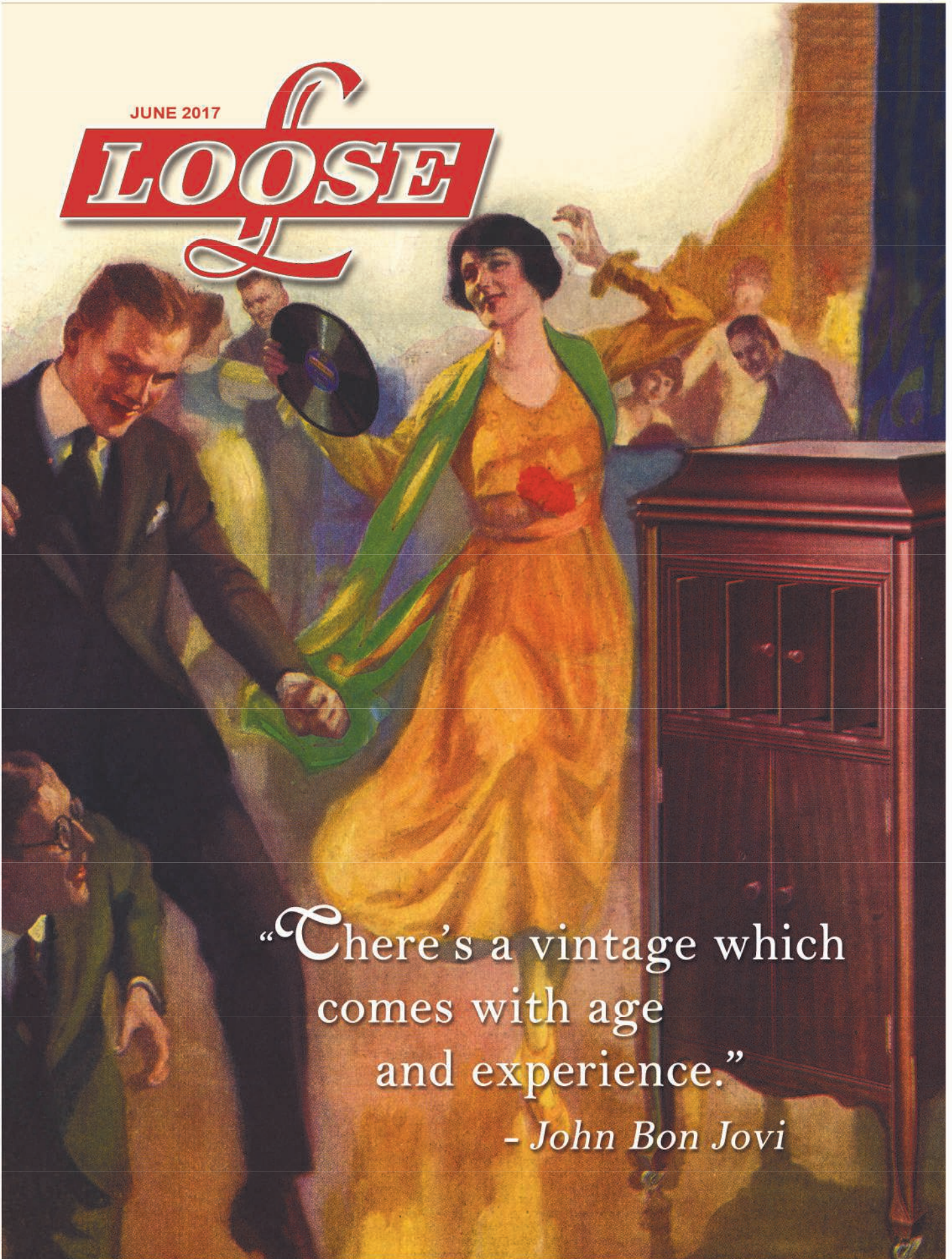


JUNE 2017

LOOSE



“There’s a vintage which
comes with age
and experience.”

- John Bon Jovi

From the Director

Dear Friends,

Vintage... "characterized by excellence, maturity and enduring appeal, classic". We come to think of these qualities when we describe a person of our age, experience and knowledge. This did not come easy. Our youth did not always include televisions, an iPhone, or cars. Our favorite show may have been the Lone Ranger or Amos and Andy listening to the radio with the whole family in the evening. Our communication to the world was a party line shared with as many as five homes. This was the proto type of Facebook. And transportation...most families only had one car if they had one at all and you found yourself walking or if you were lucky enough you had a bike. In our days, we walked to school, up hill, both ways.

Throughout our lives we found that nothing was free and we had to work to earn it. At the start we may have worked on a farm, delivered newspapers, or cut lawns. There was no hanging around the house. You cleaned your room, did the chores and outside you went. Once you graduated from high school and you had the financial means, you may have attended college. If not, you pursued an occupation to make a living, or you answered the call of Uncle Sam to protect our homeland.

Once your future was established and you found your career goals, your next step was to marry that love of your life, buy a home and raise a family. Some people call this your formidable years. The time when you took all of the knowledge you had learned, the discipline you had acquired and the maturity that you had developed, to find your place in society. You create a presence that made you who you are. You may have become involved in your community, a boy or girl scout leader or a Sunday school teacher in your church. You might stand up to make a difference. It is a time of opportunity and possibilities.

As we find ourselves reaching our golden years we find that our life's experiences continue to lead us to new possibilities. We have taken a step back from the pace we kept and find that there are less demands of our time. We reflect on who we are and what we have to offer. We reach out to be volunteers to help others. We become caregivers and mentors. We look to fill the hours that give us a sense of satisfaction and a rewarding feeling.

