

JUNE 2015

# LOOSE



SOCIABLE TRICYCLE



SAWYER'S VELOCIPED



COMPANION SAFETY BICYCLE



LADY CYCLIST, 1896

*“Life is like riding a bicycle.  
To keep your balance,  
you must keep moving.”  
- Albert Einstein*

## FROM THE DIRECTOR

Dear Friends,

Riding a Bike. It is one thing in life that everyone has experienced. When you are little it is a three wheel version. You learned to ride it as quickly as you learned to walk. The joy of moving from place to place by just moving the peddles was wonderful. Then came the two wheel bike which was a bit more intimidating. For safety sake you may have had training wheels on the back to steady your balance. Away you went, hair flying in the wind. Then came the day that the training wheels came off. You were assured that you can do it. And someone ran along side of you to keeping you from falling. Then at the right moment it all felt right and you were on your way with your confidence of control and balance. From that time on, riding a bike became second nature. It became a way of life. You rode it to school, to the store, to a friends house and in time maybe with a bike club. Your bike became a best friend. In college it got you from class to class. It is a memory and experience that can be shared from generation to generation, the stories sounding very similar.

The thoughts of your bike may bring many more fond memories. It could be of a birthday or Christmas when you received it as a gift. It could be the time you found it at a sale. It could be a treasure that was handed down to you by a family member or friend. Whatever the case, your bike is something in your life that you never forget and cherish the times you spent riding it and the places it took you.

Life is like riding a bicycle. You slow down and finding it harder to do those things that you love to do. It becomes easier to sit and wonder than to get up to be part of an active life. It is good to reflect back on days gone by, the when you got on your bike and traveled to events that made your life exciting and special and work to continue to have that internal drive that helps you to enjoy and explore those things that still are to be done. There are a lot of things that put energy in your step, family activities, church, gardening, grand and great grandchildren. And yes, the Loose Center with all the programs, events and social activities it offers. It matters not how old we may be, it matters not how physically capable we are to get around, it matters not how many friends and family are left in our life, what matters is that we keep moving and not miss those things that make life better and keep us young in spirit and mind. So, get back on that bike and go out and find the love, fun and excitement that waits for you.

"Life is like riding a bike. To keep your balance, you must keep moving."

*All is well!*

*Carl Gabrielson  
Executive Director*

### PLEASE TAKE OUR SURVEY



Stop by the office and ask for a hard copy or visit our website@  
[www.loosecenter.org](http://www.loosecenter.org)  
and click on the survey link.



*Thank you! Your feedback is important to us.*

## LOOK It's back Rummage Sale

Friday, August 21 & Saturday, August 22

It has been a while, but we have a PLAN and are ready to tackle the return of the *RUMMAGE SALE* challenge.

### HOW CAN YOU HELP?

- Gather up your gently used good stuff.  
*No clothing, LARGE appliances or LARGE furniture - please*
- We will collect donations beginning June 17.
- We will be accepting donations each week on Wednesdays and Thursday's ONLY.

We still don't have ideal storage and sort area, so we would appreciate your help in adhering to the Wednesday/Thursday drop off schedule. Thank you!

## CARD SHOP CONTEST



During the month of JUNE, EACH time you come to Loose, be sure to put your name in the drawing for the Card Shop Give-a-way. Everything you need will be located by the My Senior Center Computer. We need your name and phone number and at the end of the month, the winner will be contacted. Come often, enter often. GOOD LUCK!

## Plant & Seed Swap

Tuesday, June 2, 10 - 11 am, FREE

Share your SPRING bounty and pick up a new assortment at our Spring plant and seed swap. Folks will be on hand to help you with questions. Hint - It is very helpful if the plants and seeds are labeled with helpful information. This is FREE and ALL are welcome.

# WELCOME JUNE

## RHUBARB LEAF STEPPING STONE

Wednesday, June 3, 12:30 pm, \$5 (Limit 8)

Bring your garden to life with a handmade rhubarb stepping stone. You will need to bring a pair of rubber gloves, a large, recycled pizza box and a large plastic bowl. All other supplies will be provided. Because cement will be used, you may want a mask to protect from the dust. This project will be off-site at the residence of the instructor. It is very easy to find and very close to the Center; directions will be given at the time you register.



## EUCHRE



## TOURNAMENT

Friday, June 26, 5 pm

\$7 Entry Fee, 25¢/Euchres

GREAT Prizes, Food & Drink and more!

All are WELCOME!

## AN ENTERTAINING AFTERNOON

Tuesday, June 18, 2015, 1 - 4 PM, FREE  
(transportation can be arranged, Fee \$5)



Please call Loose by June 12 to reserve your spot.

1:00 PM Entertainment Express Concert at The Whiting (lobby)

1:45 PM Self-guided tour *Collecting Flint, A to Z* at Sloan Museum \* Snacks provided in the Half Way Cafe

3:00 PM Planetarium theater show at Longway Planetarium

This is the first of a series of FREE events sponsored by The Whiting and Sloan Longway. Watch for more opportunities.



## Summer COOKOUTS

Tuesday, June 9, 4:30 pm, \$6

See Page 4 for details!



