

DECEMBER 2019

the perfect place for 50+

LOOSE



"Santa does not enter through the chimney. He enters through the heart." -Unknown

From the Director

Dear Friends,

"CHRISTMAS" is the most magical time of the year. People look forward to the lights and decorations that abound from homes to the city streets. We set out on a family expedition to find that perfect tree and the aroma of pine it brings. My family always had many traditions. One was to go to Frankenmuth to spend a day going through Bronner's to take in the Christmas spirit, enjoy a chicken dinner at Zehnder's and watch the Christmas parade. It was a wonderful time that we continue to do today with my children and grandchildren. Another holiday tradition was to go to the basement of Sears to see all the toys we hoped Santa would bring. My favorite was the train set up. The most important part of the day was to sit on Santa's lap to give him my wish list of gifts I wanted under the tree on Christmas day. This special time came to a close standing in front of Halo Burger watching the Christmas parade stroll down Saginaw Street. Oh how I enjoyed my family during this season.

We can find it hard sometimes to get caught up in the commercial frenzy. We are bombarded by advertisement on our phones, TV and radio. We can't escape the must toy or toys of the year. Children and adults find themselves trying to please their desires to have the latest and greatest thing. We are overwhelmed with parties, events and children's programs to find time to remember the true meaning of Christmas.

So, remember the love of your family and the many holiday seasons and traditions you have enjoyed. Renew them and take time to find the joy that they bring you. Be close to those you hold special and embrace the moments that become new memories. Oh, it is fun to be part of the many things we enjoy, but never forget that...

"Santa does not enter through the chimney. He enters through the heart." Unknown

Merry Christmas Everyone!
All is well,
Carl Gabrielson
Executive Director Loose Center



MOVIE NIGHT

Tuesday, December 3, 7 pm

MOVIE DAY

Wed., December 4, 12 noon

The Peanut Butter Falcon

is a 2019 American comedy-dramafilm directed and written by Tyler Nilson and Michael Schwartz, and starring Shia LaBeouf, Zack Gottsagen, Dakota Johnson, John Hawkes, Bruce Dern, Jon Bernthal and Thomas Haden Church. Its plot follows a young man with Down syndrome (Gottsagen) who escapes from an assisted living facility and befriends a wayward fisherman on the run (LaBeouf); as the two men form a rapid bond, a social worker (Johnson) attempts to track them.

Admission for Movie Night at Loose is free thanks to our generous sponsors-Tanglewood Home Care & Lockwood of Fenton.

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

SENIOR WINTER GAMES



of Genesee County 2020

REGISTER UNTIL JANUARY 16, 2020

(forms available at Loose,
no late registrations)



GAMES FEBRUARY 3- MARCH 3

Cost \$12 includes, Opening Ceremony, SWG T-shirt, entry to as many games as you wish, Closing Ceremony Banquet (3/3)

2020 EVENTS INCLUDE

Bowling, Jigsaw Puzzle, Spades, Softball Toss, Lawn Bowling, Soccer-Free Kick, Yahtzee, Hand Knee & Foot, Shuffleboard, Senior Grand Prix, Recreational Ping Pong, Frisbee Toss, Ladder Golf, Fitness Walk, Pickleball, Archery, Euchre, Free Throw Sudoku, Baking, American Mah-jongg, Poop, Cribbage, Pinochle, Line Dancing, Karaoke, Dominoes, Arts and Crafts, Name That Song, Darts, Bean Bag Toss, Competitive Table Tennis, Michigan Trivia Game & Miniature Golf.



Effective January 2, Loose's NEW office hours will be **Monday-Thursday, 9am-5pm and Friday, 9am-4pm.** Doors will open at 9am. Business transactions will take place during office hours only. Programs scheduled before 9 am or after 5 pm will run as scheduled.

Located in the Caretel Lounge
Collecting until 12/6

The Giving Tree

THANK YOU!


All items will be gathered and donated to those in need.
All donations are appreciated!

December Happenings

W THE WHITING
CAPITOL

HEDDA! A MUSICAL CONVERSATION
Wednesday, December 4, 10 am FREE

Join us as The Whiting, brings to Loose, a one woman play called "Hedda! A Musical Conversation". "Hedda Hopper, the outrageous Hollywood Gossip Columnist in the Hats – Hedda! A Musical Conversation is a series of phone conversations and chats with the audience. We are made privy to Hedda Hopper's feuds, politics, and of course the gossip."



