

FEBRUARY 2018

the perfect place for 50+

LOOSE



*"Each friend represents a world in us,
a world possibly not born until they arrive,
and it is only by this meeting that a new world is born."*

— Anais Nin



From the Director

Dear Friends,

FRIENDSHIP -The world would be so lonely, in sunny hours of gray, without the gift of friendship, to help us on the way.

This is a quote that I learned from my mother early in my life. She explained to me that I would meet many people and to recognize those who share in my ideas and have my best interest in mind.

When I was young my friends were many. I had family who helped me develop and guide me through right and wrong. They loved who I was and what I could be. They were that voice in my head who kept me out of trouble. My schoolmates and friends were people, who together I learned in the classroom and played on the athletic field, that added excitement to my developing world.

As time went by my friends began to play a bigger role in my life and their impact help design and create who I am. I have had friends that I coached with, worked with and enjoyed life's gifts with. I have had the opportunity to make a difference in our community and people's lives. These friendships opened doors that made all of my opportunities possible.

My wife is my best friend, the friend who I have known since I was eight and have been married to for 48 years. She is the person who listens to my joys and concerns. She is always there to help and encourage my every endeavor, no matter how big or small. She supports my successes and understands my failures. Together we have raised two wonderful children and now have the joys of two grandchildren. Through our relationship our friendship has grown between us and the people who were part of our journey. We have brought together families, acquaintances, and true friends who have shared the love, joy and happiness that we have.

I sometimes have to take a step back and realize how lucky I am. My life was and is filled with friends who made my wonderful world what it is today. I always had friends who were there for me in the good times and bad. They shared the excitement of success and the bitterness of defeat. They were there to celebrate my marriage and the birth of my children. They were there for the sorrow and loss of friends and loved ones. Friends are people that I enjoy sharing my world with every day of my life.

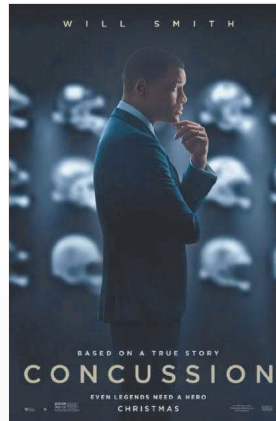
So I ask you to take time to reflect on the friends that you have known and have in your life today. Realize the part they played in who you are and the impact they had on your world. Remember what your life would have been like if they had never been.

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born." Anais Nin

All is well.

Carl Gabrielson

Loose Executive Director



MOVIE NIGHT Tuesday, February 6, 7 pm MOVIE DAY Wed., February 7, 12 noon


Will Smith stars in *Concussion*, a dramatic thriller based on the incredible true David vs. Goliath story of American immigrant Dr. Bennet Omalu, the brilliant forensic neuropathologist who made the first discovery of CTE, a football-related brain trauma, in a pro player and fought for the truth to be known. Omalu's emotional quest puts him at dangerous odds with one of the most powerful institutions in the world.

While conducting an autopsy on former NFL football player Mike Webster (David Morse), forensic pathologist Dr. Bennet Omalu (Will Smith) discovers neurological deterioration that is similar to Alzheimer's disease. Omalu names the disorder chronic traumatic encephalopathy and publishes his findings in a medical journal. As other athletes face the same diagnosis, the crusading doctor embarks on a mission to raise public awareness about the dangers of football-related head trauma.

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

Refreshments will be served!

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



Genesee County Board of Commissioners
1101 BEACH STREET, ROOM 312 FLINT, MICHIGAN 48502
TELEPHONE: (810) 257-3020
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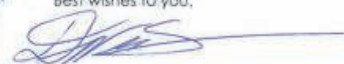
Friends,

Because of residents like you, the Genesee County Board of Commissioners are able to partner with local communities to provide senior services like those that happen daily at Loose Senior Center. These vital programs are funded, in part, by your Genesee County Senior Millage.

Our Office of Senior Services coordinates those tax dollars to fund programming that seniors have told us is important to them. Seniors today bring different expectations to aging than generations before. The Genesee County Board of Commissioners is pleased to be able to work towards meeting those expectations for our community.

Whether it is funding home delivered meals, the Elder Abuse program within the Sheriff's Department or funding for the 15 senior centers that are in every part of Genesee County, the Genesee County Senior Millage is there to work for you. Make sure you take advantage of the many programs that are funded through your millage.

