

South End NEWS

MAY 2014

LOOSE SENIOR CITIZEN CENTER

"The journey of a lifetime starts
with the turning of a page."
~ Rachel Anders



DIRECTOR'S MESSAGE

Dear Friends,

Adventure, drama, suspense and mystery. This could be the description of our lives. Every day I wake up my life is full of drama that may lead to an adventure with unlimited suspense that is a total mystery to me. But no, it is the content of what books bring to our lives.

When we were young we were growing up with Mother Goose, Dick and Jane, The Hardy Boys, and the Bible. This was our first connection to the unknown and the what could be.

In our school years we became more selective and read for knowledge. It was a time of growth that gave us the basics of our future. We studied those who established the world around us and set the building blocks of our society. We gleaned priceless information of failure and success and found our place in the world that waited for us to take it to the next generation.

At the same time we read books that described lands beyond our reach. We found ourselves dreaming of places we could only explore through the written word.

As we grew into adulthood, our literary thirst was established. We would read books that fulfilled our need for fiction, non-fiction, novels, life's lessons, travel and how to. We found that anything is possible in books. We could experience sorrow, joy, love, humor, and adventure without leaving the comfort of a cozy chair. It made life simpler and expanded our horizons.

Our older adult life has become quieter and has slowed down. We find that we have time to again reach out and expand our interests and learn new things. We look for adventure. We find comfort in drama. We live for suspense. And life is nothing but a big mystery. So you see, we have come full circle. The books that took us from adolescence, to education, to love stories and lands unknown, again are waiting to take us there again. We are never to old too continue that journey.

So curl up with a good book of your choice in a cozy chair in front of a warm fire and travel to that world you have always wanted to explore. Read a novel that will take you to another time. Let a book fill you with the knowledge of joy, sorrow, love, humor, life's lessons, travel and how to.

"THE JOURNEY OF A LIFETIME STARTS WITH THE TURNING OF A PAGE."

Carl Gabrielson
Executive Director



DINNER AND A SHOW

Friday, May 9

Dinner begins at 5 pm at Loose

Show begins at 7:30 at Fenton High School

This is an evening you will not want to miss.

We begin at Loose with dinner catered by Barb's Catering

DINNER INCLUDES

Chicken Piccata

Beef Top Round (carved at the table)
with choice of au jus or sautéed mushrooms

Roasted Redskins with butter

Broccoli/Cauliflower/Baby Carrots Combo

Salad, Fine Pastries, Jello Fruit Salad

Rolls and beverages

The top notch show featuring the Fenton High School Ambassadors follows and is held at Fenton High School

This wonderful evening comes with many options

Dinner only \$13

Dinner and the Show \$18

Show only \$5 (Friday or Saturday)

You must sign up no later than May 5 for this event.

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 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. Please sign up at the Loose Office. Proceeds from this event will go toward a Loose Wish List Registry item.

Dessert Auction & Sloppy Joe Lunch

Pictured on the cover: Members of the Loose Book Club wrap up another meeting. The group meets every second Monday of the month.

MAY SPECIAL HAPPENINGS

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.



BACK TO LIFE CLASS

Thursdays, May 8, 15, 22, 29, 1 pm, FREE

A series of four classes addressing issues related to back health and care: prevention, posture and body mechanics, proper lifting and back protection exercises for "life" and common problems. Classes are presented by two Licensed physical therapists from McLaren who have forty-two combined years of clinical experience. Two additional classes will be offered off site to practice exercises and techniques presented. Completing the series will entitle participants to one month of free Wellness membership in the physical therapy clinic.

DENIM TO DIAMONDS BRACELET CLASS

Thursday, May 22, 10 am, Sunroom, \$15 **NEW**

Create this beautiful, yet simple, bracelet. Made from leather, chain and crystals, this piece can be worn with ANYTHING.



It is EASY and FUN and a special piece of BLING you will enjoy for years to come. Class size limited, sign up today!

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.