Breakfast

9:30-10:30 am

Monday, December 16, \$4
Egg Muffin Casserole
w/Canadian Bacon
Roasted Potatoes, Fruit, Juice & Coffee

Holiday Pops
PRESENTED BY THE
FLINT INSTITUTE
OF MUSIC


Saturday, Dec. 21, 2019
\$7 W/O Transportation
\$12 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. **Purchase your tickets from Loose today!**



FREE

Thursday, December 12, 12 noon
If you can SPARE a few minutes, It's time to ADDRESS the Pins and learn to play the PERFECT Wii Bowling GAME. It will be fun and there will be plenty of help and guidance.



Wii Bowling Fun!

Thursday, December 19, 12:15 pm
We Wish You a Merry Christmas



You are invited to join us for a special Christmas Music Celebration of holiday songs, sing-a-longs and an afternoon of fun. Music by our amazing Loose Chorus will add much joy to your holiday season. Please plan on joining us for music and treats (following).
Make it an afternoon and sign up for Lunch @ Loose @ 11:30 am.

Holiday Card Sale




Look for the special display in the hall!

BLOW OUT SALE BEGINS 12/9
All Seasonal Cards 15 for \$1

Kids COPS and Cocoa

Tuesday, Dec. 10, 9:30-10:30 am
For December only, we are excited to welcome our neighbors from *Roo's Place Child Development Center*. The kids and staff will join Linden Police and Loose Friends for cocoa, cookie decorating and eating and to hang out with Chief Scott Sutter during this holiday season. The coffee will still be on. So come and join in on the fun!



Looking for the perfect gift?

Gift Certificate

This certificate entitles the bearer to:

Loose Center
707 North Bridge Street
Linden, MI 48451

Not redeemable for cash

LOOSE

Consider a Loose GIFT CERTIFICATE

Loose also sells **Fitness Punch Cards** and **Loose Lunch Loyalty Cards**. All would be great gifts at any time of the year.

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

Tues., January 14, 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!



Fourth Annual Loose
Celebrity Chef

CHILI and Dessert COOK OFF

\$6pp

TUESDAY
January 28
5:00 pm

Seating Limited

featuring
**LIVE
MUSIC**

December 2019 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 |
|--|--|--|--|--|
| 2 Chicken Cordon Bleu Roasted Potatoes Vegetable | 3 Tomato Soup Grilled Cheese | 4 Mac & Cheese Layered Salad Roll | 5 TACO TACO BEAR Including Chips, Cheese, Salsa | 6 Leftovers |
| 9 Shepherds Pie Salad Roll | 10 ARGENTINE CARE CENTER Christmas Tortellini Soup | 11 Loose Christmas Catered Luncheon 12 noon \$15 Please Pre-register | 12 Baked Spaghetti Salad Garlic Bread | 13 Leftovers |
| 16 BREAKFAST 9:30-10:30 am Egg Muffin Casserole Roasted Potatoes Fruit | 17 Chicken Dumpling Soup Salad & Roll | 18 BBQ Pork Sandwich Baked Beans Potato Salad | 19 Hot Turkey Sandwich Mashed Potato Salad | 20 Leftovers |
| <p>Loose will be closed, December 21, 22, 23, 24, 25, 28, 29, 30, 31 & January 1</p> | | | 26 Coney's (Flint or Detroit Style) Salad Chips | 27 Pizza Salad |
| | | | <p>Get your Loose Lunch Loyalty Card, good for 10 meals, then get the eleventh for free.</p> | <p>Lunch is served at 11:30 am PLEASE NOTE: The cost of the second helping is \$1.00</p> |

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

BODY, MIND & SPIRIT

A Mile at a Time RETURNS

Beginning November 5 Loose's BIG HALL will be open on Tuesdays & Thursdays, 8 am until 9:15 am for walkers. Are you ready to adjust your step goal and work toward adding miles to your day? Loose is a safe friendly place to give it a try. Come in, walk, and when you are done, enjoy a cup of coffee. *Always check with your doctor before starting a new fitness routine.*



TAI CHI Wednesday, December 18, 10:30 am - 11:05 am

A new class session will resume Jan. 8, 15, 29, Feb. 5 & 12 In 2020, you can purchase your Tai Chi Ticket for \$20 (good for 10 classes) Instructor-Grand Master Dr. Ibrahim is a Registered Nurse, Naturopathic Doctor and one of the highest ranking Martial Artists in the World! He will be teaching a healthy modified Yang form.

