

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

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

BOARD OF DIRECTORS

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Ron Wagner, Vice-President
Alberta Martin, Secretary
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Debbie Hancock

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Maintenance

John Gordon

Find us on the Web!

www.looseseniorcenter.org

Dear Friends:

Fall is finally here! That means new programs and activities at the Center. I would like to invite you to attend the next Coffee Hour on Wednesday, October 11th at 9:30 a.m. in the Activity Center. This is a great opportunity for singles and couples to relax and enjoy a cup of coffee and a donut while you chat with new members and other Loose friends. Afterward, you may want to attend a special seminar called "Picking up the Pieces" or visit the office to sign up for a trip or a special event.

The senior population in our community is growing rapidly and our organization is committed to addressing your diverse interests and needs. You will find we offer a broad range of high quality programs and services that are entertaining, informative and meaningful within a comfortable friendly, fun and welcoming environment.

Our Center continues to be a trusted, reliable source for information and referrals. We have resources available to assist you in finding answers to questions about in-home care, visiting physicians and nurses, hospice, support groups, disability services, emergency needs and much more. We maintain a current "Housing Book" that includes information from many housing agencies in our area and throughout the county. Feel free to stop by and browse through this book and ask questions.

Enhancing our current program schedule with new classes and new times including evening and some weekends has been a goal for this fall. Activities such as: Saturday night dances, evening craft classes, landscape painting, beach ball volleyball, reader's theatre, book club and square dancing fall within these goals to provide you with 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.

Cheryl, our receptionist, Debbie, my assistant, and I look forward to meeting you, answering questions and helping you find activities that meet your needs. Stop in and see us!!

Warm regards,

Marjorie Hodges
Executive Director

OCTOBER SPECIAL EVENTS

Annual Health Fair

Flu Shots & Health Information

Friday, October 27

9:00 a.m.-2:00 p.m.

Visiting Nurse Services of Michigan

A McLaren Health Service

Flu Shots \$28 Pneumonia Shots \$40

(Insurances accepted: Medicare B, HealthPlus, Health Alliance Plan, PHP)

**Visit our Vendors!!
Information! Drawings!**



Alzheimer's Association, Greater Michigan

Avalon Hospice

Caretel Inns

Comfort Keepers

Compassionate Care Services, Inc.

Donna Roberts: Massage Therapy

Elder Law of Michigan, Inc.

Family Home Health Services

Fenton Extended Care

Genesee County Health Department

Genesys Home Health & Hospice, Inc.

Heartland Home Health Care & Hospice

John Egloff: MMAP Counselor

Right at Home: In home care

"Stretching for Seniors": Exercise Class

Vial of Life

YWCA of Greater Flint

"Crafts with Liz"

Evenings: Tuesday 4:00-5:30

or

Tuesday 6:30-8:00

Three Dates: October 3rd

October 17th



Materials and supplies may be purchased through the instructor. Choose your date and time and sign up in the Loose Office.

Readers Theatre begins Wednesday, October 4 from 6:30-7:30 p.m. for an 8 week session. Using the speaking voice as a tool for dramatic expression, students will discover the magic of Reader's Theatre.

Cost is \$2.00 per evening. Sign up in the Loose office by September 29.

**Square Dance
Begins Wednesday, October 4**

3:30 p.m.-5:00 p.m.

10 week session

\$50.00 per couple



Evening Landscape Painting Class

with award winning artist, Steve Wood.

Begins Wed., Oct. 11 from 6-7:30 p.m.

Second Wednesday of the month.

Cost is \$20 per session, includes supplies

Adult CPR and Basic First Aid Certification

Meet on three dates and get certification sponsored by the American Red Cross. This is open to all seniors, caregivers and family members. Meet at the Loose Senior Center.

Dates: October 18, October 25 and November 1

Time: 6:00-8:00 p.m.

Cost: \$55.00

Sign up in the Loose office by Friday, October 13

**NEW! Catered Dinner Night at the Loose Center
Thursday, October 19 at 5:00.**

Featuring Italian Fare and Entertainment. Cost is \$6.50. Need a minimum of 20 people for this event. Sign up in the Center office by Thursday, October 12.

"Out to Lunch Bunch"

Thompson Creek Turkey Farm 2160 W. Hill Rd.

Wednesday, October 25 at 11:00 a.m. Cost: \$7.99

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

Call or sign up at the Loose office

For those who choose not to drive separate, a carpool will leave Loose parking lot at 10:20 a.m.

Loose Halloween Party

Come in costume to our Halloween Party and enjoy a pizza luncheon, accordion entertainment by Fred Sieradski, and card bingo.

Monday, October 30 at 12:00 noon.

Cost is \$6.00. Sign up at the Loose office by Thursday, October 26.



