

South End NEWS

DECEMBER 2014

LOOSE SENIOR CITIZEN CENTER



Be filled with wonder.

Be touched by peace.

~unknown

DIRECTOR'S MESSAGE

Dear Friends,

Christmas, that magical time of the year that brings **Joy, Love** and **Peace** to all ages. It is the time of the year that children dream of toys and candy with the anticipation of Santa Claus filling all of their wishes. It is a time for young parents who witness this special time and share the magic with their children. For the young at heart, who have been witness to this season many times, it is a moment to remember our youth, enjoy watching their children being loving parents and most of all a time to spoil grand and great grandchildren and putting smiles on their faces.

Who can forget that first bike, a Radio Flyer wagon, a Chatty Kathy doll or that favorite toy you always wanted. The smells of turkey dinner and fresh baked pies being prepared in your mother's kitchen. The special time spending the day with your whole family. In my family I remember that after dinner we played with our new toys while my Uncle Ed found a couch and took a well deserved nap.

The wonder of the Christmas season is filled with lights, choirs and social gatherings. The special mid-night service at your church. The time of hope and cheer. We must not forget any of these special memories or let them vanish with time. It is the one time when the world comes together and prays for better times and finds love in their hearts for others. People see the needs of others and contribute to give them a better life. It is the time when people slow down to take time to celebrate the season and love their fellow man.

This Christmas, take time to see the wonders of the season. They are there, you just have to recognize them. It may be in the children and their innocence. Attending school plays or church concerts. It may just be in smile as we all enjoy the season. It could be in your family as you watch your children playing Santa Claus. It might be in the moments you share with co-workers, close friends or just people you meet on the street. Take in all the wonders that surround you. Find time to remember what Christmas means to you. Make a point of recognizing the Joy, Love and Peace that is shared by so many and go out and Love those who are close to you, bring joy to someone's life and spread peace through the warmth of your heart.

Christmas is that one magical time when all dreams come true, fond memories are revisited and special moments are spent with those we love.

*"Be filled with wonder.
Be touched by peace."*

Wishing You The Happiest of Holidays!

Carl Gabrielson
Executive Director

In the event of inclement weather, please tune into ABC 12, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.



The Senior Winter Games Board of Directors appreciates your participation in the 37th Annual 2014 Genesee County Senior Winter Games!

◆ Registration is open December 8, 2014 - January 15, 2015.

- ◆ The Opening Ceremony will be held at 1 pm on Monday, February 2 at Davison Senior Center, which is located on Lapeer Road in Davison. All events will be held from February 2 through February 26.
- ◆ The Closing Ceremony will once again be held at the Knights of Columbus Hall in Davison on February 20th. Doors will open promptly at 10 am with the program beginning at 11am.
- ◆ The registration fee is \$12 and includes the Opening Ceremony, Closing Banquet, Unlimited Participation in Events, and a Games shirt.

Please contact Loose to register or for additional details.

ANOTHER WAY TO HELP PLASTIC SHOPPING BAGS are turned into waterproof, durable sleeping mats for the HOMELESS.

According to the Environmental Protection Agency, the United States consumes about 380 million plastic bags each year. Only 5 percent of these are recycled—and the majority that is disposed of can take up to a thousand years to decompose. SO...Loose is collecting plastic shopping bags for a wonderful member who has been cutting the bags into strips and crocheting them into these amazing mats. It takes at least 700 bags to make a mat. Feel free to recycle your bags by dropping them off at Loose. They will surely be put to good use.

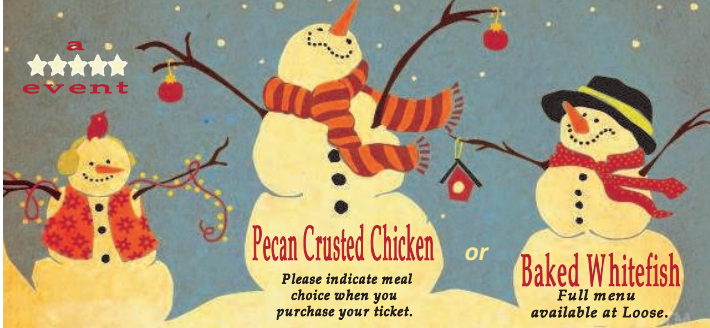


DECEMBER SPECIAL HAPPENINGS

CHRISTMAS LUNCHEON

Thursday, Dec. 4, 12 noon, \$18.50

Spring Meadows
Country Club



Please indicate meal
choice when you
purchase your ticket.