Best wishes to you,



Commissioner Drew Shapiro
6th District

WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

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

February Happenings



Wednesday, February 7, 2018

Pick up at Loose @ 11:45 am
Return Approximately 2:30 pm
Transportation Provided
Lunch on your own.

Lunch @
Weekdays
Restaurant

What a great chance for us to enjoy lunch together and SUPPORT the students at the Genesee Career Institute. A short tour will be part of the package deal. Learn of the wonderful services provided and available (Shear Style Salon and the Floral Arrangements opportunity) for a fraction of the cost. **Sign up today** (*space is limited*)

NEED HELP PAYING MEDICARE PREMIUMS, CO-PAYS, DEDUCTIBLES?

Monday, February 5, 12 noon

Mark your calendar and join us, to learn about programs that can help people with Medicare manage the ever-increasing out of pocket costs for premiums, deductibles, co-pays. Our MMAP counselors, Ann Walker and Dolores Coulter, will explain the benefits available from public and private programs, including the Medicare Savings program (for help with Medicare co-pays, deductibles, and the Part B premium), Extra Help (for help with prescription drug premiums and co-pays) and the Michigan Medigap Subsidy program (for help with Medigap premiums), and the eligibility rules that apply to these programs.



TEA & TALK: SELF-CARE FOR CAREGIVERS

Wednesday February 21, 2018, 1:30- 3:00 pm

JOIN US FOR
Snacks & Tea
Exercise



Register for a free 10-minute massage (*hand or neck*)

Caregiving resources Information on taking care of yourself to better care for your loved one

It's an all about YOU time.

Take the time and join us.

To register for this event contact Loose

This event is limited to 10 participants.

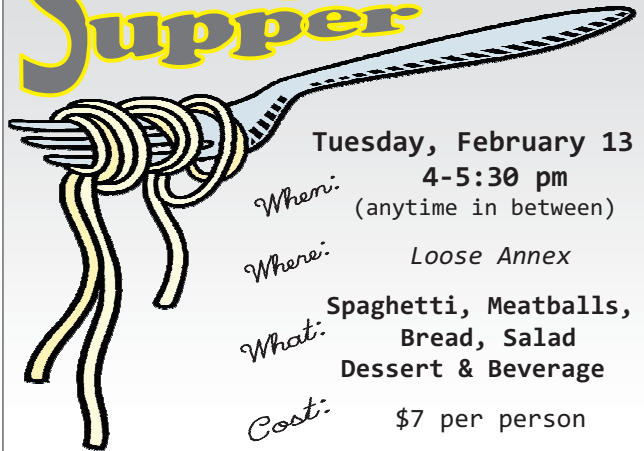
Please register early

sponsored by:



Massage Therapist Brianna Severn from Lapeer with Katie's Spa.

Spaghetti Supper



Tuesday, February 13

4-5:30 pm

(anytime in between)

Where:

Loose Annex

Where:

What: Spaghetti, Meatballs,
Bread, Salad
Dessert & Beverage

Cost:

\$7 per person

At 6 pm, join us in our BIG HALL for a special guest speaker, Ric Mixer who will be speaking on **Cutter Rescues of the Great Lakes**. Ric's history is rich in the news field, working at WJRT TV 12, WNEM TV 5, WLUC TV6 to name a few. Currently he works at Airworthy Productions.

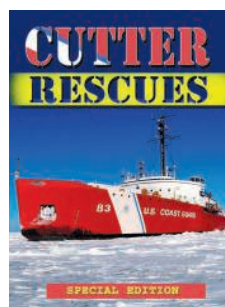
CUTTER RESCUES

on the GREAT LAKES

Tuesday, February 13, 6 pm

Following the Spaghetti Dinner

Cutter Rescues chronicles the amazing history of four Great Lakes Coast Guard cutters; *Mackinaw, Sundew, Hollyhock* and *Escanaba*. The program



profiles seven rescues that saved over 200 lives from 1934 until 1966, and also features the tragic irony of the loss of the *Escanaba*, which was built in Bay City, Michigan and lost after a mysterious explosion near Greenland. Rare footage and interviews from 4 survivors and 7 crewmembers make this a unique salute to the men and women who protect lives on our inland seas. Hosted by Ric Mixer of Airworthy Productions.

