

AUGUST 2018

the perfect place for 50+

LOOSE



"I shut my eyes in order to see."

- Paul Gauguin

From the Director

Dear Friends,

My favorite saying today is that the world is upside down. There is no common ground of sanity and people are finding it harder and harder to say something nice. We are bombarded with people in public office constantly blaming the other for the failures in our society. This can be locally where officials cannot put a plan in place to fix our roads and create a plan for needed parking expansion to handle the ever growing population.

And then there is the federal government who will never agree to agree to anything that makes our life better and develop services to benefit people of all ages.

This failure of people we rely on to help us then affects our way of life. It makes us concerned about what we have and the life we lead. It gives us doubt and we react to it in a negative fashion. It becomes a blame game and people begin to take sides. It starts to infiltrate our social beliefs and our behavior to others. My mom would say, if you can't say something nice about others then maybe it is time to be quiet.

So, here we are in a world that is upside down. We find it hard to get through a day without hearing or being affected by negativity. It makes you wonder when it will all end and this world will find a way to get along.

To survive in this world we must take a step back and remember the good days that make up our fondest memories. We need to shut our eyes in order to see. We need to dream of the days when life was simple and everyone loved and respected each other. Oh, there was always a time when there was conflict but we found a way to agree to agree and move on. The moral standards were a policy to live by. We had a childhood which was simple and free. We had family and respected our elders. People were always there to reach out and lend a hand. We looked forward to the next time in our life that gave us the fondest memories to cherish for a life time. Life was simple and people were there for each other.

I only hope that this wonderful and pleasant time will someday return. That the people will close their eyes and dream of better days and develop systems and planning that form harmony and love in this world. We live in a time when life could be special and all people could find peace and love, with communities and countries finding a way to help make this dream come true.

It has to start one person at a time. So let us close our eyes to remember the good old days and the fond memories and dream of a way to make our life and others around us a more peaceful and loving place to live.

"I shut my eyes in order to see." Paul Guanuin

All is well.

Carl Gabrielson, Loose Executive Director

Flint Farmer's Market



Caretel.
Inns of Linden

Tuesday
August 14

MARKET SEASON

Leave 10:15 am

Return 1 pm (limit 8)

\$2 round trip

Loose is partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market's. Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. *Future special trips, September 11 & October 9.*



TUESDAY, AUGUST 21

\$5 (for those requesting transportation)

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

Located at 6130 E. Mt. Morris Rd.

IT'S YOUR DAY AT THE FAIR

Parking and Admission is FREE

All activities in the Community Tent are FREE!

Coffee and Donuts, Entertainment, Wagon Rides, Afternoon Games, Door Prizes, County Fair Activities and Exhibits.

SAVE THE DATE!

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.



LOOSE
Community
Care
Fair

Friday
September 21, 2018
9 AM - 12 NOON

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

August Happenings

MEDIGAP VS MEDICARE ADVANTAGE

(HMO or PPO)

Monday, August 6, 12 noon

Should you choose a Medigap/Supplement Plan or a Medicare Advantage Plan? What are the advantages of each? How do the costs compare? How do you enroll? Can you change your plan if you change your mind?

These and other questions about Medicare Supplement (or Medigap) plans and Medicare Advantage plans (HMOs and PPOs) will be answered. Dolores Coulter and Ann Walker from the MMAP (Michigan Medicare/Medicaid Assistance Program) will outline the two types of medical insurance for those of Medicare age and answer other questions participants might have about Medicare.

Home Food Preservation

PRESERVING THE HARVEST - YOU CAN DO IT!

Wednesday, August 8, 12—2 pm, FREE

Please call Loose and register for this class.

This informative class covers pressure canning, water bath canning and steam canning. We will discuss the importance of following research tested recipes, preserving high acid and low acid foods, and preserve tomatoes!



Bring your questions and your dial gauge canner lids (testing can be done at this time to make sure they are accurate). Participants will leave with resources, recipes and an understanding of how to use all three mediums for food preservation.

Cooking For ONE

WHEN -Tuesday, August 7, 14, 21
Sept. 4, 11, 18, 1—3 pm

WHERE

Loose, **To sign up for class, please call:** 810-735-9406
Limited space is available on a first-come, first-serve basis!



~Secrets from the Pros~ ~Free Cookbook~

Topics

Cooking Tips, Healthy Hydration, Shopping for One, Creating a Budget, Food Safety, Fruits/Vegetables

Commitment to attending all 6 classes is required. If you are unable to attend class, let your site coordinator know as soon as possible.



