

JULY 2017

the perfect place for 50+

LOOSE

*"You add value to people
when you value them."
- John Maxwell*

From the Director

Dear Friends,

Our whole life is spent relating and interacting with other people. It ranges from family members and friends, to everyday people we work with, to people we choose to have fun with. It could be a person on the street, in a car, at a school function, church or at Loose.

Dr. William Claire Menninger says that the six essential qualities in a person for success are sincerity, personal integrity, humility, courtesy, wisdom and charity. In my opinion, these are the building blocks that we set our opinions on others. We sometimes do not recognize these qualities in others because we have a different view. This is the most common breakdown of a relationship when we do not see these values in others. We have a tendency to be argumentative, overbearing or just ignore their input.

This is when we need to take a step backwards and take time to listen and understand what another person has to say. All people have the qualities that are stated by Dr. Menninger. We just have to take the time to communicate and absorb what that person's views and beliefs are. We have become overpowered by what others have to say in the news, talk shows, government and in society. We want to block out all of the nonsense and ignore others. What we have to remember is that there are people out there with the essential qualities that make our lives better. We have to be able to listen and separate what is beneficial to what is not. We must value their opinions and knowledge that we can use as positive direction.

There are many people in your life that have great value to give. It may come in many forms. You just have to look for it, understand it and accept it. It may not be how you see it but there is always more than one take on any issue. So, the next time you are in church, at home, at an event, a friend's house or just playing cards at Loose.....take time to listen. See the qualities a person has to offer. Understand that this person can have a different view and in the end this person or persons may hold the answers to the many questions you may have.

Just remember, "You add value to people when you value them." John Maxwell

All is well!

Carl Gabrielson

Executive Director



A Sneak Peek

The Murder Mystery Co.

MIDNIGHT AT THE MASQUERADE

JOIN US FOR A NIGHT OF MYSTERY, MAYHEM, AND MURDER!

DATE: 10/24/2017 TIME: 5 pm

LOCATION: *LOOSE*

**ADDRESS: 707 N. Bridge St.
Linden, MI 48451**

COST: \$25 PP
Includes Dinner & MURDER

Phone: (810)735-9406
RSVP: Email: LSCC@loosecenter.org
Website: www.loosecenter.org

All proceeds from this FUNDRAISER will go to support Loose.

Tickets are now available for our next EXCITING FUNDRAISING event scheduled for October 24.

Stuff You Should Know

Loose will be closed, on weekends only, during the month of August. There will be no Saturday or Sunday programs. The Center is due for some deep cleaning and arrangements have been made for spiffing up the place. We appreciate your support and corporation.

We could use some help at Lunch time. If you are interested in what that might entail, stop by the reception desk for details.

MORE IMPORTANT DATES

Wednesday, August 2, 12 noon Volunteer Recognition
Wednesday, August 9, 4 pm Linden Back to the Bricks
Thursday, August 10, 4 pm Fenton Back to the Bricks
Tuesday, August 22, 5:30 pm Pen Pal Party



Saturday, Sept. 16, 5 PM

\$13 PP

**AWESOME
FOOD, ENTERTAINMENT
& MORE**

Invite your family and Friends.

July HAPPENINGS

Flint Farmer's Market



Caretel.
Inns of Linden

Tuesday
July 11, 2017

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 August 8, September 12 & October 10.*

QUILLING

DEMO—Thursday, July 13, 2 pm \$5

What is quilling? This beautiful art is a paper-craft technique used to make coiled embellishments -- flowers, hearts, butterflies, scrolls, marquise and more -- from colorful strips of paper for card making, scrapbooking, jewelry and a variety of projects! Now you can learn the beautiful art of paper quilling step-by-step. Take some time for YOU, sign up, meet instructor Reita Newell and enjoy learning how rewarding this craft can be. This class is limited, sign up early.

