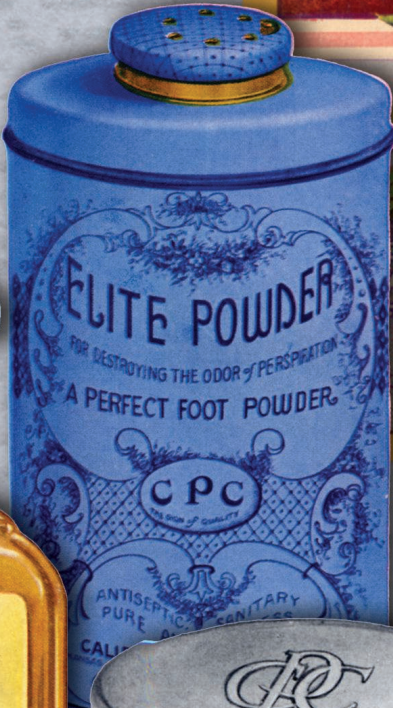


SEPTEMBER 2015

LOOSE



*"Healthy citizens are the greatest asset any country can have."
- Winston Churchill*



Dear Friends,

Winston Churchill once said "Healthy Citizens are the greatest asset any country can have". This is so true today. As the knowledge in the health field expands and more cures are found to combat disease, we find that the human population is living longer. This puts a great responsibility on ourselves to take care of our bodies and find ways to be healthier in our daily routine. Science can diagnose the cause of health problems we face everyday. They can give recommendations on how we can protect ourselves from these ills, but it is up to us to take the steps necessary.

When we were young our parents took care of us by making sure we ate our vegetables, did not eat a lot of sweets and sent us out of the house to play. When we had to make our own choices and had a reason to stay fit, whether it be for sports, a job, or just looking good, we took care of our bodies. We stayed active. We monitored our health through a healthy diet and exercise.

Then midlife comes and we find that our life becomes complicated with the responsibilities of a job, children and routine. We struggle to find time to take walks, workout or just simple exercise. Our diet changes and we find that pizza, coffee, and fast foods become our normal nutritional intake. Stress becomes a factor and we turn to comfort foods to make us feel better. We know that to continue to stay healthy and be able to meet our commitments, we must combat the negatives. We must turn to a nutritional diet, and find time to take care of our own body. Only then we will have the energy and stamina to be a productive individual to face life and all it presents.

As we enter the golden stage of life we find that we begin to slow down. We incur arthritis, old injuries, shortness of breath and numerous other symptoms that keeps us from a healthy lifestyle. We can lose sight of the need to watch our diet and the benefit of exercise. This does not have to be the norm. There are many things we can do at an older age to keep us feeling better. We can establish a diet that will help combat high blood pressure, diabetes and high cholesterol. There are many exercise programs that anyone can take to help keep our body fit and makes us feel young. Depending on your age and your physical condition, Loose offers numerous fitness classes. There is the biking bunch, yoga, Fit4Ever, line dance, Wii bowling, Zumba and a fitness room equipped for personal use. It is Loose's challenge to offer you programs that will help you find a wellness plan to make a healthier you.

With the advancement of science and the availability of exercise and so much good nutritional information, there is no reason that we cannot enter into a lively and rewarding life as age. We are never too old to take care of ourselves and keep our bodies ready for that next adventure that stands before us.

All is well
Carl Gabrielson, Executive Director

Welcome

We like to think of Loose as a welcoming place for all folks, new and those with history. There are many activities and events to try and our hope is you will feel free to join in at any time. Each activity has a leader or a volunteer who will welcome and guide you and make you feel at home and comfortable. Staff is available Monday through Friday from 8 am - 4 pm and will always lend a hand. We hope you will take the time, be a part of our day and allow us to be a part of yours.

"Research shows that older adults who participate in senior center programs experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being." National Council on Aging



FRESH PRODUCE @ The MARKET Thursday, September 17, 2015, \$2

Leave 10:00 am, Return 1 pm (limit 8)
We are partnering with Carotel Inns of Linden and enjoying time at the **Flint Farmers Market's**.

Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call and sign up today.



Lifestyle Toolbox

BACK BY POPULAR DEMAND
YOUR HEALTHY LIFESTYLE TOOLBOX II

Wed., September 23, 10 am, FREE

Tips to keep your tools sharp through physical activity and fitness. If you missed the first Toolbox talk, you are still welcome to join in. Come at 9:45 and Leah will bring you up to speed. What items are "in" my toolbox? Why should they be in there (i.e. nutrition, endurance, range of motion, balance and more)? How much potential do I have to keep these tools "sharp"? How can I go about doing this? This workshop will be led by Leah Tanton who is trained in Exercise Science and currently teaches Exercise Physiology at U of M.

A Heads UP!

MEDICARE OPEN ENROLLMENT PERIOD

October 15 - December 7.

