

JUNE 2018

the perfect place for 50+

LOOSE

*“Love yourself first
and everything else falls into line.
You really have to love yourself to get
anything done in this world.”*

- Lucille Ball

From the Director

Dear Friends,

Another day begins. You set on the edge of the bed and wonder what the day will bring into your life. You contemplate what challenges you will encounter, what tasks you will have to perform and how you will accomplish your responsibilities. Each life faces different challenges. You look in that mirror and wonder how you will ever perform all of your commitments.

You may be in a position that finds you being a care giver to family. It could be taking care of grandchildren for your own children, that in order for them to face their daily life, you have to be there to help. You may be a volunteer, reaching out to help others. It may be in the form of being a care giver for those who can not help themselves. You find that you have a heart of compassion, care and love to bring joy into their lives. You may be a person who gives your time to help people by driving them to and from their cars to the hospital door to escape the weather, or just being able to overcome a handicap to visit a friend. A person who leads a group in a book club or writing class to help people find their inner self. You may be a person who faces life with loneliness and sadness. Trying to find a way to get through the day hoping to find a ray of hope and sunshine. It might be someone who just makes coffee every morning so that others can have the joy of drinking that first cup. You may be a person who is still in the workforce, full or part time. This presents many decisions that you make every hour of everyday. You find that people depend on you to be there to solve problems, find answers and take care of those who you serve. It is a position of responsibility of completing your tasks and solving problems. For those who face this, it can be overwhelming.

Life is a mystery. Each day you try to find a balance of your time to succeed in your responsibilities, find love and joy with those you hold close to you and feel a sense of accomplishment in who you are. This is a daunting task and takes every bit of your abilities to make happen. You are a person who sees needs and reaches out to find away to make someone else's life better. You are always giving without the concern of anything in return.

To face all that is before you, you must love yourself. You must look into that mirror and realize that you are important. That you do have the inner talents and skills to fulfill what lies before you. That your inner talent is what makes you special and a person others love. You find that all the things you do are because you love who you are. You respect your God given talents and want to share them with others. So as you begin each day and wonder what the day will bring into your life.....Remember to love yourself and who your are.

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world." Lucille Ball

All is well.

Carl Gabrielson, Loose Executive Director



MOVIE NIGHT

Tuesday, June 5
7 pm

MOVIE DAY

Wednesday, June 6
12 noon

In *The Polka King*, Jack Black stars as Jan Lewan, a Polish immigrant who became the "King of Pennsylvania Polka." A believer in the American Dream, Jan worked hard and dreamed bigger, but with big dreams come big mistakes.

Based on a true story, the film, co-written and directed by Maya Forbes and Wally Wolodarsky, mixes comedy and tragedy showing the world's only known Polka Ponzi scheme. *The Polka King* co-stars Jenny Slate, Jason Schwartzman, Jacki Weaver, J.B. Smoove and Willie Garson.

As always, admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care, Lockwood of Fenton and Mission Point of Holly.

Refreshments will be served!

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

DINNER & COMEDY SHOW

Tuesday, June 12, 2018, 5 PM, \$15

Join us for a wonderful dinner followed by the comedic entertainment of Billy Ray Bauer. "Billy Ray has been a repeat guest on the Bob and Tom Show heard across America. He's also been heard on the Dick Purtan radio show in Detroit and co-hosted the Appliance Doctor Radio program on WXYT for three years. Billy Ray's jokes have appeared in Reader's Digest and one was among their top 50 jokes for 2005. Billy Ray has appeared with Drew Carey, Tim Allen, The Smothers Brothers, Lewis Black, Doug Stanhope, and many other great comedians!"



TICKETS AVAILABLE - SIGN UP TODAY!

Elegant Chicken (sautéed chicken breast on rice pilaf, with white sauce) or Salisbury Steak, Red Skin Potatoes, Yams & Apples, Buttered Corn, Green Bean Casserole, Tossed Salad, Strawberry Delight, dessert and beverage.



