

APRIL 2020

the perfect place for 50+

# LOOSE

Always There!  
HAPPY EASTER



Easter is the only time  
of year you can put  
all your eggs in one basket.

- unknown

# From the Director

Dear Friends,

Easter represents many things to so many people. It is a religious holiday that represents a new beginning. It is the start of spring which brings the warmth of the sun and rebirth of our flower gardens and the green of the trees. It is a time when families gather to celebrate and be one, to be close to those we miss so much. We come together and remember the past, share the present and talk of our future. And did I mention the wonderful Easter dinners with ham and all the fixings.

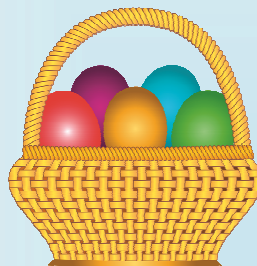
We find that the Easter season gives us the feeling of a rebirth. It brings to an end the winter season of snow, darkness, challenges and seclusion. It is the one season that gives us hope, and fills us with a sense of energy to go out and fulfill our goals and ideas.

We embrace the opportunities it gives us. We travel to reach out to those we love and miss. We are now able to take walks to witness all that spring has to offer. We begin to plan the gardens that are part of our landscape. We are participating in activities that were not possible in the winter months. Easter is a time when we feel strong and recapture our internal youth.

So, I look to Easter as a new beginning. You can say it represents a time when you can do those many things you enjoy at any time. It allows you opportunities with no boundaries. It is a time to go out and have fun and do whatever you want. It is like putting all your eggs in one basket.

So, embrace this wonderful season. Enjoy all it has to offer. And remember...

***"Easter is the only time of the year you can put all your eggs in one basket."*** –Unknown



All is well,  
Carl Gabrielson  
Executive Director Loose Center

**BINGO**

*and you are invited*

**Caretel  
Inns**

202 S. Bridge Street  
(810)735-9400

**Every 3rd Thursday  
of the Month  
@ 2:30 pm**

All are welcome!  
Join in the fun!

MATT DAMON CHRISTIAN BALE  
**FORD v FERRARI**

\*\*\*\*RATINGS\*\*\*\*

92% Rotten Tomatoes

8.2/10 IMDb

4/5 Common Sense Media



## MOVIE NIGHT

Tuesday, April 7, 7 pm

## MOVIE DAY

Wed., April 8, 12 noon

American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.

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

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



Valley Area  
Agency On Aging  
*Answers, Action, & Advocacy  
for  
All Things Senior!*

## A Salute to Veterans

## SENIOR POWER DAY 2020

MAY 20, 2020

9 am - 2 pm, \$4 pp

Crossroads Village ■ 6140 Bray Road ■ Flint, Michigan

Tickets can be purchased at LOOSE!

*Tickets must be purchased by May 7!*

Includes transportation from Loose

Leave Loose @ 8:30 am, Return approx. 2:30 pm

## SAVE THE DATE

Wednesday, May 6,  
5-8 pm

Culver's of Fenton  
3202 Owen Rd

A portion of the sales *Culver's Cares* will go to LOOSE

**DONATE WHILE  
YOU DINE**

**JOIN US! EAT IN or DRIVE IN**

# April Happenings

## Drug Costs & Medicare

Monday, April 6, 12 noon

### Medicare

Join MMAP counselors Ann Walker and Dolores Coulter for a program on Prescription Drug costs for Medicare beneficiaries. Using the Medicare.gov website to compare plans will be demonstrated, so feel free to bring a laptop or tablet. The session will cover how to choose a plan, how to compare stand-alone Rx plans with Medicare Advantage coverage of prescription drugs, and how to search for financial help with medications.

## HEALTH CARE POWER OF ATTORNEY SIGNING PARTY

Wednesday, April 22, 2 pm, Hall A

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



# DECLUTTERING

Thursday, April 16 @ 12 noon

Clutter can cause stress, clutter can waste time, clutter in the home can be clutter in the mind. So, *DECLUTTERING* is not only important for a healthy life, the reality is, sooner or later we are all likely faced with downsizing and decluttering will be a necessary part of that process.

If you are having difficulty getting rid of things you no longer need, please join Dr. Debra Bourdeau, owner of Caring Transitions, as she shares some great easy to follow, step-by-step tips to get you started on the path to clearing the clutter from your living space. **Sign up today!**



## For Neuropathy & Nerve Pain Sufferers

Thursday, April 23, 12 noon (new date)

If you suffer from pain due to Neuropathy, tingling numbness or loss of feeling in your feet, come and hear what Dr. Nicholson can share about a treatment to improve function and to relieve the following symptoms: Numbness, Leg Cramping, Sharp electric-like pain, leg & foot discomfort, etc.