THE BENEFITS OF TAI CHI INCLUDE BUT ARE NOT LIMITED TO: Reducing anxiety and depression, Improving quality of sleep, Improving balance and hand/eye coordination, Increasing both upper and lower body strength, Increasing energy while calming the mind, Improving mental clarity and brain focus, Lowering blood pressure, Helps with pain management, Increasing flexibility...

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.

"GROOVE" Mon. at 9:30 am

\$5 drop in fee or discounted punch card available

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. 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 a chair. Best part, you add your own style and you can't do this wrong! Come check it out.

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.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **GROOVE**
2:00 pm Arthritis Exercise
4:00 pm **Yoga (gentle flow)**
6:15 pm Pickleball

TUESDAY

8:00 am Mile @ A Time
9:30 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
12 & 1 pm **Line Dance** (9/10)
1:00 pm Exercise @ Caretel
4:00 pm **Chair Yoga**
5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:30 am **Yoga (gentle flow)**
10:30 am **TAI CHI 12/16)**
6:15 pm Pickleball

THURSDAY

8:00 am Mile @ A Time
9:30 am **Chair Yoga**
10:15 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
11:30 am **Wii Bowling** (begins 1/9)
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

FIT⁴EVER \$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. **If you are interested in Wii bowling, please contact the Loose Office. New league play begins 1/9**

PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sunday, 2pm

\$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.

ARTHRITIS FOUNDATION EXERCISE



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 or

Tuesday @ Caretel, 1 pm FREE

Maintain good health with movement & strengthening that will enhance balance & increase your tolerance for a healthy 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!

BIKING BUNCH Returns in May

Find Your Creative Side

"ANYONE CAN PAINT" Class Minimum: 6
2nd Monday of each month, 12-2 pm, \$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 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."



WATERCOLOR CLASSES

Monday, January 27 & February 3
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.

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.



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.

QUILLING 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.*

Visit Our Website

www.loosecenter.org

CLASSES, MUSICAL OPPORTUNITIES & MORE



LOOSE CHORUS

MONDAY @ 3 PM

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 1

Wednesday, January 22 & 29, 4-6 pm, \$20,

Now that many of you have an iPad, do you need some help figuring out all the new features? Kelly will cover the Safari app and many of the other apps on the iPad, including Camera, Calendar, Mail, Notes, Photos, iTunes, iPod, Video and the App Store.

IPAD 2

Wednesday, February 5 & 12, 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, February 19 & February 26, 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.

INTRODUCTION TO GOOGLE DOCS

Wednesday, March 18, 4-6 pm, \$15

Do you have a gmail account, unlock all it's Possibilities. Learn how to use the Google Drive, Calendar, Docs, Sheets & Slides. **PLEASE NOTE:** You **MUST** have a gmail account to use Google Docs.



Friday, January 24, 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

OPEN GAME PLAY Friday, 1:00 - 3:30 pm (bring a friend)

CHICAGO BRIDGE Tuesday, 1:00 pm

CHESS Wednesday, 1:00 pm

CARDS & MORE Thursday, 10 am

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 1:00 pm

EUCHRE Tues. & Thurs., 1:00 pm

REMINDER—Loose Closes at 4 pm

All game play must be wrapped up prior to that time



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.



Review us on
facebook.



December 2019

PHONE
810.735.9406
FAX
810.735.4255

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

EMAIL
lsc@loosecenter.org
WEBSITE
www.loosecenter.org

MONDAY

2
9:30 NO GROOVE
10:15 Sleep Mat Production
10:00 Painting
11:30 Lunch
Chicken Cordon Bleu
1:00 Pinochle
1:00 Listening Ear
2:00 Arthritis Exercise
3:00 Chorus
Argentine CC & Caretel
4:00 Yoga
5:30 TOPS Weigh-in
6:15 Pickleball

TUESDAY

3
Christmas in New York
8:00 Mile @ A Time
9:00 Massage
9:30 Zumba Gold/Total Fit
10:00 Loose Threads
10:30 Blood Pressure ✓
10:30 FIT4EVER
11:30 Lunch
Tomato Soup
Grilled Cheese
12:00 Line Dance
1:00 Euchre
1:00 Chicago Bridge
1:00 Mah jongg
4:00 Chair Yoga
5:00 Yoga
7 00 MOVIE NIGHT