Tuesday, June 9, 6 - 8 PM, ONLY \$5

Live Variety Music by: Jim Hedrich  
Line Dancing & More!!!

Music for your listening and dancing enjoyment. A great time for singles & couples! Includes: Snacks & Beverages. You do not need a ticket in advance, just come & have Fun!

FOR MORE INFORMATION, call Loose @ (810) 735-9406 or Jim & Betty Hedrich @ (810) 659-2240.

# Quilt Raffle



Tickets are \$1 each or 6 for \$5

These beautiful quilts were made by the Loose Threads group which meets at Loose each Tuesday morning. The material was donated, their time, effort, imagination and hard work was also donated. They then donated the quilts to be raffled off with the proceeds going to benefit Loose.

The drawing will take place on

Tuesday, July 28 during the Caretel/Loose Picnic.

No need to be present to win. The winner will be contacted.

# Welcome New Members

We Invite you to join us for coffee, pastries, introductions, information and a time to chat on,

WEDNESDAY, JUNE 10, 9 -10 AM

In the LOOSE ANNEX

## LEARN CPR

Thursday, June 25, 1-5 pm, \$20  
This hands-on skills training You Can Do It! prepares you to respond to breathing and cardiac emergencies.

It also teaches the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). *Limit 8*

"Keeping the Body Clear of Anxiousness & Anxiety, Using EFT Tapping".

## ENERGY HEALING WORKSHOP

Thursday, June 18, 2-4 pm, Sunroom, \$35

See page 15 for details





## NUTRITION & MORE FUN

### DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am, Annex  
 Suggested donation for those 60 and over: \$2  
 Ages 59 and under: \$3.50

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

### POTLUCK DINNER

2nd Friday of each month, 5 pm, Annex

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



## BIRTHDAY BASH!

Wednesday, July 22, 12 noon - 1 pm, Hall B

Help us celebrate EVERYONE'S Birthday with cake and ice cream

you're invited!



### PROJECT FRESH COUPONS AVAILABLE LATE JUNE

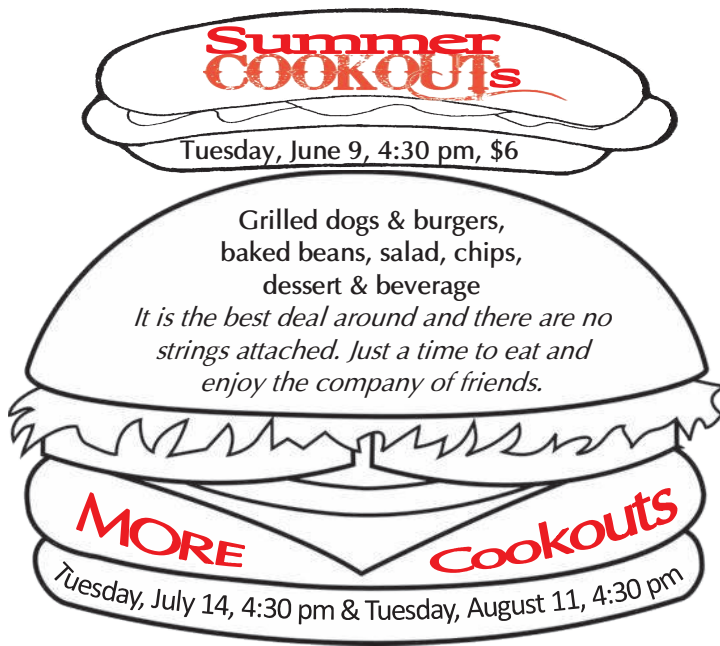
Project FRESH provides participants with coupons to purchase fresh fruits and vegetables at local farmers' markets. Seniors 60 and older with incomes of 185% of poverty or less and living in Genesee County are eligible for Senior Project FRESH. Each eligible household will receive coupons to use throughout the summer to purchase fresh, nutritious, unprepared, locally grown produce from authorized Michigan farmers' markets and roadside stands.



### Pen Pals Needed

PLEASE CONSIDER BEING PART OF THIS WONDERFUL PROGRAM. YOU WON'T BE SORRY!

This is one of the most personally rewarding programs that Loose offers. PLEASE, stop by the office for a pen pal application, fill it out and return it ASAP so that we can match you up with a local third grader with similar interests. This is a fun, interesting and rewarding activity that takes place from June until August culminating in a pizza party where you can meet your pen pal! The goal of this unique program is to increase communication skills and bridge the generation gap between third grade children and older adults. This is accomplished through written communication and the sharing of experiences between generations.



### LOOSE Angels

Terry Thomas was a person who saw the needs of others and spent much of his life dedicated to helping those in our community. In 2008, he established a group called the Loose Community Angels. It is time for the Angels to meet and rededicate Terry's beliefs and establish a positive direction to help others.

On Wednesday, June 3 at 10 am in Hall B, we will be reviewing his leadership, his commitment to organization and re-establishing his dream. Please come with ideas, comments and questions.

PLEASE RSVP to Loose by Monday, June 1.



