

South End NEWS

JANUARY 2013

LOOSE SENIOR ZEN CENTER



DON'T make a resolution,
Make Yourself

DIRECTOR'S MESSAGE

Friends,

It's 2013, a New Year full of plans, goals and resolutions. We set our sights to make it a year as good as or better than the last. It may include that trip we plan to visit family and fiends. We wait with anticipation to see our children who have moved away and the grandkids we miss and love so much. It may be a trip of a lifetime that takes us abroad to countries we have only dreamed of.

We set goals that will enrich our lives. It may be cleaning out that garage or the closet that finds a leisure suit from 1987 or a dress we wore to our children's graduation. And don't forget the items for that garage sale we never had. Goals may also include looking up old friends or expanding our hobbies or interests. It could be setting Friday night as "date night" to spend more time with people we love. And most of all, it is slowing down to smell the roses.

Then, as we watch the ball drop in Times Square, we make resolutions that we promise to keep. The one resolution we all make is to get in shape and lose weight. We know that to live longer and healthier, we must commit to our good health. We look in the mirror and realize that we can do it, but we have no plan in place. Consider Loose fitness classes which are tested, tried and true to fit all needs. All classes are designed to increase strength, balance, stamina and also create a sense of community. Whether it is Yoga, Tai Chi, Body Recall, Zumba, Line Dancing, Wii Bowling, Volleyball or Golfing at Shiawassee Shores, you can't go wrong with a Loose Fitness opportunity. So you see, the New Years resolution to improve our health, our inner self and lose weight is available at our own Loose Senior Center. It is a time to come together, enjoy a fun activity and be a healthier you during 2013. We welcome you to try any of these activities and encourage you to keep your promise to yourself.

The Loose Board and staff wish you a fun, prosperous and healthy New Year.

Carl Gabrielson

Executive Director

Pictured on the cover: Loose Fitness Instructors (seated), Sara Wrage-Body Recall, (Back L-R) Linda Wykes-Line Dance, Mike Schurig-Tai Chi and Dottie Tynes-Yoga. Not pictured, Linda Dyball-Zumba.

ANNUAL MEETING

Thursday, January 10

Immediately following the

Loose Board Meeting which begins at 8 AM.

This meeting is for the General Membership and community. The agenda will include Reappointments of Board Members, Election of Officers, Financial Report, Comments from the President and Questions and/or Comments from the attendees.

All are welcome. Please join us!

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, suffering a loss, homebound, recovering from surgery and any number of other reasons. If you know someone who would benefit from a card, please contact the Loose office at 810 735-9406 or email lsc@looseseniorcenter.org so the ball can start rolling and sunshine can be spread.

Loose
Travel
Show **coming**
soon

Wednesday, March 6, 9 - 11 am

Representatives from the travel companies that provide opportunity for Loose travel will be in site with information, prizes, snacks and more and will be available to answer your travel questions.

JANUARY SPECIAL HAPPENINGS

35th Annual Senior Winter Games



The Senior Winter Games Board of Directors is pleased to announce information for the 2013 Genesee County Senior Winter Games!

- ◆ Registration will end on January 17, 2013.
- ◆ The Opening Ceremony will be held at 1 pm, on Monday, February 4th at Davison Senior Center which is located on Lapeer Road in Davison at 1pm. All events will be held from February 4th through February 19th.
- ◆ The Closing Ceremony will once again be held at the Knights of Columbus Hall in Davison on February 20th. Doors will open promptly at 10am with the program beginning at 11am.
 - ◆ The registration fee is \$12 and includes the Opening Ceremony, Closing Banquet, event, and a Games shirt. Please contact Loose for additional details.

PERSONAL INJURY SEMINAR

Wednesday, January 30, 10 am, Bldg C FREE

Attorney Tedd Bean will be at Loose sharing information on how to protect yourself if an injury occurs, your rights in personal injury claims (i.e. dog bite, nursing home mistreatment, property claims, etc.). Take this opportunity to educate yourself. Sign up today.

AARP TAX AID TAX HELP!

This is a free program that helps seniors low to moderate income with special attention to helping 60 and older taxpayers do their taxes. This service begins on Friday, February 8 (by appointment ONLY.) **Please call the Loose Center at 810 735.9406 on or after Monday, January 28 to schedule an appointment.** Tax preparation will begin on Friday, February 8.

Loose BAND

We have a piano player/director all ready and excited about the possibilities. Practice will be on Wednesdays at 2 pm. **If you are ready and willing, please join us on Wednesday, January 9 at 2 pm.**

Welcome in the NEW YEAR with LAUGHTER Tuesday, January 15, 5 pm, \$12



DINNER followed by Comedian,
Jason Cooper

Humor is infectious! The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Knowing that ... get ready for...

Jason is a seasoned comedian who has opened for Smokey Robinson, The Righteous Brothers, Three Dog Night, The Doobie Brothers, The Beach Boys, Foreigner, Kenny G, Paul Anka, Michael Buble, Weird Al, Jim Gaffigan, Carrot Top, to name a few.

With his quick wit and commanding stage presence, Jason takes his audience on a roller coaster ride of laughs from the word "Go"!

Dinner Includes: Chicken, Meatballs, Pasta, a variety of Salads, Hot Vegetable, Rolls, Dessert and Beverages.

Space is limited, sign up today.

UNDERSTANDING MEMORY LOSS



January 29, 2013, 6:30-8:00 pm

An opportunity for Loose members, family and the community to learn about treatable and untreatable causes of memory loss.

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

Please join us for this FREE program
presented by
Jo Campbell, MA
Faculty at Eastern Michigan University

Wii Bowling Begins on Thursday, January 10. Call Loose to sign up. Schedules will be ready no later than January 7.