WEDNESDAY

4
9:00 Manicures
9:30 Yoga
10:00 "Hedda"
10:00 1 on 1 Financial
10:45 Art à la Carte
11:30 Lunch Mac & Cheese
12:00 Movie Day
12:00 Wood Carving
1:00 Pinochle/Chess
2:00 Grief Support
6:15 Pickleball
6:30 Hand & Foot

THURSDAY

5
MMAP Open Enrollment (by apt)
8:00 Mile @ A Time
9:30 Chair Yoga
10:00 AMVET Rep.
10:00 Cards & More
10:15 Zumba Gold/Total Fit
10:30 FIT4EVER
11:00 Blood Pressure ✓
11:30 Lunch TACO BAR
1:00 Euchre
2:00 Creative Quilling
5:00 Yoga Fit

FRIDAY

6
MMAP Counselor
9:30 Yoga
10:00 Yarn Recyclers
10:30 Healthy Exercise
11:00 Pickleball
11:30 Lunch
Chef's Choice
1:00 Open Game Play
1:00 Fibre Friends

SATURDAY/SUNDAY

7
9:00 Yoga
10:15 Zumba
Sunday, December 8
2:00 Pickleball

9
9:00 CSFP
9:30 NO GROOVE
10:15 Sleep Mat Production
10:00 Painting
11:30 Lunch Shepherds Pie
12:00 Anyone Can Paint
1:00 Pinochle
1:00 Book Club
2:00 Arthritis Exercise
3:00 Chorus
Crestmont & Fenton HC
4:00 Yoga
5:30 TOPS Weigh-in
6:15 Pickleball

10
Veteran Services
8:00 Mile @ A Time
8:00 Massage
9:00 Zumba Gold/Total Fit
9:30 Kids, Cops & Cocoa
10:00 Loose Threads
10:30 FIT4EVER
11:30 Lunch Christmas
Tortellini Soup
12:00 Line Dance
1:00 Euchre
1:00 Chicago Bridge
1:00 Mah jongg
4:00 Chair Yoga
4:30 Santa & Mrs. Clause
5:00 Yoga

11
9:00 Manicures
9:30 NO Yoga
10:30 Blood Pressure ✓
10:45 Art à la Carte
12:00 Christmas Luncheon
12:00 NO Wood Carving
1:00 NO Pinochle/Chess
2:00 NO Grief Support
6:15 Pickleball
6:30 Hand & Foot

12
MMAP Counselor
8:00 NO Mile @ A Time
8:00 Board Meeting
9:30 Chair Yoga
10:00 Cards & More
10:15 Zumba Gold/Total Fit
10:30 FIT4EVER
11:30 Lunch
Baked Spaghetti
12:00 Wii Bowling Fun
1:00 Euchre
2:00 Creative Quilling
5:00 Yoga Fit

13
MMAP Counselor
8:15 Lifelong Learning
9:30 Yoga
10:00 Write Life Story
10:00 Yarn Recyclers
10:30 Healthy Exercise
11:00 Pickleball
11:30 Lunch
LEFTOVERS
1:00 Open Game Play
1:00 Fibre Friends
5:00 Potluck