BEGINNING QUILLING - Thur., July 20, Aug. 3, 17, 31, 2-4 pm
\$15 per class (\$60 for 4 classes), supplies 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 build on each other, so please sign up early and plan on attending all four classes.*

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Monday, 2 pm, Through August 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*


CRAFT CLASS with KARLA CROSS

Wed., July 19, 1 pm, \$20 (includes supplies)

We are happy to welcome to Loose, Karla Cross who has been teaching Art and Craft Classes for many years. In July join Karla and make this sweet summertime decorative door hanger.



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



Tuesday, July 11 & August 8
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.




Tuesday, July 11, after the cook-out. We will be roasting marshmallows and have the fixins for S'MORES. Join us around the campfire, bring your lawn chair and plan on enjoying the atmosphere and company.

EVERYBODY'S BIRTHDAY

Friday, July 14, 11:30 am - 1 pm

That's right, we are celebrating everyone's birthday on this one day and hope you will come and enjoy cake and ice cream and enjoy some time to sit and chat. *Grab a friend and bring them along too.*






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.

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 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.

Daily lunch at Loose

Monday, Tuesday, Wednesday & Friday, 11:30 am, Annex

REQUESTED 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.

Coffee COPS and Conversation

Tuesday, July 11, 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!



Thursday, August 10, 12 noon



Our friends at Visiting Angels will be hosting an Ice Cream Social. Stop by and enjoy an ice cream treat.



"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."

July

LUNCH @ LOOSE (Thursdays)

Volunteers & Staff prepare lunch & serve @ 11:30 am

They are **DEELICIOUS** and the best deal in town!
Grab a friend, give us a call and we will put you on the list.

BEST DEAL AROUND - IT'S EXCITING! Sign up today!

July 6 Pulled BBQ Pork Sandwich, Chips, Salad, \$4

July 13 Taco Salad & the fixins to go along with, \$4

July 20 Mostaccioli, Salad, Garlic Bread, \$4

July 27 Coney Day, Flint & Detroit or dry & running, \$3

Fruit, Dessert, Beverage (including milk) will be available at every meal.

A BIG THANKS TO **ALTERNATIVE ELDERLY CARE** FOR THE DESSERT DONATION EACH 3RD THURSDAY OF THE MONTH.



Tuesday, August 8

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.

HOME REPAIR AND IMPROVEMENT

Wednesday, August 16, 10:30 am

We welcome presenter Stephanie Anthony from the Michigan Attorney Generals Office of Consumer Education. Stephanie will walk us through learning the telltale signs of home repair scams, unscrupulous contractors, and how to navigate the home improvement process. She is an EXCELLENT presenter and you don't want to miss out on this important information.



WELL BEING IS A STATE OF MIND

Wednesday, August 23, 10:30 am

Wellness is made up of many FACES and they all contribute to our Well Being. We are excited to welcome Jennifer Lynch, Certified Health Coach from Genesys Health Club as she helps us discover practical techniques to promote healthy, sustainable changes in



GENESYS life. We can take control and when we do, Being Happier Leads to Better Life.
ATHLETIC CLUB Let's start today. Call and sign up!

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.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **Zumba & Total Fit**
 11:30 am **Arthritis Swim (GAC)***
 2:00 pm Arthritis Exercise
 4:00 pm **Yoga (gentle flow)**
 5:00 pm **Zumba & Total Fit**
 6:15 pm Pickleball

TUESDAY

9:00 am **Arthritis Swim (GAC)***
 9:30 am **Zumba Gold /Total Fit**
 10:30 am **FIT⁴EVER**
 12 & 1 pm **Line Dance**
 resumes 9/5
 4:00 pm **Chair Yoga**
 5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:00 am **BIKING BUNCH**
 9:30 am **Yoga (gentle flow)**
 12 noon **Chair Chi**
 12:00 am **Arthritis Swim (GAC)***
2:15 pm Beginning TAI CHI
 5:00 pm **TOTAL FIT**
 6:15 pm Pickleball

THURSDAY

9:00 am **Arthritis Swim (GAC)***
 9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 11:45 am **Wii Bowling**
1:15 pm Beginning TAI CHI
 4:00 pm **Yoga (gentle flow)**

FRIDAY

9:30 am **Yoga (gentle flow)**
 10:30 am Healthy Aging Exercise
Begins 8/4

11:00 am Pickleball
 12:00 am **Arthritis Swim (GAC)***

SATURDAY

9:00 am **Yoga** Resumes 9/9/17
 9:30 am **Zumba/Total Fit**
 11:00 am **Arthritis Swim (GAC)***

SUNDAY

11:00 am **Arthritis Swim (GAC)***

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.

