

MAY 2015

# LOOSE

*"Where flowers bloom  
so does hope."*

*- Lady Bird Johnson*





## FROM THE DIRECTOR

Dear Friends,

Our lives are made more special by the flowers that grow in the spring, bloom in the summer and linger in the fall along with the beautiful colors, the fragrant smells and the comfort they bring. We plant them in gardens, find them throughout the countryside and growing wild in the desert. Flowers are a sign of hope. Each year as winter hangs on, we find tulips and crocus peeking up through the snow announcing the beginning of spring. There are unlimited occasions that flowers give comfort and reflect a sign of love. We might send flowers for birthdays, anniversaries, Valentine's and the list goes on. Flowers, a wonderful sign of caring, affection and hope that we can share with others for any number of reasons.

We are a lot like flowers. As we enter the fall and winter of life we sometimes find ourselves in despair. We may face family problems, an illness to us or someone close to us or the reality that we are growing in years and find daily life becoming more difficult as time slips away. But like the flowers of spring, we find a way to overcome the cold and blossom into the colors and smells of a new season. We find comfort in the fact that we will overcome our despair. We find hope in others who are there for us. We find hope in the fact that we can conquer those things that are in our grasp. We find hope that God has a better plan to show us how to manage our twilight years and give us comfort as we enter our last fall and winter of life.

As flowers, we too can blossom in the spring and summer of our life. We strive to embrace the hope of possibilities that lie before us. We find time to stop and enjoy the warmth of the season and reflect on the other flowers that bring joy to our days. If you think about it, we create a garden with many types of flowers with many colors, size and smells. We celebrate together knowing that this really is a wonderful time. A time to grow, to maintain good health, nurture relationships, give back and much like the flowers that never fail to bloom each spring, we can feel confident in HOPE.

*All is well!*

*Carl Gabrielson  
Executive Director*



The Loose Board, Membership and Staff would like to thank Jenny King for the beautiful mural that she created in Marjie Hall. This painting will grace this Center for many years to come for all to enjoy. Her time and talent is appreciated and her work helps make the hall even more special.

## heart2♥

**You're Invited ... bring a friend**

**Friday, May 1st**

2pm to 6pm



**L**ife is about connecting socially, staying healthy and enjoying this season of life. Take this opportunity to meet new people and enjoy an afternoon dedicated to activities that help keep us healthy & happy!



**\$7 in advance**

*\$10 at the door*

*Tickets available at Loose or from a ♥2♥ committee member.*

**heart2♥ proceeds to benefit:**

*Loose Center & American Heart Association*

*Food Stations & Desert, Music & Entertainment,  
Silent Auction, Fitness Demonstrations,  
50/50 Drawing, Tea Tastings, Art Exhibit*



**JUST DELIGHTFUL!**

**DINNER AND A SHOW**

Friday, May 8

Dinner begins at 5:30 pm at John's Pizzeria  
Show begins at 7:30 at Fenton High School  
This is an evening you will not want to miss.

*We begin at John's Pizzeria with a special buffet designed for our eating pleasure.*

**DINNER INCLUDES**

Fried Chicken & Seafood Buffet  
Potatoes & Gravy

Salad, Breadsticks, Beverages (non-alcoholic)

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

This wonderful evening comes with options  
**Dinner and the Show \$16**

Show only \$5 (Friday or Saturday)

*You must sign up no later than May 6 for this event.*

**JERSEY BOYS PRE-SHOW COOKOUT**

Tuesday, May 26, 5:00 pm @ Loose

*HOT DOG, Chips, Cookie, Beverage, \$3*

**Come early and enjoy!**

WELCOME MAY

### Mothers Day Tea

Friday, May 8, 1 pm, \$6

This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an 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. Give yourself and/or someone special the time for this treat. Sign up today!

### MAY DINNER

#### LINDEN HIGH SCHOOL

THURSDAY, MAY 21, 5:00 PM, \$8.50  
ENTERTAINMENT - LOOSE CHOIR



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. The Loose Choir will be sharing their special talent following dinner and at 7 pm head to the auditorium and enjoy the Linden High School Annual Spring Concert.