October Seminars:

Picking up the Pieces

For surviving spouses trying to "pick up the pieces" and begin again

Wednesday, October 11 at 10:30 a.m.

Fall Prevention

Common causes of falls and how to prevent them.

Wednesday, October 18 at 2:00 p.m.

What I Should Know About the Flu

Common information about the flu and who should get a flu shot.

Wednesday, October 25 at 10:00 a.m.

Call the office and reserve your seat!

OCTOBER SPECIAL EVENTS

Senior Dance

**Saturday, October 14
6:00 to 8:30 p.m.**

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



Lifelong Learning for Seniors Program

(Previously Applewood Café at Mott)

This program provides an interesting speaker each month.
October's topic is
Identity Theft and Consumer Protection.

Friday, October 27 at 9:30 a.m.

Prahl Center Ballroom at Mott Community College
\$10.00 per person which includes
lite refreshments and door prizes.

Call or sign up at the Loose office by Wednesday, Oct. 25
Plan to meet at Loose and carpool at 8:45 a.m.

Travel Show

Join us for a presentation on Ireland and receive information on all up-coming trips with Group Tours. Refreshments and door prizes! Brochures available at the Center office.

**Wednesday, October 11 at 1:00 p.m.
Sign up in the Loose Office**



Swing Dance-New Day

**New Session Begins
Tuesday, October 24**

6:00-7:00 p.m.

Instructor Terri Sweet will teach a six-week course including the "Beginner's West Coast" and "Cha-Cha". Cost is \$36.00 and pre-registration is required.



Beach Ball Volleyball is new at the Loose Center

A fun, indoor activity meant to improve your level of fitness. Open to men and women.
6:30 p.m.-7:30 p.m. in Loose Hall
Cost: \$2.00 per week
Sign up in the Center office



Friday Night Bridge will meet in the Loose Activity Center. There is no cost for this activity. **6:00-8:00 p.m.**

UPCOMING EVENTS

Euchre Tournament

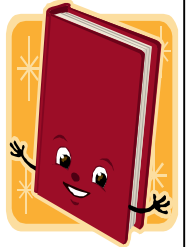
**Thursday, November 2nd
6:30 p.m. in Loose Hall.**

Entry fee is \$5.00
Prizes for 1st, 2nd and 3rd place plus a Booby Prize



**NEW! Book Club NEW! Everyone Welcome!
Starts Monday, November 13th and
meets every 2nd Monday of the
month at 1:00 p.m. in Loose Hall**

Join us for book reviews and discussion. Members of this group may share and/or listen as others review the latest book they have read. At the first meeting, leader Janice Bigelow, will review 2 books: Mayflower and The Widow of the South
Please let us know if you will be attending 735-9406



Free Dinner at Linden High School

Tuesday, November 14 at 5:00. We will be drawing the winner of the beautiful patriotic Quilt at this event. Sign up in the Loose Office.

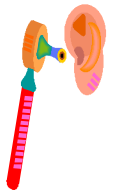
Save These Dates:

Senior Director's Association Annual Holiday Brunch

Friday, December 1, 9:30 a.m. at Weekdays Restaurant. Entertainment by Smokin' George Winters. Cost is \$12.00 This event is sponsored by the Senior Directors Association of Genesee County

Hearing Tests

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



Upcoming Seminars:

Diabetic Foot Health

Wednesday, November 8 at 10:00 a.m.

I think I need help but I don't know who to ask

Wednesday, November 15 at 10:00 a.m.

Diabetes

Wednesday, December 6 at 10:00 a.m.

Resources 101

Wednesday, December 13 at 10:00 a.m.

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

Prescription Drug Enrollment Dates:

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

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

Sponsored by VAAA

ARTS AND CRAFTS

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

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

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

CRAFTS WITH LIZ Tuesdays, 4:00-5:30 or 6:30-8:00p.m. Tuesday, October 3rd or Tuesday, October 17th. A variety of crafts, sewing, and non-sewing projects. Call the office for this month's projects.

NEW LANDSCAPE PAINTING CLASS with award winning artist, Steve Wood. Begins Wed., Oct. 11 from 6-7:30 p.m. and meets each second Wednesday. Cost is \$20 per session. Sign up in the Center office by September 29.

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

GAMES AND RECREATION

EUCHRE/BRIDGE/SCRABBLE Tues. and Thurs, 12 p.m. Ask us about the special beginner Euchre tables.

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

FREE LENDING LIBRARY/JIGSAW PUZZLES AND PUZZLE STATION

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

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

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

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

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

CARDS & MORE COMING AGAIN

Begins October 12 at the Lake Fenton High School.

Texas Holdem' Day on November 2nd. School lunch is available but must be ordered and paid for one week in advance. More information through Southern Lakes 591-0080.