NUTRITION & MORE

DAILY LUNCH AT LOOSE!

Monday through Friday, 11:30 am

60 and over: Suggested donation \$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, the day before by 12 noon. *Sharing a meal with others is a great way to make friends and also get a healthy meal.* Menus are available in the office.

COFFEE HOUR

Wednesday., January 9, 9:30 am

We have coffee, tea, hot chocolate, doughnuts and a wonderful space so you can come and meet new friends, chat with old friends and catch up with all the happenings. *New members are especially encouraged to join us.*

POTLUCK DINNER Friday, Jan. 11, 5 pm

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. The 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.

VALENTINE CATERED DINNER

Tuesday, February 12, 5 pm, \$12



Dinner will be catered by the Gi Gi's & Entertainment provided by Dan Hays. Dan was here last year and a hit! He has also performed at Mott Community College Lifelong Learning, Flushing Senior Center,

American House, Detroit Tigers Spring Training, Coffee Shops and more. Dan is an accomplished musician, whose easy listening, old classics, country, light temporary music, gospel and more will surely bless our evening. *The dinner menu will include stuffed cabbage rolls, swiss steak, beef stroganoff, mashed potatoes, green beans, assorted salads, relishes, rolls & butter, beverages & dessert.*



ST PATRICK'S DAY

Tuesday, March 12, 5 pm

MARK YOUR CALENDAR

Details forthcoming!



WIN FREE TICKETS

How does it work?

During the month of January, each time you come to the Center, be sure to sign in using your My Senior Center scan card. After you do, write your name on a slip of paper (provided) and drop it in the contest container. On January 31, at the end of the day, two names will be drawn and two lucky winners will be given two tickets to the February 14 Valentine's Dinner with entertainment by Dan Hays. Two more tickets will be drawn and the lucky winners will receive two trips to Greektown Casino on February 26. If you are a participant in an off-site activity, make sure you write your name on the sign-in sheet and encourage your instructor to make sure those sheets are turned into the Loose Office. Come, sign in and GOOD LUCK!

JANUARY GREETING CARD SPECIAL



Say "thank you" for all those special thoughts and kindnesses you will encounter in 2013 by selecting your Thank You cards at Loose. Thank You cards will be on sale for the month of January for 10 cents each.

Just wanted to say "Thank You"

Stock up for the entire year.

MANICURES

Wednesdays, by appointment beginning at 9 am

THE TYPICAL MANICURE WILL INCLUDE



- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing soak of fingertips
- Hand massage with lotion
- Polish application
- \$10

Plan on a 1/2 hour process.

Please call Loose to set up your appointment.

KEEPING FIT

Most of Loose's fitness classes will be held at Hope Lutheran Church, located at 7355 Silver Lake Road just past the community schools. A detailed map is available at the Loose Office.

ZUMBA & ZUMBA GOLD \$5 per class
Low-impact dance/exercise class with music, 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.

TAI CHI SIMPLIFIED YANG FORM \$5 per class
Doctor-recommended, increases flexibility, lowers cholesterol, retards Alzheimer's and improves blood flow.

TAI CHI FOR ARTHRITIS \$5 per class
Approved by the Arthritis Foundation, see improvement in Flexibility, Balance, Coordination, Range of Motion, Strength and Confidence.

BODY RECALL \$3 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.

BIKING BUNCH This activity will reconvene in the spring. If you are interested in the Biking Bunch, please contact the Loose Center at 735.9406.

Wii BOWLING *Next league play begins in January*
Organized Wii play is held on Thursdays, open play is available when there is no schedule conflict. If you are interested in Wii bowling, please contact the Loose Office at 735-9406.

BEACHBALL VOLLEYBALL A fun, indoor activity meant to improve your level of fitness. Open to men and women. Join us at 5 pm for a more gentle game, no spiking or aggressive play. Or, join us at 6 pm for a more aggressive game.

YOGA \$5 per class
GENTAL FLOW YOGA Become aware of your body as you gently flow from one pose to another making adjustments as you go. Learn how to hold the pose to increase your strength and concentration.

CARDIO YOGA Keep the flow going and get a great workout for your heart and mind. Feel the movements of your body as you control your breathing, all the while going at your own pace.

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

LINE DANCE \$3 for one or both classes
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
This program resumes in the spring.

PLEASE CHECK THE MASTER CALENDAR FOR HOLIDAY CLOSINGS.

Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
HOPE LUTHERAN 9:30 am Yoga (flow) 5:00 pm Zumba LINDEN ELEMENTARY 5:00 pm Volleyball	HOPE LUTHERAN 9:15 am Tai Chi 10:30 am Body Recall 12:00 pm Beg. Line Dance 1:00 pm Adv. Line Dance 5:30 pm Yoga (flow) LOOSE CENTER 9:30 am Chair Yoga 10:30 am Zumba Gold	HOPE LUTHERAN 9:30 am Yoga (flow) 4:00 pm Tai Chi for Arthritis 5:00 pm Zumba LOOSE CENTER 11:00 am Hope Walking Club	HOPE LUTHERAN 9:15 am Tai Chi 10:30 am Body Recall 2:30 pm Tai Chi for Arthritis 4:30 pm Zumba 6:30 pm Beg Line Dance 7:30 pm Adv. Line Dance LOOSE CENTER 9:30 am Chair Yoga 5:00 pm Cardio Yoga
FRIDAY HOPE LUTHERAN 9:30 am Yoga (flow) 11:00 am Hope Walking Club	SATURDAY HOPE LUTHERAN 9:00 am Yoga (flow) 10:15 am Zumba		
<div style="background-color: #800000; color: white; padding: 5px; display: inline-block;"> During these cold winter days keep MOVIN... Try ZUMBA GOLD! </div>			



ARTSY & CRAFTY

"ANYONE CAN PAINT" Class Minimum: 6

Monday, January 14, 12-2 pm \$20, Bldg C

Steve Wood (award-winning artist) 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 GROUP

Monday, January 28, 1 pm, Bldg C, 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, ideas, share time with those who share the same 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, Bldg A, FREE

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

YARN RECYCLERS

Fridays, 10 am, Bldg C, FREE

We are always in need of those who would like to help with the lap robes that are donated to local vets, nursing homes and those with other special needs. Our knitters and crochet group meet every Friday to knit or crochet needed items.