Dr. Katrina Nicholson is Executive Director of Operations for HealthQuest and has been a practicing physician for more than 9 years. She has treated thousands of patients and Dr. Nicholson has a passion for educating patients and their families about non-invasive options for pain relief and tissue healing.



MICHIGAN STATE UNIVERSITY Extension

Thursday, April 30, May 7, 14, 21 2 - 3:30 pm FREE

## Dining with Diabetes

Type 2 diabetes can be delayed, controlled or even prevented by eating healthy and getting regular physical activity!

Dining with Diabetes is a fun and interactive course series targeting individuals with prediabetes, type 1 or type 2 diabetes, members of their support system and/or anyone interested in learning more. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting.

Plan on joining us for **LUNCH AT LOOSE on Tuesday, April 14 @ 11:30 am** for a real TREAT. Argentine Care Center's award winning Chefs, Leandra McClure & Kassie Miller, will be here with their Chili (2nd place at the Chili Cook-off) and their Peanut Butter Dessert (1st Place). **DELICIOUS!!**



Argentine Care Center  
A Small Home with a Big Heart

**Be sure to sign up early.**

\$4 will get you a feast and you will go away FULL and satisfied.  
**THANK YOU ARGENTINE Care Center for all you do for Loose!**



Schedule a **MASSAGE!** Now, also available on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month. Donna Roberts, LMT, is accepting appointment for 15 minute chair massages for \$10. **Call for an appointment today!**

# 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., April 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!



This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an afternoon of tea, treats that equal a meal, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Give yourself and/or someone special the time for this treat.

### SIGN UP TODAY!

Enjoy entertainment by  
"The ABC Sisters"

(an Andrews Sisters Tribute Act)

Sponsored by ELGA Credit Union

# Mother's Day Tea

Friday, May 8, 1 pm \$8

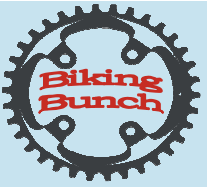
## April 2020 Lunch @ Loose Menu

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

Monday	Tuesday Soup Day	Wednesday	Thursday	Friday
Get your Loose Lunch Loyalty Card, good for 10 meals, then get the eleventh for free.	Lunch is served at 11:30 am PLEASE NOTE: The cost of the second helping is \$1.00	1 Ham Scalloped Potatoes Vegetable Roll	2 Salad Bar and all the fixins	3 CHEF'S CHOICE
6 Sloppy Joe Baked Beans Salad	7 Chicken & Dumpling Salad Fresh Fruit	8 Hot Beef Sandwich Mashed Potatoes Vegetable	9 CHEF'S CHOICE	10 We are closed Good Friday
13 Chicken Pot Pie Salad Roll	14 ARGENTINE CARE CENTER AWARD WINNING Chili & Dessert	15 Carl Cooks Pork Lains Mashed Potatoes Veggie Roll	16 Coney's (Flint or Detroit Style) Salad Chips	17 CHEF'S CHOICE
20 DELICIOUS BREAKFAST SERVED HERE Blueberry Breakfast Bake Canadian Bacon Fruit	21 Meatball Tortellini Soup Hearty Roll Salad	22 Baked Cod Cheesy Potatoes Vegetable	23 Baked Spaghetti Salad Garlic Bread	24 CHEF'S CHOICE
27 Swedish Meatballs Noodles Vegetable Roll	28 Potato Soup Ham Slider	29 Shepherds Pie Salad Roll	30 Baked Potato Bar and all the fixins	1 CHEF'S CHOICE

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

# BODY, MIND & SPIRIT



Begin riding May 13. Grab your helmet, dust off the bike and meet in the Loose parking lot Wednesday's at 9 am for an hour-long ride (8-10 miles) in and around Linden (it is easier than it sounds!). If you are new to the group, please leave your contact information (email & phone) with the Loose office (810.735.9406). Ride leader Ann Walker will email about special riding events.

