

SEPTEMBER 2018

the perfect place for 50+

# LOOSE



*"You're off to great places. Today is your day!  
Your mountain is waiting, so get on your way!"*

*- Dr. Seuss*

# From the Director

Dear Friends,

In everyone's life there are mountains to climb. Mine is getting old and finding that the things that seem easy are now taking just a little more time and patience. Mountains come in many different forms. To some it is your health. It may be dealing with events in your life that involve others. It may be that thing you have always wanted to do. And it could be the sense of loss of someone close to you. What ever your mountain is, it depends on how you approach it that counts. Knowing what stands before you helps make the climb easier. You have to be able to recognize what your mountain is. You must stand before it and understand what needs to be done to reach the summit.

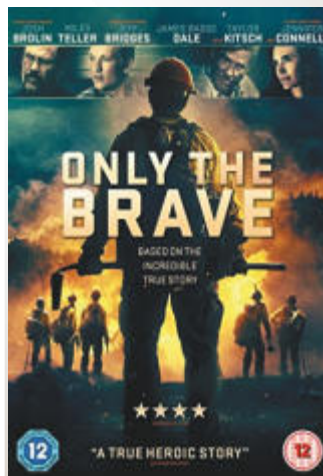
Now "You're off to a great place. Today is your day. Your mountain is waiting, so get on your way!" Good advice from Dr. Seuss. Great advice for the beginning of a new journey. Take time to look at and assess what you are facing. I realized that I have to slow down and take time to know what my daily tasks are and how to deal with them. I find as I get older, I want everything to happen now. In the case of one's health, it could be age related or something we have no control of. In any case you must realize that being in a better place, you can understand your situation and set out to conquer it and make yourself well. If life becomes overbearing, you have to take time to reach out to those who are in your life to bring peace in your mind and give you a life of joy and love. Some of you find that time has gone by and the one thing you always wanted to do has slipped away. Today is the day to fulfill that part of your life you always wished for and follow your dreams. Finally there is the loss of friends and family. This is a time that you cannot plan for. But, it is also a time to be with friends and family who still love you and wish to be part of your life.

So, here you are, living a life that continues to change and place mountains before you. It can be a time that you find hard to control and overwhelming. You must take everyday and find ways to conquering your mountain. It is time to bring calm into your life and find the love and peace you wish to achieve. You realize that you're off to a great place. Today is your day. Your mountain is waiting. So get on your way.

***So off we go on our journey to conquer  
"Our mountain."***

All is well.

Carl Gabrielson, Loose Executive Director



## MOVIE NIGHT

Tuesday, September 4, 7 pm

## MOVIE DAY

Wed., September 5, 12 noon

**T**hrough hope, determination, sacrifice and the drive to protect families and communities, the Granite Mountain Hotshots become one of the most elite firefighting teams in the United States. While most people run from danger they run toward it, watching over lives, homes and everything people

hold dear, while forging a unique brotherhood that comes into focus with one fateful fire in Yarnell, Arizona.

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

***Refreshments will be served!***

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

## DINNER SHOW

### "Singing the Good Ol' Songs Again"

Tuesday, October 9, 5 pm \$12

DINNER INCLUDES: Chicken, Meatballs, Mostaccioli, Salads, Green Beans, Relish Tray, Roll, Dessert & Beverages.

**Please be sure to call or stop by and register for this event.**



**J**ackie & Gary love folk music and it shows. They have put together an evening of entertainment that, in their words, "honors the rich tradition of American folk misc." And what an evening it is- a rousing concert of memories and sing-along fun.

Folk music is in this talented duo's blood. Jackie (Miller) Davidson was one of the original New Christy Minstrels and sang on such hits as "Green, Green" "Today and "Saturday Night."

Jackie was also part of the Pop-folk duo "Jackie & Gale.

Gary Brandt is a well-seasoned singer-songwriter from Michigan. An aficionado of the works of Gordon Lightfoot, Gary is a talented balladeer who weaves right tales of the Great Lakes and other legends in his songs.

