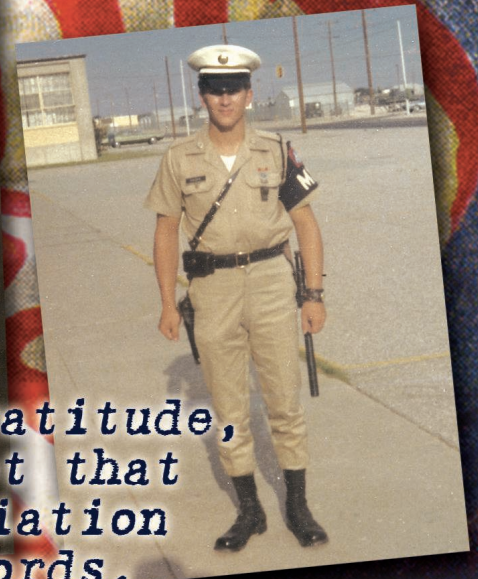


South End NEWS

SEPTEMBER 2014

LOOSE SENIOR CITIZEN CENTER



"As we express our gratitude,
we must never forget that
the highest appreciation
is not to utter words,
but to live by them."

~John F. Kennedy

DIRECTOR'S MESSAGE

Dear Friends,

Freedom, Honor, Sacrifice. These three words exemplify many of the things we cherish as Americans.

We teach our children about days that wars were fought over separation from England, the liberation of our allies from their tormentors, and the missions to establish freedom. Our patriots have put their lives on the line to keep the United States of America a country of many freedoms. These rights did not come without sacrifices from our armed forces and their families. People of foreign countries continue to migrate to this land to escape the fear of tyranny and repression that we are so blessed to have. This great country of America was built on human rights and the principle that all citizens are created equal. Our military men and women fight for these precious rights.

We look at the first world war fought on foreign lands to defend our allies rights of choice. This was the war to end all wars. Then a major attack on our own soil led us to world war two to defend us from the enemy. Pearl Harbor brought us to the realization that we are not free from other cultures who want to change what we stand for. We continued to defend our constitution in Korea and Vietnam. More recently, conflicts in the Middle East have called to us to fight for the freedom of those who cannot fight for themselves.

This defense of our freedoms has come with a tremendous cost of sacrifice. People who felt the passions to defend our rights decided to dedicate their lives in pursuit of freedom. These individuals left their way of life and families to put themselves in harm's way to protect and serve. They put America first to defend our way of life.

Today we still have a force of patriotic individuals who stand between the threat of our enemies and our right to be free. The tradition of our military is what makes this country great. As in times past, this need for defensive force will never end. Our freedom rests in the hands of these brave souls.

So as we awake to a new day, we cannot forget what our freedom stands for. We must respect the constitutional rights of all free people. We must never lose sight of those who have sacrificed so much for our freedom. We must honor all veterans past and present who represent what makes this United States of America great. So say thanks to a veteran or a soldier you may pass on the street; set your path in life to follow the freedom, honor and sacrifice they have given you. Bring honor to the freedoms that these wonderful people have fought for.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John F. Kennedy

Carl Gabrielson
Executive Director

Thank you to all who have defended this great country.

VETERANS THANK YOU FOR YOUR SERVICE

VICINIA GARDENS ALONG WITH THE LOOSE CENTER, invite all Veterans and their families, along with the community, to join us at the Loose Center for an evening of **DANCING**, light refreshments and music from the 30's through the 60's, beverages and more. There will also be a pinning ceremony.

ALL HONORING YOU!

Come as you are or all decked out in your uniform or in dress of the time.

Friday, September 12, 2014
5 - 9 pm @ Loose, FREE

We thank all Veterans for their dedicated service!

Part of this special evening will be a short pinning ceremony and recognition ceremony by our friends at Heartland.

Heartland
Enriching Life.

AIR FORCE
ARMY
COAST GUARD
MARINE CORPS
NAVY

200 TICKETS AVAILABLE
Pick yours up at Loose or Vicinia Gardens



4016 Vicinia Way • Fenton • MI • 48430

"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds. Your tax dollars are at work."



SEPTEMBER SPECIAL HAPPENINGS



SPANISH FUNDAMENTALS

Thursdays, beginning September 4, 4:15 - 5:30 pm, \$10 (six week class)

If you have some Spanish background from back in the day and want to brush up, or if you are interested in learning the fundamentals of the Spanish language, this class is for you. The emphasis will be basic conversational Spanish and travel Spanish. There will be practice, time for questions, support, and of course, fun while learning.

SAVVY SAVING SENIORS ®

Steps to Avoiding Scams

Thursday, September 11, 2-3 pm, Hall B

How Much Do You Know About Scams & Swindles?

- Why You're at Risk for Financial Scams
- The Usual Suspects & Types of Scams
- Protecting Yourself & Loved Ones from Scams
- Resources to Report Scams & Financial Abuse

DISCOVER

- The 10 most popular scams targeting older adults
- 8 ways to protect yourself
- What you should do if you have been scammed

This event is sponsored by the National Council on Aging and Bank of America Charitable Foundation and the Valley Area Agency on Aging. It is educational only, NO financial products will be sold. The workshop is free, but registration is required. Join us! Please RSVP by Thursday, September 4 to 735-9406.