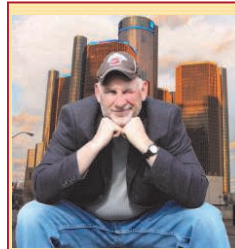
We have counselors lined up for appointments on Tuesday, October 20 and Thursday, November 12 and each Friday. TELL YOUR FRIENDS and if you are in need of assistance, please call Loose and set up an appointment.



Coffee COPS and Conversation

NEW!!!!
Tuesday, September 8, 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!



DINNER & COMEDY SHOW

Tuesday, September 15, 2015, 5 PM \$15

A wonderful dinner followed by the comedic entertainment of Billy Ray Bauer.

"Billy Ray has been a repeat guest on the Bob and Tom Show heard across America. He's also been heard on the Dick Purtan radio show in Detroit and co-hosted the Appliance Doctor Radio program on WXYT for three years. Billy Ray's jokes have appeared in Reader's Digest and one was among their top 50 jokes for 2005. Billy Ray has appeared with Drew Carey, Tim Allen, The Smothers Brothers, Lewis Black, Doug Stanhope, and many other great comedians!"



Fried Chicken, Roast Beef, Cabbage Rolls, Mashed Potatoes and Gravy, Potato Salad, Tossed Salad, Green Bean Casserole, Cottage Cheese and Fruit, Roll, Pickle/Olive Tray, Rolls, Drinks and Dessert

Loose HEALTH fair

Friday, September 25, 2015
9:00 am - 12:00 noon

Health Information, Flu Shots, Prizes, Housing Information, Health Related Vendors, Blood Pressure Check, Chicken Salad Lunch, Coffee, Give A-ways

Chicken Salad Lunch, \$5
Served 11 am - 12 noon
Includes, chicken salad croissant, chips & drink.

WATERCOLOR CLASSES

FARM FOG, Sept.28 & Oct. 5, 1 pm, \$15
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. Instructor, Peggy Mattson.



FOOD DEMO & NUTRITION

Wednesday, September 23, 2:30 PM
Recipes, fresh produce, nutrition information, tips on preparing healthy meals on a budget, all packed into a wonderful demo and presentation by Arlene Collins, Food Banks MiFBAN Program Coordinator. Join Arlene as she shares a wealth of information and prepares wonderful samples for you to try. All attending will receive a take home package. Please be sure to call and register.



UNDERSTANDING MEDICARE

Thursday, September 24, 12 noon
Are you aging into Medicare? Is your current Medicare medical or drug plan the best one for you? Get the Straight talk about the basics of Medicare and Medicaid choices from a MMAP (Medicare Medicaid Assistance Program) Counselor. Come with questions. Presenter Ann Walker volunteers her time at Loose each Friday with the MMAP program in Genesee County.
Open enrollment for Medicare Advantage and Medicare Part D Plans will be available beginning October 15th.

ENERGY HEALING WORKSHOP

Thursday, Sept.17, 2-4 pm, Sunroom, \$35
"Keeping the Body Clear of Anxiousness & Anxiety, Using EFT Tapping"
This Class will focus on releasing the chemical of anger, we carry in our bodies. Anger is a chemical addiction in the body. When we get angry over the smallest things our body is calling for an anger fix. Tapping will interrupt this cycle and if done daily, begins change the dependency of anger to feeling of understanding and joy.



NUTRITION & MORE FUN

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am, Annex
Suggested donation for those 60 and over: \$2
 Ages 59 and under: \$3.50

GCCARD provides daily congregate lunches at the Center. They are tasty and nutritionally balanced. If you plan on attending, please call the Center at 735.9406 by 12 noon the day before. Sharing a meal with others is a great way to make friends. Menus are available in the office.

POTLUCK DINNER



2nd Friday of each month, 5 pm, Annex **REAL LOCAL**

Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with a good old-fashioned potluck gathering. Loose Potlucks are among the best, so don't miss out! We also invite you to stick around after dinner and enjoy one of our many games.



Chicken Salad Lunch, \$5

Friday, September 25, Served 11 am - 12 noon
 Includes, chicken salad croissant, chips & drink.
 This delicious lunch is being offered in conjunction with the Loose Health Fair. Grab a friend and join us!

"ENTERTAINMENT EXPRESS" @ LOOSE

Friday, October 2, 1 pm



MEET MO! Mo plays the piano and has a huge variety of songs from the old standards to classic R&B and everything in between. He has a huge knowledge of music history and music from the early 20's-50's. Sign up TODAY!!

Entertainment Express is a generously funded by the Ruth Mott Foundation, the Charles Steward Mott Foundation and local philanthropist William Hentgen.