## TAI CHI Wednesday, 10:45 am

Upcoming classes will meet April 1, 8, 15, 22 No class 4/29  
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

9:30 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
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)**  
10:45 am **TAI CHI**  
6:15 pm Pickleball

### THURSDAY

9:30 am **Chair Yoga**  
10:15 am **Zumba Gold/Total Fit**  
10:30 am **FIT<sup>4</sup>EVER**  
11:30 am **Wii Bowling**  
5:00 pm **Yoga Fit**

### FRIDAY

9:30 am **Yoga (gentle flow)**  
10:30 am Healthy Aging Exercise  
11:45 am Pickleball

### SATURDAY

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

### SUNDAY

2:00 pm Pickleball

## FIT<sup>4</sup>EVER \$5 drop in fee or discounted punch card available

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

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

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

### \$5 drop in fee or discounted punch card available

**Friday, 11:45 am - 3 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!

# 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, April 27 & May 4  
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 & OPEN KNITTING/CROCHET

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

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

Join a wonderful group of friendly people who enjoy helping and creating. Stop in and learn about Sleep Mats, the wonderful mats being made and donated to those in need. **Or bring in your own project** and give yourself some time to do what you love.



## 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

**P**APER-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](http://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!**



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.

### COMPUTER ONE-ON-ONE HELP WITH KELLY O'CONNELL.

**Wednesday April 22 4-6 pm, by appt. \$10/30 minutes**

For personalized one-on-one computer training, bring your laptop, phone or tablet, and a list of questions you may have relating to Windows or your devices.

Call Loose, at 810 735-9406, to make your appointment.

### SETTING UP YOUR EMAIL

**Wednesday, April 29, 4-6 pm, \$15**

Email is a way of life. It's fast and efficient and while learning a new high-tech skill can seem daunting to many, learning to use email is certainly worth the time and effort. TOP reasons for creating an email; Keeping in Touch, Photo Sharing, Getting, Connecting with Groups. Sign up today!



**June 17 & 18 (Wednesday & Thursday) 12 noon - 4 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 in order to receive your certificate. Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP, check or cash only)

## Euchre Tournament

\$7 Entry Fee  
25¢/Euchres

All are WELCOME!

GREAT Prizes  
Food & Drink  
& more!

**Friday, April 24, 5 pm**

## 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, 9:30 am

**MAH JONGG** Tuesday, 1 pm

**PINOCHLE** Monday & Wednesday, 1:00 pm

**EUCHRE** Tues. & Thurs., 1:00 pm



### 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 \$45 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.**



# April 2020

**OFFICE HOURS**  
Monday - Thursday  
9 am-5 pm  
Friday  
9 am-4 pm

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

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

## MONDAY

### LOOSE STAFF

Carl Gabrielson  
*Executive Director*  
Melinda Elmore-Hajek  
*Program Director*  
Brittany Hancock  
*Executive Assistant*  
Cheryl Rex, Clerk  
Jackie von Linsowe  
*Admin. Assistant*  
Kathy Metivier  
*Receptionist*  
Doti Tynes  
Chuck Salerno  
*Maintenance*

## TUESDAY

### BOARD OF DIRECTORS

Frank Lukowski, President  
Ken Wensel, Vice President  
Ann Deemer, Secretary  
Ray Culbert, Treasurer  
Mary Auge  
Roby Deese  
Brad Dick  
David Kincaid  
Pat Lockwood  
Joetta Pyles-Zalewski

## WEDNESDAY

### 1

One on One Financial (by apt)  
10:00 NO Manicures  
9:30 Yoga  
10:45 Tai Chi  
10:45 Art à la Carte  
**11:30 Lunch Pot Pie**  
12:00 Wood Carving  
1:00 Pinochle/Chess  
2:00 Grief Support  
6:15 Pickleball  
6:30 Hand & Foot

## THURSDAY

### 2

MMAP Counselor  
9:00 Massage (by Apt)  
9:30 Chair Yoga  
10:00 AMVET Rep.  
10:00 Cards & More  
10:15 NO Zumba Gold  
10:30 FIT4EVER  
11:30 Wii Bowling  
**11:30 Lunch Salad Bar**  
1:00 Euchre  
2:00 Creative Quilling  
5:00 Yoga Fit

## FRIDAY

### 3

Income Tax (by appt.)  
MMAP Counselor  
9:30 Yoga  
10:00 Yarn Recyclers  
10:30 Healthy Exercise  
**11:30 Lunch**  
*Chef's Choice*  
11:45 Pickleball  
1:00 Open Game Play  
1:00 Fibre Friends  
7:00 "Waitress"