Plant & Seed Swap

Wednesday, September 17, 10 - 11 am

Share your FALL bounty and pick up a new assortment at our Fall plant and seed swap. Folks will be on hand to help you with questions. Hint - It is very helpful if the plants and seeds are labeled with helpful information. This is FREE and ALL are welcome.

1 in 6 people will have a STROKE in their lifetime.

Wednesday September 17, 2 PM

Join Tina from Grand Blanc Rehab as she shares vital information about STROKES, including signs, symptoms, prevention and treatment. Educate yourself; stay current on this and other important health related topics. Along with important information, refreshments will be served along with free blood pressure checks. Call Loose and sign up today.

LET'S GO TO THE MARKET

TUESDAY, SEPTEMBER 16, \$6 (transportation)

- ♦ Van leaves Loose at 10:45 am
- ♦ Arrive at Market 11:15
- ♦ Lunch & shopping on your own
- ♦ Leaves Market 1:30 pm
- ♦ Arrives at Loose Approx. 2 pm



JOIN THE FUN AT THE FLINT FARMERS MARKET

The New Farmers' Market is more than a place to shop, it is a destination and an entrepreneurial hub. Like no other in the mid-west, it has a state of the art demonstration kitchen, a rentable commercial kitchen, an incubator kitchen program and community rooms for private and public events all under one roof. (limit 10)



GENESEE COUNTY METROPOLITAN PLANNING COMMISSION RECYCLE

RECYCLING WORKSHOP

Thursday, September 18, 12 noon

The Genesee County Metropolitan Planning Commission Recycling will be at Loose to offer great information regarding recycling in general and in Genesee County. As we work toward a cleaner and greener environment, we all look for our way to make a difference.

Knowledge is power, join us for this short but important talk. Call Loose and sign up today!

Did you know...

- Each ton of recycled paper can save 17 trees, 380 gallons of oil, 3 cubic yards of landfill space, 4,000 kilowatts of energy, and 7,000 gallons of water.
- Plastics can take up to 400 years to break down in a landfill.
- Recycling 1 pound of steel saves enough energy to light a 60-watt light bulb for over 26 hours.



ENERGY HEALING WORKSHOP

Thursday, September 18, 2 pm, Sunroom, \$35

Christine will teach, Five minute Energy Medicine Exercises, explain why they are so important to do daily, talk about why it is important to incorporate Raw food into the diet and demonstrate a new energy technique, called "The Healing Codes"



Dinner at Loose

Tuesday, September 23, 5 pm

See page 4 for details.



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.

Sloppy Joe Lunch

Friday, September 26, 11 am - 12 noon
\$5 includes a sloppy joe, chips, drink, dessert
Held in conjunction with the Loose Health Fair
There will be no daily congregate lunch on this day.



eat, drink,
and be healthy

Wednesday, October 1, 10 am

From the Oaks of Grand Blanc, Registered Dietician Amanda Sayles will be sharing healthy eating and drinking tips along with information on special diets. The Chef from The Oaks at Woodfield will bring healthy food for everyone to sample. This is another wonderful opportunity to take advantage of our local expertise. Sign up today!



Dinners

Tuesday, September 23, 5 pm \$12 per person

Fried Chicken, Sausage & Kraut, Beef Stroganoff,
Au gratin Potatoes, Green Bean Casserole, Broccoli Cheese
Rice, Tossed Salad, Cottage Cheese & Peaches, Rolls,
Drink & Dessert

GUESTS: David and Barbara Kincaid

Tuesday, October 28, 5 pm, \$12 per person

Mostacholi, Meatballs, Chicken,
Baked Beans, Tossed Salad, Cole Slaw, Rolls,
Drinks & Dessert

GUEST: Caricaturist, Jio Rios

NOVEMBER DINNER DATE TO BE DETERMINED

Thursday, December 4, 12 noon, \$18.50 per person

Christmas Luncheon at Spring Meadows
Music by Dan Hayes

Friday, October 31, Set up 5:30 pm.

Join us on Halloween night and pass out treats to the Trick or Treaters who pass by Loose. It is a very special night with fun had by all. **IF YOU CAN HELP OUT BY DONATING A BAG OF TREATS, PLEASE DROP THEM OFF AT LOOSE. Thank you!**



Tuesday
September 9
7 pm

OPEN MIC ONIGHT

Friends, an **Open MIC event** is a LIVE show where audience members may perform at the MIC. We are excited to be able to play host to this unique type of event at LOOSE.

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.

DANCE FUN!

Tuesday, October 21, 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 Do Not 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!

KEEPING FIT

Fitness Room

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

ZUMBA & 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 (formerly 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, 9:00 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 Fall league begins 9/11/14

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 has officially begun.

MONDAY

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

FRIDAY

9:30 am Yoga (gentle flow)
 11:00 am Pickleball (call to reserve your spot)

TUESDAY

10:15 am Zumba Gold
 10:30 am FIT⁴EVER
 12:00 pm Beg. Line Dance
 1:00 pm Adv. Line Dance
 4:00 pm Chair Yoga
 5:00 pm Yoga (gentle flow)

SATURDAY

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

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Monday, Sept. 8 - Nov. 3, 2:30 pm, **FREE**

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*



Monday at 1 pm (resumes September 8)
Great indoor fun! 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, not to mention good exercise.