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!

TOTAL FIT[®] 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.

HEALTHY AGING EXERCISE ^{new} 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. **BEGINS IN AUGUST**

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.

BEGINNING TAI CHI Wed., 2:15 pm & Thursday, 1:15 pm \$5 drop in fee or discounted punch card available.

Doctor recommended Approved by the Arthritis Foundation. Participants should see Improvement increased Flexibility, Balance, Coordination, Range of Motion, Strength, Confidence, Lower Cholesterol along with Retards Alzheimer's and Improves Blood Flow. This is a great class and all are welcome!

CHAIR CHI Wednesday, 12 noon

\$5 drop in fee or discounted punch card available

A gentle exercise program with the benefits of the traditional Tai Chi in the comfort and safety of a chair. Benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind. Ideal for those who are less physically capable of practicing standing or moving exercises, who are in wheel chairs, or whose capacity for physical movement is limited in any way.

LINE DANCE \$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!

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.

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 Sept 14. If you are interested in Wii bowling, please contact the Loose Office.**

BIKING BUNCH 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.

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.

* **Arthritis Swim (GAC)*** - See page 16 for details

ARTSY & CRAFTY

HAPPY STAMPERS

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

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

"ANYONE CAN PAINT" Class Minimum: 6

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

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

PAINTING GROUP Mondays, 10 am, Hall A, FREE

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

SCRAPBOOKING

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

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

YARN RECYCLERS Fridays, 10 am, 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, FREE

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

WATERCOLOR CLASSES

Monday, July 31 & August 7, 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.

QUILLING

DEMO—Thursday, July 13, 2 pm\$5

What is quilling? This beautiful art is a paper-craft technique used to make coiled embellishments -- flowers, hearts, butterflies, scrolls, marquis and more -- from colorful strips of paper for card making, scrapbooking, jewelry and a variety of projects! Now you can learn the beautiful art of paper quilling step-by-step. Take some time for YOU, sign up, meet instructor Reita Newell and enjoy learning how rewarding this craft can be. This class is limited, sign up early.

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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 build on each other, so please sign up early and plan on attending all four classes.*

CARD MAKING WITH CAROLINE

Monday, July 24, 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

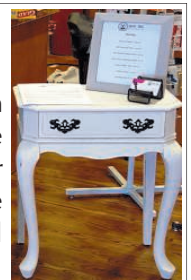
Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's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

Please donate CLEAN plastic SHOPPING bags ONLY.

CHALK FURNITURE CLASS

Wednesday, September 20, 5-8 pm, \$30

Hosted by Forever Young Furniture Paint, in this class, Lacey will teach and demonstrate the techniques in flipping furniture using her paint and wax. All of the supplies will be provided, all you need to bring is a small piece of furniture and your creativity.



CLASSES, MUSICAL OPPORTUNITIES & MORE

TECHNOLOGY

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

PLEASE PREREGISTER FOR ALL CLASSES

UPCOMING CLASSES

WINDOWS 10

Wednesday, July 5 & 12, \$20, 12:30-2:30 pm

Windows 10: It seems that the Windows folks have listened and are working on cleaning up their operating system. If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

FACEBOOK

Monday July 17, \$15, 12:30-2:30 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!

IPAD 1

Monday July 24 & 31, \$20, 12:30-2:30 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.

