

South End NEWS

MARCH 2011

LOOSE SENIOR CITIZEN CENTER



WE LOVE OUR
DONORS!
YOU CAN MAKE
IT HAPPEN!

Nobody knows the buildings of the Loose Senior Center like Ron Wagner does. After all he should. He helped find a home for Loose when it first started and has been overseeing the buildings ever since. It doesn't stop with serving on committees or the Board, it continues with his ongoing volunteer efforts in picking up a paintbrush or jumping on a ladder (even though Marjie has begged him to stop). "I love Loose" says the smiling father of three, grandfather of three and great-grandfather to one. Ron married Gerry in 1956 and the couple moved into their home in 1968.



Ron and his woodcarvings

Although you may see Ron smiling while holding a fan of cards or participating in Loose activities, things haven't always been easy. "Things were really tough when I was young," says the former Consumers Energy employee. Ron worked to help his Mother. "I had my first job at the age of twelve. I worked at the Sporting Good Store and mixed mortar for cement and learned taxidermy, too."



Ron and Gerry enjoying a night at Loose

Ron never ceased to surprise people with all his hidden talents. He loves to work in his woodshop and carve beautiful animal figures. "Now, see this one had to be done over several times. I finally like it and the color," he said laughing. He's the first one to acknowledge when others have hidden talents, too. "One of the pieces of furniture that means the most to me is a table that was handmade by the Jackson prisoners." This gift was given to Ron by his mother. "They did a beautiful job on this table."



Gerry

Last, but not least, is his favorite subject to talk about his wife Gerry. Gerry was a bank manager in Linden and her warm, loving personality became her trademark as she built many relationships in the area. She became good friends with Grace Loose and when she moved to another bank branch, Grace followed her. To show her appreciation for their friendship, Grace willed a beautiful grandfather clock to Gerry. "Every time it chimes I think of my friend," says Gerry. As an indication of her trust and friendship, Gerry was formally given the responsibility of handling Grace's affairs when she passed. She was honored to do so for her friend.

Gerry loves beautiful things and has an amazing collection of bells. Her first bell was purchased in 1968 from the Ideal Pharmacy in Fenton. Through her life, relatives and friends have continued to give bells to Gerry. Now, she has them displayed in cabinet after cabinet and throughout their beautiful home.



A very small sampling of Gerry's Bells.

Thank you, Wagners, for being such special people and for volunteering at the Loose Senior Center. You have made many people very happy and we thank you for making the Loose Center a special place.

A special message from Marjie...

Dear Friends,

I continue to be grateful for the support of so many members and friends of the Loose Center. Gifts are still being received for the Annual Fundraising Campaign. It's not too late if you would like to send a gift. Thanks to all of you who have sent gifts! You are making a difference!



Highlighted on the front cover this month are Ron and Gerry Wagner. They are a terrific couple that has given from the heart to the Loose Center for many years. Ron has been my "right hand guy" since the day I started at Loose more than eleven years ago! Thank you, Ron and Gerry for your dedication and commitment to the Loose Center.

During the Annual Campaign, I have had the pleasure of speaking with so many members about the Center and what our programs and services mean to them. Several people have told me how much they appreciate the bag of food they receive from the Loose Food Pantry on commodity food day. It really helps out when times are tough. One woman I spoke to shared with me that she loved taking our Yoga class. It has been a big part of her life for over a year now. She has lost 40 pounds during the time she has been taking the class and feels wonderful. She appreciates this class opportunity and wants us to continue with the great programming we offer. Another gentleman told me that he attends the daily lunch program on a regular basis. He started attending after he lost his wife a few months earlier. He let me know that he does not cook and is so happy to have at least one good, balanced meal everyday that he did not have to prepare. I also spoke to a number of folks over the phone who wanted to give their support to our Annual Campaign even though they were not currently attending any programs at the Center. One man told me that he was very happy to support the Center's fundraising efforts because he knows how much the Center means to the seniors in our community. He said that he had not been able to attend for a while because of health reasons but would be coming back soon. Another woman let me know that she had not attended the center in a long time, as she is the caregiver for her husband who is homebound. She told me how much she enjoyed receiving the newsletter and that she and her husband can hardly wait for it to come each month. When it

arrives, they sit together and read it from cover to cover. This is the only news of senior programs and services that they receive and they want to keep up with what is happening in the senior community. She said that if they ever need a service or referral, they will know who to call.

Remember the Loose Center when you are thinking of gift giving. Maybe you would like to give a gift to the Center in someone's name. It could be a special occasion or holiday, a birthday or anniversary. Your gift can make a difference! The Loose Center is here to serve the needs of our senior community! Your help enables us to provide important programs for our seniors. *Thank you!*

Thank you for your support!

Ace Village Hardware
MaryLou Ackerman
Celia Adams
Herb & Barb Adams
Elaine Addis
Robert Alexander
Diane Allmen
JoAnne Amador
Brunhilde Atkinson
Linda Bacon
Bruce & Ruth Baird
William & Paula Balfour
Phyllis Baalmer
Albert & Norma Barbour
Arthur Barr
Lillian Barrette
Patsy Bauer
Dudley & Dolores Behrens
Jack & Carol Beith
Harold & Alyce Berry
Birch Consulting
Ann Black
Barbara Blackmer
Mary Lou Blumenthal
Calvin & Kay Bock
Bobbi Bonace
Harry & Beth Bourne
Bill & Barbara Boyd
Marjorie Brannam
Victor & Sophie Brugger
Joseph & Billie Bucinski
Charles Bucknam
Paul & Eldeen Buhrow
Robert & Sally Burek
Rex & Judith Burns
Alan & Mary Burton
Les & Rose Butler
John Campbell
Albert & Patricia Carlisle
Helen Mary Chandler
Howard & Carla Chenoweth
Will & Kay Christopher
Joe & Phyllis Cmejrek
Ruth Corner
Marlene Costello
Dolores Coulter
Sylvia Cowell
Joy Cramer
Carol Crane
Creative Foam Corporation

