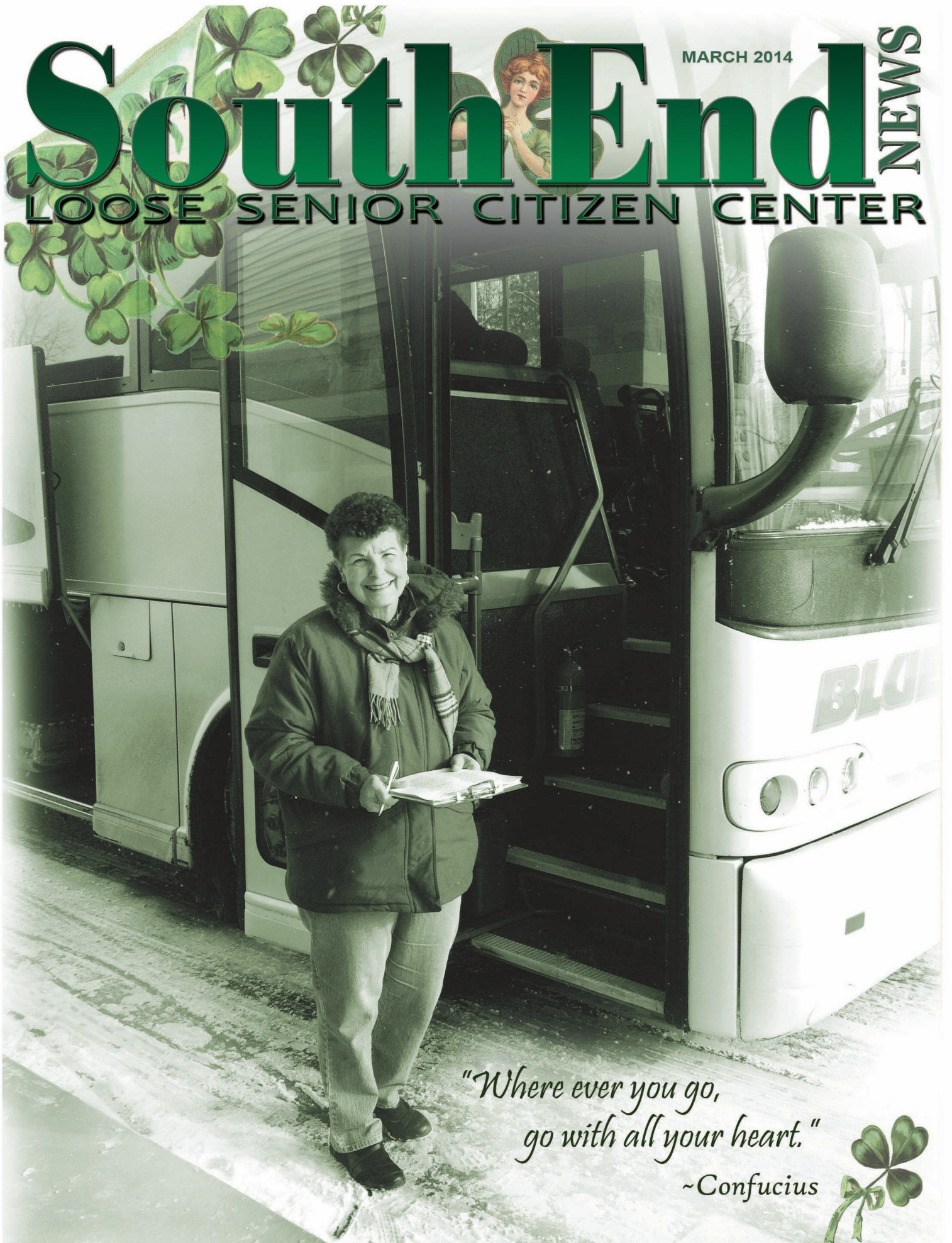


MARCH 2014

# South End NEWS

LOOSE SENIOR CITIZEN CENTER



*"Where ever you go,  
go with all your heart."*

*~Confucius*





## DIRECTOR'S MESSAGE

Dear Friends,

The Loose Center has entered into new and exciting time. Exercise classes have returned to our new building. The halls are filled with the sounds of our members participating in Zumba, Body Recall, Line Dancing and the silence of Yoga. We have extended programs to include Pickleball and Cornhole. And other groups like the painters and woodcarvers enjoy the large spaces in which to create. The uses of our new building are endless.

Another Loose gem is the travel program. Staff and volunteers are always seeking new and interesting trips for Loose travelers to enjoy. The opportunities are endless and change from month to month. Loose travel is open to those over 21, allowing for more potential time with family and friends. Loose is excited that all members can be creative, enjoy the many venues of entertainment and travel to many destinations. Whether it is local travel, day or overnight, it is a chance to learn, grow, laugh and make wonderful memories.

It is also a good time to explore. Check out the many programs and services that are offered at Loose. Do you have a friend that might benefit from something offered? Take them a newsletter, bring them to Loose and give them a tour. Loose is an active, vibrant, friendly place and no longer will it be one of the best kept secrets. It is just a matter of opening your mind and taking the journey to those things that are possible. It is a travel into "NOW" time. Just step out and grasp the possibilities. Take a chance and travel through the exciting programs, services, cultural events and travel. Let your soul and mind be stimulated beyond your beliefs.

It is your time to explore and "Wherever you go, go with all your heart."

Carl Gabrielson  
*Executive Director*



Saturday, March 29, 7 pm, \$5  
Lake Fenton High School  
**7TH HOUR BAND**  
*Support our local schools!*  
Tickets available at the door.

**GREAT  
MUSIC**

## 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 drawing will take place on  
Thursday, May 22 at the dinner at Linden High School.*

## Boutique & Book Sale



**ALL ARE WELCOME**  
Friday, May 16, 9:30 am - 3 pm  
Sloppy Joe Lunch \$5

All kinds of **DONATIONS** are needed to pull off this exciting event. Boutique items and books will be accepted at Loose beginning Monday, April 14 through May 9. Special **DESSERTS** will be needed for the Silent Auction event. If you are willing to make and donate your special dessert, please call Loose and let us know. And, if you plan to eat lunch, it's always nice to have a head count. Proceeds from this event will go toward a Loose Wish List Registry item.