INDIVIDUAL COMPUTER HELP SESSION

(by appointment 30 minutes) FREE

Monday, June 26 and Monday, July 10, 1 - 4 pm

Call Loose at 735-9406 to schedule.

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.



Each day you check in, we have record of it on the "MY SENIOR CENTER" Software. We can then designate a date range to see who checked in most often. WELL, during the month of July, be sure to check in. On August 1, we will do our thing and see who it was that checked in most often and that person will be the winner of this **BEAUTIFUL CARD SHOP GIFT.**



Friday, July 28, 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, 6:30p

POOL Wednesday - Friday, 1-3:30p

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

BRIDGE Monday & Wednesday, 8a-2:30p

OPEN GAME PLAY Friday, 10a-3:30p (bring a friend)

CHICAGO BRIDGE Tuesday & Friday, 1-4p

CHESS Wednesday, 12:30p

CARDS & MORE Thursdays, 10a

DOMINOES Wednesday, 12:30p

MAH JONGG Tuesday, 3 pm , Friday 10a

PINOCHLE Monday & Wednesday, 12:30p

EUCHRE Tues. & Thurs., 12:30p, Sat., 10a



LOOSE CHORUS

RESUMES REGULAR PRACTICE
MONDAY, SEPTEMBER 11 @ 3 PM.

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). The card is good for Yoga classes, Fit4Ever, Zumba & Total Fit Classes, Tai Chi and Beginning Line Dance & Advanced Line Dance. All fees will be paid at the reception desk UNLESS the class is held after business hours, instructors will collect drop in fees. A deal and also a GREAT GIFT!

July 2017

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

<p>3</p> 	<p>4</p>	<p>5</p> <p>8:00 Bridge 9:00 Wellness Program 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 10:00 Consumer Fraud 10:00 1-On-1 Financial 10:30 Wellness Program 11:15 Art à la Carte 11:30 Lunch <i>Turkey Burger</i> 12:00 Chair Chi 12:00 Wood Carving 12:30 Windows 10 12:30 Pinochle/Dominoes/Chess 2:15 Beginning Tai Chi 5:00 Zumba/Total Fit 6:15 Pickleball 6:30 Hand & Foot</p>	<p>6</p> <p>MIMAP Counselor 9:30 Chair Yoga 10:00 AMVET Counselor 10:00 FireKeepers Casino 10:15 Zumba Gold 10:30 FIT4EVER 11:00 Wii Bowling 11:30 LUNCH @ LOOSE <i>Pulled Pork \$4</i> 12:30 Euchre 1:15 Beginning Tai Chi 4:00 Yoga 6:00 Grief Support</p>	<p>7</p> <p>MIMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch <i>Baked Cod</i> 1:00 Lapghans 1:00 Chicago Bridge</p>	<p>8</p> <p>9:30 Zumba 10:00 Euchre 10:00 Garden Meeting</p> <p>Sunday July 9 CLOSED</p> <p>Loose will be CLOSED WEEKENDS in August</p>
<p>10</p> <p>8:00 Bridge 9:00 Blood Pressure ✓ 9:00 CSFP 9:30 Zumba & Total Fit 10:00 Painting 10:15 Sleep Mat Production 11:30 LUNCH <i>Pub Burger</i> 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Computer Help 1:00 Book Club 2:00 Arthritis Exercise 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>11</p> <p>9:00 Massage 9:00 Veteran Services 9:30 Zumba Gold 9:30 Coffee Cops 10:00 Loose Threads 10:15 Farmers Market 10:30 FIT4EVER 11:30 Lunch <i>Tuna Salad</i> 12:00 NO Line Dance 12:30 Euchre 1:00 Chicago Bridge 2:15 Matter Of Balance 3:00 Mah jongg 4:00 Chair Yoga 4:30 COOKOUT \$6 5:00 Yoga 5:30 Clio Concert</p>	<p>12</p> <p>8:00 Bridge 9:00 Wellness Program 9:00 Biking Bunch 9:00 Blood Pressure ✓ 9:00 Manicures 9:30 Yoga 10:30 Wellness Program 11:00 Harvey @ Purple Rose 11:15 Art à la Carte 11:30 Lunch <i>Chicken</i> 12:00 Wood Carving 12:00 Chair Chi 12:30 Windows 10 12:30 Pinochle/Dominoes/Chess 2:15 Beginning Tai Chi 3:15 Coupon Club 5:00 Zumba/Total Fit 6:15 Pickleball 6:30 Hand & Foot</p>	<p>13</p> <p>MIMAP Counselor 8:00 Board Meeting 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 11:00 Wii Bowling Banquet 11:30 LUNCH @ LOOSE <i>Taco Salad \$4</i> 12:30 Euchre 1:15 Beginning Tai Chi 2:00 Quilling Demo 4:00 Yoga</p>	<p>14</p> <p>MIMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch <i>Philly Steak</i> 11:30 BIRTHDAY ♥ ♥CELEBRATION ♥ 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck Night</p>	<p>15</p> <p>9:30 Zumba 10:00 Euchre 10:00 Garden Meeting</p> <p>Sunday July 16 CLOSED</p> <p>Loose will be CLOSED WEEKENDS in August</p>