## SATURDAY/SUNDAY

### 4

9:00 Yoga  
10:15 NO Zumba  
**Sunday, April 5**  
2:00 Pickleball

### 6

9:30 GROOVE  
10:00 Painting  
10:00 Open Knitting/Crochet  
**11:30 Lunch Sloppy Joe**  
12:00 Drug Cost & Medicare  
1:00 Pinochle  
1:00 Listening Ear  
2:00 Arthritis Exercise  
3:00 Chorus  
4:00 Yoga  
5:30 TOPS Weigh-in  
6:15 Pickleball

### 7

9:00 Massage (by Apt)  
9:30 NO Zumba Gold  
10:00 Loose Threads  
10:30 Blood Pressure ✓  
10:30 NO FIT4EVER  
**11:30 LUNCH**  
*Chick & Dumpling Soup*  
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

### 8

10:00 Manicures  
9:30 Yoga  
10:30 Blood Pressure ✓  
10:45 Tai Chi  
10:45 Paint Night  
10:45 Art à la Carte  
**11:30 Lunch Ham Dinner**  
12:00 Wood Carving  
12:00 Movie Day  
1:00 Pinochle/Chess  
2:00 Grief Support  
6:15 Pickleball  
6:30 Hand & Foot

### 9

MMAP Counselor  
8:00 Board Meeting  
9:30 Chair Yoga  
10:00 Cards & More  
10:15 Zumba Gold/Total Fit  
10:30 NO FIT4EVER  
**11:30 Lunch**  
*Chef's Choice*  
11:30 Wii Bowling  
1:00 Euchre  
2:30 Bingo @ Caretel  
2:00 Quilling Class  
5:00 Yoga Fit

**Loose is CLOSED**  
**April 10-13**







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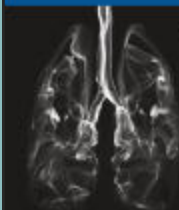
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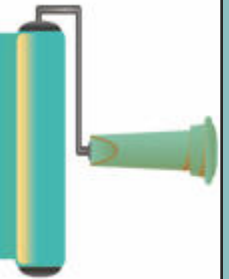


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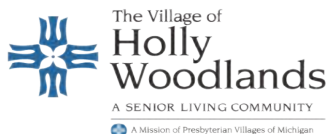
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<p><b>13</b></p> <p>9:00 CSFP 9:30 GROOVE 10:15 Open Knitting/Crochet 10:00 Painting <b>11:30 Lunch Sweet &amp; Sour Meatballs</b> 12:00 Anyone Can Paint 1:00 Pinochle 1:00 Book Club 2:00 NO Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p><b>14</b></p> <p>9:00 Veteran Service 9:00 Massage 9:30 Coffee &amp; Cops 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 Lunch Chili</b> 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p><b>15</b></p> <p>10:00 Manicures 9:30 Yoga 10:00 Ask A Lawyer 10:45 Tai Chi 10:45 Art à la Carte <b>11:30 Lunch Pork Loin</b> 11:30 Greektown Casino 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p><b>16</b></p> <p>Vera Bradley Trip MIMAP Counselor 9:00 Massage (by Apt) 9:30 Chair Yoga 10:00 Cards &amp; More 10:15 Zumba Gold 10:30 FIT4EVER <b>11:30 Lunch Coney Day!</b> 11:30 Wii Bowling 12:00 Decluttering 1:00 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p>	<p><b>17</b></p> <p>MIMAP Counselor 8:15 Lifelong Learning 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise <b>11:30 Lunch Chef's Choice</b> 11:45 Pickleball 1:00 Open Game Play 1:00 Fibre Friends</p>	<p><b>18</b></p> <p>9:00 Yoga 10:15 Zumba 6:30 Flint Symphony <b>Sunday, April 19</b> 2:00 Pickleball</p>
<p><b>20</b></p> <p>Lancaster Pennsylvania 9:30 GROOVE <b>9:30 BREAKFAST</b> 10:15 Open Knitting/Crochet 10:00 Painting 1:00 Pinochle 1:00 Happy Stampers 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p><b>21</b></p> <p>9:00 Massage 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 Lunch Potato Soup</b> 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p><b>22</b></p> <p>10:00 Manicures 9:30 Yoga 9:30 Project Linus 10:45 Tai Chi 10:45 Art à la Carte <b>11:30 Lunch Baked Spaghetti</b> 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Power of Attorney 2:00 Grief Support 4:00 One on One Computer 6:15 Pickleball 6:30 Hand &amp; Foot</p>	<p><b>23</b></p> <p>MIMAP Counselor 9:30 Chair Yoga 10:00 Cards &amp; More 10:15 Zumba Gold 10:30 FIT4EVER <b>11:30 Lunch Baked Cod</b> 11:30 Wii Bowling 12:00 Neuropathy 1:00 Euchre 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p><b>24</b></p> <p>MIMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yarn Recyclers 10:30 Healthy Exercise <b>11:30 Lunch Chef's Choice</b> 11:45 Pickleball 1:00 Open Game Play 1:00 Fibre Friends 5:00 Euchre Tournament</p>	<p><b>25</b></p> <p>9:00 Yoga 10:15 Zumba <b>Sunday, April 26</b> 2:00 Pickleball</p>
<p style="text-align: center;"><b>DELICIOUS BREAKFAST SERVED HERE</b></p> <p>If you meet up anywhere for breakfast, consider stopping at Loose on the third Monday of each month. We will serve Breakfast from 9:30-10:30 am. It is the perfect meeting place. Come early and enjoy coffee, stay late and enjoy the company. The breakfast is made in house and will be hot and delicious. <b>Trying to get a friend to give Loose a try...this could be the ticket!</b></p>					
<p><b>27</b></p> <p>9:30 GROOVE 10:00 FireKeepers 10:15 Open Knitting/Crochet 10:00 Painting 11:00 Blood Pressure <b>11:30 Lunch Chicken Casserole</b> 1:00 Watercolor Class 1:00 Pinochle 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>					
<p><b>28</b></p> <p>8:00 Podiatrist 9:00 Massage 9:30 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER <b>11:30 Lunch Meatball Soup</b> 12:00 NO Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 2:00 Alzheimer Support 4:00 NO Chair Yoga 5:00 NO Yoga <b>5:00 Dueling Pianos</b></p>					
<p><b>29</b></p> <p>10:00 Manicures 9:30 Yoga 10:45 NO Tai Chi 10:45 Art à la Carte <b>11:30 Lunch Goulash</b> 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 4:00 Email Class 6:15 Pickleball 6:30 Hand &amp; Foot</p>					
<p><b>30</b></p> <p>MIMAP Counselor 9:30 Chair Yoga 10:00 Cards &amp; More 10:15 Zumba Gold 10:30 FIT4EVER <b>11:30 Lunch Baked Potato Bar</b> 11:30 Wii Bowling 1:00 Euchre 2:00 Dining with Diabetes 2:00 Creative Quilling 5:00 Yoga Fit</p>					

