

# South End NEWS

OCTOBER 2012

## LOOSE SENIOR CITIZEN CENTER



**“Dedication is not what others expect of you, it is what you can give to others.”**

*Unknown*

## DIRECTOR'S MESSAGE

Friends,

Loose Senior Center is a place where people come to enjoy the company of friends, receive valuable services, attend classes to attain a healthy body and mind...and just have FUN.

A non-profit organization, the Loose Senior Center needs the help of a strong Board, an educated and dedicated staff and many members who have a passion to volunteer to help do the numerous, everyday duties and raise monies to pay the bills. Since 1996 Loose has relied on all of these elements to provide a Center that is able to sustain a wide range of programs, special events and trips for the community and it's members.

As one of the many non profits in Genesee County, we find many challenges before us. The biggest one is the funding to meet our financial obligations. We receive the County Senior and the Southern Lakes millage monies and grants, but this by no means is enough to pay the bills. In order to meet our needs, we depend on those internal groups to develop fundraisers to fill the void.

Loose is gifted to have many of these groups of volunteers. Some spend all year collecting and sorting items to have our summer bazaar. We have the woodcarvers who handcraft items, craftsmen who build furniture and quilters who design and create items to raffle. And the Angels are always present when needed.

And then, there is a dedicated group who organize and run a euchre tournament for all to enjoy. It is a night of friends who partake in good competition, pizza, stories and fun. This committee of members plans this evening, helps collect entry fees, buys the food, makes the coffee, oversees the evening and makes sure everyone has an enjoyable experience. It must be successful by the attendance every month! The many volunteers who organize these valuable events understand the needs of Loose. They are always there to step up. The success and failure falls on their shoulders and their efforts are applauded, and we who benefit, thank you. *"Dedication is not what others expect of you, it is what you can give to others."*

**Carl Gabrielson**

*Executive Director*

*Pictured on the cover, a dedicated Euchre Tournament Leadership Team, **Front Row**, Jan Whalls, Kathleen Page, Sylvia Richardson, **Back Row**, Ken Maxwell, Ron Wagner, Denny Hawk*



**T**he Loose Senior Center fielded its first softball team this year. Fourteen bold people made up the roster and the team had a great year. They finished the regular season in second place with a 8-4 record. They then went into the playoffs playing the Majestic Ball Busters in the first game. In exciting fashion, they won 7-6 scoring five runs in the bottom of the seventh inning with two outs. In the championship game, they played the first place team, the Black Rock Sizzlers. They played their best game of the season, winning 14-12.

In a season of success, a lot of good memories and friendships were formed. A celebration of pizza followed and plans were made for 2013.

### "ENTERTAINMENT EXPRESS"

**Friday, Nov. 16, 1 pm**

*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.*

# OCTOBER SPECIAL HAPPENINGS

## AARP SAFE DRIVING

**October 1 & 2 (Mon. & Tues), 12 - 4 pm, Bldg A**

\$12/person for AARP members \$14/non-members. The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. In class there will be discussion, laughter and sharing on Road Rules, Safe Driving, talking to a friend or relative about their driving. (You must be on time and in attendance both days.) Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP)



## BIBLE STUDY God's Faith

**Wednesday, October 3, 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 Roberson, 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.

## TRANSFORM YOUR SKIN

**Tuesday, October 23, 4:30 pm Free**

Turn back the clock with a free Rodan and Fields facial. Join us for a hands-on demonstration of skin-care. This anti-age line is by the dermatologist who created Proactiv Solution. You will complete simple steps that will give you a firmer, more radiant and youthful complexion. Please RSVP!

## alzheimer's association

*Central Michigan Region*  
**October 2012 Educational Programs**  
*Registration Requested*  
**Phone: (800) 272-3900 or (989) 839-9910**

### *"Legal and Financial Planning"*

*With*  
**Amy DeNise, Esq.**  
*Probate and Estate Attorney*

**Thursday, October 18, 10:30 AM**  
**Loose Senior Center (Building C)**

**Topics include:** Discussion about financial Powers of Attorney, Health Care Powers of Attorney, Wills, etc. and specifics about Alzheimer's and its relation to these issues.