Full menu
available at Loose.

Dan Hayes will provide entertainment and a hardy sing-along atmosphere.
A favorite of many Loose members, please register by Nov. 26.

**Celebrate the
Season
with music**

Thursday, Dec. 18, 6 pm
@ LOOSE, FREE

We are excited to welcome to Loose the dancers from the Michigan Dance Center. These wonderful young dancers will make your heart happy as they share their passion for dance. We are also

happy to share time with our own Loose Choir who will share songs of the season and lead us in some songs together. The evening will come to a close with refreshments fit for the season. Bring your friends and family for this evening of celebrating all that is good this holiday season.
Pre-registration is not required, but it does help.

**DO YOU
KNOW**

We are collecting PLASTIC BAGS! They are being used to make water-

proof, durable sleeping mats for the HOMELESS. It takes 700 bags to make one mat. *This month we will be having a special contest. Guess the number of plastic shopping bags donated so far and win the pictured very durable shopping bag made from shopping bags.* Stop by the Loose Reception area and make your guess. The winner will be contacted the first week of 2015.



SNOWFLAKE-MAKING PARTY

MONDAY, DECEMBER 1, 9-11 am, FREE

It's very simple really, bring a pair of scissors and paper and learn to cut the paper to make snowflakes. If you are a snowflake making pro, come and share some of the secrets of the trade. If you have never cut a snowflake, no worries, you will soon be a pro. This is a great time to sit and relax, chat and enjoy. **JOIN US!**

DANCE FUN!

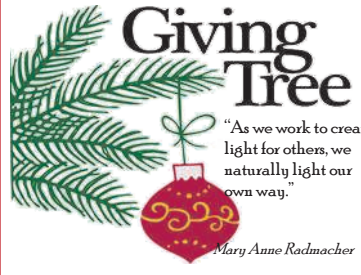
Tuesday, December 2, 6 - 8 PM
ADMISSION ONLY \$5

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

Includes: Free Snacks & Beverages

You Do Not Need A Ticket in Advance
Just Come & Have Fun!!!

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



The GIVING TREE is up and still accepting mittens, hats, scarves, gloves and socks. All items will be gathered and donated to local charities. All donations are appreciated; however there is typically a shortage for men's items. We will be collecting until Friday, December 5. *Thank you!*

AARP TAX-AIDE Consider volunteering as a Tax Assistance Counselor. Requires online computer and client interview skills, attention to detail, participating in annual training and passing a certification test. Pay is client appreciation for your assistance. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-344-7281. Lack of new Counselors will mean less tax appointments being available.



Check out page 6 for information about the December Christmas Card BLOW OUT SALE, 15 cards for \$1.00.

NUTRITION & MORE

GCCARD

CHRISTMAS DINNER

Tuesday, December 16, 11:30 am

Reservations due December 5.

Pork Roast w/Gravy, Vegetable Blend, Mashed Potatoes, Stuffing, Roll, Cranberry Orange Relish, Cake, Drink

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am, Annex

Suggested donation for those 60 and over: \$2

Ages 59 and under: \$3.50

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

COFFEE HOUR

2nd Wednesday of each month, 9:30 am, Annex

We have coffee, tea, hot chocolate, doughnuts and a wonderful space so you can come and meet new friends, chat with old friends and catch up on all the happenings. *ALL ARE WELCOME!*



POTLUCK DINNER

2nd Friday of each month, 5 pm, Annex

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



FLINT'S STREET NAMES AND THEIR ORIGINS

Wednesday, January 14, 12:30 pm, FREE

Have you ever wondered how the city streets received their names? Did you know many of these streets were named after people? Who are these people? Discover the role these people played in the history of Flint and what significant accomplishments they achieved to have a street named after them. This 40 minute presentation made possible through a grant from the **Ruth Mott Foundation** will answer those questions and more. What a great chance to learn and reminisce.



Sign up today!

THE KING IS IN THE HOUSE!

Tuesday, January 27, 2015

Dinner at 5 pm

Show immediately following

\$15.00 per person

DINNER INCLUDES: Fried Chicken, Sausage and Kraut, Beef Stroganoff, Scalloped Potatoes, Green Bean Casserole, Broccoli-Cheese-Rice Casserole, Tossed Salad, Cottage Cheese, Applesauce, Rolls, Drinks and Dessert.