CLASSICAL MUSIC AND TEA

All classes are 6-8 pm, \$2/class,
Thursday, May 15, Beethoven



LET'S HAVE SOME DANCE FUN!

Tuesday, May 20, 6 - 8 PM

ADMISSION ONLY \$5

Live Variety Music by: Jim Hedrich
Line Dancing & More!!!
Music for your listening and dancing enjoyment
Great Time for Singles & Couples!!!!
50/50 RAFFLE

Includes: Free Snacks & Beverages

You Don't Need A Ticket in Advance
Just Come & Have Fun!!!

Call: Loose Center @ (810) 735-9406 or
Jim & Betty Hedrich @ (810) 659-2240
FOR MORE INFORMATION!

MAY CATERED DINNER

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 tickets for the two BEAUTIFUL quilt raffles, enjoying dinner and each other's company and afterwards are invited to the Linden High School Annual Spring Concert to follow at 7 pm.

HISTORY DISCUSSION

History of Science Fiction

Wednesday, May 14, 6:30 - 8 pm, Sunroom

Space Travel! Aliens and Ray Guns! Let's explore the history of Science Fiction from H.G. Wells to Star Trek, all topics regarding Science Fiction will be discussed. The discussion will include a lively chat about favorite topics, origins and of course, SciFi at its finest.

ENERGY HEALING WORKSHOP

Thursday, May 15, 2 pm, Sunroom, \$35

Spring Tune Up - This Class will begin with Energy exercises to balance the body's energy system and then go into a Tapping protocol to release stress, anxiety, fear, frustration and an overwhelming feelings. We will then proceed into a joyful positive spring cleansing meditative tapping to finish the Tune Up. You will feel lighter and refreshed from a long cold winter.

NUTRITION & MORE

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

2nd Wednesday of each month, 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

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.



June Cookout

Tuesday, June 17, 4:30 pm, \$6
"What is your Emergency Plan?"
Presented by Jenifer Boyer, P.E.M.
Emergency Management Manager

Dinner includes: grilled dogs and burgers, baked beans, salad, chips, dessert and a beverage.
Seriously folks, it is the best deal around.

SAVE the following dates
Tuesday, July 22, 4:30 pm
Tuesday, August 19, 4:30 pm

EAT SMART, LIVE STRONG

FREE CLASSES

Thursday, June 12 - July 17, 10:30 am, Sunroom

IN SIX WEEKS LEARN HOW IMPORTANT IT IS TO:

- Increase fruits and vegetables in your daily diet
- Increase the amount of your daily activity

LOOK FORWARD TO:

- Free Demos
- Games and activities
- Prizes and Certificates



Class is limited to 10, sign up today.

This special opportunity is the result of a partnership between, The Ruth Mott Foundation, Michigan State University Extension and GCCARD.



SENIOR POWER DAY 2014

Wednesday, May 21, 9 am - 2 pm, \$3
FREE GIFT ~ FREE LUNCH ~ FREE ICE CREAM
Sponsored by the Valley Area Agency on Aging
Tickets must be purchased by May 7.

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.
No need to be present to win. The winner will be contacted*

Plant & Seed Swap

Tuesday, June 17, 10:30 am - 12:30 pm

Are you an avid gardener with plenty of seeds and interested in acquiring new varieties? Do you have more plants than you can handle? Share your bounty and pick up a new assortment at our plant and seed swap. Folks will be on hand to help you with questions. Drop in any time during the event. This is FREE and ALL are welcome. Hint - It is very helpful if the plants and seeds are labeled with helpful information.

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.

FIT⁴EVER \$5 per class (formally Body Recall)

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 Wednesdays, 9:30 am

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 on Monday at 6 pm at Linden Elementary school located at 400 South Bridge Street in Linden.

Wii BOWLING *New league begins 6/5/14*

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

Loose members can enjoy the 9-hole Par 3 golf course for \$5 a round or \$100.00 for the year. Be sure to stop by the clubhouse each time you golf to sign in and take care of business. You will be billed at the end of each month. Enjoy the golf season, which officially begins May 1, 2014.

