

JUNE 2016

LOOSE

HAPPY BIRTHDAY ISSUE



*Celebrating 20 years of enhancing dignity,
supporting independence,
and offering meaningful opportunities
to those 50 and over in the Southern Lakes region.*

From the Director

Dear Friends,

The Loose Senior Citizens Center 1996. The year a dream came true and the doors opened to welcome people age 50 & older. This dream was made possible by a group of seniors who could see a need and had a vision for a place where people could come that enhanced dignity, supporting independence and offering meaningful opportunities to those 50 and over in the Southern Lakes region. This group of seniors could not have envisioned what they had started.

A board of directors was formed and by-laws and polices were put into place and through a collaboration of government agencies, CDBG funds became available to hire the first director of the center. It was mainly run by volunteers which was the driving work force for activities and events.

With the expansion of activities, there became a need for a person whose background would reflect the creativity and understanding of where the Center was going. At this time the second director was hired and Loose never looked back. This director had the instinct of developing the right programs for the right seniors.

There were lean times during the 20 years as the budget struggled to break even. The members and the community soon realized that funding would have to be found. Through a huge effort by many, a Southern Lakes millage was passed and the tax dollars offset our needed funding and Loose's doors remained open. As time went by, a county millage was also passed to help fund Loose and the other 15 senior centers in Genesee county.

Tragedy then fell over Loose. In a span of three months the Center lost its beloved director and the Loose Center itself. With the staff, board, and community all stepping up, a new Loose now stands in its place. Loose has grown to over 5400 members and more than 190 programs, events and services. It has become the standard for senior service excellence. It is known as the brightest and friendliest center in our community. With more staff on board and expanded programs and activities, staffing needs changed and a Business Manager, Program & Marketing Director, Clerk and Receptionist and full time Maintenance person all paved the way for unlimited possibilities and growth.

It is impossible to recognize all of the many volunteers, board members and staff who have come and gone. Each one has played in a part of the success we now know as Loose Center. In 20 years the dreams of the first group of volunteers has been surpassed. The visions and dreams of the present and future members is yet to come. Loose is in the good hands of people with passion to see that new ideas will come true.

So "Thank You" to the countless people for making "Dreams Come True" and celebrating 20 years of enhancing dignity, supporting independence and offering meaningful opportunities to those 50 and over in the Southern Lakes region. May we see this same magic in the next 20 years.

All is Well

Carl Gabrielson, Executive Director

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

Happy Birthday

LOOSE CELEBRATES 20 years!

Please Join Us

Friday, June 3, 2016
1 pm

You are cordially invited to join us in celebration of 20 years of serving the aging population of Southern Genesee County.

- 1:00 PM - SOCIAL TIME -Enjoy cake and special treats provided by *Caretel Inns of Linden*
- 1:30 PM - PROGRAM BEGINS -Loose Choir, Guest Speakers
- 2:00 PM - ENTERTAINMENT BY "OLD RULES"

Please RSVP to (810)735-9406



"OLD RULES", a quartet from Grand Rapids, who have more than 30 years of combined experience singing in the Great Lakes Chorus – the local chapter of the Barbershop Harmony Society will be performing at the Loose 20th Birthday Celebration.

Classic & Muscle Car Show

Friday, June 17, 2016, 11am-2pm

Free  **DJ**
Free **Food**
Free **Floats** root beer
Free **Entry**



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

JUNE HAPPENINGS

Loose
**Travel
SHOW**



Wednesday, June 1, 1 pm

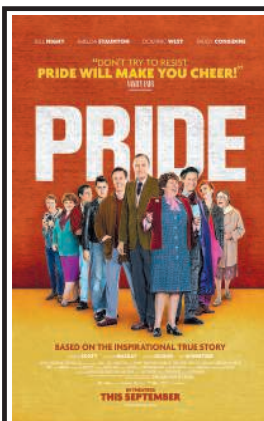
HAWAIIAN ADVENTURE

February 28-March 4, 2017

TROPICAL COSTA RICA

November 4-12, 2017

Join us for a detailed presentation,
by Ed McKenna (from Collette), along with
REFRESHMENTS and PRIZES