Catered by Elegant Catering in Swartz Creek

June Happenings

Classic & Muscle Car Show

Friday, June 15, 2018, 11am-2pm

FREE entry for participants & spectators
HELD @ LOOSE

Free
Food Hotdogs
Provided by WellBridge of Fenton
Free
root beer
Floats
Provided by The Landings of Genesee Valley.
Free
Entry



Sponsored by
Comfort Keepers®
HOME CARE SPECIALISTS

Classic Car check in begins at 10:30 am

For more information contact Comfort Keepers:
Events@CKofGenesee.com or 888.917.3894

Monday, June 18, 11 am
Loose

Travel SHOW



Join Mike Bondy (from Shoreline),
along with REFRESHMENTS & PRIZES



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

Check out the June lunch menu on Page 4.



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.

- ◆ Do you want to feel stronger and have more energy?
- ◆ Do you want to feel steadier on your feet?
- ◆ No matter what your current health and activity levels are, exercise IS safe and possible.
- ◆ Let us work with you to design a personalized exercise & wellness program!
- ◆ Wellness program to include:
 - ◆ Assessments of strength, balance, mobility, physical and mental function/endurance
 - ◆ Nutrition and medication review
 - ◆ Education on falls prevention & accessibility to community resources to maintain health & wellness

REGISTRATION IS LIMITED

Wednesday, June 6, 13, 20, 27, July 11, 18

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**

CORRECTING PELVIC FLOOR DYSFUNCTION

Monday, June 11, 4 pm

Registration 4 pm • Program 4:30 pm - 5:45 pm

Surgical and therapeutic advances are restoring a better quality of life for women



experiencing urinary problems, bowel issues or pain and pressure in the vagina or rectum. Join Dr. Michael Engle, DO, Obstetrics & Gynecology from McLaren, Flint, to learn more. **Call Loose to Register.**

DIABETES EDUCATION

Wednesday, June 13, 10:30am

Heartland Home Care and Hospice Nurse, Michele Clark, explains Diabetes Awareness and Management. Michele will explain monitoring, nutrition, and general care needed for good diabetic control. She will also explain the signs and symptoms of the disease and will be happy to answer any general questions about diabetes.



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.



Tuesday, June 12, 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!



DON'T MISS OUT!
Sign up to be a Pen Pal.
YOU WON'T BE SORRY!
More info at the Reception desk.



Tues., July 10 &
Tues., August 14
4:30 pm, \$6
Fresh off the grill dogs & burgers, baked beans, salad, chips, dessert & beverage
It is the best deal around and there are no strings attached. Just a time to eat and enjoy the company of friends.



PROJECT FRESH COUPONS AVAILABLE NOW

Project FRESH provides participants with coupons to purchase fresh fruits and vegetables at local farmers' markets. Seniors 60 and older with incomes of 185% of poverty or less and living in Genesee County are eligible for Senior Project FRESH. Each eligible household will receive coupons to use throughout the summer to purchase fresh, nutritious, unprepared, locally grown produce from authorized Michigan farmers' markets and roadside stands.



BEGINNING June 2018



Lunch prepared in house each and every day, served @ 11:30 am.

Be sure to check out our convenient punch card (buy 10 get one free)!! See Calendar Page

Mon Sandwich Day	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up LOOSE ends
<p>Each hearty meal includes, fruit, beverage (including milk) & dessert. Call (810)735-9406 one day prior to reserve your spot. If you stop in without securing your spot, you will be served based on availability.</p>			<p>1st - Pasta 2nd - Ethnic Food Day 3rd - Breakfast 4th - Coney (Flint or Detroit) 5th - Potato Bar</p>	<p>1 Chefs Choice You Won't be sorry</p>
4 Meatball Sub Pasta Salad	5 Tomato Soup Grilled Cheese	6 BBQ Chicken Baked Beans Salad	7 Mostaccioli Salad Garlic Bread	8 Hand picked just for you! 😊
11 Chicken Salad Croissant & Veggies	12 Veggie Chowder <i>Sponsored by</i> ARGENTINE CARE CENTER	13 Salad Bar	14 Soft Tacos & all the fixins	15 CAR SHOW Free Hotdogs, Chips,
18 Cold Cuts Sandwich Chips	19 Stuffed Pepper Soup Hearty Roll	20 BBQ Meatballs Rice Veggie	21 BREAKFAST Oatmeal & all the fixins	22 Delicious Odds & Ends
25 Egg Salad Sandwich Cucumber Salad	26 Wonton Soup Egg Roll	27 Chicken Pot Pie Salad	28 Coney's (Flint or Detroit Style) Chips	29 Clean Out The Fridge Day

