OCTOBER 2018

LOOSE

the perfect place for 50+

"Sometimes it's not the people who change, it's the mask that falls off."

- unknown

From the Director

Dear Friends,

Halloween….A time of goblins, superheroes, ghosts, princesses and witches. It is a time to become whoever we wish to be. To fantasize and role play a character we want to portray. Just by putting on a costume and mask we can transcend into someone we are not and change who we are.
This is not seasonal. It is played out by people every day in their everyday life. People find that life sometimes is hard to manage and hide behind a mask to disguise what we are feeling. As we grow older we find that there is constant change within our daily life. We find it hard to balance the good with the bad. People who have played a big role in the weaving of our security blanket begin to vanish and leave us lonely. We find it hard to fill this void of friends and family and spend countless hours remembering and yearning for those wonderful days to return.

Life is also full of challenges to continue to do the things we did in younger years. Working in the yard, cleaning the house or just getting out to go shopping. The biggest is when we can drive no more and lose our individual freedom. Our youth passes us by and we find that we do not have the energy to do these simple tasks.

Then there is the fact that we feel as though we cannot cope with all the changes that occur in our life. We find that we have to rely on others to help us get through the day and feel we have lost the ability to be productive and self-sustaining.
We find that we hide this part of our life and continue on by wearing a mask to disguise what we are dealing with. We put on a costume to portray the person we want to be. We want to feel that by doing this we can continue to live the normal life we once had. We do not want to give in to those things we cannot change. We try to believe this mask will not let others know what we are experiencing in our life.
And so, we live this secret life until the mask comes off and reveals who we are. A person who wishes to reach out and find a life gone by. A person who wants to continue to do the things we once did. A person who does not want to be a burden to others.

We all sometime in life find ourselves in this role of hiding behind a mask of fantasy and make believe. We want to hide the changes that are difficult to bare. We hope that by wearing the mask, no one will know and our life will remain as it was.

So, when we find that person who is reaching out to us, we need to be understanding , caring and be willing to help and have the mask fall off.

"Sometimes it's not the people who change, it's the mask that falls off." Unknown

All is well.
Carl Gabrielson Executive Director Loose Center

MOVIE NIGHT
Tuesday, October 2, 7 pm

MOVIE DAY
Wed., October 3, 12 noon

An aging screen icon gets lured into accepting an award at a rinky-dink film festival in Nashville, Tenn., sending him on a hilarious fish-out-of-water adventure and an unexpectedly poignant journey into his past.

Admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care, Lockwood of Fenton and Mission Point of Holly.

Refreshments will be served!
Donations to Loose, to defray facility usage cost, will be much appreciated.

MONDAYS IN OCTOBER @ 9:30 am, FREE

What is **GROOVE?** It's a simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. It has quickly evolved into a global dance movement with Groove Dancefloors in over 20 countries. We are united in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body, heart, and soul. You can even do it from chair. Anyone can do this. Best part, you add your own style and you can't do this wrong! Come check it out. **I look forward to GROOVING with you! ~ Kate**

Flint Farmer's Market

Caretel.
Inns of Linden

Tuesday
October 9

MARKET SEASON
Leave 10:15 am
Return 1 pm (limit 8)
$2 round trip

Grab a friend, sign up, plan on enjoying lunch and browsing in the beautiful market. Space is limited, call 810 735-9406 and sign up today. Thank you Caretel for another great year at the market.

October Happenings

MEDICARE OPEN ENROLLMENT: COMING SOON

Monday, October 1, 12 noon

Medicare plans can change from year to year. Open Enrollment is an opportunity to review your current Medicare health plan coverage, compare your coverage with other plans, and make a decision for 2019. Join our MMAP (Medicare Medicaid Assistance Program) counselors, Ann Walker and Dolores Coulter, to learn more about your Medicare Open Enrollment options. We will also discuss Special Enrollment Periods that, under certain circumstances, allow a Medicare beneficiary to change plans at other times during the year. ***Take this time to chat with those in the know.***

MEDICARE OPEN ENROLLMENT INFO

October 15 - December 7, allows people on Medicare to check their current health insurance plan against the new plans being offered for 2019. If you have a Medicare Advantage Plan or a Medicare Part D prescription drug plan, this is when you can choose a different, better plan, effective January 2019.

To help you decide, MMAP (Michigan Medicare/Medicaid Assistance Program) has a counselor at Loose on Thursdays and Fridays between October 15 - December 7. **In addition, there will be multiple counselors available at three special Monday Open Enrollment Events: October 25, November 8, November 15 and December 3.**

Call Loose to make an appointment, 810-735-9406. Bring your Medicare card and a list of your medications including the dose and how many times a day.

If you are covered by a retiree insurance plan from your former employer, you usually need to check with your retiree plan to see what options are available.

Loose Volunteers

The Loose Board of Directors and Loose Staff
are happy to invite you to a

Volunteer Appreciation Celebration

Wednesday, October 24 @ 10 am

Home Food Preservation

MICHIGAN STATE UNIVERSITY | Extension

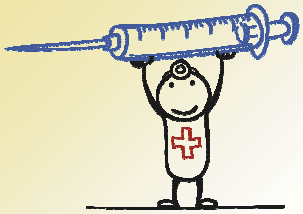
Tuesday, October 2, 12-2 pm, FREE

Learn the best practices for keeping your home preserved foods safe.

BLANCHING AND FREEZING

Michigan produce tastes great year round; learn how easy it is to freeze, to put up fruits, veggies and herbs to enjoy year round. This demonstration style class walks participants through equipment, methods and troubleshooting, offering tips and tricks along the way.

