

JULY 2018

the perfect place for 50+

# LOOSE

"What you do today  
can improve  
all your tomorrows."

- Ralph Marston



WRITE TO THE  
NATIONAL  
WAR GARDEN  
COMMISSION ~  
WASHINGTON, D.C.  
for free books on  
gardening, canning  
& drying.

# From the Director

Dear Friends,

TODAY. Defined as the day, time or period. Every day brings us the magic of a new beginning. It gives you the ability to reflect on the yesterdays which were "Today." The concern here is that you always believe there will always be another "Today" which becomes our yesterdays. You need to think of what your yesterdays were. Did you miss the opportunity to tell someone how much you loved them? Did you make that phone call (or email or text) to that family member in which time has developed distance and space? Did you take that walk to get closer to nature and your inner feelings? Did you just take time to do something for yourself? Today has become busy, filled with obligations and responsibilities for all of us. You find yourself overwhelmed and look for ways to hide from the routine.

Today you have to reinvent who you are. You should look at your life as an opportunity to be happy. For the chance to improve and explore the unknown. Your daily objectives should be a celebration to help others and make people's life's around you better. If you are a care giver for your grandchildren, fill the day with activities that they will enjoy and make your time with them a wonderful memory. If you are a volunteer, make your time more pleasant. Find a way to make it bigger and better for those you serve. Fill that time with joy. If you are a caregiver, find a way to better

understand that person in your care. Find the little things that make them happy. It may be putting a puzzle together, watching their favorite movie or taking them to a nice restaurant to eat. To get out and order the food that brings back fond thoughts of yesterdays.

You also have to think about you. What makes you happy. What things help you deal with your inner self and things you are dealing with. You may want to connect with "Today." That day, time or period in your life when you can start anew. It may be finding new experiences such as travel. Going to places you have dreamed of but got lost in the yesterdays. You could join a club. One that expands your interests and pushes your limits. Art, music, books, gardening and classic movies are just a few that may open that door to your next exploration into the unknown, And if you have a better half, this may be the time to rediscover and reconnect with those things that brought you together many years ago. Yesterdays can make you forget who you are and what makes you happy.

So here we are....."TODAY." What are you going to do with this day, time or period. It is given to you just once and then it is gone. Just a memory. Are you going to miss this opportunity to make your life and others around you a day to remember. Are you going to step out of your comfort zone and reinvent who you are? See this today as the time in your life to make a difference. Reach out to all the wonderful things you can do and discover those things you always wanted to do. By making someone else's life a better place you also make your life a place of wonder.

So, go out there and make this the "Best Today" of your life. Tomorrow will be to late. Don't waste one Today for you may not have another tomorrow. Love all who graces your life. Bring a smile to their face and take the time to make you the "Special Person" that lies inside you and a person who can and will make a difference in the world around you. So go out there and make this a great "Today."

*"What you do today can improve all of your tomorrows."* R. Marston

All is well.

Carl Gabrielson, Loose Executive Director

BRING YOUR  
**grandchild**  
*Save the Date* TO **LOOSE** DAY!

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

**ALL AGES WELCOME!**

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

On this day you can expect, fun, food, Photo Booth (capture a fun shot of you as a reminder of the day), Petting Zoo (who doesn't love a petting zoo), food, a cake walk, Food Demo and more fun than can be listed.

*We are so thankful to the following sponsors, whose generous donations will help us with this special day.*

Caretel Inns of Linden  
Great Lakes Caring  
American House Grand Blanc  
The Lodges of Durand  
MSU Extension Services  
The Landings of Genesee Valley

**More details will be revealed closer to the date.**

## 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.

# July Happenings

## Flint Farmer's Market



**Caretel.**  
Inns of Linden

**Tuesday**  
**July 10, 2018**

### MARKET SEASON

Leave 10:15 am  
Return 1 pm (limit 8)  
**\$2 round trip**

Loose is partnering with Caretel Inns of Linden and enjoying time

at the Flint Farmers Market's. Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. *Future special trips, August 14, September 11 & October 9.*



### PROJECT FRESH COUPONS AVAILABLE NOW

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

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.

