



LOOSE SENIOR CITIZEN CENTER NEWS DECEMBER 2006/JANUARY 2007

The LSCC mission 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.

ADDRESS

707 N. Bridge Street
Linden, MI 48451

OFFICE HOURS

M, T, Th, F 9 a.m. to 4 p.m.
Wednesday 9 a.m. to 7:30 p.m.

Phone: (810) 735-9406
Fax: (810) 735-4255

BOARD OF DIRECTORS

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Find us on the Web!

www.looseseniorcenter.org

We accept Visa!

Sign up for trips & events online

Dear Friends:

Merry Christmas and Happy New Year!

I wish you all a fun, joyful holiday full of wonderful memories with your family and friends. LSCC is offering some very special programs for your enjoyment during December. The Annual Christmas Party at Spring Meadows Country Club will feature a wonderful buffet luncheon and organ entertainment with our popular friend Dave Callendine on Thursday, December 14.

New this year, in the Loose Hall, will be a Christmas Sing-a-long led by the new Loose Choir on Thursday evening, December 21 at 5:30 p.m. Please invite your family and friends to attend with you. Refreshments will be provided.

LSCC continues to examine the needs and interests of the increasing population of older adults in the Southern Lakes Region. Implementing new programs involves the ongoing challenge of providing a wide spectrum of services and activities that respond to characteristics of diverse groups of participants. We encourage you to get involved in our programs, volunteer, meet new friends and increase your awareness of services available through the Senior Center. Let us know what you think about our programs. We have a suggestion box in the lobby near the reception desk. Please share with us your experiences and how you have benefited from the Center's programs.

Mark your calendar! A 10 Year Celebration: Past, Present and Future will be held on Thursday, January 18 at 6:00 p.m. in the Loose Hall. A catered dinner by the French Laundry, entertainment by the Dibbleville Dollies and our own Loose Choir. Tickets are \$12 and are available in the Loose Office. Don't miss this very special occasion!

Warm regards,

Marjorie Hodges
Executive Director

Winter Inclement Weather Policy

****JUST A REMINDER****

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.

LSCC December 2006

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Loose Senior Citizen Center 707 North Bridge Street Linden, MI 48451-9652 Phone: 810-735-9406</p>	<p>Office Hours: M, T, Th, F 9:00-4:00 Wednesday 9:00-7:30</p>	<p>Check it out, Loose has an Internet site! www.looseseniorcenter.org Use your Visa and sign up for trips and events online!</p>		<p>9:00 Senior Friday/FCC 9:00 Indoor Walking 10:00 Life Story 10:00 Medicare Pre-enroll 6:00 Bridge Don't Forget the Dance Tomorrow, Dec. 2! 6-8:30</p>
<p>4 9:00 Indoor Walking 10:00 Painting 12:30 Pinochle 6:00 TOPS Weigh-in 6:30 Beach Ball Volleyball</p>	<p>5 9:00 Indoor Walking 10:00 Loose Threads 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 1:00 Line Dance 6:00 Swing Dance</p>	<p>6 9:00 Indoor Walking 10:00 Tap Dance 10:00 Hearing Screening 10:00 Diabetes Seminar 12:00 Wood Carving 12:30 Pinochle/Pocket Pool/Puzzles 2:30 Indoor Walking 6:00 Alzheimer's Support Group</p>	<p>7 8:00 Board Meeting 9:00 Indoor Walking 10:00 Cards & More at SLPR 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 4:30 Choir</p>	<p>8 9:00 Senior Friday/FCC 9:00 Indoor Walking 9:30 Mott Lifelong Learning 1:00 Jewelry Class 6:00 Bridge</p>
<p>11 9:00 Indoor Walking 9:00 Massage 10:00 Painting 12:30 Pinochle 1:00 Book Club 6:00 TOPS Weigh-in 6:30 Beach Ball Volleyball</p>	<p>12 9:00 Indoor Walking 10:00 Loose Threads 10:00 CSFP Site 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 1:00 Line Dance 6:00 Swing Dance</p>	<p>13 9:00 Indoor Walking 9:30 Coffee Hour 10:00 Tap Dance 10:00 Resources 101 Seminar 12:00 Wood Carving 12:30 Pinochle/Pocket Pool/Puzzles 2:00 Tea & Cookie Exchange</p>	<p>14 9:00 Indoor Walking 10:00 Cards & More at SLPR 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 12:00 Holiday Luncheon at Spring Meadows 4:30 Choir</p>	<p>15 9:00 Senior Friday/FCC 9:00 Indoor Walking 10:00 Life Story 10:00 Medicare Pre-enroll 6:00 Bridge</p>
<p>18 9:00 Indoor Walking 10:00 Painting 12:30 Pinochle 6:00 TOPS Weigh-in 6:30 Beach Ball Volleyball</p>	<p>19 9:00 Indoor Walking 10:00 Loose Threads 10:00 Podiatrist 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 1:00 Line Dance 6:00 Swing Dance</p>	<p>20 9:00 Indoor Walking 10:00 Tap Dance 12:00 Wood Carving 12:30 Pinochle/Pocket Pool/Puzzles 2:30 Indoor Walking</p>	<p>21 9:00 Indoor Walking 10:00 Cards & More at SLPR 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 4:30 Choir 5:30 Christmas Sing-a-Long</p>	<p>22 9:00 Senior Friday/FCC 9:00 Indoor Walking 6:00 Bridge</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>29</p>	<p>30</p>
<h2>Center Closed Enjoy the Holiday!</h2>				