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.*

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.

 **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.

FIT⁴EVER \$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. **The next 8 week play begins on September 6. If you are interested in Wii bowling, please contact the Loose Office.**

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.

A MILE AT A TIME will return in November.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

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 **FIT⁴EVER**
12 & 1 pm **Line Dance**
4:00 pm **Chair Yoga**
5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:00 am **BIKING BUNCH**
9:30 am **Yoga (gentle flow)**
6:15 pm Pickleball

THURSDAY

9:30 am **Chair Yoga**
10:15 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
11:30 am **Wii Bowling**
12 noon **Drums Alive**
5:00 pm **Yoga Fit**

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**

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

\$5 drop in fee or discounted punch card available
Friday, 11 am - 4 pm (reservation required)

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

BIKING BUNCH Begins Wednesday, 9am

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.

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, 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, Beginners 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!

GOLF AT SHIAWASEE SHORES Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members MUST sign in at Clubhouse each and every time they golf.

Artsy & Crafty

"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.

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

LOOSE FITNESS CLASS PUNCH CARD is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$35 (\$3.50/class). Cards can be purchased at the Reception Desk, drop in fees are collected by the instructors. A deal and also a GREAT GIFT!



WATERCOLOR CLASSES

Mon., June 18 & 25, 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.



CARD MAKING WITH CAROLINE

Monday, June 25, 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.

QUILLING CLASS THURSDAYS @ 2 PM

PAPER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and **QUILLING** are all names which have been given to our art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try.

New classes are offered regularly, check back for updates.



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.

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.

CLASSES, MUSICAL OPPORTUNITIES & MORE



Friday, June 22, 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

POOL Wednesday - Friday, 1pm-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, 12:30-3:30 pm *(bring a friend)*

CHICAGO BRIDGE Tuesday, 1pm & Friday, 12:30pm

CHESS Wednesday, 12:30 pm

CARDS & MORE *Will return in the fall.*

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 12:30 pm

EUCHRE Tues. & Thurs., 12:30pm, Sat., 10am-1 pm



LOOSE CHORUS
 RESUMES REGULAR PRACTICE
 MONDAY, SEPTEMBER 10 @ 3 PM



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.

Fall Schedule coming soon



Flint Farmer's Market



Caretel.
Inns of Linden

Tuesday
 June 12, 2018

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, July 10, August 14, September 11 & October 9.*



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.



June

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

SATURDAY/SUNDAY

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Loose Lunch Loyalty Card \$40

Please call (810) 735-9406,
one day prior, to secure your spot.

BUY TEN GET ONE FREE!