## BEGINNING DRUMS ALIVE

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



Drums Alive® will improve your physical health, as well as neurological well-being. Both of them together are a mind/body experience, and are greatly enhanced by the rhythmical drumming patterns.



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

## Beginning PICKLEBALL

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

### Sign up for a Beginner Pickleball class!

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



Tues., July 10  
4:30 pm, \$6

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

It is the best deal around and we welcome Mike Messer from the MTA who will share with us good information about the good work they do.

# 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, June 12, 9:30-10:30 am  
Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership.

Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



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.

**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 activity un the Community Tent are FREE!

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

**SAVE THE DATE!**

## July 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                    |
|--|--|--|---|--|
| 2<br>Chicken Caesar Wrap<br>Chips, Veggies   | 3<br>Broccoli Cheddar Soup   | 4<br><b>CLOSED</b><br><b>JULY</b><br>4th<br>HAPPY BIRTHDAY, USA!   | 5<br>Baked Spaghetti Salad<br>Garlic Bread                | 6<br>Chefs Choice<br><i>You Won't be sorry</i> |
| 9<br>Rueben Stromboli<br>Fresh Veggie Sticks   | 10<br>Minestrone Soup<br><i>Sponsored by</i><br>ARGENTINE CARE CENTER<br>810-735-9487                  | 11<br>Meatloaf<br>Potato<br>Veggie   | 12<br>Spanish Rice & Chicken                              | 13<br>Hand picked just for you! ☺              |
| 16<br>Sloppy Joe<br>Chips  | 17<br>Corn & Bacon Chowder<br><i>Sponsored by</i><br>THE LANDINGS OF<br>GENESEE VALLEY<br>810-735-9487 | 18<br>Hot Beef Sandwich<br>Mashed Potato's   | 19<br>Scrambled Eggs and Sausage                          | 20<br>Clean out the Fridge Day                 |
| 23<br>Turkey Wrap Salad<br><i>Sponsored by</i><br>FENTON HEALTHCARE CENTER<br>810-629-4117 | 24<br>PICNIC @ CARETEL<br>202 S. Bridge St<br><i>Shuttle from Loose begins at 11:30 am</i>             | 25<br>Chicken Casserole<br>Salad<br>Roll   | 26<br>Coney's<br><i>(Flint or Detroit Style)</i><br>Chips | 27<br>Delicious Odds & Ends                    |
| 30<br>Ham & Cheese,<br>Lettuce Sandwich<br>Chips   | 31<br>Beef<br>Barley<br>Soup   | 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. |   |  |

**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

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 **Zumba/Total Fit**

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

**\$5 drop in fee or discounted punch card available**

**Friday, 11 am - 4 pm (reservation required)**

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

## BIKING BUNCH Begins Wednesday, 9am

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

## ARTHRITIS FOUNDATION EXERCISE



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

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

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

## LINE DANCE Tuesday, 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., July 16 & 23, 30, 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, July 23, 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.

New classes are offered regularly, check back for updates.



## Project Linus

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

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

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

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

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

*Please donate CLEAN plastic SHOPPING bags ONLY.*

# CLASSES, MUSICAL OPPORTUNITIES & MORE



Friday, July 27, 5 pm  
\$7 Entry Fee, 25¢/Euchres  
GREAT Prizes, Food & Drink & more!  
All are WELCOME!

## BOARD & CARD GAMES

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

HAND & FOOT Wednesday, 6:30pm

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

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

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

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

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

CHESS Wednesday, 12:30 pm

CARDS & MORE *Will return in the fall.*

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 12:30 pm

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

## TECHNOLOGY

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

*Fall Schedule coming soon*



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



Review us on **facebook.**



## LOOSE CHORUS

RESUMES REGULAR PRACTICE  
MONDAY, AUGUST 20 @ 3 PM  
ALL ARE WELCOME!