LSCC January 2007

Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED	2 9:00 Indoor Walking 10:00 Loose Threads 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 1:00 Line Dance 6:00 Swing Dance	3 9:00 Indoor Walking 10:00 Tap Dance 12:00 Wood Carving 12:30 Pinochle/Pocket Pool/Puzzles 2:30 Indoor Walking 6:00 Alzheimer's Support Group	4 9:00 Indoor Walking 10:00 Cards & More at SLPR 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 4:30 Choir	5 9:00 Senior Friday/FCC 9:00 Indoor Walking 10:00 Life Story 6:00 Bridge
8 9:00 Indoor Walking 9:00 Massage 10:00 Painting 11:00 Potluck 12:30 Lifeline Presentation 12:30 Pinochle 1:00 Book Club 6:00 TOPS Weigh-in 6:30 Beach Ball Volleyball	9 9:00 Indoor Walking 10:00 Loose Threads 10:00 CSFP Site 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 1:00 Line Dance 6:00 Swing Dance	10 9:00 Indoor Walking 9:30 Coffee Hour 10:00 Tap Dance 10:30 Why Seniors Should Exercise 12:00 Wood Carving 12:30 Pinochle/Pocket Pool/Puzzles 2:30 Indoor Walking	11 8:00 Board Meeting 9:00 Indoor Walking 10:00 Cards & More at SLPR 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 4:30 Choir	12 9:00 Senior Friday/FCC 9:00 Indoor Walking 9:30 Mott Lifelong Learning 6:00 Bridge
15 CENTER CLOSED	16 9:00 Indoor Walking 10:00 Loose Threads 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 1:00 Line Dance 6:00 Swing Dance	17 9:00 Indoor Walking 10:00 Tap Dance 12:00 Wood Carving 12:30 Pinochle/Pocket Pool/Puzzles 2:30 Indoor Walking	18 9:00 Indoor Walking 10:00 Cards & More at SLPR 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 4:30 Choir 6:00 10 Year Celebration Catered Dinner	19 9:00 Senior Friday/FCC 9:00 Indoor Walking 10:00 Life Story 6:00 Bridge
22 9:00 Indoor Walking 9:00 Massage 10:00 Painting 11:00 Blood Pressure Checks 12:30 Pinochle 6:00 TOPS Weigh-in 6:30 Beach Ball Volleyball	23 9:00 Indoor Walking 10:00 Loose Threads 10:30 How to Write Your Life Story-Terry Thomas 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 1:00 Line Dance 5:30 Chiropractic Benefits 6:00 Swing Dance	24 9:00 Indoor Walking 10:00 Tap Dance 11:30 Out To Lunch Bunch At Lucky's Steakhouse 12:00 Wood Carving 12:30 Pinochle/Pocket Pool/Puzzles 2:30 Indoor Walking	25 9:00 Indoor Walking 10:00 Cards & More at SLPR 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 4:30 Choir	26 9:00 Senior Friday/FCC 9:00 Indoor Walking 6:00 Bridge
29 9:00 Indoor Walking 10:00 Painting 12:30 Pinochle 6:00 TOPS Weigh-in 6:30 Beach Ball Volleyball	30 9:00 Indoor Walking 10:00 Loose Threads 10:45 Stretching for Seniors 12:00 Euchre/Bridge/Hand&Foot 12:00 Indoor Walking 1:00 Line Dance 6:00 Swing Dance	31 9:00 Indoor Walking 10:00 Tap Dance 12:00 Wood Carving 12:30 Pinochle/Pocket Pool/Puzzles 2:30 Indoor Walking	Office Hours: Loose Senior Citizen Center 707 North Bridge Street Linden, MI 48451-9652 Phone: 810-735-9406 M, T, Th, F 9:00-4:00 Wednesday 9:00-7:30	

DECEMBER EVENTS

Senior Dance

**Saturday, December 2
6:00 to 8:30 p.m.**

\$5.00 per person at the door
Come to the Loose Senior Center and dance to the music of the 30's, 40's and 50's by Jim and Betty Hedrich
Singles and Couples Welcome!!

Jewelry Class

**Friday, December 8
1:00 p.m.-3:00 p.m.**

Bracelets for \$16.00 & Earrings for \$8.00
Gemstone Bracelet and Earrings
They make great holiday gifts!
RSVP by December 1st and tell us your color choice, Earthtone Gemstones or Rosetone Gemstones
Samples available to view in the office

**Annual Christmas Party Luncheon
at Spring Meadows Country Club
Thursday, December 14 at 12:00 noon.**

Cost is \$15.00.
Buffet Luncheon and Dessert
Entertainment by
Organist Dave Calendine
Sign up at the Loose office by
Thursday, December 7.

**High Tea & Cookie Exchange
December 13 at 2:00 p.m.**

In the Loose Hall

Finger Sandwiches and Tea will be served.

Bring: 3 dozen cookies, 1/2 dozen wrapped for Loose, the rest to be exchanged. (No Chocolate Chip)
A Tea Cup
A Dish for Cookies

Come join in fellowship and share in the holiday festivities!