Alfred & Barbara Crickmore
Eva Curtis
Duane & Margaret Davis
Dennis & Joyce Dawson
George Denman
Norm & Marcy Dennert
Martin & June Dennis
Len DeYoung
Wallace Doll
Sharon Donaldson
Paul & Sharon Dorland
Dolores Dresbach
Pat Dunlop
Linda Dyball
Bernadine Edwards
Daniel & Mary Lou Eisenbeis
Jackie Elliott
Daniel Emerton
Dorothy English
Elizabeth Evans
Charles & Naomi Ewing
Douglas Fairbanks
Fenton Big Boy
Marsha Fenton
Paul & Deborah Figioli
Helen Fital
William Flick
Barbara Gamache
Elizabeth Garrison
James & Donna Gibbs
Robert Gaspie
Ronald & Dolores Godek
Nelson & Janice Gonzalez
Margery Gorton
Ted & Patricia Goupil
Vicki Grafmiller
Alice Green
Ramona Green
Kathryn Groulx
Roland & Norma Haist
Karen Hall
Margaret Hallitt
Lloyd Hart
Harry Harwood
Marjorie Hass
John & Judith Havrilla
Slater & Kirsten Hawes
Dennis & Jill Hawk

(Continued on page 16)

NUTRITION NUTRITION NUTRITION

"SOUTH END CAFÉ" LUNCH PROGRAM

Monday through Friday, 11:30 am

60 and over: Suggested donation \$2

Ages 59 and under: \$3.50

GCCARD is providing daily congregate lunches at the Center. They are nutritionally balanced and very tasty. 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. We have menus on hand and are here to answer any questions.

COFFEE HOUR

Wednesday, March 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, March 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.

MOTHER'S DAY TEA

Friday, May 6, 1 pm \$6

Seating limited, sign up early

Bring your mother, daughter, granddaughter, niece, good friend and your tea cup and join us for tea, a quaint lunch, and a setting that will bring laughter and great fellowship.

FENTON COMMUNITY EXPO

Saturday, March 5, 10 am - 5 pm

Sunday, March 6, 11 am - 4 pm

Fenton High School, 3100 Owen Road

Be sure to check out the EXPO and enjoy the many exhibits, entertainment, raffles, give-aways, food booths and more. Be sure to stop by the Loose Center Booth and say, "HI!".

Admission
FREE

CATERED DINNER

ST PATRICK'S DAY!

Tuesday March 15, 5:30 pm \$8

Join us for Corned Beef, Cabbage, Potato, Carrot dish, Corn Bread, Rolls, Drinks, Dessert and lots of GREEN decorations and don't forget the entertainment following dinner. Our own Loose Choir will serenade us and lead us in some good old fashioned IRISH song-singing FUN. Bring your friends for a fun-filled time at Loose. **Sign up today!**

CATERED DINNER

COUNTRY HOEDOWN DINNER

and SINGALONG

Tuesday April 26

Dinner begins at 5:00 pm \$8

Singalong will begin at 6 pm

Join us for a BRATS and BURGERS on the grill, Baked Beans, Salad, Chips, Drinks and Dessert. Following dinner, join the choir for a good old fashioned country song sing-along. Bring your friends for a fun-filled time. **Sign up today!!!**

"INTRODUCTORY HEALTHY ECLECTIC ASIAN COOKING"

Wed., March 23, 30, April 6, 13, 5 pm, \$40

There is so much to learn about GOOD Asian food and cooking it. Experience some of the world's most exciting cuisines coming from the Far East and Southeast Asia. From the vastness of China to the islands of the Philippines, food is prepared with pleasure, aroma and keen attention to detail. What will be more worthwhile and exciting is that **you** get to experience the cooking right in the classroom.

RUMMAGE SALE AND BAKE SALE

Friday, May 13, 9 am – 2 pm

Saturday May 14, 9 am – 2 pm

The Center is always taking items for our biggest fundraiser of the year. All items must be clean and in working condition.

Please drop off any donated items,

Monday-Friday, 9 am–3 pm. Large items will be accepted the week before the sale. If you are interested in volunteering to help with this event or need more information, call (810) 735-9406.

INSPIRED AND CREATIVE

KNIFTY KNITTER BASIC HAT FREE

Thursday, April 14 & 21, 1 pm

Hats off to these amazing looms! Also known as a "knitting frame," they have been around for centuries. Looming has recently been revived as a hot new craft, much like knitting and crochet. Learn to knit the basic hat and then begin to imagine the possibilities. It isn't called "nifty" for nothin! A supply list will be available when you sign up.

"ANYONE CAN PAINT" Class Minimum: 6

Monday, March 14, 12 - 2 pm \$20

Hosted by award-winning artist Steve Wood, this is one of the most instructional painting programs on television and we have him here each month at Loose. Sign up for this fun and affirming opportunity to discover the painter hiding inside of you. Please call and register.

HANDCRAFTED GREETING CARDS

Monday, March 28, 12:30 pm \$3 (limit 10)

Meets 4th Monday of the month in Building C. Make beautiful handcrafted cards using rubber stamps, assorted papers and embellishments. Supplies are furnished, but if you have scissors and double sided tape, this is very helpful. You will leave class with 3-6 pretty greeting cards.