DRUM CIRCLE - 2nd Saturday of each month at 11:30 am

Drumming promotes well-being for both mind and body. Drumming enhances socialization and interaction as well as fuels the creative spirit! Drumming has been proven to help with memory and thinking skills. It is a great way to express yourself in a non-verbal rhythmic manner. **FREE**

ALL ARE WELCOME!

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.

Congregate lunch at Loose

Monday, Wednesday & Friday, 11:30 am, Annex
REQUESTED donation for those 60 and over: \$2

Ages 59 and under or those living outside Genesee Co.: \$3.50
GCCARD provides daily congregare 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.

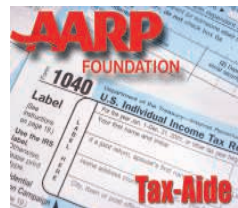
Coffee COPS and Conversation

Tuesday, Feb. 9, 9:30-10:30 am
Coffee, COPS & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



FREE TAX FORM PREPARATION!

AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 50 and older. Preparation is by certified AARP Foundation Tax Aides.



This service is available on Fridays from 2/2-4/13 (by appointment ONLY).

Please call the Loose Center at 810.735.9406 to schedule an appointment.

NOTICE



For your protection
all activities at LOOSE
are recorded by
**VIDEO
SURVEILLANCE**

LUNCH @ LOOSE (Thursdays)

February

Volunteers & Staff prepare lunch & serve @ 11:30 am
They are DEELICIOUS and the best deal in town!

Grab a friend, Be sure to give us a call so we will put you on the list.

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

- February 1 Mostaccioli, Salad, Garlic Bread, \$4
- February 8 Hot Beef Sandwich's, Mashed Potatoes, Veggie, \$5
- February 15 Mystery Lunch, \$3

Provided by CARETEL INNS of LINDEN

- February 22 Coney Day, Flint & Detroit, \$3

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



Beginning in January 2018

- February 6 Chicken Tortilla, Cheese Quesadilla, \$3
- February 13 Chicken Noodle, BLT Slider, \$3
- February 20 Clam Chowder, Roll, \$3
- February 27 Hamburger Soup, Baguette, \$3

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

SPECIAL LUNCH

Monday, Feb. 12, 11:30 am, \$4

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



Tuesday, March 20, 5 pm, \$12

ENJOY A TRADITIONAL,
CORN BEEF DINNER INCLUDING:

Corn beef, cabbage, potatoes,
carrots along with chicken,
mac & cheese,
salad, rolls, dessert & beverage.

ENTERTAINMENT "TBD"
SIGN UP TODAY!

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/Drums Alive® 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.

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

Wii BOWLING Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. **The next 8 week league begins on March 8. 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!

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

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.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

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

TUESDAY

8:00 am Mile @ a Time
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)**
9:30 am **Chair Chi NEW TIME**
6:15 pm Pickleball

THURSDAY

8:00 am Mile @ a Time
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**
11:30 am **DRUM CIRCLE**
(2nd Sat. only) **FREE!**

SUNDAY

2:00 pm Pickleball

A MILE AT A TIME Are you ready to adjust your step goal and work toward adding miles to your day? Loose is a safe friendly place to give it a try. Come in, walk, and when you are done, enjoy a cup of coffee. *Canceled 2nd Thursday of each month*

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.

CHAIR CHI \$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 or whose capacity for physical movement is limited in any way..

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 will resume in the spring.

BIKING BUNCH Will resume in the spring.

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.

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.

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

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

WATERCOLOR CLASSES

Mon., Feb. 26 & March 5, 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, February 26, 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

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.

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!



CLASSES, MUSICAL OPPORTUNITIES & MORE



LOOSE CHORUS

Mondays, 3 pm

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



TECHNOLOGY

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

PLEASE PREREGISTER FOR ALL CLASSES

UPCOMING CLASSES

IPAD 1 Wednesday, February 14 & 21, 4-6 pm, \$20,

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.

IPAD 2 Wednesday, February 28, & March 7, 4-6 pm, \$20,

For those who have completed iPad 1, take things a step further and begin to dive deeper, understanding settings and the importance of making them work for you. Learn iPad tricks and learn how to maximize this amazing piece of technology to fit you and your needs.