Sign up in the Loose Office by December 8

Whiting Auditorium Events

Loose is organizing groups to attend Whiting Center events. Group rates are utilized if we get enough Loose Seniors to sign up. More information and a list of events is available in the Highlights section of this newsletter.

**Senior Director's Association Holiday Brunch
Friday, December 1, 9:30a.m.** at Weekdays Restaurant.
Entertainment by Smokin' George Winters & Prizes!
Cost is \$12.00 This event is sponsored by the Senior Directors Association of Genesee County. Tickets available in the Center Office.

Hearing Tests

Will be administered on **Wednesday, December 6 from 10:00 a.m. to 12:00 p.m.**
Reserve your time in the Loose Center Office.
Sponsored by the Comprehensive Hearing Center

Adopt a Senior for Christmas

We are currently taking names of those interested in making a wonderful Christmas for a senior at the Argentine Care Center.
See the details on the highlights page.

"Giving Tree"

The tree is looking great! It's full of donated mittens, hats, scarves and socks for seniors. These items will be given to Nancy Stockham for the Senior Wrap-In. There is still time for you to contribute to this wonderful cause! We will be collecting donated items on our tree until December 11th.

Christmas Sing-a-long Thursday, December 21 at 5:30-6:30 in Loose Hall. Everyone is welcome, and bring your friends and families! Sing carols and celebrate the holiday spirit. Hot Chocolate, Cider and Cookies will be served.

Upcoming Seminars:

Diabetes

Learn about this all too common disease and the telltale signs to watch for.
Wednesday, December 6 at 10:00 a.m.

Resources 101

Important phone numbers and contacts to make life easier
Wednesday, December 13 at 10:00 a.m.

Call and reserve your space by the Monday prior to your choice of seminar.

Prescription Drug Enrollment Dates:

Friday, December 1 from 10:00 a.m. to 3:00 p.m.
Friday, December 15 from 10:00 a.m. to 3:00 p.m.

Sponsored by VAAA

JANUARY & UPCOMING EVENTS

Daytime Potlucks are returning to the Loose Center

Beginning on January 8

**On the 2nd Mondays of the month
11:00-12:30**

Entertainment provided! Jan 8. and Feb. 12

We are looking for hosts and hostesses!

If you are interested, call the office.

Bring a dish to pass that serves 6-8 and your own place setting. Please let us know if you will be attending

NEW! Book Club NEW! Everyone Welcome!

The next meetings will be Monday

December 11th and Monday, January 8th. This group meets every 2nd Monday of the month at 1:00 p.m. in Loose Hall

Join us for book reviews and discussion.

Members of this group may share and/or listen as others review the latest book they have read. Please let us know if you will be attending 735-9406

Lifelong Learning for Seniors Program

(Previously Applewood Café at Mott)

This program provides an interesting speaker each month.

December's topic is

"Come Celebrate Together"

Music, story, and song will fill the air. Plus festive door prizes

Friday, December 8 at 9:30 a.m.

Call or sign up at the Loose office by Wednesday, Dec. 6

January's topic is "Antique Appraisals"

Friday, January 12 at 9:30 a.m.

Retired Colonel Robert O. Yaklin of Antiques by Cecilia will give verbal appraisals.

Prahl Center Ballroom at Mott Community College

\$10.00 per person which includes

lite refreshments and door prizes.

Call or sign up at the Loose office by Wednesday, Jan. 10

Plan to meet at Loose and carpool at 8:45 a.m.

Euchre Tournament

Thursday, February 1st

1:00 p.m. in Loose Hall.

Entry fee is \$5.00

Cash Prizes

Sign up in the Loose Office by Tues, January 30

"Out to Lunch Bunch"

Lucky's Steakhouse

Wednesday, January 24 at 11:30 a.m. Cost: \$12.00

Choice of Several Entrees, also includes bread, soup, beverage, dessert, taxes and gratuity.

Call or sign up at the Loose office

**Catered Dinner Night
at the Loose Center**

10 Year Celebration!

Past, Present & Future

Thursday, January 18 at 6:00 p.m.

Help us celebrate the many successes Loose has incurred over the past ten years!

Catered by the French Laundry.

**Entertainment provided by
the Dibbleville Dollies and our own Loose Choir**

More information located in our highlights section.

Save these future catered dinner dates:

Thursday, February 15 at 5:30 p.m.

Thursday, March 15 at 5:30 p.m.

February "Out to Lunch Bunch"

Linden Hotel on Wed. Feb. 28 at 11:30. Cost: \$8.50

Save the Date!

Life Line Screening Workshops

Informational Sessions:

- Monday, January 8th at 12:30 p.m. at Loose Center
- Friday, February 2nd at 9:45 a.m. during Senior Friday at the Fenton Community Center

Lifeline Screening takes place on Friday, February 23
from 9:00 a.m.-3:00 p.m. in the Loose Activity Center.

Senior Winter Games

Registration is December 1-January 19

Enjoy the indoor winter games during the month of February. More details in the

Highlights section of the newsletter.

Upcoming Seminars:

Why is it necessary for Seniors to exercise?

Mike Schrug will provide you with the benefits, both mentally and physically, of exercise.