# chili cook off

Tues., Oct. 16, 4:30 pm  
 \$5 Taster Fee  
 \$2 Entry Fee

With  
**SALAD  
 BAR**

AND  
**FUN!**



Enter your chili, bring it in a crockpot, the tasters will judge and the prizes will be distributed. *Contestants and tasters, please remember to register.*

*The Loose Choir will entertain us at the cook off with classic Frank Sinatra songs. Join in on the fun!*

## "TRUNK OR TREAT"

Wednesday, October 31  
 Set up by 5:30 pm



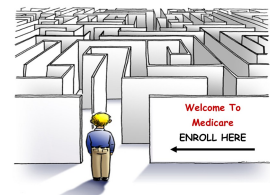
Join in on this Halloween fun! Trunk or Treat is a great chance to provide a safe family environment for trick-or-treaters. Put your thinking caps on, decorate your cars and yourself, pick out your favorite candy to pass out and join in on the fun!

K.Spear

## MEDICARE PART D OPEN ENROLLMENT

**Tuesday, October 30, by appointment, Bldg A**  
**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 dates. Contact Loose for more information.



Let us help you through the maze!

## NUTRITION & MORE

### DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am

60 and over: Suggested donation \$2

Ages 59 and under: \$3.50

*EVERY Thursday, enjoy pre-lunch music with Pat.*

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.

### SLOPPY JOE LUNCH (Boutique day)

Friday, October 26, 11 am - 12:30 pm

Can't beat a good Loose homemade sloppy joe. Please join us (this lunch replaces the daily lunch)!



Wed., Oct. 10, 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, October 12, 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, with the 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!

### 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 Engineer, 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.

### LINDEN HS DINNER

Tuesday, November 13, 5 pm - FREE

A generous gift from the Linden High School Student Council, this meal is a full fledged Turkey Dinner with all the trimmings. A tradition for many years, the students treat us like royalty, the choir does a wonderful job entertaining and it's all for FREE. Seating is limited, so sign up 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 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.**

## 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** 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.

### Wii BOWLING league play begins Sept. 20.

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.

**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.

**ASSISTED 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 **Assisted 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 **Assisted 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**



Be Inspiring!

## 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

**Monday, October 8, 12 -2 pm \$20, Bldg C**

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, October 22, 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.

### FRIENDS & FELLOWSHIP APPLIQUÉ

**Friday, October 19, 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 Beginners-Basic Hat \$15**

**Wed., October 3 & 10, 9 am, Bldg A Beginner**

**ROUND LOOM Pumpkin Hat \$15**

**Wed., October 3 & 10, 1 pm, Bldg C Beginner**

**LONG LOOM Fancy Square Scarf \$15**

**Wed., October 17 & 24, 1 pm, Bldg C Intermediate**

### PAINTING GROUP

**Mondays, 10 am, Bldg C, FREE**

*All are  
Welcome*

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.

### SCRAPBOOKING

**Tuesday, October 16, 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

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.

*OCTOBER 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.

## MEET THE PC (PERSONAL COMPUTER)

**Wednesday, October 3 & 10, 4-6 pm, \$20, Bldg. A**

This class offers the beginner an opportunity to unravel the mystery of the computer as you learn about the parts of the computer, the difference between hardware and software, what an operating system is and how to store files. Get practice using the keyboard and the mouse and accessing computer software programs.

## MEET THE INTERNET

**Wednesday, October 17 & 24, 4-6 pm, \$20, Bldg A**

Dive into the World Wide Web using Internet Explorer! Learn how to use search engines to perform simple searches and find websites. Navigate through web pages and evaluate web sites. Learn basic online etiquette and Internet safety.

## 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.

*October, 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¢! Share the news with your friends and invite them to stop by.