Participants will leave with resources, recipes and an understanding of how to use all three mediums for food preservation. *Please call Loose and register for this class.*



SAVE THE DATE
Monday, October 1,
11:30am - 1:30 pm
FLU SHOT
(and more) **CLINIC**

GET VACCINATED!

Even healthy people can get the flu. Protect yourself and your loved ones. Get vaccinated! Flu, Tdap, Hepatitis A, Shingles and Pneumonia vaccinations will be available at all the clinic.

Un-insured and under-insured individuals are encouraged to participate.

Genesee County Health Department
Your Health. Our Work.

ANOTHER FLU SHOT OPPORTUNITY
Sponsored by RITE AID
THURSDAY, OCTOBER 18
10:45 AM - 11:45 am **@ LOOSE**

Join us at one of many opportunities to receive a flu shot

- It can save your life.
- Friends and family members will thank you
- You'll cut your flu risk roughly in half

Nutrition & More

POTLUCK

2nd Friday of each month, 5 pm

It's a great night of good fun. Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

Coffee COPS and Conversation

Tuesday, October 9, 9:30-10:30 am

Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!

LINDEN HS DINNER

Tuesday, Nov. 13, 5 pm - FREE

A generous gift from the Linden High School Student Council to Loose Members, this meal is a full-fledged Turkey Dinner with all the trimmings. A tradition for many years, the students treat us like royalty.

PLEASE NOTE: You must be a Loose Member, and have a ticket to attend this event. **Tickets are available at Loose** Tickets are limited to two per person and are distributed on a first come first served basis. If at some point you find you will not be able to attend this event, please call or return your ticket to Loose. We do take a waiting list.

Lunch at Loose

Wednesday, October 31, 11:30 am

$4

HALLOWEEN MYSTERY LUNCH

Sponsored by

Space limited, sign up early

THE WELLBRIDGE GROUP
YOUR BRIDGE TO RECOVERY AND WELLNESS

October 2018 Lunch @ Loose Menu

Call (810) 735-9406 one day prior to reserve your spot.

Mon *Potpourri*	**Tue** *Soup Day*	**Wed** *Healthy Dinner Day*	**Thu** *Theme Thursday*	**Fri** *Tying up LOOSE ends Day*
1 Pulled Pork Roasted Potatoes Roll	2 Bean with Ham Roll	3 Chicken Bacon Ranch Pasta Casserole	4 Baked Spaghetti Salad Garlic Bread	5 Chefs Choice *You Won't be sorry*
8 Beef Stew w/ Biscuit	9 Cream of Potato In a Bread Bowl *Sponsored by* ARGENTINE CARE CENTER	10 *Carl makes lunch day* Pot Roast Bread Salad	11 Biscuits w/ Sausage Gravy Eggs	12 Hand picked just for you! ☺
15 Sloppy Joes Baked Beans Chips	16 Vegetable Soup/w Ham Sliders *Sponsored by* THE LANDINGS OF GENESEE VALLEY	17 Salad Bar and all the fixins	18 Beef Tip & Noodles Salad	19 Clean out the Fridge Day
22 Roast Beef Sandwich Salad & Chips *Sponsored by* FENTON HEALTHCARE CENTER 810-629-4117	23 Beef Barley Hearty Roll	24 NO LUNCH	25 Coney's *(Flint or Detroit Style)* Salad Chips	26 Delicious Odds & Ends
29 Chicken Quesadilla Taco Salad	30 TACO Soup Chip/Salsa/Cheese	31 Halloween Mystery Lunch WELLBRIDGE OF FENTON	Loose Lunch Loyalty Card $40 Please call (810) 735-9406, one day prior, to secure your spot. BUY TEN GET ONE FREE!	

LOOSE LUNCH *(all meals are prepared in house)* **Each hearty meal includes, fruit, beverage (including milk) & dessert.**

BODY, MIND & SPIRIT

THE LOOSE *FITNESS* ROOM IS OPEN

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

YOGA $5 drop in fee or discounted punch card available

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

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

YOGA FIT Keep the flow going and get a good workout with your yoga. Balance poses to strengthen the body, cardio for the heart and concentration for the mind.

DRUMS ALIVE® The Goal of Drums Alive® is to "improve lives, physically and psychologically, through a unique sensory motor drumming program involving drumsticks, an exercise ball and music." It is a whole body/ whole brain program; suitable for ALL ages and abilities. Equipment needs can be discussed with the program supervisor. $5 drop in fee or discounted punch card available.

FIT^{4}EVER $5 drop in fee or discounted punch card available
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.

Wii BOWLING Organized Wii play is held on Thursdays and open play is available when there is no schedule conflict. **The next 8 week play begins on September 6. If you are interested in Wii bowling, please contact the Loose Office.**

All Classes - $5 drop in fee or discounted punch card available

ZUMBA & TOTAL FIT© A 45 minute class beginning with 30 minutes of dance/exercise cardio, balance, stretching, toning and brain/movement connection. Easy steps and a fun way to get moving!

ZUMBA GOLD TOTAL FIT©
A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.

A MILE AT A TIME will return in November.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY
9:30 am GROOVE *NEW!*
2:00 pm Arthritis Exercise
4:00 pm Yoga (gentle flow)
5:00 pm Zumba/Total Fit
6:15 pm Pickleball

TUESDAY
8:00 am Mile @ a Time
9:30 am Zumba Gold/Total Fit
10:30 am FIT^{4}EVER
12 & 1 pm Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

WEDNESDAY
9:00 am BIKING BUNCH
9:30 am Yoga (gentle flow)
6:15 pm Pickleball

THURSDAY
9:30 am Chair Yoga
10:15 am Zumba Gold/Total Fit
10:30 am FIT^{4}EVER
11:30 am Wii Bowling
12 noon Drums Alive
5:00 pm Yoga Fit

FRIDAY
9:30 am Yoga (gentle flow)
10:30 am Healthy Aging Exercise
11:00 am Pickleball

SATURDAY
9:00 am Yoga
10:15 am Zumba/Total Fit

SUNDAY
2:00 pm Pickleball

NEW *"GROOVE"*
FREE on Mondays in October. See page 2 for details.

PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sunday, 2 pm
$5 drop in fee or discounted punch card available
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. Stop in, watch and give it a try.

BIKING BUNCH Begins Wednesday, 9am
Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810•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.

ARTHRITIS FOUNDATION EXERCISE SilverSneakers
Monday, 2 pm, FREE Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*

HEALTHY AGING EXERCISE Friday, 10:30 AM, **FREE**
Maintain good health with movement & strengthening that will enhance balance & increase your tolerance for a heathy active lifestyle. This program will be led by a Physical & Occupational Therapist from Caretel Inns. Do not miss this chance to add movement to your life.

LINE DANCE Tuesday, Beginning 12 noon, Advanced, 1 pm
$5 drop in fee or discounted punch card available
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 See you in 2019!

"ANYONE CAN PAINT" Class Minimum: 6

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

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

HAPPY STAMPERS

3rd 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.

WOOD CARVERS

Wednesdays, 12 - 2 pm, Sunroom, FREE

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

PAINTING GROUP Mondays, 10 am, Hall A, FREE

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

YARN RECYCLERS Fridays, 10 am, 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 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.

FIBRE FRIENDS Fridays, 1 pm, 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 FITNESS CLASS PUNCH CARD is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is $5 OR participants can purchase a 10 punch card for $35 ($3.50/class). Cards can be purchased at the Reception Desk, drop in fees are collected by the instructors. A deal and also a GREAT GIFT!

WATERCOLOR CLASSES

Mon., October 29 & November 5, 1 pm, $15,

Instructor, Peggy Mattson

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

CARD MAKING WITH CAROLINE

Monday, Oct. 22, 12:30 pm, Sunroom, $7 *(class limited)*

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

QUILLING CLASS Thursdays @ 2 pm

PAPER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and QUILLING are all names which have been given to our art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try, beginners included. *Please note: there is a $15 drop in fee for this class.*

Project ♥ Linus

4th Wednesday of each month, 9:30 to 11:30 am

This special group that has been making and donating blankets to local shelters and outreach of many kinds (over 27,000 blankets donated since 1999) with a goal to provide comfort for any vulnerable child.

Each time they gather, some of "blanketeers" bring machines and supplies and work on blankets, others make blankets at home and drop in to deliver blankets, get pattern ideas, and pick up supplies and laugh.

SLEEP MATS Mondays, 10:00-11:30 am, SUNROOM

The 2nd Monday of each month, this activity begins at 10:15 am-

Join a team of people who are helping with the pre-assembly process in creating the wonderful mats being made and donated to those in need. NO EXPERIENCE NECESSARY! Volunteers will cut and loop grocery bags in preparation of the crocheting process. If you crochet and would like to make a mat, it's easy, just single crochet your way to a complete mat.

Please donate CLEAN plastic SHOPPING bags ONLY.

CLASSES, MUSICAL OPPORTUNITIES & MORE

LOOSE CHORUS

MONDAY @ 3 PM

Music is an outburst of the soul

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus 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. *TALENTED & WELCOMING* & ALL ARE WELCOME!

TECHNOLOGY

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.

IPAD 2

Wednesday, October 3 & 10, 4-6 pm, $20,

For those who have completed iPad 1, take things a step further and begin to dive deeper, understanding settings and the importance of making them work for you. Learn iPad tricks and learn how to maximize this amazing piece of technology to fit you and your needs.

WINDOWS 10

Wednesday, October 17 & 24, 4-6 pm, $20

If you have Windows 10, this is the class for you. Learn the new and essential features of Windows 10. Bring your Windows 10 laptop to class and learn to make the most of your computing options.

SMARTPHONE PHOTOS

Wed., Nov. 7, 4-6 pm, $15

So you have learned to take pictures with your new smart phone, now what? Your photo album that sits on the coffee table could use updating and the photos are on your phone, now what? Take the time and learn what to do next and how to get those photos in your hands.

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.

Review us on facebook.

EUCHRE TOURNAMENT

Friday, October 26, 5 pm

$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink & more!

All are WELCOME!

BOARD & CARD GAMES

All Loose groups are very welcoming and always open to new friends joining in on the fun.

HAND & FOOT Wednesday, 6:30pm

POOL Wednesday - Friday, 1pm-3:30 pm

Pool players, please check in at the front desk prior to playing.

BRIDGE Monday & Wednesday, 8 am-11:00 pm

OPEN GAME PLAY Friday, 12:30-3:30 pm *(bring a friend)*

CHICAGO BRIDGE Tuesday, 1pm & Friday, 12:30pm

CHESS Wednesday, 12:30 pm

CARDS & MORE *Begins October 11.*

DOMINOES Wednesday, 12:30 pm

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 12:30 pm

EUCHRE Tues. & Thurs., 12:30pm

DO YOU NEED A RIDE TO LOOSE?

Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE

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.

