

South End NEWS

DECEMBER 2010

LOOSE SENIOR CITIZEN CENTER

PROVIDING
QUALITY PROGRAMS
FOR 50 AND OVER

CONSIDER GIVING
A HOLIDAY GIFT
TO LOOSE IN
SOMEONES NAME



Some people like to garden, read a book, or go walking in their spare time. Elsie likes to do all those things and ... take trips around the world. The Wyandotte native married Art Wermuth and moved to Fenton in 1961. "It has been a great place to live," says the world traveler. "Art and I never had children and the people I travel with are like family," she said with her magical smile.



Art and Elsie Wermuth

For 30 years, she has put special travel packages together and made a lot of people very happy. The State Bank supported her in establishing the "Forget Me Not Club" designed to build relationships with their customers who happen to be widowed. "Your life changes when you lose a spouse," explained Elsie, who retired as Vice President of the State Bank in 1981. "Widows feel lonely and it was more comfortable for them to travel with other people in the same situation." In no time at all, word got out about how much fun everyone was having on these trips and Elsie decided to open it up to couples, too! It was no surprise that when the gates opened, people flooded through them to travel with Elsie.

As one of the original people involved in finding a home for the Loose Center, it gave Elsie great pleasure to carry out the wishes of her friend, Grace Loose. Elsie's commitment to the Loose Senior Center continues as a Fund Development Team member and dedicated volunteer.

Elsie and Art are preparing for the many visitors who come to select a Christmas tree at their Christmas Tree Farm. Their property includes 135 acres with 60 acres devoted to their Christmas Trees. You may see a couple special members of her household when visiting their farm; Sammy, a golden retriever and Zues, a Miniature Pinscher. Don't expect to take a picture of Zues, he is very shy and turns his head whenever a camera is around.

"Loose trips that Elsie escorts are always popular with our members," says Cheryl Rex, Receptionist at the Loose Center, who coordinates the many members who sign up for these great excursions. If you would like to take one of the upcoming trips, please refer to your Newsletter or just give us a call.

So it goes, Elsie does it in spades and is off to walk her daily routine of three miles, and then maybe catch up on a Calvin Cussler novel before escorting another Loose Senior Center trip. Thanks, Elsie, for all the great times and all that you do to make Loose Center a special place.



Elsie, Sammy and Elsie's mother, Katherine Oda, with Zues.

Elsie Wermuth is pictured on this month's cover.

A special message from Marjie...

Dear Friends,

Holiday Greetings! I wish you all a wonderful holiday season filled with family, fun and joyful memories! Join with us in celebrating the season at one of many special events being held at the Center this month. We look forward to seeing you soon!



Everyone should have received their first Annual Fundraising Campaign letter in the mail during October. We have been receiving gifts in the mail every day since the letter went out to members, friends and businesses. I want to thank all of you who have sent in gifts. Every gift is important! It has been wonderful to see how much people care about the Center and appreciate all the great programs and services that we offer. I look forward to hearing from many more of you soon.

A special thank you goes out to the members who have given us cash gifts, but did not write their name on the card on the inside of the return envelope. Unfortunately, we can not thank you if we don't know who you are! So, if you gave us a gift of cash and do not receive a thank you, this is why. Your gift is also greatly appreciated!

The Loose Senior Center has always been open to anyone 50 years of age and older and will continue to be. Some of you may have heard a story in the news recently about Flint not allowing seniors under the age of 60 to use their senior centers. Loose members do not need to be concerned! We are not connected to Flint or any other senior center in Genesee County. We are a stand-alone 501c3 non profit with our own non-profit governing board of directors. The Loose Center's 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.

As we move forward during these difficult economic times we are diligent in our efforts to be effective and efficient with all revenue sources. We run on a balanced budget each year and we do not spend money that we do not have. It is our goal to continue the high level of quality services and programs that you have become accustomed to.