## EUCHRE TOURNAMENT

**FRIDAY, October 26, 5:00 pm, \$5 Entry Fee**  
GREAT Prizes, Food & Drink, plus 50/50 Raffle

## SCRABBLE TOURNAMENT

**October 19-21**

## GAMES

### POOL PLAYERS AND DART 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.**

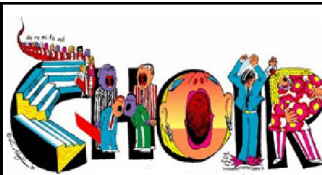
**MAH JONGG Tues. & Thurs. 3 pm**

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

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

**CARDS & MORE Back in the fall**

**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. Their current theme is Frank Sinatra songs. If you are a Sinatra fan, feel free to join in the fun! They will soon be preparing for our annual Christmas Sing-a-long. **See the choir in action on October 16 at the Chili Cook-off as they share the music of Frank Sinatra.**



**Monday, October 1 & 22**  
**7- 8:30 pm**

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

# October 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	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>Chicken</i></p> <p>12:00 AARP Safe Driving</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>9:15 Tai Chi</p> <p>9:30 Assisted Yoga</p> <p>10:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>11:00 Blood Pressure</p> <p>10:30 Body Recall</p> <p>11:30 Lunch <i>Meatballs</i></p> <p>12:00 AARP Safe Driving</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 Biking Bunch</p> <p>9:00 Bridge</p> <p>9:00 Knifty Knitter Basic Hat</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>11:15 Art Ala Carte</p> <p>11:30 Lunch <i>Bean Soup</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/ Dominoes/Chess</p> <p>1:00 KK Pumpkin Hat</p> <p>3:30 Bible Study</p> <p>4:00 Meet the PC</p> <p>4:00 Tai Chi for Arthritis</p> <p>5:00 Zumba</p>	<p>10:00 Wii Bowling</p> <p>9:15 Tai Chi</p> <p>9:30 Assisted Yoga</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>Steak</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 Line Dance</p> <p>7:00 Basket Weaving</p> <p>7:30 Adv. Line Dance</p>	<p>9:00 HEALTH FAIR</p> <p>Fenton UMC</p> <p>119 S. Leroy</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:30 Lunch <i>Fish</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p><b>Saturday October 6</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>5:00 PIG ROAST</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</p> <p>12:00 "Anyone Can Paint"</p> <p>12:30 Pinochle</p> <p>1:00 Book Club</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>5:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p>	<p>8:30 Podiatrist</p> <p>9:00 CSFP</p> <p>9:15 Tai Chi</p> <p>10:30 Zumba Gold</p> <p>9:30 Assisted Yoga</p> <p>10:00 Loose Threads</p> <p>10:30 Body Recall</p> <p>11:30 Greektown Casino</p> <p>11:30 Lunch <i>Steak</i></p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 1 on 1 Financial</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 Biking Bunch</p> <p>9:00 Bridge</p> <p>9:00 Blood Pressure Check</p> <p>9:00 Knifty Knitter Basic Hat</p> <p>9:30 Coffee Hour</p> <p>9:30 Yoga</p> <p>10:30 Investment Perspective</p> <p>11:15 Art Ala Carte</p> <p>11:30 Lunch <i>Turkey</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/ Dominoes/Chess</p> <p>1:00 KK Pumpkin Hat</p> <p>3:00 Coupon Club</p> <p>3:30 Bible Study</p> <p>4:00 Tai Chi for Arthritis</p> <p>4:00 Meet the PC</p> <p>5:00 Zumba</p>	<p>8:00 Board Meeting</p> <p>9:00 Wii Bowling</p> <p>9:15 Tai Chi</p> <p>9:30 Assisted Yoga</p> <p>10:00 Free Vision Service</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch <i>Veal Steak</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 Line Dance</p> <p>7:00 Basket Weaving</p> <p>7:30 Adv. Line Dance</p>	<p>Taste of Milwaukee Trip</p> <p>8:15 Lifelong Learning</p> <p>9:00 MMAP Counselor</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>Beef Stew</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Potluck</p> <p><b>Saturday October 13</b></p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>