Cooking Matters

Wednesdays, 10 am - 12 noon (6 days total, FREE
 October 28, November 4, 18, 25, December 2 & 9



COOKING & NUTRITION
 Taught by a Chef & Nutritionist

Healthy Snacks **TOPICS INCLUDE** Tips for Eating Out
 Shopping Smart Food Safety at Home
 Planning Balanced Meals Cooking Tips from the Chef

FREE Groceries (make special recipes at home)
FREE Cookbook (secrets from the pros)

MICHIGAN STATE UNIVERSITY | Extension

Saturday, October 3, 5 pm

Invite your friends to join us at LOOSE for an evening of fun and great food.



Menu includes:

PULLED PORK, BAKED BEANS, SALAD, MAC & CHEESE, ROLLS, DESSERT & DRINKS

Join Loose at the **SYMPHONY!**

Fate
 ADVENTURES OF A HERO
 15 · 16 CONCERT SEASON
 FLINT SYMPHONY ORCHESTRA
 A Program of the Flint Symphony of Michigan

CONCERT DATES
 10/3/15
 11/14/15
 1/23/16
 2/20/16
 4/2/16
 4/30/16

As a Loose member you can purchase a single concert ticket for \$10 (any level) and seasons tickets for \$48 (on a balcony). There is an active Symphony group that carpools from Loose and often meet for dinner prior to the concert. This is a wonderful opportunity. Call Loose, TODAY, for details.

Plant & Seed Swap

Wednesday, September 23, 10 - 11 am



MATTER OF BALANCE - FREE

Beginning Wednesday, October 7, 2 pm



Tested, tried and true, this eight session, small class setting is facilitated by caring, well trained volunteers and will change your life. Participants of this program learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Space is limited, so please call Loose and sign up today!

LEARN PICKLEBALL - Instruction for Beginners

Sunday, September 27, 2 pm

Have you heard? Pickleball is what it's all about and there is a paddle with your name on it! Come, learn the game, get involved, get active, make new friends, enjoy the health benefits. This day is dedicated to beginners who will benefit from some great instructional help. Sign up TODAY!

PICKLEBALL ROCKS - Let's Play

Monday & Wednesday, 6:15 - 9 pm, Sunday 2 - 5 pm, Friday, 11 am - 4 pm (reservation required), \$3 court rental

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

BEACHBALL VOLLEYBALL Monday, 6 pm

A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us on Monday at 6 pm at Linden Elementary school located at 400 South Bridge Street in Linden.

FITNESS ROOM

- ◆ 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

Wii BOWLING Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. **The next 8 week league begins on September 10. If you are interested in Wii bowling, please contact the Loose Office.**

BIKING BUNCH Wednesday, 9 am

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 PROGRAM

Will resume in January

YOGA \$5 per class

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.

ZUMBA & ZUMBA GOLD \$5 per class

Low-impact dance/exercise class that includes stretching, balance and easy dance moves. **GOLD** is a specially designed class for the active, older adult or unconditioned person. Wear comfortable clothes and smooth-soled athletic shoes and bring a water bottle.

FIT⁴EVER \$5 per class (resumes 9/8)

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.

LINE DANCE Tuesday Class-\$5 Thursday Class - \$5 (resumes 9/8)

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.

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

SCHEDULE

MONDAY

9:30 am Zumba Gold
 4:00 pm Yoga (gentle flow)
 5:00 pm Zumba
 6:15 pm Pickleball

LINDEN ELEMENTARY
 6:00 pm Volleyball

TUESDAY

9:30 am Zumba Gold
 10:30 am FIT⁴EVER
 12:00 pm Beg. Line Dance
 1:00 pm Adv. Line Dance
 4:00 pm Chair Yoga
 5:00 pm Yoga (gentle flow)

FRIDAY

9:30 am Yoga (gentle flow)
 11:00 am Pickleball

WEDNESDAY

9:00 am Biking Bunch
 9:30 am Yoga (gentle flow)
 5:00 pm Zumba
 6:15 pm Pickleball

SATURDAY

9:00 am Yoga (gentle flow)
 10:15 am Zumba

THURSDAY

9:30 am Chair Yoga
 11:45 am Wii Bowling
 10:15 am Zumba Gold
 10:30 am FIT⁴EVER
 4:00 pm Yoga (gentle flow)
 6:00 pm Beg Line Dance
 7:00 pm Adv. Line Dance

SUNDAY

2:00 pm Pickleball



ARTSY & CRAFTY

HAPPY STAMPERS

4th Monday of each month, 1 pm, Sunroom, FREE

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

“ANYONE CAN PAINT” Class Minimum: 6

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

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

PAINTING GROUP Mondays, 10 am, Hall A, FREE

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

SCRAPBOOKING

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

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

YARN RECYCLERS Fridays, 10 am, Annex, 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.

HEXAGON ORNAMENT CLASS

Wednesday, October 7, 12:30 pm, \$5

Class size is limited to 8.

There is no better way to spend a fall afternoon than by learning something new, creating and sharing time with others. Sign up early, space is limited. Fabric and felt will be provided, please bring with you, needle, thread and scissors.