## PICKLEBALL

**Monday & Wednesday, 6:15 - 9 pm, Sunday 2 - 5 pm, \$3  
Friday, 11 am - 4 pm, RESERVATION REQUIRED!**

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

## FITNESS ROOM

- ◆ 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

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

**Meets Mondays, 2:30 pm, FREE, Drop ins Welcome**

This program is a low impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercise that are suitable for every fitness level. The program will help you keep joints flexible and muscles strong, sleep better, increase energy, improve your overall outlook. Paid for with funding from VAAA & OSA



## BEACHBALL VOLLEYBALL

**Monday, 6 pm**

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

## BIKING BUNCH Wednesday, 9 am.

If you are interested in the Biking Bunch, please contact the Loose Center at 735.9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

## YOGA \$5 per class

**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.

## ZUMBA & ZUMBA GOLD \$5 per class

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

**FIT<sup>4</sup>EVER \$5 per class** A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

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

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

**GOLF AT SHIAWASEE SHORES** Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members **MUST** sign in at Clubhouse each and every time they golf.

**Wii BOWLING** Organized Wii play is held on Thursdays, and open play is available when there is no schedule conflict. The next 8 week league begins on June 11. **If you are interested in Wii bowling, please contact the Loose Office.**

**PLEASE CHECK THE MASTER CALENDAR  
FOR SPECIAL CLOSINGS.**

<u>MONDAY</u>
9:30 am Zumba Gold
1:00 pm Cornhole
2:30 pm Arthritis Exercise
4:00 pm Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball
LINDEN ELEMENTARY
6:00 pm Volleyball

<u>TUESDAY</u>
9:30 am Zumba Gold
10:30 am FIT <sup>4</sup> EVER
12:00 pm Beg. Line Dance
1:00 pm Adv. Line Dance
4:00 pm Chair Yoga
5:00 pm Yoga (gentle flow)

<u>FRIDAY</u>
9:30 am Yoga (gentle flow)
11:00 am Pickleball

<u>WEDNESDAY</u>
9:00 am Biking Bunch
9:30 am Yoga (gentle flow)
5:00 pm Zumba
6:15 pm Pickleball

<u>SATURDAY</u>
9:00 am Yoga (gentle flow)
10:15 am Zumba

<u>THURSDAY</u>
9:30 am Chair Yoga
11:45 am Wii Bowling
10:15 am Zumba Gold
10:30 am FIT <sup>4</sup> EVER
4:00 pm Yoga (gentle flow)
6:00 pm Beg Line Dance
7:00 pm Adv. Line Dance

<u>SUNDAY</u>
2:00 pm Pickleball

**SCHEDULE**



## "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.

## 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!

## SCRAPBOOKING

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

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

## YARN RECYCLERS

**Fridays, 10 am, Annex, FREE**

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

## LOOSE LAPGHANS

**Fridays, 1 pm, Hall A, FREE**

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

## LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

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

## WATERCOLOR CLASSES

**SUNFLOWER, June 29, July 6, 1 pm, \$15**

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. Instructor, Peggy Mattson.



## JEWELRY CLASS

**Thur., June 25, 1 pm, Sunroom, \$15**

Learn how to make rings using jewelry wire and Swarovski crystal cubes. We will create rings using "frames" to enhance the crystals. Come on in and enjoy the fun. No experience necessary. Cost includes the cost of the tool key to create these beautiful rings which will be yours to keep.

## CARD MAKING WITH CAROLINE

**Monday, June 15, 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.



## CRAFTS AT CARETEL

**Tuesday, June 24, 10 am, \$8**

Join us to create a wonderful patriotic wreath. All supplies are provided.

Come and enjoy a peaceful time to be creative and enjoy the company of others. This event will be held at Caretel Inns, 202 S. Bridge in Linden. Class size is limited to 8, so sign up early.



## SLEEP MATS

**Mondays, 10 - 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.*

## HYPERTUFA PLANTER

**Wednesday, July 29, 12:30 pm, \$20 (limit 5)**

Hypertufa is a mud-pie recipe that is used to make all sorts of garden art objects. Sign up and make your own planter. Class will be offsite at the home of the instructor. A supply list and directions to the class are available at the Center. You must register in advance.



## CLASSES, MUSICAL OPPORTUNITIES & MORE

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



**PLEASE PREREGISTER FOR ALL CLASSES**

### COMING THIS SUMMER

#### LEARN YOUR LAPTOP

**Wednesday, June 3 & 10, 4 - 6 pm, \$20**

Take the time to learn and understand and make the most of your laptop. Learn to navigate, how to log into wireless internet, what programs you have, changing appearance and more. *Bring your laptop with you, expand your knowledge and make new friends.*