October

OFFICE HOURS
Monday ~ Friday
8:00 am ~ 4 pm

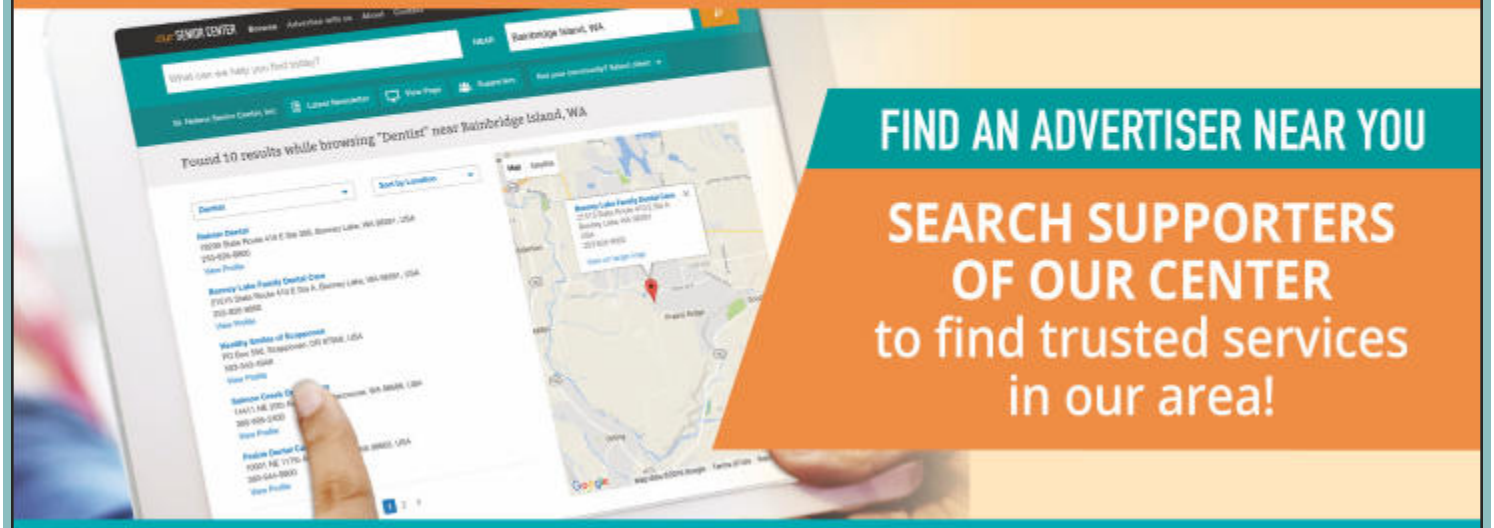
EMAIL
lscc@loosecenter.org
WEBSITE
www.loosecenter.org

PHONE
810.735.9406
FAX
810.735.4255

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 8:00 Bridge 9:30 GROOVE 10:00 Painting 10:15 Sleep Mat Production **11:30 Lunch** *Pulled Pork* 11:30 Flu Shots 12:00 Open Enrollment Info 12:30 Pinochle 1:00 Listening Ear 1:00 Water Color Class 2:00 Arthritis Exercise 3:00 Loose Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball	**2** 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 Blood Pressure ✓ 10:30 FIT4EVER **11:30 Lunch** *Bean w/Ham Soup* 12:00 Food Preservation 12:00 Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Mah jongg 1:00 Chicago Bridge 4:00 Chair Yoga 5:00 Yoga 7:00 MOVIE NIGHT	**3** 8:00 Bridge 9:00 Biking Bunch 9:00 NO Manicures 9:30 Yoga 10:00 Consumer Fraud 10:00 1-on-1 Financial 10:45 Genesee Belle Cruise 10:45 Art à la Carte **11:30 Lunch** *Chicken Casserole* 12:00 Wood Carving 12:00 Movie Day 12:30 Pinochle/Dominoes/Chess 2:00 Grief Support 4:00 IPAD 2 6:15 Pickleball 6:30 Hand & Foot	**4** MMAP Counselor **Albuquerque Balloon Fest** 9:30 Chair Yoga 10:00 AMVET REP. 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:30 Wii Bowling **11:30 Lunch** *Baked Spaghetti* 12:00 Drums Alive© 12:30 Euchre 1:30 Tools for Caregivers 2:00 Creative Quilling 5:00 Yoga Fit	**5** MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball **11:30 Lunch** **Chef's Choice** 12:30 Open Game Play 12:30 Chicago Bridge 1:00 Fibre Friends	**6** 9:00 Yoga 10:15 Zumba **Sunday, October 7** 2:00 Pickleball
8 8:00 Bridge 9:00 CSFP 9:30 GROOVE 10:00 Painting 10:15 Sleep Mat Production **11:30 Lunch** *Beef Stew* **Brookdale** 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:00 Zumba & Total Fit 6:00 TOPS Weigh-in 6:15 Pickleball	**9** 8:00 Veteran Services 9:00 Massage 9:30 Coffee & Cops 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:15 Farmer' s Market 10:30 FIT4EVER 11:30 **Lunch** *Cream of Potato* **Argentine Care Center** 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Mah jongg 1:00 Chicago Bridge 4:00 NO Chair Yoga 5:00 NO Yoga **5:00 DINNER SHOW**	**10** 8:00 Bridge 9:00 Biking Bunch 9:00 Manicures 9:00 Blood Pressure ✓ 9:30 Yoga 10:45 Art à la Carte **11:30 Lunch** *Pot Roast* 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Grief Support 3:15 Coupon Club 4:00 IPAD 2 6:15 Pickleball 6:30 Hand & Foot	**11** MMAP Counselor 8:00 Board Meeting 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 Saganing Eagle 10:30 FIT4EVER 11:30 Wii Bowling **11:30 Lunch** *TBiscuits w/Sausage Gravy* 12:00 Drums Alive© 12:30 Euchre 2:00 Creative Quilling 5:00 Yoga Fit	**12** MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Write Life Story 10:30 Healthy Exercise 11:00 Pickleball **11:30 Lunch** **Chef's Choice** 12:30 Chicago Bridge 12:30 Open Game Play 1:00 Fibre Friends 5:00 Potluck 7:00 Peter Pan	**13** 9:00 Yoga 10:15 Zumba **Sunday, October 14** 2:00 Pickleball

our SENIOR CENTER

A convenient source for local services



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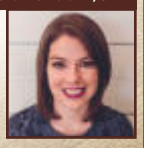