We lived in a different time. One that required perseverance, hard work, responsibility, understanding and a feeling of accomplishment. It was a time when society set the tone for generations to come. We continue to be a strong force and make a positive difference in our community and to help those who reach out for our excellence, maturity and enduring appeal. We are classics. "There is a vintage which comes with age and experience."

All is well!

Carl Gabrielson

Executive Director



Caretel Loose Picnic

12 noon - 2 pm

free Tuesday, July 25

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

- ◆ Food, Fun, Music, Prizes and give-a-ways
- ◆ Invite your family and friends
- ◆ Bring a lawn chair and hang out
- ◆ ENTERTAINMENT
- ◆ CK105 remote live broadcast from CARETEL



SUMMER FUN!

MANY THANKS TO OUR SPONSORS



**DON'T MISS OUT! Sign up to be a Pen Pal.
YOU WON'T BE SORRY!**

This is one of the most personally rewarding programs that Loose offers. PLEASE, stop by the office for a pen pal application, fill it out and return it ASAP so that we can match you up with a local third grader with similar interests. This is a fun, interesting and rewarding activity that takes place from June until August culminating in a pizza party where you can meet your pen pal! The goal of this unique program is to increase communication skills and bridge the generation gap between third grade children and older adults. This is accomplished through written communication and the sharing of experience between generations.

June HAPPENINGS



MOVIE NIGHT
Tuesday, June 6,
7 pm
MOVIE DAY
Wednesday, June 7,
11:45 am

Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. As always, admission for Movie Night at Loose is free thanks to our generous sponsors-**Tanglewood Home Care**, Lockwood of Fenton and Wellbridge of Fenton.

Refreshments will be served!

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

There will be NO MOVIE during July & August

CRAFT CLASS with KARLA CROSS

Wednesday, June 21, 1 pm, \$20 (includes supplies)

We are happy to welcome to Loose, Karla Cross who has been teaching Art and Craft Classes for many years. In June join Karla and learn how to make your own sugar scrub plus paint the jar any style you like. Sugar Scrub keeps your skin soft and repairs dry skin.



NURSE chat

Tuesday, June 6, 11 am

Age Related Memory Changes

What is happening, what is normal, what can I expect? Join *Mid-Michigan Home Health & Hospice nurse Elaine Schmidt* as she shares and takes questions on the topic of memory change.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Monday, 2 pm, 8 weeks begins June 5, FREE

This program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level. The program will help you keep joints flexible and muscles strong, sleep better, increase energy, improve your overall outlook. *Paid for with funding from VAAA & OSA*

MATTER OF BALANCE - \$10 book fee

Beginning Tuesday, June 6 - August 1, 2:15-4:15 pm



A MATTER OF BALANCE
 MANAGING CONCERNS ABOUT FALLS

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

PALLIATIVE CARE

What is it? When do you get it? How much does it cost?

Wednesday, June 14, 10 am



This discussion will share the ins & outs of Palliative Care and also touch upon the difference between Palliative and Hospice. If you have not been in conversation regarding these topics, make sure you take this opportunity to join in. Good Conversation & DOOR PRIZES all brought to Loose by HEART to HEART HOSPICE.



"EVERY MINUTE COUNTS"

Wednesday, June 28 FREE

Fighting to Remember—Experience for yourself the challenges of having dementia by watching a 1 hour video and a 1-hour hands on virtual dementia tour having your senses altered while attempting a series of tasks. These tours are for FAMILY MEMBERS, CARE-GIVERS, You must sign up for the Virtual Tour slots by calling Loose (9am, 10:15am, 11:45am). The movie begins at 1:30 pm. Lunch will be provided.



FREE HEALTH AND WELLNESS PROGRAM!

Wed., June 7-July 12, 9-10:30 or 10:30-12 Noon

- Do you want to feel stronger and have more energy?
- Do you want to feel steadier on your feet?
- No matter what your current health and activity levels are, exercise IS safe and possible.
- Let us work with you to design a personalized exercise & wellness program!

Wellness program to include: Assessments of strength, balance, mobility, endurance Nutrition and medication review, Fall prevention, accessibility to community resources to maintain health & wellness

UM-Flint Physical Therapy students and faculty are offering a free, individualized, 6-week health and wellness program to help you achieve your health, exercise, & wellness goals.

REGISTRATION IS LIMITED

Support of this program is two fold, a chance for you to learn & maintain health & wellness & experience for local college students.

Nutrition & More

Activity Night

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 a 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.

Daily lunch at Loose

Monday, Tuesday, Wednesday & Friday, 11:30 am, Annex

REQUESTED 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.

Coffee COPS and Conversation

Tuesday, June 13, 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!

Join us!



EVERYBODY'S BIRTHDAY

Friday, July 14, 11:30 am - 1 pm

That's right, we are celebrating everyone's birthday on this one day and hope you will come and enjoy cake and ice cream and enjoy some time to sit and chat. *Grab a friend and bring them along too.*



"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."



LUNCH @ LOOSE (Thursdays)

Volunteers & Staff prepare lunch & serve @
11:30 am

They are **DEELICIOUS** and the best deal in town!

Grab a friend, give us a call and we will put you on the list.