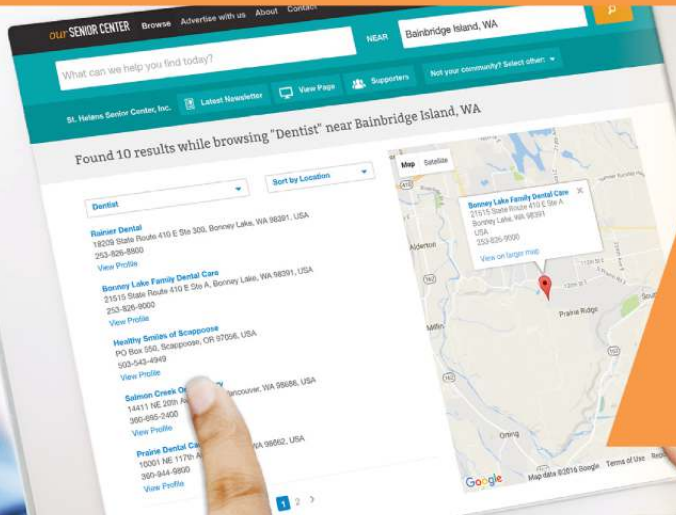
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It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$4 per lunch...quite the deal!).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:30 Lunch</p> <p>Meatball Sub</p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</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 Lunch</p> <p>Tomato Soup</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>7:00 Movie Night</p>	<p>U of M Wellness Program</p> <p>8:00 Bridge</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>10:45 Art à la Carte</p> <p>11:30 Lunch</p> <p>BBQ Chicken</p> <p>12:00 Movie Day</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 NO Grief Support</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>Lilac Festival Trip</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>Mostaccioli</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>MMAP Counselor</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>11:30 Lunch</p> <p>Chef's Choice</p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p>5:00 Potluck</p>	<p>MMAP Counselor</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:30 Lunch</p> <p>Meatball Sub</p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</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 Lunch</p> <p>Tomato Soup</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>7:00 Movie Night</p>	<p>U of M Wellness Program</p> <p>8:00 Bridge</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>10:45 Art à la Carte</p> <p>11:30 Lunch</p> <p>BBQ Chicken</p> <p>12:00 Movie Day</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 NO Grief Support</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>Lilac Festival Trip</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p>Mostaccioli</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>MMAP Counselor</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>11:30 Lunch</p> <p>Chef's Choice</p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p>5:00 Potluck</p>	<p>MMAP Counselor</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>