Elvis Lives! With entertainer Dave King, recognized nationwide for his recreation of the King of Rock & Roll. Dave King, began performing in 1974 with mini-shows highlighted by Presley music. Some thirty years later, he continues to excite audiences of all ages to the music and memories of the late Elvis Presley.

WE ARE PROUD TO BE ABLE TO OFFER THIS EVENING OF GOOD FOOD AND GREAT FUN.

Sign up today!

Quilt Raffle

FUNdraiser

on display at Loose



61X82 (double bed Size) hand quilted and donated by our own very talented Loose members.

Drawing 1/27/15



28X41 hand quilted wall hanging

Tickets
\$1 each or
6 for \$5

KEEPING FIT

Fitness Room

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

TAI CHI - Moving Meditation - \$5 per class

The Art involves slow, relaxing exercises, stances, hand and foot motions, and rhythmic drills. This is called "Wei Gong", or external power training. Special breathing exercises, mental visualization, inner power development, and "calming the mind" drills are also taught. Once learned, the Tai Chi forms are actually quite enjoyable to perform, and are artistically beautiful to watch also.



YOGA \$5 per class

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

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

ZUMBA & ZUMBA GOLD \$5 per class

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

FIT⁴EVER \$5 per class (formerly Body Recall)

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

LINE DANCE Tuesday Class - \$4 Thursday Class - \$5

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome!

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Will resume on Monday, January 26, 2:30 pm

Pickleball



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

Friday, 11 am - 4 pm, RESERVATION REQUIRED!

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

Monday at 1 pm Begins 1/5/15

Great indoor fun! Come and give it a try. If you are already a player, join in on the fun. We guarantee, there will be fun, learning, tossing and laughter, not to mention good exercise.



BEACHBALL VOLLEYBALL

A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us on Monday at 6 pm at Linden Elementary school located at 400 South Bridge Street in Linden.



Wii BOWLING (new play begins 1/15/15)

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

GOLF AT SHIAWASEE SHORES Resumes in the spring!

BIKING BUNCH Resumes in the spring!

MONDAY

9:30 am Zumba Gold begins 12/8
 1:00 pm Cornhole begins 1/5
 4:00 pm Yoga (gentle flow)
 5:00 pm Zumba
 6:15 pm Pickleball
 LINDEN ELEMENTARY
 6:00 pm Volleyball

FRIDAY

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

TUESDAY

9:30 am Zumba Gold
 10:30 am FIT⁴EVER
 12:00 pm Beg. Line Dance
 1:00 pm Adv. Line Dance
 4:00 pm Chair Yoga
 5:00 pm Yoga (gentle flow)

SATURDAY

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

WEDNESDAY

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

PLEASE CHECK THE
 MASTER CALENDAR
 FOR SPECIAL CLOSINGS.

THURSDAY

9:15 am Chair Yoga
 11:45 am Wii Bowling begins 1/15
 10:15 am Zumba Gold
 10:30 am FIT⁴EVER
 11:45 am TAI CHI NEW!!!
 4:00 pm Yoga (gentle flow)
 6:00 pm Beg Line Dance
 7:00 pm Adv. Line Dance

Fitness Class Schedule

ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

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

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

PAINTING GROUP

Mondays, 10 am, Hall A, FREE

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

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

HAPPY STAMPERS GROUP

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

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

SCRAPBOOKING

3rd Tuesday of each month, 1 pm, Hall A, FREE

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

YARN RECYCLERS

Fridays, 10 am, Annex, FREE

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

LOOSE LAPGHANS

Fridays, 1 pm, Hall A, FREE

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

LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. This group gives of their time and donates the quilts back to Loose to raffle off. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

JEWELRY CLASS **SPECIAL DAY & TIME**

Wednesday, December 17, 9 am, Sunroom, \$10

This month we will be creating a "Story of Jesus" bracelet. The story of Jesus' birth, life, death and ultimate rise to heaven will be depicted with specific beads and charms. This is a beautiful bracelet that you can make for yourself or as a gift to a loved one. Additional kits will be available for purchase.



CARD MAKING WITH CAROLINE

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

This class is scheduled to meet the 3rd Monday of each month. Caroline Rohde, card extraordinaire, will lead the class in creating unique and beautiful cards. All materials will be supplied, along with detailed instructions. Participants will go home with at least two handmade cards and envelopes. Nothing says thoughtful and caring like a lovely handmade card. Take the time to enjoy this special time to learn and connect with others who share a like passion. Class size is limited, sign up early.

