

South End NOVEMBER 2012 NEWS

LOOSE SENIOR CITIZEN CENTER



"You can't
use up *creativity*.
The *more* you use, the *more* you have."
- Maya Angelou

DIRECTOR'S MESSAGE

Friends,

The Loose Senior Center has been known as a place where you can go to participate in many of the 100+ activities and programs. Since 1996, Loose has broadened its wide range of programs that will satisfy the diverse interests of the membership. You can review the newsletter and find a program or class that will fill your desire for fun or new horizons.

One class has been available and has stood the test of time—the Painting Group. The instructor is a true volunteer, teaching folks who have a painting background and some who are just learning to paint. Peggy Mattson is a person whose rewards are not financial, but gets an internal satisfaction from teaching members to express themselves on canvas with watercolors or oils.

This group of many talents meets every week to translate their imagination and dreams through art. Peggy's teachings give them that medium through instruction and loving patience. They love to share stories behind their art as it plays out on canvas before their eyes. The class is an escape to express their fond memories of days past and places traveled.

The Painting Group and its instructor meet every week to explore their creative minds to unleash endless ideas that they can express through the art of painting. They learn and grow together to capture beauty that comes from their hearts.

And with this, they learn that "You can't use up creativity. The more you use it, the more you have."

Carl Gabrielson

Executive Director

*Pictured on the cover, a dedicated Euchre Tournament Leadership Team, **Front Row**, Gabrielle Schroeder, Darlene Alexander, Ed Anderson, Jesse Moutray, Peggy Matson, Vikki Collins*



The **GIVING TREE** will be up in November in Building C and ready to be decorated with mittens, hats, scarves, gloves and socks. All items will be gathered and donated to local charities. We will be collecting for the tree until mid December.

"ENTERTAINMENT EXPRESS"

Friday, Nov. 16, 1 pm @ Loose

Barbershop Harmony for Free

THE FLINT TONES are all members of the Flint Chapter of the Barbershop Harmony Society and have over 100 years of producing barbershop harmony. They love to sing music from a period in history that gave us "Chattanooga Choo Choo" and "San Francisco Bay Blue" and are sure to have you tapping and singing along.



Sign up early, this event is limited to 50.

Brought to us by The Whiting and a generous grant from the Ruth Mott Foundation with support from the CS Mott Foundation.

PLEASE REMEMBER TO SIGN IN



No matter if you are here to play cards, participate in a special class, sign up for an event or grab a loaf of bread, please, **ALWAYS** scan by using the computer system (building C) or sign your name to the sign-in sheet (building A). This simple, yet important task is huge when it comes to funding for the Loose Senior Center!

NOVEMBER SPECIAL HAPPENINGS

COMMUNITY RESOURCE GROUP

Friday, November 9, 12 - 1:30 pm , Bldg C

An opportunity to dialog with a number of local agencies and to see how they work together to provide the best care for those in need. The experts will gather in one spot to share information and have answers to your questions. Hosted by: Alternative Elderly Care, Attorney Mike Thomas, A-One Hospice, Genworth, American Retirement Solutions/Veterans Support Center. Join us for dessert and a raffle and to chat with the hosts who will be available during this time to provide information and answer questions.

A CHIP OFF THE OLD WRITER'S BLOCK

Wed., November 14, 21, 28, 9:30 am, Bldg A, FREE



WEAPONS OF MASS
CREATION

Join in on this unique opportunity to learn from local accomplished author Alan Meade. He will lead a writing class that will help frustrated author's overcome writer's block, provide organizational skills needed to keep a writing project, fiction or non-fiction, on track and show writers of all ages (high school and up) how to enjoy writing by removing any intimidation from the process. You will be touching on the key traits of fiction such as, entertainment creativity, happiness, truth, enthusiasm, style that engages and much more. Enjoy this wonderful chance to learn with a friend, a son or daughter. Sign up today!

TAX PLANNING

Monday, November 26, 10:30 Bldg A

Bruce Meyers, a CPA with Hantz Tax & Business, will be at Loose and will be discussing tax strategies for 2012 including: A review of recent tax law changes, Impact of investments on your taxes, history of tax rates, and other tax issues to consider for 2012. Snacks and refreshments will be provided!

3-D SNOWFLAKE CLASS

Wed., Nov. 28, 9 am, \$5, Bldg C

Created using squares of paper, this 3-D paper snowflake is a beauty (last year they hung from the ceiling in Bldg C). Learn the step-by-step procedure as you create your very own. And just in time, so you can join us at the Loose snowflake-making party. *All materials are supplied.* Please sign up in advance.



CATERED DINNER with GUEST SPEAKER

Friday, November 2, 5:00 pm

Catered by GIGI's



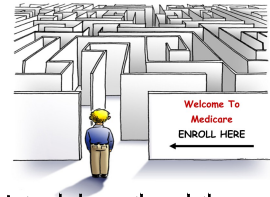
Chicken, Roast Beef, Ham,
Mashed Potatoes & Gravy,
Potato Salad, Cole Slaw, Corn,
Broccoli-Cheese-Rice, Baked Beans,
Rolls & Butter, Cake, Coffee, Iced Tea, Punch

John Niemiec, U.S. Army Corp of Engineers, Project Manager for the Soo Locks will be at Loose to share past, present and future plans at the Soo Locks located in Sault Ste. Marie, Michigan. More than 10, 000 vessels, carrying up to 80 million tons of cargo pass through these locks each year. The presentation will focus on why the locks are necessary for the safe transit of vessels on this area of the St. Mary's River. Call today and sign up for this special dinner.