### SENIOR POWER DAY 2015

Wed., May 20, 9 am - 2 pm, \$3

#### INCLUDES

- ~GIFTS~ LUNCH~EXPO~ENTERTAINMENT~
- ~FREE ICE CREAM~DEMONSTRATIONS~
- ~DRAWINGS~PRIZES~AND MORE~

Sponsored by the Valley Area Agency on Aging

*Transportation is available, please indicate at the time tickets are purchased.*

*Senior Power Day is held at Crossroads Village, 6140 Bray Road, Flint*

For more information and to purchase tickets, visit Loose!  
*Tickets must be purchased by May 6.*



### WELLNESS USING BODY ENERGY TECHNIQUES

Thursday, May 7, 2 pm, FREE "Do you feel happy most of the time?" Is everything going the way you want it to? Is your health where you want it to be? Is there purpose in your life? Do you feel like you can accomplish anything you want to do? If not why? What is holding you back? Join Christine Shreve, Certified EFT coach as she explains what EFT is, why it is so beneficial to the body and mind and how stress and negativity left in the body leads to disease. We will also be viewing a wonderful movie title, "Tapping Solutions"

### PERSONAL SAFETY

Tuesday, May 12, 12:30 pm

We welcome Amy Belanger from the Michigan State Police, Flint post to Loose to share important information about safety. The list is lengthy and involves personal, cyber and more. The Michigan State Police Community Service Troopers are assigned to focus on community outreach to help strengthen communities. They serve citizens in a range of ways, including mentoring youth, working with seniors, educating citizens on emerging crime trends and focusing on community service and training. Sign up today!



### PERSONAL ACTION TOWARD HEALTH (PATH) FOR DIABETES

Wednesday, May 13-June 17, 12 - 2:30 pm

PATH for Diabetes is a six week workshop designed to provide skills and tools to help you improve your health and manage your symptoms. As a result, you will be better equipped to face the daily challenges of living with diabetes. Through PATH for Diabetes you will learn to:

- Deal with the challenges of not feeling well
- Effectively talk to healthcare providers & family members
- Overcome stress and relax, Increase your energy
- Handle everyday activities more easily
- Stay independent, Set goals

*Join us — Your health matters!*

Call Loose and Register today!

### MATTER OF BALANCE - FREE

Beginning Wednesday, May 27 - July 15, 3 pm, Hall B



**A MATTER OF BALANCE**  
MANAGING CONCERNS ABOUT FALLS

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!





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

### POTLUCK DINNER

2nd Friday of each month, 5 pm, Annex

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



## LOOK It's back Rummage Sale

Friday, August 21 & Saturday, August 22

It has been a while, but we have a PLAN and are ready to tackle the return of the RUMMAGE SALE challenge.

#### HOW CAN YOU HELP?

- Gather up your gently used good stuff. *No clothing, LARGE appliances or LARGE furniture - please*
- We will collect donations beginning June 17.
- We will be accepting donations each week on Wednesday and Thursday's ONLY.

We still don't have ideal storage and sort area, so we would appreciate your help in adhering to the Wednesday/Thursday drop off schedule. Thank you!

## Welcome New Members

We Invite you to join us for coffee, pastries, introductions, information and a time to chat on, **WEDNESDAY, JUNE 10, 9 -10 AM** In the LOOSE ANNEX

**PLEASE TAKE OUR SURVEY**

Stop by the office and ask for a hard copy or visit our website@ [www.loosecenter.org](http://www.loosecenter.org) and click on the survey link.

*Thank you! Your feedback is important to us.*

**Summer COOKOUTs**  
 Tuesday, June 9, 4:30 pm, \$6

Grilled dogs & burgers, baked beans, salad, chips, dessert & beverage  
*It is the best deal around and there are no strings attached. Just a time to eat and enjoy the company of friends.*

**MORE Cookouts**  
 Tuesday, July 14, 4:30 pm & Tuesday, August 11, 4:30 pm



## Pen Pals Needed

PLEASE CONSIDER BEING PART OF THIS WONDERFUL PROGRAM. YOU WON'T BE SORRY!

This is one of the most personally rewarding programs that Loose offers. PLEASE, stop by the office for a pen pal application, fill it out and return it ASAP so that we can match you up with a local third grader with similar interests. 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.