Christmas Card Blow-Out Sale

If you haven't bought your Christmas Cards yet **OR** would like to buy them for next year, Loose has a deal you can't pass up. All Christmas Cards will be sold **15 for \$1.00** the entire month of December.

STOP BY, TAKE A LOOK AND STOCK UP.

Senior Winter Games of Genesee County is in need of folks who are willing to volunteer to assist at event sites. If you are interested in volunteering, please contact Melinda Soper at the Swartz Creek Senior Center (810) 635-4122, Misty Moen at the Grand Blanc Senior Center (810) 695-3202 or drop your name and phone number off at the Loose office.

CLASSES, MUSICAL OPPORTUNITIES & MORE

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



PLEASE PREREGISTER FOR ALL CLASSES

new

WINDOWS 8

Wednesday, January 14, 21, 28, 4-6 pm, \$30, Hall B

Windows 8: kind of confusing, right? There's no Start button, no straightforward way to shut it down, perhaps worst of all, there's no instruction manual. So how exactly are you supposed to learn your way around the new operating system? Sign up for this **NEW** class, if you have a laptop, bring it to class and get yourself set for this new adventure. Sign up today, class size is limited.

IPAD 1

Wednesday, February 4 & 11, 4-6 pm, \$20, Hall B

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad including settings, camera, facetime, notes, and contacts.

IPAD 2

Wednesday, February 18 & 25, 4-6 pm, \$20, Hall B

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

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



Friday, December 5, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

GAMES

POOL PLAYERS Bring a friend and play anytime.

BRIDGE Monday & Wednesday, 8 am - 2:30 pm

OPEN GAME PLAY Friday, 1:00 pm (*bring a friend*)

CHICAGO BRIDGE Tuesday & Friday, 1 - 4 pm

CHESS Wednesday, 12:30 pm

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 3 pm, Friday, 10 am

PINOCHLE Monday & Wednesday, 12:30 pm

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

CARDS & MORE Thurs. 10:30 am (begins December 4)

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



Mondays, 3 pm, Loose Sunroom

Don't miss out on the chance to be a part of this exceptional group of people who enjoy making music together. The choir rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. The choir is a very welcoming group; stop by and see!

**Tuesday
December 9
7 pm**

**OPEN MIC
night**

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

THE RULES ARE SIMPLE:

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

HAVE FUN!

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

All are WELCOME!

OFFICE HOURS
Monday - Friday
8:30 am - 4 pm
PHONE
810.735.9406

Be filled with wonder.
Be touched by peace.

DECEMBER 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Smoky Mountain Christmas 8:00 Bridge 9:00 Massage 9:00 *Snowflake Making* 10:00 Painting 10:00 Genesee Resource 11:30 Lunch <i>Chicken</i> 12:30 Pinochle 1:00 Listening Ear 3:00 Choir 4:00 Yoga 5:00 NO Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p>2</p> <p>9:30 NO Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch <i>Beef Steak</i> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>3</p> <p>8:00 Bridge 9:00 Manicures 9:30 Yoga 10:00 Consumer Fraud 10:30 1 on 1 Financial 11:15 Art à la Carte 11:30 Lunch <i>Turkey Burger</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 5:00 NO Zumba 6:15 Pickleball</p>	<p>4</p> <p>9:15 Chair Yoga 10:00 AMVET 10:15 NO Zumba Gold 10:30 Cards & More 10:30 FIT4EVER 10:45 Farmers' Market Trip 11:30 Lunch <i>Pulled Pork</i> 11:45 Tai Chi 12:00 XMAS @ Spring Meadows 12:30 Euchre 4:00 Yoga 6:30 Beg. Line Dance 7:30 Adv. Line Dance</p>	<p>5</p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch <i>Mac & Cheese</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 EUCHRE TOURNAMENT Saturday December 6 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>
<p>8</p> <p>8:00 Bridge 9:00 CSFP 9:00 Massage 9:30 Zumba Gold 10:00 Painting 10:00 Genesee Resource 11:30 Lunch <i>Marinated Steak</i> 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 NO Pickleball</p>	<p>9</p> <p>9:00 Veteran Services 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch <i>Chicken Chili</i> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga 7:00 Open MIC</p>	<p>10</p> <p>8:00 Bridge 9:00 Manicures 9:00 Blood Pressure Check 9:30 Coffee Hour 9:30 Yoga 10:30 Watch Repair 11:15 Art à la Carte 11:30 Lunch <i>Pork Chop</i> 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 3:15 Coupon Club 5:00 Zumba 6:15 NO Pickleball</p>	<p>11</p> <p>8:00 Board Meeting 9:15 Chair Yoga 10:15 Zumba Gold 10:30 Cards & More 10:30 Massage 10:30 FIT4EVER 10:45 Farmers' Market Trip 11:30 Lunch <i>Pasta/Meatballs</i> 11:45 Tai Chi 12:30 Euchre 4:00 Yoga 6:00 Line Dance 7:30 Adv. Line Dance</p>	<p>12</p> <p>8:15 Lifelong Learning 9:00 MMAP Counselor 9:30 Yoga 10:00 Write Your Life 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch <i>Veg. Lasagna</i> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck SATURDAY December 13 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>