**Dessert Auction & Sloppy Joe Lunch**

## Volunteer

Be cool. Help out. Get connected.

We are always in need of folks who are willing to volunteer at Loose. Currently we are looking for volunteers for the **DAILY LUNCH PROGRAM**. Lunch volunteers work one day per week from 11 am - 12:30 pm. A TB test is required and training is provided. We are also looking for two people to help with support on the last Friday of each month at the **EUCHRE TOURNAMENT**. Tournament volunteers help from 4:45 pm to approximately 9 pm. Training will be provided and volunteers must be ok with not playing in the tournament. **Volunteering is the perfect way to feel connected to Loose. The simple act of offering your skills and enthusiasm will positively impact the lives of others, as well as your own. Call Loose Today for more information.**

## INCLEMENT WEATHER POLICY

When the Linden Schools are closed due to weather conditions, the Loose Senior Citizen Center will be closed. Local television and radio stations will list the latest school closings. Feel free to call Loose for updates in scheduling.

**Pictured on the cover:** Elsie Wermuth, one of the very special Loose travel escorts, stands next to the first charter bus that leaves from Loose. If you have not traveled with Loose yet, put it on your bucket list.

# MARCH SPECIAL HAPPENINGS

## FENTON COMMUNITY EXPO

Saturday, March 1, 10 am - 5 pm  
 Sunday, March 2, 11 am - 4 pm  
 Fenton High School, 3100 Owen Road

Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, giveaways, food booths and more. Demonstrations of many kinds and of course Loose will be there. So be sure to stop by the Loose Senior Center Booth and say, "HI"!

## HISTORY DISCUSSION

### Napoleon and the French Revolution

Thursday, March 6, 6:30 - 8 pm

The French Revolution was a period of radical social and political upheaval in France from 1789 to 1799 that had a fundamental impact on French history and on modern history worldwide. History buff or not, this is a great chance to dialogue or just listen and learn. Sign up today!



Friday, March 14, 1:30 pm, Annex, FREE, Limit 50  
**Don Korth on the Bossa Nova Nylon String Classical Guitar**

Flint native and professional musician Don Korth has been thrilling audiences with his skill on the nylon string classical guitar for over 40 years. Bossa Nova is his favorite music to play and you will enjoy hearing and learning about such classics as "Girl From Ipanema", "Wave" and "One Note Samba". Don brings his talent, good humor and energy to the stage. This is the perfect start to the weekend, sign up today. *Brought to us by The Whiting and a generous grant from the Ruth Mott Foundation, with support from the C.S. Mott Foundation.*

## CLASSICAL MUSIC AND TEA

All classes are 6-8 pm, Bldg. A, \$2/class,  
 Thursday, March 20, Debussy  
 See page 14 for details



## PROTECTING YOURSELF FROM IDENTITY THEFT

Monday, March 17, 10:30 am Sunroom

Are YOU at risk of Identity Theft?

How Does Someone Steal an Identity?

How Do Thieves Get the Information?

Minimize your Risk and learn ways to prevent ID theft. Join Jake Collins for a close look and an arm yourself with a plan.

## MARCH CATERED DINNERS

TUESDAY, MARCH 18, 5 PM, \$12

Guest Speaker: Meteorologist, John McMurray

### MENU

Traditional Corn Beef, Potatoes, Cabbage,  
 Chicken, Mac & Cheese, Green Beans, Corn,  
 Salad, Rolls, Dessert & Drinks.



## ORGANIZATIONAL MEETING

Wednesday, March 19, 9:30 am

*Relaxed rules!*

It's time to ponder whether you would like to play softball. The Loose Softball team has a reputation for having a lot of fun along with two successful seasons under their belt. Games are held on Wednesday and practice on Monday. If you are 60 year or older and enjoy playing the game, we want you! The cost for the 12-game season plus playoffs is \$35 per player. Games are held on Wednesdays with practices on Tuesdays at Linden Elementary. **Bonus:** Golf outing at end of season!

**Questions?** Call Loose at 810 735•9406.

## "WHAT IS YOUR EMERGENCY PLAN?"

Wednesday, March 26 at 10:30 am

Join Jenifer Boyer, P.E.M., Emergency Management Manager, Office of Genesee County Sheriff Emergency Management Homeland Security Division will be reviewing the basic roles and responsibilities of the county emergency management office as well as general information regarding the disaster process. April from the Health department will explain her roles and responsibilities regarding health emergencies and together we will cover general preparedness information for residents and seniors.

**Are you Ready?**





### 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.

### COFFEE HOUR

Wednesday, March 12, 9:30 am, Annex

We have coffee, tea, hot chocolate, doughnuts and a wonderful space so you can come and meet new friends, chat with old friends and catch up on all the happenings. *New members are especially encouraged to join us.*

### POTLUCK DINNER

Friday, March 14, 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.



### MONTHLY VOLUNTEER MEETING

Thursday, March 20, 9:30 am, Annex

This time is set aside for committees to meet and plan. Committee heads should contact their members if they plan to meet during this time. Coffee will be available.



### MATTER OF BALANCE - FREE

Beginning Wednesday April 23, 2-3 pm, Hall B  
Class will meet for 8 weeks. Tested, tried and true, this eight-session, small class setting is facilitated by caring, well trained volunteers and will change your life. Participants of this program learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance. Space is limited, so please call Loose and sign up today!



Visit us on  
**Facebook**

Loose has a Facebook page that is updated and a fun way to keep in touch. Check it out at, click the ["Find us on Facebook"](#) link on the Loose website at [www.loosecenter.org](http://www.loosecenter.org).

### 2014 CATERED DINNERS

TUESDAY, APRIL 15, 5 PM, \$12

Guest Speaker: Dr. Mike Heberling  
*"The Not So Good Old Days"*

#### MENU

Roast Beef, Baked Chicken, Mosticiolli, Mashed Potatoes/Gravy, Green Bean Casserole, Corn, Tossed Salad, Cottage Cheese, Peaches, Rolls, Dessert & Drinks.