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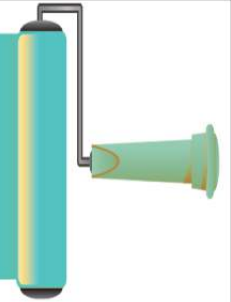
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<p>17</p> <p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Sloppy Joe</i></p> <p>12:30 Pinochle</p> <p>12:30 FaceBook</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:45 Ausable Queen</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Chicken Salad</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>1:00 Scrapbooking</p> <p>2:15 Matter Of Balance</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:30 Clio Concert</p>	<p>19</p> <p>7:00 Kewadin</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask a Lawyer</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Salisbury Steak</i></p> <p>12:00 Chair Chi</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 Craft Class</p> <p>2:15 Beginning Tai Chi</p> <p>5:00 Zumba/Total Fit</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>20</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 LUNCH @ LOOSE</p> <p><i>Mostaccioli \$4</i></p> <p>12:30 Euchre</p> <p>1:15 Beginning Tai Chi</p> <p>2:00 Beginning Quilling</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>21</p> <p>MMAP Counselor</p> <p>9:00 Hearing Doctor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Chicken</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p>	<p>22</p> <p>9:30 Zumba</p> <p>10:00 Euchre</p> <p>10:00 Garden Meeting</p> <p>Sunday July 23 closed</p> <p>Loose will be CLOSED WEEKENDS in August</p>
<p>18</p> <p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Sloppy Joe</i></p> <p>12:30 Pinochle</p> <p>12:30 FaceBook</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>25</p> <p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>Loose Closed 11:30-2 pm</p> <p>12:00 Caretel/Loose Picnic</p> <p>12:00 NO Line Dance</p> <p>12:30 NO Euchre</p> <p>1:00 NO Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>2:15 Matter Of Balance</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>5:30 Clio Concert</p>	<p>26</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Chicken Philly</i></p> <p>12:00 Chair Chi</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:15 Beginning Tai Chi</p> <p>5:00 Zumba/Total Fit</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>27</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p><i>CONY DAY \$3</i></p> <p>12:30 Euchre</p> <p>1:15 Beginning Tai Chi</p> <p>4:00 Yoga</p>	<p>28</p> <p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Mac & Cheese</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre</p> <p>Tournament</p>	<p>29</p> <p>9:30 Zumba</p> <p>10:00 Euchre</p> <p>10:00 Garden Meeting</p> <p>Sunday July 30 closed</p> <p>Loose will be CLOSED WEEKENDS in August</p>
<p>24</p> <p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:30 Blood Pressure ✓</p> <p>11:30 LUNCH <i>Chicken Wings</i></p> <p>12:30 IPAD 1</p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>31</p> <p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:30 LUNCH <i>Ravioli</i></p> <p>12:30 Pinochle</p> <p>12:30 IPAD 1</p> <p>1:00 Water Color Class</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>30</p> <p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:30 Lunch <i>Chicken Wings</i></p> <p>12:30 Pinochle</p> <p>12:30 IPAD 1</p> <p>1:00 Water Color Class</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>31</p> <p>MMAP Counselor</p> <p>9:00 Hearing Doctor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Mac & Cheese</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre</p> <p>Tournament</p>	<p>31</p> <p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p><i>CONY DAY \$3</i></p> <p>12:30 Euchre</p> <p>1:15 Beginning Tai Chi</p> <p>4:00 Yoga</p>	<p>31</p> <p>MMAP Counselor</p> <p>9:00 Hearing Doctor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Chicken</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p>
<div style="text-align: center;">  <p>Thursday</p> <p>Lunch @ LOOSE</p>  </div> <div style="text-align: center; margin-top: 20px;"> <p>BOARD OF DIRECTORS</p> <p>Ken Wensel, <i>President</i></p> <p>Frank Lukowski, <i>VP</i></p> <p>Alberta Martin, <i>Secretary</i></p> <p>Vince Eible Jr., <i>Treasurer</i></p> <p>Ray Culbert</p> <p>Ann Deemer</p> <p>Roby Deese</p> <p>Richard Laing</p> <p>Charlie Ross</p> <p>Les Scott</p> <p>David Kincaid</p> <p>Pat Lockwood</p> </div> <div style="text-align: center; margin-top: 20px;"> <p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Cheryl Rex, <i>Clerk</i></p> <p>Brittany Hancock <i>Administrative Assistant</i></p> <p>Kathy Metvier <i>Dotti Tynes</i></p> <p>Receptionist</p> <p>Randy & Deb Green <i>Maintenance</i></p> </div> <div style="text-align: center; margin-top: 20px;"> <p><i>Feel free to park at Loose.</i></p> <p>The shuttle to Caretel begins at 11:30 am.</p> </div>					

HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, July 5, 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.



BREAKING THE RETURN OF THE HOSPITAL CYCLE

Tuesday, August 15, 2 pm

Join a long list of professional experts and gain solid insight in what it means to minimize the risk of re-hospitalization through maintaining an active social life, maintaining an active physical presence, the importance of nutrition, the roll of your Primary Care Physician's roll and much more. Whether you have been in the hospital or not, this information is important and beneficial to all who are working to stay healthy. Sponsored by Caretel Inns of Linden. Refreshments will be serve. Please call Loose to register for this event.



CREATING CONFIDENT CAREGIVERS

A program for family members caring for a loved one with dementia and/or memory loss.

Wednesdays, August 9-September 13, 1-3 pm, \$10 book fee

2 hour session once a week for six weeks

CREATING CONFIDENT CAREGIVERS utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Care for your family member with memory loss can be provided free of charge so you may attend the sessions. *Ask for details when you register.*



For further information or to register for the class contact:

The Alzheimer's Association Helpline (800) 272-3900

UNDERSTANDING MEDICARE CHOICES

Original Medicare, Medicare Advantage, & Medicare Supplement

Monday, August 7, 12 noon

If you are confused about the differences between Original Medicare, Medicare Advantage plans, and Medicare Supplement (Medigap) plans, you are not alone. Join us for an informative presentation by our MMAP counselors, Ann Walker and Dolores Coulter, for answers to your questions about Medicare plan choices.

LEARN ABOUT ALL MEDICARE PLANS

Wednesday, August 9, 10:30 am

Which plan is best for you. This open forum, lead by Jeremy Harrison from 818 inc, located in Hartland will be highlighting topics such as



- Medigap vs Advantage - Which is Better
- Avoiding the most common mistakes when choosing a plan
- How to know which Insurance Carrier to choose
- How to know if your doctor will take your Plan

This is a great follow up to the Understanding Medicare Choices presented on Monday, August 7 by our own MMAP Representatives. Go to both, ask questions and arm yourself with good information.