Again, thank you for supporting the first Annual Fundraising Campaign! It has been so encouraging to hear personally from so many loyal members and friends of the Center. Your gifts received through this campaign are critical to maintaining the many high quality programs we offer. If you have not received a letter from us, please let us know and we will send you one. A successful campaign depends on everyone's support! **Thank You!**

SENIOR MILLAGE TAXES



For every millage dollar collected...

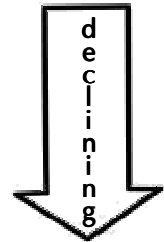


approximately 3¢ goes to the Loose Center.

Service provider agencies receive 59% of the Genesee County Senior Millage funding to provide services such as mobile meals, in home chore services, elder abuse, respite care and more.

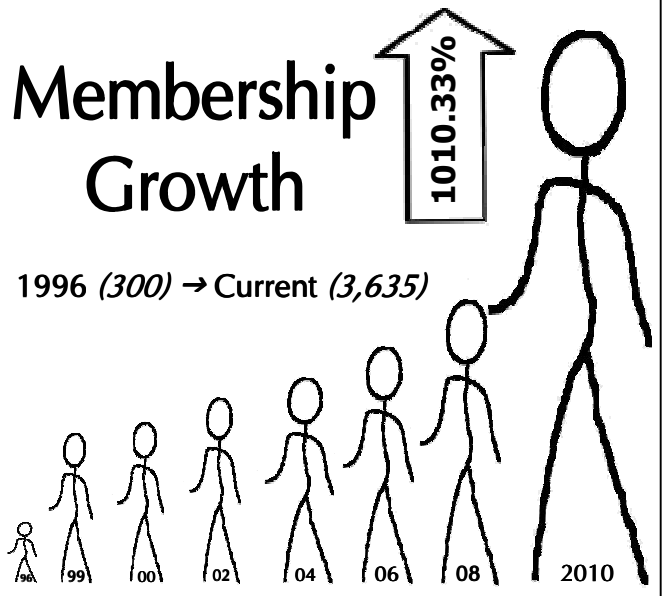
Funding Sources

- Senior Millage Funding
- Grant Funding



Membership Growth

1996 (300) → Current (3,635)



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.

COFFEE HOUR

Wednesday, December 8, 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, December 10, 5 pm

To celebrate the holiday season, bring your favorite holiday 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 many of our games.

LOOSE CHRISTMAS PARTY LUNCHEON

Tuesday, December 7, 12 noon, \$16

An elegant buffet luncheon at Spring Meadows

Country Club. The price includes lunch and dessert, prizes and time with friends. This is a favorite of many Loose members. Call the Loose Center for ticket availability.



A blast from Christmas past, Marlene Costello, Sonia Newland and Linda Bacon pose for the perfect picture just before the festivities begin.

HIGH TEA & COOKIE EXCHANGE

Wednesday, December 15, 12:30 pm

Come join in fellowship and share in the holiday festivities! Bring 3 dozen cookies, to be exchanged (no chocolate chip), your favorite appetizer to share, a tea cup and a container for the cookies you will be taking home. Please sign up at the Loose Office by December 8.

HONORING OUR HEROES



Thursday, December 2, 2010, 8:30 am

Veteran Memorialization Benefits, *Sponsored by Sharp Funeral Home*

Learn how planning for your final wishes will shield your family from unnecessary emotional burden and how your veteran's benefits can save you a substantial amount on your funeral. Join us for this very important, informative and fun morning.

- Breakfast at 8:30 am at Loose Senior Center
- Short informational session following breakfast
- A bus tour of Great Lakes National Cemetery
- Return to Loose

GCCARD TRADITIONAL CHRISTMAS DINNER

Tuesday, December 21, 11:30 am

If you have never joined us for our daily lunch program, then this would be the time to give it a try. Come and enjoy roast pork loin with gravy, mashed potatoes, vegetable, roll, pie and beverage. A suggested donation of \$2.00 for those 60 and over. For those 50 - 59, the cost is \$3.50. Please sign up for this event by December 7.