## PICKLEBALL

**Monday & Wednesday, 6:15 - 9 pm, Sunday 2 - 5 pm, \$3  
Friday, 11 am - 4 pm, RESERVATION REQUIRED!**

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

## FITNESS ROOM

- ◆ Call Loose @ 735-9406 and reserve your time.
- ◆ Drop-ins on availability only.
- ◆ Usage limited to 30 minutes when people are waiting
- ◆ All participants must sign a consent form.
- ◆ Donations accepted for the use of the equipment

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

**Meets Mondays, 2:30 pm, FREE, Drop ins Welcome**

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



## 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.

## BIKING BUNCH Resumes Wednesday, May 6, 9 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.

## YOGA \$5 per class

**GENTLE FLOW YOGA** Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep.

**CHAIR YOGA** Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

## ZUMBA & ZUMBA GOLD \$5 per class

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

**FIT<sup>4</sup>EVER \$5 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.

## LINE DANCE Tuesday Class - \$5 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!

**GOLF AT SHIAWASEE SHORES** Starting May 1, weather permitting. Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members MUST sign in at Clubhouse each and every time they golf.

**Wii BOWLING** Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. The next 8 week league begins on June 11. **If you are interested in Wii bowling, please contact the Loose Office.**

**PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.**

MONDAY
9:30 am Zumba Gold
1:00 pm Cornhole
2:30 pm Arthritis Exercise
4:00 pm Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball
LINDEN ELEMENTARY
6:00 pm Volleyball

TUESDAY
9:30 am Zumba Gold
10:30 am FIT <sup>4</sup> EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

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

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

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

THURSDAY
9:30 am Chair Yoga
11:45 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT <sup>4</sup> EVER
4:00 pm Yoga (gentle flow)
6:00 pm Beg Line Dance
7:00 pm Adv. Line Dance

SUNDAY
2:00 pm Pickleball

**SCHEDULE**





## “ANYONE CAN PAINT” Class Minimum: 6

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

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

## WOOD CARVERS

**Wednesdays, 12 - 2 pm, Sunroom, FREE**

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

## PAINTING GROUP

**Mondays, 10 am, Hall A, FREE**

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

## 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, 1 pm, Hall A, FREE**

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

## YARN RECYCLERS

**Fridays, 10 am, Annex, FREE**

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

## LOOSE LAPGHANS

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

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

## WATERCOLOR CLASSES

**SUNFLOWER, May 4 & 18 1 pm, \$15**

This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick up the supply list and additional information for the class. Instructor, Peggy Mattson.



## JEWELRY CLASS

**Thur., May 28, 1 pm, Sunroom, \$15**

Learn how to make rings using jewelry wire and Swarovski crystal cubes. We will create rings using "frames" to enhance the crystals. Come on in and enjoy the fun. No experience necessary. Cost includes the cost of the tool key to create these beautiful rings which will be yours to keep.

## CARD MAKING WITH CAROLINE

**Monday, May 18, 12:30 pm, Sunroom, \$7 (class limited)**

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

## CRAFTS AT CARETEL

**Tuesday, May 19, 10 am, \$12**



Join us to create a beautiful wreath. All supplies are provided. Come and enjoy a peaceful time to be creative and enjoy the company of others. This event will be held at Caretel Inns, 202 S. Bridge in Linden. Class size is limited to 8, so sign up early.

## 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.

## SLEEP MATS

**Mondays, 10 - 11:30 am, SUNROOM**

*The 2nd Monday of each month, this activity begins at 10:15 am*  
Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. **NO EXPERIENCE NECESSARY!** Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat. *Please donate your plastic bags...it takes oodles of them to create one mat.*



# CLASSES, MUSICAL OPPORTUNITIES & MORE

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



**PLEASE PREREGISTER FOR ALL CLASSES**

**IPAD 2**

**Wednesday, May 6 & May 13, 4-6 pm, \$20, Hall B**

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

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

**COMING THIS SUMMER**

**LEARN YOUR LAPTOP**

**Wednesday, June 3 & 10, 4 - 6 pm, \$20**

**WINDOWS 8**

**Wednesday & Thursday, July 8, 9, 15, 1-3 pm, \$30**

**WORD PROCESSING**

**Wednesday & Thursday, July 22, 23, 29, 1-3 pm, \$30**

**IPAD 1**

**Wednesday & Thursday, August 5 & 6, 1-3 pm, \$20**

**IPAD 2**

**Wednesday & Thursday, August 12 & 13, 1-3 pm, \$20**

**SOCIAL MEDIA & WHY**

**Thursday, July 30, 1-3 pm, \$10**

**INDIVIDUAL COMPUTER HELP SESSION (by appointment)**



**Friday, May 22, 5 pm**  
**\$7 Entry Fee, 25¢/Euchres**  
 GREAT Prizes, Food & Drink and more!  
 All are WELCOME!

**GAMES**

- POOL PLAYERS** Bring a friend and play anytime.
- BRIDGE** Monday & Wednesday, 8 am - 2:30 pm
- OPEN GAME PLAY** Friday, 1:00 pm (*bring a friend*)
- CHICAGO BRIDGE** Tuesday & Friday, 1 - 4 pm
- CHESS** Wednesday, 12:30 pm
- DOMINOES** Wednesday, 12:30 pm
- MAH JONGG** Tuesday, 3 pm , Friday, 10 am
- PINOCHLE** Monday & Wednesday, 12:30 pm
- EUCHRE** Tues. & Thurs., 12:30 pm, Sat., 10 am
- CARDS & MORE** 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.