Wednesday, January 10 at 10:30 a.m.

How to Write Your Life Story

Hear from Terry Thomas on how to go about writing your Life Story. He has done it, and it is of great interest as a legacy to leave behind for your loved ones.

Tuesday, January 23 at 10:30 a.m. to Noon

Chiropractic Benefits

Dr. Troy Prince will explain the benefits of a chiropractor.

Tuesday, January 23 at 5:30 p.m. to 7:30 p.m.

Learn about Reiki (Yoga)

Wednesday, February 14 at 10:30 a.m.

Repair Tricks for Toilets & Sinks

Tuesday, February 20 at 10:30 a.m.

Art of Self-Healing

Wednesday, March 14 at 10:30 a.m.

Home Care Fix-ups

Tuesday, March 20 at 10:30 a.m.

Call and reserve your space by the Monday prior to your choice of seminar.

ARTS AND CRAFTS

LOOSE THREADS Tuesdays, 10 a.m. to 12 p.m., hand or machine stitching, quilting, knitting and crocheting. Call Anna Morey at (810) 735-7996.

PAINTING GROUP Mondays, 10 a.m. to 12 p.m. Beginners to advanced are welcome, watercolor and acrylic. Help is available from our volunteer instructor.

WOOD CARVERS Wednesdays, 12 to 2 p.m. Group open to men and women with or without experience. Individuals make their own projects.

CRAFT CLASSES such as jewelry and rubber stamping offered throughout the year. If you have ideas, let us know.

GAMES AND RECREATION

EUCHRE/BRIDGE/SCRABBLE

Tuesday and Thursday at 12:00 p.m.
Ask us about the special beginner Euchre tables. Also, we now have Friday Evening Bridge at 6:00 p.m.

HAND & FOOT Let us know if you would like to play this fun card game. Times are available.

PINOCHLE Mondays and Wednesdays, 12:30 to 3 p.m.

POCKET POOL Wednesdays and Fridays, 1 to 3 p.m. Call for other available times.

TABLE TENNIS (Ping Pong) Wednesdays, 4 to 5 p.m., call for other available times.

CARDS & MORE

Play bridge, euchre, pinochle, poker and dominoes. Join the fun at the newly renovated Old Lake Fenton High School on Thursdays from 10:00-2:00 p.m. School lunch is available but must be ordered and paid for one week in advance. Lunch order forms available in the Loose Office. More information through Southern Lakes 591-0080.

ONGOING ACTIVITIES

FREE LENDING LIBRARY/JIGSAW PUZZLES AND PUZZLE STATION

Browse through our library and puzzle selection; take them out on loan or work our puzzle at the puzzle station.

FENTON CHAPTER OF AARP Meets at 1:00 p.m. at the Shiawassee Shore Retirement Clubhouse on the 2nd Wednesday of each month. Call 714-1225 for more information.

COFFEE HOUR

2nd Wednesday, 9:30 a.m.
coffee, hot chocolate, tea and donuts will be available. Bring a friend or a neighbor! Meet new LSCC members!

WRITE YOUR LIFE STORY

The first and third Friday of every month 10:00-11:30 a.m. Marian Wright leads this group. This program is designed to give seniors an opportunity to learn how to write their life stories through helpful guidelines and class discussion. Seniors who don't wish to write are encouraged to orally share their stories. Come and join this great group!

LSCC & FCC HOST A DAY OF SENIOR ACTIVITY

SENIOR FRIDAY 9 a.m. to 3:30 p.m. at the Fenton Community Center. Sponsored by the State Bank.

Social Hour	9:00 to 10:30 a.m.
Bingo	10:30 a.m. to 12:00 p.m.
Lunch	12:00 to 12:30 p.m. <u>\$3.00</u>
Bunco/Cards	12:30 to 3:30 p.m.
Line Dancing	2:00 to 3:30 p.m.

Arts and Crafts 2nd Friday, 12:30 to 2:30 p.m.
Cost: \$2.00; RSVP October 11

Health Clinic 1st and 3rd Friday 9:00 to 10:30 a.m.
Fenton Community Center will be closed Dec. 25 & 29

Senior Friday Lunch Menu \$3.00

RSVP by Wednesday each week.

December 1 Chicken Noodle Soup, Bread, Dessert

December 8 Lasagna, Veggie, Bread & Dessert

December 15 Hot Dogs, Beans, Salad & Dessert

(December birthday celebrants eat for free on this day)

December 22 Ham (by Loose) Pot Luck Goodies

January 5 Hamburgers, Beans, Chips & Dessert

January 12 Chili, Bread, Salad & Dessert

January 19 Sloppy Joes, Chips, Salad & Dessert

January 26 Pizza, Salad, Bread, Ice Cream & Cake

(January birthday celebrants eat for free on this day)

HEALTH & FITNESS

SOCIAL/SWING DANCE CLASSES

Tuesday, 6 to 7:30 p.m., Choose between a 45 minute West Coast Swing Class or a 45 minute Cha Cha Class, or do both for one low price. Instructor Terri Sweet will teach a six-week course. Pre-registration required!

LINE DANCE

Tuesdays, 1 to 2:30 p.m. at LSCC and Fridays, 2 p.m. at Fenton Community Center. Instructor, Ann Grate, develops and choreographs dances to use all parts of the body.