Pickleball

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

Friday, 11 am - 4 pm, Call and reserve a court.



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.

YOGA \$5 per class

GENTAL 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.

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!

WEDNESDAY

9:00 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
 4:00 pm Yoga (gentle flow)
 6:00 pm Beg Line Dance
 7:00 pm Adv. Line Dance

Fitness Class Schedule

PLEASE CHECK THE MASTER CALENDAR FOR SPECIAL CLOSINGS.

ARTSY & CRAFTY

"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.

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.

CARD MAKING WITH CAROLINE

Monday, September 15, 12:30 pm, Sunroom, \$5

This new class is scheduled to meet the 3rd Monday of each month. 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. 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.

SWAROVSKI CRYSTAL BRACELET

Thursday, September 25, 10 am, Sunroom, \$23



Gorgeous Swarovski crystal bracelet made with genuine crystals in shades of pink with a awareness ribbon attached in recognition of breast cancer awareness.

Learn the proper technique of stringing bracelets, laying out patterns and attaching clasps to the stringing wire. The cost of the crystals is reflected in the cost of the class.

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.



HISTORY OF THE HANDKERCHIEF

Wednesday October 8, 12:30 pm, FREE

Learn more about the history of the common HANDKERCHIEF and their different categories. Quester Marlene Coleman will facilitate the presentation and discussion. Bring in your personal collection for others to see and learn creative ways to recycle your handkerchiefs.

We are thankful for all of you who give your time and talent daily and for special events. It's too big folks and we can't do it without you. Thank you to the 40 volunteers who gave nearly 275 hours in the month of July. WOW! And a giant thanks to Caretel for their part in the amazing picnic. It's good...it is all good.

What ARE you Thankful for?

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.



Friday, September 26, 5 pm
\$7 Entry Fee, 25¢/Euchres
GREAT Prizes, Food & Drink and more!
All are WELCOME!

PLEASE PREREGISTER FOR ALL CLASSES

IPAD 1

Wednesday, September 17 & 24, 4-6 pm, \$20, Bldg. 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, October 1 & 8, 4-6 pm, \$20, Bldg. A

For those who have completed IPAD 1. Take things a step further and begin to dive into understanding settings, the importance of having them working with you, learn IPAD tricks and dive deeper maximizing this amazing piece of technology to fit you and your needs.

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



MEDICARE PART D OPEN ENROLLMENT

Friday, October 17, by appointment
Friday, November 14, by appointment

The open enrollment period is from October 15 through December 7. Changes made take place on January 1, 2015. If you DO NOT wish to make any changes, do nothing. If you DO want to make changes or even if you are just interested in looking over your current plan, we will have MMAP counselors at the Center on the above scheduled dates. Contact Loose for more information.

SEVEN THREATS TO YOUR FAMILY'S SECURITY

Thursday, October 16, 10:30 am, Sunroom

Michigan Estate Planning Law Center will be hosting this informational talk about how to avoid threats to your family's security. Stay in control and protect your loved ones, call today and sign up for a chance to learn more and ask questions that could make a difference.



Lost and Found

A ring was found in the Loose parking lot. If you lost a ring and think it might be yours, stop by the Loose office.

GAMES

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

Begins Monday, September 8!



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!



Mondays, 7 pm, Loose 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.

All are WELCOME!



SEPTEMBER 2014

OFFICE HOURS

Monday - Friday
8:30 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@loosecenter.org

WEBSITE

www.loosecenter.org

MONDAY

CLOSED FOR LABOR DAY

TUESDAY

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
4:00 Chair Yoga
5:00 Yoga

WEDNESDAY

8:00 Bridge
9:00 Manicures
9:00 Biking Bunch
9:30 Yoga
10:00 Consumer Fraud
11:15 Art à la Carte
11:30 Lunch
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
5:00 Zumba
6:15 Pickleball

THURSDAY

9:15 Chair Yoga
10:00 AMVET
10:15 Zumba Gold
10:30 FIT4EVER
10:45 Farmers' Market Trip
11:30 Lunch
12:30 Euchre
4:00 Yoga
4:15 Spanish
6:30 Beg. Line Dance
7:30 Adv. Line Dance

FRIDAY

9:00 MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch
1:00 Lapghans
1:00 Chicago Bridge
Saturday September 6
9:00 Yoga
10:00 Euchre
10:15 Zumba

8

8:00 Bridge
9:00 CSFP
9:00 Massage
10:00 Painting
11:30 Greektown Casino
11:30 Lunch
12:00 "Anyone Can Paint"
12:30 Pinochle
2:30 Arthritis Exercise
1:00 Book Club
1:00 Corn Hole
3:00 Choir
4:00 Yoga
5:00 Zumba
6:00 Volleyball
6:00 TOPS Weigh-in
6:15 Pickleball
7:00 Karaoke

9

9:00 Veteran Services
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
4:00 Chair Yoga
5:00 Yoga
7:00 Open MIC

10

8:00 Bridge
9:00 NO Manicures
9:00 Blood Pressure Check
9:30 Coffee Hour
9:30 Yoga
9:00 Biking Bunch
10:30 Watch Repair
10:30 1 on 1 Financial
11:15 Art à la Carte
11:30 Lunch
12:00 Wood Carving
12:30 Pinochle/Dominos/Chess
3:15 Coupon Club
5:00 Zumba
6:15 Pickleball