SMARTPHONE PHOTOS Wed., March 14, 4-6 pm, \$15

So you have learned to take pictures with your new smart phone, now what? Your photo album that sits on the coffee table could use updating and the photos are on your phone, now what? Take the time and learn what to do next and how to get those photos in your hands.

FACEBOOK Wednesday, March 28 4-6 pm, \$15

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

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



Friday, February 23, 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, 1p-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*)

CANASTA Friday, 1 p

CHICAGO BRIDGE Tuesday, 1p & Friday, 11a

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-1p

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.

February 2018

OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

EMAIL

lscce@loosecenter.org

WEBSITE

www.loosecenter.org

PHONE

810.755.9406

FAX

810.755.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

SAVE THE DATE

FLU SHOT (and more) CLINIC



Thursday, February 1, 9 am - 1 pm

GET VACCINATED!

Even healthy people can get the flu. Protect yourself and your loved ones. Get vaccinated! Flu, Tdap, Hepatitis A, Shingles and Pneumonia vaccinations will be available at all the clinic.

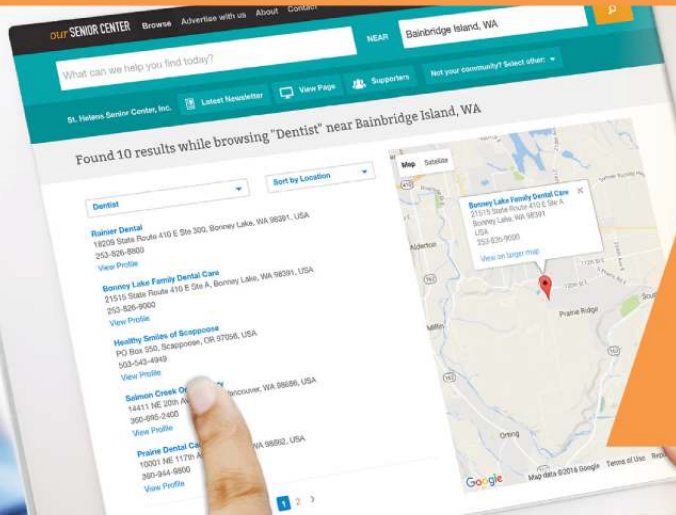


Un-insured and under-insured individuals are encouraged to participate.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY							
<p>Relationship Board</p> <p>A New Year A New Idea</p> <p>Join us by posting a picture of you and someone you have or had a special relationship with. It can be serious, it can be funny. It can just be a picture or you can attach a brief story. It will be fun to check it out and get to know each other, just a little bit better.</p>	<p>SAVE THE DATE</p> <p>FLU SHOT (and more) CLINIC</p> <p>Thursday, February 1, 9 am - 1 pm</p> <p>GET VACCINATED!</p> <p>Even healthy people can get the flu. Protect yourself and your loved ones. Get vaccinated! Flu, Tdap, Hepatitis A, Shingles and Pneumonia vaccinations will be available at all the clinic.</p> <p>Un-insured and under-insured individuals are encouraged to participate.</p>	<p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Chair Chi</p> <p>10:00 Consumer Fraud</p> <p>10:00 1-On-1 Financial</p> <p>11:00 Art à la Carte</p> <p>11:30 Lunch Turkey</p> <p>11:45 Weekdays Restaurant</p> <p>12:00 Movie Day</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 Grief Support</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>8:00 Mile @ A Time</p> <p>9:30 Massage</p> <p>10:15 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 SOUP @ LOOSE</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 Movie Night</p>	<p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Hot Beef Sand. \$4</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p>	<p>8:00 Bridge</p> <p>9:00 Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 LUNCH Chicken</p> <p>12:00 Medicare Premiums</p> <p>12:30 Pinochle</p> <p>1:00 Watercolor</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Loose Chorus</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>1 MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:30 Lunch Mac & Cheese</p> <p>11:30 Pickleball</p> <p>1:00 Canasta</p> <p>1:00 Lapghans</p>	<p>1 MMAP Counselor</p> <p>Mile @ A Time</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Mostaccioli, \$4</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>1:00 FLU SHOTS</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>2 MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:30 Lunch Mac & Cheese</p> <p>11:30 Pickleball</p> <p>1:00 Canasta</p> <p>1:00 Lapghans</p>	<p>3</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Iceland Trip</p> <p>Sunday, February 4</p> <p>10:00 Honky Tonk Angels</p> <p>2:00 Pickleball</p>	<p>8 MMAP Counselor</p> <p>Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>Hot Beef Sand. \$4</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p>	<p>9 MMAP Counselor</p> <p>Income Tax (by Appt.)</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>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:30 Lunch Stuffed Peppers</p> <p>11:30 Pickleball</p> <p>1:00 Lapghans</p> <p>1:00 Canasta</p> <p>5:00 Potluck</p>	<p>10</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>11:30 Drum Circle</p> <p>Sunday, February 11</p> <p>2:00 NO Pickleball</p>