<p><b>15</b></p> <p>9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting <b>11:30 Lunch Peppers</b> 12:30 Pinochle 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in</p>	<p><b>16</b></p> <p>9:15 Tai Chi 9:30 Assisted Yoga 10:00 Loose Threads 10:30 Zumba Gold 10:30 Body Recall <b>11:30 Lunch Chicken</b> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Scrapbooking 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:30 Chile Cookoff 5:00 Yoga</p>	<p><b>17</b></p> <p>9:00 Biking Bunch 9:00 Bridge 9:30 Yoga 9:30 Legal Services 10:00 Depression Support 11:15 Art Ala Carte' <b>11:30 Lunch Paties</b> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 1:00 Knifty Knitter Scarf 3:30 Bible Study 4:00 Tai Chi for Arthritis 4:00 Meet the Internet 5:00 Zumba</p>	<p><b>18</b></p> <p>9:00 Wii Bowling 9:15 Tai Chi 9:30 Assisted Yoga 10:30 Legal &amp; Finan. Planning 10:30 Body Recall 11:15 Farmers' Market Trip <b>11:30 Lunch Chicken Gumbo</b> 12:30 NO 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</p>	<p><b>19</b></p> <p>9:00 MMAP by apt. 10:00 Hearing Clinic 10:00 Yarn Recyclers 10:00 Board Games <b>11:30 Lunch Lasagna</b> 1:00 Appliqué 1:00 Lapghans 1:00 NO Chicago Bridge 1:00 Scrabble Tourm. <b>SATURDAY OCTOBER 20</b> 9:00 Yoga 10:00 Euchre Symphony Scrabble Tournament</p>							
<p><b>22</b></p> <p>9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:00 Blood Pressure <b>11:30 Lunch Ham</b> 12:30 Pinochle 1:00 Happy Stampers 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p><b>23</b></p> <p>9:15 Tai Chi 9:30 Assisted Yoga 10:00 Loose Threads 10:30 Zumba Gold 10:30 Body Recall <b>11:30 Lunch Fried Chicken</b> 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 4:30 Transform Your Skin 5:00 Yoga</p>	<p><b>24</b></p> <p>9:00 Biking Bunch 9:00 Bridge 9:30 Yoga 11:15 Art Ala Carte' <b>11:30 Lunch Chicken w/Noodles</b> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 1:00 Knifty Knitter Scarf 3:30 Bible Study 4:00 Meet the Internet 4:00 Tai Chi for Arthritis 5:00 Zumba</p>	<p><b>25</b></p> <p>9:00 Wii Bowling 9:15 Tai Chi 9:30 Assisted Yoga 10:00 Soaring Eagle Casino 10:30 Body Recall 10:30 Straight Talk Medicare 11:15 Farmers' Market Trip <b>11:30 Lunch Pork Chop</b> 12:30 Euchre 2:00 Energy Medicine 2:30 Tai Chi for Arthritis 4:30 Zumba 5:00 Cardio Yoga 6:30 Line Dance 7:00 Basket Weaving 7:30 Adv. Line Dance</p>	<p><b>26</b></p> <p>9:00 MMAP by apt. 9:00 <b>CHRISTMAS BOUTIQUE</b> 10:00 Write Life Story 10:00 Yarn Recyclers <b>11:30 Sloppy Joe Lunch</b> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament <b>Saturday October 27</b> 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>							
<p><b>29</b></p> <p>9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting <b>11:30 Lunch Roast Beef</b> 12:30 Pinochle 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in</p>				<p><b>30</b></p> <p>Medicare Open Enroll. 9:15 Tai Chi 9:30 Assisted Yoga 10:00 Loose Threads 10:30 Zumba Gold 10:30 NO Body Recall <b>11:30 Lunch Chicken</b> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 5:00 Yoga</p>				<p><b>31</b></p> <p>9:00 Biking Bunch 9:00 Bridge 9:30 Yoga 11:15 Art Ala Carte' <b>11:30 Lunch Beef Ravioli</b> 12:00 Wood Carving 12:30 Pinochle 12:30 Dominoes/Chess 1:00 Knifty Knitter Hat 3:30 Bible Study 4:00 Tai Chi for Arthritis 5:00 NO Zumba <b>5:30 TRUNK or TREAT</b></p>			
<p><b>LOOSE Staff</b></p> <p><b>Carl Gabrielson</b> Executive Director <b>Debbie Hancock</b> Executive Assistant <b>Melinda Elmore-Hajek</b> Program Coordinator</p> <p><b>Bonnie Meadows</b> Office Assistant <b>Cheryl Rex</b> Receptionist <b>Randy Green</b> Maintenance</p>											