LIVE MUSIC and DANCING

Tuesday, May 20, 6 - 8 pm, See details on page 3.

MONDAY

9:30 am Yoga (gentle flow)
1:00 pm Cornhole
5:00 pm Zumba
6:15 pm Pickleball

LINDEN ELEMENTARY
6:00 pm Volleyball

FRIDAY

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

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 FIT⁴EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
5:00 pm Yoga (gentle flow)

WEDNESDAY

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

THURSDAY

9:15 am Chair Yoga
10:00 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT⁴EVER
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! 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

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

Friday, 11 am - 4 pm, Open play on one court. Please call to schedule your court time.

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, is 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

COMMUNITY GARDEN MEETING

Tuesday, May 13, 10 am, Annex

It will soon be planting season and we would love to have your input and leadership as it applies to our community garden. If you are interested in being part of the team, please join us!

“ANYONE CAN PAINT” Class Minimum: 6

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

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

HAPPY STAMPERS GROUP

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

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

SCRAPBOOKING

3rd Tuesday of each month, 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.

RHUBARB LEAF STEPPING STONE NEW

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

Bring your garden to life with a handmade rhubarb stepping stone. You will need to bring a pair of rubber gloves and a large, recycled pizza box. 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.



CARD MAKING CLASS NEW

Monday, June 16, 12:30 pm, Sunroom, \$5

This new class is scheduled to meet the 3rd Monday of each month. Card extraordinaire, Caroline Rohde 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. Nothing says thoughtful and caring like a lovely handmade card. Take the time to enjoy this special time to learn and connect with others who share a like passion. Class size is limited, sign up early.

KUMIHIMO NECKLACE

Thursday, June 26, 10 am, Sunroom, \$21

Kumihimo is a gentle repetitive motion using yarn and a small foam disc that has a calming effect on both observer and student. The word Kumihimo covers a wide range of braiding techniques using a variety of products such as soft cord or thread. Depending on the project, beads can also be added on this braid. This foam disc allows you to rotate it around and create a beautiful bracelet, necklace, or any other type of piece you might like. The price of this class includes a one time only basic supply purchase, instruction and necklace supplies (yarn, pendant, etc.). Class size is limited, sign up early.



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.

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

WORD PROCESSING

Wednesday, May 7, 14, 21, 28, 4-6 pm, \$40

There are so many tricks to word processing programs, and this class will cover many of them, such as creating documents, saving files into folders, toolbars, shortcuts, clip art, labels, envelopes and much more.

BASIC INTERNET/EXPLORING THE INTERNET

Thursday, May 8 & 15, 4-6 pm, \$20

Explore the Internet and find out how a "browser" works and how to search and find reliable information online. You will get to try out some search strategies online with plenty of time to practice.

IPAD 1

Wednesday & Thursday, June 18 & 19, \$20, 1-3 pm Hall A

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 & Thursday, June 25 & 26, 1 - 3 pm, \$20 Hall A

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.

IPHOTO

Wednesday, July 2, 1 - 3 pm, \$10, Hall A

Whether you have an IPAD, IPHONE or the IPOD touch, the digital photo album management is the same. This class will help start you in the right direction of managing those many many photos.

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.

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

EUCHRE TOURNAMENT

Friday, May 23, 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.**



MAY 2014

OFFICE HOURS

Monday - Friday
8:30 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lscsc@looseseniorcenter.org

WEBSITE

www.looseseniorcenter.org

MONDAY

CHECK THE CALENDAR CAREFULLY FOR THE FOLLOWING SPECIAL EVENTS.