JEWELRY CLASS

Thur., September 24, 1 pm, Sunroom, \$20

Create a beautiful necklace using crystals, clay and a special technique. The cost of the class includes everything you need, however, you might want to bring a magnifying glass and a table lamp. No experience necessary. Sign up today!



CARD MAKING WITH CAROLINE

Monday, September 21, 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.



CRAFTS AT CARETEL (fun fall craft)

Wednesday, September 23, 10 am, \$5, limit 8

Join us and create this sweet Pumpkin Jar. All supplies are provided. Enjoy a peaceful time to be creative and enjoy the company of others. This event will be held at Caretel Inns, 202 S. Bridge in Linden.



SLEEP MATS Mondays, 10 - 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.

LOOSE LAPGHANS - Fridays, 1 pm, Hall A, 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.



CLASSES, MUSICAL OPPORTUNITIES & MORE



CHOIR
 Mondays, 3 pm, *Resumes September 14*
 Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir 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. The choir is a very welcoming group; stop by and see!

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



PLEASE PREREGISTER FOR ALL CLASSES

WINDOWS 8

Wednesday, September 16, 23, 30, 4 - 6 pm, \$30

Windows 8: kind of confusing, right? There's no Start button, no straightforward way to shut it down, perhaps worst of all, there's no instruction manual. So how exactly are you supposed to learn your way around the new operating system? Sign up today! If you have a laptop, bring it to class and get yourself set for this new adventure.

IPAD 1

Wednesday, October 7 & 14, 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 settings, camera, facetime, notes, and contacts.

IPAD 2

Wednesday, October 21 & 28, 4-6 pm, \$20

For those who have completed IPAD 1. Take things a step further and begin to dive into the mail app, calendar app, the App store, and downloading apps. There is always time for questions.

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.



Loose is collecting shampoo, hand creams, toothpaste, to create "care bags" for the Homeless Shelter. Please drop them off at the Center and a Volunteer will make sure they are delivered to the Shelter.



Friday, September 25, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

GAMES

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

POOL Wednesday - Friday, 1 - 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, 1:00 pm (bring a friend)

CHICAGO BRIDGE Tuesday & Friday, 1 - 4 pm

CHESS Wednesday, 12:30 pm

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 3 pm, Friday, 10 am

PINOCHLE Monday & Wednesday, 12:30 pm

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

CARDS & MORE Begins October 8

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.

**Tuesday
September 8
7 pm**



Friends, an **Open MIC event** is a LIVE show where audience members may perform their talent at the MIC.

THE RULES ARE SIMPLE:

- If you are interested in just listening, please grab a friend, come in, and enjoy.
- If you are interested in performing, come in, sign up, and the master of ceremony will guide you from there.
- Be encouraging and respectful of the performers.

HAVE FUN!

September 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OFFICE HOURS
Monday - Friday
8:00 am - 4 pm

PHONE
810.735.9406
FAX
810.735.4255

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

BOARD OF DIRECTORS

- Ken Wensel, *President*
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- Ray Culbert
- Ann Deemer
- Roby Deese
- Cheryl King
- Richard Laing
- Frank Lukowski
- Charlie Ross
- Les Scott

<p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 NO FIT4EVER</p> <p>11:30 Lunch <i>BBQ RIB</i></p> <p>12:00 NO Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:00 Blood Pressure</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</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 Consumer Fraud</p> <p>10:30 1 on 1 Financial</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Salisbury Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>9:30 Chair Yoga</p> <p>10:00 AMVET</p> <p>10:15 Zumba Gold</p> <p>10:30 NO FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>6:00 NO Line Dance</p>	<p>7:30 Michigan State Fair</p> <p>LOOSE CLOSED</p> <p>SATURDAY September 5</p> <p>9:00 Zumba</p> <p>10:00 Euchre</p> <p>Sunday September 6</p> <p>Mackinaw Bridge Walk</p> <p>LOOSE CLOSED</p>
<p>9:00 Shades of Ireland</p> <p>9:30 Veteran Services</p> <p>9:30 Zumba Gold</p> <p>9:30 Coffee Cops</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Pork Chop</i></p> <p>12:00 Beginning Line Dance</p> <p>1:00 Advanced Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 Open MIC</p>	<p>Lake Geneva</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:00 Blood Pressure Check</p> <p>9:30 Yoga</p> <p>10:30 Watch Repair</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Gyro Sandwich</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>3:15 Coupon Club</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Farmers' Market Trip</p> <p>11:30 Lunch <i>Fried Chicken</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>6:00 Beginning Line Dance</p> <p>7:00 Advanced Line Dance</p>	<p>10</p> <p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Farmers' Market Trip</p> <p>11:30 Lunch <i>Fried Chicken</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>6:00 Beginning Line Dance</p> <p>7:00 Advanced Line Dance</p>
<p>LOOSE CLOSED</p> <p></p> <p>Happy Happy</p> <p>Labor Day</p> <p>To You!</p>	<p>7</p> <p>LOOSE CLOSED</p>	<p>9</p> <p>Lake Geneva</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:00 Blood Pressure Check</p> <p>9:30 Yoga</p> <p>10:30 Watch Repair</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Gyro Sandwich</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>3:15 Coupon Club</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>4</p> <p>7:30 Michigan State Fair</p> <p>LOOSE CLOSED</p> <p>SATURDAY September 5</p> <p>9:00 Zumba</p> <p>10:00 Euchre</p> <p>Sunday September 6</p> <p>Mackinaw Bridge Walk</p> <p>LOOSE CLOSED</p>
<p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Turkey</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Potluck</p> <p>SATURDAY September 12</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday September 13</p> <p>2:00 Pickleball</p>	<p>11</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Turkey</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Potluck</p> <p>SATURDAY September 12</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday September 13</p> <p>2:00 Pickleball</p>		