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

June 1 Meatball Sub, Chips, Salad, \$4

June 8 Homemade Chicken Casserole, Rolls, Veggie, \$4

June 15 Ham & Turkey, Cheese Sub, Chips, \$4

June 22 Baked Potato Bar with all the fixins, \$4

June 29 **MYSTERY LUNCH, \$2 ☺** You know you want



to sign up, so here a hint... *Caretel Inns* will be hosting this lunch and their staff will be serving.

It's a wonderful opportunity for fun, good food

and to meet our special neighbors. *Don't miss out!*

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

A BIG THANKS TO **ALTERNATIVE ELDERLY CARE** FOR THE
DESSERT DONATION EACH 3RD THURSDAY OF THE MONTH.

Tuesday, July 11 & August 8

4:30 pm, \$6



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

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

Tuesday, July 11, after the cook-out. We will be roasting marshmallows and have the fixins for **SMORES**. Join us around the campfire, bring your lawn chair and plan on enjoying the atmosphere and company.



Project FRESH



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.

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.*

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **Zumba & Total Fit**
 11:30 am **Arthritis Swim (GAC)***
 2:00 pm Arthritis Exercise—begins 6/5
 4:00 pm **Yoga (gentle flow)**
 5:00 pm **Zumba & Total Fit**
 6:15 pm Pickleball

TUESDAY

9:00 am **Arthritis Swim (GAC)***
 9:30 am **Zumba Gold /Total Fit**
 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)**

WEDNESDAY

9:00 am **BIKING BUNCH**
 9:30 am **Yoga (gentle flow)**
 12 noon **Chair Chi**
 12:30 am **Arthritis Swim (GAC)***
2:15 pm Beginning TAI CHI
 5:00 pm **TOTAL FIT**
 6:15 pm Pickleball

THURSDAY

9:00 am **Arthritis Swim (GAC)***
 9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 10:30 am **FIT⁴EVER**
 11:45 am **Wii Bowling begins 5/25**
1:15 pm Beginning TAI CHI
 2:15 pm **Tai Chi Club**
 4:00 pm **Yoga (gentle flow)**

FRIDAY

9:30 am **Yoga (gentle flow)**
 11:00 am Pickleball
 12:30 am **Arthritis Swim (GAC)***

SATURDAY

9:00 am **Yoga (gentle flow)**
 10:15 am **Zumba/Total Fit**
 10:00 am **Arthritis Swim (GAC)***

SUNDAY

2:00 pm Pickleball

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.

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

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

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

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

INSTRUCTORS: *Leah, trained in Exercise Science & instructs Exercise Physiology at UM-Flint, Linda, is a certified Zumba Exercise Instructor.*

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.

* **Arthritis Swim (GAC)*** - See page 14 for details

BEGINNING TAI CHI Wed., 2:15 pm & Thursday, 1:15 pm \$5 drop in fee or discounted punch card available.

Doctor recommended Approved by the Arthritis Foundation. Participants should see Improvement increased Flexibility, Balance, Coordination, Range of Motion, Strength, Confidence, Lower Cholesterol along with Retards Alzheimer's and Improves Blood Flow. This is a great class and all are welcome!

CHAIR CHI Wednesday , 12 noon

\$5 drop in fee or discounted punch card available

A gentle exercise program with the benefits of the traditional Tai Chi in the comfort and safety of a chair. Benefits include balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind. Ideal for those who are less physically capable of practicing standing or moving exercises, who are in wheel chairs, or whose capacity for physical movement is limited in any way.

Tai Chi Club Thursday, 2:15 pm, \$2 donation

Tai Chi is a gentle form of exercise that improves flexibility, balance and strength. It is often described as meditation in motion. Experienced or not, all are welcome to join.

FIT⁴EVER \$5 drop in fee or discounted punch card available

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

LINE DANCE \$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!

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

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 Sept 14. If you are interested in Wii bowling, please contact the Loose Office.**

BEACHBALLVOLLEYBALL On Break, check back later!

BIKING BUNCH 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.

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

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.

"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, FREE

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

LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

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

LOOSE LAPGHANS Fridays, 1 pm, FREE

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

CHALK FURNITURE CLASS

Wednesday, June 14, 1-4 pm, \$30

Hosted by Forever Young Furniture Paint, in this class, Lacey will teach and demonstrate the techniques in flipping furniture using her paint and wax. All of the supplies will be provided, all you need to bring is a small piece of furniture and your creativity.



WATERCOLOR CLASSES

Monday, June 5 & 12, 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.

QUILLING

DEMO—Thursday, July 13, 2 pm \$5

What is quilling? This beautiful art is a paper-craft technique used to make coiled embellishments -- flowers, hearts, butterflies, scrolls, marquise and more -- from colorful strips of paper for card making, scrapbooking, jewelry and a variety of projects! Now you can learn the beautiful art of paper quilling step-by-step. Take some time for YOU, sign up, meet instructor Reita Newell and enjoy learning how rewarding this craft can be. This class is limited, sign up early.

BEGINNING QUILLING - Thur., July 20, August 3, 17, 31, 2-4 pm
\$15 per class (\$60 for 4 classes), supplies included, Limit 10,

Quilling or paper filigree is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Each class you will create a new project with the careful instruction from Reita Newell. *Projects build on each other, so please sign up early and plan on attending all four classes.*

CARD MAKING WITH CAROLINE

Monday, June 26, 12:30 pm, Sunroom, \$7 (class limited)

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

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

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

Please donate CLEAN plastic SHOPPING bags ONLY.