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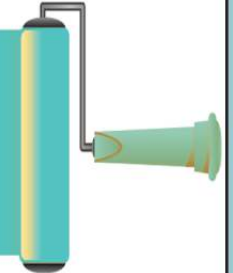
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<p>12</p> <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:30 Total Fit</p> <p>10:00 FireKeepers Casino</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 PIZZA LUNCH</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Loose Chorus</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>13</p> <p>8:00 Mile @ A Time</p> <p>8:00 Veteran Services</p> <p>9:00 Massage</p> <p>9:30 Coffee & Cops</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 SOUP @ LOOSE</p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 NO Mah jongg</p> <p>4:00 NO Chair Yoga</p> <p>5:00 NO Yoga</p> <p>4-5:30 Spaghetti Supper</p> <p>6:00 Ric Mixer, Cutter Rescues</p>	<p>14</p> <p>8:00 Bridge</p> <p>9:00 Blood Pressure ✓</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Chair Chi</p> <p>10:30 Functional Fitness</p> <p>11:00 Art à la Carte</p> <p>11:30 Lunch Chicken</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 IPAD 1</p> <p>3:15 Coupon Club</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>15</p> <p>MMAP Counselor</p> <p>8:00 Mile @ A Time</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 LUNCH @ LOOSE</p> <p>Mystery Lunch, \$3</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>16</p> <p>MMAP Counselor</p> <p>Income Tax (by Appt.)</p> <p>8:15 Lifelong Learning</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:30 Lunch Alaska Pollock</p> <p>11:30 Pickleball</p> <p>1:00 Lapghans</p> <p>1:00 Canasta</p>	<p>17</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday, February 18</p> <p>2:00 Pickleball</p>
<p>19</p> <p>LOOSE CLOSED IN RECOGNITION DAY.</p> <div style="text-align: center;">  <p>President's DAY</p> </div> <p>The Senior Winter Games Pickleball Tournament will be held at Loose.</p> <p>The Loose Office is closed and all activities are canceled.</p>	<p>20</p> <p>8:00 Mile @ A Time</p> <p>9:00 Massage</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 SOUP @ LOOSE</p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>21</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Chair Chi</p> <p>10:00 Legal Advice</p> <p>11:00 Art à la Carte</p> <p>11:30 Lunch Polish Sausage</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>1:30 Tea & Talk</p> <p>2:30 Grief Support</p> <p>4:00 IPAD 1</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>22</p> <p>MMAP Counselor</p> <p>8:00 Mile @ A Time</p> <p>9:00 Daniel O'Donnell</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH @ LOOSE</p> <p>CONEY DAY, \$3</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive@</p> <p>12:30 Euchre</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p>	<p>23</p> <p>MMAP Counselor</p> <p>Income Tax (by Appt.)</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>10:30 Healthy Exercise</p> <p>11:00 Chicago Bridge</p> <p>11:30 Lunch Veg. Lasagna</p> <p>11:30 Pickleball</p> <p>1:00 Lapghans</p> <p>1:00 Canasta</p> <p>5:00 Euchre Tournament</p> <p>7:00 Second City</p>	<p>24</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday, February 25</p> <p>2:00 Pickleball</p>
<p>26</p> <p>8:00 Bridge</p> <p>9:30 Total Fit</p> <p>10:15 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch Ravioli</p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>1:00 Watercolor</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Loose Chorus</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>27</p> <p>8:00 Mile @ A Time</p> <p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 SOUP @ LOOSE</p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>28</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Project Linus</p> <p>9:30 Yoga</p> <p>9:30 Chair Chi</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Chicken</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 IPAD 2</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>28</p> <div style="text-align: center;">  </div> <p>REMINDER, Loose is NON SMOKING, both facility and grounds. Smoking in vehicles is acceptable.</p>	<p>LOOSE STAFF</p> <p>Carl Gabrielson Executive Director</p> <p>Melinda Elmore-Hajek Program Director</p> <p>Debbie Hancock Business Manager</p> <p>Cheryl Rex, Clerk</p> <p>Brittany Hancock Administrative Assistant</p> <p>Kathy Metivier</p> <p>Doti Tynes Receptionist</p> <p>Randy & Deb Green Maintenance</p>	<p>BOARD OF DIRECTORS</p> <p>Ken Wensel, President</p> <p>Frank Lukowski, VP</p> <p>Ann Deemer, Secretary</p> <p>Vince Eible Jr., Treasurer</p> <p>Ray Culbert</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> <p>Alberta Martin, Emeritus</p>

