

The LSCC mission is to provide and coordinate responsive programs and services, which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region.

### **ADDRESS**

707 N. Bridge Street  
Linden, MI 48451

### **SUMMER OFFICE HOURS**

M, T, Th 9 a.m. to 4 p.m.  
Wednesday 9 a.m. to 7:30 p.m.  
Friday 9a.m. to 12:00 p.m.

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

### **BOARD OF DIRECTORS**

Carl Gabrielson, President  
Ron Wagner, Vice-President  
Alberta Martin, Secretary  
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### **STAFF**

#### **Executive Director**

Marjorie Hodges

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Cheryl Rex

#### **Maintenance**

John Gordon

Dear Friends:

We have a great opportunity before us!! The Genesee County Commission on Aging was successful in their efforts to get a Genesee County Seniors Services Millage question on the August 8, 2006 ballot.

### **What does this mean for our Senior Center, seniors, families, caregivers and the entire community?**

- It means that our Center and others in Genesee County will have much needed operational dollars to stay open.
- It means that critical services and programs will continue.
- It means that senior service agencies and senior centers will continue to offer educational, health awareness programs, social services and referrals that enable our seniors to be independent and live in their own homes with dignity.
- It means that help will be available to families and caregivers through a network of agencies that can help those caring for older adults.

### **Why is there such a great need?**

- The State of Michigan eliminated aid to senior centers in the 2006 budget
- The Federal budget proposes to: terminate meals on wheels, the commodity supplemental food program, cut the section 202 housing for the elderly, cut Medicare and Medicaid for the elderly, terminate preventative health services, terminate Alzheimer demonstration grants, and terminate the community services block grant program.

### **Why is a senior millage necessary in Genesee County?**

- Genesee County residents are aging, and their needs are dramatically increasing!
- Government revenue is rapidly decreasing, and private funding is diminishing at an alarming rate.
- Senior citizens and their families need to be able to depend on the availability of programs and services to help their elderly loved ones remain healthy, safe, and independent in their own homes.

Supporting the Seniors Services Millage will allow the Loose Center to meet its goals and mission 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.

If you would like to volunteer to help with the millage, please call the office at 735-9406

Warm regards,

Marjorie Hodges  
Executive Director

## JULY SPECIAL EVENTS

### Introduction to the Loose Center Website Thursday, July 6

#### Refreshments will be served

Come and see the page that will make the center accessible to the community and the world wide web



### TRAVEL SHOW Wednesday, July 19 1:00 p.m.

Join us for the latest information on the Loose Travel Program for the 2006-2007 travel season. Come and see what we have to offer!  
RSVP by July 17

### SURVIVING HARD TIMES SEMINAR FOLLOWING COFFEE HOUR Wednesday, July 12, at 10:30 a.m.

Retirement sounds like a fine idea, but can you AND your money survive to get there TOGETHER? Join us as we discuss managing your cash flow and assets in today's difficult times. Hosted by Horizon Financial Services.

**"OUT TO LUNCH BUNCH"** The Out to Lunch Bunch will take a break for July and August and will resume again in September.

### BIRTHDAY BASH

Thursday, July 20, 12:30 p.m.-2:30 p.m.

Join us for a birthday celebration for all Loose members!



**Cake and Ice Cream!**

**Free gifts and a special drawing!**

It's an open house, so come and drop in anytime!

All members welcome.

### TOUR THE APPLEWOOD GARDENS AT THE C.S. MOTT ESTATE

Thursday, July 27

Bus leaves at 9:30 am

Bus returns at 12:30 pm

Cost is \$2.00 for Your Ride



We have room for 14 people on the golf cart tour and 14 people on the walking tour. Please call and specify which tour you desire. If the weather is warm, please bring a water bottle. Make your reservation and pay by Friday, July 21st.

## UPCOMING EVENTS

### Picnic on the Deck

Tuesday, August 8th at 11:30 a.m.