SCRAPBOOK WORKSHOP

Tuesday, March 15, 1-4 pm, Free (Limit 10)

Whether you have pictures from a recent event or they've been in storage for years, this workshop will help you display them in a beautiful and creative manner. In addition to your photos, please bring scissors or paper trimmer and adhesive of choice. Extra supplies will be available for your use. Workshop is open to beginner and experienced scrappers.

WOOD CARVERS Wed., 12 - 2 pm, 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.

PAINTING GROUP Mondays, 10 am

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.

HOBBY DAY ^{Knitting Stamp Collecting Needlepoint}

Wednesday, March 23, 12 noon - 3 pm

A **first** for Loose, but a great idea to help us get to know each other better, show and tell others what we do in our spare time and have some good old fashioned fun. If you are interested in displaying your Hobby, please stop by the Loose office and ask for a Hobby Show Application. We will provide eight-foot tables or card tables, based on your need. If you need electrical power, we will make arrangements. Set-up can begin at 11 am. Space is limited so sign up early. ^{Quilting Woodcarving}

There will be no sales at this event; however that isn't to say arrangements cannot be made on the side, if there is interest. Come and enjoy this very special day. *If you have an interest in helping with this event, please contact the Loose Office.*

During this event, our Community Angels will be hosting one of their amazing BAKE SALES!

Model Planes, Cars, Trains, etc. Scrapbooking Antiques Underwater Basket Weaving And oh so much more

LOOSE THREADS Tuesdays, 10 am, 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.

YARN RECYCLERS Fridays, 10 am

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.

LOOSE LAPGHANS Fridays, 1 pm

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.

FRIENDS & FELLOWSHIP APPLIQUÉ

Friday, March 11 & 25, 1 - 3 pm

This appliqué group is designed for the experienced appliqué quilter who wants to learn more, do more and discover more about the art of appliqué. Participants meet regularly and receive personalized instruction.

MUSIC

Loose Music programs are more than singing and humming. We are about fun, relationships and giving back. The music is just a bonus! All are welcome, join us anytime.

LOOSE CHOIR Monday, 3 pm

KAZOO BAND The Band is on a hiatus.

Watch the newsletter for a start up date.

JAM SESSION Tuesday, 3:30 pm

Dust off those guitars, banjos, ukuleles, auto harps, keyboards, or even the harmonicas and join us as we work to develop a group that enjoys getting together to jam, learn new skills, enhance existing skills and have a great time.

Scrabble Tournament

Saturday, May, 2011 (all day) \$20

Details available at the Loose Office

GAMES

MONTHLY EUCHRE TOURNAMENT

Friday, March 25, 2011

EVERY 4th Friday of the month, 5 pm
GREAT Prizes, food and drink - \$5 entry fee
Please note: there is a \$1 charge for pizza.

BOARD GAMES including SCRABBLE, Chess, Backgammon, etc., Friday, 10 am - 2 pm

POOL PLAYERS AND DART 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 - See you in April!

MAHJONG Tues., 3 pm **NEW TIME!**

PINOCHLE Mon. & Wed., 12:30 pm

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

CARDS & MORE Thurs., 10 am

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

LOOSE TRANSPORTATION

IF YOU NEED A RIDE TO ANY LOOSE EVENT, PLEASE CALL THE CENTER!

WEEKLY SCHEDULED VAN DESTINATIONS

Please call to schedule a ride for the following destinations.

MONDAY – Silver Screen Classics

Showcase West Theater, \$2 (includes admission, popcorn and pop). For a listing of shows, contact the theater at 732-9462. The van will leave for this event at 12:15 pm and return at 3:30 pm (\$3 roundtrip).

THURSDAY – Farmers' Market

11:15 am departure, return 2:30 pm, \$3 roundtrip

FRIDAY – Meijer on Hill Road

12:15 pm departure , return 2:15 pm, \$3 roundtrip

For more information, call the Loose office at 735-9406 or the MTA at 780-8965.

*This Program is a partnership with
The MTA/Fenton Your Ride.*

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 \$3. A monthly pass is available for \$30 and can be purchased through Loose or 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.

WATCH THE CLASSICS AT LOOSE

Thursday, March 3, 12:30 pm

FREE

"North by Northwest" ('59) An advertising man is mistaken for a spy, triggering a deadly cross-country chase. Cary Grant, Eva Marie Saint, James Mason

Thursday, March 10, 12:15 pm

"Bed of Roses" ('33) A girl from the wrong side of the tracks is torn between true love and a life of sin. Constance Bennett, Joel McCrea

Thursday, March 17, 12:00 pm

"Irene" ('40) An Irish shop girl falls in love with a high-society boy. Anna Nagle, Ray Milland, Roland Young

Thursday, March 24, 12:00 pm

"There Goes The Groom" ('37) A young man strikes it rich in the Alaskan gold mines, then faces romantic complications when he returns home. Ann Southern, Burgess Meredith, John Mills, Valerie Hobson, Bernard Miles, Francis L. Sullivan

Thursday, March 31, 12:00 pm

"God's Little Acre" ('58) A dirt-farmer lets his family fall apart while he hunts for his grandfather's buried gold. Robert Ryan, Aldo Ray, Buddy Hackett, Jack Lord

HEALTHY LIVING

WOMEN'S HEALTH PRESENTATION

Tuesday, April 12, 10 am

Join Physical Therapist Kelly Leavy from McLaren Health Care for a discrete and caring discussion on Pelvic Four Disorders. If you experience Pelvic Four Disorders, you are not alone, a large number of women share your pain. There are many different treatment choices that can depend on many factors including weakness, health and age. Sign up today and equip yourself with the power that knowledge can bring.