PAINTING GROUP

Mondays, 10 am, Bldg C, FREE

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

INCLEMENT WEATHER POLICY

During the winter months, Loose has an inclement weather policy. When the Linden Schools are closed due to weather conditions, the Loose Senior Citizen Center will be closed. Local television and radio stations will list the latest school closings or feel free to call Loose for updates in scheduling.



SCRAPBOOKING

Tuesday, January 15, 1 pm, Bldg A, FREE

Whether you have pictures from a recent event or they've been in storage for years, 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.

LOOSE LAPGHANS

Fridays, 1 pm, Bldg 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! There is help to get you going again.

LOOSE THREADS

Tuesdays, 10 am, Bldg A, FREE

Anyone is welcome to join this talented and dedicated group who are currently working on a quilting project. Also, feel free to come and work on your own projects in a setting that is conducive to good company and a common quest to share time and talent with others, or meet regularly and receive personalized instruction.

SEEKING
We are always looking for talented folks who would like to share their gift with others. If you have a craft that you embrace and might enjoy teaching to others, please feel free to contact the Loose Office.

LUNCH WORKERS NEEDED
We have many wonderful dedicated members who have worked for years in our lunch program. Recently, a number of circumstances have changed and we are in need of a few dedicated people who will commit to about one hour one day a week with this wonderful program. If you are willing to help and willing to secure a TB test, please contact the Loose Office.

COMPUTER CLASSES, GAMES AND OTHER GOOD STUFF

Loose classes are especially tailored to the needs of senior citizens. Class sizes are small and the instructor, Kelly O'Connell, well versed in the subject.



COMPUTER CLASSES ARE HELD @ THE LOOSE CENTER. You must bring your own computer or all classes will be projected to the screen, so students can opt to observe and take notes.

KNOW YOUR LAPTOP

Wed., January 9 & 16, 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 screen appearance and more. *Bring your laptop with you, expand your knowledge and make new friends.*

DIGITAL CAMERA

Wed., January 23 & 30, 4-6 pm, \$20

A must for new digital camera users. This class will help you download pictures, get pictures organized, insert pictures into documents and more. Remember to bring your camera and software to class.

FACEBOOK Wed., February 6 & 13, 4-6 pm, \$20

You will be introduced to the basics of social networking, get you into Facebook for some hands-on learning and generate plenty of discussion about the advantages and disadvantages of this popular website.

SKYPE Wed. February 20, 4-6 pm, \$10

Learn to communicate with other SKYPE users free of charge: SKYPE allows users to send and receive text messages, talk and have video calls. Too much fun!

COMPUTER HELP Wed. February 27, 4-6 pm, FREE

Kelly is also available for one-on-one instruction.
Call Kelly at 810.964.6455 for information.

Loose BAND

We have a wonderful Loose Choir and some GREAT Karaoke singers, so why not a BAND? With nearly 4,000 members, the odds are in our favor that there are many experienced musicians ready to polish up the old instrument, dust off the guitar, whatever the case may be and join the Loose Band. We have a piano player/director all ready and excited about the possibilities. Practice will be on Wednesdays at 2 pm. **If you are ready and willing, please join us on Wednesday, January 9 at 2 pm.**

EUCHRE TOURNAMENT
FRIDAY, January 25, 5:00 pm, \$5 Entry Fee
GREAT Prizes, Food & Drink, 50/50 Raffle

SCRABBLE TOURNAMENT
January 4-5, 2013

GAMES

POOL PLAYERS Bring a friend and play anytime.

BRIDGE Mon. & Wed., 9 am - 2:30 pm

CHICAGO BRIDGE Tues. & Fri., 1 - 4 pm

CHESS Wed., 12:30 pm

DOMINOES Wed., 12:30 pm

HAND AND FOOT is on break, check with office.

MAH JONGG Tues. & Thurs. 3 pm

PINOCHLE Mon. & Wed., 12:30 pm

EUCHRE Tues. & Thurs., 12:30 pm

Sat., 10 am - 12:30 pm

CARDS & MORE Thurs., 10:30 am

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



The choir practices on Mondays at 3 pm at the Loose Senior Center. Our choir director, Gary Daniel and accompanist, Ramona Deese are accomplished and dedicated musicians. The choir re-

hearses and works to prepare for many special events and is currently working on Christmas music. They will be hosting our Sing-along, as well as going out into the community and sharing their talent locally with those who can use some holiday cheering. A very welcoming group; maybe it is time to give it a try.