*Together, Jackie & Gary are dynamite entertainment, not to be missed.*

# September Happenings

## COMPLIMENTARY BREAKFAST & GUIDED BUS TOUR OF GREAT LAKE NATIONAL CEMETERY

Wed., Sept. 5, 8 am-12 noon (limited to 30)

Veterans and spouses honor your service to your country and learn how to protect your loved ones from unnecessary financial and emotional burden. Enjoy a complimentary breakfast at 8:15, followed by an informational seminar and then a bus tour of Great Lakes National Cemetery. Call Loose to reserve your spot.



## LSVT Big: How can it help me with my balance

Wednesday, September 19, 10:30 am

Falls are one of the most intimidating things we face as we age. Decreased balance is a normal change with aging, but it can be slowed and even reversed with exercise. LSVT Big is a series of progressive movements that are done in a safe manner but challenge the balance centers in the body and can help with balance. *This program was originally designed to help people with Parkinson's Disease but it can also be used to help with general balance issues.* Come find out what LSVT Big can offer as representatives from Ivrehab Linden (formerly Linden Physical Therapy) explain and demonstrate what this exercise program can offer you.



## Flint Farmer's Market



**Caretel.**  
Inns of Linden

**Tuesday**  
**Sept. 11**

### MARKET SEASON

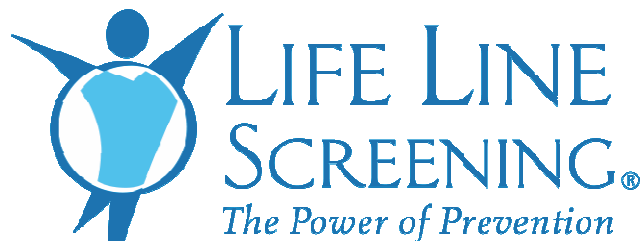
Leave 10:15 am

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. *Last trip for the season will be October 9.*



**Wednesday, September 26, 2018**

**Take a step toward Staying HEALTHY & ACTIVE**

Tests include: Carotid Artery (plaque) Screening, Heart Rhythm Screening, Abdominal Aortic Aneurysm Screening, Peripheral Arterial Disease Screening and Osteoporosis Risk Assessment. "9 out of 10 cardiovascular doctors support preventive screenings for those with key risk factors (age 55+, High Blood Pressure, High Cholesterol, Diabetes, Obesity, tobacco usage, family history of CVD or stroke).

**Pre registration is required for this important preventative care opportunity.**

**Call 1-888-653-6450 for information**

## TRAVEL SHOW

September 12, 10:30 am



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

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

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



Review us on  
**facebook.**



### "VETERAN CARE INITIATIVE"

*Strawberry Shortcake Social*

September 12, 2 pm



Guardian Angel Home Health Care is a Veteran-centric company offering skilled services, caregivers and hospice care. They have developed an initiative specific to meeting and addressing the needs and concerns of our Veterans.

Often, Veterans are not fully aware on how to navigate the home health care and community care benefits available for them. Chris Cornelius, Veteran Liaison, will be on hand to answer any questions on this topic. Chris Cornelius comes to Guardian Angel Home Health Care with 14+ years of experience in addressing various needs of our Veteran community. He is co-founder of the organization "Fallen and Wounded Soldiers Fund". **Call and register today!**

# Nutrition & More

## POTLUCK

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

## Coffee COPS and Conversation

Tuesday, Sept. 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!