# HEALTHY LIVING

## ONE-ON-ONE FINANCIAL HELP

### First Wednesday of the month, by appointment

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.

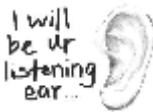
To schedule an appointment, call Loose Center at 735.9406.

**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.**

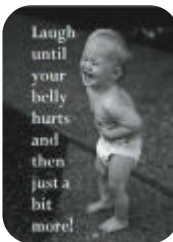
This group meets twice a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience*, *My Proudest Moment*, *My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories. ALL ARE WELCOME!



## Happiness Is The Best Medicine

Wednesday, May 27, 12 noon

Come learn about the benefits of Laughter. Some researchers think laughter just might be the best medicine, and that laughter may help you feel better and put that spring back in your step. You will learn about research and benefits of laughter, physiological effects of laughter in the body and how laughter effects quality of life. So come join us for a true belly laugh...it just might be good for you!



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Thurs. 5/28, 6/4, 6/11, 6/18, 7/2, & 7/9  
2-4 pm (NO CLASS 6/25)

**Wellness Initiative for Senior Education (WISE)** is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance use.

This educational program offers six lessons that cover a wide range of topics, including:

- Understanding the changes associated with aging
- Aging sensitivity
- Valuing cultural and generational diversity
- Managing medications safely
- Addressing addiction, alcohol, tobacco, & other drug use
- Enhancing quality of life

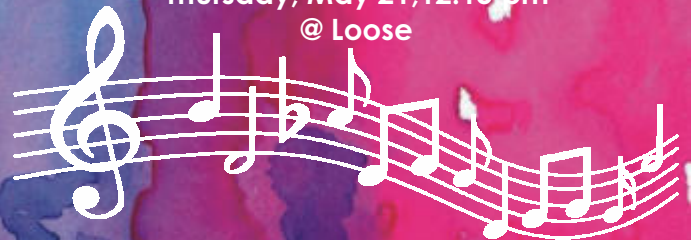
Due to the interactive nature of this series, we will require a minimum of eight (8) registrants in order to proceed with the series.