MURDER MYSTERY DINNER

Tuesday, January 25, 5:30 pm, \$12

Join us aboard the cruise ship LEGENDARY CARNIVAL to meet and talk with some of the distinguished passengers who regularly sail the Caribbean. Find out who murdered cruise director Sunny Sails aboard the Legendary Carnival. Join us for a dinner of roast beef, chicken, mosticiolli and the list goes on. Sign up early, seating is limited.

ICE CREAM FLOAT DAY

Monday, January 31, 2 - 3 pm \$1

It's easy, we will have the ice cream in the glasses, a straw and a spoon, you choose the flavor of your float, pour it over your ice cream and enjoy. Why not...treat a friend!

INSPIRED AND CREATIVE

THE "GIVING TREE"

Donated items will be gathered by our Yarn Recyclers and donated to local charities. We will be collecting donated items on the tree until December 17th.

"ANYONE CAN PAINT" Class minimum: 6

Monday, December 13, 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, January 24, 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, Dec. 21, 1 - 4 pm, Free (Limit 10)

Join us as we create a mini "envelope scrapbook". This project is perfect for gift-giving or for showing off your favorite photos. Please bring scissors and adhesive.

CROSS STITCH Wednesdays, 2:30 pm

Join others who cross stitch and empower yourself to work on those projects that you have put off. You don't know how to cross stitch? Stop by and learn from others.

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.

NEW "INTRODUCTORY HEALTHY ECLECTIC ASIAN COOKING" HANDS ON!

Wed., Jan. 19, 26, Feb. 2, 9, 16, 5-8 pm, \$50

There is so much to learn about GOOD Asian cooking and cooking it. Beginning in January for five weeks you can 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. Mark your calendar and register today. This class is limited to 10 -12 participants.

FRIENDS & FELLOWSHIP APPLIQUÉ

Friday, December 3 & 17, 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.

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.

TIME IS RUNNING OUT ON **THE QUILT AND WALKING STICK RAFFLE**. Be sure to stop by Loose before December 7 and buy your tickets. The drawing will be held at the Loose Christmas Party at Spring Meadows. Tickets are \$1 each or six for \$5.

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 Meets the 1st and 3rd Thurs. of each month at 3 pm.

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.

GAMES

MONTHLY EUCHRE TOURNAMENT

Friday, January 21, 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

BRIDGE CLASS Wed., 2:30 pm

CHESS Wed., 12:30 pm

DOMINOES Wed., 12:30 pm

HAND AND FOOT

1st & 3rd Thurs. of each month, 5:30 pm

MAHJONG Tues., 4 pm

PINOCHLE Mon. & Wed., 12:30 pm

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

CARDS and 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, December 2, 11:45 am

"Blind Date" ('34) A young woman is torn between a wealthy suitor who wants her body and the honest young man who wants what's best for her. Ann Southern, Neil Hamilton, Mickey Rooney

Thursday, December 9, 12:30 pm

"A Yank at Eaton" ('42) An American playboy is sent to a British boarding school to learn discipline. Mickey Rooney, Edmund Gwenn

Thursday, December 16, 1:00 pm

"Andy Hardy's Double Life" ('42) A new college student lets romance get in the way of his studies. Lewis Stone, Mickey Rooney

Thursday, December 23, Merry Christmas!

JOIN US IN THE LOOSE HALL AT SHOWTIME.

HEALTHY LIVING

HEALTH BINGO

Wednesday, December 8, 10:30 am, FREE

Join Elizabeth Lorge from BrighStar Homecare as she, in a fun and clever way, educates us about managing our health. Health Bingo is a game that combines the education and facts of maintaining a healthy life with the fun of BINGO. It is never too late to pick up a good health habit and some simple, easy to remember tips!