#### WINDOWS 8

**Wednesday & Thursday, July 8, 9, 15, 1-3 pm, \$30**

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

#### WORD PROCESSING

**Wednesday & Thursday, July 22, 23, 29, 1-3 pm, \$30**

#### IPAD 1

**Wednesday & Thursday, August 5 & 6, 1-3 pm, \$20**

#### IPAD 2

**Wednesday & Thursday, August 12 & 13, 1-3 pm, \$20**

#### SOCIAL MEDIA & WHY

**Thursday, July 30, 1-3 pm, \$10**

#### INDIVIDUAL COMPUTER HELP SESSION *(by appointment)*



**Mondays, 3 pm, Loose Sunroom**

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



**Friday, June 26, 5 pm**

**\$7 Entry Fee, 25¢/Euchres**

**GREAT Prizes, Food & Drink and more!**

**All are WELCOME!**

### GAMES

**POOL PLAYERS** Bring a friend and play anytime.

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

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

**CHICAGO BRIDGE** Tuesday & Friday, 1 - 4 pm

**CHESS** Wednesday, 12:30 pm

**DOMINOES** Wednesday, 12:30 pm

**MAH JONGG** Tuesday, 3 pm, Friday, 10 am

**PINOCHLE** Monday & Wednesday, 12:30 pm

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

**CARDS & MORE** Thurs. 10:30 am

**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.

**Tuesday  
June 9  
7 pm**



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

#### THE RULES ARE SIMPLE:

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

**HAVE FUN!**

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

# June 2015

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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

**PHONE**  
810.735.9406  
**FAX**  
810.735.4255

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

<p><b>1</b></p> <p>Mackinaw Trip 8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 10:00 Genesee Resource <b>11:30 Lunch</b> 12:30 Pinochle 1:00 Listening Ear 2:30 Arthritis Exercise 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p><b>2</b></p> <p>9:30 Zumba Gold 10:00 PLANT SWAP 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 Lunch</b> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 2:00 Blood Pressure 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p><b>3</b></p> <p>8:00 Bridge 9:00 Manicures 9:30 Yoga 10:00 Angel Meeting 10:00 Consumer Fraud 10:30 1 on 1 Financial 11:15 Art à la Carte <b>11:30 Lunch</b> 12:00 Wood Carving 12:00 PATH 12:30 Rhubarb Leaf Class 12:30 Pinochle/Dominoes/Chess 3:00 Matter of Balance 4:00 Learn Your Laptop 5:00 Zumba 6:15 Pickleball</p>	<p><b>4</b></p> <p>9:00 Massage 9:30 Chair Yoga 10:00 AMVET 10:15 Zumba Gold 10:30 FIT4EVER 10:45 Farmers' Market Trip <b>11:30 Lunch</b> 11:45 NO Wii Bowling 12:30 Euchre 4:00 Yoga 6:30 Beg. Line Dance 7:30 Adv. Line Dance</p>	<p><b>5</b></p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) <b>11:30 Lunch</b> 1:00 Lapghans 1:00 Chicago Bridge</p> <p><b>SATURDAY June 6</b> 9:00 Yoga 10:00 Euchre 10:15 Zumba</p> <p><b>SUNDAY June 7</b> 2:00 Pickleball</p>
<p><b>8</b></p> <p>8:00 Bridge 9:00 CSFP 9:00 Massage 9:30 Zumba Gold 10:00 Painting 10:00 Genesee Resource 10:15 Sleep Mat Production <b>11:30 Lunch</b> 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 2:30 Arthritis Exercise 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball</p>	<p><b>9</b></p> <p>9:00 Veteran Services 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 Lunch</b> 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 4:30 Cookout 5:00 Yoga 6:00 Dancing 7:00 Open MIC</p>	<p><b>10</b></p> <p>8:00 Bridge 9:00 New Member Coffee Hour 9:00 NO Manicures 9:00 Blood Pressure Check 9:30 Yoga 10:30 Watch Repair 11:15 Art à la Carte <b>11:30 Lunch</b> 12:00 Wood Carving 12:00 PATH 12:30 Pinochle/Dominoes/Chess 3:15 Coupon Club 3:00 Matter of Balance 4:00 Learn Your Laptop 5:00 Zumba 6:15 Pickleball</p>	<p><b>11</b></p> <p>8:00 Board Meeting 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 10:30 Farmers' Market Trip <b>11:30 Lunch</b> 12:00 Wii Bowling Begins 12:30 Euchre 4:00 Yoga 6:00 Line Dance 7:30 Adv. Line Dance</p>	<p><b>12</b></p> <p>9:00 MMAP Counselor 9:30 Yoga 10:00 Write Your Life 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) <b>11:30 Lunch</b> 1:00 Lapghans 1:00 Chicago Bridge 5:00 Potluck</p> <p><b>SATURDAY June 13</b> 9:00 Yoga 10:00 Euchre 10:15 Zumba</p> <p><b>SUNDAY June 14</b> 2:00 Pickleball</p>



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*Turn those tops into quilts...*

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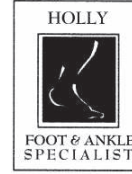