14
9:00 Yoga
10:15 Zumba
Sunday, December 15
2:00 Pickleball



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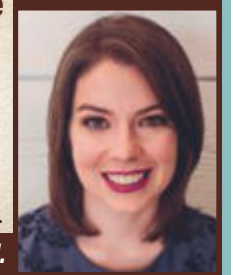
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| | | | | | | |
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| <p>9:30 GROOVE 9:30 BREAKFAST <i>Egg Muffin Casserole</i> 10:00 FireKeepers 10:00 Sleep Mat Production 10:00 Painting 1:00 Pinochle 1:00 Happy Stampers 2:00 Arthritis Exercise 3:00 Chorus <i>Lockwood & Millpond Manor</i> 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p> | <p>8:00 Podiatrist 8:00 Mile @ A Time 9:00 Massage 9:30 Zumba Gold/Total Fit 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Chicken <i>Dumpling Soup</i> 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p> | <p>9:00 Manicures 9:30 Yoga 10:00 Ask A Lawyer 10:30 Tai Chi 10:45 Art à la Carte 11:30 Lunch BB Pork 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p> | <p>18 MIMAP Counselor 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 Lunch <i>Hot Turkey Sandwich</i> 12:15 Chorus Christmas Concert 1:00 Euchre 2:00 Quilling Class 2:30 Bingo @ Caretel 5:00 Yoga Fit</p> | <p>19 MIMAP Counselor 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 FIT4EVER 11:00 Blood Pressure ✓ 11:30 Lunch <i>Hot Turkey Sandwich</i> 12:15 Chorus Christmas Concert 1:00 Euchre 2:00 Quilling Class 2:30 Bingo @ Caretel 5:00 Yoga Fit</p> | <p>20 MIMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch Chef's Choice 1:00 Open Game Play 1:00 Fibre Friends</p> | <p>21 Closed  6:00 Holiday Pops</p> |
| <p>23  Loose will be closed, December 21, 22, 23, 24, 25, 28, 29, 30, 31 & January 1.</p> | <p>24 MIMAP Counselor 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 NO FIT4EVER 11:30 Lunch Coney Day 1:00 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p> | <p>25 MIMAP Counselor 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 NO FIT4EVER 11:30 Lunch Coney Day 1:00 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p> | <p>26 MIMAP Counselor 8:00 Mile @ A Time 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold/Total Fit 10:30 NO FIT4EVER 11:30 Lunch Coney Day 1:00 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p> | <p>27 MIMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:00 Pickleball 11:30 Lunch Pizza 1:00 Open Game Play 1:00 Fibre Friends</p> | <p>28 Closed </p> | |

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Dotti Tynes
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30

Merry Christmas &

HAPPY 2020 NEW YEAR

All our BEST to all of you this Holiday Season.

*Carl, Melinda
Brittany, Cheryl
Kathy, Dotti & Chuck*

31

HEALTHY LIVING

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. Specific information is available upon request.

To schedule an appointment, call Loose Center at 735.9406.

ALZHEIMER SUPPORT GROUP

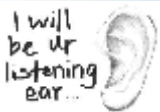
Every 4th Tuesday, 2 pm The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Homecare and Assisted Living.

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

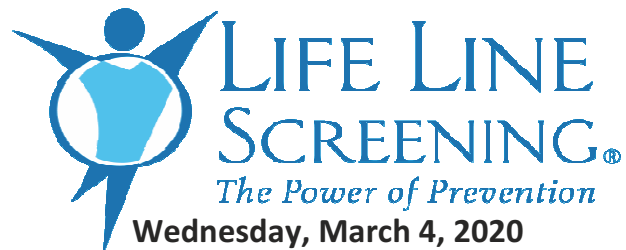
Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, 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.



WRITE YOUR LIFE STORY Every 2nd & 4th Friday

Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. **WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.**

This group meets twice a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience*, *My Proudest Moment*, *My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories. ALL ARE WELCOME!



Take a step toward Staying **HEALTHY & ACTIVE**

Tests include: Carotid Artery (plaque) Screening, Heart Rhythm Screening, Abdominal Aortic Aneurysm Screening, Peripheral Arterial Disease Screening and Osteoporosis Risk Assessment. "9 out of 10 cardiovascular doctors support preventive screenings for those with key risk factors (age 55+, High Blood Pressure, High Cholesterol, Diabetes, Obesity, tobacco usage, family history of CVD or stroke).

Pre registration is required for this important preventative care opportunity.

Call 1-888-653-6450 for information

AARP™ Tax-Aide™ VOLUNTEERS NEEDED FOR THE AARP TAX-AIDE PROGRAM

The income tax assistance program facilitated by the AARP Foundation is looking for new volunteers. We assist tax payers with income tax preparation at many of the Senior Centers throughout Genesee County from February through April each year. If you are good with numbers and interested in helping people, this can be a very rewarding opportunity to volunteer and give back to the community.

You can find out more about the program by visiting our website at aarp.org/taxaide. In addition, if you let the folks know at the front desk that you might be interested, one of our current volunteers will be more than happy to talk with you about the program and to answer any questions you might have.

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.

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!



BINGO and you are invited
Caretel Inns
Every 3rd Thursday of the Month @ 2:30 pm
All are welcome! Join in the fun!

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HEALTH SERVICES

MASSAGE

By appointment each Tuesday!