## 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.



*Check It Out!*

## BE A TOURIST IN YOUR HOME TOWN

July 14, 10 am - 4 m

Flint & Genesee Convention & Visitors Bureau, sponsored by the MTA

**\$1 PER PERSON**

- FREE admission to more than 30 area venues.
- 10% off at select downtown Flint restaurants *(food & non-alcoholic beverages only).*
- Complimentary transportation by co-sponsor MTA, in dedicated *Be a Tourist* buses.
- Purchase your passport online by July 7 to be entered into a special prize drawing for two tickets to the Ally Challenge.
- Passports may also be purchased the day of the event *(find locations online).*

**REGISTER: [flintandgenesee.org/tourist](http://flintandgenesee.org/tourist)**

# July

## OFFICE HOURS

Monday - Friday  
8:00 am - 4 pm

## EMAIL

lscce@loosecenter.org

## WEBSITE

www.loosecenter.org

## PHONE

810.735.9406

## FAX

810.735.4255

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

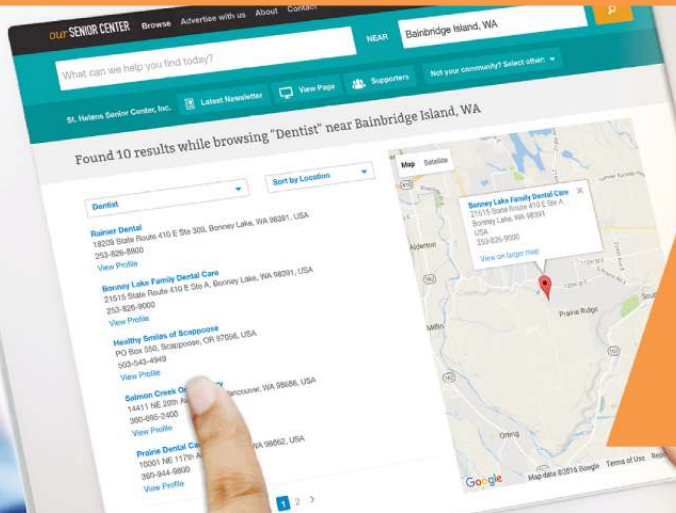
### SATURDAY/SUNDAY

|   |  |  |  |   |   |   |
|---|--|--|--|---|---|---|
| <p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p><b>11:30 LUNCH</b><br/>Chicken Caesar</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 &amp; Total Fit</p> <p>6:15 Pickleball</p>  | <p>9:00 NO Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 FIT4EVER</p> <p><b>11:30 LUNCH</b><br/>Broccoli Cheddar</p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>  | <p><b>CLOSED</b></p> <p><b>HAPPY BIRTHDAY, USA!</b></p>  | <p>4</p> <p>MMAP Counselor</p> <p>9:30 NO Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p><b>11:30 LUNCH</b><br/>Baked Spaghetti</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 NO Yoga Fit</p>   | <p>5</p> <p>MMAP Counselor</p> <p>9:30 NO Chair Yoga</p> <p>10:00 AMVET Counselor</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p><b>11:30 LUNCH</b><br/>Baked Spaghetti</p> <p>11:30 Wii Bowling</p> <p>12:00 Drums Alive©</p> <p>12:30 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 NO Yoga Fit</p>  | <p>6</p> <p>MMAP Counselor</p> <p>9:30 NO Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p><b>11:30 LUNCH</b><br/>Chef's Choice</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>7</p> <p>9:00 Zumba</p> <p>10:00 Euchre</p>  |
| <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p><b>11:30 LUNCH</b><br/>Rueben Stromboli</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 &amp; Total Fit</p> <p>6:15 Pickleball</p> | <p>9</p> <p>Veteran Services</p> <p>8:00 Massage</p> <p>9:00 Coffee &amp; 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 FIT4EVER</p> <p><b>11:30 LUNCH</b><br/>Minestrone Soup</p> <p><i>Argentine Care Center</i></p> <p>12:00 NO Line Dance</p> <p>12:00 Beg. Drums Alive</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p><b>4:30 COOKOUT</b></p> <p>5:00 Yoga</p> | <p>10</p> <p>U of M Wellness Program</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Blood Pressure ✓</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>10:45 Art à la Carte</p> <p><b>11:30 LUNCH Meatloaf</b></p> <p>12:00 Wood Carving</p> <p>12:30 Beginning Pickleball</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p> | <p>11</p> <p>U of M Wellness Program</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Blood Pressure ✓</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>10:45 Art à la Carte</p> <p><b>11:30 LUNCH Meatloaf</b></p> <p>12:00 Wood Carving</p> <p>12:30 Beginning Pickleball</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>3:15 Coupon Club</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p> | <p>12</p> <p>BOSTON TRIP</p> <p>MMAP Counselor</p> <p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Caesar Windsor Casino</p> <p><b>11:30 LUNCH</b><br/>Spanish Rice &amp; Chicken</p> <p>11:30 Wii Bowling Banquet</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>13</p> <p>MMAP Counselor</p> <p>9:00 Podiatrist</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><b>11:30 LUNCH</b><br/>Chef's Choice</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>14</p> <p>9:00 Zumba</p> <p>10:00 Euchre</p> |