## Presenting the Loose Chorus



### CONCERT

Thursday, May 21, 12:15 pm  
@ Loose



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# HEALTH SERVICES

## MASSAGE

By appointment each Tuesday or 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
 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, April 28 (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

1<sup>st</sup> Tuesday of each month, 10:30 - 11:30am

1<sup>st</sup> Thursday of each month, 10:30 - 11:30 noon

2<sup>nd</sup> Wednesday of each month, 10:30 - 12 noon

*Thank you Caretel Inns of Linden*

4<sup>th</sup> Monday of each month, 11 - 12 pm



*Seeking volunteers to help with Blood Pressure*

## 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](mailto:lsc@loosescenter.org) so we can spread the sunshine.



## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8:30 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.

**MICA FE** 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 \$144.60 to you each month. To qualify there is an income and asset test. Income: less than \$1,456/month for single or \$1,960 for a couple (gross before any deductions). Assets: less than \$7,860 for single or \$11,800 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 \$1,615/month single or \$2,175/month for a couple. Assets: less than \$14,610 for single or \$29,160 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 \$28,710/year single or \$38,790/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.



**W**e 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 2020. 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

April 8	Paint Night @ Purple Rose	\$91
April 15	Greektown Casino	\$32
April 16-17	Vera Bradley Outlet Annual Sale	\$294
April 17-19	Thunder Over Louisville	\$799
April 18	Flint Symphony	\$23
April 20	Lancaster, Pennsylvania	\$804
April 27	FireKeepers	\$35
May 11	Caesar Windsor Casino	\$29
May 12	Kellogg Manor	\$87
May 23– June 3	Alaska Land & Cruise	\$\$\$\$
May 27	Gun Lake Casino	\$35
June 11-13	Lilac Festival (Mackinac Island)	\$634
June 15	FireKeepers Casino	\$32
June 17	Meadow Brook Theatre "Fancy"	\$101
June 25	A Day at our Capital	\$82
July 1	Soaring Eagle Casino	\$32
July 3-8	New York City	\$1,999
July 14	Saganing Eagles Landing	\$30
July 16	Clinton River Cruise	\$78
July 22-24	Sault St. Marie	\$404
July 29	Historic Marshall	\$90
July 30	FireKeepers Casino	\$30
August 17	Hollywood Casino	\$32
August 24	Mississippi Cruise	\$999
September 2-4	Untouchable Chicago	\$600
September 10-18	British Landscapes	\$\$\$\$
September 20-27	Cape Cod	\$1,999
September 22	Magnificent Mid Michigan	\$81
September 24-25	Ark Encounter	\$334
October 5-6	Little River Casino	\$143
October 9-12	Rails of West Virginia	\$999
October 15	Haunted Detroit	\$86
October 19-28	Reflections of Italy	\$\$\$\$
November 11-16	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

Held at MCC Regional Technology Center

**\$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.

**April 17** "Forward Together" Tim Herman, CEO, Kristina Johnston, COO, and/or Tyler Rossmassler, Director of Economic Development of the Flint & Genesee Chamber of Commerce will talk about the economic vision called "Forward Together", the unprecedented partnership established between the Genesee County, the City of Flint, and the Flint & Genesee Chamber of Commerce.

**May 15** "What The Eyes Don't See" Dr. Mona Hanna-Attisha is a pediatrician, scientist, activist and author. Hear the dramatic story of how Dr. Mona used science to prove Flint kids were exposed to lead, and how she courageously went public with her research and faced a brutal backlash. With persistence and single minded sense of mission, she spoke truth to power.

## 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

### WAITRESS Friday, April 3 @ 8 pm @ the Whiting, \$49



Meet Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsyturvy life such as "The Key (Lime) to Happiness Pie" and "Betrayed By My Eggs Pie." When a baking contest in a nearby county—and a satisfying encounter with someone new—show Jenna a chance at a fresh start, she must find the courage to seize it.

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

WORLD PREMIERE MUSICAL, Amanda Borden, Amy Chow, Dominique Dawes, Shannon Miller, Dominique Moceanu, Jaycie Phelps, and Kerri Strug made up the first U.S. women's gymnastics team to win Olympic gold in 1996. This World Premiere Musical imagines their inner lives on the two days of team competition, as they reach for their young dreams and their faces on the Wheaties box, all leading up to a star-making vault heard 'round the world.