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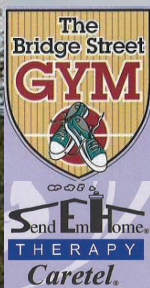
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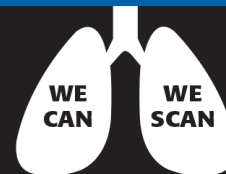
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<p>14</p> <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch <i>Sloppy Joe</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>15</p> <p>National Parks</p> <p>9:30 Zumba Gold</p> <p>9:30 Applewood Tour</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Beef Ravioli</i></p> <p>12:00 Beginning Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Advanced Line Dance</p> <p>1:00 Scrapbooking</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah Jongg</p> <p>4:00 NO Chair Yoga</p> <p>5:00 NO Yoga</p> <p>5:00 DINNER/COMEDY SHOW</p>	<p>16</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 Community Angel Meeting</p> <p>10:00 Legal Advice</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Baked Chicken</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 Windows 8</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>17</p> <p>8:45 Viva Italiano</p> <p>9:30 Chair Yoga</p> <p>10:00 Farmers' Market Trip</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure Check</p> <p>11:30 Lunch <i>Grilled Turkey</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>4:00 Yoga</p> <p>6:00 Beginning Line Dance</p> <p>7:00 Advanced Line Dance</p>	<p>18</p> <p>9:00 Hearing Doctor</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Fish Slider</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY September 19</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday September 20</p> <p>2:00 Pickleball</p>
<p>21</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 NO Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Country Steak</i></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>22</p> <p>8:00 Podiatrist</p> <p>9:15 King Tut</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Chicken</i></p> <p>12:00 Beginning Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Advanced Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>23</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 NO Manicures</p> <p>9:30 Yoga</p> <p>10:00 Plant SWAP</p> <p>10:00 Lifestyle Toolbox II</p> <p>10:00 Carrel Craft</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Beef Pasty</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>2:30 Food Demo & Nutrition</p> <p>4:00 Windows 8</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>24</p> <p>9:30 Chair Yoga</p> <p>10:00 FireKeepers</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>BBQ Wings</i></p> <p>11:45 Wii Bowling</p> <p>12:00 Understanding Medicare</p> <p>12:30 Euchre</p> <p>1:00 Jewelry Class</p> <p>4:00 Yoga</p> <p>6:00 Beginning Line Dance</p> <p>7:00 Advanced Line Dance</p>	<p>25</p> <p>9-12 HEALTH FAIR</p> <p>11:00 Chicken Salad Lunch</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday September 26</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p> <p>10:00 Euchre</p> <p>Sunday September 27</p> <p>2:00 Pickleball Instruction</p> <p><i>Beginners, check this out!</i></p>
<p>28</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch <i>Grilled Pork</i></p> <p>12:30 Pinochle</p> <p>1:00 Water Color Class</p> <p>1:00 Happy Stamps</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>29</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Beef Barley Soup</i></p> <p>12:00 Beginning Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Advanced Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>30</p> <p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Chicken Philly</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 Windows 8</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>FLU SHOTS <i>Another Chance</i></p> <p>Tues. Oct. 13, 11 am - 12:30 pm</p> <p>If you missed the opportunity to get your flu shot at the Health Fair, mark your calendar for this second chance. Bring you insurance card or \$25.</p>	<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Cheryl Rex <i>Clerk</i></p> <p>Kathy Metivier Dotti Tynes <i>Receptionist</i></p> <p>Debbie Green <i>Maintenance</i></p>



Special Guests at TOPS (Take Off Pounds Sensibly)
THE MENTAL ASPECT TO HEALTH AND WELLNESS
 Monday, September 21, 6:30 pm

Malcolm Hendricks (B.A. Psych) & Lorna Hendricks (PT, MTC) will share important information on the following: Life being a journey, The beauty of preparation, Setting goals for ultimate enjoyment in relation to Energy Zones, Improved Health with Exercise, Nutrition, Managing Weight Loss.