**CHOIR**  
 Mondays, 3 pm, Loose Sunroom  
 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!

Be sure to join us on Thursday, May 21 Dinner at Linden High School and enjoy an after dinner concert by The Loose Choir.  
*See page 3 for details.*

Tuesday  
 May 12  
 7 pm

**OPEN MIC**  
**night**

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

**THE RULES ARE SIMPLE:**

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

**HAVE FUN!**

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



# May 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

**PHONE**  
810.735.9406  
**FAX**  
810.735.4255

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

## LOOSE STAFF

Carl Gabrielson  
*Executive Director*  
Debbie Hancock  
*Business Manager*  
Melinda Elmore-Hajek  
*Program Director*  
Cheryl Rex  
*Clerk*  
Kathy Metivier  
Dotti Tynes  
*Receptionist*  
Randy Green  
*Maintenance*

## May Dinner

Thursday, May 28, 5 pm,  
\$8.50 @ Linden HS

Loose Choir  
LHS Choir

See page 3 for details.

Sign up TODAY!

## Pneumonia shots

**HAVE YOU HAD YOUR PNEUMONIA SHOT YET?**  
Tuesday, May 19 between 11 am - 12:30 pm

Did you know there is a new CDC recommended pneumonia vaccine as of February 2015? Receive your \*Pevnar vaccine by Melissa, our local Walgreens qualified immunizing pharmacist.

\*Covered by most Medicare A & B and Advantage plans.  
**Please have current insurance card available.**

<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 NO Pickleball</p> <p>11:30 Lunch <i>Beef Pasty</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>2:00 HEART to ♥</p> <p>6:30 Jack Hannah</p> <p>Saturday May 2</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday March 3</p> <p>2:00 Pickleball</p>	<p>1</p>
<p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Lunch <i>Country Steak</i></p> <p>12:30 Pinochle</p> <p>1:00 Watercolor Class</p> <p>1:00 Listening Ear</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>4</p>
<p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>10:00 Soaring Eagle</p> <p>10:00 Consumer Fraud</p> <p>10:30 1 on 1 Financial</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Chicken Wings</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominos/Chess</p> <p>4:00 IPAD 2</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>6</p>
<p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch <i>Philly Steak</i></p> <p>11:45 Wii Bowling</p> <p>12:30 Euchre</p> <p>2:00 Energy Techniques</p> <p>4:00 Yoga</p> <p>6:30 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>7</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 NO Pickleball</p> <p>11:30 Lunch <i>Mac &amp; Cheese</i></p> <p>1:00 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 &amp; Show</p> <p>Saturday May 9</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday May 10</p> <p>2:00 Pickleball</p>	<p>8</p>



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(810) 208-7470

[www.AccessMDuc.com](http://www.AccessMDuc.com) • **Open 7 days**

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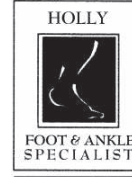