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a fifteen minute chair massage for \$10. Call Loose at 735.9406 for details or to schedule your appointment with Donna Roberts, LMT.

Keep Calm & Book a Massage

PODIATRIST

Tuesday, December 17 (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.

BLOOD PRESSURE CHECK

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

2nd Wednesday of each month, 10:30 - 12 noon

Thank you Caretel Inns of Linden

1st & 3rd Thursday of each month, 11 - 12 noon

4th Monday of each month, 11 - 12 pm

Thank you Community Health & Comfort Care



GRIEF SUPPORT GROUP

Wednesdays @ 2 pm

We are thankful to McLaren Hospice who has reached out to us and offered to 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.

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.



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."

It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$4 per lunch, quite the deal).

OR maybe you are interested in a TAKE OUT LUNCH? Just call a day ahead and we will have it ready for you to pick up at the reception desk.



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

Special Services & Support

SUNSHINE GREETINGS

Our Sunshine Greeter, Janet Green, would like you to know she is 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@loosescenter.org so we can spread the sunshine.



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8 am, Annex

We welcome John Stilley 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

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sheriff at 810-341-5923.

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.

TOPS (*Take Off Pounds Sensibly*)

Mondays, 5:30 pm, Annex For information, please contact the Loose Center at 735.9406.

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!

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.

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.

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 \$135.50 to you each month. To qualify there is an income and asset test. Income: less than \$1,426/month for single or \$1,923 for a couple (gross before any deductions). Assets: less than \$7,730 for single or \$11,600 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 \$1,538/month single or \$2,078/month for a couple. Assets: less than \$14,390 for single or \$28,720 for a couple.

MICHIGAN MEDIGAP SUBSIDY: If you have a medigap plan from McLaren Health Plan, BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$35/month if you are 65-74 years old, \$110/month if you are under 65 with a disability and \$56 or less for those 75 and over. There is only an income requirement for this benefit. You can have any amount in assets. Income: less than \$28,102/year single or \$38,047/year for a couple...Assets: any amount is OK.

MMAP (Michigan Medicare/Medicaid Assistance Program) can help you apply for any of these benefits. Call Loose Senior Center, 810-735-9406 for an appointment with a MMAP counselor.

MEMBER PRIVILEGES & FUNDRAISING

WE SAVE...YOU CAN HELP

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.



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.

FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday 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 2019. 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.

TRIPS

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

TRIPS @ A GLANCE

| | | |
|------------------|----------------------------------|----------|
| December 2-5 | Christmas in Nashville | \$1,299 |
| December 3-7 | Christmas in New York | \$1,460 |
| December 9-12 | Christmas at The Greenbrier | \$1,299 |
| December 16 | FireKeepers | \$32 |
| January 11 | Bandstand @ the Stranahan | \$140 |
| January 15 | Soaring Eagle Casino | \$32 |
| January 25 | Arizona | \$3,199 |
| February 13 | FireKeepers Casino | \$32 |
| March 1 | Detroit Symphony | \$115 |
| March 12 | Hollywood Casino | \$32 |
| March 16 | Unholy Toledo | \$74 |
| March 27-April 5 | Sunny Portugal | \$\$\$\$ |
| March 30 | FireKeepers Casino | \$32 |
| April 8 | Paint Night @ Purple Rose | \$91 |
| April 16-17 | Vera Bradley Outlet Annual Sale | \$294 |
| April 17-19 | Thunder Over Louisville | \$799 |
| April 20 | Lancaster, Pennsylvania | \$804 |
| May 12 | Kellogg Manor | \$87 |
| May 23- June 3 | Alaska Land & Cruise | \$\$\$\$ |
| June 11-13 | Lilac Festival (Mackinac Island) | \$634 |
| June 17 | Meadow Brook Theatre "Fancy" | \$101 |
| June 25 | A Day at our Capital | \$82 |
| July 3-8 | New York City | \$1,999 |
| July 16 | Clinton River Cruise | \$78 |
| July 22-24 | Sault St. Marie | \$404 |
| August 24 | Mississippi Cruise | \$999 |
| September 2-4 | Untouchable Chicago | \$600 |
| September 10-18 | British Landscapes | \$\$\$\$ |
| September 20-27 | Cape Cod | \$1,999 |
| September 24-25 | Ark Encounter | \$334 |
| October 9-12 | Rails of West Virginia | \$999 |
| October 19-28 | Reflections of Italy | \$\$\$\$ |
| November 4-9 | Branson | \$1,299 |

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 program features a unique lecture and will be accompanied with a continental breakfast and door prizes.