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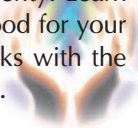
<p>15</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Lunch <i>Meatloaf</i></p> <p>12:30 Pinochle</p> <p>12:30 Card Making</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 NO Pickleball</p>	<p>16</p> <p>9:30 Zumba Gold</p> <p>10:00 Soaring Eagle</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 GCCARD XMAS Lunch</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 Scrapbooking</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>17</p> <p>8:00 Bridge</p> <p>9:00 Jewelry Class</p> <p>9:00 Manicures</p> <p>9:30 Legal Service</p> <p>9:30 Yoga</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch <i>Salisbury Steak</i></p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>5:00 Zumba</p> <p>6:15 NO Pickleball</p>	<p>18</p> <p>9:15 Chair Yoga</p> <p>10:15 Zumba Gold</p> <p>10:30 Cards & More</p> <p>10:30 FIT4EVER</p> <p>11:00 Blood Pressure</p> <p>10:45 Farmers' Market Trip</p> <p>11:30 Lunch <i>Grilled Chicken</i></p> <p>11:45 Tai Chi</p> <p>12:30 Euchre</p> <p>2:00 Energy Healing</p> <p>4:00 Yoga</p> <p>6:00 ♫Celebrate with Music♫</p> <p>6:00 NO Beg. Line Dance</p> <p>7:30 NO Adv. Line Dance</p>	<p>19</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Hearing Doctor</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Baked Pollock</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>SATURDAY December 20</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p> <p>SUNDAY December 21</p> <p>2:00 Holiday Pops</p>
<p>22</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Blood Pressure Check</p> <p>11:30 Lunch <i>Stuffed Cabbage</i></p> <p>12:30 Pinochle</p> <p>1:00 Happy Stampers</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 NO Pickleball</p>	<p>23</p> <p>8:00 Podiatrist</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Bean Soup</i></p> <p>12:00 NO Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 NO Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>2:00 Alzheimer Support</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>24</p> <p style="text-align: center;">MERRY CHRISTMAS</p>	<p>25</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Beef Stew</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday December 27</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>26</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Your Life</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch <i>Beef Stew</i></p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday December 27</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>29</p> <p>8:00 Bridge</p> <p>9:00 Massage</p> <p>9:30 Zumba Gold</p> <p>10:00 Painting</p> <p>10:00 Genesee Resource</p> <p>11:30 Lunch <i>Chicken</i></p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>4:00 Yoga</p> <p>5:00 Zumba</p> <p>6:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>6:15 NO Pickleball</p>	<p>30</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch <i>Baked Ham</i></p> <p>12:00 NO Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 NO Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>31</p> <p style="text-align: center;">Happy New Year!</p>	<p>1</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday January 3</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>	<p>2</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:00 Board Games</p> <p>11:00 Pickleball (reservation)</p> <p>11:30 Lunch</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday January 3</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>

HEALTHY LIVING

WELLNESS USING BODY ENERGY TECHNIQUES

Thursday, December 18, 2 pm, \$35

Christine Shreve Certified Coach, teaches EFT (emotional freedom tech) and more information, to bring calm and balance to the body's Energy System for Health, Joy and Prosperity. Learn how this scientifically proven technique of EFT is good for your wellness and hear an explanation of how EFT works with the Cells in the body for longevity, health and wellbeing.



ONE-ON-ONE FINANCIAL HELP

Wednesday, December 3, 10:00 am

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

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 2 pm

The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times, and particularly encourages attendance by those who are newly diagnosed with Alzheimer's.