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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.

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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



GENESYS Health Series

FUNCTIONAL FITNESS

Wednesday, February 14, 10:30

Presenter-Michelle Meinhart, Certified Personal Trainer

Staying active and maintaining flexibility as we age takes effort, but doesn't have to be grueling. Certified Personal Trainers at Genesys Athletic Club are passionate about helping you recognize potential aids in everyday life to promote movement. Learn practical tips on how to improve flexibility and increase movement while continuing to do the things you love!



Your Retirement Reality

Wednesday, March 21, 10 am

"Don't Be Sold, Be Informed"

Join Chad Day from "The Annuity Guru", located in Lake Orion, for an educational talk and chat session on the topic of Retirement Reality. Chad's approach is to provide a resource and/or sounding board that can be trusted, an unbiased education on insurance/investments.

Topics of this session are:

- Principle Protection
- Guaranteed Income for Life
- Reducing or eliminating taxes on Social Security income
- Reducing premiums on Medicare
- Inflation Protection
- Less or no fees
- Tax Deferral
- Access to Cash
- Avoidance of Probate
- More Opportunity than Bank CD's
- Much more.....

Sign up today

PROUDLY PRESENTED BY



Join Loose at the EXPO, sign up for some cook prizes, say hi to the staff, visit all the wonderful exhibits, meet up with friends. It's a great weekend.

COMMUNITY EXPO

Saturday, March 3
10 am - 5 pm

Sunday, March 4
11am - 4 pm

Fenton High School

MEDICARE AND LONG TERM CARE

Monday, March 5, 12 noon

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

Review us on facebook.



HEALTH SERVICES & TRANSPORTATION

MASSAGE

By appointment each Tuesday!

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

Keep Calm & Book a Massage

PODIATRIST

Tuesday, January 30, (by appointment)

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

MANICURES

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

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



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

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

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

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

Visit Loose online @ www.loosecenter.org

BLOOD PRESSURE CHECK

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

Sponsored by Fenton HealthCare Center



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Wednesday

2:30 pm - 4:00 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.

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.

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

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.

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 and Southern Lakes Parks and Recreation Millage Funds. YOUR TAX DOLLARS ARE AT WORK."

TRIPS @ A GLANCE

February 3-9,	Iceland	\$3,299
February 4	Honky Tonk Angels (<i>full</i>)	\$75
February 12	FireKeepers Casino	\$32
February 19-27	The Deep South	\$1,799
February 22	Daniel O Donnell (<i>full</i>)	\$125
February 23	Second City Comedy	\$41
March 3-9	Arizona, Sedona & Tucson	\$2,499
March 9	Opus Cactus	\$46
March 11	Rain: A Tribute To The Beatles	\$59
March 12	Soaring Eagle	\$34
	<i>Rhythm in the Night Irish Dance Spectacular</i>	
March 14	Great Lakes Crossing & SEALIFE of MI	\$21
March 22	Cabaret	\$59
March 28	Greektown Casino	\$30
April 10	Genitti's	\$93
April 10-11	Little River Casino	\$130
April 13	Mike Super	\$36
April 17-20	Lancaster PA	\$699
April 29-May 2	Springtime in the Smokies	\$730
May 6-13	Great Canadian Cities	\$1,999
May 10-21	Discovering Poland	\$3,599
May 14	Soaring Eagle, <i>Lee Greenwood</i>	\$34
May 20	Detroit Symphony Orchestra <i>Featuring "Doo Wop Project"</i>	\$114
June 7-9	Lilac Festival	\$570
June 12	Historic Marshall	\$90
June 24-25	Grand Rapids	\$354
June 29-July 1	National Cherry Festival	\$530
July 18-26	Nova Scotia	\$3,299
July 31	Quilt Garden Tour	\$90
August 17-26	South Dakota's National Parks	\$1,849
Sept. 16-22	Hudson River Valley	\$1,699
Oct. 4-9, 2018	Albuquerque Balloon Fiesta	\$2,679
November 5	Soaring Eagle, <i>Ronnie Milsap</i>	\$34
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.