MICHIGAN STATE UNIVERSITY | Extension

INDEPENDENT AND UNBIASED MEDICARE ADVICE

Monday, August 20, 10:30 am

We get it, you're being bombarded with Medicare information! Allow us to help you cut through the clutter with Local Independent Medicare Advice right here in Linden! Receive information on:

- ◆ Where, when, and how to sign up for Medicare
- ◆ Medicare Parts A, B, C, and D explained.
- ◆ Get answers to your Medicare questions:
- ◆ Can I keep my doctors? What if I travel?
- ◆ Will my prescriptions be covered?
- ◆ What if I'm eligible for Veterans benefits and or employer/retiree benefits?
- ◆ What's covered and NOT covered by Medicare?
- ◆ What options are available for my spouse not yet eligible for Medicare?

We strive to make MEDICARE easy to understand and we are local and available if you do need help or have questions in the future.

POWERFUL TOOLS FOR CAREGIVERS

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

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

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



FREE MAKOPLASTY HIP & KNEE REPLACEMENT SEMINAR

Wednesday, August 22, 2018, 6 - 7 pm

Registration required, please call Loose or 810-342-4473



Join Seann Willson, MD, Board Certified Orthopedic Surgeon, who is fellowship trained in lower extremity reconstruction and hip and knee replacement, for information on minimally invasive surgical options for hip and knee pain including the new Makoplasty procedure now available at McLaren Flint. Mako robotic-arm assisted surgery is a procedure designed to relieve the pain caused by joint degeneration due to arthritis. By selectively targeting the damaged cartilage, the surgeon can spare the healthy bone and ligaments surrounding the arthritic portion of the joint. **Refreshments will be served.**

Check out the August lunch menu on Page 4.

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, August 14, 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!



Tues., August 14
4:30 pm, \$6

Fresh off the grill dogs & burgers, baked beans, salad, chips, dessert & beverage

It is the best deal around and there are no strings attached. Just a time to eat and enjoy. the company of friends.

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





Eat In Take OUT

OR maybe you are interested in a TAKE OUT LUNCH? Just call a day ahead and we will have it ready for you to pick up at the reception desk.

August 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
		1 Ham Casserole Salad	2 Mac & Cheese Roasted Broccoli Tomato Salad	3 Chefs Choice <i>You Won't be sorry</i>
6 Bacon, Lettuce & Tomato Chip	7 Beam & Ham Soup Hearty Roll	8 Beef Tips & Noodles Salad	9 Sausage & Kraut Salad	10 Hand picked just for you! ☺
13 Grilled Brats Corn on the Cob	14 Chicken Noodle Soup <i>Sponsored by ARGENTINE CARE CENTER 810-735-9406</i>	15 Salad Bar and all the fixins	16 Pancakes Meat	17 Clean out the Fridge Day
20 <i>Sponsored by FENTON HEALTH-CARE CENTER 810-629-4117</i> Chicken Salad Croissant	21 Famous Chicken Chili <i>Sponsored by THE LANDINGS OF GENESEE VALLEY 810-735-9487</i>	22 <i>Carl is making lunch</i> Crusted Baked Chicken Mashed Potatoes Corn & Salad	23 Coney's (Flint or Detroit Style) Chips	24 Delicious Odds & Ends
27 Meatball Subs	28 GRANDCHILDREN DAY FREE Hotdogs 	29 Pork Stir Fry Salad	30 Baked Potato Bar	31 Closed for Labor Day Weekend

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.

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. **Resumes 9/4**

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

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

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

ZUMBA GOLD TOTAL FIT®

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

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

A MILE AT A TIME will return in November.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

9:30 am **Yoga (gentle flow)**
10:30 am **Healthy Aging Exercise**
11:00 am **Pickleball**

SATURDAY

*Center closed in August
Classes will resume in Sept.*

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, August 27, 12:30 pm, Sunroom, \$7 (class limited)

Caroline Rohde, card extraordinaire, will lead the class in creating unique and beautiful cards. All materials will be supplied, along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Take the time to enjoy this special time to learn and connect with others who share a like passion.

QUILLING CLASS THURSDAYS @ 2 PM

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

BEGINS MONDAY, AUGUST 20 @ 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, August 24, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

BOARD & CARD GAMES

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

HAND & FOOT Wednesday, 6:30pm

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

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

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

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

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

CHESS Wednesday, 12:30 pm

CARDS & MORE *Will return in the fall.*

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 12:30 pm

EUCHRE Tues. & Thurs., 12:30pm



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.