CREATING CONFIDENT CAREGIVERS

Thursday, May 19 - June 23, 1-3 pm FREE

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two-hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. When you register, ask for information on free respite care.

BRIDGE (CHICAGO)

Tuesday and Friday, 1 pm - 4 pm

This play is based on all the standard bridge practices and offers faster interactive play. Mr. David Jensen will supervise and be available to help those who wish to improve their play. ALL are WELCOME!

WRITE YOUR LIFE STORY

Friday, March 11 & 25, 10 am

Join us on the 2nd and 4th Friday of each month at 10 am as we share anecdotes and memories of our lives. There are plenty of helpful tips and class discussion that make putting our memories in writing fun. All are welcome and encouraged to share. Our leader, Marion Wright has shared she will NOT be taking time off this year, so it will be business as usual.

LOOSE BOOK CLUB

Monday, March 14, 1 pm

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

AARP DRIVER SAFETY EDUCATION

Mon., April 4 & Tues., April 5, 12-4 pm

\$12/person for AARP members \$14/non-members.
(make checks payable to AARP)

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 in attendance both days.) Please call or stop by the Loose office to register for this class.

AARP TAX-AIDE FREE TAX HELP!

For taxpayers with low and middle income with special attention to those age 60 and older. **Call 810 735-9406 for an appointment.**

Bring the following documents to your tax appointment:

- Picture ID and Social Security cards or statements.
- 2010 summer and winter property tax bills.
- 2009 income tax return
- All 2010 wages and gambling income forms.
- Rent payments for principle residence.
- Large 2010 sales taxable purchase invoices.
- Medical insurance premium payments.
- 2010 non taxable household income (i.e. SSI, Life Ins. Payments, veterans benefits, workers comp. etc.)
- Original purchase dates and costs for capital asset sales.
- Receipts for all deductions if you expect to itemize them.
- Payments in 2010 for prior year property taxes.
- Residence energy efficiency improvements invoices.
- SSI and SS payment amounts to dependent children or adults.
- Residence heating energy bill statements if low income 11/109-10/31/10.
- Banking document showing bank # and account for direct refund deposit.

All returns will be efiled. Both spouses must sign in person to efile joint returns. No business, rental property or farm income or complex or high income returns.

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.

KEEPING FIT

INTRO TO ZUMBA

Monday 8:30 - 9:15 am, Thursday 4 - 4:45 pm

Saturday 10:15 - 11 am

\$5/class or \$32 for 8-sessions

Dance your way to fitness and challenge your mind by learning the steps to four basic rhythms. Easy to follow moves for beginners to advanced using Latin inspired music. If you like music, you'll love this exercise! Bring towel, water bottle and athletic shoes with smooth soles.

BODY RECALL *For both men and women!*

Tues. & Thurs., 10:30 - 11:30 am

\$3 per session. The greatest benefit from regular exercise is how you feel – greater strength, more endurance, reduced risk of injury, reduced risk of disease, greater independence. Join us and see wonderful results in your flexibility, range of motion, and your posture. Also included is work with light weights to help increase muscle mass.

BIKING BUNCH

If you are interested in the Biking Bunch please contact the Loose Center at 810.735.9406, leave your name and contact information, phone number and/or email address. Ride leader, Ann Walker, will get in touch with you about riding events.

PEACEFUL YOGA

Mon. & Wed., 9:30 am, Sat. 9 am, \$5/class

Explore the benefits of a deep stretch to strengthen the muscles, a deep breath to strengthen the heart and concentration to strengthen the mind. Any BODY can do it, young or old, big or small, male or female. Discover the health benefits it holds for you.

BEACH BALL VOLLEYBALL

Monday & Thursday, 5 pm & 6 pm

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 (or join at 5 and 6).

Wii BOWLING **New League begins 3/30/11**

Loose is the proud owner of a number of Wii games. Feel free to stop by during open hours and try them out. If you are interested in being a part of the Wii Bowling League, please contact the Loose Center.

CLOGGING

Clogging will be on break.
Please call Loose for updates.

LINE DANCE CLASSES

Beginner - Tues., 12 - 1:00 pm

Regular Beginner - Tues., 1:00-2:30 pm

\$2 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!

EVENING LINE DANCE FRIDAY

Beginner - 6-7:30 pm

LINE DANCE - 7:30 pm

\$5 for one or both classes

**NEW
DAY!**

TAI CHI \$5/class

BEG.-Mon. & Fri., 12:30 pm - 1:30 pm

ADV.-Tues. & Thurs, 9:30 - 10:25 am

This doctor-recommended form of exercise/stretching has many health benefits: increased flexibility, lowered cholesterol, retards Alzheimer's and improves blood flow. It improves focus, concentration, invigorates the brain, lowers blood sugar, helps eliminate stress, and studies show that people taking Tai Chi reduce their risk of falling by 47.5 percent.

FITNESS CORNER & WALKING

Our treadmills and recumbent bikes are available for Loose members to use. Stop by during Fitness Corner hours and enjoy. *To be certain the equipment is available, please feel free to call Loose at 735-9406.*

Monday 10:30 am – 12 pm

Tuesday 2:30 pm – 5:30 pm

Wednesday 10:30 am – 4 pm

Thursday 2:00 – 4:00 pm

Friday 8:30 am – 4 pm

NOTE: If special programming is scheduled during normal Fitness Corner hours, the equipment will not be available. If you are concerned, please call the Center to check availability.