WRITE YOUR LIFE STORY

Friday, December 10, 10 am

On Dec. 10, *bring in your special holiday story to share and enjoy our festive holiday gathering.*

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, December 13, 1 pm

Would you enjoy hearing a friend tell about the latest book they have read? It might be an adventure, biography or even a murder mystery. Bring a friend and come and share your experience.

LIFE LINE SCREENING

Friday, January 14, 9 am - 4:30 pm

Do your legs ache after walking a short distance? Have you suffered a broken bone in your hip or spine? Do you have high cholesterol or high blood pressure? Are you, or have you ever been, a smoker? Loose Senior Center is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive, painless health screenings. All you need do is **register for the Stroke, Vascular Disease and Heart Rhythm Package for \$139**. All four ultrasound screenings take 60-90 minutes to complete. Your Health is in Your Hands, so call 1-888-653-6441 for more information or to pre-register.

TOPS (*Take off Pounds Sensibly*)

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

HOSPICE VOLUNTEER TRAINING

Thursday, January 20 & 27, 10 am-1 pm

Grace Hospice is looking for caring, compassionate people who are willing to volunteer some of their time to the patients and families in their Hospice program. No medical background is required and support and training will be ongoing. The training will be here at Loose and details are available at Loose office. *"No act of kindness, no matter how small, is ever wasted."* Aesop

MATER OF BALANCE - FREE

Beginning January 13, Thursdays, 2-4 pm,

Class will meet on for 8 weeks, Tested tried and true this eight-session, small class setting is facilitated by caring, well trained volunteers and will change your life. Participants of this program learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance.

DIABETES REVIEW

Wednesday, January 12, 12:30 pm FREE

Do you have questions about managing your diabetes or using your glucose meter? Do you suffer from complications associated with diabetes or need to learn how to better manage your diabetes? This program is conducted by a certified diabetes educator and will cover topics to help you better manage your diabetes such as exercise, portion control, meal planning and more. Hosted by Great Lakes Medical Supply.

DIABETICS KEEPING YOUR FEET HEALTHY

Wednesday, January 26, 12:30 pm FREE

If you suffer from foot pain, burning feet and sore spots associated with diabetes, you may find this workshop very beneficial. Conducted by a certified podiatrist from Great Lakes Medical Supply, you will learn about proper diabetes foot care. After the lecture, you have the opportunity to be fitted for therapeutic shoes and custom insoles. Medicare and most insurances cover the cost of therapeutic shoes and custom insoles. **Every attendee will receive one FREE pair of diabetic socks.** Please call 735-9406 to save your spot.

KEEPING FIT

BODY RECALL *For both men and women!*

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

\$2.50 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, leave your name and contact information-phone number and/or email address with Loose Senior Center at 810.735.9406. 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).

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.

Wii BOWLING League begins 1/12/11

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 for a short time while the instructor tends to family.

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

Beginner - Wednesday, 6-7 pm

High Beginner - Wednesday, 7-8:30 pm

\$5 for one or both classes

TAI CHI

BEGINNER TAI CHI, 8:15 am

ADVANCED TAI CHI, 9:15 am

Tuesday & Thursday, \$5 per class

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 pm – 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

MEDICARE PART D OPEN ENROLLMENT

The open enrollment period is from November 15 through December 31 with changes made taking place on January 1, 2011. If you DO NOT wish to make any changes, do nothing. If you DO want to make changes or even if you are just interested in looking over your current plan, we will have MMAP counselors at the Center on **Thur., Dec. 2 from 9 am-4 pm.** Call 735-9406 for an appointment.

FREE VISION SERVICES

Thursday, December 9, 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, each 2nd Thursday of each month. Drop in or call for an appointment.

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 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, 11:15 am-12:15 pm

FREE HEARING CLINIC

December 17, 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.

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.

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.

MICROSOFT WORD

Wed. & Fri., Jan., 19, 21, 26, 28, Feb., 2, 4, 9

Cost \$60.00 (minimum 8)

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.