## Community Care Fair

**Friday**  
September 21, 2018  
**9AM - 12 NOON**




Join us for a  
**CHICKEN SALAD  
LUNCH**  
11 am-12 noon, \$4  
Includes: sandwich, chips,  
dessert & drink  
Tickets available  
@ Loose Reception Desk



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

## September 2018 Lunch @ Loose Menu

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

Mon Sandwich Day	Tue Soup Day	Wed Healthy Dinner Day	Thu Theme Thursday	Fri Tying up LOOSE ends Day
3 <b>Closed for Labor Day</b>	4 <b>Tomato Soup Grilled Cheese</b>	5 <b>Polish Sausage Potatoes Corn</b>	6 <b>Spaghetti &amp; Meatballs Salad Garlic Bread</b>	7 <b>Chefs Choice You Won't be sorry</b>
10 <b>Tuna Sandwich Chips</b> 	11  <b>Italian Wedding Soup</b> <i>Sponsored by</i> ARGENTINE CARE CENTER	12 <b>BBQ Chicken Baked Beans Salad</b>	13 <b>Tacos &amp; all the Fixins</b>	14 <b>Hand picked just for you! J</b>
17 <b>Hamburger Fries</b>	18 <b>Wonton Soup Egg Roll</b>	19 <b>Pork Loin Roasted Sweet Potato Salad</b>	20 <b>Hot Beef Sandwich Mashed Potatoes</b>	21 <b>Loose Care Fair Chicken Salad Sandwich, \$4</b>
24  <b>??Mystery Sandwich??</b> <i>Sponsored by</i> FENTON HEALTHCARE CENTER	25 <b>Chicken Tortilla Cheese Quesadilla</b>	26 <i>Lunch at Loose Carl Style</i> <b>Hot Turkey Sandwiches Mashed Potatoes</b>	27 <b>Coney's (Flint or Detroit Style) Chips</b>	28 <b>Delicious Odds &amp; Ends</b>

For your convenience, we have lunch Loyalty Cards available for purchase at the reception desk.

Please be sure to call Loose the day before to reserve your spot. If you stop in without securing your spot, you will be served based on availability.

**Second  
Helpings**  
\$1

If available, we are happy to accommodate second helpings.  
**Please note:** The cost of the second helping is \$1.

**M-mmmm  
GOOD**

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

# BODY, MIND & SPIRIT

## THE LOOSE FITNESS ROOM IS OPEN

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

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

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

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

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



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

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

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

**Wii BOWLING** Organized Wii play is held on Thursdays and open play is available when there is no schedule conflict. **The next 8 week play begins on September 6. If you are interested in Wii bowling, please contact the Loose Office.**

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

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

### ZUMBA GOLD TOTAL FIT®

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

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

**A MILE AT A TIME** will return in November.

## PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

### MONDAY

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

### TUESDAY

8:00 am Mile @ a Time  
9:30 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
12 & 1 pm **Line Dance**  
4:00 pm **Chair Yoga**  
5:00 pm **Yoga (gentle flow)**

### WEDNESDAY

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

### THURSDAY

9:30 am **Chair Yoga**  
10:15 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
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**

### SUNDAY

2:00 pm Pickleball

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

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

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

## BIKING BUNCH Begins Wednesday, 9am

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

## ARTHRITIS FOUNDATION EXERCISE



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

## HEALTHY AGING EXERCISE Friday, 10:30 AM, FREE

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

## LINE DANCE Tuesday, 1 pm (Begins September 11)

**\$5 drop in fee or discounted punch card available**  
Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome!

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

# Artsy & Crafty

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

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

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

## HAPPY STAMPERS

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

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

## WOOD CARVERS

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

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

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

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

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

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

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

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

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

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

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



## WATERCOLOR CLASSES

**Mon., September 24 & October 1, 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, Sept. 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.

## QUILLING CLASS THURSDAYS @ 2 PM

**P**APER-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, beginners included. *Please note: there is a \$15 drop in fee for this class.*



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

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

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

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

*The 2nd Monday of each month, this activity begins at 10:15 am* Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat.

*Please donate CLEAN plastic SHOPPING bags ONLY.*

# CLASSES, MUSICAL OPPORTUNITIES & MORE

## LOOSE CHORUS

MONDAY @ 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 & ALL ARE WELCOME!**

## TECHNOLOGY

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

### IPAD 1

**Wednesday, September 19 & 26, 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, October 3 & 10, 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.

### WINDOWS 10

**Wednesday, October 17 & 24, 4-6 pm, \$20**

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.