Come have fun and get fit.

No fee is required; however, donations are accepted.

TAP DANCING Wednesdays, 10 to 11 a.m.

Instructor Norma Jean Wilke teaches intermediate tap dancing. Cost is \$3.00 per session.

INDOOR WALKING HOURS Check calendar as times and schedule are subject to change due to new or special events. Call the office for other available times.

Monday	9:00 a.m.-Noon
Tuesday	9:00 a.m.-10:30 a.m. Noon-1:00 p.m.
Wednesday	9:00 a.m.-10:00 a.m. 2:30-3:30 p.m.
Thursday	9:00 a.m.-10:30 a.m. Noon-3:30 p.m.
Friday	9:00 a.m.-3:30 p.m.

STRETCHING FOR SENIORS

Tuesdays and Thursdays
10:45 to 11:45 a.m.

Cost is \$2.50 per session or pre-pay for one low price.

Instructor Sara Wrage says, "Immobility takes away the health and proper function of the body. Moving and stretching will create renewal of energy and a feeling of well-being."

Join us for fun and socializing while you exercise! Exercises are geared toward regenerating strength, movement and increasing range of motion. Everyone can benefit from this type of chair exercise. Stop by, see the class and ask questions!

TOPS (Take off Pounds Sensibly) Mondays, 6:00 p.m.,

HEALTH SERVICES

FREE BLOOD PRESSURE CHECKS AT LOOSE

4th Monday every month from 11:00 to 12:00 noon; sponsored by Argentine Care Center. No appointment necessary.

FREE HEALTH CLINIC AT FENTON COMMUNITY CENTER

1st and 3rd Friday every month from 9 to 11 a.m.; sponsored by Avalon Hospice. Free glucose testing and blood pressure checks will be available. No appointment necessary.

GET WELL WISHES Sunshine Lady - Mildred Austin will send a card to anyone who is ill; call her(810)735-4147.

MASSAGE THERAPY

New Added Day!

Certified Massage Therapist Donna Roberts visits every Second and Fourth Monday, 9 a.m. to 12 p.m. The cost is \$10 for each 15 minute session. Relax and enjoy a back or foot massage. Releases stress and promotes healthy living. Sign up for a 15 minute or half hour session. Call for a reservation.

MEDICAL EQUIPMENT AVAILABLE ON LOAN (Free) crutches, walkers, canes and wheelchairs are available. Contact Nancy Stockham at (810) 629-2384 or Linda Lewis at (810) 735-5755. Loose has a limited selection, ask for details.

PODIATRIST Dr. Richard Behnan, will hold his next clinic on December 19 from 10 a.m. until noon by appointment only. Services include toenail trimming, corn and callous removal. Billing will be made to Medicare. If you have an HMO, bring a letter of referral from your primary care physician. Call for an appointment.

DENTAL HYGIENE CLINIC Dental check-ups at a reduced rate. (810) 762-0493

EYECARE AMERICA FREE EXAMS (800) 222-3937

PRESCRIPTION DISCOUNT PROGRAMS

The Genesee County Health Access Program, a program to help find ways to meet health care needs can be found at [Http://healthaccessprogram.org](http://healthaccessprogram.org) or call 810-232-4200.

Connection to Care, a program from Pfizer can be found at <http://www.pfizerhelpfulanswers.com/ConnectCare.aspx>

Partnership for Prescription Assistance, a program to help the uninsured or low-income can be found at pparx.org. Or call 1-888-4PPA-NOW (1-888-477-2669).

ASSISTANCE PROGRAMS

COMMODITIES SUPPLEMENTAL FOOD PROGRAM

(CSFP) 2nd Tuesday, 10 to 11:30 a.m.; call the Center for eligibility requirements.

HOME HEATING EMERGENCY 1-800-292-5650

KEEPING INDEPENDENT SENIORS SAFE PROGRAM

(KISS) is designed to assist older adults 55 or older living in Genesee County to live safely and securely in their own homes. Contact RSVP at (810) 760-1092.

MEALS ON WHEELS (810) 235-3567

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE PROGRAM

(MMAAP) Need help with your Medicare paperwork, but don't know where to go or whom to ask? Our MMAAP volunteer is available by appointment.

MiCAFE

Michigan's Coordinated Access to Food for the Elderly

**Could you use some
extra money in your pocket?**

Genesee County seniors (age 60+) can apply for food benefits from the Food Assistance Program in a one-on-one interview with a staff member.

This program offers financial assistance, guidance and budgeting for meals; The average monthly benefit for senior households in Michigan is about \$60! Make an appointment today!

CONSUMERS PROTECTION SERVICES (810) 341-5923

Genesee County Sheriff's Department's mission is to provide information, guidance and redress to customers regarding sales and service.

SOCIAL SECURITY ADMINISTRATION

(800) 772-1213 or www.ssa.gov

VETERANS & SURVIVORS

Access to long-term care in the home, respite care, and prescription coverage. For more information: Genesee County (810) 257-3068, Shiawassee County (989) 743-2231

VETERANS ADMINISTRATION

(810) 257-3068 or (800) 827-1000

TAX PREPARATION/E-FILING February through April at LSCC for low/moderate income seniors by appointment only. Sponsored by AARP. Call the office for details.