CLASSES, MUSICAL OPPORTUNITIES & MORE

TECHNOLOGY

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

PLEASE PREREGISTER FOR ALL CLASSES

UPCOMING CLASSES

SMARTPHONE PHOTOS **Thur., June 22, \$15, 12:30-2:30 pm**

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

WINDOWS 10

Wednesday, July 5 & 12, \$20, 12:30-2:30 pm

Windows 10: It seems that the Windows folks have listened and are working on cleaning up their operating system. If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

FACEBOOK

Monday July 17, \$15, 12:30-2:30 pm

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

IPAD 1

Monday July 24 & 31, \$15, 12:30-2:30 pm

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad, including Camera, Calendar, Mail, Notes, Photos, iTunes, iPod, Video and the App Store.

INDIVIDUAL COMPUTER HELP SESSION

(by appointment 30 minutes) FREE

Monday, June 26 and Monday, July 10, 1 - 4 pm

Call Loose at 735-9406 to schedule.

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 CHORUS
RESUMES REGULAR PRACTICE
MONDAY, SEPTEMBER 11 @ 3 PM.



Friday, June 23, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

GROUP Piano LAB

Wednesday, 2:30 - 4:30 pm

- Knowing how to read music is highly recommended.
- Note reading will not be taught in the lab. If you don't know how to read music, there are books that can help you learn, however, for this lab, you will do better if you already play, either by note or by ear.
- Chord work is also fine.
- Please bring a note pad for all the notes. "Staff" paper could also be useful for note taking.
- Bring music you have been working on or would like to learn. Lab lessons will emphasize the positive, but also give great tips for enhancing the music and its presentation.
- Everyone will have the chance to play, but those who don't want to, do not have to. Much can be gleaned from the class just by listening.
- **It is best to commit to a month of Lab at a time.** Payment can be made at the beginning of the month to the Loose Office, \$5 per week.
- *All fees paid for the class will be donated to Loose.*

Give the Lab a try. It's a great chance to enjoy time with others who share a common interest and talent. Instructor, Pat Robertson is a well-trained, highly educated and experienced pianist and organist. She has VAST experience in playing, teaching and the love of the instrument.

BOARD & CARD GAMES

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

HAND & FOOT **Wednesday, 6:30p**

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

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

BRIDGE **Monday & Wednesday, 8a-2:30p**

OPEN GAME PLAY **Friday, 10a-3:30p** *(bring a friend)*

CHICAGO BRIDGE **Tuesday & Friday, 1-4p**

CHESS **Wednesday, 12:30p**

CARDS & MORE **Thursdays, 10a**

DOMINOES **Wednesday, 12:30p**

MAH JONGG **Tuesday, 3 pm, Friday 10a**

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

EUCHRE **Tues. & Thurs., 12:30p, Sat., 10a**

June 2017

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

BOARD OF DIRECTORS

Ken Wensel, *President*
Frank Lukowski, *VP*
Alberta Martin, *Secretary*
Vince Eible Jr., *Treasurer*
Ray Culbert
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Roby Deese
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Business Manager
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Brittany Hancock
Administrative Assistant
Kathy Metivier
Dotti Tynes
Receptionist
Randy & Deb Green
Maintenance

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

Thursday
LOOSE
Lunch



Best deal around!