MEDICARE PART D OPEN ENROLLMENT

Thursday, November 29, by appointment, Bldg A

The open enrollment period is from October 15 through December 7 with changes made taking place on January 1, 2013. 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 date. Contact Loose for more information. **Let us help you through the maze!**



SNOWFLAKE-MAKING PARTY

Thursday, November 29, 9 am - 11 am

FREE

We will provide the paper and directions, you bring your scissors and a snack to share (the "party" part). We cut out snowflakes, ooh and ahh about them as they unfold, munch on some snacks and when we are done, hang snowflakes all over to create that festive look. Give yourself the time to kick back and chat and have some good old fashioned fun!

IT WAS SO MUCH FUN LAST YEAR, WE
JUST HAVE TO DO IT AGAIN THIS YEAR.

Join us in Building C!

NUTRITION & MORE

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am

60 and over: Suggested donation \$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, the day before by 12 noon. *Sharing a meal with others is a great way to make friends and also get a healthy meal.* Menus are available in the office.

GCCARD THANKSGIVING LUNCHEON

Tuesday, November 20, 2012

Menu includes Turkey w/Gravy, Stuffing, Mashed Potatoes, Mixed Vegetables, Cranberry Sauce, Roll, Pie and beverage. *Reservations must be in by 11/5.*

GCCARD CHRISTMAS LUNCHEON

Thursday, December 20, 2012

Menu includes Roast Pork Loin w/Gravy, Mashed Potatoes, European Vegetables, Cranberry Sauce, Roll, Pie and beverage. *Reservations must be in by 12/6.*

COFFEE HOUR

Wed., Nov. 14, 9:30 am

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 with all the happenings. *New members are especially encouraged to join us.*

POTLUCK DINNER Friday, Nov. 9, 5 pm

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. The 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.

The New QUILT

Please stop by the Loose office and examine the BEAUTIFUL QUILT that was just completed by our own Loose Threads group. This piece of artwork is being raffled, in a drawing being held at our Christmas party in December. **The cost of the ticket(s) is \$1 each or 6 for \$5.**

A wonderful creation done with love, friendship and the spirit of giving. Be sure to buy your ticket(s) today!

CHRISTMAS DINNER AT SPRING MEADOWS

Tuesday, December 4, 12 noon, \$17

An elegant plated luncheon at Spring Meadows Country Club located on Ripley Road in Linden. The price includes either Lemon Chicken or Great Lakes White Fish (please indicate your choice at time of ticket purchase), salad, baked potato, green beans almandine, roll and dessert. There will be wonderful entertainment, a festive holiday setting with prize drawings and time with friends. This is a favorite of many Loose members. Call the Center to sign up. **Tickets must be purchased by November 20.**

Welcome in the NEW YEAR with LAUGHTER

Tuesday, January 15, 5 PM, \$12

DINNER followed by Comedian Jason Cooper



Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system,

boost your energy, diminish pain, and protect you from the damaging effects of stress. Knowing that ... get ready for...

Jason is a seasoned comedian who has opened for Smokey Robinson, The Righteous Brothers, Three Dog Night, The Doobie Brothers, The Beach Boys, Foreigner, Kenny G, Paul Anka, Michael Buble, Weird Al, Jim Gaffigan, Carrot Top, to name a few.

With his quick wit and commanding stage presence, Jason takes his audience on a roller coaster ride of laughs from the word "Go".

Dinner Includes: Chicken, Meatballs, Pasta, a variety of salads, hot vegetable, rolls, dessert and drinks.

Space is limited, sign up today.

KEEPING FIT

Most of Loose's fitness classes will be held at Hope Lutheran Church, located at 7355 Silver Lake Road just past the community schools. A detailed map is available at the Loose Office.

ZUMBA & ZUMBA GOLD \$5/class

Low-impact dance/exercise class with music, includes stretching, balance, stimulates brain function and easy dance moves. **GOLD** is a specially designed class for the active older adult or deconditioned person. Includes stretching, balance and brain stimulation. Wear comfortable clothes and smooth-soled athletic shoes and bring a water bottle.

TAI CHI SIMPLIFIED YANG FORM \$5 per class

Doctor-recommended, increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow.

TAI CHI FOR ARTHRITIS \$5 per class

Approved by the Arthritis Foundation, see improvement in Flexibility, Balance, Coordination, Range of Motion, Strength and Confidence.

BODY RECALL \$3 per class

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

BIKING BUNCH This activity will reconvene in the spring. If you are interested in the Biking Bunch, please contact the Loose Center at 735-9406.

Wii BOWLING *Next league play begins in January*

Organized Wii play is held on Thursdays, open play is available when there is no schedule conflict. If you are interested in Wii bowling, please contact the Loose Office at 735-9406.

PLEASE CHECK THE MASTER CALENDAR FOR HOLIDAY CLOSINGS.

BEACHBALL VOLLEYBALL A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us at 5 pm for a more gentle game, no spiking or aggressive play. Or, join us at 6 pm for a more aggressive game.

YOGA \$5 per class

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

CARDIO YOGA Keep the flow going and get a great workout for your heart and mind. Feel the movements of your body as you control your breathing, all the while going at your own pace.

