

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**

Carl Gabrielson, President  
Ron Wagner, Vice-President  
Alberta Martin, Secretary  
Ken Wensel, Treasurer  
Bob Cole  
Cheryl King  
David Lossing  
Ken Maxwell  
Lorraine Zimmer

**STAFF**

**Executive Director**

Marjorie Hodges

**Executive Assistant**

Debbie Hancock

**Receptionist**

Cheryl Rex

**Maintenance**

John Gordon

**Find us on the Web!**

[www.looseseniorcenter.org](http://www.looseseniorcenter.org)

Dear Friends:

Congratulations! The Senior Services millage proposal passed by more than 2 to 1 in the August 8 primary. This is great news for our Center and you! This is the beginning of many good things to come your way. LSCC is committed to the vision and mission of the Loose Center 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.

The Board, Finance Committee and staff worked diligently over many months to explore ways in which to increase revenue and live within our allocated budgets. At this time there was no indication that a Senior Services millage would be on the August primary ballot. With government revenue and private funding sources decreasing at an alarming rate, we were faced with difficult decisions for Loose's future.

In July, a new membership fee was initiated (asking members to partner with us) to support the Center. We were facing the reality of major cuts in the 2007 and 2008 budgets. But, now with the new Senior Services millage, and the intent to support operations of our senior center, we want you to receive the first direct benefit related to the millage passing last month. A new low membership fee of \$10 per person will go into effect immediately. Members who have paid their dues for this year may request a refund or apply them towards next years membership.

We appreciate our members who continued to support the Center during a difficult time. A special thank you goes out to many seniors who volunteered to help with the millage during the last several months. Going to the County Commissioners meetings in Flint, distributing flyers and information, and making phone calls all helped to educate and inform the public on the serious need for county-wide support of senior services and senior centers.

I am very grateful for this new source of funding for the Center. We now can look forward to a bright future for the Center that includes more senior services and additional programs and activities.  
Warm regards,

Marjorie Hodges  
Executive Director

# SEPTEMBER SPECIAL EVENTS

## 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, August 31



**After a great meal, head over to Loose Hall for our**

## Senior Dance

Saturday, September 9

6:30 to 9:00 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



**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

## September Seminars:

**I.D Theft, Frauds and Scams** by the Genesee County Sheriff Dept. The latest information will be given to help prevent being a victim of this fast growing crime.

**Monday, 10:00 a.m., September 11 in Loose Hall.**

**Healthy Eating** by Ginny Colvin. Learn how to use healthy foods to our dietary benefit.

**Monday, 10:00 a.m., September 25 in Loose Hall.**

**Medicare & Medicaid sign up** for the coming new year, assisted by VAAA volunteers

**Thursday, 1:00 p.m., September 21.**

**Call the Center and RSVP for your seminar choice.**

**Friday Night Bridge** will meet in the Loose Activity Center. There is no cost for this activity.

**Begins Friday, September 8, 6:00-8:00 p.m.**

## 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.

**Begins Monday, Sept. 11**

6:30 p.m.-7:30 p.m. in Loose Hall

Cost: \$2.00 per week



## Swing Dance-New Day Begins Tuesday, September 12

6:00-7:00 p.m.

Instructor Terri Sweet will teach a six-week course beginning with the "Night Club Two-Step". Cost is \$36.00 and pre-registration is required.



## Tai Chi Chuan-New Days New Time

Tuesday & Thursday

9:00-10:00 a.m. in Loose Hall

**Begins September 12**

Join instructor Doug Taylor for the many health benefits of this non-violent Yang style of Martial Arts.

Cost is \$30 per month for single  
\$45 per month for couple

Pre-register in the Center office



## "Out to Lunch Bunch" Little Joe's in Grand Blanc

Tuesday, September 19 at 11:30 a.m.

Cost: \$7.95

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 10:50 a.m.

Sign up in the Center office by Friday, September 15

## Lifelong Learning for Seniors Program

(Previously Applewood Café at Mott)

This program provides an interesting speaker each month. September's featured speaker is Andrew Heller, popular Flint Journal columnist.

**Friday, September 29 at 9:30 a.m.**

Prahl Center Ballroom at Mott Community College

\$10.00 per person which includes Breakfast Fare

Call or sign up at the Loose office by Wednesday, Sep. 27

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



**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.

# UPCOMING EVENTS

## Annual Health Fair

Flu Shots, Screenings, Health Information  
**Friday, October 27**  
**9:00 a.m.-2:00 p.m.**

**Square Dance**  
**Begins Wednesday, October 4**  
3:30 p.m.-5:00 p.m.  
10 week session  
\$50.00 per couple



**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.

**Evenings:** "Crafts with Liz"  
**Tuesday 4:00-5:30**  
or  
**Tuesday 6:30-8:00**  
**Three Dates:** **September 19th**  
**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.