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(810) 635-4411

### Linden Chapel

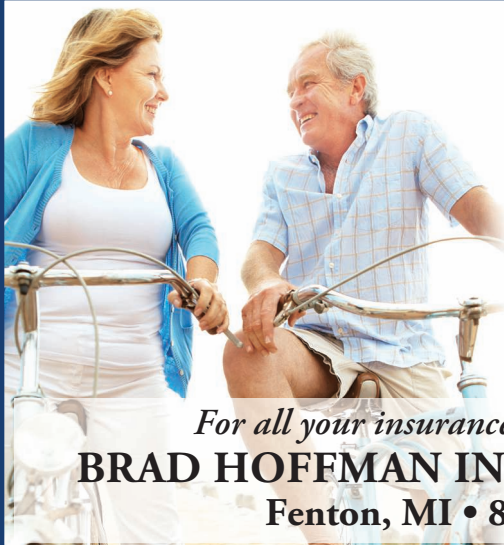
*Stephanie Sharp Foster, Manager*  
209 E. Broad St. • Linden  
(810) 735-7833

### Fenton Chapel

*Michael T. Scully, Manager*  
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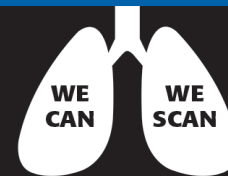
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15	8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 10:00 Genesee Resource 11:30 Lunch 12:30 Pinochle 12:30 Card Making 2:30 Arthritis Exercise 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball	16	9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:00 Caesar Windsor 11:30 Lunch 12:00 Beg. Line Dance 12:30 Euchre 1:00 Scrapbooking 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	17	8:00 Bridge 9:00 Manicures 9:30 Legal Service 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch 12:00 PATH 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 3:00 Matter of Balance 5:00 Zumba 6:15 Pickleball <i>Rummage Donation Day</i>	18	New York City 9:00 Massage 9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 10:45 Farmers' Market Trip 11:00 Lunch 11:30 Blood Pressure 11:30 Lunch 12:00 Wii Bowling 12:30 Euchre 1:00 Whiting/Sloan Program 2:00 Energy Techniques 4:00 Yoga 6:00 Beg. Line Dance 7:30 Adv. Line Dance <i>Rummage Donation Day</i>	19	9:00 MMAP Counselor 9:30 Yoga 10:00 Hearing Doctor 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball 11:30 Lunch 1:00 Lapghans 1:00 Chicago Bridge Scrabble Tournament SATURDAY June 20 Scrabble Tournament 9:00 Yoga 10:00 Euchre 10:15 Zumba SUNDAY June 21 Scrabble Tournament 2:00 Pickleball
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22	8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 Sleep Mat Production 10:00 Painting 10:00 Genesee Resource 11:30 Lunch 12:30 Pinochle 2:30 Arthritis Exercise 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball	23	9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	24	8:00 Bridge 9:00 NO Manicures 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch <i>Turkey Ham</i> 12:00 Wood Carving 12:30 Pinochle/Dominos/Chess 3:00 Matter of Balance 5:00 Zumba 6:15 Pickleball <i>Rummage Donation Day</i>	25	9:30 Chair Yoga 10:15 Zumba Gold 10:30 FIT4EVER 10:45 Farmers' Market Trip 11:30 Lunch 12:00 Wii Bowling 12:30 Euchre 1:00 CPR 1:00 Jewelry Class 4:00 Yoga 6:00 Beg. Line Dance 7:30 Adv. Line Dance <i>Rummage Donation Day</i>	26	Monroe County 9:00 MMAP Counselor 9:30 Yoga 10:00 Write Your Life 10:00 Yarn Recyclers 10:00 Board Games 11:00 Pickleball (reservation) 11:30 Lunch 1:00 Lapghans 1:00 Chicago Bridge 5:00 EUCHRE TOURNAMENT SATURDAY June 27 9:00 Yoga 10:00 Euchre 10:15 Zumba SUNDAY June 28 2:00 Pickleball
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29	8:00 Bridge 9:00 Massage 9:30 Zumba Gold 10:00 FireKeepers 10:00 Sleep Mat Production 10:00 Painting 10:00 Genesee Resource 11:30 Lunch 12:30 Pinochle 1:00 Watercolor Class 2:30 Arthritis Exercise 3:00 Choir 4:00 Yoga 5:00 Zumba 6:00 Volleyball 6:00 TOPS Weigh-in 6:15 Pickleball	30	8:00 Podiatrist 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch 12:00 Beg. Line Dance 12:30 Euchre 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga	<h1 style="color: red;">Reminder</h1> <h1 style="color: red;">Rummage Sale</h1> <p>We will begin to collect donations on June 17.</p> <p>We will be accepting donations each week on Wednesdays and Thursday's ONLY.</p>			LOOSE BOARD OF DIRECTORS	<p>Ken Wensel, <i>President</i>          Ron Wagner, <i>Vice President</i>          Alberta Martin, <i>Secretary</i>          Vince Eible Jr., <i>Treasurer</i></p> <p>Bob Cole          Ray Culbert          Ann Deemer          Roby Deese          Cheryl King          Richard Laing          Frank Lukowski          Charlie Ross          Les Scott</p>
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## HEALTHY LIVING

### ONE-ON-ONE FINANCIAL HELP

Wednesday, June 3, 10:30 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.