December 13 Dr. Dallas Gatlin *Carriage Town: A clean, safe, encouraging place for those who are desperate.* Carriage Town Ministries opened as The Rescue Mission of Flint in 1950. Carriage Town Ministries is a redemptive, productive community, with residents serving the neighborhoods of Flint and serving each other, as they piece together a new life grounded in faith, hope, education, a dependable income stream, and a healthy social support structure.

January 7 Josh Stokes *Autism* Josh Stokes' presentation "Looking Through the Eye of the Puzzle" is an accessible way to understand autism that gives the audience a hands-on experience textbooks cannot explain. "Looking through the Eye of the Puzzle" will be beneficial for siblings and family members of individuals with ASD giving audience members "a brief moment of what it is like to have autism using real examples and stories of my life," according to Stokes.

2019/20 Flint Cultural Center 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

HOLIDAY POPS Saturday, Dec. 21 @ 7 pm @ the Whiting, \$12

Joy, merriment and the holiday spirit abound in this beloved season favorite featuring the Flint Symphony Orchestra and the Flint Symphony Chorus.

BANDSTAND Tuesday, February 25 @ 7:30 @ the Whiting, \$61

It's 1945, and six soldiers return from war to a changed nation. When NBC announces a national competition to find the nation's next great musical superstars, they form a band unlike any the nation has ever seen. Along the way, they discover the power of music to face the impossible, find their voice, and finally feel like they have a place to call home.



ONE FLEW OVER THE CUCKOO'S NEST Sun., March 15 @ 2pm, \$18

When Randle P. McMurphy gets transferred to a mental institution, he encounters Nurse Ratched who runs the psychiatric ward with an iron fist, keeping her patients cowed through abuse, medication, and sessions of electroconvulsive therapy. The battle of wills between the rebellious McMurphy and the authoritarian Ratched soon escalates, leaving no one in the ward left unscathed.

A Cappella Live! Thurs., March 26 @ 7:30 pm @ the Whiting, \$39

The past few years have been a Renaissance for a cappella - with a perfect storm of movies, television, youtube and radio - breathing new life and excitement into the world's first musical form. A high-energy musical celebration of contemporary a cappella, conceived and arranged by Deke Sharon, vocal producer of Pitch Perfect and The Sing-Off, featuring four internationally recognized, award-winning, rising star ensembles.



WAITRESS Friday, April 3 @ 8 pm @ the Whiting, \$61

THE MAGNIFICENT SEVEN May 1 @ 8 pm @ Repertory Theatre, \$18

THE PLAY THAT GOES WRONG Sat., May 9 @ 2 pm @ the Whiting, \$61

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)



December 4 The Circus, Part 2

December 11 The Circus, Part 3

December 18 The Circus, Part 4

AND MORE TRIPS

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



Monday, March 16, 2020

Departs 9 am
Returns 6:30 pm
\$74 PP

INCLUDES

Round Trip Transportation, Guided Historical Tour
Angelo's Northwood Villa (lunch),
The Original Tony Packo's (dessert)

Sunday, March 1, 2020

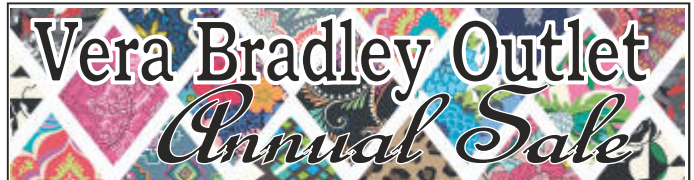
Departs 10 am - Returns 7:15 pm
\$115 PP

INCLUDES: Transportation
Lunch at **Traffic Jam & Snug**
Choose between Vegetarian Spinach Lasagna, Pot Roast, Chicken Pot Pie, Orleans Jambalaya and Londontown Fish & Chips.
Detroit Orchestra Hall (3 pm show) and the musical sounds from Broadway to Hollywood.