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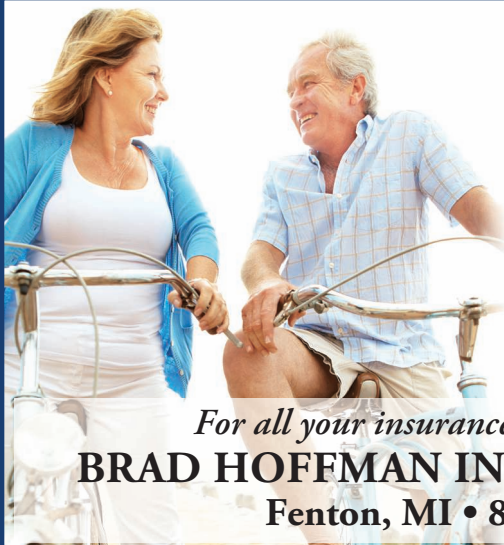
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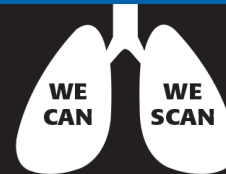
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<p>11</p> <p>8:00 Bridge</p> <p>9:00 CSFP</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>10:15 Sleep Mat Production</p> <p>11:30 <b>Lunch Ham</b></p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>12</p> <p>9:00 Veteran Services</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 <b>Lunch Chicken Sand.</b></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>12:30 Personal Safety</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p> <p>6:30 Rain, Beatles Tribute</p> <p>7:00 Open MIC</p>	<p>13</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:00 Blood Pressure Check</p> <p>9:30 Yoga</p> <p>10:30 Watch Repair</p> <p>11:15 Art à la Carte</p> <p>11:30 <b>Lunch Creole Steak</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 PATH</p> <p>3:15 Coupon Club</p> <p>4:00 IPAD 2</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>14</p> <p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Farmers' Market Trip</p> <p>11:30 <b>Lunch Turkey</b></p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>6:00 Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>15</p> <p>8:15 Lifelong Learning</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>11:00 Pickleball (reservation)</p> <p>11:30 <b>Lunch Baked Fish</b></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday May 16</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday May 17</p> <p>Montreal and Quebec</p> <p>2:00 Pickleball</p>
<p>18</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Sleep Mat Production</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 <b>Lunch Steak</b></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>1:00 Watercolor Class</p> <p>2:30 Arthritis Exercise</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>19</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:00 Crafts @ Caretel</p> <p>10:30 FIT4EVER</p> <p>11:00 Pneumonia Shot</p> <p>11:30 <b>Lunch Bean Soup</b></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>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>20</p> <p>Senior Power Day</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 <b>Lunch Meatballs</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 PATH</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>21</p> <p>9:00 Massage</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:00 Blood Pressure</p> <p>11:30 <b>Lunch BBQ Pork Sand.</b></p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>5:00 Dinner at LHS</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>22</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</p> <p>11:30 <b>Lunch Meat Lasagna</b></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 EUCHRE TOURNAMENT</p> <p>Saturday May 23</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday May 24</p> <p>Pickleball</p>
<p>25</p> <p>Loose is CLOSED and will re-open on Tuesday, May 26</p> <p><b>Happy Memorial Day!</b></p> <p><small>Thank you to all our soldiers who have given of themselves for our freedom!</small></p>	<p>26</p> <p>8:00 Podiatrist</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 <b>Lunch Chicken</b></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 NO Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 NO Mah jongg</p> <p>4:00 NO Chair Yoga</p> <p>5:00 NO Yoga</p> <p>5:00 Hotdog Cookout</p> <p>7:00 JERSEY BOYS</p>	<p>27</p> <p>8:00 Bridge</p> <p>9:00 Manicures</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 <b>Lunch Pub Burger</b></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:30 PATH</p> <p>3:00 Matter of Balance</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>28</p> <p>9:30 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Hollywood Casino</p> <p>10:30 FIT4EVER</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 <b>Lunch Pork Chop</b></p> <p>12:00 Wii Bowling Banquet</p> <p>12:30 Euchre</p> <p>1:00 Jewelry Class</p> <p>4:00 Yoga</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>29</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 <b>Lunch Chicken Strips</b></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>7:00 Momma Mia</p> <p>Saturday May 30</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>Sunday May 31</p> <p>Pickleball</p>





### ONE-ON-ONE FINANCIAL HELP

Wednesday, May 6, 10:30 am  
 Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. To schedule an appointment, call Loose Center at 735.9406.

### ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm  
 The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times.

### WRITE YOUR LIFE STORY

Every 2nd & 4th Friday, 10 am, Sunroom  
 Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun.

### LOOSE BOOK CLUB

Every 2nd Monday, 1 pm  
 This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

### LISTENING EAR

Every 1st Monday, by appointment  
 Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



### ONE STOP GENESEE

A Program of **RESOURCE GENESEE**

Monday, 10 am - 2 pm  
 Loose welcomes **ONE STOP GENESEE** to the Center each Monday. The goal of this new program is to provide assistance to at-risk individuals and families. Services include; counseling, long term housing placement, emergency solutions, medical care, utility and water assistance, referrals for services and other services to work toward creating a pathway to stability and independence. For information call One Stop Genesee directly at 810 600-4525 or call Loose at 810 735-9406. *Walk-ins welcome!*

### LEARN CPR

You Can Do It!