Mondays
7- 8:30 pm

The interest in Karaoke is growing and we aim to please those who are interested. **Join us for the FUN!**

OFFICE HOURS

Monday - Friday
8 am- 4 pm

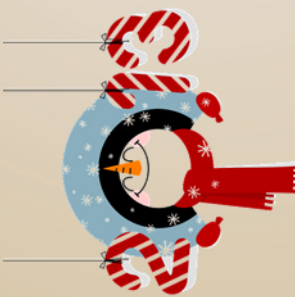
PHONE
810.735.9406

FAX
810.735.4255

EMAIL
lsc@looseseniorcenter.org

WEBSITE
www.looseseniorcenter.org

January 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Debbie Hancock <i>Business Manager</i></p> <p>Melinda Elmore-Hajek <i>Program Director</i></p> <p>Cheryl Rex <i>Clerk</i></p> <p>Bonnie Meadows <i>Receptionist</i></p> <p>Randy Green <i>Maintenance</i></p>	<p>1</p> <p>LOOSE CLOSED All Activities Canceled</p> 	<p>2</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Consumer Fraud</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch Chicken</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>4:00 Tai Chi for Arthritis</p> <p>5:00 Zumba</p>	<p>3</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Rep.</p> <p>10:30 Cards & More</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Liver</p> <p>12:30 Euchre</p> <p>2:30 Tai Chi for Arthritis</p> <p>3:00 Mah jongg</p> <p>4:30 Zumba</p> <p>5:00 Cardio Yoga</p> <p>6:30 Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>4</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>11:30 Lunch Turkey Soup</p> <p>12:00 Scrabble Tourn.</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>Saturday January 5</p> <p>Scrabble Tournament</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>
<p>7</p> <p>9:00 Massage</p> <p>9:00 Bridge</p> <p>9:30 Yoga</p> <p>10:00 Painting</p> <p>11:30 Lunch Sheppard's Pie</p> <p>12:30 Pinochle</p> <p>3:00 Choir</p> <p>5:00 Zumba</p> <p>5:00 Volleyball</p> <p>6:00 TOPS Weigh-in</p> <p>7:00 Karaoke</p>	<p>8</p> <p>9:00 CSFP</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Yoga</p> <p>10:00 Loose Threads</p> <p>10:00 Soaring Eagle Casino</p> <p>10:30 Body Recall</p> <p>10:30 Zumba Gold</p> <p>11:30 Lunch Turkey Ham</p> <p>12:00 Beg. Line Dance</p> <p>12:30 Euchre</p> <p>1:00 1 on 1 Financial</p> <p>1:00 Adv. Line Dance</p> <p>1:00 Chicago Bridge</p> <p>3:00 Mah jongg</p> <p>5:30 Yoga</p>	<p>9</p> <p>9:00 Manicures</p> <p>9:00 Blood Pressure Check</p> <p>9:00 Bridge</p> <p>9:30 Coffee Hour</p> <p>9:30 Yoga</p> <p>10:30 Investment Perspective</p> <p>10:30 Watch Repair</p> <p>11:15 Art à la Carte</p> <p>11:30 Lunch BBQ Pork Sand.</p> <p>12:00 Wood Carving</p> <p>12:30 Pinochle/Dominoes/Chess</p> <p>2:00 Loose Band</p> <p>3:15 Coupon Club</p> <p>4:00 Tai Chi for Arthritis</p> <p>4:00 Know Your Laptop</p> <p>5:00 Zumba</p>	<p>10</p> <p>Board Meeting</p> <p>8:00 Tai Chi</p> <p>9:15 Chair Yoga</p> <p>9:30 Vision Screening</p> <p>10:00 Wii Bowling</p> <p>10:30 Cards & More</p> <p>10:30 Body Recall</p> <p>11:15 Farmers' Market Trip</p> <p>11:30 Lunch Chili</p> <p>12:30 Euchre</p> <p>2:30 Tai Chi for Arthritis</p> <p>3:00 Mah jongg</p> <p>4:30 Zumba</p> <p>5:00 Cardio Yoga</p> <p>6:30 Line Dance</p> <p>7:30 Adv. Line Dance</p>	<p>11</p> <p>8:15 Lifelong Learning</p> <p>9:00 MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>11:30 Lunch Mac & Cheese</p> <p>1:00 Lapghans</p> <p>1:00 Chicago Bridge</p> <p>5:00 Potluck</p> <p>6:15 FIM Concert</p> <p>Saturday January 12</p> <p>9:00 Yoga</p> <p>10:00 Euchre</p> <p>10:15 Zumba</p>