MOVIE NIGHT

1st Tuesday of each month
June 7, 2016, 7 pm

PRIDE is inspired by an extraordinary true story. It's the summer of 1984, Margaret Thatcher is in power and the National Union of Mineworkers is on strike, prompting a London-based group of gay and lesbian activists to raise money to support the strikers' families. Initially rebuffed by the Union, the group identifies a tiny mining village

in Wales and sets off to make their donation in person. As the strike drags on, the two groups discover that standing together makes for the strongest union of all.

As always, admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care, Wellbridge of Fenton, Lockwood of Fenton and Behind Your Designs.

Refreshments will be served!

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

There will be **NO MOVIE NIGHT** in July



Friday, June 24, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes,
Food & Drink and more!

RHUBARB LEAF STEPPING STONE

Wednesday, June 1, 12:30 pm, \$5 (Limit 8)



Bring your garden to life with a hand-made rhubarb stepping stone. You will need to bring a pair of rubber gloves, a large, recycled pizza box and a large plastic bowl. All other supplies will be provided. Because cement will be used, you may want a mask to protect from the dust. This project will be off-site at the residence of the instructor. It is very easy to find and very close to the Center; directions will be given at the time you register. The overflow class will be scheduled for Thursday, June 2.

FREE HEALTH AND WELLNESS PROGRAM!

Thursday, June 9, 16, 23, 30, 9:30-11:00AM

- 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, 4-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.

Flint Farmer's Market Outing

Tuesday, June 14, 2016, \$2

A special opportunity to experience the
Flint Farmer's Market.

See details on page 18.



Caretel.
Ins of London



PRE COMEDY SHOW COOKOUT SPECIAL!

Tuesday, June 14, 4:30—6 pm
\$5 PER PERSON

Menu includes: Grilled Koegel (of course) Hotdogs, Slow Baked Beans (Loose is famous for their beans), Coleslaw (ok, this we get from Gordons, but it's GOOD), Chips are chips (bet you can't just eat one), Cookies ☺ and Drinks. Come and eat before the show...It's a deal folks! Doors to the show will open at 6pm.

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

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.



4:30 pm, \$6

Grilled 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, June 14, 9:30-10:30 am
 Coffee, COPS & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



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.

BIRTHDAY BASH!

Monday August 1, 12 noon - 1 pm, Hall B

Help us celebrate EVERYONE'S BIRTHDAY w/Cake & Ice Cream

you're invited!

Garden Meeting
 all are welcome Saturday
 June 4, 10 am



Caretel Loose PICNIC

12 noon - 2 pm
 Tuesday, July 26

Caretel Inns of Linden, 202 S. Bridge Street
 Park @ Loose and take the Shuttle to Caretel
 Parking @ Linden Elementary

- ◆ Food, Fun, Music, Prizes and give-a-ways
- ◆ Invite your family and friends
- ◆ Bring a lawn chair and hang out
- ◆ Best of all, it's FREE!



SUMMER FUN!

BODY, MIND & SPIRIT

MONDAY

9:30 am **Zumba & Total Fit**
 2:30 pm **Chair Chi**
 4:00 pm **Yoga (gentle flow)**
 5:00 pm **Zumba & Total Fit**
 6:15 pm Pickleball
 LINDEN ELEMENTARY
 6:00 pm **Volleyball**

TUESDAY

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

9:30 am **Yoga (gentle flow)**
 2:30 pm **Chair Chi**
 5:00 pm **TOTAL FIT**
 6:15 pm Pickleball

PLEASE CHECK THE MASTER
 CALENDAR FOR SPECIAL CLOSINGS.