### SMARTPHONE PHOTOS

**Wed., Nov. 7, 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.

*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, September 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, 6:30pm

**POOL** Wednesday - Friday, 1pm-3:30 pm

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

**BRIDGE** Monday & Wednesday, 8 am-2:30 pm

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

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

**CHESS** Wednesday, 12:30 pm

**CARDS & MORE** *Will return October 11.*

**DOMINOES** Wednesday, 12:30 pm

**MAH JONGG** Tuesday, 1 pm

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

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



### DO YOU NEED A RIDE TO LOOSE?

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

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

### MTA/LOOSE TRANSPORTATION

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

# September

## 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

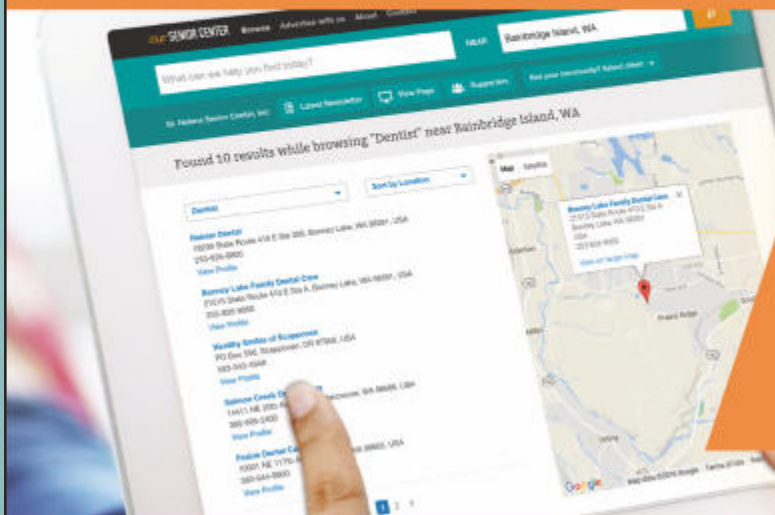
## SATURDAY/SUNDAY

<p><b>3</b></p>  <p>Loose is CLOSED for the holiday weekend and will reopen on Tuesday, September 4.</p>	<p><b>4</b></p> <p>9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 NO Blood Pressure ✓ 10:30 FIT4EVER <b>11:30 Lunch Tomato Soup</b> 12:00 NO Line Dance 12:30 Euchre 1:00 Cooking for 1 1:00 Mah jongg 1:00 Chicago Bridge 4:00 Chair Yoga 5:00 Yoga 7:00 MOVIE NIGHT</p>	<p><b>5</b></p> <p>8:00 Bridge 8:00 Breakfast &amp; Tour 9:00 Sharp Funeral Home 9:30 Manicures 9:30 Yoga 10:00 Consumer Fraud 10:00 1-on-1 Financial 10:45 Art à la Carte <b>11:30 Lunch Polish Sausage</b> 12:00 Wood Carving 12:00 Movie Day 12:30 Pinochle/Dominos/Chess 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p><b>6</b></p> <p>MMAP Counselor 9:30 Chair Yoga 10:00 AMVET REP. 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Wii Bowling Begins <b>11:30 Lunch Spaghetti</b> 12:00 Drums Alive© 12:30 Euchre 1:30 Tools for Caregivers 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p><b>7</b></p> <p>MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball <b>11:30 Lunch Chef's Choice</b> 12:30 Open Game Play 12:30 Chicago Bridge 1:00 Fibre Friends</p>	<p><b>8</b></p> <p>9:00 Yoga 10:15 Zumba</p>
<p><b>10</b></p> <p>8:00 Bridge 9:00 CSFP 10:00 Painting 10:15 Sleep Mat Production 11:00 Caesar Windsor Casino <b>11:30 Lunch Tuna Sandwich</b> <i>Brookdale Senior Solutions</i> 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Listening Ear 1:00 Book Club 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:00 Zumba &amp; Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p><b>11</b></p> <p>8:00 Veteran Services 9:00 Massage 9:30 Coffee &amp; Cops 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:15 Farmer's Market 10:30 FIT4EVER <b>11:30 Lunch Italian Wedding Soup</b> <i>Argentine Care Center</i> 12:00 Line Dance BEGINS 12:30 Euchre 1:00 Cooking for 1 1:00 Mah jongg 1:00 Chicago Bridge 4:00 Chair Yoga 5:00 Yoga</p>	<p><b>12</b></p> <p>8:00 Bridge 9:00 Manicures 9:00 Blood Pressure ✓ 9:15 Pioneer Trail Trip 9:30 Yoga <b>10:30 Collette Travel Show</b> 10:45 Art à la Carte <b>11:30 Lunch BBQ Chicken</b> 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 2:00 Veteran Care Initiative 3:15 Coupon Club 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p><b>13</b></p> <p>MMAP Counselor 8:00 Board Meeting 9:30 Chair Yoga 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Wii Bowling <b>11:30 Lunch Tacos</b> 12:00 Drums Alive© 12:30 Euchre 1:30 Tools for Caregivers 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p><b>14</b></p> <p>MMAP Counselor 9:00 Podiatrist 9:30 Yoga 10:00 Yarn Recyclers 10:00 Write Life Story 10:30 Healthy Exercise 11:00 Pickleball <b>11:30 Lunch Chef's Choice</b> 12:30 Chicago Bridge 12:30 Open Game Play 1:00 Fibre Friends 5:00 Potluck</p>	<p><b>15</b></p> <p>9:00 Yoga 10:15 Zumba <b>Sunday, Sept. 16</b> Hudson River Valley</p>