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

LINE DANCE \$3 for one or both classes

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

Contact the Loose Center For information on this program.

Fitness Class Schedule

MONDAY

HOPE LUTHERAN

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

LINDEN ELEMENTARY
5:00 pm **Volleyball**

movit

TUESDAY

HOPE LUTHERAN

9:15 am **Tai Chi**
10:30 am **Body Recall**
12:00 pm **Beg. Line Dance**
1:00 pm **Adv. Line Dance**
5:00 pm **Yoga (flow)**

LOOSE CENTER

9:30 am **Chair Yoga**
10:30 am **Zumba Gold**

WEDNESDAY

LOOSE CENTER

9:00 am **Biking Bunch**
11:00 am Hope Walking Club

HOPE LUTHERAN

9:30 am **Yoga (flow)**
4:00 pm **Tai Chi for Arthritis**
5:00 pm **Zumba**

THURSDAY

HOPE LUTHERAN

9:15 am **Tai Chi**
10:30 am **Body Recall**
2:30 pm **Tai Chi for Arthritis**
4:30 pm **Zumba**
6:30 pm **Beg Line Dance**
7:30 pm **Adv. Line Dance**

LOOSE CENTER

9:30 am **Chair Yoga**
5:00 pm **Cardio Yoga**

FRIDAY

HOPE LUTHERAN

9:30 am **Yoga (flow)**
11:00 am Hope Walking Club

SATURDAY

HOPE LUTHERAN

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



During these cold winter days
keep **MOVIN**
Try **ZUMBA GOLD!**

ARTSY & CRAFTY

BASKET WEAVING

Thursday, 7 pm Bldg A, \$5 per class plus supplies

Learn to make beautiful and useful baskets from commercially prepared reed. Instructor has over 30 years experience in teaching this craft. Classes meet on Thursdays from 7 to 9 pm and run through November. Classes are small so each person receives all the help they need. Supplies are available from the instructor at reasonable prices. Please bring a dishpan, pencil, measuring tape and scissors.

"ANYONE CAN PAINT" Class Minimum: 6

Tuesday, November 13, 9-11 pm \$20, Bldg A

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



HAPPY STAMPERS GROUP

Monday, November 26, 1 pm, Bldg C, 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, ideas, share time with those who share the same interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.

WOOD CARVERS

Wednesdays, 12 - 2 pm, Bldg A, FREE

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

YARN RECYCLERS

Fridays, 10 am, Bldg C, FREE

We are always in need of those who would like to help with the lap robes that are donated to local vets, nursing homes and those with other special needs. Our knitters and crochet group meet every Friday to knit or crochet needed items.

PAINTING GROUP

Mondays, 10 am, Bldg C, FREE

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

FRIENDS & FELLOWSHIP APPLIQUÉ

Friday, November 2, 16, 30, 1-3 pm, Bldg C

This appliqué group is designed for the experienced appliqué quilter who wants to learn more, do more and discover more about the art of appliqué. Participants meet regularly and receive personalized instruction.

KNIFTY KNITTER CLASSES

Discover the easy way to knit with "Knifty Knitter". It is the key to creating hats, scarves, mittens, slippers socks, afghans and so much more. The knitting loom is the perfect creative tool for anyone. Join and get personalized instruction on using the loom.

Supply list available.

ROUND LOOM "Tommy" Turkey Hat \$15

Wed., November 7 & 14, 1 pm, Bldg C Intermediate

LONG LOOM Beaded Hat \$15

Wed., Nov. 28 & Dec. 5, 1 pm, Bldg C Advanced

SCRAPBOOKING

Tuesday, November 20, 1 pm, Bldg A, FREE

Whether you have pictures from a recent event or they've been in storage for years, 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.

LOOSE LAPGHANS

Fridays, 1 pm, Bldg A, FREE

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

LOOSE THREADS

Tuesdays, 10 am, Bldg A, FREE

Anyone is welcome to join this talented and dedicated group who are currently working on a quilting project. Also, feel free to come and work on your own projects in a setting that is conducive to good company and a common quest to share time and talent with others.

COMPUTER CLASSES, GAMES AND OTHER GOOD STUFF

Loose offers computer classes that are especially tailored to the needs of senior citizens. Class sizes are small and the instructor, Kelly O'Connell, well versed in the subject. *COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER.* You must bring your own computer or all classes will be projected to the screen, so students can opt to observe and take notes.

WORD PROCESSING *(MS WORD, WORKS, OPEN OFFICE)*

Wed., Nov. 7, 14, 28, Dec. 5, 4-6 pm, \$20, Bldg A

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

*WATCH FOR UPCOMING CLASSES
IN THE DECEMBER NEWSLETTER*

November/December Special HOLIDAY GREETINGS



Loose Card Shop

The *LCS* (Loose Card Shop) will be in full swing the next few months with an abundance of wonderful Holiday Greeting Cards. The deal, bundles of five cards for 50¢ or single cards for 10¢. Share the news with your friends and invite them to stop by.

Stop by and check out our updated card area.

CHRISTMAS SING-ALONG

Wednesday, December 12, 6 pm, Bldg C

Join the Loose Music Makers for an evening of singing, laughter, holiday treats and good fun. Bring your friends and family for this evening of music, fun and fellowship. Cookies and punch will be served following the event.



There is much to celebrate! We hope you allow yourself the time to gather and enjoy this very special evening.