Knowledge is power, arm yourself for the journey!

ONE-ON-ONE FINANCIAL HELP
 Wednesday, September 2, 10:30 am

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

ALZHEIMER SUPPORT GROUP
 Every 4th Tuesday, 2 pm

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

WRITE YOUR LIFE STORY
 Every 2nd & 4th Friday, 10 am, Sunroom

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

LOOSE BOOK CLUB
 Every 2nd Monday, 1 pm

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

LISTENING EAR
 Every 1st Monday, by appointment

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



"JOURNEY TO HOPE AND HEALING"

GRIEF SUPPORT GROUP
 Every 1st & 3rd Thursday, beginning October 1
 6:00 pm – 7:30 pm, Loose Sunroom

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

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

HEALTHY LIVING TO 100
 Thursday, October 1, 12 noon

Increase productivity and learn about your own health. Learn about sleep patterns and how they dictate stress on the heart. Learn a guide to creating a healthy routine. LEARN TO INCREASE YOUR QUALITY OF LIFE! Join Fenton's own Dr. Ide who will share important information to help you focus on keeping out of a sick care system and more into a health and wellness system. LEARN SOLUTIONS TO STAYING HEALTHY & STAYING WELL. Sign up today!

MEDICARE WELLNESS SCREENING INFO
 October 14, 10 am

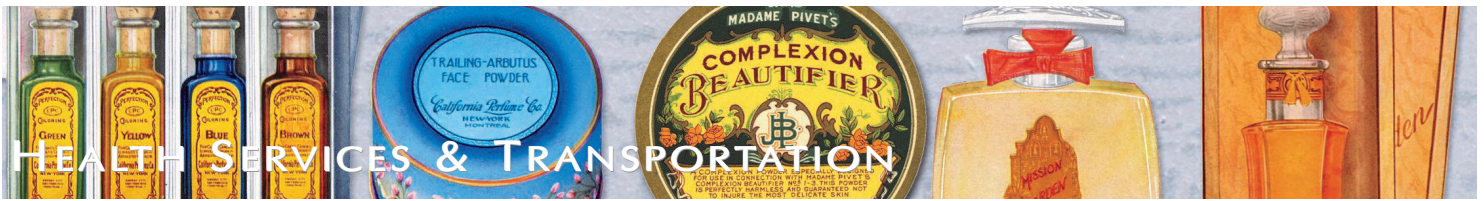
All Medicare Part B recipients are all eligible for this valuable free service. Come and learn what this service is all about, what it means for you and how you can work with the professional and create a Personalized Health Prevention Plan Review of your medical and family history, develop or update a list of current providers and prescriptions, height, weight, blood pressure and other routine measurements. This screening is a little known benefit, so please join us for this informational meeting.

If you are interested, a Wellness Clinic is scheduled and an appointment can be made.

WELLNESS CLINIC DAY
 October 22 by appointment



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HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

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

PODIATRIST

Tuesday, September 22, by appointment, Annex
 Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, *copays or deductibles may apply*. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

FREE HEARING CLINIC

3rd Friday of each month, 10 am (by appointment), Annex
 Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

MANICURES

Wednesday, by appointment, beginning at 9 am, \$10, Annex
 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.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

- 1st Tuesday of each month, 2-3 pm **NEW TIME!**
- 2nd Wednesday of each month, 9 - 10 am
- 3rd Thursday of each month, 11 - 12 noon (BP only)
- 4th Monday of each month, 11:30 am - 12:30 pm



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RECYCLE

RECYCLING WORKSHOP

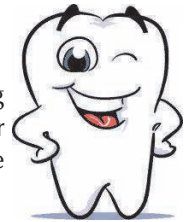
Wednesday, October 21, 10:30 am
 The Genesee County Metropolitan Planning Commission Recycling will be at Loose to offer great information regarding recycling in general and in Genesee County. As we work toward a cleaner and greener environment, we all look for our way to make a difference.

Knowledge is power, join us for this short but important talk. Call Loose and sign up today!



TOOTH WISDOM GET SMART

Wednesday, October 7, 10:30 am
 Come learn information about maintaining your oral health, tips and trick to keep your smile healthy and more! Free Samples will be provided.



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.

WEEKLY SCHEDULED VAN DESTINATION

Please call 24 hours in advance to schedule a ride.

THURSDAYS – Flint Farmers' Market

10:45 am departure, return 1:30 pm, \$4.50 roundtrip

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.



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



SPECIAL SERVICES & SUPPORT

GENESSEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

Bob Rasche and his over 20 years of working for veterans is available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, it is best to call Loose for an appointment.