Tuesday, May 12, \$87 pp
Includes Transportation, tour of W.K. Kellogg Manor Home w/ lunch (Chicken Marsala) & Cherry Creek Cellars

Kellogg Manor



April 16-17, \$294 PP

INCLUDES: Transportation, 1 night at the Hyatt Place in Fort Wayne, IN, 1 Breakfast & 1 Dinner
FEATURES Sechler's Pickles (tour & shopping), DeBrand Chocolatiers (tour & samples) Jefferson Point (shopping, lunch on your own)
Three Rivers Distillery (tour & samples)
Vera Bradley Outlet Sale



The Stranahan Theater
Saturday, January 11, \$140
Departs 9 am - Returns 7:45 pm

INCLUDES
Transportation
Lunch at **Georgio's Café International**,
Choice of
Beef Stroganoff
Chicken Pastry
Fish of the Day
BANDSTAND
@ the
Stranahan Theater

Estoril Coast, Alentejo & Algarve

\$3,499 pp double
(before 9/27/19)

3/27/20 - 4/5/20
10 Days • 14 Meals

SUNNY
PORTUGAL

INCLUDES: Round Trip Transportation **Wednesday, April 8 \$91**



PAINT NIGHT
Depart Loose @ 10:45 am
Return 7 pm

Lunch at **Weber's** in Ann Arbor.
Ticket to "Paint Night" at the Purple Rose.

Meadow Brook Theatre

Wednesday, June 17
Departs 9:15 am
Returns 6:45 pm
\$101.00

INCLUDES: Round Trip Transportation
Lunch **Loccino Italian Grill**
Ticket to the 2 pm show "FANCY" at the Meadow Brook Theatre

Sept. 10-19, 2020
10 Days • 12 Meals

British
Landscapes

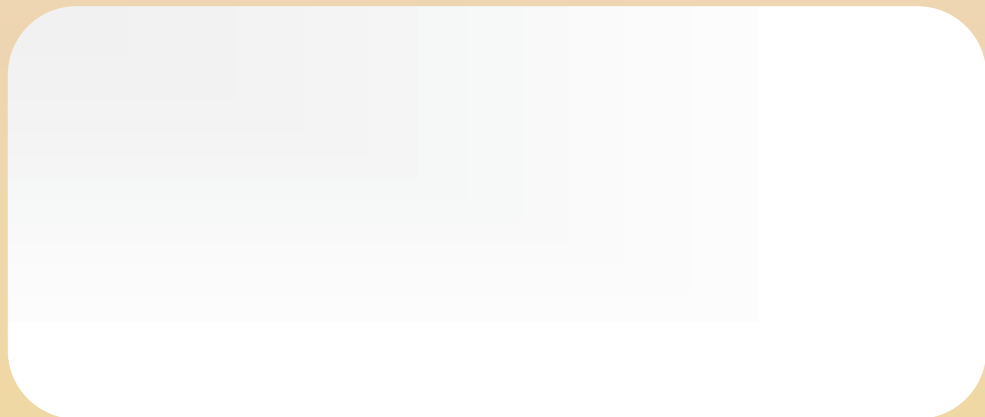
INCLUDES: Transportation & London, England, City of York, Borders Region, Scotland-Edinburgh, Lake District, England, Chester, Llangollen Wales, Stafford-upon-Avon

The perfect place for 50+

LOOSE

707 N. Bridge St • Linden MI 48451
 www.loosecenter.org
 810•735•9406

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Grandparents, Aunts, Uncles, Friends,

Tuesday, December 10
 4:30-6:00 pm

LOOSE
 707 North Bridge Street Linden
 810•735•9406

free

Cookies & Crafts

w/ Santa & Mrs. Claus

Treat the children in your life to this special evening with Santa & Mrs. Claus. Take time to decorate a cookie, make a craft and capture that photo with Santa (be sure to bring your camera).

Christmas LUNCH

Wednesday, December 11, 12 noon \$15

LUNCH BUFFET INCLUDES

- ROAST BEEF au jus
- ELEGANT CHICKEN
- BAKED HAM HAWAIIAN
- ROASTED POTATOES
- GREEN BEAN CASSEROLE
- SQUASH
- YAMS & APPLES
- TOSSED SALAD
- AMBROSIA
- STRAWBERRY DELIGHT
- ASSORTED BREADS
- RELISH TRAY
- BEVERAGE

Entertainment by
 Fiddle & Strum

held @ Loose • 707 N. • Bridge • Linden Please RSVP by December 4

Please remember to call and register and then sign in for all Loose events. THANK YOU!