MCC CONTINUING EDUCATION

(Fridays @ Applewood)

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

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

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

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

February 16, Gregory Miller – The 1937 Flint Sit-Down Strike
The 1937 UAW Sit-Down Strike was a milestone not only for the United Auto Workers (UAW), but also a key point in the history of the City of Flint. This presentation will explore the social, economic and cultural changes, and also the consequences this event precipitated.

March 16, Len Thomas–Durand Train Wrecks: The Hagenbeck-Wallace Circus Train Disaster & The Knights Templar Disaster

SeaLife of Michigan
Wednesday, March 14, \$21
includes, transportation & admission into Sea Life of Michigan, plus time to shop & enjoy lunch.

Transportation will be provided by MTA (bus)

Pick up at Loose @ 9:30 am,

Leave Great Lakes @ 2:30 pm

Return to Loose approx. 3:30 pm

2017/18 Whiting Opportunities

*All prices include transportation, if you choose to NOT use transportation; \$5 will be deducted from the final cost
Van leaves Loose one hour prior to SHOW TIME*

THE SECOND CITY COMEDY Fri., Feb. 23 @ 8pm, \$41

The Second City opened its doors on a snowy Chicago night in December of 1959. No one could have guessed that this small cabaret theatre would become the most influential and prolific comedy theatre in the world.

OPUS CACTUS Fri., Mar. 9 @ 8pm, \$46

After a ten-year rest period, Opus Cactus is back again with a new look, fresh energy, and fun surprises! Opus Cactus brings the landscape of the American Southwest to life with MOMIX's signature illusionistic style creating dynamic images of cactuses, slithering lizards and fire dancers. Originally created as a 20-minute piece in 2001 for the Ballet Arizona, Opus Cactus was then brought back into the MOMIX retort and a full-evening work was created..

RAIN: A TRIBUTE TO THE BEATLES Sun., Mar. 11 @ 3pm, \$59

This mind blowing performance takes you back in time with the legendary foursome delivering a note-for-note theatrical event that is the next best thing to seeing the Beatles.

CABARET Thur., Mar. 22 @ 8pm, \$59 **SOLD OUT!**

MIKE SUPER Fri., Apr. 13 @ 8pm, \$36

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 11:00 am. Cost: \$4.50 (transportation)

February 7	Through a Lens Darkly
February 14	The Call of the Jitterbug
February 21	The Life & Art of William James Johnson
February 28	Independent Lens: <i>More than a Month</i>

AND MORE TRIPS

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

ARIZONA Sedona & Tucson

March 3-9, 2018

6 Nights • 11 Meals, \$2,499 pp Double

Highlights: Round trip air and Motorcoach, San Xavier Mission, Pima Air & Space Museum, Kartchner Caverns, Sabino Canyon Trolley, Pinnacle Peak & Trail Dust Town, Biosphere 2, Vede Canyon rail Journey, Sedona Trolley Tour, Luggage & Handing, tax & tips on included meals and more.

GENITTI'S

HOLE IN THE WALL

Tuesday, April 10, 2018 Departs 9 am - 4:30 pm, \$93

INCLUDES

- Round Trip Motorcoach Transportation
- Guided Tour of Northville
- Genitti's Hole in the Wall, 7 course Italian Dinner
- Lights, Camera, Murder - *It's a 1950's Hollywood on the set of the next big picture. A star is dead!*
- Shopping—Visit Genitti's gift shop or some of the wonderful stores in downtown Northville.