### THE PLAY THAT GOES WRONG Sat., May 9 @ 2 pm @ the Whiting, \$46

What would happen if Sherlock Holmes and Monty Python had an illegitimate Broadway baby? You'd get THE PLAY THAT GOES WRONG, Broadway & London's award-winning smash comedy! Welcome to opening night of The Murder at Haversham Manor where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's "TONS OF FUN FOR ALL AGES" (HuffPost) and "COMIC GOLD" (Variety) – sure to bring down the house!

## 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)



**April 1** Leonardo the Man Who Saved Science

**April 8** Baroque & Rococo, Part 1

**April 15** Baroque & Rococo, Part 2

**April 22** A Model for Matisse

**April 29** Loving Vincent

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

# AND MORE TRIPS

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




**Monday October 5-6, 2020 \$143** Single Rate \$158.00

**TOUR INCLUDES** Round Trip Motor coach Transportation, 1 nights Lodging tax & tips included on hotel accommodations), Little River Casino, Gaming Session at Little River Casino and Soaring Eagle Casino, **Day 1 Little River Casino pk.** Receive \$20 casino play after \$20 is played on Casino card.

**Day 2 Little River Casino pk.** Receive \$20 casino play after \$20 is played on Casino card. Day 2 Soaring Eagle Casino pk. = \$20 + 5 food voucher, Voucher and earn 600 points and get a Bonus \$10 in Premium Play.

Drivers tip not included. Casino package are subject to change without notice. Stop by Loose for a detailed flyer.



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

## Kellogg Manor

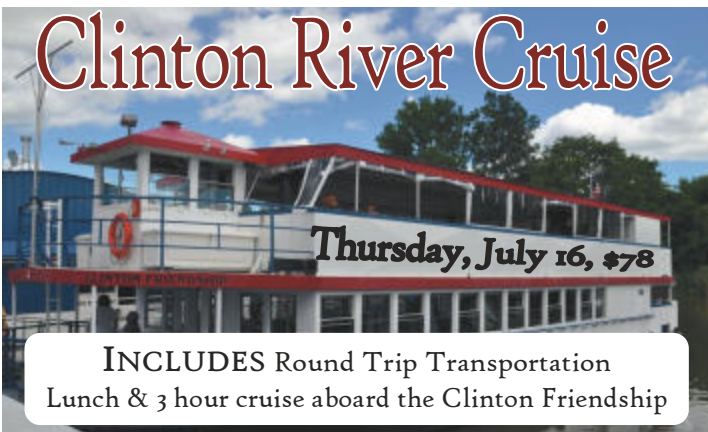


**Wednesday, June 17**  
Departs 9:15 am  
Returns 6:45 pm  
**\$101.00**



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

## Clinton River Cruise



**Thursday, July 16, \$78**

**INCLUDES** Round Trip Transportation  
Lunch & 3 hour cruise aboard the Clinton Friendship



**BRITISH LANDSCAPES**  
**\$3,499pp double**

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

## Historic Marshall

**Wednesday, July 29** **\$90**



**INCLUDES:** Round Trip Transportation, Honolulu House, Tour of Historic Marshall, US Postal Museum, Governor's Mansion Museum, Lunch @ Schuler's' Rest. Ice Cream @ The Parlour of Jackson

Sept. 20-27  
**\$1,999**

## Cape Cod

**MARTHA'S VINEYARD PLUS NANTUCKET ISLAND**

Tour of Cape Cod, Martha's Vineyard & Nantucket, JFK Memorial, Whale Watch Cruise, Leisure Time, Museums & MUCH MORE

**TOUR INCLUDES**  
Transportation, 5 nights @ Red Jacket Beach Resort, 7 Breakfasts, 4 Dinners



**INCLUDES:** Round Trip Transportation  
Brookshire Inn Golf Club (lunch), Turner Dodge Home (tour), Country Mill (tour)