### WRITE YOUR LIFE STORY

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

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

### LOOSE BOOK CLUB

Every 2nd Monday, 1 pm

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

### LISTENING EAR

Every 1st Monday, by appointment

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



### ONE STOP GENESEE

A Program of **RESOURCE GENESEE**

Monday, 10 am - 2 pm

Loose welcomes **ONE STOP GENESEE** to the Center each Monday. The goal of this new program is to provide assistance to at-risk individuals and families. Services include; counseling, long term housing placement, emergency solutions, medical care, utility and water assistance, referrals for services and other services to work toward creating a pathway to stability and independence. For information call One Stop Genesee directly at 810 600-4525 or call Loose at 810 735-9406. *Walk-ins welcome!*

### YOUR HEALTHY LIFESTYLE TOOLBOX

Wednesday, July 29, 10 am, FREE

What items are "in" my toolbox? Why should they be in there (*i.e. nutrition, endurance, range of motion, balance and more*)?

**Lifestyle  
Toolbox**

How much potential do I have to keep these tools "sharp"? How can I go about doing this? This workshop will be lead by Leah Tanton who is trained in Exercise Science and currently teaches Exercise Physiology at U of M.

### ATTORNEY GENERAL'S SENIOR BRIGADE PRESENT...

**identity theft**

Wednesday, July 22, 10 AM

Valuable information on how to reduce the risk of falling victim to the fastest growing crime in America and what to do if you become a victim.

### SAFER DRIVING CAN SAVE YOU MONEY

Refresh your driving skills and you could save money on your car insurance!\*

Take the **NEW AARP Smart Driver™ Course**.

### AARP SMART DRIVER COURSE

August 12 & 13, (Wed. & Thurs), 11:30 am - 3:30 pm

\$15 for AARP members/\$20 for non members

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



### HONEST TALK ABOUT SOCIAL SECURITY BENEFITS

Monday, August 10, 2 pm

Loose is excited to have attorneys Seth Neblock (Elder Law Attorney) and Andrea Rossi (Public Benefits/Disability/Social Security Attorney) come and share information on SS retirement benefits and survivors benefits. Seth and Andrea will also be available to answer questions. This is a golden opportunity, call and sign up today!



# HEALTH SERVICES & TRANSPORTATION

## Relax & Unwind

### MASSAGE

By appointment each Monday & 1st & 3rd Thursdays  
 Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$5. Table massages are also available. Call Loose at 735.9406 for details or to schedule your appointment with Donna.

### PODIATRIST

**Tuesday, June 30, by appointment, Annex**  
 Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

### FREE HEARING CLINIC

**3rd Friday of each month, 10 am (by appointment), Annex**  
 Hearing Tests and Evaluations, Hearing Aid Checks and Hearing Aid Cleaning by Hear Clear, David Wizzgird, BC-HIS. If you have a hearing aid issue or hearing difficulties, David will be happy to assist you. Call the office for an appointment.

### MANICURES

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

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



Plan on a 1/2 hour manicure.  
*Please call Loose to set up your appointment.*

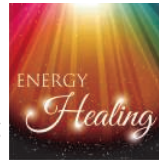
### FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS - Annex


- 1st Tuesday of each month, 2-3 pm NEW TIME!**
- 2nd Wednesday of each month, 9 - 10 am**
- 3rd Thursday of each month, 11 - 12 noon (BP only)**
- 4th Monday of each month, 11:30 am - 12:30 pm**



### ENERGY HEALING WORKSHOP

*"Keeping the Body Clear of Anxiousness & Anxiety, Using EFT Tapping".*  
**Thursday, June 18, 2-4 pm, Sunroom, \$35**  
 Christine will be teaching a EFT Tapping protocol to use daily, to eliminate the addiction of these two emotions that keep our system in a fearful state. Using this 15 minute protocol will bring calm and balance to the body.





### HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

**Tuesday, August 4, 11 am FREE**  
 Attorney Sharon Miner 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.

### MTA/LOOSE TRANSPORTATION

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

### WEEKLY SCHEDULED VAN DESTINATION

*Please call 24 hours in advance to schedule a ride.*

### THURSDAY – Flint Farmers' Market


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

#### RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED

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

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

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



Do you have email? If so, please consider stopping by and update your files or send us an email at [LSCC@looseniorcenter.org](mailto:LSCC@looseniorcenter.org)



## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 9 am, Annex

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

## LEGAL ADVICE

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

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

## CONSUMER FRAUD ASSISTANCE

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

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

## AMVETS

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

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

## DISPOSAL OF THE AMERICAN FLAG

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

## MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

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

## COUPON CLUB

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

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

## WATCH REPAIR

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

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

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

## COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

## TOPS (Take Off Pounds Sensibly)

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

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

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

## SUNSHINE GREETINGS

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







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

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

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

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

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

**A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.**  
The annual membership fee of \$25 per person is due for 2015. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

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

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

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

Visit Loose online at  
[www.loosecenter.org](http://www.loosecenter.org)

## WE SAVE...

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

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

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

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

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

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

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

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

**RUMMAGE SALE** is scheduled for August 21 & 22. Donations will be collected beginning Wednesday, June 17 through August 13. We ask that you please drop off donations on Wednesdays and Thursdays only. Thank you!