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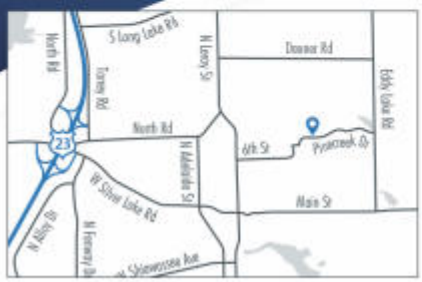

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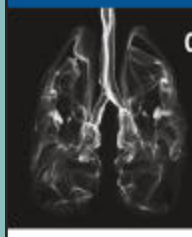

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NP# 18096159

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NP# 14173321

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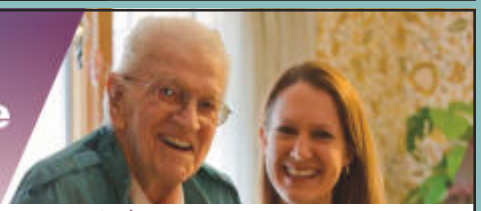

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		15			**16**			**17**			**18**		
8:00	Bridge		7:00	Little River Casino		8:00	Bridge		MMAP Counselor			MMAP Counselor	
9:30	GROOVE		9:00	Massage		9:00	Biking Bunch		9:30	Chair Yoga		8:15	Lifelong Learning
10:00	Painting		9:30	Zumba Gold/Total Fit		9:00	Manicures		10:00	Cards & More		9:30	Yoga
10:00	Sleep Mat Production		10:00	Loose Threads		9:30	Yoga		10:15	Zumba Gold/Total Fit		10:00	Yarn Recyclers
11:30	**Lunch** *Sloppy Joes*		10:30	FIT4EVER		10:00	Ask A Lawyer		10:30	FIT4EVER		10:30	Healthy Exercise
12:30	Pinochle		**11:30**	**Lunch** *Veg. Soup*		10:45	Art à la Carte		10:45	Flu Shots		11:00	Pickleball
1:00	Happy Stampers		12:00	Beg. Line Dance		**11:30**	**Lunch** *Salad Bar*		11:00	Blood Pressure ✓		**11:30**	**Lunch**
2:00	Arthritis Exercise		12:30	Euchre		12:00	Wood Carving		11:30	Wii Bowling			**Chef's Choice**
3:00	Chorus		1:00	Adv. Line Dance		12:30	Pinochle/Dominoes/Chess		**11:30**	**LUNCH**		12:30	Chicago Bridge
4:00	Yoga		1:00	Mah jongg		2:00	Grief Support			*Beef Tip & Noodles*		12:30	Open Game Play
5:00	Zumba & Total Fit		1:00	Chicago Bridge		4:00	Windows 10		12:00	Drums Alive©		1:00	Fibre Friends
6:00	TOPS Weigh-in		4:00	Chair Yoga		6:15	Pickleball		12:30	Euchre			
6:15	Pickleball		5:00	Yoga		6:30	Hand & Foot		2:00	Creative Quilling			
									5:00	Yoga Fit			

		19			**20**			**21**			**22**		
MMAP Counselor													
8:15	Lifelong Learning		9:00	Yoga		8:00	Bridge		9:00	Massage		8:00	Bridge
9:30	Yoga		10:15	Zumba		9:00	Biking Bunch		9:30	Zumba Gold/Total Fit		9:30	GROOVE
10:00	Yarn Recyclers					9:00	Manicures		10:00	Loose Threads		10:00	Sleep Mat Production
10:30	Healthy Exercise					9:30	Yoga		10:30	FIT4EVER		10:00	Painting
11:00	Pickleball					10:00	Ask A Lawyer		**11:30**	**Lunch**		11:00	Blood Pressure ✓
11:30	**Lunch**		**Sunday, October 21**			10:45	Art à la Carte			*Beef Barley Soup*		**11:30**	**Lunch**
	Chef's Choice		2:00	Pickleball		**11:30**	**Lunch** *Veg. Soup*		12:00	Beg. Line Dance			*Roast Beef Sandwich*
12:30	Chicago Bridge					12:00	Wood Carving		12:30	Euchre			Fenton Healthcare Center
12:30	Open Game Play					12:30	Pinochle/Dominoes/Chess		1:00	Adv. Line Dance		12:30	Pinochle
1:00	Fibre Friends					2:00	Grief Support		1:00	Mah jongg		12:30	Card Making
						4:00	Windows 10		1:00	Chicago Bridge		2:00	Arthritis Exercise
						6:15	Pickleball		2:00	Alzheimer Support		3:00	Chorus
						6:30	Hand & Foot		4:00	Chair Yoga		4:00	Yoga
									5:00	Yoga		5:00	Zumba & Total Fit
												6:00	TOPS Weigh-in
												6:15	Pickleball