RED CROSS BLOOD DRIVE



Tuesday, December 28, 11 am - 4:45 pm

Everyone is searching for that perfect gift that doesn't break the bank. But what if you forget the sales and choose to save a life instead? Donating blood or platelets through the American Red Cross can help save lives, and the only cost is an hour or two of your time. If just 10 percent of Americans give blood this holiday season, more than 34 million lives might be saved. To give the perfect gift, visit the Loose Center on Dec. 28. The need is constant. The gratification is instant. Those 17 and older are eligible to give blood.

SENIOR WINTER GAMES February 7-23

Registration forms will be available at the senior center on Dec. 7th and all forms must be completed and returned to the senior center by Jan. 14. More information coming in the January newsletter.

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.)

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.

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 December, Nathan will be here on December 2 and 16. 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.

LOOSE MEMBER PRIVILEGES

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.

FREE LENDING LIBRARY The library is located in the Activity Center. Come and browse and take a book with you. On request, Loose has an Audio Version of the Bible for the blind or the visually impaired. Inquire at the Loose office.

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.

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.

"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.

FUNDRAISING

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.

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.

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.

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

Please help us keep our files up-to-date. Contact us with your emergency contact information. Call 735-9406 or email lsc@charterinternet.com.

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

CHRISTMAS SING-ALONG

Thursday, December 16, 6 pm

Join the Loose Music Makers for an evening of singing, laughter, holiday treats and good fun. We will be showcasing our new player piano. Don't forget to bring the family!

LIFELONG LEARNING FOR SENIORS

\$13 (includes transportation - depart 8:30 am)

Must sign up by Tuesday prior to the event.

An opportunity offered by Mott Community College. Great speakers who will inspire and refresh, along with refreshments and door prizes.

Dec. 10 Jeannette Lake, American Red Cross,
Sherman Mitchell: "Mr. Jazz"

Jan. 14 Bill Harris fro WJRT - ABC-TV Evening Anchor

THE HOLIDAY POPS

Sun., Dec. 19, 3 pm, \$17 (includes transportation)

Transportation leaves Loose at 1:30 pm

Celebrate the holiday by sharing this warm and joyful musical event with your family. Ring in the season with your favorite carols performed by the Flint Symphony Orchestra and conductor Enrique Diemecke, the Flint Festival Chorus and other community ensembles. Hosted by ABC12's Bill Harris and Angie Hendershot.

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.

Nov. 10 Riches, Rivals and Radicals

Nov. 17 George Eastman House: Picture Perfect

Nov. 24 Pennsylvania Academy of the Fine Arts:
Art Gets a Start in America

FLINT INSTITUTE OF MUSIC

Free Concerts \$3 for 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.

Friday, January 14, 7 pm

Joseph Deller, Violin

Friday, February 18, 7 pm

Jeff Price Jazz Group

"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.

COLIN MOCHRIE & BRAD SHERWOOD

Saturday, January 22, 2011 at 8pm, \$43

Bus Leaves Loose at 6:30 pm

Colin Mochrie and Brad Sherwood, stars of the Emmy nominated WHOSE LINE IS IT ANYWAY? have teamed up to present an evening of extraordinary improvisational comedy.

GREASE

Thursday, February 3, 2011 at 8pm, \$55

Bus Leaves Loose at 6:30 pm

Time Magazine's 2007 pick for "#1 musical of the year," is rockin' across the country in this new production direct from Broadway.

AN EVENING OF ROMANCE W/JIM BRICKMAN

Friday, February 11, 2011 at 8pm, \$41

Bus Leaves Loose at 6:30 pm

CIRQUE SHANGHAI: BAI XI

Sunday, February 27, 2011 at 2 pm, \$41

Bus Leaves Loose at 12:30 pm

It's a show packed with seemingly limitless skills and countless feats. Daring and beautiful, this breathtaking show is fun for all ages.