- May 8 Back to Life Class
- May 9 Mother's Day Tea
- May 9 Dinner and A Show
- May 13 Community Garden Meeting
- May 14 History Discussion
- May 15 Energy Healing Workshop
- May 15 Classical Music and Tea
- May 16 Boutique & Book Sale
- May 20 Let's Have Some Dance Fun
- May 21 Senior Power Day at Crossroads Village
- May 22 Denim to Diamonds Bracelet Class
- May 22 Dinner at the Linden High School
- May 28 Health Care Power of Attorney Signing Party



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball Open Play</p> <p>11:30 Lunch</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday May 3</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>7:00 Symphony</p>	<p>1</p> <p>9:15 Chair Yoga</p> <p>10:00 AMVET</p> <p>10:15 Zumba Gold</p> <p>10:30 Fit4Ever</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch</p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:30 Zumba</p> <p>5:00 Yoga</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p>
<p>Daily lunch menus are available at the Loose Reception desk.</p>	
<p>7</p> <p>8:00 Tulip Time</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Biking Bunch</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>2:00 NO Matter of Balance</p> <p>4:00 Word Processing</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>6</p> <p>9:15 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:15 NO Zumba Gold</p> <p>10:30 Fit4Ever</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch</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>3:00 Mah jongg</p> <p>5:00 Yoga</p>
<p>5</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>1:00 CornHole</p> <p>2:00 Listening Ear</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>6:15 Pickleball</p> <p>7:00 Karaoke</p>	<p>8</p> <p>8:00 Board Meeting</p> <p>9:15 Chair Yoga</p> <p>10:15 NO Zumba Gold</p> <p>10:30 Massage</p> <p>10:30 Fit4Ever</p> <p>11:00 Tiger Game</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch</p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Back to Life Class</p> <p>4:00 Basic Internet</p> <p>5:00 Yoga</p> <p>6:30 Line Dance</p> <p>7:30 Adv. Line Dance</p>
<p>9</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball Open Play</p> <p>11:30 Lunch</p> <p>12:30 Mother's Day Tea</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Potluck</p> <p>5:30 Dinner & a Show</p> <p>Saturday May 10</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>8</p> <p>8:00 Board Meeting</p> <p>9:15 Chair Yoga</p> <p>10:15 NO Zumba Gold</p> <p>10:30 Massage</p> <p>10:30 Fit4Ever</p> <p>11:00 Tiger Game</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch</p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>1:00 Back to Life Class</p> <p>4:00 Basic Internet</p> <p>5:00 Yoga</p> <p>6:30 Line Dance</p> <p>7:30 Adv. Line Dance</p>

