS

Monday - Friday  
8:00 am - 4 pm

## EMAIL

lsc@loosecenter.org

## WEBSITE

www.loosecenter.org

## PHONE

810.735.9406

## FAX

810.735.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>LOOSE STAFF</b> Carl Gabrielson <i>Executive Director</i> Melinda Elmore-Hajek <i>Program Director</i> Debbie Hancock <i>Business Manager</i> Cheryl Rex, Clerk Brittany Hancock <i>Administrative Assistant</i> Kathy Metivier Dotti Tynes <i>Receptionist</i> Randy & Deb Green <i>Maintenance</i>	<b>BOARD OF DIRECTORS</b> Ken Wensel, <i>President</i> Frank Lukowski, <i>VP</i> Alberta Martin, <i>Secretary</i> Vince Eible Jr., <i>Treasurer</i> Bob Cole Ray Culbert Ann Deemer Roby Deese Richard Laing Charlie Ross Les Scott David Kincaid Pat Lockwood		9:30 Chair Yoga 10:00 AMVET Rep. 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 11:30 Lunch <i>Swiss Steak</i> 12:30 Euchre 2:15 Tai Chi Club 4:00 Yoga 6:00 Grief Support	1 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch <i>Baked Tilapia</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament Saturday December 3 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre Sunday December 4 2:00 Pickleball	2
Niagara Falls MMAP Counselor (by apt) 8:00 Bridge 9:30 Zumba & Total Fit 10:00 Soaring Eagle 10:00 Painting 10:15 Sleep Mat Production 11:30 Lunch <i>Chick/Dumpling</i> 12:30 Pinochle 1:00 Water Color Class 2:00 Listening Ear 2:00 Chorus @ Argentine 2:30 Chair Chi 3:15 Chorus @ Caretel 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:00 Volleyball (Linden El.) 6:15 Pickleball	9:00 Massage 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:00 Health Check 11:30 Lunch <i>Roast Beef</i> 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	8:00 Bridge 9:00 Manicures 9:30 Yoga 10:00 Consumer Fraud 10:00 1-On-1 Financial 10:30 Meaningful Activities 10:30 HoleyWALKamoley 11:15 Art à la Carte 11:30 Lunch <i>Turkey Tetrazinni</i> 11:45 MOVIE DAY 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 Chair Chi 5:00 NO Zumba & Total Fit 6:15 Pickleball 6:30 Hand & Foot	8:00 Board Meeting 9:30 Chair Yoga 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 11:30 Lunch <i>Pork Chop</i> 12:30 Euchre 2:15 Tai Chi Club 4:00 Yoga 	8 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch <i>Beef Pastie</i> 1:00 Lapghans 1:00 Chicago Bridge 3:30 Christmas at Crossroads 5:00 Game Night Club Saturday December 10 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre Sunday December 11 2:00 Pickleball	9





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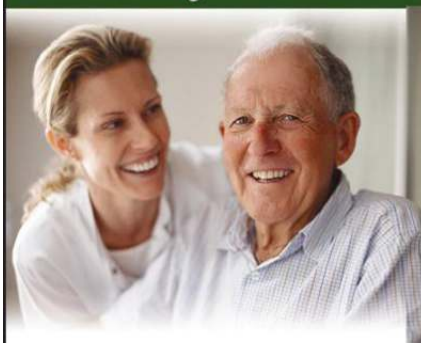
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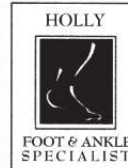


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## ONE-ON-ONE FINANCIAL HELP

Wednesday, December 7, 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.



## CYBER MEDIA/CYBER SAFETY

Wednesday, February 1, 10:30 am.

We welcome Trooper's Amy Belenger and Steven A. Kramer from the Michigan state police who will enlighten us on the very important topic of Identity theft, cyber safety, and the dangers for kids. How criminals are using social media to do damage. Please call ahead to sign up for this important program.



## somethingnew:)

### DVD CONCERT

Joe Bonamassa "Live at the Greek Theatre"

Thursday, January 5, 7 pm



If you enjoyed BB King, Eric Clapton, Buddy Guy, Stevie Ray Vaughan, you need to hear and watch this 39 year guitar phenom, Joe Bonamassa play the

Blues. Joe has played with bands, as a special guest, on David Letterman, Jimmy Kimmel, Conan O Brian and a number of PBS specials. Joe started playing professionally at the age of 12 and began opening for BB King at age 13. Currently Bonamassa has produced 14 number one Blues albums to date. More than any other Blues artists today.

Joe's special playing skill complements these legends of the Blues. That is what makes him so special!

Bring a friend and your dancing shoes, sit back, relax, enjoy some popcorn and beverage and enjoy the wonderful guitar skills that only Joe Bonamassa can display.