VERTIGO THEATRICALS

Downtown Flint's Premiere Dinner Theatre

"God's Favorite" by Neil Simon

Friday, January 28 - \$35 dinner, show & transportation.
Leave Loose at 6 pm, dinner at 7 pm, show at 8 pm.

"Apartment 3A" by Jeff Daniels

Friday, February 25 - \$25 show & transportation.
Leave Loose at 7 pm, show at 8 pm.

"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!

FLINT SYMPHONY ORCHESTRA

SEASON TICKETS Loose has the best deal in town for those who would like to purchase season tickets to the 2010-2011, call for information.

UPCOMING TRIPS

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

December 1	Bavarian Inn Bob Hope Dinner Show	\$45
December 10	Greenfield Village Holiday Nights	\$60
December 13	Soaring Eagle Casino and Brenda Lee (<i>Christmas Show</i>)	\$30
December 19	Holiday Pops	\$17
January 6	"Diana A Celebration", Grand Rapids Art Museum	\$65
January 11	Motor City Casino	\$22
January 14	FIM Free Concert, Joseph Eller, Violin	\$3
January 22	Colin Mochrie and Brad Sherwood	\$43
January 25	Loose Senior Center Murder Mystery Dinner	\$12
January 28	Vertigo Dinner Theater, "God's Favorite"	\$35
January 31	Soaring Eagle Casino(\$35 incentive)	\$30
February 3	"Grease"	\$55
February 11	"An Evening of Romance with Jim Brickman"	\$41
February 14	Caesars Windsor	\$13
February 18	Jeff Price, Jazz Group	\$3
February 25	Vertigo Theater, "Apartment 3A" (show only)	\$25
February 27	"Cirque Shanghai:Bai XI"	\$41
March 2	FireKeepers Casino	\$30
March 17	Windsor Raceway	\$7
March 23	Butterflies - Gardens - Museums	\$68
March 25	Vertigo dinner Theater, "Mid Life! The Crisis Musical"	\$35
April 2	River North Chicago Dance Company	\$24
April 10	"The Color Purple"	\$55
April 18-19	Mountaineer Casino Resort	\$129
April 24-27	Cherry Blossom Washington DC tour	\$415
May 16 - 21 2011	Canada's Great Cities Montreal & Quebec City	\$1269
May 17	Shipshewana	\$77
June 9	Michigan Princess	\$69
June 17 - 22	New York City	\$999
July 22-31	Oregon Coast and Pacific Northwest	\$2899
August 9	Appledore Tall Ship	\$80
October 5-6	Fall Color Tour to Petoskey	\$115

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.

Reminder — All payments must be made at the Loose Center prior to the trip leaving. Payments will no longer be collected at the bus. Thank you! 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.