Let's Be Healthy Together!



Look for more information in the August Newsletter. This event will be held at Loose on Wednesday, September 27.

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, July 25, (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

1st 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

2nd Monday of each month, 9 am

Sponsored by WellBridge of Fenton

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

Sponsored by Fenton HealthCare Center



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday

6:00 pm - 7:30 pm, Loose Sunroom

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

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

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

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

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



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.

TOPS (*Take Off Pounds Sensibly*)

Mondays, 6:00 pm 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

ARTHRITIS AQUATICS (*swim*)

Genesys Athletic Club (GAC) has teamed up with The Arthritis Foundation to provide a class for people with arthritis. Held in the GAC warm water Therapy Pool, this class is for anyone looking for gentle exercise. Participants experience increased joint flexibility, range of motion, muscle strength and stamina. Non GAC members can purchase a package of 12 classes for \$55. We are happy to partner with Genesys and share this info with our Loose membership as another opportunity to enhance life.

Currently classes are offered as follows

Sun. 1-2 pm Mon. 11:30 am or 7pm, Tues. & Thur., 9 am Wed. 12:00 pm or 7 pm, Fri. 12:00 pm & Sat. 11 am

Call 810-606-7817 for more information

MEMBER PRIVILEGES & FUNDRAISING

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.

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 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.

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.



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

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.

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."

TRIPS

TRIPS @ A GLANCE

July 6	FireKeepers Casino	\$32
July 11	Farmers Market	\$2
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
August 7	FireKeepers Casino	\$32
August 16	Put-In-Bay	\$142
August 23	Soaring Eagle	\$32
August 29	Huron Lady	\$79
September 3-4	Mackinaw Bridge Walk	\$244
September 6-16	National Parks & Canyon Country	\$2,899
September 7	Greektown Casino	\$30
September 10	Meadow Brook Theater	\$96
September 14	Tigers vs Chicago White Sox	\$70
Sept. 18, 11 am	TRAVEL SHOW Balloon Show & South Pacific	
September 26	FireKeepers Casino	\$32
October 4	Genesee Belle Lunch Cruise	\$23
October 17-18	Little River Casino	\$130
October 25	Caesar Windsor	\$22
Oct. 28-Nov. 2	Southern Charm Fall Tour	\$1,299
November 6	Soaring Eagle & Wayne Newton Show	\$34
November 4-12	Costa Rica	\$2,649
November 19-20	Niagara Falls Festival of Lights	\$279
November 29	FireKeepers Casino	\$34
December 2-3	Chicago Style Christmas	\$334
December 7-10	A Capitol Christmas	\$999
December 18	Caesar Windsor	\$22
Feb. 3-9, 2018	Iceland (price if booked before 8/14)	\$3,299
Oct. 4-9, 2018	Albuquerque Balloon Fiesta	\$2,679
10/23 -11/6/18	South Pacific Wonders (early discount)	\$6,899

Detailed flyers are available at the Loose Center.

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

GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 4, 2017

\$18.50 includes, cruise & lunch (no transportation)

\$23 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 9/20/17.



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.



TUESDAY, AUGUST 22

\$4.50 (for those requesting transportation)

Depart Loose, 8:15 am, Return, 3 pm

Located at 6130 E. Mt. Morris Rd.

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

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

2017 CLIO AMPHITHEATER CONCERTS

Purchase your tickets for \$6, upon arrival, at the gate

Gate open at 6:00pm, shows start at 7:00pm

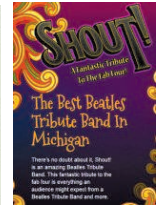
Catch a ride at Loose for \$5 (limited availability)

Leave Loose at 5:30 pm

- | | |
|----------------|---------------------------------------|
| Tues., July 11 | Bob Seger Tribute |
| Tues., July 18 | Persuasion - Motown Revue |
| Tues., July 25 | SHOUT! Beatles Tribute |
| Tues., Aug 1 | Magic Bus – Tribute to Woodstock Era |
| Tues., Aug 8 | The Rock Show – a Tribute to the 80's |
| Tues., Aug 15 | Boogie Dynamite Disco Tribute |



Magic Bus



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)

July 5 Behind the Scenes with Penn & Teller

July 12 Behind the Scenes with Penn & Teller

July 19 Behind the Scenes with Penn & Teller

July 26 Behind the Scenes with Penn & Teller

Hosted by magicians Penn and Teller, these award-winning series goes behind the scenes to discover the creative process with renowned artists.