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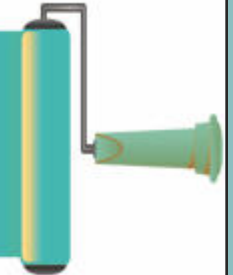


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<p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:30 <b>LUNCH</b> <i>Hamburger</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:00 NO Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 <b>Lunch</b> <i>Wonton Soup</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Cooking for 1</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask A Lawyer</p> <p>10:30 LSVT Big: Linden PT</p> <p>10:45 Art à la Carte</p> <p>11:30 <b>Lunch</b> <i>Pork Loin</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 IPAD 1</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 <b>LUNCH</b></p> <p><i>Hot Beef Sandwich</i></p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>1:30 Tools for Caregivers</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>9 am – 12 noon</p> <p><b>COMMUNITY CARE FAIR</b></p> <p>10:00 Yarn Recyclers</p> <p>11:00 <b>LUNCH</b></p> <p><i>Chicken Salad Sandwich</i></p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p>9:00 Yoga</p> <p>10:15 Zumba</p>
<p>8:00 Bridge</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 <b>Lunch</b></p> <p><i>Mystery Sandwich</i></p> <p><i>Fenton Healthcare Center</i></p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>12:30 Card Making</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Podiatrist</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 FireKeepers Casino</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 <b>Lunch</b></p> <p><i>Chicken Tortilla Soup</i></p> <p>12:30 Euchre</p> <p>12:00 Line Dance</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p><b>LIFELINE SCREENING</b></p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>9:30 Project Linus</p> <p>10:45 Art à la Carte</p> <p>11:30 <b>Lunch</b></p> <p><i>Hot Turkey Sandwich</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 IPAD 1</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p>	<p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Write Life Story</p> <p>10:30 Healthy Exercise</p> <p>10:30 Blood Pressure ✓</p> <p>11:00 Pickleball</p> <p>11:30 <b>Lunch</b></p> <p><b>Chef's Choice</b></p> <p>Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p>5:00 <b>Euchre Tournament</b></p>	<p>9 am – 12 noon</p> <p><b>COMMUNITY CARE FAIR</b></p> <p>10:00 Yarn Recyclers</p> <p>11:00 <b>LUNCH</b></p> <p><i>Chicken Salad Sandwich</i></p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p>9:00 Yoga</p> <p>10:15 Zumba</p>

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

To schedule an appointment, call Loose Center at 735.9406.