Thursday, June 25, 1-5 pm, \$20  
 This hands-on skills training prepares you to respond to breathing and cardiac emergencies. It also teaches the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). *Limit 8*

### YOUR HEALTHY LIFESTYLE TOOLBOX

Wednesday, July 29, 10 am, FREE

What items are "in" my toolbox?  
 Why should they be in there (*i.e. nutrition, endurance, range of motion, balance and more*)?



How much potential do I have to keep these tools "sharp"?  
 How can I go about doing this? This workshop will be lead by Leah Tanton who is trained in Exercise Science and currently teaches Exercise Physiology at U of M.

### RHUBARB LEAF STEPPING STONE

Wednesday, June 3, 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 and a large plastic bowl. All other supplies will be provided. Because cement will be used, you may want a mask to protect from the dust. This project will be off-site at the residence of the instructor. It is very easy to find and very close to the Center; directions will be given at the time you register.



# 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 Tuesday, July 28 during t he Caretel/Loose Picnic. No need to be present to win. The winner will be contacted.*

# HEALTH SERVICES & TRANSPORTATION

## Relax & Unwind

### MASSAGE

By appointment each Monday & 1st & 3rd Thursdays

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

### PODIATRIST

Tuesday, May 26, 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.

### MANICURES

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

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



Plan on a 1/2 hour manicure.

*Please call Loose to set up your appointment.*

### FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

1st Tuesday of each month, 2-3 pm NEW TIME!

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon (BP only)

4th Monday of each month, 11:30 am - 12:30 pm



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



Tuesday, June 9, 6 - 8 PM, ONLY \$5

Live Variety Music by: Jim Hedrich

Line Dancing & More!!!

Music for your listening and dancing enjoyment. A great time for singles & couples! **Includes: Snacks & Beverages.** You do not need a ticket in advance, **just come & have Fun!**

**FOR MORE INFORMATION,** call Loose @ (810) 735-9406 or Jim & Betty Hedrich @ (810) 659-2240.

### 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.*

### THURSDAY – Flint Farmers' Market

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

RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

**NOTE:** All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions.

To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.

### SUNSHINE GREETINGS

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







## 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 is available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, it is best to call Loose for an appointment.

### LEGAL ADVICE

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

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

### CONSUMER FRAUD ASSISTANCE

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

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

Our MMAAP 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. MMAAP'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 MMAAP 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.*

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

### COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

### TOPS (Take Off Pounds Sensibly)

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

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

**AARP TAX-AIDE** Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-344-7281 or toll free at 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at [http://www.aarp.org/money/taxes/info-2006/volunteer\\_aarp\\_tax\\_aide.html](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html)

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

**A** BIG thanks to the wonderful volunteers who spent so many hours preparing 2014 Income Tax Returns for nearly 300 Loose Members. They are a smart, dedicated, steadfast and hardworking group and so very much appreciated. Rest well these next months.  
**See you in February 2016!**





**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 2015. 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 Members from the Loose 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.

Visit Loose online at  
[www.loosecenter.org](http://www.loosecenter.org)

## WE SAVE...

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

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

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

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

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

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

**RUMMAGE SALE** is scheduled for August 21 & 22. Donations will be collected beginning Wednesday, June 17 through August 13. We ask that you please drop off donations on Wednesdays and Thursdays only. Thank you!

**PLEASE REMEMBER...**We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

**PLEASE HELP US KEEP OUR FILES UP-TO-DATE** Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

*"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 @ A GLANCE

May 1	Jack Hanna's Into the Wild	\$40
May 6	Soaring Eagle Casino	\$32
May 7-8	Springtime in Niagara Falls	\$279
May 12	"Rain, A Tribute To The Beatles"	\$48
May 14	Flint Farmers Market	\$2
May 17-23	Montreal & Quebec City	\$1,699
May 28	Hollywood Casino	\$30
May 29	"Mamma Mia"	\$50
June 1-2	Mackinaw City & Mackinaw Island	\$189
June 9-10	Titanic The Musical in Toronto	\$399
June 16	Caesars Windsor	\$18
June 18-22	New York City	\$1034
June 26	Monroe County Country Adventure	\$79
June 29	FireKeepers Casino	\$32
July 6-7	Quilt Gardens Tour	\$264
July 15-16	Kewadin	\$119
July 20	Soaring Eagle Casino Sinatra Forever	\$32
July 23	Lions, Tigers & Boats, Oh My!	\$81
July 22-27	Boston ( <i>Tiger Game Included</i> )	\$1,204
August 4	Gun Lake Casino	\$35
August 6	Detroit Tiger vs. Kansas City Royals	\$69
August 12	Bay City	\$78
August 8--17	Oregon Coast	\$3,299
August 25	Jackson Historic Prison Tour	\$102
August 26-28	Untouchable Chicago	\$424
August 31	Greektown Casino	\$28
Sept. 6-7	Mackinac Bridge Walk	\$180
Sept. 8-17	Shades of Ireland	\$3,699
Sept. 9-11	Lake Geneva, Wisconsin	\$569
Sept. 15-22	National Parks	\$2899
Sept. 17	Viva Italiano	\$72
Oct. 10-17	Vermont-New Hampshire	\$1,799
Oct. 12-3	Little River Casino	\$120
Oct. 15	Stratford Festival "Sound of Music"	\$145
Nov. 10-19	Reflections of Italy	\$4,249
Nov. 28-Dec. 3	Christmas Extravaganza	\$1,249
December 7	Soaring Eagle & Brenda Lee Show	\$32
December 29	California (ROSE BOWL PARADE)	\$2,579
January 21	Florida (14 days, 13 nights)	\$2,399