ONGOING ACTIVITIES

GARDENING/BEAUTIFICATION COMMITTEE

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

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.

FENTON CHAPTER OF AARP Meets at 1:00 p.m. at the Shiawassee Shore Retirement Clubhouse on the 2nd Wednesday of each month. The October speaker will be Vera Hogan, Editor of the Tri-County Times. Call 714-1225 for more information.

COFFEE HOUR

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



WRITE YOUR LIFE STORY

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

LSCC & FCC HOST A DAY OF SENIOR ACTIVITY

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

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

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

Health Clinic 1st and 3rd Friday 9:00 to 10:30 a.m.

Senior Friday Lunch Menu \$3.00

RSVP by Wednesday each week.

October 6 Sloppy Joes, Chips, Salad & Dessert
October 13 Mexican Salad & Dessert
October 20 Baked Spaghetti, Salad & Dessert
October 27 Pizza, Salad, Bread, Cake & Ice Cream
(October birthday celebrants eat for free on this day)

HEALTH & FITNESS

SOCIAL/SWING DANCE CLASSES

New Day Tuesday, 6 to 7 p.m., instructor Terri Sweet will teach a six-week course. Cost is \$36.00 and pre-registration required!

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.

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

Monday	9:00 a.m.-Noon
Tuesday	12:00-1:00 p.m.
Wednesday	2:30-3:30 p.m.
Thursday	12:00-3:30 p.m.
Friday	9:00 a.m.-3:30 p.m.

SENIORCISE AT McLAREN SPORTS MEDICINE

Increase muscular endurance and range of motion. 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 for single \$45 per month for couple. 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 improves focus, concentration, invigorates the brain, lowers blood sugar and helps eliminate stress.

STRETCHING FOR SENIORS

This exercise class is similar to Body Recall and meets 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.

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

HEALTH SERVICES

FREE BLOOD PRESSURE CHECKS AT LSCC

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

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

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

MASSAGE THERAPY Every Second and Fourth Monday, 9 a.m. to 12 p.m. The cost is \$10 for a 15 minute session. Call for a reservation.

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

PODIATRIST Dr. Richard Behnan, will hold his next clinic on **Tuesday, Tuesday Oct. 17**, from 10 a.m. until noon by appointment only. Services include toenail trimming, corn and callous removal. Billing will be made to Medicare. If you have an HMO, bring a letter of referral from your primary care physician. Call for an appointment.

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

EYECARE AMERICA FREE EXAMS (800) 222-3937

VISION USA Free eye exams. Call for information and qualifications. (800) 766-4466 or website: www.aoa.org

EYE TRAVEL Need an eye exam, but physically unable to travel? Call (248) 569-7054. Medicare 80% coverage. Average cost \$23.

GENESEE COUNTY FREE CLINIC (810) 235-4211

HEALTH DEPARTMENT FREE EXAMS (810) 237-4570

PRESCRIPTION DISCOUNT PROGRAMS

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

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

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

FUNDRAISING

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

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

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

QUILT DRAWING A Queen Size, Patriotic Quilt designed by the "Loose Threads" is available to the winner of the drawing. Tickets are 1 for \$1 and 6 for \$5 available in the Loose office. Proceeds go to the Loose Senior Center.

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

OLDER WORKER EMPLOYMENT PROGRAM

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

RETIRED SENIOR VOLUNTEER PROGRAM - RSVP

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

SENIOR WORK PROGRAM

Any resident of Genesee County age 55+, with limited financial resources, may be eligible. For more information call John McGarry at Flint Community Schools (810) 760-1090. Get back into the workplace.

INTERGENERATIONAL 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 3rd grade children and older adults. This is accomplished through written communication and the sharing of experiences between two generations. **We are always accepting applications for adult pen pals; call the LSCC office for more information.**

SUPPORT GROUPS

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

TRANSPORTATION

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

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

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

EXTRAS

FREE FLINT JOURNALS

Monday through Friday
courtesy of WFNT 1470.

FREE LHS SPORTS PASSES

(Linden High School) are available in the office.

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.

NO CHARGE FOR DIRECTORY ASSISTANCE

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

DO NOT CALL REGISTRY

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



ASSISTANCE PROGRAMS

COMMODITIES SUPPLEMENTAL FOOD PROGRAM

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

HOME HEATING EMERGENCY 1-800-292-5650

KEEPING INDEPENDENT SENIORS SAFE PROGRAM

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

MEALS ON WHEELS (810) 235-3567

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE PROGRAM

(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.

CONSUMERS PROTECTION SERVICES (810) 341-5923

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

MICHIGAN OFFICES of SERVICES to the AGING

For information call; 1-517-373-8230.

MINOR HOME REPAIR SPONSORED BY FNIPP

For information and eligibility requirements call; the Flint Neighborhood Improvement Preservation Project at (810) 766-7212.