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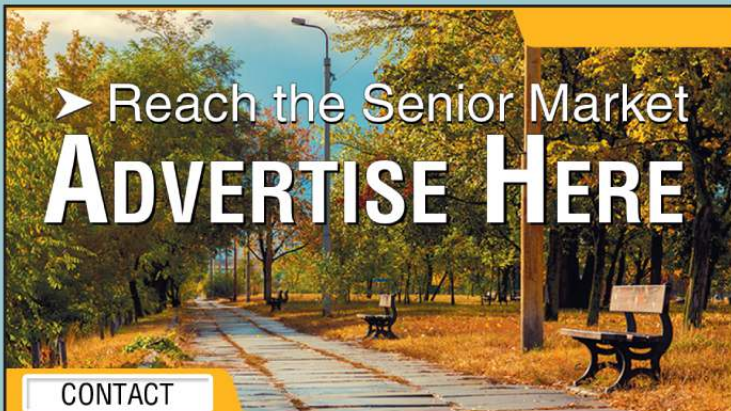
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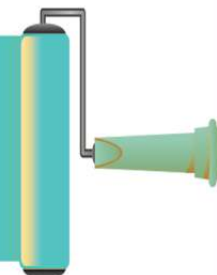
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8:00 9:00 10:00 10:15 11:30 12:00 12:30 1:00 2:00 4:00 4:00 5:00 6:15	Bridge CSFP Painting Sleep Mat Production Lunch Chicken Croissant "Anyone Can Paint" Pinochle Book Club Arthritis Exercise Pelvic Floor Dysfunction Yoga Zumba & Total Fit Pickleball	7:45 8:00 9:00 9:30 9:30 10:00 10:15 10:30 11:30 12:00 12:30 1:00 1:00 4:00 5:00 5:00	Historic Marshall Veteran Services Massage Coffee & Cops Zumba Gold/Total Fit Loose Threads Farmer's Market FIT4EVER Lunch Veggie Chowder <i>Argentine Care Center</i> Line Dance Euchre Mah jongg Chicago Bridge NO Chair Yoga NO Yoga Dinner Comedy Show	U of M Wellness Program 8:00 Bridge 9:00 Blood Pressure ✓ 9:00 Manicures 9:30 Yoga 10:30 Diabetes Education 10:45 Art à la Carte 11:30 Lunch Salad Bar 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 3:15 Coupon Club 6:15 Pickleball 6:30 Hand & Foot	MMAP Counselor 8:00 Board Meeting 9:30 Chair Yoga 10:00 FireKeepers Casino 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Lunch Soft Tacos 11:30 Wii Bowling 12:00 Drums Alive© 12:30 Euchre 2:00 Creative Quilling 5:00 Yoga Fit	14 15	MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 NO Healthy Exercise 11:00 NO Pickleball 11:00 CLASSIC CAR SHOW Sponsored by Comfort Keepers 11:30 FREE HOTDOGS Sponsored by WellBridge of Fenton 11:30 FREE FLOATS Sponsored by Landings of Genesee Valley 12:30 Chicago Bridge 12:30 Open Game Play 1:00 Fibre Friends	16 17	9:00 Yoga 10:00 Euchre 10:15 Zumba
8:00 10:00 10:00 11:00 11:30 12:30 1:00 1:00 2:00 4:00 5:00 6:15	Bridge Painting Sleep Mat Production Travel Show Lunch Cold Cut Sandwich Pinochle Water Color Happy Stampers Arthritis Exercise Yoga Zumba & Total Fit Pickleball	9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 4:00 5:00 6:15	Massage Zumba Gold/Total Fit Loose Threads FIT4EVER Lunch Stuffed Pepper Soup Line Dance Euchre Mah jongg Chicago Bridge Chair Yoga Yoga	U of M Wellness Program 8:00 Bridge 9:00 Manicures 9:30 NO Yoga 10:00 Ask A Lawyer 10:45 Art à la Carte 11:30 Lunch BBQ Meatballs 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 NO Grief Support 6:15 Pickleball 6:30 Hand & Foot	MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 Lunch Oatmeal & More 11:30 Wii Bowling 12:00 NO Drums Alive© 12:30 Euchre 2:00 Creative Quilling 5:00 Yoga Fit	21 22	MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch Chef's Choice 12:30 Chicago Bridge 12:30 Open Game Play 1:00 Fibre Friends 5:00 Euchre Tournament	23 24	9:00 Yoga 10:00 Euchre 10:15 Zumba
8:00 10:00 10:00 11:00 12:30 1:00 1:30 2:00 4:00 5:00 6:15	Bridge Sleep Mat Production Painting Blood Pressure ✓ Lunch Egg Salad Sandwich Pinochle Water Color Card Making Arthritis Exercise Yoga Zumba & Total Fit Pickleball	8:00 9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 2:00 4:00 5:00	Podiatrist Massage Zumba Gold/Total Fit Loose Threads FIT4EVER Lunch Wonton Soup Line Dance Euchre Mah jongg Chicago Bridge Alzheimer Support Chair Yoga Yoga	U of M Wellness Program 8:00 Bridge 9:00 Gun Lake Casino 9:00 Manicures 9:30 Project Linus 9:30 Yoga 10:45 Art à la Carte 11:30 Lunch Chicken Pot Pie 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 6:15 Pickleball 6:30 Hand & Foot	MMAP Counselor 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 10:30 Tiger Baseball Trip 11:30 Lunch CONEY DAY 11:30 Wii Bowling 12:00 NO Drums Alive© 12:30 Euchre 2:00 Creative Quilling 5:00 Yoga Fit	28 29	MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch Chef's Choice 12:30 Chicago Bridge 12:30 Open Game Play 1:00 Fibre Friends	30 31	9:00 Yoga 10:00 Garden Meeting 10:00 Euchre 10:15 Zumba

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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.

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.



POWERFUL TOOLS FOR CAREGIVERS

Thursday, August 30–October 4, 1:30-3:30pm, FREE

Meetings are once a week, for six weeks, space limited.

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially. Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself. **Powerful Tools for Caregivers will help you:** Reduce Stress, Improve self-confidence, Balance your life Better communicate your feelings, Increase ability to tackle tough decisions, and locate helpful resources.