WRITE YOUR LIFE STORY

Every 2nd & 4th Friday, 10 am, Sunroom

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

LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

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

LISTENING EAR

Every 1st Monday, by appointment

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



ONE STOP GENESEE

Monday, 10 am - 2 pm, *walk-ins welcome*

Loose welcomes **ONE STOP GENESEE** to the Center each Monday. The goal of this new program is to provide assistance to at-risk individuals and families. Services include; counseling, long term housing placement, emergency solutions, medical care, utility and water assistance, referrals for services and other services to work toward creating a pathway to stability and independence. For information call One Stop

Genesee directly at 810 600-4525 or call Loose at 810 735-9406.

A Program of  **RESOURCE GENESEE**



BASICS OF ALZHEIMER AND DEMENTIA

Tuesday, January 20, 2015, 6:30-8:00 pm

Alzheimer's disease is not a normal part of aging. It is a progressive and fatal brain disease that is the most common form of dementia. Please join us for an opportunity for Loose members, family and the community to learn about treatable and untreatable causes of memory loss.

- Recognize the warning signs of Alzheimer's
- Learn about other causes of dementia
- Where to get a dignified diagnosis
- How we can help you and you can help others
- Hope for the future

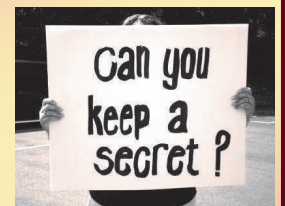
Please join us for this **FREE** program
presented by

Valley Area Agency on Aging and Alzheimer's Association



A WELL KEPT SECRET

Did you know that each month, the next month's newsletter is posted on the Loose website by the middle of the month? That means, you can go to www.loosecenter.org, click on newsletters link and see what's happening the next month weeks before you receive the newsletter in your mailbox.



HEALTH SERVICES & TRANSPORTATION

Relax & Unwind

MASSAGE

By appointment, Mondays & 2nd & 4th Thursdays

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

PODIATRIST

Tuesday, December 23, by appointment, Annex

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

FREE HEARING CLINIC

3rd Friday of each month, 10 am (by appointment), Annex

Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizzgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

MANICURES

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

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



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex

2nd Wednesday of each month, 9 - 10 am

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

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



SUNSHINE GREETINGS

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



MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

WEEKLY SCHEDULED VAN DESTINATION

Please call 24 hours in advance to schedule a ride.

WEDNESDAY – ART À LA CARTE (see page 14 for details)

11:15 am departure, return 2 pm, \$4.50 roundtrip

THURSDAY – Flint Farmers' Market

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

TRIP RESERVATIONS ARE NOT GUARANTEED
UNTIL PAYMENT IS RECEIVED.

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

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

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



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

SPECIAL SERVICES & SUPPORT

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

Bob Rasche and his over 20 years of working for veterans is available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, it is best to call Loose for an appointment.

LEGAL ADVICE

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

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

CONSUMER FRAUD ASSISTANCE

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

If you are having any problems with a place of business or are wondering if you have been scammed, call for an appointment or stop and talk with a representative from the office of the Genesee County Sheriff Consumer Fraud Division. Their mission is to protect the citizens of Genesee County by gathering, processing and investigating consumer complaints and attempting to resolve them.

AMVETS

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

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

DISPOSAL OF THE AMERICAN FLAG

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure it is disposed of properly.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselor, Ann Walker, will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. **If you need assistance, call the Center at 735.9406 to schedule an appointment, or call MMAP at 1.800.803.7174, ext 247.**

COUPON CLUB

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

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

WATCH REPAIR

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

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

TOPS (*Take Off Pounds Sensibly*)

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

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

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

YOU DON'T HAVE TO MUDDLE THROUGH

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

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

MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD Volunteers pick up day old bread each Monday and Wednesday from VG's. It is available on a first-come, first-served basis at the Loose Center from 8:30 - 10am.

FREE MAGAZINES Feel free to drop off current magazines in Annex. We have many of the latest popular magazine titles for you to enjoy. Please feel free to take them home.

COMPUTER & FREE WiFi We have secured wireless Internet and a computer available for member use. Stop by the office for information.

FREE LENDING LIBRARY The library is located in the Activity Center. Come and take a book home with you. Donated, gently-used books are always welcome; drop them off in Annex.

MEMBERSHIP Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25.