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### DINNER LINDEN HIGH SCHOOL

THURSDAY, MAY 22, 5:30 PM, \$8.50

The cooks at Linden High School are amazing. Each fall we are fed a wonderful FREE dinner provided by the Linden Student Council. This dinner mimics that meal and we already know it will be delicious. Please join us on that day, we will be pulling the ticket for the BEAUTIFUL quilt raffle, enjoying dinner and each other's company and afterward are invited to the Linden High School Annual Spring Concert to follow at 7 pm.

Friday, May 9, 1 pm, \$6

YOU ARE INVITED TO OUR...

### Mother's Day Tea

A lovely afternoon of tea, treats, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Seating is limited, sign up early!



### PIANO LESSONS

Beginning - Intermediate

Mondays, beginning @4:30 pm

\$10 for a six week session.

All students will meet with the instructor and get a plan to fit their specific needs. Lessons will last 20 minutes. Next session begins April 7.

*Time slots are limited, so call Loose to secure your time.*



**PLEASE SIGN IN** Whether you are here to play cards, participate in a special class, sign up for an event, or grab a loaf of bread, please, remember to ALWAYS sign in. It helps in so many ways. *Thank you!*



## KEEPING FIT

### ZUMBA & ZUMBA GOLD \$5 per class

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

### TAI CHI SIMPLIFIED YANG FORM \$5 per class

This gentle form of exercise increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow. For those who suffer from **ARTHRITIS**, Tai Chi is approved by the Arthritis Foundation. This class will help you see improvement in flexibility, balance, coordination, range of motion, strength and confidence.

### BODY RECALL \$3 per class

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.

### BIKING BUNCH Will return in the spring.

If you are interested in the Biking Bunch, please contact the Loose Center at 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.

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

### Wii BOWLING *New league begins 3/27/14*

Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. **If you are interested in Wii bowling, please contact the Loose Office.**

### GOLF AT SHIAWASEE SHORES

See you in the spring!

MONDAY

9:30 am Yoga (gentle flow)  
1:00 pm Cornhole  
5:00 pm **Zumba**

LINDEN ELEMENTARY  
6:00 pm **Volleyball**

FRIDAY

9:30 am Yoga (gentle flow)

SATURDAY

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

TUESDAY

9:15 am Chair Yoga  
10:15 am **Zumba Gold**  
10:30 am **Body Recall**  
12:00 pm **Beg. Line Dance**  
1:00 pm **Adv. Line Dance**  
5:00 pm Yoga (gentle flow)

WEDNESDAY

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

**Biking Bunch  
returns in the spring**

THURSDAY

9:15 am Chair Yoga  
10:00 am Wii Bowling  
10:15 am **Zumba Gold**  
10:30 am **Body Recall**  
4:30 am **Zumba**  
5:00 pm Yoga (gentle flow)  
6:00 pm **Beg Line Dance**  
7:00 pm **Adv. Line Dance**



Every Monday at 1 pm  
**Cornhole!** Great indoor fun for the winter months. Come and give it a try. If you are already a player, join in on the fun. We guarantee, there will be fun, learning, tossing and laughter. It may just become a regular Loose thing. Who knows? We may have the next Cornhole champion right in our midst.

## Pickleball

Wednesday, 6:15 - 9 pm, \$3

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

### YOGA \$5 per class

**GENTAL FLOW YOGA** Become aware of your body as you gently flow from one pose to another, making adjustments as you go. Learn how to hold the pose to increase your strength and concentration.

**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.

### LINE DANCE Tuesday Class - \$4 Thursday Class - \$5

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!

# Fitness Class Schedule

PLEASE CHECK THE MASTER  
CALENDAR FOR SPECIAL CLOSINGS.



## ARTSY & CRAFTY

**“ANYONE CAN PAINT”** Class Minimum: 6

**Monday, March 10, 12-2 pm, Sunroom, \$20**

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

### HAPPY STAMPERS GROUP

**Monday, March 24, 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.

### SCRAPBOOKING

**Tuesday, March 18, 1 pm, Hall B, 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/crocheting group meets every Friday to knit or crochet needed items.

### PAINTING GROUP

**Mondays, 10 am, Hall B, 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!

### WOOD CARVERS

**Wednesdays, 12 - 2 pm, Hall A, 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.

We are always looking for new opportunities to learn and grow. If you have a special artistic talent that you would be willing to share by teaching a class or one time workshop, please contact Loose.

### LOOSE LAPGHANS

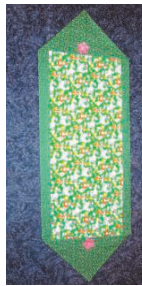
**Fridays, 1 pm, Hall A, FREE**

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! There is help to get you going again.

### 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.



### 10 MINUTE TABLE RUNNER

**Wednesday, March 12, 9 am, \$2, Sunroom**

Easy peasy! Take just *10 minutes* to create a beautiful gift for the anytime of the year. Sign up today and make sure you stop by Loose and pick up a supply sheet. Please note: you will need to bring your sewing machine.

25¢ each or five for \$1.00

New card donations accepted!

HUGE Selection!

# Loose Card Shop



## CLASSES, MUSICAL OPPORTUNITIES & MORE

Loose computer classes are especially tailored to the needs of senior citizens. 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

#### FACEBOOK

**Wednesday, March 5 & 12, 4-6 pm, \$20**

Learn the basics of social networking, register on Facebook for some hands-on learning and generate plenty of discussion about the advantages and disadvantages of this phenomenally popular website.

#### SHARPEN YOUR MIND THE COMPUTER WAY

**Thursday, March 20, 4-6 pm, \$10**

Research in how our brains work shows that we can improve our memory, speed up how we process information, and achieve many other gains by training our brains. There are many free websites that are available to challenge and improve brain function.