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

**PLEASE HELP US KEEP OUR FILES UP-TO-DATE** Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.

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

# TRIPS



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

## TRIPS @ A GLANCE

June 1-2	Mackinaw City & Mackinaw Island	\$189
June 16	Caesars Windsor	\$18
June 18	Flint Farmers Market	\$2
June 18-22	New York City	\$1034
June 26	Monroe County Country Adventure	\$79
June 29	FireKeepers Casino	\$32
July 6-7	Quilt Gardens Tour	\$264
July 15-16	Kewadin	\$119
June 18	Flint Farmers Market	\$2
July 7	Johnny Cash Tribute	\$5
July 14	Persuasion - Motown Revue	\$5
July 20	Soaring Eagle Casino Sinatra Forever	\$32
July 21	Bob Seger Tribute	\$5
July 23	Lions, Tigers & Boats, Oh My!	\$81
July 22-27	Boston ( <i>Tiger Game Included</i> )	\$1,204
July 29	Shania Twain Tribute	\$5
August 4	Gun Lake Casino	\$35
August 4	Magic Bus - Tribute to Woodstock	\$5
August 6	Detroit Tiger vs. Kansas City Royals	\$69
August 11	Jimmy Buffet Tribute	\$5
August 12	Bay City	\$78
August 8-17	Oregon Coast	\$3,299
August 25	Jackson Historic Prison Tour	\$102
August 26-28	Untouchable Chicago	\$424
August 31	Greektown Casino	\$28
Sept. 6-7	Mackinac Bridge Walk	\$180
Sept. 8-17	Shades of Ireland	\$3,699
Sept. 9-11	Lake Geneva, Wisconsin	\$569
Sept. 15	Applewood Tour	\$5
Sept. 15-22	National Parks	\$2899
Sept. 17	Viva Italiano	\$72
Sept. 22	King Tut Grand Rapid Public Museum	\$87
Sept. 24	FireKeepers Casino	\$32
Oct. 10-17	Vermont-New Hampshire	\$1,799
Oct. 12-13	Little River Casino	\$120
Oct. 15	Stratford Festival "Sound of Music"	\$145
Oct. 28	Caesar Windsor Casino	\$18
Nov. 10-19	Reflections of Italy	\$4,249
Nov. 17	Greektown Casino	\$28
Nov. 28-Dec. 3	Christmas Extravaganza	\$1,249
December 7	Soaring Eagle & Brenda Lee Show	\$32
December 29	California (ROSE BOWL PARADE)	\$2,579
January 21	Florida (14 days, 13 nights)	\$2,399
February 18-25	California (7 nights)	\$2,799

Detailed flyers are available at the Loose Center.

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



**Thursday, June 18, 2015, \$2**

Leave 10:30 am, Return 1 pm (limit 8)

We are partnering with Caretel Inns of Linden and enjoying time at the Flint Farmers Market. The Market should be in BLOOM and filled with wonderful fresh morsels. Sign up and enjoy lunch and browsing in our beautiful market. Space is limited, call and sign up today.



## APPLEWOOD Garden Tour

**Tuesday, September 15 \$5 (transportation)**

**Leave Loose at 9:30 am return 12:30 pm**

Applewood is the estate of the Charles Stewart Mott Family, built by Mr. Mott in 1916 in Flint. It is 34 acres of beauty and is now a part of the Ruth Mott Foundation.



The estate's beautifully landscaped 18 acres weave together the Mott family's past and present dedication to serving the needs of the community through convening and public programs. *The tour is free, however Applewood does encourage participants to donate to their favorite charity.* Limited to 10.

## CLIO AMPHITHEATER 2015 TRIBUTE SHOWS

**Depart Loose @5:30 pm, show starts at 7 pm**

Tickets can be purchased at the gate prior to the show - \$6

Transportation arrangements made through Loose at \$5

July 7	Johnny Cash Tribute
July 14	Persuasion - Motown Revue
July 21	Bob Seger Tribute
July 29	Shania Twain Tribute
August 4	Magic Bus
August 11	Jimmy Buffet Tribute

## ART À LA CARTE FLINT INSTITUTE OF ART

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



**Leave Loose at 11:15 am. Cost: \$4.50 (transportation)**

June 3	Velasquez: The Painter of Painters
June 10	Le Violon d'Ingres
June 17	The Power of Art: David
June 24	Degas and the Dance: The Man Behind the Easel



AND MORE TRIPS

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

## Monroe County County Adventure

**June 26 \$79** Departs 7:45 am  
Returns 5:30 pm

**INCLUDES:** Round Trip Motorcoach Transportation, Learn the rich history of the Immaculate Heart of Mary Motherhouse, Lunch at Dolce Vita Restaurant (voted # 1 in fine dining), Ice cream & shopping at the General store at Calder Dairy Farm & a guided tour of the Four Star Greenhouse gardens. Sign up & ENJOY the rich history right here in Michigan.