THURSDAY

9:30 am **Chair Yoga**
 10:15 am **Zumba Gold/Total Fit**
 11:45 am **Wii Bowling**
 10:30 am **FIT⁴EVER**
 2:15 am **Tai Chi Club**
 4:00 pm **Yoga (gentle flow)**
 6:00 pm **Line Dance**

FRIDAY

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

SATURDAY

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

SUNDAY

2:00 pm Pickleball

CHAIR CHI \$5 per class

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. It also helps improve breathing, while improving hand and foot-eye coordination, it helps burn fats and calories, lowers cholesterol, heart rate and blood pressure levels and assists in alleviating the pain from many chronic conditions.



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.

LINE DANCE \$5 per class

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!

FIT⁴EVER \$5 per class ALL WELCOME!

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.

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.

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.

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 June 2. If you are interested in Wii bowling, please contact the Loose Office.**

BIKING BUNCH Wednesday 9am

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.

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.

ZUMBA & TOTAL FIT® \$5 per class

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® \$5 per class

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® \$5 per class

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.

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.

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, 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.

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.

WATERCOLOR CLASSES

Mon., June 27 & July 11, 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*



HYPERTUFA PLANTER

Wednesday, July 27, 12:30 pm, \$20 (limit 5)

Hypertufa is a mud-pie recipe that is used to make all sorts of garden art objects. Sign up and make your own planter. Class will be offsite at the home of the instructor. A supply list and directions to the class are available at the Center. You must register in advance.

JEWELRY CLASS June 16, 1 pm

For specific details on the June class, please contact Loose.

CARD MAKING WITH CAROLINE

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

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

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.*

Quilt Raffle



Tickets are \$1 each or 6 for \$5

These beautiful quilts were made by the Loose Threads group which meets at Loose each Tuesday morning. The material was donated, their time, effort, imagination and hard work was also donated. They then donated the quilts to be raffled off with the proceeds going to benefit Loose. *The quilt is on display at Loose.*

The drawing will take place on Tuesday, July 26 during the Caretel/Loose Picnic. No need to be present to win. The winner will be contacted.

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

SUMMER CLASSES

IPAD 1

Monday & Wednesday, June 20 & 22, \$20, 1-3 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.

IPAD 2

Wednesday, June 29 & July 6, \$20, 1-3 pm

For those who have completed iPad 1. Take things a step further and begin to dive deeper, understanding settings and the importance of making them work for you. Learn iPad tricks and learn how to maximize this amazing piece of technology to fit you and your needs.

Windows 10

Monday, July 11 & Tuesday, July 12, \$20, 1-3 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.

Social Media & Why

Wednesday, July 27 & Thursday, July 28, \$20, 1-3 pm

The benefits of understanding Social Media 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

Individual Computer Help FREE

Thursday, July 28 and Thursday, August 11 (times vary)

(by appointment 30 minutes) Call Loose @ 735-9406

Smartphone Photos

Tuesday, August 2, 1-3 pm \$15

Sometimes all we need is a little one-on-one time to help us get past a computer road block. Kelly is available for individual help by appointment. For an appointment, call Kelly at 810.964.6455.



Friday, June 24, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

BOARD & CARD GAMES

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

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, 10:00 am *(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 Will return in the fall.



Mondays, 3 pm

(resumes practice on Monday, September 12)

Pen Pals Needed

PLEASE CONSIDER BEING PART OF THIS WONDERFUL PROGRAM. 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. The goal of this unique program is to increase communication skills and bridge the generation gap between third grade children and older adults.

Understanding & Responding to Dementia-Related Behavior

Wednesday, July 13, 10:30 am, FREE

Behavior can present real challenges for caregiver to manage. Join us to learn to decode behavioral message, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