LEGAL ADVICE

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

Attorney Sharon Miner 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 each month, 10 am -12 noon, Annex

If you are having any problems with a place of business or are wondering if you have been scammed, call for an appointment or stop and talk with a representative from the office of the Genessee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genessee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

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!

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 it is disposed of properly.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselor, Ann Walker, 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.

Please remember to call and register and then sign in for all Loose events. It helps with planning and funding.

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!

WATCH REPAIR

2nd Wed. of each month, 10:30 am - 1 pm, Annex

Specializing in battery replacement and/or adjustment, Angela Waldowski has over 30 years of experience in the trade. *There is a cost for most repairs, so please inquire prior to the service.*

MICAFE 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 or a Leader Coordinator. To join our team of volunteers, call the Flint/Genessee Area District volunteer coordinator at 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html

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 homebound, 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.





THE LOOSE COMMUNITY ANGELS

The Community Angels are a group of Members from Loose whose mission is to assist community organizations that are helping those in need. New volunteers are always welcomed. If you are interested, call our new leaders, Mike and Paula MacMillan at 810-629-7757. Look for OUR Angels supporting community organizations/agencies with their charitable causes.

FREE BREAD Volunteers pick up day old bread each Monday and Wednesday from VG's. It is available on a first-come, first-served basis at the Loose Center from 8:30 - 10am.

FREE MAGAZINES Feel free to drop off current magazines in Annex. 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.

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 2015. 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.

Visit Loose online at
www.loosecenter.org

WE SAVE...

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!

SPARTAN STORES will donate \$20 for every 1,000 Spartan UPC labels. Drop them off at the Loose office.

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 Abitibi bin 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.

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 Fenton, the Harding Foundation and donations from individuals.

RUMMAGE SALE is scheduled for August 21 & 22. Donations are now being collected. We ask that you please drop off donations on Wednesdays and Thursdays only. Thank you!

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.

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

REMINDER, Loose is non smoking, both facility and grounds. Smoking in vehicles is acceptable.

"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."



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

TRIPS @ A GLANCE

Sept. 4	Michigan State Fair	\$20
Sept. 6-7	Mackinac Bridge Walk	\$180
Sept. 8-17	Shades of Ireland	\$3,699
Sept. 9-11	Lake Geneva, Wisconsin	\$569
Sept. 15	Applewood Tour	\$5
Sept. 15-22	National Parks	\$2899
Sept. 17	Viva Italiano	\$72
Sept. 22	King Tut Grand Rapid Public Museum	\$87
Sept. 24	FireKeepers Casino	\$32
Oct. 9	The Illusionists @ the Whiting	\$55
Oct. 10-17	Vermont-New Hampshire	\$1,799
Oct. 12-13	Little River Casino	\$120
Oct. 14	"Romeo & Juliet"	\$35
Oct. 15	Stratford Festival "Sound of Music"	\$145
Oct. 28	Caesar Windsor Casino	\$18
Nov. 10-19	Reflections of Italy	\$4,249
Nov. 17	Parade Company	\$76
Nov. 17	Greektown Casino	\$28
Nov. 21	"Christmas Rocks"	\$38
Nov. 28-Dec. 3	Christmas Extravaganza	\$1,249
December 7	Soaring Eagle & Brenda Lee Show	\$32
December 9	Holiday Glitz Rochester Style	\$80
December 10	"It's a Wonderful Life"	\$20
December 15	Mannheim Steamroller Christmas	\$65
December 20	Holiday Pops	\$18 & \$23
December 29	California (ROSE BOWL PARADE)	\$2,579
January 9	Joseph & Technicolor Dreamcoat	\$50
January 21	Florida (14 days, 13 nights)	\$2,399
January 29	Blue Man Group	\$61
February 12	Ragtime	\$55
February 18-25	California (7 nights)	\$2,799
April 15-21	Sedona & Las Vegas	\$2,299
May 24 - June 5	Alaska Discovery Land & Cruise	Prices Vary
September 14-21	London & Paris (Price pre 3/15)	\$3,999

Detailed flyers are available at the Loose Center.
Please note: A reservation is made only when a deposit has been received.

MCC CONTINUING EDUCATION (Fridays @ Applewood)

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

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


Friday, Sept. 18 - Flint Progress Speaker: Mayor Dayne Walling
 The emergency managers have come and gone... so we look forward to hearing just where the City of Flint is now. Mayor Walling will give his assessment on the overall health of Flint.

Oct. 16 - United Way of Genesee County Speaker: Jamie Gaskin
 Jamie will discuss some historical highlights including comments from C.S. Mott's grand opening of the former United Way Service Center. We will also reminisce of the era when the United Way of Genesee County was second only to the United Way in Detroit. Learn about the transformation of United Way at the national level and how the United Way of Genesee County is moving forward in Education, Basic Needs, Health and Financial Stability.

Payment is due Wednesday prior to the event.