LEGAL SERVICES

LEGAL HOTLINE FOR MICHIGAN SENIORS

Free legal advice over the telephone for Michigan residents age 60+. The legal hotline will also assist Michigan Retirees and those soon to retire resolving problems related to their retirement benefits. The Pension Project provides: basic advice about pension laws and pension rights; information on survivor benefits, defined benefit plans and the rights of divorced persons; resolving pension problems with employers; and referrals to experienced pension attorneys when litigation is needed. 1-800-347-5297 or www.elderslaw.org

ATTORNEY GENERAL'S OFFICE

Consumer Protection/Complaint Intake Office (877) 765-8388

ELDER ABUSE HOTLINE (800) 996-6228

LAWYER REFERRAL SERVICE (800) 968-0738

LEGAL SERVICES OF EASTERN MICHIGAN

(800) 339-9513 or (810) 234-2621

NATIONAL SENIOR CITIZENS LAW CENTER

www.nslc.org or www.seniorlaw.com

DISABILITY SERVICES

NEWSLINE FOR THE BLIND OF MICHIGAN

With this free service and your touch-tone phone, you can read the news whenever you want. Those interested in the program may call 1-877-632-6424 or visit online at www.nfbmi.org.

COMMUNICATION ACCESS CENTER FOR THE DEAF/ HARD OF HEARING (810) 239-3112

DISABILITY NETWORK (810) 239-3112

LEADER DOGS FOR THE BLIND (888) 777-5332

LIBRARY FOR THE BLIND/PHYSICALLY HANDICAPPED (810) 732-1120

MICHIGAN COMMISSION FOR THE BLIND
(810) 760-2030

NEWSPAPERS FOR THE BLIND

Call to have the news read to you each day at (810) 762-3656

VISUALLY IMPAIRED CENTER (810) 235-2544

FUNDRAISING

SPARTAN STORES will donate \$20/1000 UPC labels. Drop them off at the Loose Center office

ALPINE RECEIPTS will donate 1% of the total cash register receipts turned in. Please **do not** cut off the bottom of receipts; we need the whole receipt to get credit.

VG'S RECEIPTS will donate 1% of the total cash register receipts turned in. You may cut off the bottom of the receipt, and turn the bottom portion that contains the community share points into the Center.

CELL PHONES The Center has partnered with the National Council on Aging (NCOA) to raise funds for our Center. We are collecting used cellphones. Please drop them off at the Center in the drop box in the foyer.

2007 RUMMAGE SALE

The Center is taking items for our biggest fundraiser of the year to be held on April 20-21.

All items must be clean and in working condition. Large items will be accepted the week before the sale.

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

OLDER WORKER EMPLOYMENT PROGRAM

SPONSORED BY VAAA Anyone age 55+ and living in Genesee or Shiawassee Counties may be eligible for this program. For more information contact Allie or Norma at (810) 232-9220.

RETIRED SENIOR VOLUNTEER PROGRAM - RSVP

Volunteer opportunities are available for qualified seniors; call Karen Reid at (810) 760-1092 for more information.

SENIOR WORK PROGRAM

Any resident of Genesee County age 55+, with limited financial resources, may be eligible. For more information call Antoinetta Williams at (810) 766-1470. Get back into the workplace. Sponsored by the AARP Foundation.

INTERGENERATIONAL PROGRAMS

INTERGENERATIONAL PEN PAL PROGRAM

June - August. The goal is to increase communication skills and bridge the generation gap between 3rd grade children and older adults. This is accomplished through written communication and the sharing of experiences between two generations. **We are always accepting applications for adult pen pals; call the LSCC office for more information.**

SUPPORT GROUPS

ALZHEIMER'S ASSOCIATION SUPPORT GROUP AT LSCC 1st Wednesday, 6:00 p.m. Do you know anyone who has Alzheimer's? Are you a care-giver, family member or friend of someone who has memory loss? Please attend.

TRANSPORTATION

MASS TRANSPORTATION AUTHORITY (MTA) YOUR RIDE service available throughout Genesee County, for senior citizens and mobility-impaired; call (810) 744-4515.

HIGHWAY TO HEALTH Jewish Community Services provides transportation outside of Genesee County for medical appointments, Monday through Thursday, to Ann Arbor, Detroit, Lansing and Saginaw. Cost is based on ability to pay and Medicaid accepted. Call (810) 767-5922 for information.

LSCC EVENT TRANSPORTATION Need a ride to a Loose Event? Call us, we have volunteers that may pick you up to attend an event.

EXTRAS

FREE FLINT JOURNALS

Monday through Friday courtesy of WFNT 1470.

FREE LHS SPORTS PASSES

(Linden High School) are available in the office.

MAGAZINE RACK

We have six of the latest popular magazine titles for you to enjoy reading while you are at the Loose Center. These can be found in the Activity Center. Sponsored by the McConnell Funeral Home.

GREETING CARDS We have a lovely selection available for .25 or 5 for \$1.00.

NO CHARGE FOR DIRECTORY ASSISTANCE

Phone companies are charging \$1.00 or more for 411/information calls. When you need to use 411/information option, simply dial 1-800-FREE-411 or 1-800-373-3411 without incurring a charge.