JUNE 2016

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

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

PHONE
810.735.9406
FAX
810.735.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LOOSE STAFF	BOARD OF DIRECTORS	1	2	3
Carl Gabrielson <i>Executive Director</i> Debbie Hancock <i>Business Manager</i> Melinda Elmore-Hajek <i>Program Director</i> Cheryl Rex <i>Clerk</i> Kathy Metivier Dotti Tynes <i>Receptionist</i> Randy & Deb Green <i>Maintenance</i>	Ken Wensel, <i>President</i> Frank Lukowski, <i>VP</i> Alberta Martin, <i>Secretary</i> Vince Eible Jr., <i>Treasurer</i> Bob Cole Ray Culbert Ann Deemer Roby Deese Richard Laing Charlie Ross Les Scott David Kincaid Pat Lockwood	8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:30 Yoga 10:00 Consumer Fraud 10:30 1 on 1 Financial 11:15 Art à la Carte 11:30 Lunch <i>BBQ Chicken</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 12:30 Rhubarb Stepping Stone 1:00 Travel Show 1:30 Blood Pressure/Health ✓ 2:00 Nurse Chat 2:30 Chair Chi 5:00 Total Fit 6:15 Pickleball	9:30 Chair Yoga 10:00 Amvets 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 11:45 Wii Bowling Begins 11:30 Lunch <i>Turkey Burger</i> 12:30 Euchre 2:15 Tai Chi Club 3:00 Special Choir Practice 4:00 Yoga 6:00 Grief Support 6:00 Line Dance	9:00 NO MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 NO Pickleball 11:30 Lunch <i>Veal/Spaghetti</i> 1:00 LOOSE 20TH BDAY PARTY 1:00 NO Lapghans 1:00 Chicago Bridge Saturday June 4 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre 10:00 Garden Meeting Sunday June 5 Mackinaw Island 2:00 Pickleball
8:00 Bridge 9:30 Zumba & Total Fit 10:00 Painting 10:15 Sleep Mat Production 11:30 Lunch <i>Chicken</i> 12:30 Pinochle 1:00 MMAP Counselor 1:00 Water Color 1:00 Listening Ear 2:30 Chair Chi 4:00 Yoga 5:00 Zumba & Total Fit 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball	8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:00 Blood Pressure 9:30 Yoga 11:00 Caesar Windsor 11:15 Art à la Carte 11:30 Lunch <i>Salisbury Steak</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 Chair Chi 3:15 Coupon Club 5:00 Total Fit 6:15 Pickleball	8:00 Bridge 9:30 Biking Bunch 9:30 Manicures 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 11:30 Lunch <i>Turkey Tetrazzini</i> 11:45 Wii Bowling 12:30 Euchre 2:15 Tai Chi Club 4:00 Yoga 6:00 Line Dance	8:00 Board Meeting 9:30 Chair Yoga 9:30 Health & Wellness 10:15 Zumba Gold & Total Fit 10:30 FIT4EVER 11:30 Lunch <i>Turkey Tetrazzini</i> 11:45 Wii Bowling 12:30 Euchre 2:15 Tai Chi Club 4:00 Yoga 6:00 Line Dance	9:00 MMAP Counselor 9:30 Yoga 10:00 Write Your Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch <i>Lasagna</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck SATURDAY June 11 9:00 Yoga 10:15 Zumba & Total Fit 10:00 Euchre Sunday June 12 2:00 Pickleball

www.edwardjones.com

Complimentary Review

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810-735-1678

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Esther Shouse
248-705-2737

Berkshire Hathaway Home-Services Michigan Real Estate
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20 W. Washington St., Clarkston, Mi 48346