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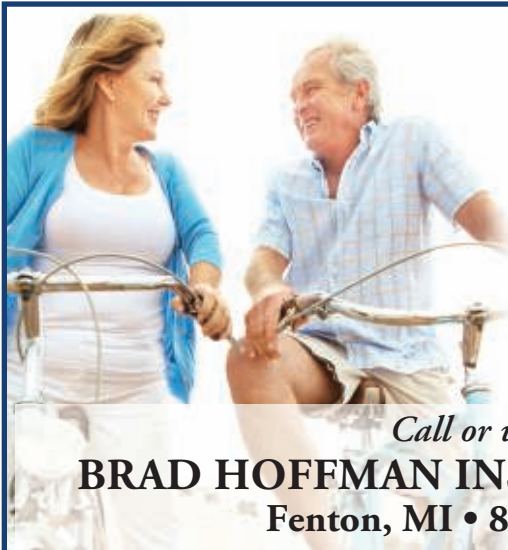
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<p>12</p> <p>8:00 Bridge 9:00 CSFP 9:00 Massage 9:30 Yoga 10:00 Painting 11:30 Lunch 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 CornHole 1:00 Book Club 3:00 Choir 4:30 Piano Lessons 5:00 Zumba 6:00 Volleyball 6:15 Pickleball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>13</p> <p>9:15 Chair Yoga 9:00 Veteran Services 10:00 Gardening Meeting 10:00 Loose Threads 10:15 Zumba Gold 10:30 Fit4Ever 11:30 Lunch 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 5:00 Yoga</p>	<p>14</p> <p>8:00 Bridge 9:00 Manicures 9:00 Blood Pressure Check 9:30 Coffee Hour 9:30 Yoga 9:30 Biking Bunch 10:30 Watch Repair 10:30 Investment Perspective 11:15 Art à la Carte 11:30 Greektown Casino 11:30 Lunch 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Matter of Balance 3:15 Coupon Club 4:00 Word Processing 5:00 Zumba 6:15 Pickleball 6:30 History Discussion</p>	<p>15</p> <p>9:15 Chair Yoga 10:15 Zumba Gold 10:30 Fit4Ever 11:00 Blood Pressure 11:15 Farmers' Market Trip 11:30 Lunch 12:00 Wii Bowling 12:30 Euchre 1:00 Back to Life Class 2:00 Energy Healing 4:00 Basic Internet 5:00 Yoga 6:00 Classical Music & Tea 6:30 Beg. Line Dance 7:30 Adv. Beg. Line Dance</p>	<p>16</p> <p>8:15 Lifelong Learning 9:00 MMAP Counselor 9:30 Yoga 10:00 Boutique & Book Sale 10:00 Hearing Doctor 10:00 Yarn Recyclers 10:00 Board Games 11:00 NO Pickleball 11:30 Sloppy Joe Lunch 11:30 Lunch 1:00 Lapghans 1:00 Chicago Bridge SATURDAY May 17 9:00 Yoga 10:00 Euchre 10:15 Zumba Mike Super Magic & Illusion</p>
<p>19</p> <p>8:00 Bridge 9:00 Massage 9:30 Yoga 10:00 Painting 11:30 Lunch 12:30 Pinochle 1:00 CornHole 3:00 Choir 4:30 Piano Lessons 5:00 Zumba 6:00 Volleyball 6:15 Pickleball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>20</p> <p>8:00 Podiatrist 9:15 Chair Yoga 10:00 Loose Threads 10:15 Zumba Gold 10:30 Fit4Ever 11:30 Lunch 12:00 Beg. Line Dance 12:30 Euchre 1:00 Scrapbooking 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 5:00 Yoga 6:00 DANCE</p>	<p>21</p> <p>Senior Power Day 7:45 Historical Detroit 8:00 Bridge 9:00 Manicures 9:30 Biking Bunch 9:30 Legal Service 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 NO Matter of Balance 4:00 Word Processing 5:00 Zumba 6:15 Pickleball</p>	<p>22</p> <p>Niagara Falls 9:15 Chair Yoga 10:00 Bracelet Class 10:15 Zumba Gold 10:30 Fit4Ever 10:30 Massage 11:15 Farmers' Market Trip 11:30 Lunch 12:00 Wii Bowling 12:30 Euchre 1:00 Back to Life Class 5:00 Yoga 5:30 Dinner Linden HS 6:30 Beg. Line Dance 7:30 Adv. Beg. Line Dance</p>	<p>23</p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball Open Play 11:30 Lunch 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament 6:15 FIM Free Concert SATURDAY May 24 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>
<p>26</p> <p>LOOSE CLOSED</p> 	<p>27</p> <p>9:15 Chair Yoga 10:00 Loose Threads 10:15 Zumba Gold 10:30 Fit4Ever 11:30 Lunch 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 5:00 Yoga</p>	<p>28</p> <p>8:00 Bridge 9:00 Manicures 9:30 Yoga 9:30 Biking Bunch 11:15 Art à la Carte 11:30 Lunch 12:00 Power of Attorney 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Matter of Balance 4:00 Word Processing 5:00 Zumba 6:15 Pickleball</p>	<p>29</p> <p>9:15 Chair Yoga 10:15 Zumba Gold 10:30 Fit4Ever 10:30 Cards & More 11:15 Farmers' Market Trip 11:30 Lunch 12:00 Wii Bowling 12:30 Euchre 1:00 Back to Life Class 5:00 Yoga 6:30 Beg. Line Dance 7:30 Adv. Beg. Line Dance</p>	<p>30</p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball Open Play 11:30 Lunch 1:00 Lapghans 1:00 Chicago Bridge SATURDAY May 31 9:00 Yoga 10:00 Euchre 10:15 Zumba</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

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, 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!