11

8:00 Board Meeting
9:15 Chair Yoga
10:15 Zumba Gold
10:30 Massage
10:30 FIT4EVER
10:45 Farmers' Market Trip
11:30 Lunch
12:00 Wii Bowling Begins
12:30 Euchre
2:00 Savvy Saving Seniors
4:00 Yoga
4:15 Spanish
6:00 Line Dance
7:30 Adv. Line Dance

12

8:15 Lifelong Learning
9:00 MMAP Counselor
9:30 Yoga
10:00 Write Your Life
10:00 Yarn Recyclers
10:00 Board Games
11:00 Pickleball (reservation)
11:30 Lunch
1:00 Lapghans
1:00 Chicago Bridge
5:00 NO Potluck
5:00 **VETERAN'S CELEBRATION**
Saturday September 13
9:00 Yoga
10:00 Euchre
10:15 Zumba

LINDEN'S COMPLETE AUTO REPAIR

ALL MAKES & MODELS
Foreign & Domestic



We Honor ALL Dealer Extended Warranties!

SHOP HOURS:
Monday-Friday
8am-6pm
Saturday
8am-3pm
Sunday
closed

Our technicians are trained and ASE certified to diagnose, repair, and service your automobile, light truck, SUV, or motor home.

417 W. BROAD ST • DOWNTOWN LINDEN
(810) 735-9911
www.lindenautorepair.com

Ask about
our
lifetime
protection
plan

FREE Shuttle Service • **FREE** Loaners
FREE 21-pt safety inspection with every oil change

Hometown
URGENT CARE
An AccessMD Urgent Care Company
Conveniently located in Fenton
3220 West Silver Lake Rd.
(810) 208-7470
www.AccessMDuc.com • Open 7 days

**THIS SPACE IS
AVAILABLE**

Call LPi at
1.800.477.4574
for more
information.

**Delta
PAVING INC.**
RESIDENTIAL & COMMERCIAL
4186 HOLIDAY DRIVE • FLINT, MI 48507
(810) 232-0220
FAX (810) 232-0222

NOW OPEN

The Bridge Street
GYM

Send Em Home
THERAPY
Caretel.

**2 BRAND
NEW
ASSISTED
LIVING INNS**

New Year...New Home
"LINDEN'S PREMIERE SKILLED NURSING & REHABILITATION AND ASSISTED LIVING CAMPUS"



For Advertising Information,
call EILEEN FRAZIER
at LPi today!

1.800.477.4574
216.325.6825 ext 6309
EFrazier@4LPi.com

Caretel® Inns of Linden
202 S. Bridge Street, Linden MI • (810) 735-9400 • fax (810) 735-9500
www.caretelinns.com

dish
Make the
Switch to
DISH Today
and Save
Up To **50%**

Promotional
prices
starting at only ...
\$19.99
mo.
for 12 months
Not eligible with Hopper or
iDad 2 offer.

FREE
OVER 30 PREMIUM
MOVIE CHANNELS
HBO CINEMAX
SHOWTIME starz
For 3 months.
Offer subject to change based on premium
movie channel availability.

FREE
SAME DAY
INSTALLATION
IN UP TO 6 ROOMS
Where available.
**CALL TODAY -
INSTALLED TODAY!**

Call Now and Ask How!
1-800-341-0518

All offers require 24-month commitment
and credit qualification. Call 7 days a week
8am - 11pm EST. Promo Code: MB0913.
*Offer subject to change based on premium
movie channel availability.

dish AUTHORIZED DEALER **ACTIVISION**



RE/MAX
Select

Direct: (810) 249-9270
Cell: (810) 922-3187
Fax: (810) 222-5493
1320 Hill Rd.
Flint, MI 48507
JimMiller@remax.net



Jim Miller
CDPE

Worry Free Home Care

24-Hour Assistance
Available!



Home Care

Tanglewood Home Care provides compassionate care in the comfort of your own home. Our services include everything from companionship to complete home health care. When family members or friends need help for the seniors they love, Tanglewood Home Care can help.

(810) 629-9004

www.WorryFreeCare.com

"Simply the Finest Care Available"

Joy A. Cramer, Harmony Quilts
Longarm Quilter, Computer & Hand Guided
Phone: 810-735-7385 Cell: 810-444-0469
E-Mail: jrcramer511@gmail.com
Volunteer for Linus Project & Quilts of Valor
Turn those tops into quilts...

FREE Screening

Audiology & Hearing Aids

Call for Appointment

G-4369 Miller Road, Flint
(810) 733-1385



3027 E. Hill Road, Grand Blanc
(810) 579-0941

Matthew L. Christy, Aud., Licensed Hearing Aid Dispenser # 3501003413

McLaren Physical Therapy - Fenton

Specialties include:

- Back Pain/Spine
- Orthopedics
- Sports Medicine
- Post Surgery care
- Vestibular/Balance
- Fitness Center

Location:

Fenton Physical Therapy & Sports Medicine
Shoppes at Silver Chase Complex
4045 Owen Rd. • Fenton, MI 48430
Phone: 810-750-2222
Fax: 810-750-2978



METROPOLITAN TREE INC.

Discount Tree & Stump Removal
Free Estimates • 47 YRS EXP.