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS. The annual membership fee of \$25 per person is due for 2014. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

THE LOOSE COMMUNITY ANGELS

The Community Angels are a group of senior citizens from the Loose Senior Citizen Center whose mission is to assist community organizations that are helping those in need. If you are interested in becoming a Loose Angel, call or stop by the Center and indicate your interest. Look for our Angels supporting community organizations/agencies with their charitable causes.

SCHOLARSHIPS are available to low-income seniors for assistance to participate in many Loose Center programs. You may qualify for transportation to Loose programs, educational classes or health and wellness programs. Income guidelines are available in the office.

UPS STORE DISCOUNT CARD

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

WE SAVE...

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

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

VG'S donates a percentage from sales when using the 'YES' card during designated dates. Be sure to designate Loose as the recipient of the points from your VG's 'YES' card.

GREETING CARDS

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

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

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

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

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

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

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

PLEASE HELP US KEEP OUR FILES UP-TO-DATE.

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


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

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

TRIPS @ A GLANCE




Dec. 1-5	Smokey Mountain Christmas	\$899
Dec. 12	Lifelong Learning	\$8
Dec. 16	Soaring Eagle	\$30
Dec. 21	Holiday Pops	\$22
Dec. 30 - Jan. 1	Cleveland New Years Eve	\$404
Jan. 8	Greektown Casino	\$29
Jan. 21	FireKeepers Casino	\$30
Jan 24 - Feb. 4	Florida Vacation	\$1,999
Jan. 25	"Feet Don't Fail Me" Rhythmic Circus	\$36
Feb 3	Caesar Windsor	\$18
Feb. 15	"Anything Goes"	\$57
Feb. 16	Soaring Eagle & Kingston Trio	\$32
Feb. 21-27	Arizona & Sedona & Tucson	\$2,149
March 1	"Sister Act"	\$57
March 3	Motor City	\$28
March 7-15	Costa Rica	\$2,999
March 15	Historical Detroit	\$72
March 19	Kewadin	\$119
March 26	IKEA	\$30
April 2	FireKeepers Casino	\$32
April 18-24	The Old South	\$1,199
April 20	Greektown Casino	\$28
May 6	Soaring Eagle Casino	\$32
May 7-8	Springtime in Niagara Falls	\$279
May 17-23	Montreal & Quebec City	\$1,699
June 1-2	Mackinaw City & Mackinaw Island	\$189
June 26	Monroe County Country Adventure	\$79
July 15	Kewadin	\$119
July 20	Soaring Eagle Casino Sinatra Forever	\$32
July 22-27	Boston (<i>Tiger Game Included</i>)	\$1,204
August 15-24	Oregon Coast	\$3,299
Sept. 8-17	Shades of Ireland	\$3,699
Sept. 9-11	Lake Geneva, Wisconsin	\$569
Nov. 10-19	Reflections of Italy	\$4,249
December 29	California (ROSE BOWL PARADE)	\$2,579

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



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

"HOLIDAY POPS"	Sunday, December 21, 2014
"FEET DON'T FAIL ME"	Sunday, January 25, 2015
"ANYTHING GOES"	Sunday, February 15, 2015
"SISTER ACT"	Sunday, March 1, 2015
"MACBETH"	Friday, March 13, 2015
"JACK HANNA'S INTO THE WILD"	Friday, May 1, 2015
"RAIN, A TRIBUTE TO THE BEATLES"	Tuesday, May 12, 2015



HOLIDAY POPS

Sunday, December 21, \$22

The show begins @ 3 pm, the bus leaves Loose @ 2 pm. Featuring the Flint Symphony Orchestra, Flint Festival Chorus with area high school singers, the Flint Jubilee Chorale, and the Flint Festival Youth Chorus.



Celebrate the season by sharing this warm and joyful musical event with your family. Enjoy your favorite carols like *Deck the Halls*, *Silent Night* and holiday favorites including Handel's *Messiah*.

Tickets are limited, get yours today!

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.

December 12

Whaley Historic House Museum - Speaker: Samantha Steele
Ms. Steele, Director of Whaley Museum, will discuss the rich history of this Kearsley Street landmark as part of their Christmas at Whaley Annual program. Hear about the Whaleys, a well-known Flint family, who were the original residents of the home. Dan Hays will again provide us with beautiful Christmas music prior to the Whaley House Tour. His music and the beautiful decorations always get us in the Christmas Spirit! Ms. Steele has graciously offered a reduced price Christmas tour of \$3 per person (payable at the door). The Whaley tour will commence immediately after the Applewood lecture.