Check out page 4 for details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>8:00 Bridge</p> <p>9:00 Zumba & Total Fit</p> <p>9:30 Sleep Mat Production</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Chicken</i></p> <p>11:30 Arthritis Aquatics (GAC)</p> <p>12:30 Pinochle</p> <p>1:00 Water Color Class</p> <p>2:00 Arthritis Exercise</p> <p>2:00 Listening Ear</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:00 Arthritis Aquatics (GAC)</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:00 Health Check</p> <p>11:00 Nurse Chat</p> <p>11:30 Lunch <i>Pork Chop</i></p> <p>12:00 BEG. Line Dance</p> <p>12:00 Lunch & Learn (GAC)</p> <p>12:30 Euchre</p> <p>1:00 ADV. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:15 Matter Of Balance</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>7:00 Movie Night</p>	<p>8:00 Bridge</p> <p>9:00 Wellness Program</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>10:00 1-On-1 Financial</p> <p>10:30 Wellness Program</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Salisbury Steak</i></p> <p>11:45 MOVIE DAY</p> <p>12:00 Chair Chi</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>12:30 Arthritis Aquatics (GAC)</p> <p>2:15 Beginning Tai Chi</p> <p>2:30 Piano Lab</p> <p>5:00 Zumba/Total Fit</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>MMAP Counselor</p> <p>9:00 Arthritis Aquatics (GAC)</p> <p>9:30 Chair Yoga</p> <p>10:00 NO Amvet Rep.</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Wii Bowling</p> <p>11:30 LUNCH @ LOOSE</p> <p><i>Meatball Sub, \$4</i></p> <p>12:30 Euchre</p> <p>1:15 Beginning Tai Chi</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Grief Support</p>	<p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball</p> <p>11:30 Lunch <i>Veal</i></p> <p>12:30 Arthritis Aquatics (GAC)</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p>	<p>9:00 Yoga</p> <p>10:00 Garden Meeting</p> <p>10:00 Euchre</p> <p>10:00 Arthritis Aquatics (GAC)</p> <p>10:15 Zumba</p> <p>Sunday June 4</p> <p>10:30 Tiger Trip</p> <p>2:00 Pickleball</p>
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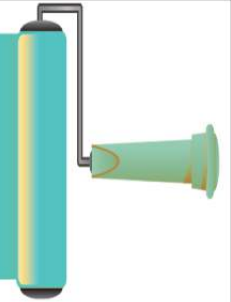
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8:00 9:00 9:00 9:30 10:00 10:15 11:30 11:30 12:00 12:30 1:00 1:00 2:00 4:00 5:00 6:00 6:15	Bridge Blood Pressure ✓ CSFP Zumba & Total Fit Painting Sleep Mat Production LUNCH Steak Arthritis Aquatics (GAC) "Anyone Can Paint" Pinochle Water Color Class Book Club Arthritis Exercise Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	9:00 9:00 9:00 9:30 9:30 10:00 10:15 10:30 10:30 11:30 12:00 12:30 1:00 1:00 2:15 3:00 4:00 5:00	Massage Arthritis Aquatics (GAC) Veteran Services Zumba Gold Coffee Cops Loose Threads Farmers Market FIT4EVER Lunch Sweet/Sour Pork BEG. Line Dance Euchre ADV. Line Dance Chicago Bridge Matter Of Balance Mah jongg Chair Yoga Yoga	8:00 9:00 9:00 9:00 9:00 9:30 10:00 10:30 11:15 12:00 12:30 1:00 2:15 3:15 5:00 6:15 6:30	Bridge Wellness Program Biking Bunch Blood Pressure ✓ Manicures Yoga Palliative Care Wellness Program Art à la Carte Lunch Philly Steak Wood Carving Chair Chi Pinochle/Dominoes/Chess Chalk Furniture Class Beginning Tai Chi Piano Lab Coupon Club Zumba/Total Fit Pickleball Hand & Foot	14	MMAP Counselor 9:00 Arthritis Aquatics (GAC) 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 11:00 Wii Bowling 11:00 Blood Pressure ✓ 11:30 LUNCH @ LOOSE <i>Sub Sandwich, \$4</i> 12:30 Euchre 1:15 Beginning Tai Chi 2:15 Tai Chi Club 4:00 Yoga 6:00 Grief Support	15	MMAP Counselor 9:30 Yoga 9:00 Hearing Doctor 10:00 Classic Car Show 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch Baked Fish 12:30 Arthritis Aquatics (GAC) 1:00 Lapghans 1:00 Chicago Bridge	16	9:00 10:00 10:00 10:00 10:15 Sunday June 18 2:00	Yoga Garden Meeting Euchre Arthritis Aquatics (GAC) Zumba Pickleball	17
8:00 9:30 10:00 10:00 11:00 11:00 11:30 11:30 12:30 1:00 2:00 4:00 5:00 6:00 6:15	Bridge Zumba & Total Fit Arthritis Aquatics (GAC) Painting Caesar Windsor Casino Blood Pressure ✓ Lunch Chicken Arthritis Aquatics (GAC) Pinochle Happy Stampers Arthritis Exercise Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	9:00 9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 1:00 2:15 3:00 4:00 5:00	Holland & Saugatuck Massage Arthritis Aquatics (GAC) Zumba Gold Loose Threads FIT4EVER Lunch Pork Burger BEG. Line Dance Euchre ADV. Line Dance Chicago Bridge Scrapbooking Matter Of Balance Mah jongg Chair Yoga Yoga	8:00 9:00 9:00 9:00 9:30 10:00 10:30 11:15 12:00 12:30 1:00 2:15 3:30 5:00 6:15 6:30	Bridge Wellness Program Biking Bunch Manicures Yoga Ask a Lawyer Wellness Program Art à la Carte Lunch Sloppy Joe Chair Chi Wood Carving Pinochle/Dominoes/Chess Craft Class Beginning Tai Chi Piano Lab Zumba/Total Fit Pickleball Hand & Foot	21	MMAP Counselor 9:00 Arthritis Aquatics (GAC) 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 11:00 Wii Bowling 11:30 LUNCH @ LOOSE <i>Baked Potato Bar, \$4</i> 12:30 Euchre 12:30 Smart Phone Photos 1:15 Beginning Tai Chi 2:15 Tai Chi Club 4:00 Yoga	22	MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch Mac & Cheese 12:30 Arthritis Aquatics (GAC) 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament	23	9:00 10:00 10:00 10:00 10:00 10:15 Sunday June 25 2:00	Cape Cod Trip Yoga Garden Meeting Euchre Arthritis Aquatics (GAC) Zumba Pickleball	24
8:00 9:30 10:00 10:15 11:30 11:30 12:30 12:30 1:00 2:00 4:00 5:00 6:00 6:15	Bridge Zumba & Total Fit Painting Arthritis Aquatics (GAC) Blood Pressure ✓ LUNCH Chicken Arthritis Aquatics (GAC) Pinochle Card Making Computer Help (by apt) Arthritis Exercise Yoga Zumba & Total Fit TOPS Weigh-in Pickleball	8:00 8:45 9:00 9:00 9:30 10:00 10:30 11:30 12:00 12:30 1:00 2:00 2:15 3:00 4:00 5:00	Podiatrist Murder Mystery Train Massage Arthritis Aquatics (GAC) Zumba Gold Loose Threads FIT4EVER Lunch Boneless Rib BEG. Line Dance Euchre ADV. Line Dance Chicago Bridge Alzheimer Support Matter Of Balance Mah jongg Chair Yoga Yoga	8:00 9:00 9:00 9:00 9:30 10:00 10:30 11:15 11:30 12:00 12:30 1:00 2:00 2:15 3:00 4:00 5:00	EVERY MINUTE COUNTS 8:00 Bridge 9:00 Wellness Program 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 10:30 Wellness Program 11:15 Art à la Carte 11:30 Lunch Grilled Chicken 12:00 Chair Chi 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 1:30 Every Minute Movie 2:30 Piano Lab 2:15 Beginning Tai Chi 5:00 Zumba/Total Fit 6:15 Pickleball 6:30 Hand & Foot	28	MMAP Counselor 9:00 Arthritis Aquatics (GAC) 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 11:00 Wii Bowling 11:00 Blood Pressure ✓ 11:30 LUNCH @ LOOSE <i>Mystery Lunch, \$2</i> 12:30 Euchre 1:15 Beginning Tai Chi 2:15 Tai Chi Club 4:00 Yoga	29	NO MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch BQ Chicken 12:30 Arthritis Aquatics (GAC) 1:00 Lapghans 1:00 Chicago Bridge	30	Choose to SHINE! 		