BEGINNING DRUMS ALIVE

Tuesday, July 10, 17, 31, August 7, 14, 12 noon, \$20



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This is a beginner class and will get folks in the groove to advance on to the Thursday, 12 noon class with ease.

Beginning PICKLEBALL

Wednesday, July 11, 18, 25, August 1, 12:30-2:00 pm, \$15.00

Sign up for a Beginner Pickleball class!
If you've never played Pickleball before or are a recent beginner, this is designed especially for you! Learn the basics of Pickleball rules, terminology, primary skills, coordination and more. These sessions will help develop technique and strategy for social play. Bring your own paddle (or one can be provided), balls are provided and learn from a veteran instructor. This is the perfect starting place for the beginning of your pickleball adventure. Session is limited to 12 participants. However, if more sign up, we will open the 2:30-4:00 pm time slot to accommodate.

LOOSE MEMBER SURVEY

Loose takes great pride in providing the best services possible for our members and your opinion is very important to us. We would appreciate you taking the time to complete a brief survey, so that we can continue to offer the programs and services our members want. Your participation will help us make improvements where needed, and seek out the types of activities and services you want. Surveys available at Loose and are due by June 30. After completing the survey, be sure to put your name in for a special drawing.

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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.

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PODIATRIST

Friday, June 8 & Tuesday, June 26, (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



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1st Tuesday of each month, 10:30 - 11:30am

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

4th Monday of each month, 11:00 am - 12 pm

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2:30 pm - 4:00 pm



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For more information, call Loose at (810) 735-9406.

MEDICARE SAVINGS PROGRAM: The State of MI pays your Part B premium, which is worth \$109-\$134 to you each month. To qualify there is an income and asset test. **Income:** less than \$1377/month for single or **Do you qualify for one of these MONEY SAVING Medicare Benefits**

\$1,874 for a couple (gross before any deductions). **Assets:** less than \$7,390 for single or \$11,090 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 \$1,528/month single or \$2,050/month for a couple. **Assets:** less than \$13,820 for single or \$27,600 for a couple.

MICHIGAN MEDIGAP SUBSIDY: If you have a medigap plan from BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$40/month if you are under 75, \$65/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 \$26,730/year single or \$36,045/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.



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

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

We are happy to share that we are actively recycling here at Loose. You will see BLUE containers with the universal recycle emblem around the building in a variety of locations. Please help us reduce our waste by placing your recyclable products in these containers. This would include, PLASTIC, GLASS, METAL, CARD BOARD (no food, no Styrofoam, etc). Don't forget we also collect paper in our bins located in the parking lot. Thank you for helping out! If you have questions, please check with staff.




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 2018. 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

June 7-9	Lilac Festival	\$570
June 12	Historic Marshall	\$90
June 14	FireKeepers Casino	\$32
June 24-25	Grand Rapids	\$354
June 27	Gun Lake Casino	\$35
June 28	Tigers vs Oakland	\$70
June 29-July 1	National Cherry Festival	\$530
July 12	Boston	\$1,174
July 12	Caesar Windsor	\$24
July 18-26	Nova Scotia	\$3,299
July 25	FireKeepers Casino	\$32
July 31	Quilt Garden Tour	\$90
August 2	Mott Estate Tour	\$5
August 8	Canadian Rockies	\$2,999
August 9	Soaring Eagle	\$32
August 15	Summer in the City	\$50
August 17-26	South Dakota's National Parks	\$1,849
August 23	Tigers vs Chicago White Sox	\$70
August 29	FireKeepers Casino	\$32
September 2-3	Mackinaw Bridge Walk	\$244
September 10	Caesar Windsor	\$25
September 12	Pioneer Trail Wine Around	\$81
September 16-22	Hudson River Valley	\$1,699
September 25	FireKeepers Casino	\$32
October 3	Genesee Belle Fall Cruise	\$23 or \$27
October 4-9	Albuquerque Balloon Fiesta	\$2,679
October 8-13	Virginia Beach	\$1,200
October 14-18	Shenandoah Valley Virginia	\$1,129
Oct. 23-Nov. 6	South Pacific Wonders	\$7,249
November 1	The Historic Whitney	\$73
November 5	Soaring Eagle, <i>Ronnie Milsap</i>	\$34
November 7	Niagara Falls Festival of Lights	\$299
November 25-30	New York City Holiday	\$1,799
December 5-6	Country Christmas	\$280
2019 Trips		
Feb. 19-Mar. 5	Machu Picchu & The Galapagos Islands	
April 25-May 5	Spain's Classics	
June 20-June 29	Switzerland, Austria & Bavaria	
October 19-28	Shades of Ireland	