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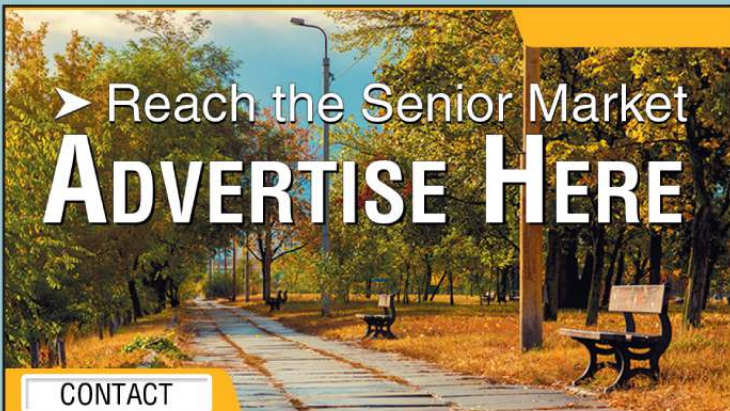
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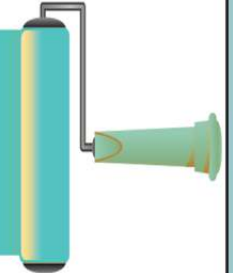
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| <p><b>16</b></p> <p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p><b>11:30 LUNCH</b></p> <p><b>Sloppy Joes</b></p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>1:00 Happy Stampers</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:15 Pickleball</p>                             | <p>9:00 Massage</p> <p>9:30 Zumba Gold/Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p><b>11:30 LUNCH</b></p> <p><b>Corn &amp; Bacon Chowder</b></p> <p><i>The Landings of Genesee Valley</i></p> <p>12:00 NO Line Dance</p> <p>12:00 Beg. Drums Alive</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> | <p><b>17</b></p> <p>U of M Wellness Program</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask A Lawyer</p> <p>10:45 Art à la Carte</p> <p><b>11:30 LUNCH</b></p> <p><b>Hot Beef Sandwiches</b></p> <p>12:00 Wood Carving</p> <p>12:30 Beginning Pickleball</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 NO Grief Support</p> <p>6:15 Pickleball</p> <p>6:30 Hand &amp; Foot</p> | <p><b>18</b></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><b>11:30 LUNCH</b></p> <p><b>Eggs &amp; Sausage</b></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><b>19</b></p> <p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:00 Pickleball</p> <p><b>11:30 LUNCH</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p>  | <p><b>21</b></p> <p>9:00 Zumba</p> <p>10:00 Euchre</p>                             |   |
| <p><b>23</b></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><b>11:30 LUNCH</b></p> <p><b>Turkey Wrap</b></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>1:00 Water Color</p> <p>2:00 Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:15 Pickleball</p> | <p><b>24</b></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><b>11:30 LOOSE CLOSING</b></p> <p><b>JOIN US AT CARETEL PICKLEBALL</b></p> <p>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>   | <p><b>25</b></p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Project Linus</p> <p>9:30 Yoga</p> <p>10:00 Firekeepers Casino</p> <p>10:45 Art à la Carte</p> <p><b>11:30 LUNCH</b></p> <p><b>Chicken Casserole</b></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 &amp; Foot</p>                               | <p><b>26</b></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><b>11:30 LUNCH</b></p> <p><b>CONNEY DAY</b></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><b>27</b></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>11:00 Pickleball</p> <p><b>11:30 LUNCH</b></p> <p><b>Chef's Choice</b></p> <p>12:30 Chicago Bridge</p> <p>12:30 Open Game Play</p> <p>1:00 Fibre Friends</p> <p><b>5:00 Euchre Tournament</b></p> | <p><b>28</b></p> <p>9:00 Zumba</p> <p>10:00 Euchre</p> <p>10:00 Garden Meeting</p> |   |
| <p><b>30</b></p> <p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p><b>11:30 LUNCH</b></p> <p><b>Ham &amp; Cheese</b></p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>2:00 NO Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:15 Pickleball</p>  |  |   | <p><b>COMPLEMENTARY BREAKFAST &amp; GUIDED BUS TOUR OF GREAT LAKE NATIONAL CEMETERY</b><br/> <b>Wed., Sept.5, 8 am-12 noon (limited to 30)</b></p> <p>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.</p>  |  |  | <p><b>31</b></p> <p>7:00 Quilt Garden Tour</p> <p>8:00 Podiatrist</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><b>11:30 LUNCH</b></p> <p><b>Beef Barley</b></p> <p>12:00 NO Line Dance</p> <p>12:00 Beg. Drums Alive</p> <p>12:30 Euchre</p> <p>1:00 Mah jongg</p> <p>1:00 Chicago Bridge</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> |
| <p><b>30</b></p> <p>8:00 Bridge</p> <p>10:00 Painting</p> <p>10:00 Sleep Mat Production</p> <p><b>11:30 LUNCH</b></p> <p><b>Ham &amp; Cheese</b></p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>2:00 NO Arthritis Exercise</p> <p>4:00 Yoga</p> <p>5:00 Zumba &amp; Total Fit</p> <p>6:15 Pickleball</p>  |  |   | <p><b>BOARD OF DIRECTORS</b></p> <p>Ken Wensel, <i>President</i></p> <p>Frank Lukowski, <i>VP</i></p> <p>Ann Deemer, <i>Secretary</i></p> <p>Vince Eible Jr., <i>Treasurer</i></p> <p>Ray Culbert</p> <p>Roby Deese</p> <p>Richard Laing</p> <p>Charlie Ross</p> <p>Les Scott</p> <p>David Kincaid</p> <p>Pat Lockwood</p> <p>Joetta Pyles-Zalewski</p> <p>Nancy Galant</p> <p>Alberta Martin, <i>Emeritus</i></p>  |  |  |   |