Detailed flyers are available at the Loose Center.

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

### CLIO AMPHITHEATER 2015 TRIBUTE SHOWS

Tickets can be purchased at the gate prior to the show - \$6  
Transportation arrangements made through Loose at \$5 round trip.

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

July 7	Johnny Cash Tribute
July 14	Persuasion - Motown Revue
July 21	Bob Seger Tribute
July 29	Shania Twain Tribute
	<i>with special guest Tim McGraw Tribute</i>
August 4	Magic Bus - Tribute to Woodstock Era
August 11	Jimmy Buffet Tribute



**Thursday, May 14, 2015, \$2**

Leave 10:30 am, Return 1 pm (limit 8)

We are partnering with Caretel Inns and enjoying time at the Flint Farmers Market.

The Market should be in BLOOM and filled with wonderful fresh morsels. Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call and sign up today.



Limited tickets have been secured for the following events at the Whiting for the 2014/2015 year. Call or visit Loose or our website for detailed information.

"JACK HANNA'S INTO THE WILD" Friday, May 1, 2015

"RAIN, A TRIBUTE TO THE BEATLES" Tuesday, May 12, 2015

"MAMMA MIA" Friday, May 29, 2015



### 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.

**May 15**

**A Flint Gridiron Great Speaker: Daryl Turner**

Mr. Daryl Turner is one of the greatest Flint athletes who had an outstanding career as a wide receiver from the Michigan State Spartans. He went on to play four seasons with the Seattle Seahawks in the National Football League where he was very successful. He set several receiver records that are still in place. Sadly, his career was short circuited by problems he will share with us.

**Payment is due 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: \$4.50 (transportation)**

May 6	Shakespeare Uncovered, Part 6
May 13	In The Steps of Marco Polo
May 20	Rubens: Passion, Faith Sensuality & The Art of The Baroque & New Look: Samuel F.B. Morse's "Gallery of the Louvre"
May 27	Paul Cezanne: The World in an Apple & Edgar Degas: Of Dandies, Ballerinas & Women Ironing





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

**MACKINAW CITY & MACKINAC ISLAND** **\$189**  
**Monday, June 1-2, 2015**

**INCLUDES:** Round Trip Transportation, 1 nights lodging at the Hamilton Inn located on Lake Huron in Mackinaw City, 1 full breakfast Round Trip Transportation to Mackinac Island, Narrated horse-Drawn Carriage Ride on Mackinac Island, Free Time, and more.



**TITANIC The Musical in TORONTO** **\$399**  
**June 9-10**

**INCLUDES:** Round Trip Motor-coach Transportation, 1 night -Toronto - Downtown, 1 breakfast, 1 dinner, Top Price- Main Floor seats for "Titanic", Toronto Sightseeing, Toronto's Distillery District, Tax & Tip on included Meals and more. *Passport or Enhanced Drivers License is required.*



**Monroe County County Adventure**  
**June 26** **\$79** Departs 7:45 am Returns 5:30 pm

**INCLUDES:** Round Trip Motorcoach Transportation, Learn the rich history of the Immaculate Heart of Mary Motherhouse, Lunch at Dolce Vita Restaurant (voted # 1 in fine dining), Ice cream & shopping at the General store at Calder Dairy Farm & a guided tour of the Four Star Greenhouse gardens. Sign up & ENJOY the rich history right here in Michigan.