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

Monday, January 23, 2:30 pm, 8 weeks, 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

## I am Still Me: Understanding MEALTIME & Behavior Changes in Dementia

Tuesday, February 7, 1-3 pm, RSVP by February 3

Join us for a **FREE** interactive workshop on using effective communication and problem solving techniques for Mealtime and Behavior Changes in Dementia. Presented by Jeannette Brunetti, Registered Dietician from Valley Area Agency on Aging and Jo Campbell, Dementia Educator from Eastern Michigan University. **LEARN**, How to live with Memory Loss, Cognitive Changes and effective eating and nutrition habits, Understanding WHY difficult behaviors occur with Dementia, and Hands on Problem solving techniques for MEALTIME set up, effective communication and analyzing individual behaviors. Light refreshments will be served.



## HEALTH SERVICES & TRANSPORTATION

### Relax & Unwind

#### 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.

#### PODIATRIST

**Tuesday, December 20, (by appointment)**

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

#### FREE HEARING CLINIC

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

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

#### MANICURES

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

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



Plan on a 1/2 hour manicure.

*Please call Loose to set up your appointment.*

#### MTA/LOOSE TRANSPORTATION

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

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

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

#### BLOOD PRESSURE CHECK

**1<sup>st</sup> Tuesday of each month, 11 am (Health Check)**

Blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

*Sponsored by Mid-Michigan Home Health & Hospice*

**2<sup>nd</sup> Monday of each month, 9 am**

*Sponsored by WellBridge of Fenton*

**2<sup>nd</sup> Wednesday of each month, 9 - 10 am**

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

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

*Sponsored by Argentine Care Center*



### "JOURNEY TO HOPE AND HEALING"



#### GRIEF SUPPORT GROUP

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

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

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

#### RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED

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

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

**Garden Meeting**  
**all are welcome** **Saturday**  
**January 28, 10 am**



## 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.



### GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

**2nd Tuesday of each month, 8 am, Annex**

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

### ASK THE LAWYER

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

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

### CONSUMER FRAUD ASSISTANCE

**1st Wednesday of the month, by appointment.**

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

### DISPOSAL OF THE AMERICAN FLAG

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

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

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

### AMVETS

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

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

### COUPON CLUB

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

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

**MICAFA** 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. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-241-8919



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

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

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



## MEMBER PRIVILEGES & FUNDRAISING

### LOOSE COMMUNITY ANGELS

**Meeting - January 18, 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 leader, 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 2017. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

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

### UPS STORE DISCOUNT CARD

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

*"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region."*

*Visit Our Website*

[www.loosecenter.org](http://www.loosecenter.org)



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

### WE SAVE...

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

### GREETING CARDS

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

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

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

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

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

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

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

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

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



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



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# TRIPS

## TRIPS @ A GLANCE

Dec. 5	Soaring Eagle Oak Ridge Boys—FULL	\$32
Dec. 5-6	Niagara Falls	\$229
Dec. 9	Christmas @ Crossroads Village	varies
Dec. 16	Friday @ Applewood	\$8
Dec. 18	Holiday Pops	varies
Dec. 31-Jan. 1	New Years Eve @ Amish Acres	\$254
January 10	FireKeepers Casino	\$32
January 11-21	Florida Vacation	\$2,299
January 26	Caesar Windsor	\$20
February 2	Jackie Robinson Story ( <i>Whiting</i> )	\$22
February 15	Cinderella ( <i>Whiting</i> )	\$58
February 22-28	Southwest Explorer	\$1,899
February 23	"The Lion King"	\$137
February 27	FireKeepers Casino	\$32
March 3	Drumline LIVE	\$40
March 14	Historical Detroit	\$82
March 21	Greektown Casino	\$29
March 22	Jewish Cultural Experience	\$67
April 4	Solanus Casey Pilgrimage	\$62
April 5	FireKeepers Casino	\$32
April 7	RIVERDANCE	\$58
April 25-26	Little River	\$130
April 26-28	Celebration Belle	\$499
April 28	42 <sup>nd</sup> Street	\$58
May 13-18	Colonial Williamsburg	\$1,259
June 20-21	Holland & Saugatuck	\$340
June 24– July 1	Cape Cod & More	\$1,799
July 12	"Harvey" @ The Purple Rose	\$93
July 18	Ausable River Queen	\$100
July 19-20	Kewadin Casino	\$120
August 6-13	America's National Parks	\$2,999
September 6-16	National Parks & Canyon Country	\$2,899
November 4-12	Costa Rica	\$2,649

*Detailed flyers are available at the Loose Center.*

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

## 2016/17 Whiting Opportunities

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

### JACKIE ROBINSON STORY

**Thursday, February 2, 7PM, \$22**

Van leaves Loose at 6 pm

This play with music by Mad River Theater Works shows the events that shaped Jackie Robinson's character, his struggle to gain acceptance, and the tremendous obstacles he overcame on his way to changing the face of our nation and our national pastime.