<p>9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:30 Lunch Baked Pork 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>8:30 Podiatrist 9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:15 DIA 10:30 Body Recall 10:30 Zumba Gold 11:30 Lunch Veal 12:00 Beg. Line Dance 12:30 Euchre 1:00 Scrapping 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah Jongg 5:30 Yoga 5:00 Catered Dinner</p>	<p>14 15 16 17</p>	<p>9:00 Manicures 9:00 Bridge 9:30 Yoga 9:00 Legal Service 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch Roast Beef 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Loose Band 4:00 Know Your Laptop 4:00 Tai Chi for Arthritis 5:00 Zumba</p>	<p>9:15 9:30 10:00 10:30 11:15 11:30 12:30 2:30 3:00 4:30 5:00 6:30 7:30</p>	<p>Tai Chi Chair Yoga Wii Bowling Cards & More Body Recall Farmers' Market Trip Lunch Chicken Euchre Tai Chi for Arthritis Mah jongg Zumba Cardio Yoga Beg. Line Dance Adv. Beg. Line Dance</p>	<p>16 17 18</p>	<p>9:00 MMAP Counselor 9:30 Yoga 10:00 Hearing Clinic 10:00 Yam Recyclers 11:30 Lunch Beef Barley 1:00 Lapghans 1:00 Chicago Bridge</p> <p>SATURDAY January 19 9:00 Yoga 10:00 Euchre 10:15 Zumba Symphony</p>	<p>9:00 9:30 10:00 11:30 1:00 1:00 5:00</p>	<p>MMAP Counselor 18 Yoga Hearing Clinic Yam Recyclers Lunch Beef Barley Lapghans Chicago Bridge</p> <p>SATURDAY January 19 Yoga Euchre Zumba Symphony</p>	<p>9:00 9:30 10:00 11:30 1:00 1:00 5:00</p>
<p>9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:30 Lunch Baked Pork 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>8:30 Podiatrist 9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:15 DIA 10:30 Body Recall 10:30 Zumba Gold 11:30 Lunch Veal 12:00 Beg. Line Dance 12:30 Euchre 1:00 Scrapping 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah Jongg 5:30 Yoga 5:00 Catered Dinner</p>	<p>21 22 23 24</p>	<p>9:00 Bridge 9:00 NO Manicures 9:30 Yoga 11:15 Art à la Carte 11:30 Lunch Baked Pork 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Loose Band 4:00 Digital Camera Class 4:00 Tai Chi for Arthritis 5:00 Zumba</p>	<p>9:15 9:30 10:00 10:30 11:15 11:30 12:30 2:30 3:00 4:30 5:00 6:30 7:30</p>	<p>Tai Chi Chair Yoga Wii Bowling Cards & More Body Recall Hollywood Casino Farmers' Market Trip Lunch Turkey Ham Euchre Tai Chi for Arthritis Mah jongg Zumba Cardio Yoga Beg. Line Dance Adv. Beg. Line Dance</p>	<p>21 22 23 24</p>	<p>9:00 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yam Recyclers 11:30 Lunch Baked Fish 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament</p> <p>Saturday January 26 9:00 Yoga 10:00 Euchre 10:15 Zumba 7:00 Sinbad @ Whiting</p>	<p>9:00 9:30 10:00 11:30 1:00 1:00 5:00</p>	<p>MMAP Counselor 25 Yoga Write Life Story Yam Recyclers Lunch Baked Fish Lapghans Chicago Bridge Euchre Tournament</p> <p>Saturday January 26 Yoga Euchre Zumba Sinbad @ Whiting</p>	<p>9:00 9:30 10:00 11:30 1:00 1:00 5:00</p>
<p>9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:30 Lunch Baked Pork 12:00 "Anyone Can Paint" 12:30 Pinochle 1:00 Book Club 3:00 Choir 5:00 Zumba 5:00 Volleyball 6:00 TOPS Weigh-in 7:00 Karaoke</p>	<p>8:30 Podiatrist 9:15 Tai Chi 9:30 Chair Yoga 10:00 Loose Threads 10:15 DIA 10:30 Body Recall 10:30 Zumba Gold 11:30 Lunch Veal 12:00 Beg. Line Dance 12:30 Euchre 1:00 Scrapping 1:00 Adv. Line Dance 1:00 Chicago Bridge 3:00 Mah Jongg 5:30 Yoga 5:00 Catered Dinner</p>	<p>28 29 30 31</p>	<p>9:00 Bridge 9:00 NO Manicures 9:30 Yoga 10:00 Personal Injury Seminar 11:15 Art à la Carte 11:30 Lunch Goulash 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:00 Loose Band 4:00 Digital Camera Class 4:00 Tai Chi for Arthritis 5:00 Zumba</p>	<p>9:15 9:30 10:00 10:30 11:15 11:30 12:30 2:30 3:00 4:30 5:00 6:30 7:30</p>	<p>Tai Chi Chair Yoga Wii Bowling Body Recall Cards & More Farmers' Market Trip Lunch Chicken Euchre Tai Chi for Arthritis Mah jongg NO Zumba Cardio Yoga Beg. Line Dance Adv. Beg. Line Dance</p>	<p>28 29 30 31</p>	<p>9:00 MMAP Counselor 9:30 Yoga 10:00 Write Life Story 10:00 Yam Recyclers 11:30 Lunch Baked Fish 1:00 Lapghans 1:00 Chicago Bridge 5:00 Euchre Tournament</p> <p>Saturday January 26 9:00 Yoga 10:00 Euchre 10:15 Zumba 7:00 Sinbad @ Whiting</p>	<p>9:00 9:30 10:00 11:30 1:00 1:00 5:00</p>	<p>MMAP Counselor 25 Yoga Write Life Story Yam Recyclers Lunch Baked Fish Lapghans Chicago Bridge Euchre Tournament</p> <p>Saturday January 26 Yoga Euchre Zumba Sinbad @ Whiting</p>	<p>9:00 9:30 10:00 11:30 1:00 1:00 5:00</p>
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CONTEST ends at 4 pm on January 31. Be sure to enter each time you sign in with your swipe card and win a chance for **FREE STUFF!**
See page 4 for details.

LOOSE CLOSED
All Activities Canceled



WRITE YOUR LIFE STORY

Friday, January 11 & 25, 10 am, Bldg C

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories of our lives. There are plenty of helpful tips and class discussion that makes putting our memories in writing fun.

LOOSE BOOK CLUB

Monday, January 14, 1 pm, Bldg A

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.

ALZHEIMER'S SUPPORT GROUP

Every 4th Tuesday, 2 pm, Bldg A

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 persons at all times and particularly encourages attendance by those who have newly diagnosed Alzheimer's patients.

DIABETES & NUTRITION LEARNING

Monday, February 4, 3 pm, Bldg A FREE

We welcome *Michelle Di Dio, RD, CDE from Genesys. Michelle's credentials include:* Registered Dietitian, Certified Diabetes Educator and Manager at the, Genesys Diabetes & Nutrition Learning Center. Michelle Graduated from Minnesota State University with a BS in Nutrition and has been Certified in Diabetes Education for over 10 years. Michelle will be here to share information on Diabetes and Nutrition and will hold a question and answer time. Sign up today!