		24			**25**			**26**			**27**		
8:00	Bridge		MMAP Counselor			MMAP Counselor							
9:00	Biking Bunch		9:30	Chair Yoga		9:30	Yoga		9:00	Yoga			
9:00	Manicures		10:00	Cards & More		10:00	Yarn Recyclers		10:15	Zumba			
9:30	Yoga		10:15	Zumba Gold/Total Fit		10:00	Write Life Story						
9:30	Project Linus		10:30	FIT4EVER		10:30	Healthy Exercise						
10:00	**Volunteer Celebration**		11:30	Wii Bowling		11:00	Pickleball		**Sunday, October 28**				
10:45	Art à la Carte			Banquet		**11:30**	**Lunch**		2:00	Pickleball			
11:30	**NO Lunch**		**11:30**	**LUNCH CONEY DAY**			**Chef's Choice**						
12:00	Wood Carving		12:00	Drums Alive©		12:30	Chicago Bridge						
12:30	Pinochle/Dominoes/Chess		12:30	Euchre		12:30	Open Game Play						
2:00	Grief Support		2:00	Creative Quilling		1:00	Fibre Friends						
4:00	Windows 10		5:00	Yoga Fit		5:00	Euchre						
6:15	Pickleball						Tournament						
6:30	Hand & Foot												

		29			**30**			**31**					
8:00	Bridge		8:00	Podiatrist		8:00	Bridge						
9:30	GROOVE		9:00	Massage		9:00	Biking Bunch Party						
10:00	Sleep Mat Production		9:30	Zumba Gold/Total Fit		9:00	Manicures						
10:00	Painting		10:00	Loose Threads		9:30	Yoga						
11:30	**Lunch**		10:30	FIT4EVER		10:45	Art à la Carte						
	Chicken Quesadilla		**11:30**	**Lunch** *Taco*		**11:30**	**Lunch** ***HALLOWEEN***						
12:30	Pinochle		12:00	Beg. Line Dance			***?Mystery Lunch?***						
1:00	Water Color		12:30	Euchre			**WELLBRIDGE**						
2:00	Arthritis Exercise		1:00	Adv. Line Dance		12:00	Wood Carving						
3:00	Chorus		1:00	Mah jongg		12:30	Pinochle/Dominoes/Chess						
4:00	Yoga		1:00	Chicago Bridge		2:00	Grief Support						
5:00	Zumba & Total Fit		4:00	Chair Yoga		6:15	Pickleball						
6:00	TOPS Weigh-in		5:00	Yoga		6:30	Hand & Foot						
6:15	Pickleball												

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Melinda Elmore-Hajek
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Brittany Hancock
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ONE-ON-ONE FINANCIAL HELP

First Wednesday of the month, 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 is facilitated by John Strayer of Tanglewood Homecare and Assisted Living.

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.

HEALTH CARE POWER OF ATTORNEY SIGNING *PARTY*

Tues., November 13, 2 pm, *Hall B*

Stacey Brancheau, CFP, CTFA Attorney at Law will guide the participants in a step-by-step process in completing this very important document and each will leave with a complete legal copy, signed by a witness and notarized. This is such an important part of healthy planning, don't put it off, call Loose and sign up today.

ENERGY EFFICIENCY SOLUTIONS FOR YOUR HOME

Wednesday, November 14, 10:30 am

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Kirsten Leach Outreach Specialist - Consumers Energy's residential energy efficiency programs. Her role is to raise awareness within the Consumers Energy community about the variety of programs available to customers and the benefits of energy efficiency. Bringing her experience working in a variety of community affairs roles, Kirsten combines common sense, stewardship and simplicity in presenting energy efficiency in the home. The 30-minute presentation will provide you with simple, low or no cost ways to save money on your utility bill. Sign up today!! You might even win a prize!

HEALTH SERVICES & TRANSPORTATION

MASSAGE

By appointment each Tuesday!

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

Keep Calm & Book a Massage

PODIATRIST

October 30 (by appointment)

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, ***copays or deductibles may apply.*** Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

MANICURES

Wednesday, by appointment, beginning at 10 am, $10,

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.

Travel & Participant Statement

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.

Visit Loose online @ www.loosecenter.org

BLOOD PRESSURE CHECK

1st Tuesday of each month, 10:30 - 11:30am

2nd Wednesday of each month, 9 - 10 am

3rd Thursday of each month, 11 - 12 noon

4th Monday of each month, 11:00 am - 12 pm

Sponsored by Fenton HealthCare Center

GRIEF SUPPORT GROUP

BEGINS, Wed., October 3, 2-4 pm

Meets weekly for 8 weeks

Next Session Begins January 9, 2019

We are thankful to McLaren Hospice who has reached out to us and offered fo facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

NEW

Join us for the first 8 week session.

Do you qualify for one of these MONEY SAVING Medicare Benefits

MEDICARE SAVINGS PROGRAM: The State of MI pays your Part B premium, which is worth $109-$134 to you each month. To qualify there is an income and asset test. Income: less than $1377/month for single or $1,874 for a couple (gross before any deductions). Assets: less than $7,390 for single or $11,090 for a couple (in bank accounts, 401K, IRAs, etc.)

EXTRA HELP FOR PRESCRIPTION DRUGS FROM SOCIAL SECURITY: The Social Security Administration pays all or part of your Part D prescriptions drug plan premium, and lowers your copays and deductible. This benefit also eliminates the "donut hole" in Rx coverage. Income: less than $1,528/month single or $2,050/month for a couple. Assets: less than $13,820 for single or $27,600 for a couple.

MICHIGAN MEDIGAP SUBSIDY: If you have a medigap plan from BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: $40/month if you are under 75, $65/month if you are over 75. There is only an income requirement for this benefit. You can have any amount in assets. Income: less than $26,730/year single or $36,045/year for a couple...Assets: any amount is OK.