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.



INVESTMENT PERSPECTIVE

Every 2nd Wednesday, 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, 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.

FORWARD-THINKING ABOUT YOUR HEALTH AND WELFARE

Tuesday, June 3, 1 pm, FREE

It is not just about old age. At any age, a medical crisis could leave someone too ill to make his or her own healthcare decisions. Even if you are not sick now, making healthcare plans for the future is an important step toward making sure you get the medical care you would want, even when doctors and family members are making the decisions for you. It may not be comfortable, but it is important. The Greater Flint Health Coalition, a local non profit can help you. This program is for all, bring the kids and begin this important conversation TODAY.

FLINT HISTORIC CHURCHES

Friday, June 27, 10:30 am, Hall A

After hours of research at the archives in the Sloan Longway's Buick Gallery and Research Center, Bob Florine, A Swartz Creek native has put together a 45 minute presentation that highlights some of Flint's most beautiful treasures. It is an exciting chance to reminisce or hear more about the history of this wonderful community that many of us grew up in.



AARP SMART DRIVER COURSE

July 16 & 17, (Wed. & Thurs), 11:30 am - 3:30 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.)



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. This is a fun, interesting and rewarding activity that takes place from June until August culminating in a pizza party where you can meet your pen pal! The goal of this unique program is to increase communication skills and bridge the generation gap between third grade children and older adults. This is accomplished through written communication and the sharing of experiences between generations.

HEALTH SERVICES & TRANSPORTATION

MASSAGE

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



Call for additional massage package information.
Schedule today! Call 735.9406 for an appointment.

PODIATRIST

Tuesday, May 20, 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

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 Wizzgird, 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.

HONEST TALK ABOUT YOUR MONEY AND NURSING HOMES, Wednesday, June 4, 11 am

Steve Herendeen and Martie Lind from Sharp Funeral Home will be at Loose with honest answers to, What you should know about Medicaid eligibility and nursing homes. Topics include Medicaid Spend Down, What does irrevocable mean, the difference between life insurance and a funeral policy. Take care of you by arming yourself with the facts.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

1st Tuesday of each month, 11 - 12 noon (BP only)

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



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

SPECIAL SERVICES & SUPPORT

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 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.

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

COUPON CLUB

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

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

WATCH REPAIR

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

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

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.

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.

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.

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 so we can spread the sunshine.





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.

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

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

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

TRIPS @ A GLANCE

May 3	Flint Symphony	
May 7	Tulip Time Festival	\$98
May 8	Tigers vs Astros	\$54
May 14	Greektown	\$26
May 17	Mike Super Magic & Illusion	\$30
May 21	Historical Detroit	\$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	Saganing Eagles Landing Casino	\$30
July 8-10	National Cherry Festival	\$490
July 14-18	New York City	\$929
July 16	Genesee Belle Lunch Cruise	\$22
July 23	FireKeepers Casino	\$30
July 31	Tigers vs Chicago White Sox	\$70
Aug. 2-10	Nova Scotia	\$3199
August 5	Put-In-Bay	\$120
August 6	Caesar Windsor	\$18
August 18	Soaring Eagle & Doo Wop Show	\$30
August 26-27	Stratford	\$419
August 27	Applewood Tour	\$5
August 28	Tigers vs Yankees	\$70
Aug. 31- Sept 1	Mackinaw Bridge Walk	\$180
Sept. 8	Greektown Casino	\$30
Sept. 15-20	Hudson River Valley	\$1,259
Sept. 20-Oct. 3	Yooperland, USA	\$655
Sept. 24	Huron Lady II	\$74
Sept. 30	Hollywood Casino	\$29
Oct. 7 & 8	Little River	\$120
Oct. 8	Deutsche Detroit	\$59
Oct. 9 - 13	Rails of West Virginia	\$999
Oct. 21	Heaven & Hell	\$65
Oct. 25-Nov. 2	New Orleans	\$1,799