EUCHRE TOURNAMENT

FRIDAY, November 16, 5:00 pm, \$5 Entry Fee
GREAT Prizes, Food & Drink, 50/50 Raffle

SCRABBLE TOURNAMENT

January 4-5, 2013

GAMES

POOL PLAYERS Bring a friend and play anytime.

BRIDGE **Mon. & Wed., 9 am - 2:30 pm**

CHICAGO BRIDGE **Tues. & Fri., 1 - 4 pm**

CHESS **Wed., 12:30 pm**

DOMINOES **Wed., 12:30 pm**

HAND AND FOOT **is on break, check with office.**

MAH JONGG **Tues. & Thurs. 3 pm**

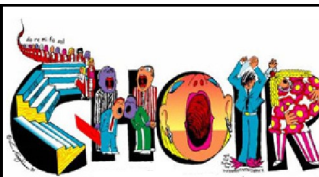
PINOCHLE **Mon. & Wed., 12:30 pm**

EUCHRE **Tues. & Thurs., 12:30 pm**

Sat., 10 am - 12:30 pm

CARDS & MORE **Thurs., 10:30 am (beginning 11/29)**

JIGSAW PUZZLES Browse through our puzzle selection located in **Building A**; take them out on loan or if you have puzzles that you would like to donate, they will find a home at Loose.



The choir practices on Mondays at 3 pm at the Loose Senior Center. Our choir director, Gary Daniel and accompanist,

Ramona Deese are accomplished and dedicated musicians. The choir rehearses and works to prepare for many special events. The choir is currently working on Christmas music. They will be hosting our Sing-along, as well as going out into the community and sharing their talent locally with those who can use some holiday cheering. A very welcoming group, maybe it is time to give it a try.

**Mondays
7- 8:30 pm**



The interest in Karaoke is growing and we aim to please those who are interested. **Join us for the FUN**

November 2012

OFFICE HOURS

Monday - Friday
8 am- 4 pm

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@looseseniorcenter.org

WEBSITE

www.looseseniorcenter.org

MONDAY



Sunday
November 4
2 am

TUESDAY



Carl Gabrielson
Executive Director

Cheryl Rex
Receptionist

Debbie Hancock
Executive Assistant

Bonnie Meadows
Office Assistant

Melinda Elmore-Hajek
Program Coordinator

Randy Green
Maintenance

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Salisbury Stk</i></p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>5:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p> 	<p>8:30 Podiatrist</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Bean Soup</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p>	<p>9:00 Niagara Falls</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Turkey w/Gravy</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 Knifty Knitter Turkey Hat</p> <p>3:30 Bible Study</p> <p>4:00 Tai Chi for Arthritis</p> <p>4:00 Word Processing</p> <p>5:00 Zumba</p>	<p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling</p> <p>10:00 AMVET Rep.</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Meatballs</i></p> <p>12:30 Euchre</p> <p>2:30 Tai Chi for Arthritis</p> <p>3:00 Mah jongg</p> <p>4:30 Zumba</p> <p>5:00 Cardio Yoga</p> <p>6:30 NO Line Dance</p> <p>7:00 Basket Weaving</p> <p>7:30 Adv. Line Dance</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>11:30 Lunch <i>Chicken</i></p> <p>1:00 Lapghans</p> <p>1:00 Applique</p> <p>1:00 Chicago Bridge</p> <p>5:00 Catered Dinner</p> <p>Saturday November 3</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>6:30 Kenny Wayne Shepherd</p> 
<p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch <i>Salisbury Stk</i></p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>5:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p> 	<p>8:30 Podiatrist</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:00 Blood Pressure</p> <p>11:30 Lunch <i>Bean Soup</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:00 Yoga</p>	<p>9:00 Niagara Falls</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Turkey w/Gravy</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>1:00 Knifty Knitter Turkey Hat</p> <p>3:30 Bible Study</p> <p>4:00 Tai Chi for Arthritis</p> <p>4:00 Word Processing</p> <p>5:00 Zumba</p>	<p>8:00 Board Meeting</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Wii Bowling</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Chicken Egg Roll</i></p> <p>12:30 Euchre</p> <p>2:30 Tai Chi for Arthritis</p> <p>3:00 Mah jongg</p> <p>4:30 Zumba</p> <p>5:00 Cardio Yoga</p> <p>6:30 NO Line Dance</p> <p>7:00 Basket Weaving</p> <p>7:30 NO Adv. Line Dance</p>	<p>8:15 Lifelong Learning</p> <p>9:00 MMAP Counselor</p> <p>9:30 NO Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Fish</i></p> <p>12:00 Alternative Health</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Potluck</p> <p>Saturday November 10</p> <p>9:00 NO Yoga</p> <p>10:00 Euchre</p> <p>10:15 NO Zumba</p>

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Loose is closed
ALL ACTIVITIES
ARE CANCELED

9:00	CSFP	13
9:00	"Anyone Can Paint"	
9:15	Tai Chi	
9:30	Chair Yoga	
10:00	Loose Threads	
10:30	Body Recall	
10:30	Zumba Gold	
11:30	Lunch <i>Pork Chop</i>	
12:00	NO Beg. Line Dance	
12:30	Euchre	
1:00	1 on 1 Financial	
1:00	NO Adv. Line Dance	
1:00	Chicago Bridge	
3:00	Mah jongg	
5:00	Yoga	