248-627-6316
800-753-1633

metropolitantree@gmail.com

A+ Rating with the BBB & "A" on Angie's List

Good for 1 month complimentary membership to the Fitness Center - 1 per person

Make Yourself at Home *at Lockwood of Fenton*

Independent living and life-enhancing services.
You'll find everything you need at Lockwood of Fenton.

- Spacious apartments with full kitchens
- Housekeeping • Delicious restaurant-style dining
- Scheduled transportation and activities
- Pet friendly • Convenient location

Schedule a tour today!

(810) 714-3340

TTY (800) 649-3777



16300 Silver Parkway, Fenton, MI 48430 • LockwoodSeniorLiving.com



Rehab is work.
But it can also be fun.

To find out how we can help you or someone you love transition smoothly back home, call us to schedule a personal tour.



5370 Baldwin Road • Grand Blanc, MI 48439
810-606-9950 • theoaksatwoodfield.com



Harold M. Koehler, DPM
*Medicine & Surgery
of the Foot & Ankle*

4038 Grange Hall Road, Holly, MI 48442
248 / 634-6200

Come See Us, We're at Loose Monthly!



5300 Gateway Centre
(US-23 & Hill Rd.)
810-720-9111 • www.michvision.com

Michigan Vision

INSTITUTE  OPTICAL

Edward Stack, M.D.

- Athear Alrawi, M.D.
- David B. Krebs, M.D., F.A.C.S.
- Kelly Tierney, O.D.
- John F. Labaza, O.D.

Specialized Eye Care by Board Certified Physicians

- Cataract Surgery with Premium Lens Implants including: TECNIS®, ReSTOR® and Toric lenses
- Medical and Surgical Treatment of Glaucoma, Diabetic Retinopathy, Macular Degeneration
- Offering the highest quality contact lenses, eyeglasses, and exams.

Virtually all Medical Insurance plans and most Vision Insurance plans are accepted.



Senior Living Community

*Fenton's Best Kept Secret
for Seniors 55+*



Vicky Coppler
Community Manager

201 E. Elizabeth • Downtown Fenton
(810) 629-1179
millpond@kmgprestige.com



LINDEN MUFFLER MAN

FULL SERVICE
AUTO REPAIR

1018 N. Bridge St. • Linden, MI
(810) 735-4385
MON-FRI 8AM-6PM • SAT 8AM-4PM



**Generations of Service
to the Community**

sharpfuneralhomes.com



Miller Road Chapel

Roger L. Sharp, Manager
8138 Miller Road • Swartz Creek
(810) 635-4411

Linden Chapel

Stephanie Sharp Foster, Manager
209 E. Broad St. • Linden
(810) 735-7833

Fenton Chapel

Michael T. Scully, Manager
1000 Silver Lake Rd • Fenton
(810) 629-9321

Funeral Home & Cremation Center

Jennifer Sharp Scully, Manager
6063 Fenton Road • Flint
(810) 694-4900

Your #1 Fans . . .

Auto-Owners Insurance and your local independent agency have been a winning combination since 1916. We'll work with you to insure your home, auto, business and life and keep everything you value Safe. Sound. Secure.®



For all your insurance needs call us today!

BRAD HOFFMAN INSURANCE AGENCY
Fenton, MI • 810-629-4991

RMI

REGIONAL MEDICAL IMAGING

Clearly. Better. Choice.

www.rmipc.net
(810) 732-1919

Linda's Place

Services Provided

24-hour Care • Transportation to Local Store
 Laundry & Housekeeping • Hair & Nail Care
 All Meals & Snacks • Visiting Physician
 Medication Distribution • Home Health Care
 Assistance with Bathing & Personal Care • Security System

Contact: Linda Richter 810-735-7519
 627 Silver Lake Rd.
 Linden, MI 48451



Medicare
Solutions

Debra A. Knill

Sales Representative Medicare Division
 2850 W. Grand Blvd. • Detroit, MI 48202
 (248) 443-8636
 dknill@hap.org • hap.org

Health Alliance Plan of Michigan
 Alliance Health and Life Insurance Company | HAP Preferred Inc.

Temrowski Family Funeral Home & Cremation Services

"An exceptional choice in funeral service"

Ken & Becca Temrowski
 Owners/Licensed Funeral Directors

500 Main St. • Fenton
 810-629-2533

www.temrowskifamilyfuneralhome.com



- Auto
- Home
- Life
- Business

bbmich.com

1190 Torrey Rd. • Fenton

Call your Brown & Brown advisor at:
 (810) 629-1566



We treat strangers
 like friends and
 friends like family

3600 Owen Rd • Fenton, MI
 810-714-2708 • fax 810-714-3107

Call ahead for Carry Out or Order Online:
 www.BobEvans.com

Patricia McGarry, DDS

Accepting New Patients

20% Discount for Senior Citizens

New Patient Special

Cleaning, X-rays, & Exam
 Only \$85.00 (No Discounts Apply)

200 Lindenwood Dr. • Linden, MI

810-735-9426

www.drmcgarry.com



OAK TREE DENTAL
 COSMETIC & FAMILY DENTISTRY

New Patients Welcome

500 N. Leroy Street
 Fenton, MI 48430

(810) 629-8272

www.fentondentists.com



1005 Bridge St. • Linden, MI 48451

Full line servicing dealer for Stihl, Simplicity,
 Snapper Pro & Cub Cadet equipment

810-458-4299

www.sloanssalesandservice.com



DAILY & MONTHLY SPECIALS
 FAMILY DINING

122 E. BROAD • 735-5780



Are you looking for a Clean,
 Courteous, On-Time, Electrical
 Expert . . .