DO NOT CALL REGISTRY

1-888-382-1222 or www.donotcall.gov to reduce Telemarketing calls within three months.

FUNDING

The Loose Senior Citizen Center is funded in part by Southern Lakes Regional Metropolitan Parks and Recreation millage, Community Development Block Grants through the cities of Fenton and Linden, Argentine and Fenton townships, Additional funding and support from the Harding Foundation, The State Bank, businesses and individuals.

GIFTS

A memorial or honorary gift for LSCC is a meaningful way to remember a special person in your life. Your expression of thoughtfulness and generosity is acknowledged to the person or family designated. If you wish to make such a memorial gift, you may use an envelope from the funeral home or your own. Please identify the memorial for whom the gift is made, or in whose honor. Make your gift to the Loose Senior Citizen Center, 707 N. Bridge St., Linden, MI 48451. Gifts will be used to fund programs and services at the Center. Contributions to the LSCC Endowment Fund should be sent directly to the Center. Gifts qualify for income tax deductions to the full extent of the law.

FYI

Lost and Found located in the Loose Hall foyer. Check for lost umbrellas, glasses cases and other forgotten items.

Suggestion Box located at the Reception Desk. Let us know what you think!

Wish List

Current Needs:

Newer Computers for our AARP Tax Program
New Table Tennis Table

COUPONS

CUT THIS COUPON AND BRING TO LSCC
For the opportunity to win

A Christmas Gift Basket

To be Drawn on December 21st
So hurry in with your coupon!

Must present coupon to
receive two drawing tickets

NEW MEMBERS

Dorothy Campbell
Wesley Campbell
Robert Cole
Geraldine Estes
Suzanne Mitchell
Betty Mundale
Pat Patton
Larry Rittenhouse
Jannell Tillman

We now have membership cards! If you have paid your dues for the year 2006 –2007, and haven't received your membership card, please stop by the office and pick up your card.

MEMBER ADVANTAGE

LINDEN SUBWAY CARD

The Loose Center offers a Subway punch card (4 punches per card). Receive free chips and a pop with the purchase of a six-inch sandwich. Pick up your card in the Loose office.

GOLF AT SHIAWASSEE SHORES

Enjoy this 9-hole golf course for only \$5 each time you play; call LSCC office for more information.

POWERHOUSE GYM

Seniors who show their LSCC membership card get full access to the gym facilities for a discounted price of \$225 per year. (Compared to \$348). Those interested can purchase their gym membership at the Powerhouse Gym which is located at 1376 N. Leroy, Fenton.

MONTHLY NEWSLETTER DRAWING

LINDEN HIGH SCHOOL FREE DINNER

MOVIE RENTAL LIBRARY Free to members or 3/\$.50 or \$.25 each for a week; choose from a large list.

VOLUNTEER OPPORTUNITIES

Garden/Beautification volunteers needed, call the Center for information

Special Events volunteers needed, call the Center for information

Travel Calendar

Complete trip flyers may be picked up in the Center

December 1-3	Nashville	\$559
December 5	Casino Windsor	\$17
December 18	Greektown Casino	\$20
2007		
January 10	Casino Windsor	\$17
January 13-31	St. Petersburg	\$1509
January 16-17	Bay Mills	\$129
January 24	Greektown Casino	\$25
January 28-Feb. 1	Las Vegas	\$699
February 2-4	Agawa Snow Train	\$359
February 7	Motor City Casino	\$25
February 21	Greektown Casino	\$25
February 26	Cornwall/Turkeyville "Sleepy Time Murders"	\$TBD
March 3-10	Myrtle Beach	\$709
March 7	Soaring Eagle Casino	\$35
March 21	Greektown Casino	\$25
March 25-29	Atlantic City	\$TBD
April 2	Cornwall/Turkeyville "Always Patsy Cline"	\$TBD
April 11	Casino Windsor	\$17
April 25	Greektown Casino	\$25
May 8-9	Holland Tulip Festival	\$239
May 9	Motor City Casino	\$25
May 16-21	Branson	\$899
May 23	Greektown Casino	\$25
May 31-June 11	Ireland	\$2399
June 21-24	Kentucky Music Trail	\$609
October 27-Nov. 9	Glorious Greek Isles Cruise	\$3935

Extended Trip Prices Based on Double Occupancy

All Casino Day Trip packages include: The price per person and transportation:
all buses leave from Fenton K-Mart at 12 noon and return at 8:30 p.m.

2006

Casino Windsor Package: \$15 food or coin voucher

Greektown Casino Package: \$15 coin voucher

NEW NEW NEW: You can sign up and pay with Visa online! www.looseseniorcenter.org

Loose Senior Citizen Center Responsibility/Disclaimer Statement

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 certified copy of their birth certificate and photo identification or a passport; no exceptions. 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

HIGHLIGHTS

The Giving Tree

The Tree is up and now
we need
to fill it up!

We are collecting mittens,
hats, scarves and socks for seniors.
These items will be given to Nancy
Stockham for the Senior Wrap-In.
We will be taking
donated items to fill
our tree until
December 11th.

Senior Winter Games of Genesee County Registration begins December 1 and ends on January 19

Enjoy the indoor winter games during
the month of February. Events are
held throughout the county in
February.