9:00	Bridge	14
9:00	Blood Pressure Check	
9:30	Coffee Hour	
9:30	Yoga	
9:30	Chip off Writers Block	
10:30	Watch Repair	
10:30	Investment Perspective	
11:15	Art à la Carte	
11:30	Lunch <i>Beef Stew</i>	
12:00	Wood Carving	
12:30	Pinochle/Dominoes/Chess	
1:00	Knifty Knitter Turkey Hat	
3:15	Coupon Club	
3:30	Bible Study	
4:00	Tai Chi for Arthritis	
4:00	Word Processing	
5:00	Zumba	

9:15	Tai Chi	15
9:30	Chair Yoga	
10:30	Body Recall	
11:15	Farmers' Market Trip	
11:30	Lunch <i>Chicken</i>	
12:30	Wii Bowling Banquet	
12:30	Euchre	
1:00	Energy Healing	
2:30	Tai Chi for Arthritis	
3:00	Mah jongg	
4:30	Zumba	
5:00	Cardio Yoga	
6:30	Beg. Line Dance	
7:00	Basket Weaving	
7:30	Adv. Beg. Line Dance	

9:00	MMAP Counselor	16
9:30	Yoga	
10:00	Hearing Clinic	
10:00	Yarn Recyclers	
10:00	Board Games	
11:30	Lunch <i>Beef Pasties</i>	
1:00	The Flint Tones	
1:00	Appliqué	
1:00	Lapghans	
1:00	NO Chicago Bridge	
5:00	Euchre Tournament	
SATURDAY November 17		
9:00	Yoga	
10:00	Euchre	
10:15	Zumba	

9:00	Message	19
9:00	Bridge	
9:30	Yoga	
10:00	Painting	
11:30	Lunch <i>Green Peppers</i>	
12:30	Pinochle	
3:00	Choir	
5:00	Zumba	
5:00	Volleyball	
6:00	TOPS Weigh-in	
7:00	Karaoke	

9:15	Tai Chi	20
9:30	Chair Yoga	
10:00	Loose Threads	
10:30	Body Recall	
10:30	Zumba Gold	
11:30	Lunch <i>Thanksgiving Lunch</i>	
12:00	Beg. Line Dance	
12:30	Euchre	
1:00	Scrapbooking	
1:00	Adv. Line Dance	
1:00	Chicago Bridge	
3:00	Mah jongg	
5:00	Yoga	

9:00	Bridge	21
9:30	Chip off Writers Block	
9:30	Yoga	
9:30	Legal Services	
10:00	Depression Support Gp.	
11:15	Art à la Carte	
11:30	Lunch <i>Lasagna</i>	
12:00	Wood Carving	
12:30	Pinochle/Dominoes/Chess	
3:30	Bible Study	
4:00	NO Tai Chi for Arthritis	
5:00	NO Zumba	

HAPPY THANKSGIVING



Loose is closed
November 22 - 25
ALL ACTIVITIES
ARE CANCELED

9:00	Message	26
9:00	Bridge	
9:30	Yoga	
10:00	Painting	
10:30	Tax Planning	
11:00	Blood Pressure	
11:30	Lunch <i>Baked Ham</i>	
12:30	Pinochle	
1:00	Happy Stampers	
3:00	Choir	
5:00	Zumba	
5:00	Volleyball	
6:00	TOPS Weigh-in	
7:00	Karaoke	


9:00	Message	26
9:00	Bridge	
9:30	Yoga	
10:00	Painting	
10:30	Tax Planning	
11:00	Blood Pressure	
11:30	Lunch <i>Baked Ham</i>	
12:30	Pinochle	
1:00	Happy Stampers	
3:00	Choir	
5:00	Zumba	
5:00	Volleyball	
6:00	TOPS Weigh-in	
7:00	Karaoke	

9:15	Tai Chi	27
9:30	Chair Yoga	
10:00	Loose Threads	
10:30	Body Recall	
10:30	Zumba Gold	
11:30	Lunch <i>Fried Chicken</i>	
12:00	Beg. Line Dance	
12:30	Euchre	
1:00	Adv. Line Dance	
1:00	Chicago Bridge	
2:00	Alzheimer Support	
3:00	Mah jongg	
5:00	Yoga	

9:00	Bridge	28
9:00	3-D Snowflake Class	
9:30	Chip off Writers Block	
9:30	Yoga	
11:15	Art à la Carte	
11:30	Lunch <i>Veal Steak</i>	
12:00	Wood Carving	
12:30	Pinochle/Dominoes/Chess	
1:00	Knifty Knitter Beaded Hat	
3:30	Bible Study	
4:00	Word Processing	
4:00	Tai Chi for Arthritis	
5:00	Zumba	

9:00	Medicare Open Enrollment	29
9:15	Snowflake Making Party	
9:30	Tai Chi	
9:30	Chair Yoga	
10:00	Firekeepers Casino	
10:30	Body Recall	
10:30	Cards & More Begins	
11:30	Lunch <i>Chicken w/Noodles</i>	
12:30	Euchre	
2:30	Tai Chi for Arthritis	
3:00	Mah jongg	
4:30	Zumba	
5:00	Cardio Yoga	
6:30	Beg. Line Dance	
7:00	Basket Weaving	
7:30	Adv. Beg. Line Dance	

9:00	MMAP Counselor	30
9:30	Yoga	
10:00	Yarn Recyclers	
10:00	Board Games	
11:30	Lunch <i>Mac & Cheese</i>	
1:00	Appliqué	
1:00	Lapghans	
1:00	Chicago Bridge	
Saturday, December 1		
9:00	Yoga	
10:00	Euchre	
10:15	Zumba	



BIBLE STUDY God's Faith

Every Wednesday, 3:30 pm Free

This is an opportunity for those interested to explore the scriptures to seek those personal answers to the question of Faith. This non-denominational, weekly study will build on itself, so it is best to try to commit to each week. Facilitator, Pat Robertson, graduated from Faith Tec Bible College (Lansing MI) in 1983 and has many years of experience in the ministry and is looking forward to the learning that comes along with teaching.