First time users must sign a Loose Senior Center Release for Use of Exercise Equipment form and have staff instruct you on proper usage of the equipment.

PLEASE BRING A CHANGE OF SHOES. Street shoes that collect salt and dirt can be hard on the equipment.

EXERCISE DISCLAIMER: Exercise is not without risks. To reduce the risk of injury, consult your doctor before beginning any exercise program. Please note: if you participate in one of Loose Health and Fitness programs, we ask that you please sign our exercise waiver. If you have not, please ask to do so at the Loose Office.

HEALTH SERVICES

FREE HEALTH EXAMS *(60 and older)*

Thursday, April 14, 9 am - 12 noon

Please call ahead for an appointment. Services offered include, Blood Pressure, Pulse, Cholesterol Tests, Blood Sugar tests, Creatinine/BUN, PSA test, Stool sample for hidden blood. Immunizations for Pneumonia (if available), Flu shot (if available), Tetanus & Diphtheria Shot. These services are free of charge and performed by a registered nurse of the health department.

MASSAGE THERAPY **Mondays 9 am -1 pm**

\$5 for 7-min. session or \$10 for 15-min. session. Certified Massage Therapist Donna Roberts will treat you to some great stress relief through massage. **Call for an appointment.**

FREE VISION SERVICES

Thursday, April 14, 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, this new service will be ongoing. Drop in or call for an appointment. *Future dates include July 14 and October 13.*

FREE BLOOD PRESSURE AND BLOOD GLUCOSE TESTS

1st Tuesday of each month, 10 - 11 am
2nd Wednesday of each month, 9 - 10 am
4th Monday of each month, 11-12 pm

FREE HEARING CLINIC

March 18, 10 am *(by appointment)*

Hearing Tests and Evaluations, Hearing Aid Check, Hearing Aid Cleaning by Hear Clear, David Wizgird, 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

ANGEL FOOD MINISTRIES

CUT YOUR GROCERY BILLS IN HALF!

For more information, please contact Linden Free Methodist Church, 13274 S. Linden Rd., Linden, MI 48451 **Phone: (810) 735-4564**, (Sign-up and pick-up is at the church.)

COMPUTER CLASSES

The Loose Center offers computer classes that are especially tailored to the needs of senior citizens. Class sizes are small and the instructor, Kelly O'Connell, well versed in the subject. Classes are held at Central Elementary in Linden.

BEGINNER WINDOWS

4 pm – 6 pm, \$45

Class meets on March 2, 4, 11, 16, 25

Learn to use a mouse, desktop, startup menu, toolbars, taskbar, basic keyboard and more. There will be a fun project and handouts (for you to take home to use as reference).

LEARN YOUR LAPTOP

3:45 pm – 5:45 pm, \$45

Class meets on April 13 & 15

Learn to use a mouse, desktop, startup menu, toolbars, taskbar, basic keyboard and more. There will be fun project and handouts (for you to take home to use as reference).

MICROSOFT WORD

3:45 - 5:45, Cost \$60.00

Wed. & Fri., April 27, 29, May 4, 6, 13, 18

MS Word is a top notch word processing program and students using a hands-on approach will learn to create documents, saving files into folders, shortcuts, Clip Art, labels, envelopes and much more. You will have plenty of handouts and the opportunity to create some very nice projects.

For a small fee, Kelly is also available for one-on-one instruction. Contact Kelly at (810) 964-6455 for information.

PLEASE REMEMBER TO CALL IN

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

PLEASE REMEMBER TO SIGN IN

Please sign in each time you come to the Loose Center. If you forget your swipe card, please use the sign-in sheets located in Buildings A and C or in Building B, ask a staff person to sign you in.

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.

SPECIAL SERVICES/SUPPORT

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 Genesee Division. Their mission is to protect the citizens of Genesee County by gathering, processing, and investigating consumer complaints, attempting to resolve them.

ALZHEIMER'S SUPPORT GROUP

Every 4th Tuesday, 2 pm

The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease as well as other related dementia disorders. The group welcomes new persons at all times and particularly encourages attendance by those who have newly diagnosed Alzheimer's patients.

MICAFAE The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need 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.

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, our toll free number, 1-888-OUR-AARP (1-888-687-2277), or use the online registration form on our website at www.aarp.org/taxaide.

TOPS (*Take off Pounds Sensibly*)

Mondays, 6:00 p.m. For information, please contact the Center at (810) 735-9406.

MEDICARE/MEDICAID/FOOD STAMP

ASSISTANCE (MMAP) Fridays 9 am-12 noon

Need help with your Medicare paperwork, but don't know where to go or whom to ask? Loose has a trained MMAP counselor on site. If you need assistance, call the Center at 735-9406 to schedule an appointment or call MMAP at 1-800-803-7174.

AMVETS 1st & 3rd Thurs., 10 am-3 pm

Nathan Pierpont, Field Service Officer for Amvets, 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. For the month of March, Nathan will be here on March 2 and 17. If you need services, please call and arrangements can be made.

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.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Tuesday, 9 am-10:30 am

NEW PARTICIPANTS ARE BEING ACCEPTED. CALL LOOSE FOR PROGRAM REQUIREMENTS. Loose Center is a distribution site for emergency food assistance program.

LEGAL ADVICE

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

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.

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 Loose's medical equipment loaning service. Please call Loose at 735-9406 if you are in need of any medical equipment.

YARN NEEDED The Loose knitting and crochet groups are in need of yarn. If you have some that is looking for a new home, feel free to make a drop at the Loose Center. All donated yarn is used for items donated to those in need.

LOOSE MEMBER PRIVILEGES

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 Janet Green.