HEALTHY LIVING

ONE-ON-ONE FINANCIAL HELP

Wednesday, June 7, 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.



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). The card is good for Yoga classes, Fit4Ever, Zumba & Total Fit Classes, Tai Chi and Beginning Line Dance & Advanced Line Dance. All fees will be paid at the reception desk UNLESS the class is held after business hours, instructors will collect drop in fees. A deal and also a GREAT GIFT!

LUNCH & LEARN w/ FRIENDS

MEAL PLANNING FOR MATURE ADULTS

Tuesday, June 6, 12 noon, \$8 (GAC members) \$12 (Non)
Held at Genesys Athletic Club

Meal planning refers to all the planning and organization that occurs ahead of time with concern to your diet. Meal planning can be difficult for all of us, but as we age there can be additional challenges, such as:

- Cooking for only one or two people
- Having to follow a special diet due to a health condition
- Inconsistent appetite, etc.

Presented by Christina Schumann (MPH, RD, Certified Health Coach), in this talk you will learn tips for meal planning, how to best stock your kitchen to put together a meal or snack.
Meal Options 1/2 Michigan wrap with grilled chicken or Fruit & Yogurt plate, both served with salad, cookie and beverage.

CREATING CONFIDENT CAREGIVERS

A program for family members caring for a loved one with dementia and/or memory loss.

Wednesdays, August 9-September 13, 1-3 pm, \$10 book fee
2 hour session once a week for six weeks

CREATING CONFIDENT CAREGIVERS utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Care for your family member with memory loss can be provided free of charge so you may attend the sessions. *Ask for details when you register.*



For further information or to register for the class contact:
The Alzheimer's Association Helpline (800) 272-3900

ARTHRITIS AQUATICS (swim)

RELIEVE YOUR ARTHRITIS PAIN TODAY

Genesys Athletic Club (GAC) has teamed up with The Arthritis Foundation to provide a class for people with arthritis. Held in the GAC warm water Therapy Pool, this class is for anyone looking for gentle exercise. Participants experience increased joint flexibility, range of motion, muscle strength and stamina. Non GAC members can purchase a package of 12 classes for \$55. We are happy to partner with Genesys and share this info with our Loose membership as another opportunity to enhance life. *Currently classes are offered as follows*

Monday 11:30 am or 7pm
Tuesday & Thursday, 9 am
Wednesday, 12:30 pm or 7 pm
Friday, 12:30 pm & Saturday, 10 am



Call 810-606-7817 for more information

HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

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.

PODIATRIST

Tuesday, June 27, (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.

FREE HEARING CLINIC

3rd Friday of each month, 10 am (by appointment)

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 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.

MTA/LOOSE TRANSPORTATION

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

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

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE.

BLOOD PRESSURE CHECK

1st Tuesday of each month, 11 am (Health Check)

Blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

Sponsored by Mid-Michigan Home Health & Hospice

2nd Monday of each month, 9 am

Sponsored by WellBridge of Fenton

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

4th Monday of each month, 11:00 am - 12 pm

Sponsored by Fenton HealthCare Center



"JOURNEY TO HOPE AND HEALING"



GRIEF SUPPORT GROUP

Every 1st & 3rd Thursday

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.

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.

Garden Meeting
all are welcome
Saturday's
10 am

SPECIAL SERVICES & SUPPORT

SUNSHINE GREETINGS

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



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

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

ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm, Annex
Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

CONSUMER FRAUD ASSISTANCE

1st Wednesday of the month, by appointment.
If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact with a representative from the office of the Genesee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genesee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

DISPOSAL OF THE AMERICAN FLAG

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

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. **If you need assistance, call the Center at 735.9406 to schedule an appointment, or call MMAP at 1.800.803.7174, ext. 247.**

AMVETS

1st Thursday of each month, 10 am - 12 noon, Annex
Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex
Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

MICAFAE The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 735.9406.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex
Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

TOPS (*Take Off Pounds Sensibly*)

Mondays, 6:00 pm For information, please contact the Loose Center at 735.9406.

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

AARP TAX-AIDE

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



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

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

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

MEMBER PRIVILEGES & FUNDRAISING

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 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 2017. 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.

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.

WE SAVE...YOU CAN HELP



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

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

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

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

GREETING CARDS

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

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

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

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

LOOSE COMMUNITY ANGELS

It is with deep regret we share that the Angel program will be on **hiatus** until new leadership can be secured.

The Angel program is a wonderful community outreach effort, rich with a philosophy that involves Loose giving back to a community who so generously have been supportive through the years.