Well Look No Further!

810-629-6968

www.CraftsmenElectrical.com
 jim@CraftsmenElectrical.com

Craftsmen Electrical Services has been serving the
 Greater Fenton Area, Since 1947.

We would be very pleased to serve you.

Call for your On-Time Appointment, Today!



of Fenton

A neighborhood you can call home!

Vicinia Gardens
Assisted Living of Fenton
 4016 Vicinia Way • Fenton

Vicinia Gardens
Memory of Fenton
 4034 Vicinia Way • Fenton

Telephone: (810) 354-8136

Resident Director: Catrina Kraus Telephone: (810) 513-0969

www.viciniagardens.com

Conveniently located at Jennings and Owen Road



CALL US FOR ALL OF YOUR HEATING
 & AIR CONDITIONING NEEDS

**DELIVERING COMFORT OUR
 CUSTOMERS EXPECT AND DESERVE**

Installation - Service - Maintenance

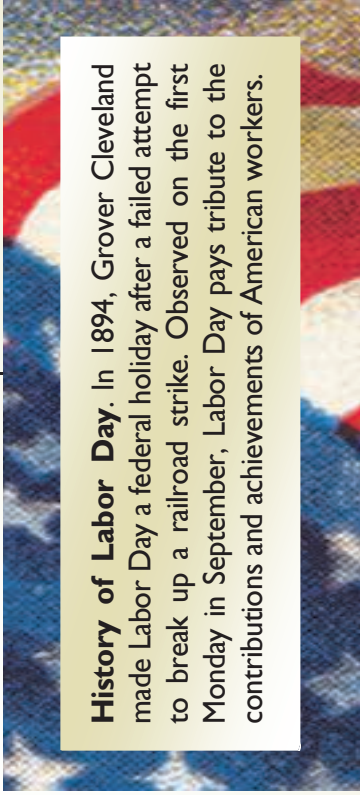
- Furnaces • Air Conditioning Systems
- Ductwork • Thermostats
- Air Cleaners & Filters • Humidifiers
- Water Heaters • Free Estimates (On New & Replacement Systems)

We look forward to serving you

810-630-6032

4500 Morrish Road • Swartz Creek, MI 48473



<p>15</p> <p>Hudson River Valley</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>12:30 Card Class</p> <p>1:00 Corn Hole</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>7:00 Karaoke</p>	<p>16</p> <p>Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:45 Flint Farmers Market</p> <p>11:30 Lunch</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>17</p> <p>Bridge</p> <p>9:00 NO Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Plant & Seed Swap</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Stroke Information</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>18</p> <p>Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch</p> <p>12:00 Wii Bowling</p> <p>12:00 Recycling Workshop</p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>4:00 Yoga</p> <p>4:15 Spanish</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>19</p> <p>MMAP Counselor</p> <p>9:00 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 Lunch</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday September 20</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	
<p>22</p> <p>Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>1:00 Corn Hole</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>7:00 Karaoke</p>	<p>23</p> <p>Podiatrist</p> <p>Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:30 Frankenmuth/Show</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>2:00 Alzheimer Support</p> <p>4:00 Chair Yoga</p> <p>3:00 Mah jongg</p> <p>5:00 DINNER</p> <p>5:00 Yoga</p>	<p>24</p> <p>Bridge</p> <p>Huron Lady II</p> <p>9:00 Manicures</p> <p>9:00 Biking Bunch</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p> <p>6:15 Pickleball</p>	<p>25</p> <p>Chair Yoga</p> <p>10:00 Jewelry Class</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>10:30 Massage</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch</p> <p>12:00 Wii Bowling</p> <p>12:30 Euchre</p> <p>4:00 Yoga</p> <p>4:15 Spanish</p> <p>6:00 Beg. Line Dance</p> <p>7:30 Adv. line Dance</p>	<p>26</p> <p>HEALTH FAIR</p> <p>9:00 Write Life Story</p> <p>10:00 NO Yarn Recyclers</p> <p>11:00 NO Pickleball</p> <p>11:00 Sloppy Joe Lunch \$5</p> <p>1:00 Board Games</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Euchre Tournament</p> <p>Saturday September 27</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	
<p>29</p> <p>Yooperland</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>10:00 Painting</p> <p>11:30 Lunch</p> <p>12:30 Pinochle</p> <p>1:00 Corn Hole</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>7:00 Karaoke</p>	<p>30</p> <p>Loose Threads</p> <p>10:15 Zumba Gold</p> <p>10:30 Hollywood Casino</p> <p>10:30 FIT4EVER</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>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	 <p>History of Labor Day. In 1894, Grover Cleveland made Labor Day a federal holiday after a failed attempt to break up a railroad strike. Observed on the first Monday in September, Labor Day pays tribute to the contributions and achievements of American workers.</p>			<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Cheryl Rex <i>Clerk</i></p> <p>Kathy Meitvler Dotti Tynes <i>Receptionist</i></p> <p>Randy Green <i>Maintenance</i></p>



ONE-ON-ONE FINANCIAL HELP

Wednesday, September 10, 10:30 pm, Sunroom
Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 2nd 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, 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.