Cost: \$5.50

Join us for hamburgers, hotdogs, chips, salad, drinks & dessert

Shuffleboard & Horseshoes after lunch.

Please RSVP and pay by Wed. Aug 2nd



**AARP 55 ALIVE SAFE DRIVING CLASS** Two day class on August 16 and 17 from Noon-4:00 p.m. Cost is \$10 per person. Learn defensive driving techniques and new traffic laws and rules of the road. Get a certificate when you complete the course for a POSSIBLE reduction in car insurance rates. Reserve your space by August 9.

**PEN PAL PIZZA PARTY** Wednesday, August 23, 2006 at 5:30 p.m. Intergenerational Pen Pal participants, come and see the child you have been writing to all summer

**SALUTE TO SENIORS 2006** Wednesday, September 6. Enjoy a day at Crossroads Village, featuring "The Ink Spots", includes lunch, dinner and various other events such as the Flint Banjo Club, Flag City Cloggers, a train ride, arts and crafts, gift shops and more. Leave LSCC parking lot at 10:30 a.m. and return approximately 7:45 p.m. Cost per person is based on age, 65 or older \$42, under 65 \$45.

### Pig Roast & Potluck

Saturday, September 9, 2006

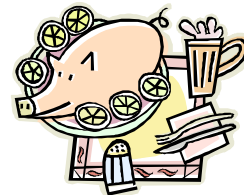
At 5:00 p.m.

\$7.50 per person

Bring an appetizer or dessert to share.

**Meal includes:** Roast Pig, potato salad, tossed salad, baked beans, rolls, lemonade, iced tea.

Please RSVP by Thursday, July 31



**FALL FANTASY DINNER DANCE** at the Davison-Richfield Senior Center, Sponsored by the Senior Directors Association. Tuesday, September 19 doors open at 5:30 p.m., Dinner at 6:00 p.m. Tickets are \$12 and may be purchased in the Center office. Alcohol and Smoke Free Environment with Music by Jim & Betty Hedrich

## ARTS AND CRAFTS

**LOOSE THREADS** Tuesdays, 10 a.m. to 2 p.m., hand or machine stitching, quilting, knitting and crocheting. Call Anna Morey at (810) 735-7996.

**CRAFT CLASSES** Offered throughout the year such as: ceramics, jewelry, rubber stamping, scrap booking, wreath making and paper making. If you have ideas and would like to teach a class, let us know.

**PAINTING GROUP** Mondays, 10 a.m. to 2 p.m. Beginners to advanced are welcome.

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

## GAMES AND RECREATION

**BINGO** (non-smoking) Thursdays, 6:30 p.m. doors open at 5 p.m. Adults 18+ may participate. Contact Evelyn, at (810) 735-4022 for information or volunteer opportunities. License #A20958.

**EUCHRE/BRIDGE/SCRABBLE** Tuesdays and Thursdays, 12 p.m.

**HAND & FOOT** Tuesdays and Thursdays, 12 p.m. and 2<sup>nd</sup> Wednesday of each month at 4 p.m.

**LIBRARY/JIGSAW PUZZLES AND PUZZLE STATION** Browse through our library and puzzle selection; take them out on loan or work our puzzle at the puzzle station.

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

**POCKET POOL** Wednesdays and Fridays, 1 to 3 p.m.

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

### SHUFFLEBOARD/HORSESHOES NEED PLAYERS!

Mondays and Wednesdays 10:00 a.m.-12:00 p.m.  
Tuesdays and Thursdays 12:00-2:00 p.m. The courts are available mornings and afternoons, call for other available times. Also, if you know the rules and would like to lead a group, let us know. Interested, call us.



## ONGOING ACTIVITIES

**BEAUTIFICATION COMMITTEE** Fridays, 10 a.m., spring/summer, other times also available. Give us a call; we need your help!