August



OFFICE HOURS

Monday - Friday
8:00 am - 4 pm

EMAIL
lsc@loosecenter.org
WEBSITE
www.loosecenter.org

PHONE
810.755.9406
FAX
810.755.4255

MONDAY

LOOSE STAFF

Carl Gabrielson
Executive Director
Melinda Elmore-Hajek
Program Director
Cheryl Rex, Clerk
Brittany Hancock
Administrative Assistant
Kathy Metivier
Dotti Tynes
Receptionist
Randy & Deb Green
Maintenance

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Geriannne Mulanix
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TUESDAY

WEDNESDAY

THURSDAY

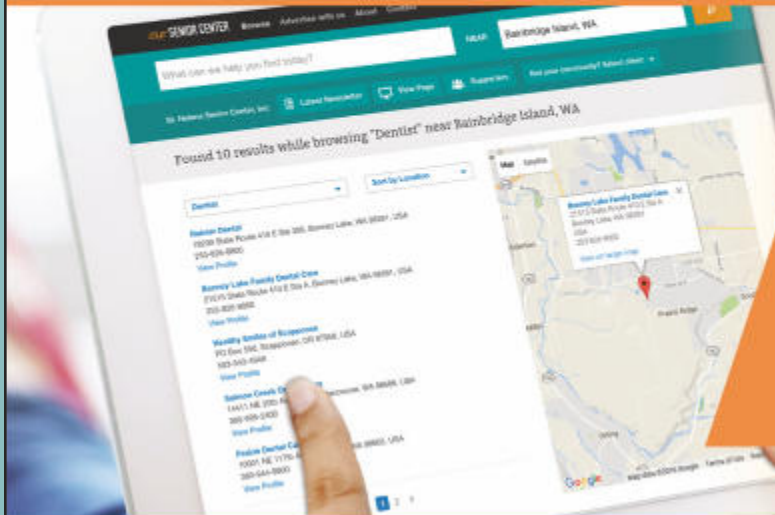
FRIDAY

SATURDAY/SUNDAY

<p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:30 Lunch <i>BLT's</i></p> <p>12:00 Medigap vs. Medicare</p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 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 Blood Pressure ✓</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch <i>Bean & Ham Soup</i></p> <p>12:00 Beginner Drums Alive</p> <p>12:00 NO 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 Blood Pressure ✓</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch <i>Beef Tips & Noodles</i></p> <p>12:00 Home Food Preservation</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>10:00 1-On-1 Financial</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch <i>Ham Casserole</i></p> <p>12:00 Wood Carving</p> <p>12:30 Beginning Pickleball</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH <i>Mac & Cheese</i></p> <p>12:00 Drums Alive©</p> <p>12:30 Mott Estate Tour</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:30 Lunch <i>Chef's Choice</i></p> <p>11:30 Pickleball</p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p>Loose is CLOSED WEEKENDS in August</p>
<p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>11:30 Lunch <i>BLT's</i></p> <p>12:00 Medigap vs. Medicare</p> <p>12:30 Pinochle</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 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 Blood Pressure ✓</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch <i>Bean & Ham Soup</i></p> <p>12:00 Beginner Drums Alive</p> <p>12:00 NO 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 Blood Pressure ✓</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch <i>Beef Tips & Noodles</i></p> <p>12:00 Home Food Preservation</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>10:00 1-On-1 Financial</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch <i>Mac & Cheese</i></p> <p>12:00 Drums Alive©</p> <p>12:30 Mott Estate Tour</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH <i>Sausage & Kraut</i></p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Chef's Choice</i></p> <p>12:30 Open Game Play</p> <p>12:30 Chicago Bridge</p> <p>1:00 Fibre Friends</p> <p>5:00 Potluck</p>	<p>Please consider contributing to the ...</p>  <p>located at LOOSE. Thank you!</p>

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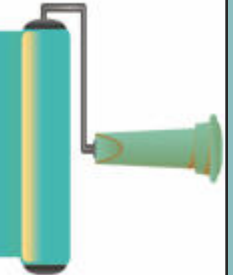