ADVANCED DIRECTIVES

Monday, October 6, 10 am

Do you have a written plan stating what kind of health care treatments you would want (or not want) if you could not speak for yourself? Have you talked with anyone about end-of-life care plans for yourself or loved one? Yes, comfortable conversation can take place. Take this time to come and listen and learn and more importantly asked questions and get good honest information on the topic. Call Loose and sign up today.

ROMANCE LANGUAGE FOUNDATIONS

Thursdays, beginning October 16, 4:15 - 5:30 pm, \$10
Explore the many facets of the numerous cultures around the world that speak French, Spanish, Portuguese, Italian and Romanian. This class will be six weeks of language, customs, cultures and discussion. Expect to learn a few phrases in each of these languages, the history of the languages and their common Latin base. This class is great for anyone interested in learning a bit more about other country's customs and origins. No prior knowledge is needed. Join us on this relaxing ride through the Romance Languages.

EAT SMART, LIVE STRONG

FREE CLASSES

Thursday, October 2, 9, 23, 30, Nov. 6 & 13, 10:30 am

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.

MATTER OF BALANCE - FREE

Beginning Wednesday Oct. 1 - Nov. 26, 2-3 pm, Sunroom
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!



MANAGING CONCERNS ABOUT FALLS

AVOID BEING A VICTIM OF FRAUD

Wednesday, October 22, 2:30 am, Hall A

Join the Comerica Bank Fraud Services Representative as she shares IMPORTANT information on how to protect your liability, what current scams are out and many tips and resources. Fraud and Scams are a constant threat and educating yourself is the best tool for keeping safe. Call and sign up for this important talk today!



Relax & Unwind

MASSAGE
By appointment, Mondays & 2nd & 4th Thursdays

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Monday, enjoy a chair massage for as low as \$5 or on Thursdays a table massage as low as \$25. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

PODIATRIST

Tuesday, September 23, 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

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

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.



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

10:45 am departure, return 1:30 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.



GENESSEE 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 Genessee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genessee 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.

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/Genessee 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

YOU DON'T HAVE TO MUDDLE THROUGH

There are times in our lives when we need new insights, positive thoughts, thinking time and support. There is a new corner at Loose that you may be interested in. Book donations on subjects focused on grief support have been placed in the Annex Conference Room. Take a moment to look over these wonderful resources. You may check out these books at the reception area. Please return the books to the reception area when you are finished. Loose would like to thank the donor of this new collection.



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 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

Sept. 8	Greektown Casino	\$26
Sept. 12	Lifelong Learning	
Sept. 16	Flint Farmers Market	\$6
Sept. 15-20	Hudson River Valley	\$1,279
Sept. 23	Frankenmuth/Show	\$65
Sept. 24	Huron Lady II	\$74
Sept. 29-Oct. 3	Yooperland, USA	\$655
Sept. 30	Hollywood Casino	\$28
Oct. 1	Shoreline Appreciation Tour	\$69
Oct. 7 & 8	Little River/Turtle Creek	\$120
Oct. 8	Deutsche Detroit	\$59
Oct. 9 - 13	Rails of West Virginia	\$999
Oct. 21	Heaven & Hell	\$65
Oct. 23	FireKeepers	\$30
Oct. 25-Nov. 2	New Orleans	\$1,799
Oct. 28	The Things They Carried	\$33
Nov. 20	Caesar Windsor	\$18
Nov. 20-23	Christmas @ The Greenbrier	\$999
Dec. 1-5	Smokey Mountain Christmas	\$899
Dec. 16	Soaring Eagle	\$30
Dec. 21	Holiday Pops	\$21
Dec. 30 - Jan. 1	Cleveland New Years Eve	\$404
Jan 24 - Feb. 4	Florida Vacation	\$1999
Feb. 21-27	Arizona & Sedona & Tucson	\$2149
March 7-15	Costa Rica	\$2999

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

Let's go to Frankenmuth

What would Lucy Do?

**Bavarian Inn
of Frankenmuth**

Tuesday, September 23, 2014

- Bus leaves Loose at 11:30 am
- Arrive at Frankenmuth 12:15
- Free time
- Lunch seating begins at 2:15
- Lunch begins at 2:30
- Show begins after lunch
- Bus returns to Loose approx. 6 pm



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, September 12

Meet the Von Trapps Speaker: William Anderson

"The Sound of Music" is the most seen musical play and movie ever produced. Learn more about the Von Trapps, then and now, from a family friend, author William Anderson. Some of his 25 books include The World of the Trapp Family and V is for Von Trapp: A Musical Alphabet.

October 17

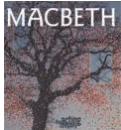
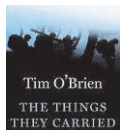
Physical Therapy for Seniors Speaker: Kim Turner

Without motion, life doesn't have much quality. Physical therapy brings motion to life. Kim Turner, Physical Therapist and owner of Advanced Physical Therapy Center, will be presenting an interesting and informative perspective of how physical and occupational therapy can help people live life to the fullest and keep them doing the things they love.

Payment is due Wednesday prior to the event.