December 2010

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: center;">OFFICE HOURS M, W, TH, F, 8:30 am - 4 pm TU, 8:30 am - 5:30 pm</p> <p style="text-align: center;">PHONE 810.735.9406</p> <p style="text-align: center;">FAX 810.735.4255</p> <p style="text-align: center;">EMAIL lsc@looseseniorcenter.org</p> <p style="text-align: center;">ON THE WEB AT looseseniorcenter.org</p> <p style="text-align: center;">STAFF Marjorie Hodges, <i>Executive Director</i> Debbie Hancock, <i>Executive Assistant</i> Melinda Elmore-Hajek, <i>Program Coordinator</i> Cheryl Rex, <i>Receptionist</i> Mike Ford, <i>Maintenance</i></p>		<p style="text-align: right;">1</p> <p>9:00 Bridge 9:30 Yoga 10:00 Consumer Fraud 10:00 Pool & Darts 11:15 Art a la Carte at FIA 11:30 Lunch Roasted Chicken 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 12:30 Frankenmuth Bob Hope 2:30 Cross Stitch 2:30 Bridge Class 6:00 Beginner Line Dance 7:00 High Beg. Line Dance</p>	<p style="text-align: right;">2</p> <p>8:15 Beginner Tai Chi 8:30 Honoring our Heroes 9:00 Medicare Open Enr. 9:15 Tai Chi 10:00 AmVets 10:00 Cards and More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Chili 11:45 Classics "Blind Date" 12:30 Euchre 12:30 Pool & Darts 3:00 Kazoo Band 4:00 Zumba 5:00 Beach Ball Volleyball 5:30 Hand & Foot</p>	<p style="text-align: right;">3</p> <p>9:00 MMAP Counselor 10:00 Crochet/Knitting 10:00 Board Games 11:30 Lunch Stuffed Peppers 1:00 Lapghans 1:00 Appliqué</p>
<p style="text-align: right;">6</p> <p>8:30 Zumba 9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 10:00 Pool & Darts 11:30 Lunch Meatloaf 12:15 Silver Screen Classics 12:30 Pinochle 12:30 Clogging 3:00 Choir 5:00 Volleyball 6:00 TOPS Weigh-in</p>	<p style="text-align: right;">7</p> <p>8:15 Beginner Tai Chi 9:15 Tai Chi 10:00 Loose Threads 10:00 Blood Pressure 10:30 Body Recall 11:30 Lunch Chicken 12:00 Beginner Line Dance 12:00 Spring Meadows Christmas Luncheon 12:30 Euchre 12:30 Pool & Darts 1:00 Line Dance 3:30 Jam Session 4:00 Mahjong</p>	<p style="text-align: right;">8</p> <p>9:00 Bridge 9:00 Blood Pressure & Glucose 9:00 Coffee Hour 9:30 Yoga 10:00 Pool & Darts 10:30 Health Bingo 11:15 Art a la Carte at FIA 11:30 Lunch Potatoes w/Turkey 12:00 Wood Carving 12:30 Pinochle/Dominoes/Chess 2:30 Cross Stitch 2:30 Bridge Class 3:15 Coupon Club 6:00 Beginner Line Dance 7:00 High Beg. Line Dance</p>	<p style="text-align: right;">9</p> <p>8:00 Board Meeting 8:15 Beginner Tai Chi 9:15 Tai Chi 10:00 Vision Clinic 10:00 Cards and More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Baked Chicken 12:30 Euchre 12:30 Pool & Darts 12:30 Classics "A Yank at Eaton" 4:00 Zumba 5:00 Beach Ball Volleyball</p>	<p style="text-align: right;">10</p> <p>8:30 Lifelong Learning 9:00 MMAP Counselor 10:00 Crochet/Knitting 10:00 Write Life Story 10:00 Board Games 11:30 Lunch Mac & Cheese 1:00 Lapghans 4:45 Greenfield Village 5:00 Potluck</p> <p>Saturday December 11 9:00 Yoga 10:00 Euchre 10:15 Zumba</p>