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.

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

WiFi (wireless Internet) connection available to those who wish to bring their laptop to the Center to access the Internet.

GREETING CARDS

We have a lovely selection available for .25 or 5/\$1. It is the best deal around. If you haven't already, give the Loose card shop a try. We also accept new card donations.

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.

VIEW THE OBITUARIES DAILY Set up in the Activity Center (Building C) is a computer that is set on the Flint Journal's online Death Notices for our area. Please feel free to ask if you need help or have any questions.

BIBLE ON TAPE AND CD If you are interested in listening to an audio version of the Bible, feel free to stop by the office and borrow our copy. We also have a small tape player and headset to loan with the cassettes. This is a great resource for those with vision problems.

FUNDRAISING

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

RUMMAGE SALE Our Annual Spring Rummage Sale is always a great event. Remember, we accept donations all year 'round and all items must be clean and in working condition. *Please, no clothing, books, records, computer equipment or large exercise equipment.*

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.

AD RACK Located inside the front door of building B is a display rack of local business information.

"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.

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 \$10 due January 1st.

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.

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

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

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.

LOCAL CULTURAL EVENTS

KEWADIN CASINO (with our own Elsie Wermuth) **March 31 - April 1, \$115**

This trip includes one night lodging at Kewadin Casino Resort, \$40 cash back, \$10 in Food Vouchers, One Buffet Breakfast and round trip Motorcoach transportation. A detailed flyer is available at the Loose Office.

FENTON VILLAGE PLAYERS

Friday, March 18, 7 pm, \$9 (ticket only)

"Over the River and Through the Woods"

(PG13 Dramady) by Joe Dipietro

The price includes the ticket only. If you would like transportation, please add \$3 and be sure to note that at the time of registration.

FUTURE SHOWS

August 11, "Anything Goes"

October 20, "Escanaba in Love"

VERTIGO THEATRICALS

Downtown Flint's Premiere Dinner Theatre

"Mid-Life! The Crisis Musical"

by Bob Walton & Jim Walton

Friday, March 25 - \$45 dinner, show & transportation. Leave Loose at 6 pm, dinner at 7 pm, show at 8 pm. Dinner is provided by the Masonic Temple and includes a three entree buffet. Sign up today!

ART À LA CARTE

Every Wednesday at the FIA

Bus leaves Loose at 11:15 am, \$3

Join us as we go to the FIA and enjoy a series of informative programs focusing on the arts. The programs last approximately one hour. Visitors are encouraged to bring lunch. Coffee, tea and cookies are provided. All programs take place in Isabel Hall.

March 2	National Museum of Women in the Arts: A Women's Touch
March 9	Compassion & Contemporary Art
March 16	Fantasy & Contemporary Art
March 23	Transformation & Contemporary Art
March 30	Systems & Contemporary Art

FLINT INSTITUTE OF MUSIC

Friday, March 25, 7 pm, Free Concerts

Joy Schroeder & Jeffrey Walker, Harpsichords
\$3 Cost includes transportation. Bus will leave Loose at 6:15 pm and return Approx. 9:45 pm. Hear talented Flint School of Performing Arts Faculty artists perform in this concert series. Reception following the concert.

FRANKENMUTH BAVARIAN "RAT PACK"

Tuesday, April 5, \$45

The price of this day includes lunch, show, transportation. We will leave Loose at 12:30 pm and return at approximately 5:30 pm. Reservations must be in by November 12. Pick up a detailed flyer at the Loose Center.

"GET IN THE SPOTLIGHT!"

Having The Whiting so close has been a great opportunity for us to enjoy top-notch entertainment. We are able to secure discount tickets and reliable, inexpensive transportation to and from the event. Details can be picked up at the Loose Office.

RIVER NORTH CHICAGO DANCE COMPANY

Saturday, April 2, 2011 at 8 pm, \$25

Bus Leaves Loose at 6:30 pm

River North Chicago is known for its highly skilled and emotive dances, stimulating music and bold, commanding choreography.

"THE COLOR PURPLE"

Sunday, April 10, 2 pm, \$55

Bus Leaves Loose at 12:30 pm

THE COLOR PURPLE, is a soul-stirring musical based on the classic Pulitzer Prize-winning novel by Alice Walker and the Oscar-nominated film by Steven Spielberg.

FIDDLERS RESTRUNG

Friday, April 30, 7:30 pm

Lake Fenton High School Auditorium

Tickets \$5 at the door - mention you are Loose Senior Center Member and get \$1 off the ticket price.

A 21-piece string ensemble spotlighting over 80 performances annually, Fiddlers ReStrung engages the audience with energy and witty charm, advocating a message of spontaneous enthusiasm born of a genuine live performance. They proudly display a diverse arrangement of styles. American Bluegrass, Celtic fiddle, popular fold, Appalachian Step-dancing, Progressive Acoustic, and more are all brought forward with a crisp, enterprising flair.

TRAVEL UPDATE: We work hard to provide the best travel experience for our members. We are excited to share that Elsie Wermuth is now on board and available to escort a good number of our upcoming trips. Many of you have traveled with Elsie in the past (during her professional travel days) and know that a good escort can mean the difference between a good or a great travel experience. Know that we will be working hard to make your travel experience great.

UPCOMING TRIPS

Complete trip flyers may be picked up in the Loose Senior Center. Overnight prices are based on double occupancy.