Every effort will be made to secure new leadership who possess strong leader, organizational, computer and people skills. When that happens, all current Angels will be contacted, a recruiting campaign for new members will be implemented and a meeting will be scheduled.

Watch this newsletter for updates.

TRIPS

TRIPS @ A GLANCE

June 4	Tigers vs Chicago White Sox	\$73
June 8	FireKeepers Casino	\$32
June 13	Farmer's Market	\$2
June 19	Caesar Windsor	\$22
June 20-21	Holland & Saugatuck <i>sold out</i>	\$340
June 24- July 1	Cape Cod & More	\$1,799
June 27	Old Road Murder Mystery Train	\$101
July 6	FireKeepers Casino	\$32
July 12	"Harvey" @ The Purple Rose	\$93
July 18	Ausable River Queen	\$100
July 19-20	Kewadin Casino	\$120
August 6-13	America's National Parks	\$2,999
August 7	FireKeepers Casino	\$32
August 16	Put-In-Bay	\$142
August 23	Soaring Eagle	\$32
August 29	Huron Lady	\$79
September 3-4	Mackinaw Bridge Walk	\$244
September 6-16	National Parks & Canyon Country	\$2,899
September 7	Greektown Casino	\$30
September 14	Tigers vs Chicago White Sox	\$70
September 26	FireKeepers Casino	\$32
October 4	Genesee Belle Lunch Cruise	\$23
October 17-18	Little River Casino	\$130
October 25	Caesar Windsor	\$32
Oct. 28-Nov. 2	Southern Charm Fall Tour	\$1,299
November 6	Soaring Eagle & Wayne Newton Show	\$34
November 4-12	Costa Rica	\$2,649
November 19-20	Niagara Falls Festival of Lights	\$279
December 2-3	Chicago Style Christmas	\$334
December 7-10	A Capitol Christmas	\$999
Feb. 3-9, 2018	Iceland (price if booked before 8/14)	\$3,299
Oct. 4-9, 2018	Albuquerque Balloon Fiesta	\$2,679

Detailed flyers are available at the Loose Center.

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

Sunday, June 4 2017

DETROIT
Tigers
\$73pp

Vs. Chicago White Sox

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

DEPART Loose - 10:30 am APPROXIMATE RETURN ~7 pm

Seats are located in the Lower Baseline Box,
Section 113, Rows 22-26, Seats, 15-24

2017 CLIO AMPHITHEATER CONCERTS

Purchase your tickets for \$6, upon arrival, at the gate

Gate open at 6:00pm, shows start at 7:00pm

Catch a ride at Loose for \$5 (limited availability)

Leave Loose at 5:30 pm

- Tues., July 11 Bob Seger Tribute
- Tues., July 18 Persuasion - Motown Revue
- Tues., July 25 SHOUT! Beatles Tribute
- Tues., Aug 1 Magic Bus – Tribute to Woodstock Era
- Tues., Aug 8 The Rock Show – a Tribute to the 80's
- Tues., Aug 15 Boogie Dynamite Disco Tribute



GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 4, 2017

\$18.50 includes, cruise & lunch (no transportation)

\$23 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 9/20/17.



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

- June 7 Masters of Modern Sculpture: The Pioneers
- June 14 Auguste Rodin: Hands of a Genius
- June 21 Great Artists: Rodin & The Nude Art
- June 28 Anna and Vincent



Flint Farmer's Market



Caretel.
Inns of Linden

Tuesday
June 13, 2017

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 July 11, August 8, September 12 & October 10.*

AND MORE TRIPS

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

Thursday, September 14, 2017

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.

DETROIT Tigers VS White Sox
\$70pp

DEPART Loose ~10:30 am
APPROXIMATE RETURN ~7 pm

Seats are located in the Lower Baseline Box, Section 112, Rows 23-27, Seats, 10-21

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

Huron Lady II

\$79 per person

Tuesday, August 29

Depart: 8:45am, Return: 6:45 pm

Tour Includes Transportation, Round trip, Lunch at the Voyageur choice of Baked Chicken or Baked Cod, Huron Lady II Cruise from Port Huron, A stop at Sweet Tooth of Marine City (\$2 gift cert included)



Mackinac BRIDGE WALK (walking optional)

Sunday, Sept. 3-4, 2017, \$244pp/double occupancy

Departs: Pick up at Kmart, Silver Pkwy

Tour Round Trip Motorcoach Transportation:



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



Murder Mystery Train

June 27, 8:45am-5pm, \$101

Includes Motor coach

Transportation PLUS: Old Road Murder Mystery Train, Lunch & Entertainment.

Each railcar will have members selected to participate in each show, you may even be selected as the victim. Come out and have FUN!



HARVEY @ The Purple Rose

Wednesday, July 12, \$93

Departs 11 am Returns 6:30 pm

Includes, Transportation, lunch at the Common Grill in Chelsea & Tickets to the play "Harvey".



AUSABLE RIVER QUEEN

Tuesday, July 18, 8:45 am-8:30 pm, \$100

Includes... Round Trip Motorcoach Transportation, Shopping in Pinconning at Wilson's Cheese Shoppe,

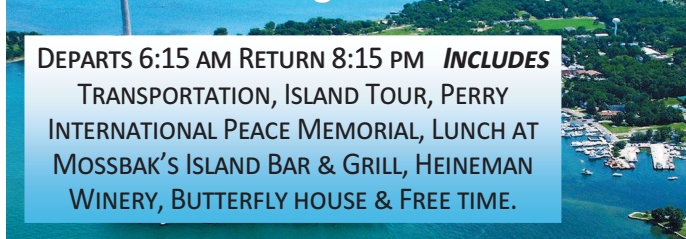


Lunch overlooking Tawas Bay and a 2 hour cruise on the Ausable River aboard the River Queen double-decker authentic paddle wheel.