#### MANAGE YOUR FILES & FOLDERS:

*Tips for keeping your pc files organized*

**Wednesday, March 26, 4-6 pm, \$10**

Just like the old four-drawer file cabinet, your computer has the capability of being organized in ABC order, date order, or the way you like it. It's all about files and folders and how to create them and name them. This is vital information to help you maximize the convenience of your computer.

#### WEBWISE

**Thursday, March 27, 4-6 pm, \$10**

Make the most of your online experience. Learn about search engines, email, browsers, shortcuts and the ins and outs that will make your time on the web productive time.

#### IPAD 1

**Wednesday, April 2 & 9, 4-6 pm, \$20**

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

#### IPAD 2

**Wednesday April 16 & 23, 4-6 pm, \$20**

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

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.

### EUCHRE TOURNAMENT

**Friday, March 28, 5 pm**

**\$6 Entry Fee, 25¢/Euchres**

GREAT Prizes, Food & Drink and a 50/50 Raffle

### GAMES

**POOL PLAYERS** Bring a friend and play anytime.

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

**BOARD GAMES** Friday, 10 am

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

**CHESS** Wednesday, 12:30 pm

**DOMINOES** Wednesday, 12:30 pm

**MAH JONGG** Tuesday, 3 pm

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

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

**CARDS & MORE** Thurs. 10:30 am

**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.



Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir rehearses and works to prepare for many special events. They go into the community sharing their talent locally with those

who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. The choir is a very welcoming group; stop by and see! **Practices are Mondays, 3 pm, Sunroom**

### KARAOKE



**Mondays 7 pm, Sunroom**

Karaoke is just plain fun. If you have always wanted to try, this is the place to start. The group is very encouraging and many friendships have been formed. Also, feel free to just come and listen. Just say YES to the fun.





# March 2014

## OFFICE HOURS

Monday - Friday  
8:30 am- 4 pm

## PHONE

810.735.9406

## FAX

810.735.4255

## EMAIL

lsc@looseseniorcenter.org

## WEBSITE

www.looseseniorcenter.org

## MONDAY

**3**  
8:00 Bridge  
9:00 Massage  
9:30 Yoga  
10:00 Painting  
10:00 Investment Perspective  
**11:30 Lunch Swiss Steak**  
12:30 Pinochle  
1:00 CornHole  
1:00 Drawing Class  
2:00 Listening Ear  
3:00 Choir  
4:30 Piano Lessons  
5:00 Zumba  
6:00 Volleyball  
6:00 TOPS Weigh-in  
7:00 Karaoke

## TUESDAY

**4**  
9:15 Chair Yoga  
10:00 Loose Threads  
10:15 Zumba Gold  
10:30 Body Recall  
11:00 Blood Pressure  
**11:30 Lunch Sweet Sour Chicken**  
12:00 Beg. Line Dance  
12:30 Euchre  
1:00 Adv. Line Dance  
1:00 Chicago Bridge  
3:00 Mah jongg  
5:00 Yoga

## WEDNESDAY

**5**  
8:00 Bridge  
9:00 Manicures  
9:30 Yoga  
10:00 Consumer Fraud  
11:15 Art à la Carte  
**11:30 Lunch Beef Barley Soup**  
12:00 Wood Carving  
12:30 Pinochle/Dominoes/Chess  
2:00 Matter of Balance  
4:00 Facebook  
5:00 Zumba  
6:15 Pickleball

## THURSDAY

**6**  
9:15 Chair Yoga  
10:00 AMVET  
10:15 Zumba Gold  
10:30 Body Recall  
10:30 Cards & More  
11:15 Farmers' Market Trip  
**11:30 Lunch Chicken Parmesan**  
12:00 Wii Bowling  
12:30 Euchre  
4:30 Zumba  
5:00 Yoga  
6:30 History Discussion  
6:30 Beg. Line Dance  
7:30 Adv. Line Dance

## FRIDAY

**7**  
8:30 Tax Appointment  
9:00 MMAP Counselor  
9:30 Yoga  
10:00 Yarn Recyclers  
10:00 Board Games  
**11:30 Lunch Mac & Cheese**  
1:00 Lapghans  
1:00 Chicago Bridge  
**Saturday March 8**  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba

## 10

8:00 Bridge  
9:00 CSFP  
9:00 Massage  
9:30 Yoga  
10:00 Painting  
**11:30 Lunch Fried Chicken**  
12:00 "Anyone Can Paint"  
12:30 Pinochle  
1:00 CornHole  
1:00 Book Club  
1:00 Drawing Class  
3:00 Choir  
4:30 Piano Lessons  
5:00 Zumba  
6:00 Volleyball  
6:00 TOPS Weigh-in  
7:00 Karaoke

## 11

9:15 Chair Yoga  
9:00 Veteran Services  
10:00 Loose Threads  
10:15 Zumba Gold  
10:30 Body Recall  
**11:30 Lunch Beef Stew**  
12:00 Beg. Line Dance  
12:30 Euchre  
1:00 Adv. Line Dance  
1:00 Chicago Bridge  
3:00 Mah jongg  
5:00 Yoga

## 12

Kewadin Casino  
8:00 Bridge  
9:00 10 Minute Table Runner  
9:00 Manicures  
9:00 Blood Pressure Check  
9:30 Coffee Hour  
9:30 Yoga  
10:30 Watch Repair  
11:15 Art à la Carte  
**11:30 Lunch BBQ Pork Sandwich**  
12:00 Wood Carving  
12:30 Pinochle/Dominoes/Chess  
2:00 Matter of Balance  
3:15 Coupon Club  
4:00 Facebook  
5:00 Zumba  
6:15 Pickleball

## 13

8:00 Board Meeting  
9:15 Chair  
10:15 Zumba Gold  
10:30 Massage  
10:30 Body Recall  
10:30 Cards & More  
11:15 Farmers' Market Trip  
**11:30 Lunch Turkey Soup**  
12:00 Wii Bowling Banquet  
12:30 Euchre  
4:30 Zumba  
5:00 Yoga  
6:30 Line Dance  
7:30 Adv. Line Dance