2014/15 FLINT SYMPHONY ORCHESTRA

Buy season tickets for the 2014-15 season for **half price** (as low as \$48, which includes special seating and 2 bonus tickets that can be used for any other Flint Institute of music events, such as Holiday Pops, "Nutcracker", etc. or half-off seating on available seats. Don't wait, call Loose today for more information.



**THE WHITING
PRESENTS**

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.

"THE THINGS THEY CARRIED"	Tuesday, October 28, 2014
"HOLIDAY POPS"	Sunday, December 21, 2014
"FEET DON'T FAIL ME"	Sunday, January 25, 2015
"ANYTHING GOES"	Sunday, February 15, 2015
"SISTER ACT"	Sunday, March 1, 2015
"MACBETH"	Friday, March 13, 2015
"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



**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)

September 3	The Impressionist with Tim Marlow, Part 1
September 10	The Impressionist with Tim Marlow, Part 2
September 17	The Impressionist with Tim Marlow, Part 3
September 24	Tim Marlow at the Courtauld



AND MORE TRIPS

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

Huron Lady II

\$74 per person

Wednesday, September 24

Depart : 9 am, Return: 7 pm

Tour Includes Transportation, Round trip, Lunch. Huron Lady II Cruise, Shopping Time in Marine City's Nautical Mile, about a 1/2 mile charming area of shops, restaurants, parks, and more.



Heaven & Hell (Hell MICHIGAN THAT IS)



\$65 PER PERSON

TUESDAY, October 21, 2014

Depart 9:45 am - Return 5:30 am

Kmart on Silver Parkway



Tour Includes Transportation, Heavenly Scent Herb Farm, Lunch at Zukey Lake Tavern, Tour of Hell, Scream of Ice Cream, Spicer's Orchards and Farm Market

Hudson River Valley

\$1279 double, September 15-20

Tour Includes Transportation, 1 night to and from Hudson River Valley, 3 nights, Fishkill in Hudson River Valley, 5 breakfasts, 2 lunches, 2 dinners, U.S. Military Academy, Madava Farms, Innisfree Gardens, Vanderbilt Mansion, Culinary Institute of American, FDR Presidential Library, Great Estate River Cruise, and more.



Christmas at the GREENBRIER

November 20-23, 2014 \$999 double

Includes: Motor coach Transportation and

- 1 night @ Wheeling Island Casino
- 1 night @ GREENBRIER Resort
- 1 night - Lexington KY
- 3 Breakfasts & 3 Dinners
- Oglebays Festival of Lights
- \$50 Casino Package
- Christmas @ the Greenbrier Resort
- Greenbrier Bunker Tour
- Afternoon ea
- Greenbrier History Tour
- Lexington Horse Park Tour



2nd ANNUAL APPRECIATION TOUR to Amherstburg, Ontario

1 Day Tour - October 1, \$69

TOUR INCLUDES: Round Trip Transportation, Visit to Fort Malden, Amherstburg Sightseeing Tour, Hiram Walker's Canadian Club Tour, lunch at Artesian Grill. Sponsored by **SHORELINE TRAVEL & TOURS**

DUETSCH DETROIT Wednesday, October 8, \$59

Join us as we experience a bit of German Heritage.

Round Trip Transportation • Palmer Park Diving Tour • Dakota Inn Rathskeller (Traditional Lunch and German Sing-a-long) • Eastern Market • Guided tour of St. Joseph's Church.

Pick up Kmart on Silver Parkway, Depart 8:30 am - Returns 5:15 pm



SMOKY MOUNTAIN CHRISTMAS

\$899 double, December 1-5, 2014



Tour Includes Transportation, 4 nights at Pigeon Forge, TN, 4 breakfasts, 2 dinners, Titanic Museum Attraction, Smoky Mounty Opry, Hatfield & McCoys

Christmas Show, Biltmore Estates, Blackwoods Family Christmas Show, Tourn of Smoky Mountain Nat'l Park, Dollywood, Luggage Handling, Tax & Tip on included meals.

FLORIDA VACATION

January 24 - February 4, 2015, \$1999 Double

Includes: Motor coach Transportation and

- 11 nights Lodging
- 11 Breakfasts - 1 Lunch - 1 Dinner
- Visit to Lookout Mountain
- Florida Aquarium or Dolphin Cruise
- Broadway Palm Dinner Theater
- Trolley Tour of Naples
- Everglades Airboat Swamp Tour
- Gulf of Mexico Lunch Cruise
- St. Peat's Sunken Gardens
- Rock Candy Tour

*Outrigger Beach Resort
Fort Myers*

CLEVELAND NEW YEAR'S EVE

December 30, 2014 - January 1, 2015, \$404 double

Includes: Motor coach Transportation and

- 2 night @ Hampton Inn in downtown Cleveland
- 2 Breakfasts & 1 Dinner
- Hollywood Casino, Hard Rock Rocksino
- Rock & Roll Hall of Fame & Museum
- Shopping at 5thStreet Arcades (optional)
- Horseshoe Casino

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

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

Visit Loose on the web @ www.loosecenter.org

Health Information

Sloppy Joe Lunch
11-12 noon \$5

Housing information

Blood
Pressure
Check

Free
Mini
Massage

Loose **FLU SHOTS**
health fair
& **h**ousing

Give-aways
Free Coffee

Vendors

Friday, September 26, 2014, 9 am - 12 noon

LOOSE CENTER

707 North Bridge Street, Linden