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

FREE FIM FACULTY CONCERTS

\$5 (transportation), Depart, 6:15 pm,
Show Time, 7:00 pm, Return, 9:00 pm



Friday, May 23, KYLE CANJAR, GUITAR



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)

- May 7** Olmsted and America's Urban Parks
- May 14** Golf's Grand Design
- May 21** Sense & Sensation: English Culture in the 18th Century
- May 28** Hogarth's Progress

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, May 16, 2014

Celebrating the Traditions of Flint Central High School

Flint Central is a beloved institution with many wonderful traditions that made thousands of young men and women proud to be alumni. Hear from a panel of former FCHS faculty discussing the many accomplishments and tradition that made this special school famous.

Register by noon on the Wednesday prior to the event.

JOIN LOOSE @ THE WHITING

Details available at the Loose Center

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!

GENESEE BELLE LUNCH CRUISE

Wednesday, July 16, \$22 includes transportation, cruise & lunch (please make 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 7/14.



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.

THIS SUMMER AT THE CLIO AMPHITHEATER

Tickets at the door \$6

Transportation via Fenton Your Ride is \$5

A GREAT night out for \$11

Tuesday, July 8, 2014 - *Danny and the Juniors* with opening act *Tommy Vale & The Torpedoes*.

Tuesday, July 15, 2014 - *Black Oak Arkansas* with opening act *The Donny Hartman Band*

Tuesday, July 22, 2014 - *Jr. Walker's All Star Band* with opening act *The Jim Cummings Band*

Tuesday, July 29, 2014 - *The Fabulous Oldies But Goodies*

Tuesday, August 5, 2014 - *Phil Dirt & The Dozers*

Tuesday, August 12, 2014 - *Bill Haley's Youngest Drummer*

Tuesday, August 19, 2014 - *The Country Legends Tour*

AND MORE TRIPS In order to secure a spot all travel reservations must be accompanied with a payment.

Tulip Time Festival

Holland Michigan

Wednesday, May 7, 2014

\$98.00 per person

Departs 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.

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**

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.



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 time for shopping on the Magnificent Mile.



Wed, June 18-19, 2014

\$ 115.00 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.



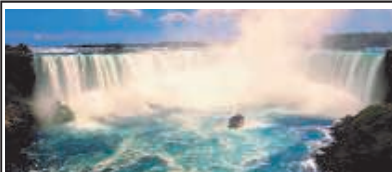
Join LOOSE for the following home TIGER BASEBALL GAMES

May 8, Tigers vs. Astros, \$54

July 31, 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.

The Michigan Princess Thursday, June 19 \$77

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

PUT-IN-BAY

On South Bass Island

\$120 per person

Tuesday, August 5,

Depart : 7 am, Return: 6:45 pm

Tour Includes Transportation, Round trip Ferry Ride, Perry's International Peace Memorial. Heineman Winery, Lunch at Tipper's Restaurant on Put-in-Bay Island & Free Time.



TRAVERSE CITY - National Cherry Festival

July 8 - 10, 2014, \$490 based on double occupancy

Tour Includes Transportation plus two nights lodging at Turtle Creek Casino Hotel in Williamsburg, \$15 gaming credit, a \$2 meal discount each day, two dinners, plus: Wine tasting at Chateau Chantel, Guided Tour of Sleeping Bear Dunes National Lake Shore, National Cherry Festival, Scenic Cruise, Hoxie's Farm Market, Guided tour of Interlocken Center for the Arts.



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

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Visit Loose on the web @ 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 MAY

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



CHAIR RACK - \$150
wish list - 2

TREADMILL - \$1000
wish list - 2



Please consider helping with all the lovely garden space that is surrounding the NEW Loose. We are looking for \$\$ donations to purchase shrubs, flowers and vegetables. Plants and bulbs are also welcome. Help us transform our outside space into a visual feast.

**It's time
for the
Garden**

**Cash donations can be dropped off
at the Loose Receptions desk.**

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.