## 14

8:30 Tax Appointment  
9:00 MMAP Counselor  
9:30 Yoga  
10:00 Write Your Life  
10:00 Yarn Recyclers  
10:00 Board Games  
**11:30 Lunch Meat Lasagna**  
1:00 Lapghans  
1:00 Chicago Bridge  
1:30 Entertainment Express  
5:00 Potluck  
**Saturday March 15**  
9:00 Yoga  
10:00 Euchre  
10:15 Zumba  
Flint Symphony



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LSSC

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## Grand Blanc

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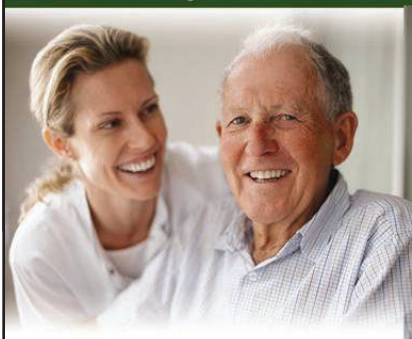
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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Yoga</p> <p>10:00 Soaring Eagle</p> <p>10:00 Painting</p> <p>10:30 Identity Theft</p> <p>11:30 Lunch <i>Beef Stroganoff</i></p> <p>12:30 Pinochle</p> <p>1:00 CornHole</p> <p>1:00 Drawing Class</p> <p>3:00 Choir</p> <p>4:30 Piano Lessons</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p> | <p>9:15 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>11:30 Lunch <i>Chicken</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:00 Catered Dinner</p> <p>5:00 Yoga</p>                                                                                       | <p>18</p> <p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>9:30 Softball Meeting</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Beef Ravioli</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>                  | <p>19</p> <p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>9:30 Softball Meeting</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Beef Ravioli</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>                  | <p>9:15 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards &amp; More</p> <p>10:30 Body Recall</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:30 Euchre</p> <p>4:00 Sharpen Your Mind</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:00 Classical Music &amp; Tea</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p> | <p>20</p> <p>9:15 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards &amp; More</p> <p>10:30 Body Recall</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:30 Euchre</p> <p>4:00 Sharpen Your Mind</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:00 Classical Music &amp; Tea</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p> | <p>8:15 Lifelong Learning</p> <p>8:30 Tax Appointment</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Chili w/Beef</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>7:30 Cirque Mechanics</p> <p><b>SATURDAY March 22</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> | <p>21</p> <p>8:15 Lifelong Learning</p> <p>8:30 Tax Appointment</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Chili w/Beef</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>7:30 Cirque Mechanics</p> <p><b>SATURDAY March 22</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> |
| <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Goulash</i></p> <p>12:30 Pinochle</p> <p>1:00 Drawing Class</p> <p>1:00 Happy Stampers</p> <p>1:00 CornHole</p> <p>3:00 Choir</p> <p>4:30 Piano Lessons</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>         | <p>9:15 Arizona</p> <p>8:30 Podiatrist</p> <p>9:15 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>11:30 Lunch <i>Baked Pork</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p>                                                               | <p>25</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Emergency Plan</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Liver &amp; Onions</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Matter of Balance</p> <p>4:00 Managing Files &amp; Folders</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p> | <p>26</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:30 Emergency Plan</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Liver &amp; Onions</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Matter of Balance</p> <p>4:00 Managing Files &amp; Folders</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p> | <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>10:30 Cards &amp; More</p> <p>10:30 Massage</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Steak Strip</i></p> <p>12:00 Wii Bowling Begins</p> <p>12:30 Euchre</p> <p>4:00 Webwise</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>                                                    | <p>27</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Body Recall</p> <p>10:30 Cards &amp; More</p> <p>10:30 Massage</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Steak Strip</i></p> <p>12:00 Wii Bowling Begins</p> <p>12:30 Euchre</p> <p>4:00 Webwise</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p>                                                    | <p>8:30 Tax Appointment</p> <p>9:00 MMAP Counselor</p> <p>9:30 <b>NO</b> Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Baked Fish</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p><b>SATURDAY March 29</b></p> <p>9:00 <b>NO</b> Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>          | <p>28</p> <p>8:30 Tax Appointment</p> <p>9:00 MMAP Counselor</p> <p>9:30 <b>NO</b> Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Baked Fish</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p><b>SATURDAY March 29</b></p> <p>9:00 <b>NO</b> Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>          |
| <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 <b>NO</b> Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Luncheon Steak</i></p> <p>12:30 Pinochle</p> <p>1:00 CornHole</p> <p>1:00 Drawing Class</p> <p>3:00 Choir</p> <p>4:30 Piano Lessons</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>                                               | <p>9:15 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards &amp; More</p> <p>10:30 Body Recall</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:30 Euchre</p> <p>4:00 Sharpen Your Mind</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:00 Classical Music &amp; Tea</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p> | <p>29</p> <p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>9:30 Softball Meeting</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Beef Ravioli</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>                  | <p>30</p> <p>8:00 Bridge</p> <p>9:00 NO Manicures</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>9:30 Softball Meeting</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Beef Ravioli</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>                  | <p>9:15 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards &amp; More</p> <p>10:30 Body Recall</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:30 Euchre</p> <p>4:00 Sharpen Your Mind</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:00 Classical Music &amp; Tea</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p> | <p>31</p> <p>9:15 Chair Yoga</p> <p>9:30 Volunteer Meeting</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards &amp; More</p> <p>10:30 Body Recall</p> <p>11:00 Blood Pressure</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:30 Euchre</p> <p>4:00 Sharpen Your Mind</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:00 Classical Music &amp; Tea</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Beg. Line Dance</p> | <p>8:15 Lifelong Learning</p> <p>8:30 Tax Appointment</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Chili w/Beef</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>7:30 Cirque Mechanics</p> <p><b>SATURDAY March 22</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> | <p>31</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 <b>NO</b> Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Luncheon Steak</i></p> <p>12:30 Pinochle</p> <p>1:00 CornHole</p> <p>1:00 Drawing Class</p> <p>3:00 Choir</p> <p>4:30 Piano Lessons</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>                                                           |
| <p><b>~ LOOSE STAFF ~</b></p> <p>~ Carl Gabrielson, Executive Director ~ Melinda Elmore-Hajek, Program Director ~ Whitney Hayes, Business Manager ~</p> <p>~ Cheryl Rex, Clerk ~ Bonnie Meadows and Kathy Metivier, Receptionist ~ Randy Green, Maintenance ~</p>                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>“Sometimes, life gets so busy that we could not find time to say</p> <p>“THANK YOU” to someone who has been so nice and wonderful.”</p> <p>From the Loose Staff and Loose Board, a big THANKS</p> <p>to all who have made these most recent adventures such a huge success.</p>                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                              |

## HEALTHY LIVING

### ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm, Hall B

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

### WRITE YOUR LIFE STORY

Friday, March 14 & 28, 10 am, Annex

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

Monday, March 10, 1 pm, Hall B

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!