"PEACE OF MIND" SEMINAR

Thursday, February 7, 9:30 am Bldg C

Celebrating life fully means planning your final wishes so your loved ones don't have to. Let us help begin the process through our special "Peace of Mind" seminar. We promise it to be an educational, informative and enjoyable time for learning the full benefit of planning ahead for total "Peace of Mind", in an informal and relaxed setting. Breakfast and door prizes included!

AARP SAFE DRIVING

March 4 & 5 (Mon. & Tues), 12 - 4 pm, Bldg A

\$12/person for AARP members \$14/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, 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)

ENERGY MEDICINE *returns*

Thursday, March 21, 2- 4 pm \$30, Limit 6, Bldg C

Eliminate stress and negative emotions that can lead to diseases of the body, by using Energy Intervention Techniques. These simple techniques will keep your body Balanced and your Energy healthy. Offered Bi monthly; EFT Meridian Tapping to eliminate stress and negativity, Energy Medicine Exercises involving Meridian Points & Chakras for body balancing by Christine Shreve, Certified EFT Coach.

Wednesday, March 6, Christine will offer a **Raw Food Lunch**, more information coming soon.

IDENTITY THEFT

Wednesday March 27, 10 am, Bldg C

The Attorney General's Senior Brigade Presentation will share how to recognize and avoid identity theft, how thieves steal and what they do with your identity, how to protect yourself and what to do if you become a victim.

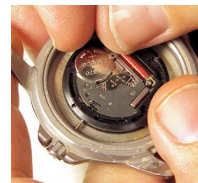
Wednesday, January 9, 10:30 am - 1 pm

WATCH REPAIR

Specializing in
Battery Replacement and/or Adjustment

Costs
Vary

new



Meet Angela Waldowski who has over 30 years of experience in the trade.

*Angela will be here on the
2nd Wednesday of each month.*

Stop by and say "HI!"

HEALTH SERVICES & TRANSPORTATION

MASSAGE THERAPY Mondays, 9 am

\$5 for 7-minute session or \$10 for 15-minute session

Certified Massage Therapist Donna Roberts will treat you to some great stress relief through massage. Massage increases blood flow, reduces muscle tension and leaves you feeling great! Walk-ins accepted or **call for an appointment**.

FREE VISION SERVICES

Thursday, January 10, 2013, 10 am - 1 pm

- Vision Screens
- Adjustments and cleaning of glasses
- Affordable frames to try on
- Literature on Macular Degeneration & Glaucoma
- Discount cards for all uninsured
- Free one-year frame warranty with appointment
Sponsored by Riverfront Optical

PODIATRIST

Tuesday, January 15, by appointment, Bldg A

Dr. Koehler practices at Holly Foot & Ankle Specialists and **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

January 18, 10 am (by appointment)

Hearing Tests and Evaluations, Hearing Aid Check, 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.

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS

1st Tuesday of each month, 11 - 12 noon (BP only)

2nd Wednesday of each month, 9 - 10 am

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

TOPS (Take Off Pounds Sensibly)

Mondays, 6:00 pm, Bldg C For information, please contact the Loose Center at 735-9406.

"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."

PLEASE CALL THE CENTER TO SCHEDULE RIDES FOR LOOSE RELATED EVENTS.

WEEKLY SCHEDULED VAN DESTINATIONS

Please call ahead to schedule a ride for the following:

Monday – VG's on Silver Parkway, Fenton

12:15 pm departure, return 2:15 pm, \$4 roundtrip

THURSDAY – Farmers' Market

11:15 am departure, return 2:30 pm, \$4 roundtrip

FRIDAY – Meijer on Hill Road

12:15 pm departure, return 2:15 pm, \$4 roundtrip

For more information, call the Loose office at 735.9406 or the MTA at 780.8965.

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior fare. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation fee is \$4. A monthly pass is available for \$35 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.

REMINDER: Transportation to and from Loose can be scheduled through the Loose office. If you need a ride to a Loose event, please call the Loose office **at least one day** in advance. Rides cannot be guaranteed when scheduled the day of the event.

TRIP RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED.

Loose Senior Citizens Center (LSCC) 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.

SPECIAL SERVICES & SUPPORT

INVESTMENT PERSPECTIVE

Wednesday, January 9, 10:30 am, Bldg C

Financial Advisor Katie Rozen will be discussing a variety of relevant financial topics including today's market, investment strategies, living in retirement, and ways to protect what is important. Investment Perspective will follow the Coffee Hour on 2nd Wednesday of each month.

ONE-ON-ONE FINANCIAL HELP

Tuesday, January 8, 1:00 pm, Bldg A

Financial Advisor Katie Rozen will be available for free financial consultations at Loose Center the 2nd Tuesday of each month. This service is by appointment only. To schedule an appointment, call Loose Center at 735.9406.

LEGAL ADVICE

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

Attorney Sharon Miner will be at the Loose Center to offer free consultations on estate planning. This service is 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

If you are having any problems with a place of business or question whether 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, attempting to resolve them.

AMVETS

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

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Tuesday, 9-10:00 am

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

MICAPE 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 and maintain their health and independence. The assistance is provided through the 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.

COUPON CLUB

2nd Wed. of each month, 3:15 pm

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

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 gets disposed of properly.

CARE 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 248.634.1216, toll free 1-888-OUR-AARP (1.888.687.2277), or use the online registration form on our website at www.aarp.org/taxaide.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselor, Ann Walker, will be available to see Medicare beneficiaries Fridays 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 those who serve them 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.

MEMBER PRIVILEGES & FUNDRAISING

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.