Mackinac Island Lilac Festival

June 7-9, 2018

2 Nights on the Island • 4 Meals

\$570 pp Double

Highlights: Motorcoach, Two nights at the Lake View Hotel on the Island, Sheplers Ferry to Mackinac Island, Mackinac Island Lilac Festival, Island Carrage Tou, Grand Luncheon Buffett, Admissions to the Grand Hotel Grounds.

Historic Marshall

Thursday, June 12, 2018 \$90 PP

Depart 7:45 am Returns 6 pm

Highlights: Transportation, Tour of Historic Marshall, Honolulu House, United States Postal Museum, Governor's Mansion Museum, Lunch at the Schuler's Restaurant & Pub, Ice Cream at the Parlour of Jackson.

"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."

Discovering Poland

May 10—21, 2018, \$3,599 PP Double (until 11/10/17)

Highlights: Warsaw, Black Madonna, Auschwitz, Jasna Gora Monastery, Krakow, Folklore Show & Dinner, Wroclaw, Torun, Gingerbread Baking, Gdansk, Solidarity Shipyards, Choice on Tour, Malbork Castle

Sunday, May 20, 2018

Departs 9:45 am>Returns 7 pm

\$114 PP

DETROIT SYMPHONY ORCHESTRA

LEONARD SLATKIN Music Director

INCLUDES FEATURING "THE DOO WOP PROJECT"

- Round Trip Motorcoach Transportation
- Sinbads Restaurant (12 noon Brunch)
- Detroit Orchestra Hall (3 pm Showtime)

Experience Grand Rapids

June 24 & 25, 2018, \$354 PP

INCLUDES Round Trip Motorcoach Transportation 3 meals, Silver Lake Dunes, Paddock Place (includes dinner), Frederick Meier Gardens (guided tour & tram ride), Grand Lady Riverboat (luncheon cruise)

Machu Picchu & the Galapagos Islands

February 19 — March 05, 2019

15 Days • 29 Meals

\$\$ vary

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.

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

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LOOSE

They're BAAACK

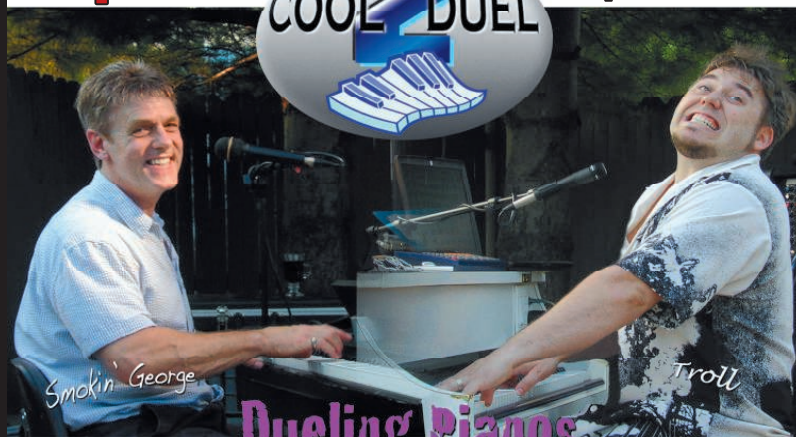
Tuesday, April 24, 2018



5pm



\$25



Dueling Pianos

(the Original Portable Dueling Show)
since 1997

All proceeds from this event will go to **LOOSE**, the perfect place for 50+.

The Dueling Pianos concept can be summed up in a single word: FUN! Combine two sharp-witted, incredibly talented musicians with two pianos on stage, and add a roomful of people: The result is an evening of fast, funny, unforgettable interactive entertainment. The musical repertoire ranges from classic rock to country, hard rock to R&B, oldies and show tunes to the newest Top 40 hits. Best of all, the audience is the star of the show - sending up requests, singing along to favorites, bantering with performers, and having the time of their lives.

TICKET PRICE INCLUDES

5pm-6pm Social Hour

(with hors d'oeuvres & wine)

6pm-8pm Cool2Duel Dueling Piano

OTHER

CASH BAR (wine only)

5pm-6:30pm (\$5.00 per glass)

Ticket are available at **LOOSE**
707 North Bridge Street, Linden
(810) 735-9406

A special **THANKS** to our sponsors
for their generous support.

Caretel Inns of Linden
The Fenton Winery