### ENERGY HEALING WORKSHOP

Christine will return in the spring.

### LISTENING EAR

Monday, March 3, 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.

I will  
be ur  
listening  
ear...



### HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Wednesday, May 28, 12 noon FREE

Attorney Sharon Miner will guide the participants in a step-by-step process. Each will leave with a complete legal document, signed by a witness and notarized. Don't put it off call Loose and sign up today.

*"This program and/or service is fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work."*

### INVESTMENT PERSPECTIVE

Monday, March 3, 10 am, Sunroom

Financial Advisor Chad Robinson will be discussing a variety of relevant financial topics including today's market, investment strategies, living in retirement, and ways to protect what is important.

### CLASSICAL MUSIC AND TEA

All classes are 6-8 pm, Bldg. A, \$2/class,

Thursday, March 20, Debussy

Thursday, April 17, Copland

Thursday, May 15, Beethoven

Thursday, June 19, Mozart

Thursday, July 17, Handel



A tantalizing exploration and discussion of a classical composer and two different teas. Guaranteed to give your ears and taste buds a lovely evening. Class led by our very special Whitney Hayes.

### HISTORY DISCUSSION

HISTORY OF THE TITANIC

Wednesday, April 9, 6:30 - 8 pm, Sunroom

A moment in history, never forgotten. Join us as we explore the historic tragedy that was The Titanic. From it's birth in a Belfast shipyard through the faithful night it sank and it's subsequent discover all aspects pertaining to this fascinating mystery will be discussed.

### CAN THEY DO THAT?

### HOW DO I KNOW FOR SURE?

Monday, April 7, 10:30 am, Sunroom

Have you ever had an issue with a neighbor where you found yourself asking that question? How about a company that did or said something that you were not sure they could do? Have you ever had a doctor's office or insurance company bill you over and over for something you already paid? Find out how you can KNOW FOR SURE what your rights are. Find out how you can KNOW FOR SURE what they can and can't do. Dan Pricopio, a local business owner and Regional Chamber of Commerce member, explores how you can get the right answers so you can Worry Less and Live More.



### AARP TAX AID TAX HELP!

This is a free program that helps seniors low to moderate income with special attention to helping 60 and older taxpayers do their taxes. This service ends on Friday, April 11 (by appointment ONLY.) Please call the Loose Center at 810 735.9406 to schedule an appointment.





# HEALTH SERVICES & TRANSPORTATION

## A WELL KEPT SECRET

Did you know that each month the next month's newsletter is posted on the Loose website by the middle of the month. That means, you can go to [www.loosecenter.org](http://www.loosecenter.org), click on newsletters link and see what's happening the next month weeks before you receive the newsletter in your mailbox.



## MASSAGE

Mondays, 9 am & 2nd & 4th Thur., 10:30 am, Annex  
\$5 for 7-minute session or \$10 for 15-minute session.

Schedule today! Call 735.9406 for an appointment.

## PODIATRIST

Tuesday, March 25, 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. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

## FREE HEARING CLINIC

Friday, March 21, 10 am (by appointment), Annex

Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wизгird, 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.

## FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

1<sup>st</sup> Tuesday of each month, 11 - 12 noon (BP only)

2<sup>nd</sup> Wednesday of each month, 9 - 10 am

3<sup>rd</sup> Thursday of each month, 11 - 12 noon (BP only)

4<sup>th</sup> Monday of each month, 11 am - 12 pm



Do you have email? If so, please consider stopping by and update your files or send us an email at [LSCC@looseseiorcenter.org](mailto:LSCC@looseseiorcenter.org)

## MANICURES

Wednesday, by appointment, beginning at 9 am, \$10, Annex  
MANICURE WILL INCLUDE:

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application



Plan on a 1/2 hour manicure.

*Please call Loose to set up your appointment.*

## MTA/LOOSE TRANSPORTATION

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

## WEEKLY SCHEDULED VAN DESTINATION

*Please call 24 hours in advance to schedule a ride.*

WEDNESDAY – ART À LA CARTE (see page 14 for details)

11:15 am departure, return 2 pm, \$4.50 roundtrip

THURSDAY – Flint Farmers' Market

11:15 am departure, return 2:30 pm, \$4.50 roundtrip

TRIP 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.



## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

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

## LEGAL ADVICE

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

Attorney Sharon Miner will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

## CONSUMER FRAUD ASSISTANCE

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

If you are having any problems with a place of business or are wondering if you have been scammed, call for an appointment or stop and talk with a representative from the office of the 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.

## AMVETS

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

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

## DISPOSAL OF THE AMERICAN FLAG

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

## MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

## COUPON CLUB

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

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

## WATCH REPAIR

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

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

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

## COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

**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 248.634.1216 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at [www.aarp.org/taxaide](http://www.aarp.org/taxaide).

## TOPS (Take Off Pounds Sensibly)

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

**CARE 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.

## SUNSHINE GREETINGS

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



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





## 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 Annex. We have many of the latest popular magazine titles for you to enjoy. Please feel free to take them home.

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

**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 2014. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

### THE LOOSE COMMUNITY ANGELS

The Community Angels are a group of senior citizens from the Loose Senior Citizen Center whose mission is to assist community organizations that are helping those in need. If you are interested in becoming a Loose Angel, call or stop by the Center and indicate your interest. Look for our Angels supporting community organizations/agencies with their charitable causes.