Opening Ceremony: Burton Senior

Center

Monday, Feb 5 at 1:00 pm
3410 S. Grand Traverse
Burton, MI

Closing Ceremony: K of C Hall in Davison
Wednesday, Feb 21 at 10 am
8428 Davison Rd.
Davison, MI

Applications are available in the office.
Registration is only \$10 and includes a T-shirt
and a great buffet lunch at the closing ceremony.
There is a wide variety of events to participate in
such as: bowling, golf, archery, baking, arts &
crafts, walking, swimming, euchre, checkers,
spades, basketball & bean bag toss and much
more! Sign up in the Center office.

GREAT WINTER FUN!!

Adopt A Senior

Many seniors at the Argentine Care
Center have no family. Help make it a
very special Christmas for our adopted
family members. If you would like to
help, please call the Center. Debbie has
a list of special needs. If you are
interested in attending the special
Christmas party on Friday, December 22,
please let us know, we will be taking the
presents over before their Christmas
party. It means a lot to those who have
no families to have someone share their
gift opening at this party. Please
consider joining us!

Whiting Auditorium Cultural Opportunity

Whiting Auditorium provides wonderful programs
close to home. With enough interest in a
program, we can get group rates. We are
compiling a list of people interested in the events
listed below. Please call or stop in at the Center
office and let us know you are interested.

Flint Symphony Orchestra Holiday Pops

Sunday, Dec. 17 at 3:00 pm Cost: \$13

Moscow Festival Ballet

Friday, January 12 at 8:00 pm Cost: \$15

Hairspray

Saturday, Feb. 10 at 2:00 pm

Cost: \$24

Leahy

Sunday, Feb. 25 at 4:00 pm

Cost: \$15

Mannheim Steamroller

Sunday, March 25 at 7:00 pm

Cost: \$19

Joseph & the Amazing Technicolor Dreamcoat

Saturday, April 7 at 3:00 p.m.

Cost \$19

Riverdance

Tuesday, June 12 at 4:00 p.m.

Cost \$19

HIGHLIGHTS

Donate Your Old Cell Phones!

The Loose Senior Citizen Center has partnered with the National Council on Aging (NCOA) to raise funds for our Center. We are collecting used cell phones. Please drop them off at the Center in the drop box in the foyer. As soon as we have 50, we can ship them and we receive a check back. We could raise as much as \$3-\$30 per phone. Ask family and friends to save their old phones to donate to the Center.

Come Join the Loose Choir

We need you in the Loose Choir! The choir meets in the Loose Hall at **4:30 p.m. on Thursdays**. Lynn Ferguson, former Fenton High School vocal teacher, and Pam Goodman-Reeves will be Co-Directors.

2007 RUMMAGE SALE

The Center's biggest fundraiser of the year will be held on **April 20-21**.

The Loose Center is taking rummage sale items now!

Large items will only be accepted the week prior to the sale in April. If you are interested in volunteering to help with this event please give us a call at (810)735-9406.

NO BOOKS, RECORDS, CLOTHES, OLD
OUTDATED COMPUTERS, OR LARGE
EXERCISE EQUIPMENT WILL BE ACCEPTED!

All Items must be clean and in working condition.

**Items may be dropped off Monday-Friday
from 9:00 a.m. – 3:00 p.m.**

10 Year Celebration!

Past, Present & Future

Thursday, January 18 at 6:00 p.m.

Cost: \$12.00

Catered by the French Laundry

Help us celebrate the many successes Loose has incurred over the past ten years!

Speaking about the Past Elsie Wermuth
Pat Lockwood
Former board members

Speaking about the Present Marjie Hodges
Executive Director

Speaking about the Future Carl Gabrielson
*Chairperson of the
Loose Center Board*

Entertainment provided by:
The Dibbleville Dollies
And our own
Loose Center Choir

Please sign up in the office for this event
by Friday, January 12.

Upcoming Catered Dinner Nights

Thursday, February 15 Cost: \$8.00

Includes Entertainment and a wonderful meal
catered by VG's

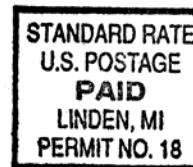
Thursday, March 15 Cost: \$8.00

Includes Entertainment and a magnificent meal
catered by Luis Fernandez from the Captain's
Club.

QUILT DRAWING

The winner of the Queen Size, Patriotic Quilt designed by the "Loose Threads" was drawn at the Linden High School Free Dinner. The winner was Bev Neuville. The Center raised \$330.00! Thanks for all your support!

**Loose Senior Citizen Center
707 N. Bridge St.
Linden, MI 48451**



LOOSE SENIOR CITIZEN CENTER MEMBERSHIP APPLICATION

(Please Print)

NAME _____ PHONE _____

SPOUSE'S NAME _____

ADDRESS _____ APT. #/P.O. BOX _____

CITY _____ ZIP CODE _____

Membership fees for 2006 are:
One low price for everyone!
\$10.00 per person
And are due to the center by July 1, 2006.

Bring or mail to: Loose Senior Citizen Center, 707 N. Bridge Street, Linden, MI 48451.
Please make checks payable to: **Loose Senior Citizen Center**

Thank you for being a partner in supporting senior services and programs in our community!