I believe in "giving back." I volunteer in the local Community Garden and donated 100's of pounds of produce in 2015! I also, volunteer in the Loose Community Angels Org, AFSP Org, church & commissioner on the Village of Holly Planning Committee.
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<p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch <i>Steak Fingers</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>1:00 Book Club</p> <p>2:30 Chair Chi</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:00 Veteran Services</p> <p>9:30 Zumba Gold-Total Fit</p> <p>9:30 Coffee & Cops</p> <p>10:00 Loose Threads</p> <p>10:15 Farmer's Market</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Boneless Rib</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:30 Matter of Balance</p> <p>3:00 NO Mah jongs</p> <p>4:00 NO Chair Yoga</p> <p>4:30 Pre-Show Cookout</p> <p>5:00 NO Yoga</p> <p>6:30 COMEDY SHOW</p>	<p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask the Lawyer</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Philly Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:30 Blood Pressure/Health ✓</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p>	<p>9:30 Chair Yoga</p> <p>9:30 Health & Wellness</p> <p>10:15 Zumba Gold & Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Chicken Wings</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Jewelry Class</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Line Dance</p> <p>6:00 Grief Support</p>	<p>9:00 MMAP Counselor</p> <p>9:00 Hearing Doctor</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>11:00 CAR SHOW</p> <p>11:30 NO GCCARD Lunch</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday June 18</p> <p>9:00 Yoga</p> <p>10:15 Zumba & Total Fit</p> <p>10:00 Euchre</p> <p>Sunday June 19</p> <p>2:00 Pickleball</p>	<p>17</p>
<p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch <i>Chicken Breast</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>1:00 IPAD 1</p> <p>2:30 Chair Chi</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:30 Zumba Gold-Total Fit</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Pork Burger</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Chicago Bridge</p> <p>2:30 Matter of Balance</p> <p>3:00 Mah jongs</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>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Sloppy Joe</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 IPAD 1</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p>	<p>9:30 Chair Yoga</p> <p>9:30 Health & Wellness</p> <p>10:15 Zumba Gold & Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Turkey Steak</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Line Dance</p>	<p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Mac & Cheese</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday June 25</p> <p>9:00 Yoga</p> <p>10:15 Zumba & Total Fit</p> <p>10:00 Euchre</p> <p>Sunday June 26</p> <p>2:00 Pickleball</p>	<p>23</p>
<p>8:00 Bridge</p> <p>9:30 Zumba & Total Fit</p> <p>10:00 Painting</p> <p>10:15 Sleep Mat Production</p> <p>11:30 Lunch <i>Steak Fingers</i></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Water Color</p> <p>1:00 Book Club</p> <p>2:30 Chair Chi</p> <p>4:00 Yoga</p> <p>5:00 Zumba & Total Fit</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>9:00 Massage</p> <p>9:00 Veteran Services</p> <p>9:30 Zumba Gold-Total Fit</p> <p>9:30 Coffee & Cops</p> <p>10:00 Loose Threads</p> <p>10:15 Farmer's Market</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Boneless Rib</i></p> <p>12:00 Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Chicago Bridge</p> <p>2:30 Matter of Balance</p> <p>3:00 NO Mah jongs</p> <p>4:00 NO Chair Yoga</p> <p>4:30 Pre-Show Cookout</p> <p>5:00 NO Yoga</p> <p>6:30 COMEDY SHOW</p>	<p>8:00 Bridge</p> <p>9:00 Biking Bunch</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Ask the Lawyer</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Philly Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:30 Blood Pressure/Health ✓</p> <p>2:30 Chair Chi</p> <p>5:00 Total Fit</p> <p>6:15 Pickleball</p>	<p>9:30 Chair Yoga</p> <p>9:30 Health & Wellness</p> <p>10:15 Zumba Gold & Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Chicken Wings</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Jewelry Class</p> <p>2:15 Tai Chi Club</p> <p>4:00 Yoga</p> <p>6:00 Line Dance</p> <p>6:00 Grief Support</p>	<p>9:00 MMAP Counselor</p> <p>9:00 Hearing Doctor</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>Mac & Cheese</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday June 25</p> <p>9:00 Yoga</p> <p>10:15 Zumba & Total Fit</p> <p>10:00 Euchre</p> <p>Sunday June 26</p> <p>2:00 Pickleball</p>	<p>30</p>

Happy Birthday

LOOSE CELEBRATES
20 years!

Please Join Us

Friday, June 3, 2016, 1 pm



CARD SHOP CONTEST



During the month of JUNE, EACH time you come to Loose, be sure to put your name in the drawing for the Card Shop Give-a-way. Everything you need will be located by the My Senior Center Computer. We need your name and phone number and at the end of the month, the winner will be contacted. Come often, enter often. GOOD LUCK!