PUT-IN-BAY August 16, 2017, \$142

DEPARTS 6:15 AM RETURN 8:15 PM INCLUDES

TRANSPORTATION, ISLAND TOUR, PERRY INTERNATIONAL PEACE MEMORIAL, LUNCH AT MOSSBAK'S ISLAND BAR & GRILL, HEINEMAN WINERY, BUTTERFLY HOUSE & FREE TIME.



America's National Parks

August 6-13, 2017 • 8 Days • 16 Meals, \$2,999pp double (if purchased by June 1)



Highlights: Round Trip Ai, 1st Class touring Coach, 1 night in Calgary, Alberta, 2 nights in Waterton Lake, Alberta, 2 nights in West Yellowstone, WY, 1 night in Jackson Hole, WY, 1 night in Salt Lake City, UT, Head-Smashed-in-Buffalo Jump, Wateryon Lakes Boat Cruise, Going-to-the-Sun Scenic Drive, Glacier National Park Jammer Tour, Sightseeing Tour of Yellowstone National Park, Jackson Hole, Luggage Handling Baggage Fee, Tax & tips on included meals.

Tropical Costa Rica

Nov. 4-Nov. 12, 2017 • 9 Days • 13 Meals, \$2,649pp double (if purchased by May 4)

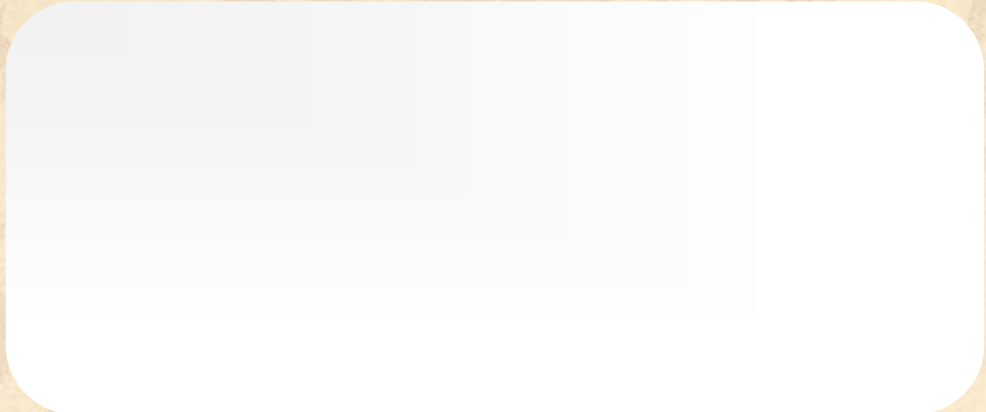


Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre

Essential Experiences: Climb high into the trees for a "Hanging Bridges" tour in the cloud forest. Discover the charming town of Zarcero and its whimsical topiary garden. Get to know Costa Rican culture in the picturesque town of Grecia.

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

PRSRT STD
U.S. Postage
PAID
Flint, MI
Permit No. 6



Classic & Muscle **Car** Show

Friday, June 16, 2017, 11am-2pm

*FREE entry for participants & spectators!
RIGHT HERE @ LOOSE —707 North Bridge Street, Linden*

Free

*Thank you
Wellbridge of Fenton*

Hot Dogs

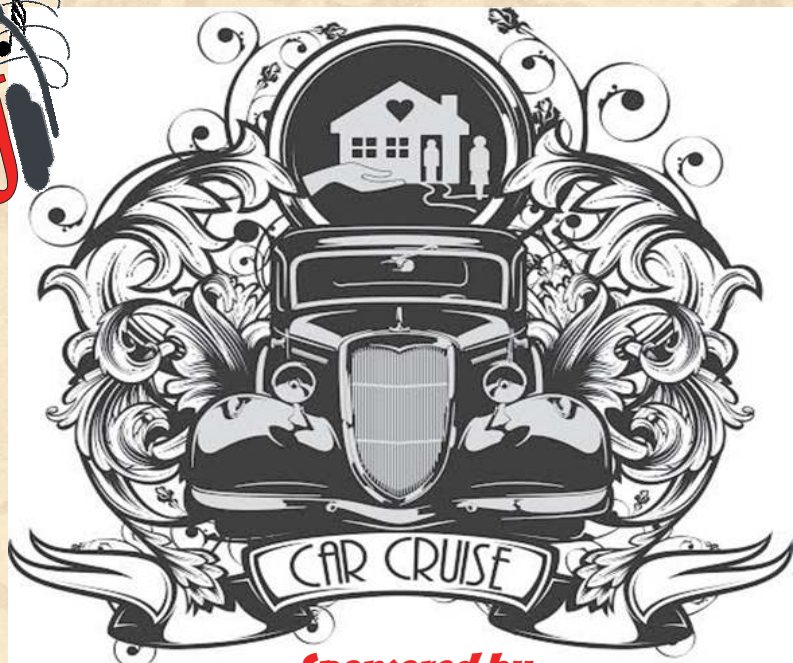
Free

Floats *root beer*

Free

Enter

Classic Car check in begins at 10:30 am



Sponsored by

Comfort Keepers®

HOME CARE SPECIALISTS

For more information contact Comfort Keepers: Events@CKofGenesee.com or 888.917.3894