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<p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch Grilled Brats</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>8:00 Veteran Services</p> <p>9:00 Massage</p> <p>9:30 Coffee & Cops</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:15 Farmer's Market</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch Chick. Noodle <i>Argentine Care Center</i></p> <p>12:00 NO Line Dance</p> <p>12:00 Beginner Drums Alive</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>4:30 COOKOUT</p> <p>5:00 Yoga</p>	<p>8:00 Bridge</p> <p>8:30 Summer in the City</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask A Lawyer</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Salad Bar</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 NO Grief Support</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 NO FIT4EVER</p> <p>11:00 Blood Pressure ✓</p> <p>11:30 Lunch Pancakes</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>NO MMAP Counselor</p> <p>South Dakota Trip</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p>11:30 Lunch Chef's Choice</p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>	<p>18</p> <p>Loose is CLOSED WEEKENDS in August</p>
<p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p>10:30 Medicare Advice</p> <p>11:30 Lunch Chick. Croissant <i>Fenton Healthcare</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>3:00 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>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch Chicken Chili <i>The Landings of Gen. Valley</i></p> <p>12:00 NO 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 NO Chair Yoga</p> <p>5:00 NO Yoga</p> <p>5:30 Pen Pal Party</p>	<p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Project Linus</p> <p>9:30 Yoga</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Baked Chicken</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>6:00 Hip & Knee Seminar</p> <p>6:15 NO Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 NO FIT4EVER</p> <p>10:30 Tiger Game</p> <p>11:30 Lunch</p> <p>12:00 CONY DAY</p> <p>12:30 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 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 Lunch Chef's Choice</p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p>5:00 Euchre</p> <p>Tournament</p>	<p>25</p> <p>Loose is CLOSED WEEKENDS in August</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 Lunch Meatball Sub</p> <p>12:30 Pinochle</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 & 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 NO Loose Threads</p> <p>10:30 GRANDCHILD'S DAY</p> <p>10:30 NO FIT4EVER</p> <p>11:30 FREE HOTDOGS</p> <p>12:30 NO Euchre</p> <p>1:00 NO Chicago Bridge</p> <p>2:00 Alzheimer Support</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 FireKeepers Casino</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Pork Stir Fry</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch</p> <p>12:00 <i>Baked Potato Bar</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>31</p> <p>Have A SAFE & HAPPY LABOR DAY WEEKEND</p> <p>Loose is CLOSED August 31 - September 3</p>	

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First Wednesday of the month, 10:00 am
Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm
The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Homecare and Assisted Living.

WRITE YOUR LIFE STORY

Every 2nd & 4th Friday, 10 am, Sunroom
Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun.

LOOSE BOOK CLUB

Every 2nd Monday, 1 pm
This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

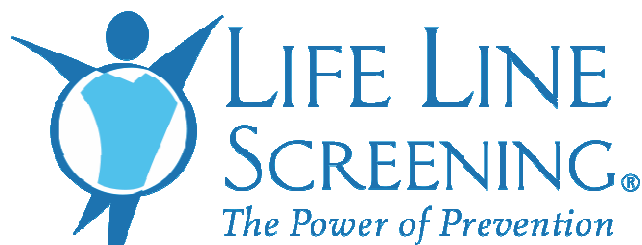
LISTENING EAR

Every 1st Monday, by appointment
Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



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 manor 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.



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

"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!**



CARD SHOP Fun

Each day you check in, during the month of August, be sure to enter your name in the Card Shop give-a-way contest. It's a beauty this time, filled with notecards.

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

Friday, August 10 (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.

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

4th Friday of each month, 10:30 am - 11:30 pm

Sponsored by Guardian Angel Home Health Care



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Wednesday
2:30 pm – 4:00 pm



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

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

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.

Visit Loose online @ www.loosecenter.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, 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

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

UPDATED

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

August 2	Mott Estate Tour	\$5
August 8	Canadian Rockies	\$2,999
August 9	Soaring Eagle	\$32
August 15	Summer in the City	\$50
August 17-26	South Dakota's National Parks	\$1,849
August 23	Tigers vs Chicago White Sox	\$70
August 29	FireKeepers Casino	\$32
September 2-3	Mackinaw Bridge Walk	\$244
September 10	Caesar Windsor	\$25
September 12	Pioneer Trail Wine Around	\$81
September 16-22	Hudson River Valley	\$1,699
September 25	FireKeepers Casino	\$32
October 3	Genesee Belle Fall Cruise	\$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 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 25-30	New York City Holiday	\$1,799
December 5-6	Country Christmas	\$280

2019 Trips

(prices vary on some of these trips, for info, call or stop in)

Feb.19-Mar. 5	Machu Picchu & The Galapagos Islands	
Feb. 22-28	Treasures of California	\$2,999
March 18-29	Texas	\$2,789
April 25-May 5	Spain's Classics	
June 20-June 29	Switzerland, Austria & Bavaria	
October 19-28	Shades of Ireland	

Detailed flyers are available at the Loose Center.