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

**CSFP COOKING SEMINAR** (Free) 2<sup>nd</sup> Tuesday, 10:30 a.m. May Mong, from Michigan State University Extension, will teach individuals how to use canned food, offer recipes and talk about nutrition. Members are welcome to attend.

**GOLF AT SHIAWASSEE SHORES** (LSCC members only) Enjoy this 9-hole golf course for only \$5 each time you play; call LSCC office for more information.

### WRITE YOUR LIFE STORY IS BACK!

The first and third Friday of every month  
10:00 a.m.-11:30 a.m.



Marian Wright will lead this group

This program is designed to give seniors an opportunity to learn how to write their life stories through helpful guidelines and class discussion. Seniors who don't wish to write are encouraged to orally share their stories. Come and join this great group!

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

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

**Arts and Crafts** 2<sup>nd</sup> Friday, 12:30 to 2:30 p.m.  
Cost: \$2.00; RSVP by July 12

**Health Clinic** 1<sup>st</sup> and 3<sup>rd</sup> Friday 9:00 to 10:30 a.m.

### Senior Friday Lunch Menu **\$3.00**

RSVP by Wednesday each week.

<b>July 7</b>	<b>Spaghetti, Bread, Salad &amp; Dessert</b>
<b>July 14</b>	<b>Mexican Fixins &amp; Dessert</b>
<b>July 21</b>	<b>Sloppy Joes, Pickles, Salad &amp; Dessert</b>
<b>July 28</b>	<b>Pizza, Salad, Bread, Cake &amp; Ice Cream</b> (Birthday celebrants eat for free)

## EXERCISE

**DANCE CLASSES** Wednesdays, 6 to 7 p.m., instructor Terri Sweet will teach a six-week course. Cost is \$36.00 and pre-registration required!

**This class will break for the summer and resume September 13.**

**LINE DANCE** Tuesdays, 1 to 2:30 p.m. at LSCC and Fridays, 2 p.m. at Fenton Community Center. No fee is required; however, donations are accepted.

**TAP DANCING** Wednesdays, 10 to 11 a.m. Instructor Norma Jean Wilke teaches intermediate tap dancing. Cost is \$3.00 per session. **This class will take a break beginning in May and resume in the Fall.**

**INDOOR WALKING HOURS** Check calendar as times and schedule are subject to change due to special events.

Monday and Thursday	9-10 a.m.
Tuesday	9:30-10:30 a.m.
Wednesday	2:30-3:30 p.m.

**SENIORCISE AT McLAREN SPORTS MEDICINE** Mondays and Wednesdays, 1:30 to 3 p.m. Increase muscular endurance and range of motion. Classes are ongoing and you may register anytime. Cost is \$26 for 8 sessions; payable to LSCC. This class is on a break while the McLaren Sports Medicine building is being remodeled. check back here for updated class information.

## TAI CHI CH'UAN

### NEW DAY, NEW TIME

Tuesdays and Thursdays  
9:00 to 10:00 a.m.

Cost is \$30 per month  
Join instructor Doug Taylor for this non-violent Yang style of Martial Arts. This doctor-recommended form of exercise and stretching has many health benefits: increased flexibility, lowered cholesterol, retards Alzheimer's and improves blood flow. It is a great non-impact cardiovascular exercise that improves focus, concentration, invigorates the brain, lowers blood sugar and helps eliminate stress.  
Begins September 12th



### STRETCHING FOR SENIORS

Tuesdays and Thursdays, 10:45 to 11:45 a.m. Cost is \$2.50 per session or pre-pay for one low price. Have fun and get loose! Exercises are geared toward regenerating strength, movement and increasing range of motion. Everyone can benefit from this type of chair exercise.

## FUNDRAISING

**SPARTAN STORES** will donate \$20/1000 UPC labels.

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

## HEALTH SERVICES

**FREE HEALTH CLINIC AT LSCC** 2<sup>nd</sup> Tuesday every other month from 10:30 to 11:30 a.m.; sponsored by Avalon Hospice. Free glucose testing and blood pressure checks, sponsored by the Argentine Care Center, will be available. The next clinics will be held in July, September and November. No appointment necessary.