## ALZHEIMER SUPPORT GROUP

**Every 4th Tuesday, 2 pm**

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

## WRITE YOUR LIFE STORY

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

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun.

## LOOSE BOOK CLUB

**Every 2nd Monday, 1 pm**

This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

## LISTENING EAR

**Every 1st Monday, by appointment**

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



## Home Food Preservation

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**Tuesday, October 2, 12-2 pm, FREE**

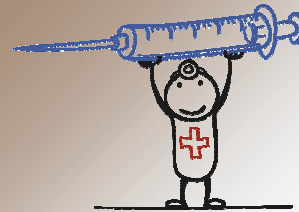
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Participants will leave with resources, recipes and an understanding of how to use all three mediums for food preservation. Please call Loose and register for this class.



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Monday, October 1, 12 noon

The annual Open Enrollment period for Medicare prescription drug plans (Part D) & Medicare Advantage plans (Part C) is October 15 through December 7, for coverage beginning January 1, 2019. Medicare plans can change from year to year. Open Enrollment is an opportunity to review your current Medicare health plan coverage, compare your coverage with other plans, and make a decision for 2019. Join our MMAP (Medicare Medicaid Assistance Program) counselors, Ann Walker and Dolores Coulter, to learn more about your Medicare Open Enrollment options. We will also discuss Special Enrollment Periods that, under certain circumstances, allow a Medicare beneficiary to change plans at other times during the year.



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# 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

**September 14 & 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.

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

## BLOOD PRESSURE CHECK

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

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

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

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

*Sponsored by Fenton HealthCare Center*

4<sup>th</sup> Friday of each month, 10:30 am - 11:30 pm

*Sponsored by Guardian Angel Home Health Care*



## GRIEF SUPPORT GROUP

This important program is currently without leadership. Every effort is being made to seek out a qualified resource and reinstate this program. Thank you for your patience.

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

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



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 September, be sure to check in. On October 1, we will do our thing and see who it was that checked in most often and the top two people will win a beautiful Card Shop Prize.

# Special Services & Support

## SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are home-bound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email [lsc@loosescenter.org](mailto:lsc@loosescenter.org) so we can spread the sunshine.



## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

## ASK THE LAWYER

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

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

## CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.

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

## DISPOSAL OF THE AMERICAN FLAG

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

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

Our MMAP 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, Annex** For information, please contact the Loose Center at 735.9406.

**LOAN CLOSET** If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate, feel free to drop it off during business hours.

## AARP TAX-AIDE

Consider volunteering as a Tax Assistance Counselor. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-241-8919

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






# MEMBER PRIVILEGES & FUNDRAISING

## **FREE BREAD**

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

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

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

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

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

**A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.** The annual membership fee of \$25 per person is due for 2018. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

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

## **UPS STORE DISCOUNT CARD**

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

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

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

## WE SAVE...YOU CAN HELP



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

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

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

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

## **GREETING CARDS**

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

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

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

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

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

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

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

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

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

# TRIPS

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

## TRIPS @ A GLANCE

September 2-3	Mackinaw Bridge Walk	\$244
September 10	Caesar Windsor	\$25
September 12	Pioneer Trail Wine Around	\$81
September 16-22	Hudson River Valley	\$1,699
September 25	FireKeepers Casino	\$32
October 3	Genesee Belle Fall Cruise	\$22 or \$27
October 4-9	Albuquerque Balloon Fiesta	\$2,679
October 8-13	Virginia Beach	\$1,200
October 11	Saganing Eagles Landing Casino	\$32
October 12	Peter Pan @ the Whiting	\$59
October 14-18	Shenandoah Valley Virginia	\$1,129
October 16-17	Litter River	\$140
Oct. 23–Nov. 6	South Pacific Wonders	\$7,249
November 1	The Historic Whitney	\$73
November 5	Soaring Eagle, <i>Ronnie Milsap</i>	\$34
November 7	Niagara Falls Festival of Lights	\$299
November 16	Peter Gros @ the Whiting	\$36
November 25-30	New York City Holiday	\$1,799
November 27	FireKeepers Casino	\$32
December 5-6	Country Christmas	\$280
December 13	Caesar Windsor	\$25
<b>2019 Trips</b> (prices vary on some of these trips, for info, call or stop in)		
January 7	FireKeepers Casino	\$32
Feb.19-Mar. 5	Machu Picchu & The Galapagos Islands	
Feb. 22-28	Treasures of California	\$2,999
March 18-29	Texas	\$2,789
April 9	Detroit Behind the Scenes	\$85
April 25-May 5	Spain's Classics	
May 8	Holland Tulip Time	\$95
June 20-June 29	Switzerland, Austria & Bavaria	
October 19-28	Shades of Ireland	