WHITING 2015/16 OPPORTUNITIES

THE ILLUSIONISTS - Friday, Oct. 9, \$55, depart @ 7:30 pm



LIVE FROM BROADWAY™ it has shattered box office records across the globe and dazzles audiences of all ages with a powerful mix of the most outrageous and astonishing acts ever to be seen on stage. This non-stop show is packed with thrilling and sophisticated magic of unprecedented proportions.

ROMEO & JULIET - Wed., Oct. 14, \$35, depart @ 6:30 pm



Recognized world-wide as one of theater's most iconic couples, Romeo and Juliet are the very archetype of tragic young lovers. Set against a backdrop of warring households, a young Romeo sneaks into a masked ball where he first beholds Juliet and is thunderstruck by Cupid's arrow. As fate dictates, they succumb to the passion of forbidden love against the will of their powerful and unforgiving families.

APPLEWOOD Garden Tour

Tues., Sept, 15, \$5 (transportation), Leave @ 9:30 am return, 12:30 pm

Applewood is the estate of the Charles Stewart Mott Family, built by Mr. Mott in 1916 in Flint. The estate's beautifully landscaped 18 acres weave together the Mott family's past and present dedication to serving the needs of the community through convening and public programs. *The tour is free, however Applewood does encourage participants to donate to their favorite charity.* Limited to 10.



ART À LA CARTE FLINT INSTITUTE OF ART

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

Leave Loose at 11:15 am. Cost: \$4.50 (transportation)

September 2	Christo in Paris
September 9	Jackson Pollock
September 16	Auguste Rodin: The Kiss
September 23	Diego Rivera: I paint What I





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

We're "goin" to the FAIR! Michigan State Fair..that is!

Friday, September 4

Leave Loose at 7:30 am
Returns approx. 7 pm



\$20

Thursday, October 15, 2015
Departs: 6:15 am - Returns 10 pm
Pick up at Kmart, Silver Pkwy,

Stratford FESTIVAL

Required (one of the following)
Valid Passport, Passport Card,
Enhanced Drivers License or
Certificate of Naturalization



\$145.00
Includes Transportation,
Queen's Inn Buffet Lunch,
Shopping, Festival Theater,
Sound of Music, starring
Stephanie Rothenberg

CALL LOOSE FOR DETAILS!



KING TUT The breathtaking recreation presented by the Grand Rapids Public Museum

Tuesday, September 22, 2015
Departs: 9:15am - Returns: 8:30 pm
Pick up at Kmart, Silver Pkwy. \$87

Tour Includes Motorcoach Transportation PLUS Lunch at Pearl Street Grill (please indicate

your lunch choice when you register for the trip, the Discovery of King Tut: His Tomb & His Treasure exhibit, admission to the Grand Rapids Public Museum.



CALL LOOSE FOR DETAILS!



THE PARADE COMPANY

Tuesday, November 17, 2015, \$76
Departs: 8:30am - Returns: 5:45 pm
Pick up at Kmart, Silver Pkwy

Tour Includes Motorcoach Transportation PLUS Lunch at Sindbad's Restaurant, a guided tour of Ford Field and The Parade Company Tour - a behind the scenes look, Detroit's' hidden treasures at The Parade Company Studio. We will step into a story land of color and fun as we get ready for one of Detroit's most anticipated holiday events.



Holiday Glitz

Rochester Style

Wednesday, December 9, 2015, \$80

Departs: 1 pm - Returns: 8:30 pm
Pick up at Kmart, Silver Pkwy

Tour Includes Motorcoach Transportation PLUS Dinner at Rochester Mills Beer Company, shopping in downtown Rochester, Meadow Brooks Hall self guided tour and the BIG BRIGHT LIGHT SHOW, a holiday display unlike any in the Midwest.

London & Paris

September 14-21, 2016
\$3,999 PP Double if pd by 3/15

Tour Includes Round Trip Air, air taxes and fees, /surcharges, Hotel Transfers, 8 days, 9 meals. Highlights include, Pub Dinner, Buckingham Palace, Big Ben, London Theater Performance, Eurostar Train, Eiffel Tower Dinner, Seine River Cruise, Arc de Triomphe, Paradis Latin Cabaret. Detailed Flyers for this bucket list vacation are available at Loose or online at www.loosecenter.org

Alaska Discovery Land & Cruise

May 24 – June 5, 2016
Prices begin at \$4,199 PP Double
13 days, 21 meals

Included in Price: Port Charges, Round Trip Air from Detroit Metro Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Highlights... Anchorage, McKinley, Luxury Domed Rail, Denali National Park, Music of Denali Dinner Theatre, Tundra Wilderness Tour, Whittier, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage. Detailed Flyers for this bucket list vacation are available at Loose or online at www.loosecenter.org

Loose Center
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 (810) 735-9406
 www.loosecenter.org

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a PEEK at what's inside

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