# HEALTHY LIVING

## ONE-ON-ONE FINANCIAL HELP

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

## ALZHEIMER SUPPORT GROUP

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

## WRITE YOUR LIFE STORY

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

## LOOSE BOOK CLUB

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

## LISTENING EAR

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



## POWERFUL TOOLS FOR CAREGIVERS

Thursday, August 30–October 4, 1:30-3:30pm, FREE  
Meetings are once a week, for six weeks, space limited.

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



## 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.**



## 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!*

SHARE OUR STRENGTH'S  
**COOKING MATTERS™**

~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

## 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.

# 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, July 13 & Tuesday, July 31 (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*



## "JOURNEY TO HOPE AND HEALING"



### GRIEF SUPPORT GROUP

Every 1<sup>st</sup> & 3<sup>rd</sup> 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.



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)

# 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.

**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

**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

|                 |                                     |              |
|-----------------|-------------------------------------|--------------|
| July 12         | Boston                              | \$1,174      |
| July 12         | Caesar Windsor                      | \$24         |
| July 18-26      | Nova Scotia                         | \$3,299      |
| July 25         | FireKeepers Casino                  | \$32         |
| July 31         | Quilt Garden Tour                   | \$90         |
| August 2        | Mott Estate Tour                    | \$5          |
| August 8        | Canadian Rockies                    | \$2,999      |
| August 9        | Soaring Eagle                       | \$32         |
| August 15       | Summer in the City                  | \$50         |
| August 17-26    | South Dakota's National Parks       | \$1,849      |
| August 23       | Tigers vs Chicago White Sox         | \$70         |
| August 29       | FireKeepers Casino                  | \$32         |
| September 2-3   | Mackinaw Bridge Walk                | \$244        |
| September 10    | Caesar Windsor                      | \$25         |
| September 12    | Pioneer Trail Wine Around           | \$81         |
| September 16-22 | Hudson River Valley                 | \$1,699      |
| September 25    | FireKeepers Casino                  | \$32         |
| October 3       | Genesee Belle Fall Cruise           | \$22 or \$27 |
| October 4-9     | Albuquerque Balloon Fiesta          | \$2,679      |
| October 8-13    | Virginia Beach                      | \$1,200      |
| October 11      | Sagaming 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 |
| 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.