WRITE YOUR LIFE STORY

Friday, November 9, & 30, 10 am, Bldg C

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories of our lives. There are plenty of helpful tips and class discussion that makes putting our memories in writing fun.

DEPRESSION SUPPORT GROUP

Wednesday, November 21, 10 am Bldg C

As many as 25% of Americans will suffer at least moderate depression during their lifetimes. And while some depression is purely the result of unbalanced chemicals in the brain, much depression comes as a reaction to difficult circumstances that one cannot control. Still other depression results from not knowing how to handle stressors that continue to pile up, leading to more stress. Join Kim Verhelle, a Licensed Professional Counselor, as she explores how stress and depression work, and how persons can empower themselves to live with less stress and depression as they age. There will be time for questions and discussion as we collaborate to look at ideas and possible solutions for those who attend.



INCLEMENT WEATHER POLICY

During the winter months, Loose has an inclement weather policy. When the Linden Schools are closed due to weather conditions, the Loose Senior Citizen Center will be closed. Local television and radio stations will list the latest school closings or feel free to call Loose for updates in scheduling.

LOOSE BOOK CLUB

Monday, December 10, 1 pm , Bldg A

This well read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us.

ENERGY MEDICINE

Thursday, November 15, 1- 4 pm \$40, Limit 6, Bldg C

Learn how Tapping and eating a 50% raw diet can be used to help make a life change in the way we eat for optimal health. This class will focus on the reasons for overeating and cravings and how to eliminate them with the Tapping. There will be samples of raw food to show the creative way to eat raw and how it is more than eating just salads. Please register in advance for this activity. This class is lead by Christine Shreve, a AMMET Certified EFT/Meridian Tapping Practitioner/Coach.

ALZHEIMER'S SUPPORT GROUP

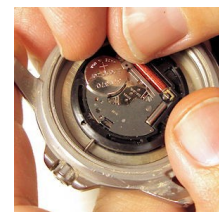
Every 4th Tuesday, 2 pm, Bldg A

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 persons at all times and particularly encourages attendance by those who have newly diagnosed Alzheimer's patients.

Wednesday, November 14, 10:30 am - 1 pm

WATCH REPAIR

Specializing in
Battery Replacement and/or Adjustment



Meet Angela Waldowski who has over 30 years of experience in the trade.

*Angela will be here on the
2nd Wednesday of each month.*

Stop by and say HI!

HEALTH SERVICES & TRANSPORTATION

MASSAGE THERAPY Mondays, 9 am

\$5 for 7-minute session or \$10 for 15-minute session

Certified Massage Therapist Donna Roberts will treat you to some great stress relief through massage. Massage increases blood flow, reduces muscle tension and leaves you feeling great! Walk-ins accepted or **call for an appointment.**

FREE VISION SERVICES

Thursday, January 10, 2013, 10 am - 1 pm

- Vision Screens
 - Adjustments and cleaning of glasses
 - Affordable frames to try on
 - Literature on Macular Degeneration & Glaucoma
 - Discount cards for all uninsured
 - Free one-year frame warranty with appointment
- Sponsored by Riverfront Optical

PODIATRIST

Tuesday, November 6, by appointment, Bldg A

Dr. Koehler practices at Holly Foot & Ankle Specialists and 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

November 16, 10 am (by appointment)

Hearing Tests and Evaluations, Hearing Aid Check, 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.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS

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

2nd Wednesday of each month, 9 - 10 am

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

TOPS (Take off Pounds Sensibly)

Mondays, 6:00 pm, Bldg C For information, please contact the Loose Center at 735-9406.

"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."

PLEASE CALL THE CENTER TO SCHEDULE RIDES FOR LOOSE RELATED EVENTS.

WEEKLY SCHEDULED VAN DESTINATIONS

Please call ahead to schedule a ride for the following:

Monday – VG's on Silver Parkway, Fenton

12:15 pm departure, return 2:15 pm, \$4 roundtrip

THURSDAY – Farmers' Market

11:15 am departure, return 2:30 pm, \$4 roundtrip

FRIDAY – Meijer on Hill Road

12:15 pm departure, return 2:15 pm, \$4 roundtrip

For more information, call the Loose office at 735.9406 or the MTA at 780.8965.

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior fare. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation fee is \$4. A monthly pass is available for \$35 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.

REMINDER: Transportation to and from Loose can be scheduled through the Loose office. If you need a ride to a Loose event, please call the Loose office **at least one day** in advance. Rides cannot be guaranteed when scheduled the day of the event.

TRIP RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED.

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

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

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

SPECIAL SERVICES & SUPPORT

INVESTMENT PERSPECTIVE

Wednesday, November 14, 10:30 am, Bldg C

Financial Advisor Katie Rozen will be discussing a variety of relevant financial topics including today's market, investment strategies, living in retirement, and ways to protect what is important. Investment Perspective will follow the Coffee Hour on 2nd Wednesday of each month.