**July 22 - 27, \$1,204 (double)**

**Tour Includes Transportation PLUS** Four five lodging, five breakfasts, three dinners, \$15 dinner voucher. **Tigers vs. Boston Red Sox @ Fenway Park**, Boston Duck Tour, New England Aquarium, Dinner at Cheers, National Baseball Hall of Fame & Museum, Skywalk Observatory, Tour of USS Constitution & Museum, Turning Stone Casino Resort.

**Quilt Gardens Tour - July 6- 7, \$264 double**



**INCLUDES:** Round Trip Motorcoach Transportation, 1 night lodging, Breakfast, Thrasher dinner, Haystack lunch at Amish Home, Quilt Garden Tour, Shopping in Shipshewana.

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

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

**CALL LOOSE FOR DETAILS!**



**Stratford FESTIVAL**

**\$145.00**  
**Includes Transportation,**  
 Queen's Inn Buffet Lunch,  
 Shopping, Festival Theater,  
 Sound of Music, starting

**New York City**

**June 18-22, 2015, \$1,034 Double**

**Tour Includes Transportation PLUS** Four nights lodging, four breakfasts, two dinners, **Tigers vs. Yankees at Yankee Stadium**, Grand Central Station, 9/11 Memorial & Museum, Ellen's Stardust Diner, Empire State Building, Time Square, Double Decker Bus Tour, John's Pizzeria, Shopping

**Lions, Tigers & Boats Oh MY!** **July 23, \$81**

**INCLUDES:** Round Trip Motorcoach Transportation, Toledo Zoo, Providence Metropark, Boat Cruise, Lunch at Giorgio's Café International.

**National Parks & Canyonlands of the West**

**September 15-22, \$2,899 Double**

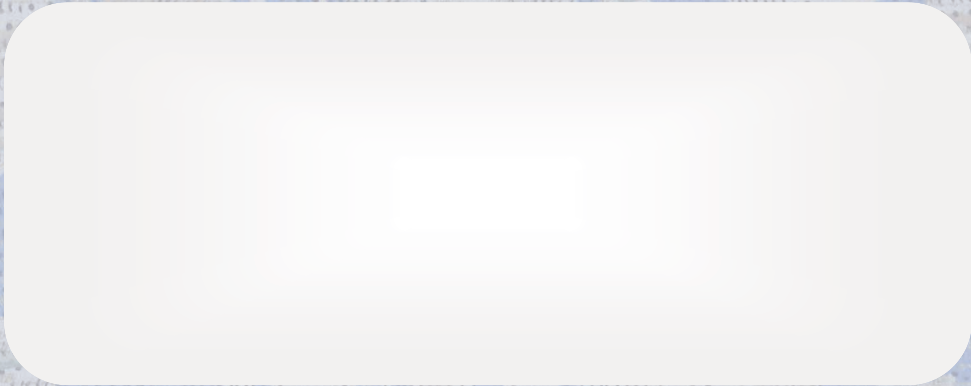
- Dead Horse Point State Park
- Canyonlands National Park
- Achres National Park
- Canyonlands By Night Boat Cruise
- Mesa Verde National Park
- Durango & Silverton Narrow Gauge Railroad
- Cumbres & Toltee Rail Journey
- Sightseeing Tour of Santa Fe, New Mexico
- Sandial Peak Aerial Tram
- Anderson-Abuzzo Albuquerque Balloon Museum

**INCLUDED IN PRICE:** Round Trip Air from Detroit Metro Airport, Baggage Fees, Touring Coach, 7 nights lodging, 7 breakfast, 1 lunch, 4 dinners (including tax and tip) & more.



**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406  
[www.loosecenter.org](http://www.loosecenter.org)

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U.S. Postage  
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Flint, MI  
Permit No. 6



# A Tribute to THE JERSEY BOYS

**Tuesday, May 26, 7 pm**

**Tickets \$10** (general seating)

Doors open at 6:30 pm

*Performance held @ Loose*



**H**ow did four blue collar kids become one of the greatest successes in pop music history? The 1960's pop group of Frankie Valli & The Four Seasons is being recreated as a tribute show performed by Dave King, Mark Smith, Steve Roberts and Jonathon Dunn. These musicians are the only group in Michigan that has been able to craft and give a credible performance musically with stage Choreography.

## **PRE-SHOW COOKOUT**

5:00 pm @ Loose

*HOT DOG, Chips, Cookie, Beverage,*  
\$3.00

*TWO HOT DOGS, Chips, Cookie, Beverage*  
\$4.00