**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.

### WE SAVE...

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

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

**VG'S** donates a percentage from sales when using the 'YES' card during designated dates. Be sure to designate Loose as the recipient of the points from your VG's 'YES' card.

### 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** We receive cash for paper. Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow Abitibi bin in the parking lot.

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

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

**FUNDING** The Loose Center is funded in part by the Genesee County Senior Millage, the Southern Lakes Regional Metropolitan Parks and Recreation Millage, a Community Development Block Grant from the City of Fenton, the Harding Foundation and donations from individuals.

**RUMMAGE SALE** Due to storage restraints, **we will not be collecting rummage until further notice.** Please consider passing your donations along to another worthy organization.

**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.

Provide us with your **PICTURE**, updated contact information and emergency contact information.

*"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region."*

# TRIPS

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

## TRIPS @ A GLANCE

|                 |                                         |         |
|-----------------|-----------------------------------------|---------|
| March 9         | "Menopause the Musical"                 | \$50    |
| March 12-13     | Kewadin Casino                          | \$115   |
| March 15        | Flint Symphony                          |         |
| March 16-24     | Gulf Shores & The Deep South            | \$1,599 |
| March 17        | Soaring Eagle & The 4 Irish Tenors      | \$30    |
| March 21        | Cirque Mechanics                        | \$45    |
| March 25-31     | Arizona                                 | \$1,854 |
| April 2         | Tanglewood Golf Club & Resturant        | \$68    |
| April 4-8       | Cherry Blossom Tour & More              | \$949   |
| April 10        | Caesar Windsor                          | \$18    |
| April 18        | "West Side Story"                       | \$60    |
| April 22        | "Journey to Freedom"                    | \$57    |
| April 25        | FIM Concert - Nicholas Tobin, Cello     | \$5     |
| April 26        | Former SNL Stars                        | \$50    |
| April 30        | FireKeepers                             | \$30    |
| May 3           | Flint Symphony                          |         |
| May 7           | Tulip Time Festival                     | \$98    |
| May 8           | Tigers vs Astros <b>NEW!</b>            | \$54    |
| May 14          | Greektown                               | \$26    |
| May 17          | Mike Super Magic & Illusion             | \$30    |
| May 21          | Historical Detroit <b>NEW!</b>          | \$70    |
| May 22-23       | Springtime in Niagara Falls             | \$229   |
| May 23          | FIM Concert - Kyle Canjar, Guitar       | \$5     |
| June 1-6        | Cape May                                | \$1,249 |
| June 3          | Gun Lake Casino                         | \$35    |
| June 10         | Turkeyville "Boogie Woogie Swing"       | \$76    |
| June 11-12      | Chicago Getaway                         | \$324   |
| June 18-19      | Kewadin Casino                          | \$115   |
| June 19         | Michigan Princess                       | \$77    |
| July 8-10       | National Cherry Festival                | \$490   |
| July 14-18      | New York City                           | \$929   |
| July            | Toronto                                 | \$419   |
| July 31         | Tigers vs Chicago White Sox <b>NEW!</b> | \$70    |
| Aug. 2-10       | Nova Scotia                             | \$3199  |
| August 5        | Put-In-Bay <b>NEW!</b>                  | \$115   |
| August 18       | Soaring Eagle & Doo Wop Show            | \$30    |
| August 26-27    | Stratford <b>NEW!</b>                   | \$419   |
| August 28       | Tigers vs Yankees <b>NEW!</b>           | \$70    |
| Aug. 31- Sept 1 | Mackinaw Bridge Walk                    | \$180   |
| Sept. 15-20     | Hudson River Valley <b>NEW!</b>         | \$1,259 |
| Sept. 20-Oct. 3 | Yooperland, USA                         | \$655   |
| Sept. 24        | Huron Lady II <b>NEW!</b>               | \$74    |
| Oct. 8          | Deutsche Detroit <b>NEW!</b>            | \$59    |
| Oct. 9 - 13     | Rails of West Virginia <b>NEW!</b>      | \$999   |
| Oct. 21         | Heaven & Hell <b>NEW!</b>               | \$65    |
| Oct. 25-Nov. 2  | New Orleans <b>NEW!</b>                 | \$1,799 |

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



Wed, March 12-13, 2014

\$ 115.00 per person,

Tour Includes Transportation *plus* 1 nights

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 vacancy details.*

## LIFELONG LEARNING FOR SENIORS

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

An opportunity offered by Mott Community College. Enjoy great speakers who will inspire and refresh, along with a wonderful continental breakfast. Takes place in the Regional Technology Center Auditorium.

**Friday, March 21, 2014**

**Dr. Shaink, President of Mott Community College**

As the President of Mott Community College this talented, personable educator has led Mott Community College to be listed as one of the top ten Community Colleges in the United States. Dr. Shaink's lecture will be a great opportunity to hear all about the growth of this vitally important learning institution that has played such a critical role in the lives of so many people?

**Friday, April 18, 2014**

**Legacy of a Civil War Nurse**

**Michael J. Thorp: Michigan's Role in the Civil War**

Register by noon on the Wednesday prior to the event.