ONE-ON-ONE FINANCIAL HELP

Tuesday, November 13, 1:00 pm, Bldg A

Financial Advisor Katie Rozen will be available for free financial consultations at Loose Center the 2nd Tuesday of each month. This service is by appointment only. To schedule an appointment, call Loose Center at 735.9406.

LEGAL ADVICE

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

Attorney Sharon Miner will be at the Loose Center to offer free consultations on estate planning. This service is 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

If you are having any problems with a place of business or question whether 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, attempting to resolve them.

AMVETS

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Tuesday, 9-10:00 am

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

MICAPE 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 and maintain their health and independence. The assistance is provided through the 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.

COUPON CLUB

2nd Wed. of each month, 3:15 pm

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

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 gets disposed of properly.

CARE CLOSET Loose's medical equipment was destroyed in the fire. We are in the re-stocking phase. If you have equipment that you would like to donate, let us know. If you need equipment, please call Loose at 735.9406.

AARP TAX-AIDE Consider volunteering as a Tax Assistance Counselor or a Leader Coordinator. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 248.634.1216, toll free 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at www.aarp.org/taxaide.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselor, Ann Walker, will be available to see Medicare beneficiaries Fridays 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 those who serve them 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.

MEMBER PRIVILEGES & FUNDRAISING

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.

SUNSHINE GREETINGS If you know someone whose spirits would be lifted by receiving a card or note, please stop by or call Loose and tell us their name. A card will be sent ASAP by our Sunshine Greeting volunteer.

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.

FREE MAGAZINES Members drop off magazines in Building C. We have many of the latest popular magazine titles for you to enjoy. Feel free to take them home.

FREE WiFi (wireless Internet) Both buildings A & C have secured wireless Internet. Stop by the office for the password.

FREE LENDING LIBRARY The library is located in the Activity Center. Come and browse and take a book with you. Donated gently used books are always welcome. Drop them off in Building C.

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. *No annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25 due January 1st.

A REMINDER to our out-of-county members.

The annual membership fee of \$25 per person is due for 2013. 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 help those community organizations who are helping those in need. If you are interested in becoming a Loose Angel, call or stop by the Center and indicate your interest. Watch for our Angels in the community 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.

WE SAVE...

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

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

GREETING CARDS

All of our greeting cards were destroyed in the fire. If you have **new** greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area and cards will be sold for .25 or 5/\$1.

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

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

EYE GLASSES Deposit your used glasses in the Lions box located in Building C.

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

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

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

Please help us keep our files up-to-date.

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

POLICY ON THE USE OF TOBACCO PRODUCTS ON LOOSE PROPERTY

No person, at any time, shall smoke or use tobacco products on Loose property, except in the privacy of their own vehicle.

This newsletter is funded through Genesee County Senior Millage Funds. Your tax dollars at work!



A series of informative programs focusing on the arts. It is 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

- 11/7 *Trailblazer: The Editorial Cartoons of Etta Hulme Political Cartoons of Tony Auth & Jeff MacNelly*
- 11/14 *The Silver Pharaoh*
- 11/21 *Lost Ships of Rome*
- 11/28 *Voices from the Louvre, Arcimboldo: Nature & Fantasy*

TRIPS @ A GLANCE

November 3	Kenny Wayne Shepherd Band	\$50
November 7	Niagara Falls	\$189
November 9	Lifelong Learning	\$8
November 10	Symphony	
November 12	Caesars Windsor	\$17
November 16	The Flint Tones @ Loose	FREE
November 29	FireKeepers Casino	\$30
December 1	The Rat Pack @ the FOX	\$139
December 8	"Cirque Dreams Holidaze"	\$55
December 12	Greektown	\$27
December 13	A Capitol Christmas	\$949
December 14	Free FIM Faculty Concert	
December 16	HOLIDAY POPS	\$21
January 8	Soaring Eagle	\$30
January 15	Detroit Institute of Arts	\$77
January 24	Hollywood Casino Toledo	\$28
January 36	Sinbad	\$35
February 1	"Shrek the Musical"	\$57
February 6	Windsor Casino	\$17
February 9	Rick Springfield	\$50
February 21	Arizona, Sedona & Tucson	\$1999
February 21	"Rock of Ages"	\$55
February 26	Greektown Casino	\$27
March 6	Red Wings vs Oilers	\$62
March 18	Soaring Eagle & "Celtic Crossroads"	\$30
March 19	Blue Man Group	\$64
March 21	Ethnic Dine Around	\$63
April 10	FireKeepers Casino	\$30
April 29	Turkeyville "Steel Magnolias"	\$76
May 6	Soaring Eagle & "Frankie Avalon"	\$30
June 11	All Things Detroit	\$64
May 11	Williamsburg	\$1339
November 14	Hawaii Cruise	\$3899

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.

November 9 John D. Cherry, Jr. will share about his "Career in Politics"

December 14 Crossroads Village Director of Genesee County Parks and Recreation, **Amy McMillen** will discuss what is available at Crossroads Village. **Michael Thorp** will talk about children's books placed at Crossroads and **Dan Hays** will create a holiday spirit singing Christmas songs we all enjoy.