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



Thursday, August 2, 2018

\$5.00 (transportation) Limited Reservations Available
Free (for those who do not need transportation)

Leave Loose @ 12:30 pm, Arrive @ 1:00 pm
House Tour @ 1:30 pm, Leave @ 2:45 pm, Arrive Loose @ 3:15 pm

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

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

GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 3, 2018 (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)

August 1	How Art Made the World: Part 1
August 8	How Art Made the World: Part 2
August 15	How Art Made the World: Part 3
August 22	How Art Made the World: Part 4
August 29	How Art Made the World: Part 5

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.

AND MORE TRIPS

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

← CHECK THIS OUT!

*Another Loose
Summer Deal!*

SUMMER IN THE CITY

Wed., Aug. 15, 8:30 am—3 pm, \$50

Let's get our friends together and fill this bus with Loose folks and enjoy an adventure to the CITY!

This day trip features the Bason Edison Historical District, Andiamo Riverfront & Detroit's River Walk. Also included is transportation, lunch and free time at Detroit's River Walk. A deal you can't beat!

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

**OKAY
LET'S
DO
THIS**

Help us fill the bus with Loose Friends!!! Sign up today!

PIONEER TRAIL \$81pp *Wine Around*

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

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

Mackinac BRIDGE WALK *(walking optional)*

Sunday, Sept. 2-3, 2018, \$244pp/double occupancy

Departs: Pick up at Kmart, Silver Pkwy

Tour Round Trip Motorcoach Transportation:

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

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**

Thursday, August 23, 201

Vs. Chicago White Sox

INCLUDES: Round Trip Motor Coach Transportation, Ticket to the game, Free Soft Drink, Chips & Hot Dog voucher. Water, Snacks & FUN on the Bus.

DEPART Loose - 10:30 am

APPROXIMATE RETURN ~7 pm

Seats are located in the Lower Baseline Box, Section 112, Rows 22-24,

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

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



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 include on hotel accommodations, Drivers tip not included, Turtle Creek Casino pk., \$10 + 2 food Voucher, Little River Casino pk., \$20 + 10 food voucher, Soaring Eagle Casino pk., \$10 + 5 food voucher (additional \$10 after you earn 100 points on rewards card), Casino package are subject to change without notice.



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 man-

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

NEW YORK CITY Holiday Entertainment Extravaganza

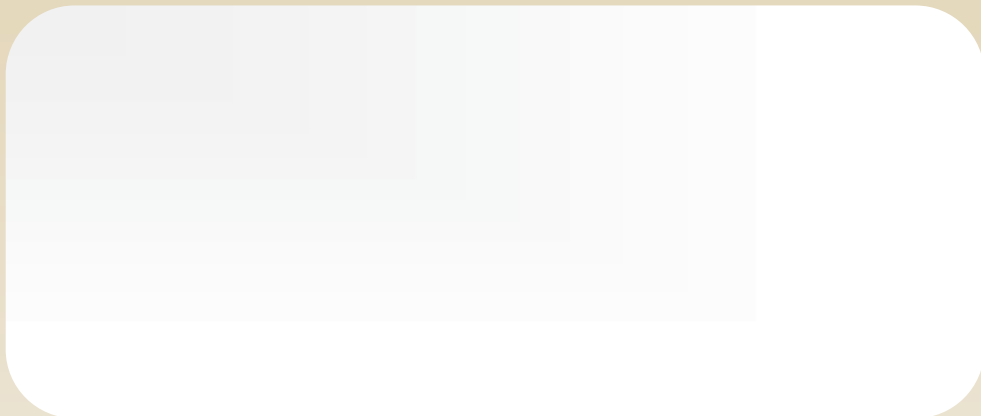
November 25-30, \$1,799

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.



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 Flint, MI
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BRING YOUR
grandchild
 TO **LOOSE** DAY!

Tuesday, August 28, 10:30 am - 1:30 pm

ALL AGES WELCOME!

ONGOING ACTIVITIES INCLUDE

- Photo Booth, Petting Zoo
- Bowling for a Prize, Cooking Demo
- Demos *(check schedule upon arrival)*
- Hula Hoop, Corn Hole Toss
- Cake walk (til the cake runs out)
- Touch the Truck (fire or police)
- LUNCH (hot dogs), 11:30-12:30 pm**

We apologize to our friends with grandchildren in Fenton Schools who start on that day. We do understand that the k-5th grades are only half day, So please come after and enjoy.

It's been a long time in the works and we are excited to play host to you and your family and friends, for a fun filled time showcasing Loose and the fun we have.

Thank You Sponsors



Argentine Care Center
 A Small Home with a Big Heart