Detailed flyers are available at the Loose Center.

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

## 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.

### September 21 -Roy and Dale Evans, Icons of the Golden West

Presented by Barbara Kincaid a accredited Fashion Historian & Museum Curator in Linden, Barbara was Costumer for a tribute movie for Roy Rogers, King of the Cowboys, and Dale Evans, Queen of the West. Soon after the movie was a " wrap ," Barbara was a guest on Dales television show " A Date With Dale ." Barbara's presentation of this legendary couple includes a nostalgic trip down Memory Lane at a time when the American Cowboy was King.

**October 19 -Jarrett M. Hayes**, Executive Director of the Whiting who spearheaded the Restoration of the Capitol Theatre.

## 2018/19 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

### PETER PAN Friday, October 12, 8 pm, \$59



Never Never Land has never been so real! Peter Pan: A 3d Stage Spectacular tells the story of the boy who never grew up through jaw-dropping acts with actors, singers, dancers, and acrobats. Based on the story by James M. Barrie, and brought to you by creator Hanoch Rosen.

### PETER GROS (Mutual of Omaha's Wild Kingdom) Friday, November 16, 7:30 pm, \$36

Peter shares his exciting animal world, travel experiences and timeless tales. He highlights his many adventures with a mix of video clips and bloopers while introducing friendly exotic animals to audience members, and telling inspirational stories dealing with issues of conservation, travel, and wildlife filming. Peter's fascinating stories have been thrilling and educating audiences across the country for years.



### DRUMLINE Thursday, December 6, 7:30 pm, \$40

### HOLIDAY POPS Sunday, December 16, 3 pm, \$28

### SLEEPING BEAUTY (BALET) Thursday, January 10, 7:30, \$51

### RENT Friday, January 25, \$59

### FREEDOM BOUND Tuesday, February 26, 7 pm \$15

### DIABOLO/ARCHITECTURE IN MOTION Fri., March 1, 8 pm, \$36

### SHAKESPEARE COMEDY Thursday, April 25, 7:30 pm, \$20

### JERSEY BOYS Tuesday, May 14, 7:30 pm, \$63

## GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 3, 2018 (waiting list only)

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

\$27.00 includes transportation, cruise & lunch

(be sure you indicate your menu choice at the time you register)

The bus leaves Loose at 10:45 am. We cruise at noon.

Registration deadline is 9/19/18. Flyer available at Loose.



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

## ART À LA CARTE

### FLINT INSTITUTE OF ART



A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided.

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

September 5 Dutch Light

September 12 Vermeer: Beyond Time

September 19 Art 21: Mexico City

September 26 Unfinished Spaces

# AND MORE TRIPS

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



**October 16-17, 2018** \$140 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 included 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.