SOCIAL SECURITY ADMINISTRATION

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

VETERANS & SURVIVORS Access to long-term care in

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

VETERANS ADMINISTRATION

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

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

LEGAL SERVICES

LEGAL HOTLINE FOR MICHIGAN SENIORS

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

ATTORNEY GENERAL'S OFFICE

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

ELDER ABUSE HOTLINE (800) 996-6228

LAWYER REFERRAL SERVICE (800) 968-0738

LEGAL SERVICES OF EASTERN MICHIGAN

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

NATIONAL SENIOR CITIZENS LAW CENTER

www.nslc.org or www.seniorlaw.com

DISABILITY SERVICES

NEWSLINE FOR THE BLIND OF MICHIGAN

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

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

DISABILITY NETWORK (810) 239-3112

LEADER DOGS FOR THE BLIND (888) 777-5332

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

MICHIGAN COMMISSION FOR THE BLIND (810) 760-2030

NEWSPAPERS FOR THE BLIND

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

VISUALLY IMPAIRED CENTER (810) 235-2544

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.

FYI

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

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

Wish List

Current Needs:

Newer Computers for our AARP Tax Program
New Table Tennis Table

COUPONS

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

**One Medium 3-Topping Pizza
Owen Road Pizza Hut**

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

NEW MEMBERS

Sybil Brown
Marie Fox
Dorothy Harmer
Eileen Moreno
Carolyn Owen
Margaret Panchula
Paul Panchula
Ruth Schaedig
Charlene Siddall
Ray Smith



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 card.

MEMBER ADVANTAGE

LINDEN SUBWAY CARD

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

GOLF AT SHIAWASSEE SHORES

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

POWERHOUSE GYM

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

VOLUNTEER OPPORTUNITIES

Garden/Beautification volunteers needed, call the Center for information

Special Events volunteers needed, call the Center for information

HIGHLIGHTS

MiCAFE

Michigan's Coordinated Access to Food for the Elderly

Could you use an extra \$60 per month?

What is MiCAFE?

MiCAFE helps Genesee County seniors apply for food benefits from the Food Assistance Program.

What if I have enough money every month and I don't need food assistance?

Everyone has multiple monthly expenses-food, shelter, medication, utilities, etc. The Food Assistance Program helps you pay for food, so your income can go towards other expenses. You may have costly medications or high utility bills. MiCAFE helps pay for your food so you can use your income to cover other high living costs.

How do I use MiCAFE?

Make an appointment with the Loose Center. A staff or volunteer will help you through the process. They will also tell you what to bring to the appointment.

What happens at the appointment?

The assistant asks you questions about your household (number of people, monthly income, and monthly expenses). The assistant enters your information into the computer, and prints the application.

That's it?

No, that's not it! You also get information about other available nutrition programs, such as congregate meals and nutrition counseling. You can get information related to healthy eating and healthy recipes.

Then what?

Your application is sent to the Family Independent Agency (FIA). You do not have to go to FIA for an interview! If you qualify, you will receive monthly benefits to purchase food at local grocery stores.

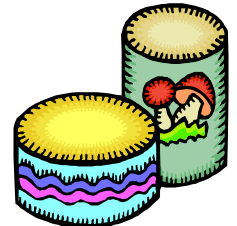
The average monthly benefit for senior households in Michigan is about \$60! Make an appointment today!

NEW! LSCC Choir NEW!

All those interested in joining a Loose Center Choir are asked to sign up at the Center office. Former Fenton High School Vocal Director, Lynn Ferguson, will serve as the director. This would be a fun activity for those interested in performing at Loose Center functions. Practices will be scheduled to accommodate the majority of participants. Sign up with the Center by October 6th.



LSCC Food Pantry Drive Our shelves are looking bare and we would like to stock them up with: Canned Veggies (All Kinds), Canned Fruit, Canned Tuna or Chicken, Stews, Hash, Canned or Dry Soups, Small Boxes of Muffin, Pancake and Pie Crust Mix (Jiffy brand for example), Small cans of Pumpkin for pie, and any dry or canned food item.



New! New! New! Loose Senior Citizens Center Website

Loose has entered the World Wide Web! You can locate our website by entering:

www.looseseniorcenter.org

Here you will find all the latest information about what is happening at the Center. The site contains information about the Center, calendar of events, pictures, the newsletter, trip information and much more.

You can also sign up for activities, events and trips and pay online with your credit card.

Go check us out and drop us an email and tell us what you think!

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



LOOSE SENIOR CITIZEN CENTER MEMBERSHIP APPLICATION

(Please Print)

NAME _____ PHONE _____

SPOUSE'S NAME _____

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

CITY _____ ZIP CODE _____

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

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

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