ONE-ON-ONE FINANCIAL HELP

Wednesday, June 1, 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.



NURSE chat

1st Wednesday of every month, 2 pm FREE

Stop by and meet the nurse from Magnum Home Health Care, Inc and enjoy a round table discussion on a variety of topics. Bring your questions and suggest topics.

DIABETES PATH INFORMATION SESSION

Wednesday, July 13, 12 pm

Diabetes-PATH (Personal Action Toward Health) is designed to provide skills and tools to help people living with Type 2 diabetes and their support system live a healthier life. It is a fun, interactive, **six week workshop** led by certified leaders.

**Diabetes
PATH**

- Manage everyday activities by making an action plan
- Avoid complications
- Learn to balance your blood sugar
- Improve your communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms & decrease stress
- Improve your overall health and increase your energy!

SAFER DRIVING >> CAN SAVE YOU MONEY

Refresh your driving skills and you could save money on your car insurance!*

Take the **NEW AARP Smart Driver™ Course**.

AARP SMART DRIVER COURSE

July 18 & 20, (Monday & Wednesday) 11 am - 3 pm

\$15 for AARP members/\$20 for non members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. In class there will be discussion, laughter and sharing on Road Rules, Safe Driving, and talking to a friend or relative about their driving. You must be on time and in attendance both days. Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP.)

AGING IN PLACE

Wednesday, August 10, 12 pm

Speaker Rob Herringshaw from Adaptive Modification Solutions will share important and valuable information about the many options available that can help you age in your own home.

GARDENING GURU (FOR-MAR ON THE ROAD)

Thurs., August 18, 10 am (limited to 20)

A For-mar Horticulturist will be teaching about unique garden styles and participants will plant their own container garden to keep. This activity is sponsored by **Caretel Inns of Linden**.



HEALTH SERVICES & TRANSPORTATION



HEALTH CHECK *NEW*

1st & 3rd Wednesday, 1:30

Sit with a nurse who can take your blood pressure, check your lungs, check for swelling, etc. and also just be available to lend an ear.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

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



MASSAGE

Relax & Unwind

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.

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.

"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.

PODIATRIST

Tuesday, June 28, 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.

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.

SPECIAL SERVICES & SUPPORT

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 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.**

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.



AMVETS

1st Thursday of each month, 10 am - 12 noon, Annex

Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

COUPON CLUB

2nd Wednesday of each month, 3:15 pm, Annex

Join others who enjoy saving money and making the most of available resources. Bring a friend, your coupons and the excitement that comes with getting a good deal!

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am, Annex

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

TOPS (*Take Off Pounds Sensibly*)

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

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

AARP TAX-AIDE Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee 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



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.

MEMBER PRIVILEGES & FUNDRAISING

THE LOOSE COMMUNITY ANGELS

Meeting - July 20, 10 am 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 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.

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 2016. 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.

"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."

Visit Our Website

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!

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.

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.

 **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.

DO YOU HAVE EMAIL? If so, please consider stopping by and update your files or send us an email at LSCC@loosecenter.org