### CINDERELLA

**Wednesday, February 15, 2017, 7PM, \$58**

Van leaves Loose at 6 pm

This lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love—the pumpkin, the glass slipper, the masked ball and more—plus some surprising new twists!

### DRUMLine Live

**Friday, March 3, 2017 8PM, \$40**

Van leaves Loose at 7 pm



With its riveting rhythms, bold beats, and ear grabbing energy, DRUMLine Live is back with a BRAND NEW show for the entire family and we promise... you will be on your feet by Halftime!

## 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.

**December 16**—Lynn M. Radzilowski—Genesee County Senior Millage. Ms. Radzilowski is the Senior Services Director for Genesee County. She presides over the effort to improve the health, safety, and quality of life for all seniors in Genesee County. Her office oversees the senior millage dollars provided to all area senior centers and contracted service providers, to ensure both quality services and programming are available for our senior citizens.

**January 20, 2017** - Dr. Mike Heberling - Global Warming - A Contrarian Viewpoint & Warren Henson - U.S. Marshall Program

**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.*

## Holiday Pops!

**Sunday, December 18**

*The show begins @ 3 pm, the bus leaves Loose @ 2 pm*

**\$12 W/O Transportation, \$17 With Transportation**

Catch the holiday spirit with the Flint Symphony Orchestra, the Flint Festival Chorus and community singers, and hosts Angie Hendershot and Matt Franklin of ABC 12 as they come together to bring you festive favorites.



## AND MORE TRIPS

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

**Little River**  
CASINO RESORT



**Soaring Eagle**

**April 25-26, 2017 \$130 PP Double**

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



## New Years Eve!



**AMISH ACRES**  
**December 31—January 1,**

### Includes

- Round Trip Motorcoach Transportation,
- 1 night Nappanee Inn
- 1 continental breakfast & 1 dinner (Amish Acres)
- Round Barn Theatre Show, Midnight Fireworks
- Tax & tips on included meals

## SOUTHWEST EXPLORER

**February 22-28, 2017 \$1,899 pp double**

Round trip air, 1st class Motor Coach, Tour Direct and



4 nights in Laughlin, Nevada, 2 nights in Las Vegas, 5  
breakfast, 1 lunch, 3 dinner, Hoover Dam, Boat Cruise  
on Lake Mead, Grand Canyon Skywalk, Celebration  
Dinner Cruise, Red Rock Canyon State Park,  
Sightseeing Tour of Las Vegas, Day Tour to Death  
Valley National Park, luggage Handling including  
Airport Baggage Fees, Tax & Tips on included meals.

## THE PURPLE ROSE

**Wednesday, July 12, \$93**

Departs 11 am Returns 6:30 pm

Includes, Transportation, lunch at the Common  
Grill in Chelsea & Tickets to the play "Harvey".



**The Lion King**  
**DETROIT OPERA HOUSE**  
**Thursday, February 23, \$137**  
**Includes dinner-Traffic Jam & Snug**  
**Leave 9 am Return 5:45 pm**

## Florida Vacation



**Jan. 11-21, \$2299 pp double**

Includes Motor coach Transportation  
**PLUS**

Eleven nights lodging, 7 nights at the  
Outrigger Beach Resort, Fort Myers, 11  
breakfast, 1 lunch, 2 dinners, Ringling Circus Museum & Museum of Art, Everglades Airboat Swam Tour, Broadway Palm Dinner Theater, Gulf of Mexico Lunch Cruise, Fleamasters Flea market, Henry B. Plant Tour, Inside CNN Studio Tour Luggage Handling, Tax & Tip on Included Meals.

## Jewish Cultural Experience

**Wednesday, March 22, 2017**

**Departs 9:30 am - Returns 5:15 pm**

\$67 Includes Motor coach Transportation **PLUS**

**Holocaust Memorial Center** in Farmington Hills, considered by the Wall Street Journal as possibly the most provocative museum of them all. The architecture of this historic museum stirs the public consciousness of the unprecedented horrific crime of the Holocaust. **Lunch at the Granite City Food & Brewery**, a polished American restaurant that features high-quality menu items, made from scratch.

## Tropical Costa Rica

**Nov. 4-Nov. 12, 2017 • 9 Days • 13 Meals,**  
**\$2,649pp double (if purchased by May 4)**

**Highlights:** San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre

**Essential Experiences—Climb high into the trees for a "Hanging Bridges" tour in the cloud forest. Discover the charming town of Zarcero and its whimsical topiary garden. Get to know Costa Rican culture in the picturesque town of Grecia.**

**L**oose Center  
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[www.loosecenter.org](http://www.loosecenter.org)

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*Wishing you all  
the timeless treasures  
of Christmas --  
the warmth of home,  
the love of family,  
and the company of  
good friends.*



Carl, Melinda, Debbie, Cheryl, Kathy, Dotti, Brittany, Deb & Randy