# HEALTHY LIVING

## 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 the 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!

The Loose Senior Center now has a credit card machine on site. Many of you know that we have been able to process credit cards through our website, as convenient as it was, it was a timely process. With our new onsite machine, the process will be quick and easy. Both debit and credit are accepted.



## LOOSE BOOK CLUB

**Monday, October 8, 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.

## WRITE YOUR LIFE STORY

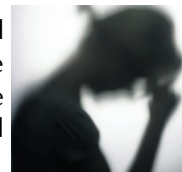
**Friday, October 12, & 26, 10 am, Bldg C**

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, October 17, 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.



## ENERGY MEDICINE

**Thursday, October 18, 2 - 4 pm \$30, limit 6, Bldg A**

Join basic EFT (Emotional Freedom Techniques) and Tap on "How to Stay Centered in Joy and Happiness Despite What Is Happening All Around You." We will discuss how important it is to stay focused on your own Joy and Bliss no matter what, to stay centered and healthy. 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.

# 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, October 11, 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, October 9, 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**

**October 19, 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**

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

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

**4<sup>th</sup> 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, October 10, 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, October 9, 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, 9-10:30 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](http://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 **NEW!**

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 \$10 due January 1st.

### A REMINDER to our out-of-county members.

The annual membership fee of \$10 per person is due for 2012. 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!*

# TRIPS

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



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

- 10/3 Stonehenge in Context
- 10/10 Classical Architecture
- 10/17 "Isfahan Is Half the World"
- 10/24 Mathematics of Architecture
- 10/30 Houdini



## JOIN LOOSE @ THE WHITING

Details available at the Loose Center

Sat., Nov 3	<b>Kenny Wayne Shepherd Band</b>	\$50
Sat., Dec 8	<b>Cirque Dreams Holidaze</b>	\$55
Sun., Dec 16	<b>HOLIDAY POPS</b>	\$21
Sat., Jan 26	<b>Sinbad</b>	\$35
Fri., Feb 1	<b>"Shrek The Musical"</b>	\$57
Sat., Feb 9	<b>Rick Springfield</b>	\$50
Thur, Feb 21	<b>"Rock of Ages"</b>	\$55
Tues., Mar 19	<b>Blue Man Group</b>	\$64
Sat., Apr 20	<b>Flying Karamazov Brothers</b>	\$35
Fri, Apr 26	<b>"The Addams' Family"</b>	\$59
Sat, May 18	<b>"Beauty and the Beast"</b>	\$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



## 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.

- October 12** Michael Heberling, presenter of "Pearl Harbor: The Michigan Connection"
- November 8** John D. Cherry, Jr. will share about his "Career in Politics"

**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.

## TRIPS @ A GLANCE

October 3	Art à la Carte	\$4
October 9	GreekTown Casino	\$27
October 10	Art à la Carte	\$4
October 12	Lifelong Learning	\$15
October 12	Taste of Milwaukee	\$779
October 17	Art à la Carte	\$4
October 24	Art à la Carte	\$4
October 25	Soaring Eagle Casino	\$30
October 31	Art à la Carte	\$4
November 3	Kenny Wayne Shepherd Band	\$50
November 7	Niagara Falls	\$189
November 10	Symphony	
November 12	Caesars Windsor	\$17
November 16	The Flint Tones @ Loose	FREE
November 29	FireKeepers	\$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 15	New York City	\$1099
December 16	HOLIDAY POPS	\$21
January 8	Soaring Eagle	\$30
January 24	Hollywood Casino Toledo	
February 6	Windsor Casino	\$17
February 21	Arizona, Sedona & Tucson	\$1999
February 26	Greektown Casino	\$27
March 6	Red Wings vs Oilers	\$62
March 18	Soaring Eagle & "Celtic Crossroads"	\$30
March 26	FireKeepers Casino	\$30
May 18	Soaring Eagle & "Frankie Avalon"	\$30

# AND MORE TRIPS

Travel reservations without payment or deposit will be held for one week.