<p style="text-align: right;">13</p> <p>8:30 Zumba 9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 10:00 Pool & Darts 10:30 Soaring Eagle Trip 11:30 Lunch Chicken ala King 12:00 Anyone Can Paint 12:15 Silver Screen Classics 12:30 Clogging 12:30 Pinochle 1:00 Book Club 3:00 Choir 5:00 Beach Ball Volleyball 6:00 TOPS Weigh-in</p>	<p style="text-align: right;">14</p> <p>8:15 Beginner Tai Chi 9:15 Tai Chi 10:00 Loose Threads 9:00 CSFP/TEFAP 10:30 Body Recall 11:30 Lunch Beef Pattie 12:00 Beginner Line Dance 12:30 Euchre 12:30 Pool & Darts 1:00 Line Dance 3:30 Jam Session 4:00 Mahjong</p>	<p style="text-align: right;">15</p> <p>9:00 Bridge 9:30 Yoga 9:30 Legal Services 10:00 Pool & Darts 11:15 Art a la Carte at FIA 11:30 Lunch Turkey Soup 12:00 Woodcarving 12:30 Pinochle/Dominoes/Chess 12:30 High Tea & Cookies 2:30 Cross Stitch 2:30 Bridge Class 6:00 Beginner Line Dance 7:00 High Beg. Line Dance</p>	<p style="text-align: right;">16</p> <p>8:15 Beginner Tai Chi 9:15 Tai Chi 10:00 AMVETS 10:00 Cards and More 10:30 Body Recall 11:15 Farmers' Market Trip 11:30 Lunch Chicken Lasagna 1:00 Classics "Andy Hardy" 12:30 Euchre 12:30 Pool & Darts 4:00 No Zumba 5:30 Hand & Foot 6:00 Christmas Sing-Along</p>	<p style="text-align: right;">17</p> <p>9:00 MMAP Counselor 10:00 Crochet/Knitting 10:00 Board Games 10:00 Hearing Clinic 11:30 Lunch Baked Fish 1:00 Lapghans 4:00 Zumba</p> <p>Saturday December 18 9:00 Yoga 10:00 Euchre 10:15 Zumba</p> <p>Sunday December 19 1:30 Holiday Pops</p>
<p style="text-align: right;">20</p> <p>8:30 Zumba 9:00 Massage 9:00 Bridge 9:30 Yoga 10:00 Painting 10:00 Pool & Darts 10:00 Shuffleboard 11:30 Lunch Ck & Dumplings 12:15 Silver Screen Classics 12:30 Pinochle 12:30 Greeting Card Class 5:00 Beach Ball Volleyball 6:00 TOPS Weigh-in</p>	<p style="text-align: right;">21</p> <p>8:15 Beginner Tai Chi 9:15 Tai Chi 10:00 Loose Threads 10:30 Body Recall 11:30 Lunch Xmas Dinner 12:00 Beginner Line Dance 12:30 Euchre 12:30 Pool & Darts 1:00 Line Dance 1:00 Scrapbooking 3:30 Jam Session 4:00 Mahjong</p>	<p style="text-align: right;">22</p> <p>9:00 Bridge 9:30 Yoga 10:00 Pool & Darts 11:15 Art a la Carte at FIA 11:30 Lunch Bean & Turkey Soup 12:00 Woodcarving 12:30 Pinochle/Dominoes/Chess 2:30 Bridge Class 2:30 Cross Stitch 6:00 Beginner Line Dance 7:00 High Beg. Line Dance</p>	<p style="text-align: right;">23</p>	<p style="text-align: right;">24</p>
<p style="text-align: right;">27</p> <p>9:00 Bridge 9:30 Yoga 11:30 Lunch Beef Pasties 12:30 Pinochle 5:00 Beach Ball Volleyball</p>	<p style="text-align: right;">28</p> <p>11:30 Lunch Turkey Ham 12:30 Euchre</p> <p style="text-align: center;">  American RedCross BLOOD DRIVE 11 am – 4:45 pm </p>	<p style="text-align: right;">29</p> <p>9:00 Bridge 9:30 Yoga 11:30 Lunch Beef Stew 12:30 Pinochle/Dominoes/Chess</p>	<p style="text-align: right;">31</p> <div style="text-align: center;">  <p>Happy Holidays</p> <p>The Loose Senior Center will be closed December 23, 24, 25 in honor of Christmas and December 30 & 31 in honor the New Year's Eve.</p> <p>HAPPY HOLIDAY'S FROM THE LOOSE STAFF. <i>Marjie, Debbie, Melinda, Cheryl, Mike and Bill.</i></p> </div>	

The Loose office is open for business from 10 am - 3 pm.

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

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THANK YOU! THANK YOU!

A salute to these special members and friends
who have supported our Annual Fundraising Campaign.

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Bruce and Ruth Baird
Phyllis Balmer
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Carol Voller
Patricia Wendell
Charles and Gertrude Westerfield
Shirley Wilcox
Norma Jean Wilke
Garda Wright

All gifts are greatly appreciated! If you did not see your name this month we have more friends to thank next month!