**FREE HEALTH CLINIC AT FCC** 1<sup>st</sup> and 3<sup>rd</sup> Friday every month from 9 to 11 a.m.; sponsored by Avalon Hospice. Free glucose testing and blood pressure checks will be available. No appointment necessary.

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

**MASSAGE THERAPY** 4<sup>th</sup> Monday, 9 a.m. to 12 p.m. The cost is \$10 for a 15 minute session.

**MEDICAL EQUIPMENT AVAILABLE ON LOAN** (Free) crutches, walkers, canes and wheelchairs are available. Contact Nancy Stockham at (810) 629-2384 or Linda Lewis at (810) 735-5755.

**PODIATRIST** Dr. Richard Behnan, will hold his next clinic **on Tuesday, August 15, from 10 a.m. until noon by appointment only.** Services include toenail trimming, corn and callous removal. Billing will be made to Medicare. If you have an HMO, bring a letter of referral from your primary care physician. Call to schedule an appointment.

## **ASSISTANCE PROGRAMS**

### **COMMODITIES SUPPLEMENTAL FOOD PROGRAM**

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

**HOME HEATING EMERGENCY** 1-800-292-5650

### **KEEPING INDEPENDENT SENIORS SAFE PROGRAM**

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

**MEALS ON WHEELS** (810) 235-3567

### **MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE PROGRAM**

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

**VALLEY AREA AGENCY ON AGING** (810) 239-7671  
Senior Assistance Programs for persons age 60+. Brochures available in the LSCC office.

**MICAFE PROGRAM AT LSCC** is offered for anyone age 60+ and a resident of Genesee County, with limited income. This program offers financial assistance, guidance and budgeting for meals; call the Center to make an appointment.

## **MENTORING PROGRAMS**

### **MENTOR ELEMENTARY SCHOOL CHILDREN**

Members are needed to help children improve their reading and writing skills. For more information about this program, call the Center.

### **INTERGENERATIONAL PEN PAL PROGRAM**

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

## **SUPPORT GROUP**

### **ALZHEIMER'S ASSOCIATION SUPPORT GROUP AT**

**LSCC** 1st and 3<sup>rd</sup> Wednesday, 6:00 p.m. Do you know anyone who has Alzheimer's? Are you a care-giver, family member or friend of someone who has memory loss? Please attend.

## **TRANSPORTATION**

### **MASS TRANSPORTATION AUTHORITY** (MTA)

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

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

## **EXTRAS**

**FREE FLINT JOURNALS** Monday through Friday - courtesy of WFNT 1470.

**FREE LHS SPORTS PASSES** (Linden High School) are available in the office.

### **LINDEN SUBWAY CARD FOR LSCC MEMBERS ONLY**

Subway offers a punch card (4 punches per card). You will receive a 6" Subway sandwich, small drink and chips for \$3.50 (limit one punch per week).

**LSCC BOX OFFICE FOR FVP** (Fenton Village Players)  
You may purchase tickets at the Center for any FVP plays. For information call the FVP office at (810) 735-6776.

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

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

**TOPS** (Take off Pounds Sensibly) Mondays, 6:00 p.m., please contact Maxine at (810) 735-5526.

## FUNDING

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

## GIFTS

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

## VOLUNTEER OPPORTUNITIES

Bingo workers age 18 or older needed to work once a month on Thursday evenings. Call the Center for information.

## COUPONS

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

**Two \$5 Gift Certificates to  
Buffalo Wild Wings**

**Must present coupon to  
receive the free tickets**

## NEW MEMBERS

Aubrey DuBois  
Billy DuBois  
James Fowkes  
Phyllis Hennessy  
Gale Lake  
Kathleen Williams

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

### Valuable Is the Work You Do

Valuable is the work you do.