## Join Loose Senior Center

Wednesday, March 6, 2013

**\$62**



### INCLUDES

Round Trip Motor Coach 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

## TASTE OF MILWAUKEE

October 12-15, 2012

### TOUR INCLUDES TRANSPORTATION &

- Amtrak from Ann Arbor to Milwaukee
- 3 Nights @ Comfort Suites
- 3 Breakfasts & 2 Dinners
- Sightseeing Tour of Milwaukee
- Brise Soleil, Lakefront Brewery
- Harley-Davidson Museum
- Basilica of St. Josaphat
- Pabst Mansion, Grohmann Museum
- Lake Geneva Boat Cruise
- "Hello Dolly" @ Fireside Dinner Theatre
- Fred Hermes Basement Bayou
- Tour Greendale, WI, Taste of Home Test Kitchen



\$779 Double, \$969 Single Balance due 8/15/12

## NIAGARA FALLS "Festival of Lights" & FALLSVIEW CASINO RESORT

November 7-8, 2012

### TOUR INCLUDES TRANSPORTATION and:

- 1 NIGHT @ HILTON FALLSVIEW RESORT
- Full Breakfast Buffet @ Hotel
- Sightseeing Tour of Niagara Falls
- Visit to Rockway Winery
- Festival of Lights & plenty of Gaming time

\$189 double, \$249 single

## 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

\$949 double \$1,159 Single, Book by 9/15 & save \$50

## NEW YORK CITY

### "A CHRISTMAS EXTRAVAGANZA"

December 15-20, 2012

### TOUR INCLUDES TRANSPORTATION &

- \* 1 Night to/from NYC
- \* 3 Nights @ Novotel - NYC plus 5 Breakfasts
- \* **Rockettes @ Radio City Music Hall**
- \* New York Botanical Gardens
- \* Holiday Train Show
- \* Radio City Stage Door Tour
- \* 911 Tour, Flight 93 Memorial
- \* Leisure Time in NYC

\$1,099 double, \$1,539 Single

Balance due by 11/1/12



## ARIZONA

### Sedona & Tuscon

February 21-27, 2013

### TOUR INCLUDES AIR/ COACH TRANSPORTATION &

- 3 Nights-Tucson, 3 Nights-Sedona
- 6 Breakfast, 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



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

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

# Loose health fair

Friday, October 5, 9 am - 1 pm

FENTON UNITED METHODIST CHURCH  
119 South Leroy Street Fenton

Many local Health Care Agencies  
will be on hand to answer your questions.

- ◆ Wallgreens
- ◆ Brookdale Senior Living
- ◆ Bright Star Home Care
- ◆ Right at Home
- ◆ Alternative Elderly Care
- ◆ Fenton Healthcare
- ◆ Woodhaven Senior Comm.
- ◆ Sharp Funeral Home
- ◆ Heartland Home Care & Hospice
- ◆ Nutrition Shop
- ◆ Argentine Care Center
- ◆ Comfort Keepers
- ◆ Hospice of Michigan
- ◆ And More

#### Activities Include

- Flu Shots
- Pneumonia Shots
- Blood Pressure
- Demonstrations
- Prizes
- Vendors
- Coffee
- Snacks
- Good Fun!

*Save this date and please  
come out and support.*

*If you plan on receiving a  
flu shot, please stop by the  
Loose Center for a form to  
fill out. Filling out the form  
will expedite the process  
the day of the event, it is  
not, however, required.*

Loose Center Presents  
**Christmas  
Boutique  
2012**  
Friday, October 26  
9 am—2 pm

Christmas  
Cards

Sloppy  
Joe Lunch  
\$3

Boutique  
Items

Craft  
Items

Books

And More!