## Magnificent MID MICHIGAN

**Tuesday, Sept. 22, \$81**

Sept 24-25

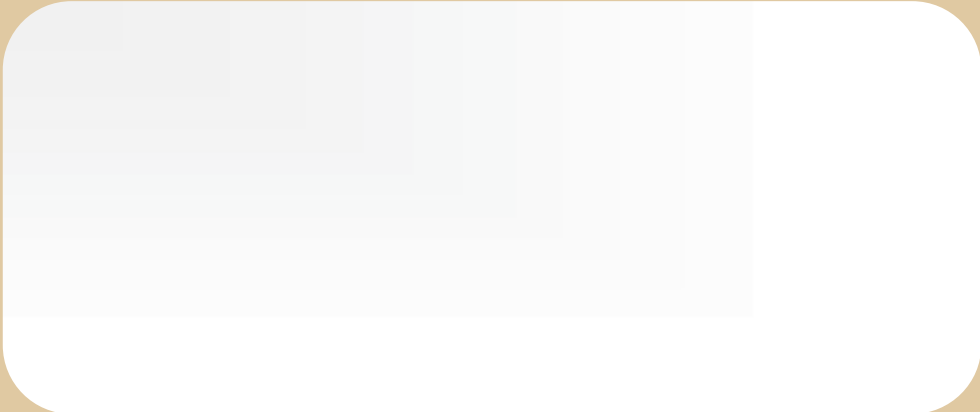
## ARK ENCOUNTER

**\$334**

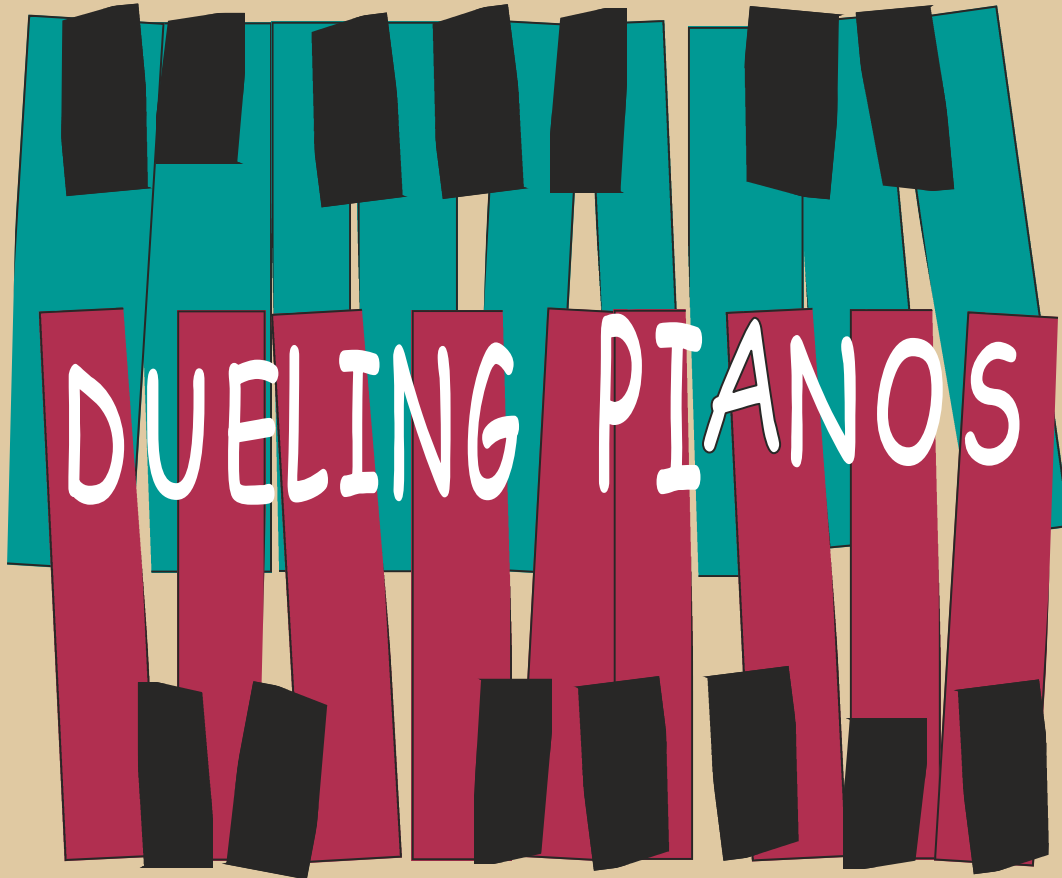
**INCLUDES:** Round Trip Transportation  
1 Night @ Holiday Inn, 2 meals, Ark Encounter, Creation Museum, Greyhound Tavern



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**PAID**  
Flint, MI  
Permit No. 6



## LOOSE PRESENTS



**TICKET INCLUDES**  
*Enjoy heavy hors d'oeuvres followed by 2 hours of crazy fun and music by Cool2Duel Dueling Pianos and a 50/50 Raffle*

**TUESDAY APRIL 28**  
5 pm \$25 pp

**THANK YOU!**  
CARETEL INNS of Linden  
WELLBRIDGE of Fenton  
VICINIA GARDENS  
DORT FEDERAL CREDIT UNION  
*For your faithful support.*