March 2	FireKeepers Casino	\$30
March 17	Windsor Raceway	\$7
March 18	"Over the River and Through the Woods" <i>Fenton Village Players</i>	\$9
March 23	Butterflies - Gardens - Museums	\$68
March 25	Vertigo dinner Theater, "Mid Life! The Crisis Musical"	\$45
March 31-April 1	Kewadin Casino	\$115
April 2	River North Chicago Dance Company	\$24
April 5	Bavarian Inn "Rat Pack"	\$45
April 7	Soaring Eagle Casino	\$30
April 10	"The Color Purple"	\$55
April 18-19	Mountaineer Casino Resort	\$129
April 24-27	Cherry Blossom Washington DC Tour	\$415
April 26	Greektown Casino	\$22
May 10	Motor City Casino	\$27
May 16 - 21	Canada's Great Cities Montreal & Quebec City	\$1269
May 17	Shipshewana	\$77
May 23	Saganing Eagle Casino	\$29
June 7	FireKeepers Casino	\$30
June 9	Michigan Princess	\$69
June 17 - 22	New York City	\$999
July 15	Petrolia & Sarnia	\$60
July 22-31	Oregon Coast and Pacific Northwest	\$2899
June 27	Caesar Windsor	\$22
July 11	Soaring Eagle	\$30
July 27	Greektown	\$27
July 28	Tiger Baseball (<i>Los Angeles Angels</i>)	\$57
August 8	Motor City Casino	\$27
August 9	Appledore Tall Ship	\$80
August 11	"Anything Goes" <i>Fenton Village Players</i>	\$9
August 25-26	Kewadin Casino	\$115
September 4	Mackinac Bridge Walk	\$185
September 9	Stratford "Camelot"	\$120
September 13-22	National Parks and Canyon Country	\$1989
October 5-6	Fall Color Tour to Petoskey	\$115
October 20	"Escanaba in Love" <i>Fenton Village Players</i>	\$9
October 20 - 23	Railroads of West Virginia	\$799
December 6-8	A Holiday Event KaLightoscope Christmas	\$225
December 10-11	Chicago Style Christmas Shopping	\$232

Flyers for all upcoming events are available at the Loose Office. The travel program is open to anyone over the age of 21.

Loose has a detailed travel policy available upon request.

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.

March 2011

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>STAFF</p> <p>Marjorie Hodges <i>Executive Director</i></p> <p>Debbie Hancock <i>Executive Assistant</i></p> <p>Melinda Elmore-Hajek <i>Program Coordinator</i></p> <p>Cheryl Rex <i>Receptionist</i></p> <p>Mike Ford <i>Maintenance</i></p>	<p>1</p> <p>9:30 Lunch Volunteer Mtg. 9:30 Tai Chi 10:00 Loose Threads 10:00 Blood Pressure 10:30 Body Recall 11:30 Lunch Ck & Dumpling 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mahjong 3:30 Jam Session Pool & Darts all day</p>	<p>2</p> <p>9:00 Bridge 9:30 Yoga 10:00 Firekeepers Trip 10:00 Consumer Fraud Rep 10:45 Wii Sports 11:15 Art a la Carte at FIA 11:30 Lunch Swiss Steak 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess Pool & Darts all day 4:00 Beginner Windows</p>	<p>3</p> <p>9:30 Tai Chi 10:00 AmVets 10:00 Cards and More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Turkey Soup 12:30 Classics <i>"North by Northwest"</i> 12:30 Euchre Pool & Darts all day 4:00 Zumba 5:00 Volleyball</p>	<p>4</p> <p>Pool & Darts all day Income Tax Assistance 9:00 MMAP Counselor 10:00 Crochet/Knitting 10:00 Board Games 11:30 Lunch Stuffed Peppers 12:30 Beginner Tai Chi 1:00 Lapghans 1:00 Chicago Bridge 4:00 Beginner Windows 6:00 Beg. Line Dance 7:30 Line Dance</p> <p>Saturday March 5 Fenton Expo - Sat. & Sun. 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>
<p>7</p> <p>8:30 Zumba 9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:30 Lunch Turkey Ham 12:15 Silver Screen Classics 12:30 Pinochle 12:30 Beginner Tai Chi 3:00 Choir Pool & Darts all day 5:00 Volleyball 6:00 TOPS Weigh-in</p>	<p>8</p> <p>9:00 CSFP/TEFAP 9:30 Tai Chi 10:00 Loose Threads 10:30 Body Recall 11:30 Lunch Chili 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mahjong 3:30 Jam Session Pool & Darts all day</p>	<p>9</p> <p>9:00 Bridge 9:00 Blood Pressure & Glucose 9:30 Coffee Hour 9:30 Yoga 10:45 Wii Sports BANQUET 11:15 Art a la Carte at FIA 11:30 Lunch Chick. Cordon Bleu 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 3:15 Coupon Club Pool & Darts all day</p>	<p>10</p> <p>8:00 Board Meeting 9:30 Tai Chi 10:00 Cards and More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Liver & Onion 12:30 Euchre 12:15 Classics <i>"Bed of Roses"</i> Pool & Darts all day 4:00 Zumba 5:00 Volleyball</p>	<p>11</p> <p>Pool & Darts all day Income Tax Assistance 8:30 Lifelong Learning 9:00 MMAP Counselor 10:00 Crochet/Knitting 10:00 Write Life Story 10:00 Board Games 11:30 Lunch Chicken 12:30 Beginner Tai Chi 1:00 Appliqué & 1:00 Lapghans 1:00 Chicago Bridge 4:00 Beginner Windows 5:00 Potluck 6:00 Beg. Line Dance 7:30 Line Dance</p> <p>Saturday March 12 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>