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



TRIPS

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

TRIPS @ A GLANCE

June 5-6	Mackinaw Island Lilac Festival	\$340
June 8	Caesars Windsor	\$20
June 14	Farmer's Market	\$2
June 28	FireKeepers Casino	\$32
July 13	Soaring Eagle Casino	\$32
July 15	Tall Ship Celebration, Bay City	\$86
July 24-Aug. 2	Colorado-Rocky Mountain Spectacular	\$1,999
July 27 & 28	Kewadin Casino	\$120
August 10	Remember When Detroit River Cruise	\$76
August 11	Gun Lake Casino	\$35
August 18	Tigers vs Boston Red Socks	\$70
August 14-20	Great Canadian West	\$2,999
August 30	FireKeepers Casino	\$32
September 4-5	Mackinac Bridge Walk	\$224
September 8	Applewood Tour	\$4.50
September 12	Caesar Windsor	\$20
September 14-21	London & Paris (Price pre 3/15)	\$3,999
September 17-23	Coast of Maine	\$1,399
September 20	Meijer Garden Tour	\$63
September 27	Soaring Eagle	\$32
Sept. 30-Oct. 5	New York City	\$1,599
Oct. 5	Genesee Belle Lunch Cruise	varies
Oct. 11-12	Little River	\$125
Oct. 13	Harvest Adventure	\$79
Oct. 22-23	ARK Encounter	\$339
Oct. 27	Hollywood Casino	\$30
Oct. 30-Nov. 2	Nashville	\$999
Nov. 14	FireKeepers	\$32
Nov. 16-21	Branson	\$1,199
Dec. 5	Soaring Eagle Oak Ridge Boys	\$32
Dec. 5-6	Niagara Falls	\$269
February 2017	Hawaii	\$5199
November 2017	Costa Rica	\$2649

June 1, 2016 travel show, 1 pm to showcase Hawaii & Costa Rica

Detailed flyers are available at the Loose Center.

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

GENESEE BELLE FALL LUNCH CRUISE

Wednesday, October 5, 2016

\$17 includes, cruise & lunch (no transportation)

\$21 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 9/21/16.



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.

Thursday, August 18 2016

Vs. Boston Red Socks

Tigers **\$70**

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



Flint Farmer's Market

Caretel.
Inns of Linden

Tuesday
June 14, 2016

FARMER'S 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. Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call 810 735-9406 and sign up today.

CLIO AMPHITHEATER 2016 TRIBUTE SHOWS

Depart Loose @ 5:30 pm, show starts at 7 pm

Tickets can be purchased at the gate prior to the show - \$6

Transportation arrangements made through Loose at \$5

Tues., July 12	The System	The Bob Seger Tribute
Tues., July 19	Persuasion Band	Motown Tribute
Tues., July 26	Shout!	Beatles Tribute
Tues., August 2	Magic Bus	Woodstock Tribute
Tues., August 9	The Rockshow	Tribute to the 80s
Thur., August 11	Shania Twain & Tim McGraw Tribute	

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 1 Color and Fire: Defining Moments in Studio Ceramics, 1950-2000

June 8 Revolutions of the Wheel Parts 1 & 2

June 15 Revolutions of the Wheel Parts 3 & 4

June 22 Revolutions of the Wheel. Part 5, Winchcombe Pottery Techniques

June 29 Celebrating The Cycle: The Wood Fired Pottery of Matt Jones, Ukucwebezela: To Shine – South Africa

AND MORE TRIPS

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



COLORADO

Rocky Mountain Spectacular

July 24– August 2, 2106
\$1,999 double

Tour Includes Round Trip Motorcoach Transportation, 7 nights lodging, 9 breakfasts, 1 lunch 4 dinners, Tour of Boys Town USA, Great Plate River Road Archway, Rocky Mountain National Park, Visit to Estes Park, Sightseeing tour of Denver, Coors Brewery, Garden of the Gods, Pikes Peak Cog Railway, US Air Force Academy, Royal Gorge Bridge, Sightseeing tour of St. Louis, The Gateway Arch—St. Louis, Luggage Handling, Tax & Tip on all meals. Detailed Flyers available at Loose or online at www.loosecenter.org.

HARVEST ADVENTURE

Thursday, October 13, \$79
Departs 9 am, Returns 4:30 pm
Includes Transportation PLUS

PEBBLE BROOK FARM—prized Huacaya and Sri alpacas and history of the farm, gift shop that features a variety of Alpaca fibers.

WHITE HORSE INN—Lunch at the oldest continuously operating restaurant in MI which in the past has served as a hotel, brother, stagecoach stop, etc.