January 16

Consumers Energy - Speaker: Kevin Keane
Mr. Keane will discuss how the Consumers Energy Company provides us with heat and air conditioning for year-round comfort. Learn how they prepare for periods of extreme cold and heat, and the purchase and storage of gas. He will also discuss the pros and cons of the Keystone Pipeline and fracking.

Payment is due Wednesday prior to the event.

ART À LA CARTE FLINT INSTITUTE OF ART



A series of informative programs focusing on the arts will be offered free of charge on Wednesdays at 12:15 pm. Programs last approximately one hour. Visitors are encouraged to bring

lunch. Coffee, tea and cookies are provided. **Leave Loose at 11:15 am.**

Cost: \$4.50 (transportation)

- December 3 Seven Wonders of the Muslim World
- December 10 Seven Wonders of the Buddhist World
- December 17 Bones of the Buddha

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

Soaring Eagle Casino \$30 Tuesday, December 16, 2014

CLEVELAND NEW YEAR'S EVE

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

Includes: Motor coach Transportation and

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

FLORIDA VACATION

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

Includes: Motor coach Transportation and

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

*Outrigger Beach Resort
Fort Myers*

ARIZONA "Valley of the Sun" SEDONA & TUCSON

February 21-27, 2015 \$2149 double

Includes: Round Trip air from Detroit to Phoenix
3 nights in Tucson & 3 nights in Sedona, 6 Breakfasts &
1 box lunch & 3 Dinners
Sightseeing tour of Tucson, San Xavier Mission, Pima Air &
Space Museum, Kartchner Caverns, Sabino Canyon Trolley
Tour, Pinnacle Peak & Trail Dust Town, Casa Grande Ruins
National Monument, Biosphere 2, Verde Canyon Rail Jour-
ney, Sedona Trolley Tour, Leisure time in Sedona & more.

Soaring Eagle Casino \$32 Monday, February 16, 2015 Kingston Trio Concert



Natural Wonders of COSTA RICA

MARCH 7-15, 2015 \$2999 (DOUBLE)

Round trip air, fully escorted, 8 nights lodging, 8 breakfast, 5 lunches, 5 buffet dinners, Banana Plantation, Cruise through Tortuguero National Park, Rainforest Guided Walk, Corsicana Pineapple Farm, Tilarjari Rain forest Reserve, Ecotermales Hot Springs, Arenal Volcano, Sky Walk Hanging Bridges, Santa Elea Cloud Forest, Trapiche Farm Tour, Sarchi & Grecia Village, all luggage fees & handling.



THE OLD SOUTH Savannah-Charleston-Hilton Head

GREAT PRICE

April 18-24, 2015 \$1199 Double

Modern Motorcoach Transportation **PLUS**

GREAT PRICE

6 Nights Lodging, breakfasts, 2 Dinners

Daniel Stowe Botanical Gardens, Trolley Tour of Savannah
Savannahs River Street, Sight seeing Tour of Hilton Head Island
Dolphin & Nature Cruise, Sightseeing Tour of Charleston
Boone Hall Plantation, Visit to Beaufort and Tour
Charleston Historic Market, Luggage Handling



Springtime in Niagara Falls

May 7-8, 2015 \$279 Double

Modern Motorcoach Transportation
1 night at the Hilton Fallsview Casino Resort
1 Breakfast, African Lion Safari,
Journey Behind the Falls,

Visit Niagara-on-the-Lake, leisure time in Niagara Falls

Shades of Ireland

September 8 - 17, 2015

Double \$3,699

ITINERARY AT A GLANCE

DAY 1	OVERNIGHT FLIGHT
DAYS 2, 3	TRINITY CITY HOTEL, DUBLIN
DAY 4	GRANDVILLE HOTEL, WATERFORD
DAYS 5, 6	KILARNEY TOWERS, KILARNEY
DAYS 7, 8	ABSOLUTE HOTEL, LIMERICK
DAY 9	CABRA CASTLE, KINGSCOURT

INCLUDED IN PRICE: Round Trip Air from Detroit Metro Airport,
Air Taxes and Fees/Surcharges. Hotel Transfers

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

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*May the peace and joy of Christmas
live in your heart all year long.*



Melinda Kathy Carl Randy
Cheryl Debbie Dottie