A BIG THANKS to the State Bank for their donation to this vital program. Their generosity has allowed us to offer this outing at a reduced rate. If you have not attended this event, please consider doing so. If you have been a loyal participant, thank you and we look forward to your continued support. *You must sign up and pay by Tuesday prior to the event.*



JOIN LOOSE @ THE WHITING

Details available at the Loose Center

Sat., Nov 3	Kenny Wayne Shepherd Band	\$50
Sun., Dec 16	HOLIDAY POPS	\$21
Sat., Jan 26	Sinbad	\$35
Fri., Feb 1	"Shrek The Musical"	\$57
Sat., Feb 9	Rick Springfield	\$50
Thur, Feb 21	"Rock of Ages"	\$55
Tues., Mar 19	Blue Man Group	\$64
Sat., Apr 20	Flying Karamazov Brothers	\$35
Fri, Apr 26	"The Addams' Family"	\$59
Sat, May 18	"Beauty and the Beast"	\$59

Tickets on hold are released one month before the performance, PLEASE REGISTER EARLY!

2012/13 FLINT SYMPHONY ORCHESTRA

Buy season tickets for the 2012/2013 season for **\$43.50** (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.

CONCERTS

- Saturday, November 10, 8:00 pm
- Saturday, January 19, 8:00 pm
- Saturday, February 16, 8:00 pm
- Saturday, March 16, 8:00 pm
- Saturday, April 13, 8:00 pm



Christmas with THE RAT PACK
Saturday, December 1

TOUR INCLUDES

- TRANSPORTATION *and*
- Great seats @ the Fox
- Lunch at Traffic Jam



\$139 per person

"A CAPITAL CHRISTMAS" in WASHINGTON D.C.
December 13-16, 2012

TOUR INCLUDES TRANSPORTATION and:

- ◆ 3 Nights Downtown D.C.
- ◆ 3 Breakfasts & 2 Dinners
- ◆ Sightseeing Tour of Washington D.C.
- ◆ Arlington National Cemetery & WW II Memorial
- ◆ Christmas @ Mount Vernon
- ◆ "A Christmas Carol" @ Ford's Theater
- ◆ National Christmas Tree
- ◆ Performance at Kennedy Center

Per Person Price, \$949 Double/\$1,159 Single

FEATURING "FABERGE: THE RISE & FALL"
Tuesday, January 15, \$77
Departs 10:15 am, Returns 5:15 pm



Your tour includes:

- * Roundtrip Transportation
- * Lunch @ Fishbone's Rhythm Kitchen Café
- * Detroit Institute of Arts


A rare opportunity to glimpse imperial Russian treasures made by the House of Fabergé, including jewel-encrusted parasol and cane handles, an array of enameled frames, animals carved from semi-precious stones, and miniature egg pendants.

Join Loose Senior Center
Wednesday, March 6, 2013 **\$62**



INCLUDES
Roundtrip Motorcoach Transportation
Ticket to the Game 7:30 pm
Detroit Red Wings vs the Edmonton Oilers
Water and Snacks on the Bus
DEPARTS K-Mart Owen Rd. Fenton, 5 PM
APPROXIMATE RETURN 11:30 PM

TURKEYVILLE featuring "Steel Magnolias"
Monday, April 29, 2013, \$76



Includes Transportation: Turkey Lunch Buffett and a wonderful performance of "Steel Magnolias".

ARIZONA
Sedona & Tuscon
February 21-27, 2013



TOUR INCLUDES AIR/ COACH TRANSPORTATION &

- 3 Nights-Tucson, 3 Nights-Sedona
- 6 Breakfasts, 1 Lunch, 3 Dinners
- San Xavier Mission, Pima Air & Space Museum
- Kartchner Caverns, Sabina Canyon Tram Tour
- Borders Brewery Tour, Biosphere 2
- Wine Tasting @ Meynard's Market
- Pinnacle Peak & Trail Dust Town
- Casa Grande Ruins National Monument
- Verde Canyon Railroad, Sedona Trolley Tour
- Backroads Drive or Red Rock Country
- Leisure time in Sedona


\$1,999 Double/\$2,599 Single Balance due 12/20/12

ETHNIC DINE AROUND
Thursday, March 21, \$63



Featuring Appetizers at Original New Parthenon Restaurant, main course at The Polonia Restaurant and dessert at Shatila Bakery, transportation and a wonderful afternoon. *This trip would be great with a friend.*

WILLIAMSBURG
May 11-17, 2013



INCLUDES TRANSPORTATION:

- ◆ 6 Nights Lodging
- ◆ 6 Breakfasts & 4 Dinners
- ◆ American Mountain Show, Luray Caverns,
- ◆ "Monticello", St. John's Church,
- ◆ Yorktown Victory Center, National D Day Memorial
- ◆ Virginia Dare Dinner Cruise ...and MORE!

Per Person Price, \$1,339 double/\$1,789 Single

HAWAII November 14-24, 2013

Includes: Roundtrip Air—Detroit—Honolulu

- ◆ 2 nights @ Sheraton Princess Kaiulani
- ◆ 7 Night Cruise on Pride of America
- ◆ And much much more!

Detailed information available at Loose.

- Inside Stateroom - \$3899
- Outside Stateroom - \$4649
- Balcony Stateroom - \$4859

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



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“Those who bring sunshine to the lives of others cannot keep it from themselves.”

Sir James M. Barrie



Friendships



Services



Valuable Information.



*Volunteers & the community
Caretel® Inns*



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Commitment & Growth