Special Services & Support

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 home-bound, 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 lscc@loosescenter.org so we can spread the sunshine.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome Gary Putinsky and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

ASK THE LAWYER

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

Attorney Stacey N. Brancheau 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 the month, by appointment.

If you are having any problems with a place of business or are wondering if you have been scammed, please call and Loose will put you in contact 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.

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 they are disposed of properly.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter 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.

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!

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!

MICAFE 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. To join our team of volunteers, call the Flint/Genesee Area District volunteer coordinator at 810-241-8919

We are happy to share that we are actively recycling here at Loose. You will see BLUE containers with the universal recycle emblem around the building in a variety of locations. Please help us reduce our waste by placing your recyclable products in these containers. This would include, PLASTIC, GLASS, METAL, CARD BOARD (no food, no Styrofoam, etc). Don't forget we also collect paper in our bins located in the parking lot. Thank you for helping out! If you have questions, please check with staff.

MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday, Tuesday and Wednesday after 10 am. This generous Loose privilege is on a first come first serve basis and distribution is on the honor system. We just ask, so all can enjoy, you limit your choices to two items. Thank you!

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

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.

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.

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 2018. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

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.

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 Linden, City of Fenton, the Harding Foundation and donations from individuals.

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

WE SAVE…YOU CAN HELP

UPDATED

VG'S Drop off your **ENTIRE** VG receipt at Loose. Once we have collected and turned in $150,000 worth of receipts, VG's will donate $1000 to Loose. WOW!

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!

KROGER If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

AMAZON SMILE Do you shop Amazon? If so, there is a very simple way your purchases can benefit Loose. Search for Amazon Smile or go to, ***https://smile.amazon.com/ch/38-3266054***, sign in and designate Loose as your charity. Each time you make a purchase, a portion will be donated back to Loose.

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 bins 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.

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."

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

TRIPS

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

TRIPS @ A GLANCE

October 3	Genesee Belle Fall Cruise	$22 or $27
October 4-9	Albuquerque Balloon Fiesta	$2,679
October 8-13	Virginia Beach	$1,200
October 11	Saganing Eagles Landing Casino	$32
October 12	Peter Pan @ the Whiting	$45
October 14-18	Shenandoah Valley Virginia	$1,129
October 16-17	Litter River	$140
Oct. 23–Nov. 6	South Pacific Wonders	$7,249
November 1	The Historic Whitney	$73
November 5	Soaring Eagle, *Ronnie Milsap*	$34
November 7	Niagara Falls Festival of Lights	$299
November 16	Peter Gros @ the Whiting	$26
November 25-30	New York City Holiday	$1,799
November 27	FireKeepers Casino	$32
December 5-6	Country Christmas	$280
December 6	Drumline	$28
December 16	Holiday Pops	$21
December 13	Caesar Windsor	$25
January 7	FireKeepers Casino	$32
January 10	Sleeping Beauty	$35
January 25	Rent	$45
Feb.19-Mar. 5	Machu Picchu & The Galapagos Islands	$$$$
Feb. 22-28	Treasures of California	$2,999
February 26	Freedom Bound	$12
March 18-29	Texas	$2,789
April 9	Detroit Behind the Scenes	$85
April 25-May 5	Spain's Classics	$$$$
April 26-27	Chicago Weekender	$354
May 8	Holland Tulip Time	$95
May 13-20	Charleston/Savannah	$1,899
June 20-June 29	Switzerland, Austria & Bavaria	$$$$
October 19-28	Shades of Ireland	$$$$

Detailed flyers are available at the Loose Center.

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

MCC CONTINUING EDUCATION

(Fridays @ Applewood)

$8 (includes transportation - departs 8:15 am)

Payment is due by 4 pm Tuesday prior to the event!

*A special THANKS to **The State Bank** for their donation to help offset the cost of this event for Loose Members*

Each month from September through May, a specially chosen program will be offered to inspire, rejuvenate, stimulate and refresh! Each program will feature a unique lecture and will be accompanied with a continental breakfast and door prizes.

October 19—Jarrett M. Hayes, Executive Director of the Whiting who spearheaded the Restoration of the Capitol Theatre.

November 16 - Ric Mixter

This unique talk features the Coast Guard's finest moments, including the tragic career of the Michigan built cutter " Escanaba ". This ship was built in Bay City and it saved dozens of lives on the lakes before deploying to the North Atlantic for convoy duty during WW11 .In 1943 the Esky saved over 130 lives when the Dorchester was torpedoed . In June of 1943 the Esky mysteriously exploded and sank with over 100 lives just off the coast of Greenland. Only two men survived and Ric will share their amazing story.

2018/19 Whiting Opportunities

*All prices **include** transportation, if you choose to NOT use transportation; $5 will be deducted from the final cost*

Van leaves Loose one hour prior to SHOW TIME

PETER PAN Friday, October 12, 8 pm, $45

Never Never Land has never been so real! Peter Pan: A 3d Stage Spectacular tells the story of the boy who never grew up through jaw-dropping acts with actors, singers, dancers, and acrobats. Based on the story by James M. Barrie, and brought to you by creator Hanoch Rosen.

PETER GROS (Mutual of Omaha's Wild Kingdom)
Friday, November 16, 7:30 pm, $26

Peter shares his exciting animal world, travel experiences and timeless tales. He highlights his many adventures with a mix of video clips and bloopers while introducing friendly exotic animals to audience members, and telling inspirational stories dealing with issues of conservation, travel, and wildlife filming. Peter's fascinating stories have been thrilling and educating audiences across the country for years.