WESTVIEW ORCHARD—enjoy a tour, pick fresh fruit or a bag of pre picked for FREE. *Time for shopping and snacks on the return trip.*

MEIJER GARDENS & SCULPTURE PARK, \$63


Tuesday, September 20, 2016 INCLUDES: Motor Coach Transportation, Admission into the Frederick Meijer Gardens & Sculpture Park. Tram Tour of the Gardens (with a stop at the Japanese Gardens), \$10 voucher to use at the Café, 2016 ArtPrize Exhibits located at the Garden, *Chrysanthemums & More Exhibit!* The largest of its kind in Michigan, featuring expansive chrysanthemum displays, fall foliage and family-friendly activities. Water, snacks & FUN on the bus.




NEW YORK CITY

Sept. 30–Oct. 5, 2016
\$1,599 PP Double

Tour Includes Round Trip Motorcoach Transportation, 5 nights lodging (3 at the newly-redesigned 4 start Novotel located niTimes Square) 5 breakfasts, 1 dinners, 9/11 Museum & Memorial, All Day Sightseeing Tour, Tour Famous Apollos Theatre, Statue of Liberty with Pedestal Pass, Ellis Island, Saturday Night Live Museum/Exhibition Luggage Handling, Tax & Tip on all meals. Detailed Flyers available at Loose or online at www.loosecenter.org.



Wed, July 27—28, 2016
\$ 120 per person, double occupancy
Tour Includes Transportation plus
1 night lodging at Kewadin Casino Resort, \$10 Food Voucher at St. Ignace, Two \$10 Coin Vouchers at St Ignace, Two \$10 Coin vouchers at Kewadin Casino Sault Ste. Marie, 1 Buffet Breakfast value of \$7. *Call for details.*

Wednesday August 10, \$76

Departs 9:15 am, Returns 6:45 pm

Includes Transportation PLUS

Lunch at Smokies Restaurant & Bar, Diamond Jack River Cruise—Two hour narrated *Remember When* tour of Bob-lo, Calvert Canada Distillery, Fort Malden, Kings Yard Park, Stony Island, Livingston Channel and the Grosse Ile Lighthouse and Shopping in Downtown Wyandotte.




COAST OF MAINE

September 17-23, 2016
\$1,399 PP Double

Tour Includes Round Trip Motorcoach Transportation, 6 nights lodging, 6 breakfasts, 3 dinners, Museum of Old York, Kennebunkport Trolley Tour, Sightseeing Tour of Portland, Maine, Day Trip to Camden, Maine, Maine State Prison Craft Shop, Camden Hills State Park, Captain Fish Scenic Harbor Cruise, Leisure Time in Boothbay Harbor, Boothbay Railway Village, Luggage Handling, Tax & Tip on all meals. Detailed Flyers available at Loose or online at www.loosecenter.org.



Hawaiian Adventure

Three Islands featuring Oahu, Kauai and Maui
Featured at the June 1 Travel Show!

February 23– March 4, 2017
\$5,299 PP Double if pd by 8/23

Tour Includes Round Trip Air, air taxes and fees, /surcharges, Hotel Transfers, 10 days, 13 meals. **Highlights include,** Waikiki Beach, Pearl Harbor, Oahu's North Shore, Kilohana Plantation, Waimea Canyon, Kauai Coffee Estate, Iao Valley, Lahaina, Polynesian Luau. Detailed Flyers for this bucket list vacation are available at Loose or online at www.loosecenter.org

Loose Center
707 N. Bridge St.
Linden, MI 48451
(810) 735-9406
www.loosecenter.org

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Comedy Show

with COMEDIAN **BILLY RAY BAUER**



Wow! What a night!
Very professional
Charismatic guy
Amazing
We had a blast!
Incredible
His material was hilarious
Billy Ray was fantastic!



Heartfelt finesse
Super Funny!
Personable
Could not be happier
Enjoyed every minute
Billy was great!!
Huge success
Knows how to read a crowd

\$7

Tuesday, June 14, 6:30 pm

Check out the **PRE COMEDY SHOW COOKOUT SPECIAL**, only \$5 details on page 4.