Outstanding is how you always come through.

Loyal, sincere and full of good cheer,  
Untiring in your efforts throughout the year....

Notable are the contributions you make.

Trustworthy in every project you take.

Eager to reach your every goal.

Effective in the way you fulfill your role.

Ready with a smile like a shining star,  
Special and wonderful—that's what you are.

-Anonymous

**We value our Loose Volunteers!  
You Are The Best!!**

# New! New! New! "Crafts with Liz"

## Useful, Practical and Giftable

Evenings: Tuesday 4:00-5:30  
or  
Tuesday 6:30-8:00

Three Dates: September 19th  
October 3rd  
October 17th

A variety of crafts, sewing, and non-sewing projects. Projects will be demonstrated with printed directions available. Materials and supplies may be purchased through the instructor.



### Projects:

Glass Block  
Night Light

Towel Turban

# VOTE For Seniors August 8



## Senior Services Millage #5 of the millage ballots

**A senior citizen millage will provide quality services for seniors in Genesee County.**

**Meal Program:** Over 100,000 meals served in Genesee County at 15 area senior centers. Over 280,000 meals delivered to home-bound seniors.

**In Home Services:** Assistance to seniors of Genesee County with homemaking and personal care, Care/case management, and respite care services for their family caregivers.

**Health Education & Social Programs:** Adding quality and meaning to the lives of seniors in Genesee County.

**Volunteer Programs:** Funding support to RSVP, Foster Grandparents, and Senior Companion Program; stretching resources through volunteerism.

**Senior Centers:** Support the operations of area senior centers which are the community focal points for aging services.

## Did You Know.....

**The Baby Boomers are here!** There is a new senior citizen every 7 1/2 seconds.

**Family Members** We spend more years caring for our parent when they get older than we care for our children when they are young.

**Grandchildren** Over 5,050 grandparents are the sole caregiver for their grandchildren

**Basic Living Needs** Over 1,100 older adults in Genesee County are on waiting lists for basic in home care such as food, baths, and chore services.

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



**LOOSE SENIOR CITIZEN CENTER MEMBERSHIP APPLICATION**

(Please Print)

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

SPOUSE'S NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT. #/P.O. BOX \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

Membership fees for 2006 are:  
\$25 single, \$45 couple, or \$200 corporate  
And are due to the center by July 1, 2006.  
Scholarships available for low income seniors

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

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

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



**SALUTE TO SENIORS 2006** Wednesday, September 6. Enjoy a day at Crossroads Village, featuring "The Ink Spots", includes lunch, dinner and various other events such as the Flint Banjo Club, Flag City Cloggers, a train ride, arts and crafts, gift shops and more. Leave LSCC parking lot at 10:30 a.m. and return approximately 7:45 p.m. Cost per person is based on age, 65 or older \$42, under 65 \$45.

*Help us! We need your VG and Alpine receipts and Spartan labels.  
It's a great fundraiser for the Center!*

## **LSCC SERVICES**

***Check inside to see what else we offer!!***

Arts & Crafts/Painting  
Bingo Thursday evenings (Non-Smoking)  
Breakfast Club/Out to Lunch Bunch/Coffee Hour  
Bridge/Bunco/Euchre/Hand & Foot/Pinochle  
"Cards & More"  
Exercise Classes  
Computer Classes  
Health Services  
Indoor Walking Program  
Intergenerational/Mentoring Programs  
Library/Games/Puzzles  
Pocket Pool/Table Tennis  
Potluck Lunches/Dinners  
Special Events

Seminars  
Senior Friday at FCC  
Sewing/Woodcarving Group  
Volunteer Opportunities

### **Assistance Programs:**

Food Assistance/Food Stamp Program  
Legal Services  
Medicare/Medicaid Counselor  
Tax Assistance (February-April)  
Transportation through "Your Ride"