DRUMLINE Thursday, December 6, 7:30 pm, $28
HOLIDAY POPS Sunday, December 16, 3 pm, $21
SLEEPING BEAUTY (BALET) Thursday, January 10, 7:30, $35
RENT Friday, January 25, $45
FREEDOM BOUND Tuesday, February 26, 7 pm $12
DIAVOLO/ARCHITECTURE IN MOTION Fri., March 1, 8 pm, $23
SHAKESPEARE COMEDY Thursday, April 25, 7:30 pm, $15
JERSEY BOYS Tuesday, May 14, 7:30 pm, $47

Present THE HOLIDAY POPS Featuring
THE FLINT SYMPHONY ORCHESTRA
ENRIQUE DIEMECKE, CONDUCTOR

Sunday, December 16, 2018

$21 *W/O Transportation*
$26 *With Transportation*
The show begins at 3 pm
The bus leaves Loose at 2 pm

Catch the holiday spirit with the Flint Symphony Orchestra, the Flint Symphony Chorus and community singers, and hosts Angie Hendershot and Matt Franklin of ABC 12 as they come together to bring you festive favorites.

Purchase your tickets from Loose today!

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 10:45 am. Cost: $4.50 (transportation)

October 3 Curious about Cuba: The Great Museums of Havana
October 10 Secrets of Lost Empires: Inca
October 17 Eero Saarinen: Architect Who Saw The Future
October 24 Brooklyn Bridge
October 31 Haunted History of Halloween

AND MORE TRIPS

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

October 16-17, 2018 *$140 PP Double*

TOUR INCLUDES

Round Trip Motorcoach Transportation

1 night Lodging Little River Casino, Gaming Session Little River Casino & Soaring Eagle Casino, tax & tips included on hotel accommodations, Drivers tip not included, Little River Casino pk., $20 + 10 food voucher, Soaring Eagle Casino pk., $10 + 5 food voucher *(additional $10 after you earn 100 points on rewards card), Casino package are subject to change without notice.*

The Historic Whitney

Thurs., Nov. 1, 2018, $73

Departs 10 am-Returns 6:15 pm

INCLUDES: Round Trip Motor Coach Transportation, Guided Stroll through the Historic Whitney, Detroit's most iconic mansion. Self guided tour through Pewabic Pottery, Lunch at Big Fish Seafood Bistro (choice of Fish & Chips, Chicken Cape Codder, Tavern Burger.)

NIAGARA FALL Festival of Lights, $299 PP Double

November 7-8 2018

Includes Round Trip Motorcoach Transportation,
1 night Lodging Fallsview Hilton,
1 breakfast & 1 dinner,
Tour of Niagara Falls, Festival of lights,
Luggage Handling, Tax & tips on included meals

NEW YORK CITY

Holiday Entertaiment Extravaganza

November 25-30, $1,799

FEATURING The Rockettes @ Radio City Music Hall

HIGHLIGHTS: Motorcoach Transportation, 1, night Mt. Airy Casino, 3 nights, Novotel Times Square, 1 night Bethlehem PA, 3 breakfasts, 4 dinners, Sightseeing tour of NYC, Rockettes at Radio City Music hall, and so much more.

REMINDER, Loose is NON SMOKING, both facility and grounds. Smoking in vehicles is acceptable.

Country Christmas

December 5-6, 2018, $280.00

INCLUDES: Round Trip Motor Coach Transportation, 1 night in Comfort Suites in Mason, OH, 1 Continental Breakfast, I lunch, I dinner.

FEATURING: Big Tree Plantation, Golden Lamb, Christmas Ranch, La Comedia Dinner Theater (Irving Berlins's White Christmas).

Spain's Classics

April 25-May 5, 2019 $3,999

If purchased before 10/26/18

HIGHLIGHTS: Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, The Alhambra, Valencia, Choice on Tour, Paella Experience, Barcelona, La Sagrada Familia, Parc Güell

Day 1	Overnight Flight
Day 2 – 3	H10 Puerta de Alcala , Madrid
Day 4 – 5	Melia Sevilla, Seville
Day 6	Barcelo Carmen Granada , Granada
Day 7 – 8	SH Valencia Palace, Valencia
Day 9 – 10	Evenia Rossello Hotel, Barcelona

If you are able, join us at the Travel Show on Sept. 12 @ 10:30 am for more details.

Discover Switzerland, Austria & Bavaria

June 20 — June 29, 2019 • 10 Days • 12 Meals
Double $3,999 (if purchased before 12/21/18)

Day 1 Overnight Flight
Day 2-5 Hotel Bern, Bern
Day 6- 9 Hotel Innsbruck, Innsbruck

Highlights: Bern, Château de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, Oberammergau

The perfect place for 50+

LOOSE

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

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DINNER SHOW

"Singing the Good Ol' Songs Again"

Tuesday, October 9, 5 pm $12

DINNER INCLUDES: Chicken, Meatballs, Mostaccioli, Salads, Green Beans, Relish Tray, Roll, Dessert & Beverages.
Please be sure to call or stop by and register for this event.

Jackie & Gary love folk music and it shows. They have put together an evening of entertainment that, in their words, "honors the rich tradition of American folk misc." And what an evening it is- -a rousing concert of memories and sing-along fun.

Folk music is in this talented duo's blood. Jackie (Miller) Davidson was one of the original New Christy Minstrels and sang on such hits as "Green, Green" "Today and "Saturday Night." Jackie was also part of the Pop-folk duo "Jackie & Gale.

Gary Brandt is a well-seasoned singer-songwriter from Michigan. An aficionado of the works of Gordon Lightfoot, Gary is a talented balladeer who weaves right tales of the Great Lakes and other legends in his songs.

Together, Jackie & Gary are dynamite entertainment, not to be missed.

Christmas LUNCH

Wednesday, December 12, 12 noon $15