SUNSHINE GREETINGS If you know someone whose spirits would be lifted by receiving a card or note, please stop by or call Loose and tell us their name. A card will be sent ASAP by our Sunshine Greeting volunteer.

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.

FREE MAGAZINES Members drop off magazines in Building C. We have many of the latest popular magazine titles for you to enjoy. Feel free to take them home.

FREE WiFi (wireless Internet) Both buildings A & C have secured wireless Internet. Stop by the office for the password.

FREE LENDING LIBRARY The library is located in the Activity Center. Come and browse and take a book with you. Donated gently used books are always welcome. Drop them off in Building C.

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. *No annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$25 due January 1st.

A REMINDER to our out-of-county members.

The annual membership fee of \$25 per person is due for 2013. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

THE LOOSE COMMUNITY ANGELS

The Community Angels are a group of senior citizens from the Loose Senior Citizen Center whose mission is to help those community organizations who are helping those in need. If you are interested in becoming a Loose Angel, call or stop by the Center and indicate your interest. Watch for our Angels in the community 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.

WE SAVE...

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

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

GREETING CARDS

All of our greeting cards were destroyed in the fire. 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 We receive cash for paper. 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 Building C.

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

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

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

POLICY ON THE USE OF TOBACCO PRODUCTS ON LOOSE PROPERTY

No person, at any time, shall smoke or use tobacco products on Loose property, except in the privacy of their own vehicle.

Please help us keep our files up-to-date. Provide us with your emergency contact information.
Call 735-9406 or email lsc@looseseniorcenter.org

This newsletter is funded through Genesee County Senior Millage Funds. Your tax dollars at work!

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



JOIN LOOSE @ THE WHITING

Details available at the Loose Center

Sat., Jan 26	Sinbad	\$35
Fri., Feb 1	"Shrek The Musical"	\$57
Sat., Feb 9	Rick Springfield	\$50
Thur., Feb 21	"Rock of Ages"	\$55
Tues., Mar 19	Blue Man Group	\$64
Sat., Apr 20	Flying Karamazov Brothers	\$35
Fri., Apr 26	"The Addams' Family"	\$59
Sat, May 18	"Beauty and the Beast"	\$59

Tickets on hold are released one month before the performance, PLEASE REGISTER EARLY!

TRIPS @ A GLANCE

January 8	Soaring Eagle	\$30
January 11	FIA Faculty Concert	\$5
January 15	Detroit Institute of Arts	\$77
January 24	Hollywood Casino Toledo	\$28
January 26	Sinbad	\$35
February 1	"Shrek the Musical"	\$57
February 6	Dinner & Show (details back page)	\$15
February 6	Windsor Casino	\$17
February 8	FIA Faculty Concert	\$5
February 9	Rick Springfield	\$50
February 24	Arizona, Sedona & Tucson	\$1,999
February 21	"Rock of Ages"	\$55
February 26	Greektown Casino	\$27
March 6	Red Wings vs Oilers	\$62
March 18	Soaring Eagle & "Celtic Crossroads"	\$30
March 19	Blue Man Group	\$64
March 20	Ethnic Dine Around	\$63
March 21-22	Kewadin Casino	\$115
April 5-11	Spring Southern Swing	\$1,485
April 10	FireKeepers Casino	\$30
April 19	FIA Faculty Concert	\$5
April 25	Windsor Casino	\$17
April 29	Turkeyville "Steel Magnolias"	\$76
May 6	Soaring Eagle & "Frankie Avalon"	\$30
May 11	Williamsburg	\$1339
June 9-14	Branson	\$1099
June 11	All Things Detroit	\$64
June 21-22	Kewadin Casino	\$115
July 12	Tall Ships Bay City	\$79
July 19-27	South Dakota's National Parks	\$1,569
June 26-27	"Wizard of Oz" Toronto	\$399
July 19-27	South Dakota's National Parks	\$1569
August 6-12	Canadian Rockies	\$2,899
August 18	Detroit Princess	\$77
November 14	Hawaii Cruise	\$3899

LIFELONG LEARNING FOR SENIORS

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

An opportunity offered by Mott Community College. Enjoy great speakers who will inspire and refresh, along with a wonderful continental breakfast. Takes place in the Regional Technology Center Auditorium.

January 11 Antiquing with Bob Dumochelle

Mr. Dumochelle will discuss his well known involvement with "The Antiques Road Show" television program and discuss fascinating topics of antiques.

February 8 The Waterfalls of Michigan

You must sign up & pay, prior to the event, by Wednesday noon.

**FLINT INSTITUTE OF MUSIC
FACULTY CONCERTS**

Hear talented Flint School of Performing Arts faculty artists perform an amazing range of music from Beethoven to Broadway to the Blues in this exciting concert series. Receptions follow all concerts. Concerts begin at 7 pm and are free. The cost for transportation is \$5. Transportation leaves Loose at 6:15 pm.

January 11 Pia Broden Williams, Soprano

February 8 Brittany DeYoung, Harp

April 19 Roger Jones, Piano

**FLINT INSTITUTE OF ART
ART À LA CARTE**

A series of informative programs focusing on the arts. It is 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

1/2 Anhui: In the Peach Blossom Land

1/9 Hunan: Monks, Artist, & Mummies

1/16 Jiangsu: BTW, The Emperor Canal & Modern Skyscrapers

1/23 Sichuan: Pandas, Bamboo & Spices

1/30 Yunnan: Enchanted Forests & Shamans

2013 FLINT SYMPHONY ORCHESTRA

Buy season tickets for the 2013 season for **\$43.50** (includes, special seating and 2 bonus tickets that can be used for any other Flint Institute of music events, such as Holiday Pops, "Nutcracker", etc) or half-off seating on available seats. Don't wait, call Loose today for more information.