## 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 (transportation)

**March 5** Women Art Revolution

**March 12** Squatting the Palace: An Installation by Kiki Smith in Venice

**March 19** Betty Boop – The Queen of Cartoons

**March 26** Women Artists: The Other Side of the Picture

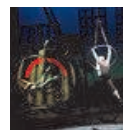
## FREE FIM FACULTY CONCERTS

**\$5 (transportation),** Depart, 6:15 pm,

Show Time, 7:00 pm, Return, 9:00 pm

**Friday, April 25, NICHOLAS TOBIN, CELLO**

**Friday, May 23, KYLE CANJAR, GUITAR**



## JOIN LOOSE @ THE WHITING

Details available at the Loose Center

Fri., Mar 21 **Cirque Mechanics** \$45

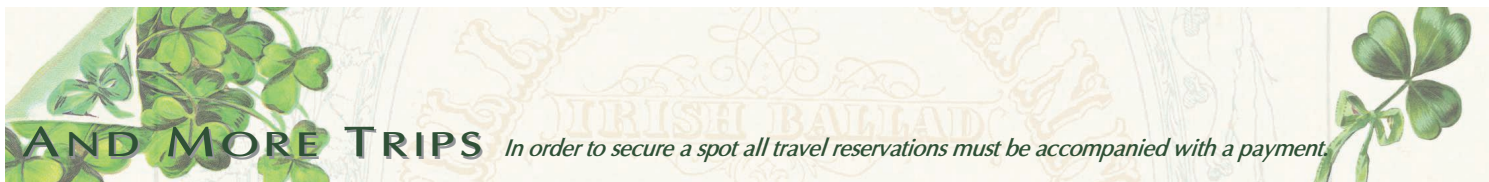
Fri., Apr 18 **"West Side Story"** \$60

Sat., Apr 26 **Former SNL Stars** \$50

Sat., May 17 **Mike Super Magic & Illusion** \$30

There are a limited number of tickets and all tickets on hold are released one month before the performance, so PLEASE REGISTER EARLY!





**Tanglewood Golf Club & Restaurant**  
**Dinner Show, *Wednesday, April 2***  
**Tour Includes Transportation and:** Buffet Lunch and Entertainment. Join us for an high energy musical review featuring Elvis, Bobby Darin, Brenda Lee, Neil Diamond and more. Top notch impersonators will leave you wanting more.  
**Depart: 10:45 am, Return: 4:15 pm, \$68**

***Washington DC Cherry Blossom Tour***  
 April 4-8, 2014

**Tour Includes Transportation and:** 4 nights Lodging, 4 Breakfast Buffet & 2 Dinners, Pizza Party Dinner & Drinks, Washington Cherry Blossom Festival, Sight Seeing Tour of D.C., Arlington National Cemetery, Mt. Vernon, Monticello, Woodrow Wilson Presidential Library & Museum. **\$949 double, \$1319 single**



**Tuesday, April 22, 2014**  
 Departs: 7:45 am - Returns 5:15 pm  
**\$ 57.00 per person**

**Tour Includes Transportation and:** Journey to Freedom Tour - Hear the legends, learn the facts, explore the history of the underground Railroad and much more and lunch at Haab's Restaurant which dates back to the mid-19th century.



**Tulip Time Festival**

**Holland Michigan**  
**Wednesday, May 7, 2014**  
**\$98.00 per person**

**Depart 8:00 am - Returns 9:00 pm**  
**Tour Includes Transportation and Lunch at the Alpen Rose Restaurant. A stop at the Dutch Marketplace, Enjoy Volksparade! And the Veldheer Tulip Gardens.**

**HISTORICAL DETROIT**

**Wednesday, May 21, 2014**

**Departs: 7:45 am - Returns 5:00 pm**  
**\$ 70.00 per person**

**Tour Includes Transportation and:**

- ◆ Detroit Historical Museum
- ◆ Lunch at the Detroit Beer Company
- ◆ Guided tour of Hitsville USA.



**Join LOOSE for the following home TIGER BASEBALL GAMES**

**May 8, Tigers vs. Astros, \$54**  
**July 3, Tigers vs. Chicago White Sox, \$70**  
**August 28, Tigers vs. Yankees, \$70**

**Each Trip includes:** Round Trip Motor Coach Transportation Departing from Loose at 11 am and returning at 7 pm, Good seats, Free Soft Drink & Hot Dog voucher, Water, Snacks and FUN on the Bus.



**Springtime in Niagara Falls**

**May 22 & 23, 2014**  
**\$229 per person**

**Tour Includes Transportation, one night at the Hilton Fallsview, 1 breakfast, Sightseeing tour of Niagara Falls, Maid of the Mist Boat Cruise, Visit Niagara-on-the-Lake, Leisure time at Fallsview Casino.**

**CHICAGO GETAWAY**

**June 11-12, \$324 Double**

**INCLUDES DELUXE MOTORCOACH PLUS**

**1 night at the Double Tree by Hilton in Downtown Chicago**

**FEATURING:** Detroit Tigers vs. Chicago White Sox at U.S Cellular Field, Free time at Navy Pier, Shoreline Sightseeing Cruise, Free tim for shopping on the Magnificent Mile.

**Cornwell's Turkeyville Dinner Theater**

**Featuring "Boogie Woogie Swing Time"**

**Tuesday, June 10, 2014**

**Tour Includes Transportation and Complete Turkey Lunch Buffet along with Cornwell's Turkeyville Dinner Theater "Boogie Woogie Swing Time," A musical comedy tribute to our military forces of today and yesterday.**

**Departs: 9:15 am (Kmart on Silver Parkway in Fenton)**

**Returns: Approximately 6:45 pm \$76 per person**

**The Michigan Thursday, June 19 \$77 PRINCESS**

**TRIP INCLUDES:**

**Guided Tour of the Michigan State Capitol Building Michigan Princess Riverboat Lunch Cruise Eli & Edythe Broad Art Museum**

**Departs 8 am - Returns 4:15 pm**

**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406

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Visit Loose on the web @ [www.loosecenter.org](http://www.loosecenter.org)

## Loose Wish List Registry

One way to make our new building into a home away from home is to fund the purchase of a specific item listed in this wish list registry, similar to a housewarming gift. If the cost of a specific item is too large, consider inviting friends to join you in funding the item.

Organizing or hosting a fundraising event can increase the fun in helping with the cost of a specific item. If you are interested in taking the lead on a fundraising event, contact the Loose Office.

### WISH LIST ITEMS FOR THE MONTH OF MARCH

*If you would like to donate to any of these items or see the larger list, please stop by the Loose office.*



**BROCHURE  
HOLDER - \$150**  
*wish list - 1*



**CARD TABLES - \$62**  
*wish list - 25*

**BUNN  
COFFEE POTS - \$90**  
Marjie Hodges Hall  
*wish list - 2*



If you would prefer to not designate a specific item, but would rather give money to a high priority item on the wish list, please write "wish list" on the memo line of the check.