Visit Loose online @ www.loosecenter.org

AND MORE TRIPS

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

Thursday, September 14, 2017

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 23-27,
Seats, 10-21

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

Huron Lady II

\$79 per person

Tuesday, August 29

Depart: 8:45am, Return: 6:45 pm

Tour Includes Transportation, Round trip,
Lunch at the Voyageur choice of Baked
Chicken or Baked Cod, Huron Lady II Cruise from Port Huron,
A stop at Sweet Tooth of Marine City (\$2 gift cert included)



Mackinac BRIDGE WALK (walking optional)

Sunday, Sept. 3-4, 2017, \$244pp/double occupancy

Departs: Pick up at Kmart, Silver Pkwy

Tour Round Trip Motorcoach Transportation:



PLUS: 1 night stay at Holiday Inn Express in Sault Ste. Marie, MI, one breakfast and one lunch at the Sault Ste. Marie Country Club. Featuring: Shopping time downtown Mackinaw, Mackinaw Bridge Walk, Soo Locks Viewing Platform

HARVEY @ 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".



AUSABLE RIVER QUEEN

Tuesday, July 18, 8:45 am-8:30 pm, \$100

Includes... Round Trip Motorcoach Transportation,
Shopping in Pinconning at Wilson's Cheese Shoppe,



Lunch overlooking Tawas Bay and a 2 hour cruise on the Ausable River aboard the River Queen double-decker authentic paddle wheel.

PUT-IN-BAY August 16, 2017, \$142

DEPARTS 6:15 AM RETURN 8:15 PM INCLUDES
TRANSPORTATION, ISLAND TOUR, PERRY
INTERNATIONAL PEACE MEMORIAL, LUNCH AT
MOSSBAK'S ISLAND BAR & GRILL, HEINEMAN
WINERY, BUTTERFLY HOUSE & FREE TIME.

Sunday, September 10, \$96 PP

Departs Kmart @ 9:15a, Returns 6:45p

Includes: Round Trip Motorcoach
Transportation, Loccino Italian Grill Lunch,
Meadow Brook Theater, 2 pm Show

An exciting new musical set in a New York City nightclub when places like the Copacabana, The Latin Quarter and El Morocco were filled with socialites and glamorous showgirls. It's the early 1960s and Johnny, the owner of Johnny Manhattan's has invited his closest friends to a private party for a surprise announcement. Unexpected surprises abound as relationships clash and secrets are revealed. Don't miss this preview at Meadow Brook for the first time prior to opening on Broadway! World Premiere .



Little River
CASINO RESORT



Soaring
Eagle

October 17-18, 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.

Iceland's Magical Northern Lights

February 3-8, 2018 • 7Days • 10 Meals,
\$3,299pp double (if purchased by 8/4/2017)

Highlights: Reykjavik, Northern Lights Cruise, Golden circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfoss, Vik, Eyjafjallajokull Volcano Visitor Center, Skogar Museum, Skogafoss Jokulsarlon Glacial Lagoon, Skaftafell National Park, Vatnajokull Glacier, Blue Lagoon

Experience It! The Northern Lights.

Loose the perfect place for 50+
707 N. Bridge St.
Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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Permit No. 6



Caretel Loose PICNIC

12 noon - 2 pm
Tuesday, July 25

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
- ◆ CK105 remote live broadcast from CARETEL



MANY THANKS TO OUR SPONSORS