<p>8:30 Zumba 9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:30 Lunch Philly Chicken 12:00 Anyone Can Paint 12:15 Silver Screen Classics 12:30 Beginner Tai Chi 12:30 Pinochle 1:00 Book Club 3:00 Choir Pool & Darts all day Volleyball 6:00 TOPS Weigh-in</p> <p style="text-align: right;">14</p>	<p>9:30 Tai Chi 10:00 Loose Threads 10:30 Body Recall 11:30 Lunch BBQ Pork 12:00 Line Dance 12:30 Euchre 1:00 Scrapbooking 1:00 Chicago Bridge 3:00 Mahjong 3:30 Jam Session Canceled Pool & Darts all day 5:30 Catered Dinner</p> <p style="text-align: right;">15</p>	<p>9:00 Bridge 9:30 Yoga 9:30 Legal Services 10:45 Wii Sports Banquet 11:15 Art a la Carte at FIA 11:30 Lunch Beef Stroganoff 12:00 Woodcarving 12:30 Pinochle/Dominoes/Chess Pool & Darts all day 4:00 Beginner Windows</p> <p style="text-align: right;">16</p>	<p>9:30 Windsor Raceway 9:30 Tai Chi 10:00 AMVETS 10:00 Cards and More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Beef Stew 12:00 Classics "Irene" 12:30 Euchre Pool & Darts all day 4:00 Zumba 5:00 Volleyball</p> <p style="text-align: right;">17</p>	<p>Pool and Darts all day Income Tax Assistance 9:00 MMAP Counselor 10:00 Crochet/Knitting 10:00 Scrabble & Board Games 10:00 Hearing Clinic 11:30 Lunch Mac & Cheese 12:30 Beginner Tai Chi 1:00 Lapghans 1:00 Chicago Bridge 6:00 Beg. Line Dance 7:00 FVP Over the River 7:30 Line Dance</p> <p>Saturday March 19 9:00 Yoga 10:00 Euchre 10:15 Zumba Symphony</p> <p style="text-align: right;">18</p>
<p>8:30 Zumba 9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:30 Lunch Baked Pork 12:15 Silver Screen Classics 12:30 Beginner Tai Chi 12:30 Pinochle 3:00 Choir Pool & Darts all day 5:00 Volleyball 6:00 TOPS Weigh-in</p> <p style="text-align: right;">21</p>	<p>9:30 Tai Chi 10:00 Loose Threads 10:30 Body Recall 11:30 Lunch Beef Barley Soup 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 2:00 Alzheimer Support 3:00 Mahjong 3:30 Jam Session Pool & Darts all day</p> <p style="text-align: right;">22</p>	<p>8:30 Meijer Garden Trip 9:00 Bridge 9:30 Yoga 11:15 Art a la Carte at FIA 11:30 Lunch Chicken Lasagna 12:00 Woodcarving 12:00 Hobby Day Display 12:00 Angel's Bake Sale 12:30 Pinochle/Dominoes/Chess Pool & Darts all day 5:00 Asian Cooking Class</p> <p style="text-align: right;">23</p>	<p>9:30 Tai Chi 10:00 Cards and More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Chicken 12:00 Classics <i>"There Goes The Groom"</i> 12:30 Euchre Pool & Darts all day 4:00 Zumba 5:00 Volleyball</p> <p style="text-align: right;">24</p>	<p>Pool and Darts all day Income Tax Assistance 9:00 MMAP Counselor 10:00 Crochet/Knitting 10:00 Write Your Life Story 10:00 Scrabble & Board Games 11:30 Lunch Baked Fish 12:30 Beginner Tai Chi 1:00 Lapghans/Appiqué 1:00 Chicago Bridge 4:00 Beginner Windows 5:00 Euchre Tournament 6:00 "Midlife Crisis" Vertigo 6:00 Beg. Line Dance 6:15 FIM Free Concert 7:30 Line Dance</p> <p>Saturday March 26 9:00 Yoga 10:00 Euchre 10:15 Zumba</p> <p style="text-align: right;">25</p>
<p>8:30 Zumba 9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 11:00 Blood Pressure 11:30 Lunch Roasted Chicken 12:15 Silver Screen Classics 12:30 Pinochle 12:30 Beginner Tai Chi 12:30 Greeting Cards 3:00 Choir Pool & Darts all day Volleyball 6:00 TOPS Weigh-in</p> <p style="text-align: right;">28</p>	<p>9:30 Tai Chi 10:00 Loose Threads 10:30 Body Recall 11:30 Lunch Pub Beef Steak 12:00 Line Dance 12:30 Euchre 1:00 Chicago Bridge 3:00 Mahjong 3:30 Jam Session Pool & Darts all day</p> <p style="text-align: right;">29</p>	<p>9:00 Bridge 9:30 Yoga 10:45 NEW Wii Bowling League Begins 11:15 Art a la Carte at FIA 11:30 Lunch Chicken Breast 12:00 Woodcarving 12:30 Pinochle/Dominoes/Chess Pool & Darts all day 5:00 Asian Cooking Class</p> <p style="text-align: right;">30</p>	<p>7:00 Kewadin Casino Trip 9:30 Tai Chi 10:00 Cards and More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Pot Roast Pasties 12:00 Classics <i>"God's Little Acre"</i> 12:30 Euchre Pool & Darts all day 4:00 Zumba 5:00 Volleyball</p> <p style="text-align: right;">31</p>	<p>OFFICE HOURS M, W, TH, F 8:30 am-4 pm TU 8:30 am - 5:30 pm PHONE -810.735.9406 FAX -810.735.4255 EMAIL lsc@looseseniorcenter.org WEBSITE www.looseseniorcenter.org</p>

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

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Phyllis Hill
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