## The Historic Whitney

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

Departs 10 am>Returns 6:15 pm

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

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

**NIAGARA FALL Festival of Lights, \$299 PP Double**  
**November 7-8 2018**  
**Includes Round Trip Motorcoach Transportation,**  
**1 night Lodging Fallsview Hilton,**  
**1 breakfast & 1 dinner,**  
**Tour of Niagara Falls, Festival of lights,**  
**Luggage Handling, Tax & tips on included meals**

**NEW YORK CITY**  
*Holiday Entertainment Extravaganza*  
**November 25-30, \$1,799**  
**FEATURING The Rockettes @ Radio City Music Hall**

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



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

## Country Christmas

**December 5-6, 2018, \$280.00**

Departs 10 am>Returns 6:15 pm

**INCLUDES:** Round Trip Motor Coach Transportation, 1 night in Comfort Suites in Mason, OH, 1 Continental Breakfast, 1 lunch, 1 dinner.

**FEATURING:** Big Tree Plantation, Golden Lamb, Christmas Ranch, La Comedia Dinner Theater (Irving Berlins's White Christmas).



**Spain's Classics**  
**April 25-May 5, 2019 \$3,999**  
*If purchased before 10/26/18*

**HIGHLIGHTS:** Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, The Alhambra, Valencia, Choice on Tour, Paella Experience, Barcelona, La Sagrada Familia, Parc Güell



- Day 1** Overnight Flight
- Day 2 - 3** H10 Puerta de Alcalá, Madrid
- Day 4 - 5** Melia Sevilla, Seville
- Day 6** Barcelo Carmen Granada, Granada
- Day 7 - 8** SH Valencia Palace, Valencia
- Day 9 - 10** Evenia Rossello Hotel, Barcelona

**If you are able, join us at the Travel Show on Sept. 12 @ 10:30 am for more details.**

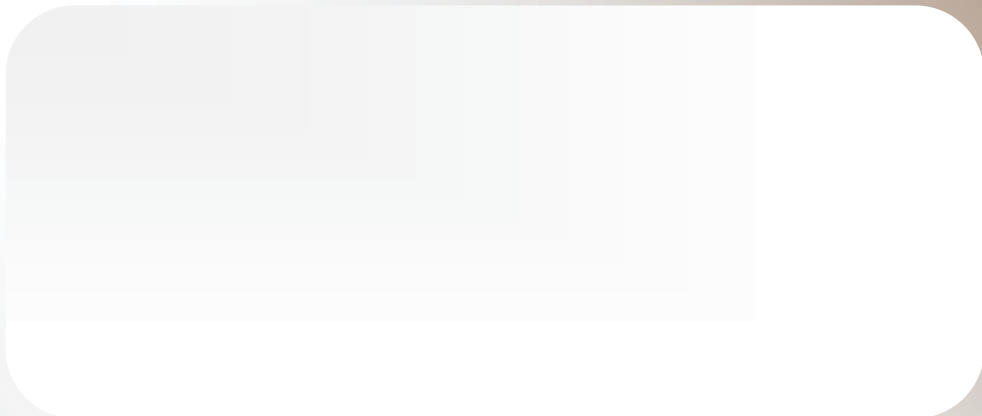
**Discover Switzerland, Austria & Bavaria**  
**June 20 - June 29, 2019 • 10 Days • 12 Meals**  
**Double \$3,999 (if purchased before 12/21/18)**

- Day 1** Overnight Flight
- Day 2-5** Hotel Bern, Bern
- Day 6-9** Hotel Innsbruck, Innsbruck

**Highlights:** Bern, Château de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, Oberammergau



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**LOOSE**

# Community Care Fair

*known in the past as the HEALTH FAIR*

**Friday**  
September 21, 2018  
**9 AM - 12 NOON**

**LOOSE**  
707 N. Bridge St.  
Linden MI 48451

**Join us for a CHICKEN SALAD LUNCH**  
11 am-12 noon, \$4  
*Includes: sandwich, chips, dessert & drink*  
Tickets available @ Loose Reception Desk

**ACTIVITIES WILL INCLUDE:**

- ♥ Health Information
- ♥ Flu Shots
- ♥ Health Related Vendors
- ♥ Housing Information
- ♥ Blood Pressure Check
- ♥ Give A-ways
- ♥ Coffee and PRIZES

For more information about this event, Call (810) 735-9406  
visit: [www.loosecenter.org](http://www.loosecenter.org)

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