Detailed flyers are available at the Loose Center.

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

TRAVEL SHOW
September 12, 10:30 am

Spain's Classics, Shades of Ireland, Switzerland, Austria & Bavaria, Machu Picchu & The Galapagos Islands & more!

Join Ed McKenna (from Collette Travel), as he showcases the upcoming 2019 trips. and also enjoy REFRESHMENTS & PRIZES.



Applewood Charles Stewart Mott Estate Tour

Thursday, August 2, 2018

\$5.00 (transportation) Limited Reservations Available

Free (for those who do not need transportation)

Leave Loose @ 12:30 pm, Arrive @ 1:00 pm

House Tour @ 1:30 pm, Leave @ 2:45 pm, Arrive Loose @ 3:15 pm

Charles Stewart Mott built Applewood Estate in 1916, engaging his sister's husband, architect Herbert E. Davis, to design the 21-room family home. The three-story house is a Jacobean Revival with a basement, attached greenhouse, and garage. It has changed very little in the century since it was constructed. After the house tour, enjoy the wonderful new exhibits in the main house garage, chicken coop and barn.

NOTE: The home is not air conditioned. Tours require guests to walk up and down steep staircase and stand for walking up to a half mile. There are no restrooms in the house.

GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 3, 2018

\$22.00 includes, cruise & lunch (no transportation)

\$27.00 includes transportation, cruise & lunch

(be sure you indicate your menu choice at the time you register) The bus leaves Loose at 10:45 am. We cruise at noon. Registration deadline is 9/19/18.



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

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)

June 6	Joan Mitchell: Portrait of an Abstract Painter
June 13	Robert Motherwell & The New York School: Storming the Citadel
June 20	Hans Hofmann: Artist/Teacher Teacher/Artist
June 27	Robert Indiana: American Dreamer

AND MORE TRIPS

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

*Another Loose
Summer Deal*

SUMMER IN THE CITY

Wed., Aug. 15, 8:30 am—3 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 features the Bosc Edison Historical District, Andiamo Riverfront & Detroit's River Walk. Also included is transportation, lunch and free time at Detroit's River Walk. A deal you can't beat!

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



QUILT GARDEN TOUR In the heart of Indiana's Amish Country

Tuesday, July 31, \$90 PP
Depart 7:00 am Returns 9:30 pm

Highlights: Transportation, Barn Door Quilt Garden (shopping and quilt garden viewing), Das Dutchmen Essenhouse (Threshers Lunch), Krider "World Fair" Garden, Shpshewana Flea Market (shopping).

Thursday, August 23, 201

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.

**DETROIT
Tigers
VS
White Sox**
\$70pp

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.*



The Historic Whitney

Thurs., Nov. 1, 2018, \$73

Departs 10 am>Returns 6:15 pm

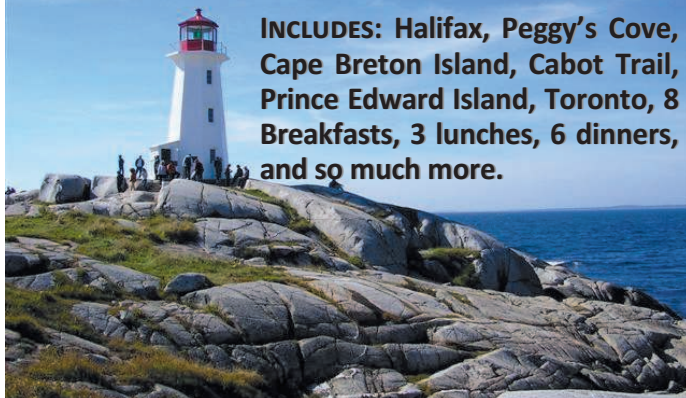
INCLUDES: Round Trip Motor Coach Transportation, Guided Stroll through the Historic Whitney, Detroit's most iconic mansion.