## Applewood Charles Stewart Mott Estate Tour

**Thursday, August 2, 2018**

\$5.00 (transportation) Limited Reservations Available

Free (for those who do not need transportation)

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

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

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

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

## GENESSEE BELLE FALL LUNCH CRUISE

**Wednesday, October 3, 2018**

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

\$27.00 includes transportation, cruise & lunch

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

|         |   |
|---------|---|
| July 11 | Chuck Close: A Portrait in Progress         |
| July 18 | Sign Painters                               |
| July 25 | Hans Hofmann: Artist/Teacher Teacher/Artist |
|         | Robert Indiana: American Dreamer            |

# 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!



**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**



## The Historic Whitney

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

Departs 10 am>Returns 6:15 pm

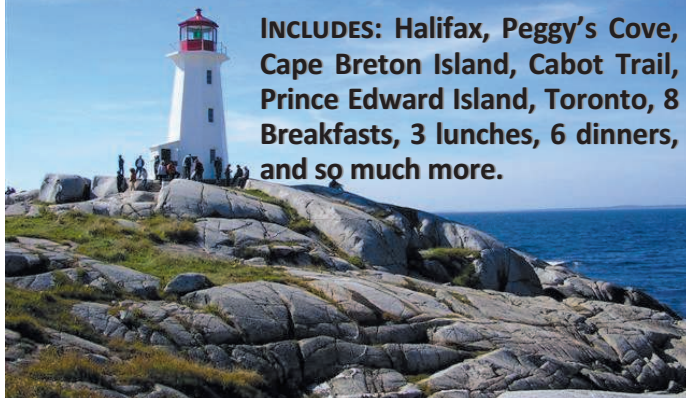
INCLUDES: Round Trip Motor Coach Transportation, Guided Stroll through the Historic Whitney, Detroit's most iconic mansion,

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

## Nova Scotia

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

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



## PIONEER TRAIL

\$81 pp *Wine Around*

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

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

## NEW YORK CITY Holiday Entertainment Extravaganza

November 25-30, \$1,799

FEATURING The Rockettes @ Radio City Music Hall

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



## Machu Picchu & the Galapagos Islands

February 19 — March 05, 2019

15 Days • 29 Meals

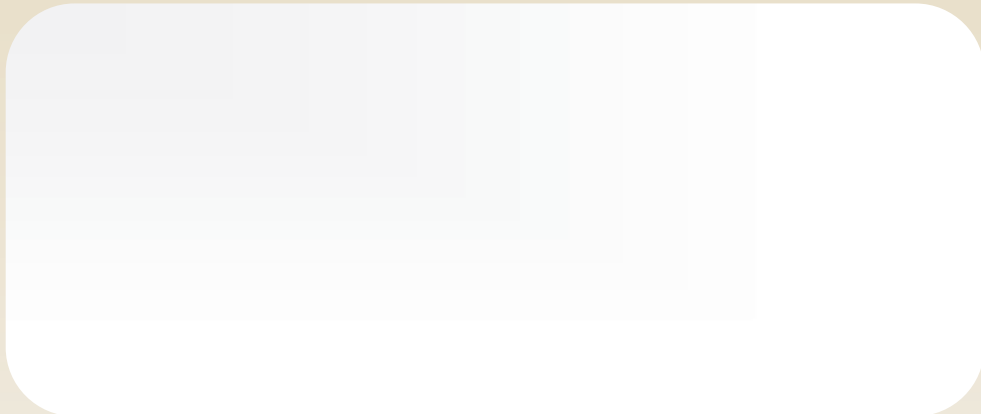
\$\$ vary



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



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HAPPY *10* year  
ANNIVERSARY  
Caretel

join us at the...

Caretel  
Loose  
PICNIC



12 noon - 2 pm  
Tuesday, July 24

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

SUMMER FUN!

free

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

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