CONCERTS

Saturday, January 19, 8:00 pm

Saturday, February 16, 8:00 pm

Saturday, March 16, 8:00 pm

Saturday, April 13, 8:00 pm



AND MORE TRIPS *Travel reservations without payment or deposit will be held for one week.*

FEATURING "FABERGE: THE RISE & FALL"

Tuesday, January 15, \$77
 Departs 10:15 am, Returns 5:15 pm



Your tour includes:

- * Roundtrip Transportation
- * Lunch @ Fishbone's Rhythm Kitchen Café
- * Detroit Institute of Arts

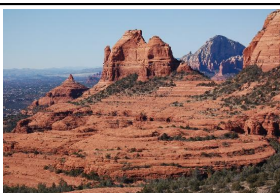
A rare opportunity to glimpse imperial Russian treasures made by the House of Fabergé, including jewel-encrusted parasol and cane handles, an array of enameled frames, animals carved from semi-precious stones, and miniature egg pendants.

ARIZONA

Sedona & Tuscon

February 24-March 2, 2013

TOUR INCLUDES AIR/
 COACH TRANSPORTATION &



- 3 Nights-Tucson, 3 Nights-Sedona
- 6 Breakfasts, 1 Lunch, 3 Dinners
- San Xavier Mission, Pima Air & Space Museum
- Kartchner Caverns, Sabina Canyon Tram Tour
- Borders Brewery Tour, Biosphere 2
- Wine Tasting @ Meynard's Market
- Pinnacle Peak & Trail Dust Town
- Casa Grande Ruins National Monument
- Verde Canyon Railroad, Sedona Trolley Tour
- Backroads Drive or Red Rock Country
- Leisure time in Sedona

\$1,999 Double/\$2,599 Single Balance due 12/20/12

Join Loose Senior Center

Wednesday, March 6, 2013

\$62



INCLUDES

Roundtrip Motorcoach Transportation

Ticket to the Game 7:30 pm

Detroit Red Wings vs the Edmonton Oilers

Water and Snacks on the Bus

DEPARTS K-Mart Owen Rd. Fenton, 5 PM

APPROXIMATE RETURN 11:30 PM

ETHNIC DINE AROUND

Wednesday, March 20, \$63

Featuring appetizers at Original New Parthenon Restaurant, main course at The Polonia Restaurant and dessert at Shatila Bakery, transportation and a wonderful afternoon.

This trip would be great with a friend.



Spring Southern Swing

April 5-11, 2013, \$1,485 double

Featuring a Master Gold Tournament Practice Round

INCLUDES TRANSPORTATION

- 6 Nights Lodging
- 6 Breakfasts, 1 lunch & 2 Dinners
- Tour of Savannah
- Tour of Biltmore House & Gardens
- Masters Practice Round @Augusta Natl. Golf Club
- Opportunities for golfing in Savannah & Atlanta
- Optional Tour of the Coca Cola Museum



TURKEYVILLE featuring "Steel Magnolias"

Monday, April 29, 2013, \$76

Includes Transportation: Turkey Lunch Buffett and a wonderful performance of "Steel Magnolias".



WILLIAMSBURG

May 11-17, 2013

INCLUDES TRANSPORTATION

- ◆ 6 Nights Lodging
- ◆ 6 Breakfasts & 4 Dinners
- ◆ American Mountain Show, Luray Caverns
- ◆ "Monticello", St. John's Church
- ◆ Yorktown Victory Center, National D Day Memorial
- ◆ Virginia Dare Dinner Cruise ... and MORE!



Per Person Price, \$1,339 double/\$1,789 Single

BRANSON Springtime Musical Extravaganza

June 9-14, 2013, \$1,099 double

INCLUDES TRANSPORTATION PLUS

- 5 Nights Lodging, 5 Breakfasts & 3 Dinners
- Kickback receptions @ Drury Hotel
- Sightseeing Tour of Ozark Mountains
- 5 GREAT BRANSON SHOWS
- Sightseeing Tour of St. Louis ... and MORE!

HAWAII

November 14-24, 2013

Includes: Roundtrip Air—Detroit—Honolulu

- ◆ 2 nights @ Sheraton Princess Kaiulani
- ◆ 7 Night Cruise on Pride of America
- ◆ And much much more!

Detailed information available at Loose.

Inside Stateroom - \$3899
 Outside Stateroom - \$4649
 Balcony Stateroom - \$4859

Loose Senior Citizen Center
707 N. Bridge Street
Linden, MI 48451
(810) 735-9406

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Dinner at the FENTON HOTEL
Followed by a Spectacular Performance by
"The AMBASSADORS"

*(An amazingly dynamic, high energy group
of performers from Fenton High School)*

Friday, February 8, 2013

Dinner (Fenton Hotel) 5 pm

Show (Fenton High School) 7:30 pm

\$15 for both Dinner and the Show

Transportation on your own, reserve your spot by 2/1

The new year is upon us and it's time to treat yourself to an evening out with fine dining and a wonderful show. First stop is the FENTON HOTEL where you will be served either Lemon Chicken or Romano Encrusted Perch, both entrees served with a vegetable, mashed potato, salad and beverage. This followed by the "Back by Popular Demand" performance by "The AMABASSADOR'S" of Fenton High School.

Meet at the Fenton Hotel by 5 pm (we can be seated as early as 4:30), enjoy a beautiful meal, visit and leisurely make your way to Fenton High School and be mesmerized by the young talent right here in the southern end of Genesee county.

When registering, please indicate meal choice.

*Supporting our local student, businesses and enjoying each other's
company is a win-win situation, space is limited, sign up today!*