Self guided tour through Pewabic Pottery, Lunch at Big Fish Seafood Bistro (choice of Fish & Chips, Chicken Cape Codder, Tavern Burger).

Nova Scotia

July 18-26, 2018 Air/Motorcoach, \$3299 PP/Double

INCLUDES: Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Prince Edward Island, Toronto, 8 Breakfasts, 3 lunches, 6 dinners, and so much more.



PIONEER TRAIL

\$81pp *Wine Around*

Wednesday, Sept. 12, Departs 9:15 am -Returns 6:30 pm

Highlights: Transportation, Lunch & Wine Tasting @ Sandhill Crane Vineyards (Jackson), Wine Tasting @ Cherry Creek Cellars (Brooklyn), Wine Tasting and snacks @ Flying Otter Vineyard (Adrian)

NEW YORK CITY Holiday Entertainment Extravaganza

November 25-30, \$1,799

FEATURING The Rockettes @ Radio City Music Hall

HIGHLIGHTS: Motorcoach Transportation, 1, night Mt. Airy Casino, 3 nights, Novotel Times Square, 1 night Bethlehem PA, 3 breakfasts, 4 dinners, Sightseeing tour of NYC, Rockettes at Radio City Music hall, and so much more.

Machu Picchu & the Galapagos Islands

February 19 — March 05, 2019

15 Days • 29 Meals

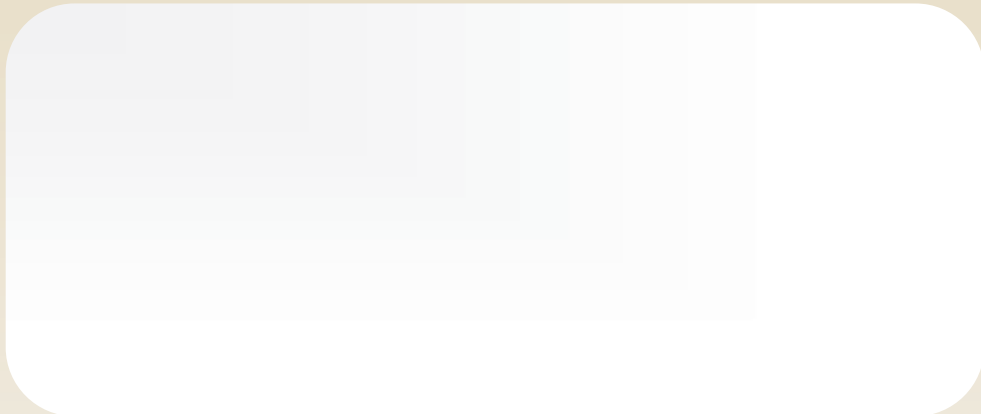
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This **bucket list adventure** is jam packed. Too much happening for this small space. Stop by Loose and pick up a flyer. And while you are here, check out all the other trips and activities.



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HAPPY *10* *year*
ANNIVERSARY
Caretel

join us at the...

Caretel
Loose
PICNIC



12 noon - 2 pm
Tuesday, July 24

Caretel Inns of Linden,
202 S. Bridge Street
Park @ Loose and take the Shuttle to Caretel
Shuttle begins at 11:30 am
Parking also @ Linden Elementary

SUMMER FUN!

free

- ◆ Food, Fun, Music, **PRIZES** and give-a-ways
- ◆ Invite your family and friends
- ◆ Bring a lawn chair and hang out
- ◆ **ENTERTAINMENT**
- ◆ Live remote broadcast from CARETEL

MANY THANKS TO OUR SPONSORS



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