### Quilt Gardens Tour - July 6- 7, \$264 double



**INCLUDES:** Round Trip Motorcoach Transportation, 1 night lodging, Breakfast, Thrasher dinner, Haystack lunch at Amish Home, Quilt Garden Tour, Shopping in Shipshewana.

## New York City

June 18-22, 2015, \$1,034 Double



**Tour Includes Transportation PLUS** Four nights lodging, four breakfasts, two dinners, **Tigers vs. Yankees at Yankee Stadium**, Grand Central Station, 9/11 Memorial & Museum, Ellen's Stardust Diner, Empire State Building, Time Square, Double Decker Bus Tour, John's Pizzeria, Shopping

### Lions, Tigers & Boats Oh MY! July 23, \$81



**INCLUDES:** Round Trip Motorcoach Transportation, Toledo Zoo, Providence Metropark, Boat Cruise, Lunch at Giorgio's Café International.

**Thursday, October 15, 2015**  
Departs: 6:15 am - Returns 10 pm  
Pick up at Kmart, Silver Pkwy,

**Required** (one of the following)

Valid Passport,  
Passport Card,  
Enhanced Drivers License or  
Certificate of Naturalization



## Stratford FESTIVAL

**\$145.00**  
**Includes Transportation,**  
Queen's Inn Buffet Lunch,  
Shopping, Festival Theater,  
Sound of Music, starring

**CALL LOOSE FOR DETAILS!**



**July 22 - 27, \$1,204 (double)**

**Tour Includes Transportation PLUS** Four five lodging, five breakfasts, three dinners, \$15 dinner voucher. **Tigers vs. Boston Red Sox @ Fenway Park**, Boston Duck Tour, New England Aquarium, Dinner at Cheers, National Baseball Hall of Fame & Museum, Skywalk Observatory, Tour of USS Constitution & Museum, Turning Stone Casino Resort.

## OREGON COAST & Pacific Northwest

10 days/9 nights - August 8 - 17, 2015

\$3,299 (double)

**Tour Includes Transportation (air and motorcoach) PLUS** nine nights lodging (2 nights San Francisco) 7 breakfast, 1 lunch, 5 dinners, Sightseeing Tour of Seattle, Seattle's Pike Place Market, Mount St. Helen's Visitor Center, Timberline Lodge Tour & Chairlift, Bonneville Dam and Lock, Whale Watch Cruise, Oregon Sand Dunes Buggy Tour, Heceta Head Lighthouse, Jet Boat Ride Through Hellgate Canyon, Redwood National Park, Trees of Mystery Gondola Ride, "Avenue of the Giants", Drive Though Sonoma Valley Wine Country, Leisure Day in San Francisco, Luggage Handling, Tax & Tip on included meals.

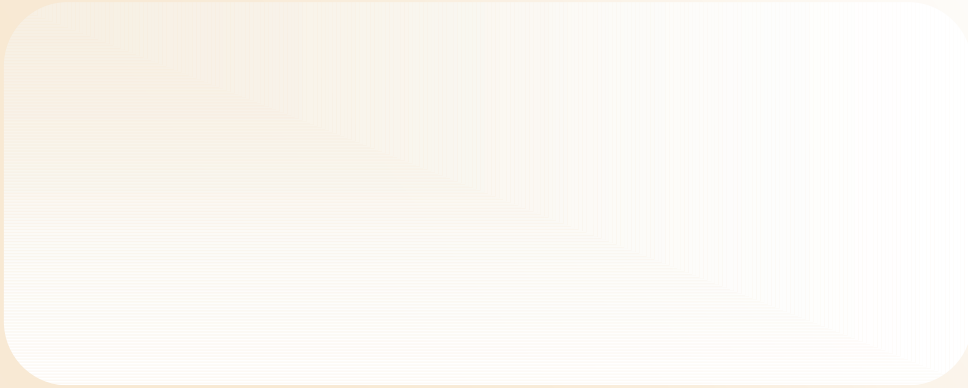
## National Parks & Canyonlands of the West

September 15-22, \$2,899 Double

Dead Horse Point State Park  
Canyonlands National Park  
Achres National Park  
Canyonlands By Night Boat Cruise  
Mesa Verde National Park  
Durango & Silverton Narrow Gauge Railroad  
Cumbres & Toltee Rail Journey  
Sightseeing Tour of Santa Fe, New Mexico  
Sandial Peak Aerial Tram  
Anderson-Abuzzo Albuquerque Balloon Museum

**L**oose Center  
707 N. Bridge St.  
Linden, MI 48451  
(810) 735-9406  
[www.loosecenter.org](http://www.loosecenter.org)

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# SUMMMER FUN!

Best of all, it's FREE! Food, Fun, Music, Prizes and give-a-ways, Invite your family and friends, Bring a lawn chair and hang out, and hang out,

**Caretel**  
Loose

# PICNIC

12 noon - 2 pm  
Tuesday, July 28

Caretel Inns of Linden  
202 S. Bridge Street  
Park @ Loose and take the Shuttle to Caretel  
Parking @ Linden Elementary

LIVE  
**NASH**  
BROADCAST  
FM 95.1