**Evening Landscape Painting Class** with award winning artist, Steve Wood. Begins Wed., Oct. 4 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.

**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



### 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.

**"Out to Lunch Bunch" Turkey Farm in Mundy Tnshp**  
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.

**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.

## Save These Dates:

### 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. More details will follow soon.

### 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

## Upcoming Seminars:

### Picking up the Pieces

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

### Fall Prevention

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

### What I Should Know About the Flu

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

### 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**

## Loose Picnic at Byram Park

Enjoy the beautiful Fall weather with Loose friends on **Tuesday, October 3 at 12:00 noon in Pavilion #5, featuring Harmonica Entertainment by Roby Deese.** A box lunch provided by VG's containing a sandwich, chips, apple, cookie and pop for \$5.00. Call or stop in the Loose office by Wednesday, September 27 and submit your sandwich selection.

**Chicken Sandwich** \_\_\_\_\_ **Turkey Sandwich** \_\_\_\_\_ **Ham Sandwich** \_\_\_\_\_

# Loose Senior Travelers

## New Trip Information from Group Tours, International

We have planned a year full of exciting destinations for you to enjoy...Group Tours International is pleased to announce our upcoming tours and excursions. Pack your bags and get ready to go on a variety of adventures.

**October 7th**

**Gem Theatre... "The Rat Pack"** featuring a tribute to Sammy Davis, Joey Bishop, Frank Sinatra and Dean Martin. Includes transportation, Italian Dinner, theatre tickets....\$107.00 per person.



**December 1-3, 2006**

**A Return to "Nashville"...** This Christmas enjoy the sights and sounds of Nashville. Visit the Grand Ole Opry, The Opryland Hotel decorated in its Christmas splendor, City tour, and more...Includes: air transportation, two nights accommodations, theatre tickets, meals, and tours.



**February 2-4, 2007**  
**The Agawa Snow Train & The Kewadin Casino**

Stay two nights at the Kewadin Casino and

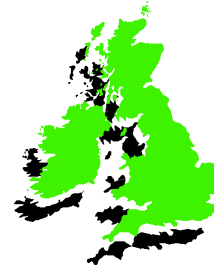
enjoy your hand with "Lady Luck", then experience a fascinating journey through the canyons of the magic of frozen splendor. Includes: motorcoach transportation, accommodations, gaming \$\$\$, reserved meal and tickets for the Agawa Snow Train.

**May 2007**

**The Holland Tulip Festival**

If you have always wanted to go and never have, enjoy a one night trip to Holland, Michigan. Enjoy 1000's of tulips of all colors, great food, parades, attractions and more this spring in Holland.

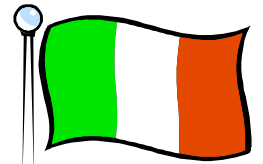
Includes: transportation, meals overnight accommodations & tours.



**June 2007**

**IRELAND**

Join us on our most popular tour! This customized tour of Ireland will be an adventure you will never forget. From the moment you arrive in Dublin you will experience the best Ireland has to offer. Cities visited on this tour include Dublin, Kilkenny, Killarney, Waterford, Galway, Ring of Kerry and much more...please pick up a day by day brochure at the Loose Center.



**June 2007**

**Chesaning Showboat One Day Tour**

Enjoy a great summer outing to an annual event in Michigan. Includes: Theatre tickets to the Showboat Theatre, Meal and transportation. Guest to be announced.

### Travel Show

**October 11th at the Loose Senior Center at 1:00 p.m.** Join us for a presentation on Ireland and receive information on all destinations. Refreshments and Door Prizes. Brochures available at the Loose Senior Center.

## 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.

**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 6:30-8:00 p.m. 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. 4 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.

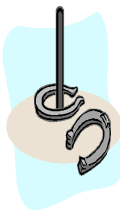
**PINOCHLE** Mondays and Wednesdays, 12:30 to 3 p.m.

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

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

### **OUTDOOR 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

**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. September features Matthew Austin of Michigan Spine Care. Call 714-1225 for more information.

### **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!



### **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!

### **CARDS & MORE COMING AGAIN**

This October at the Lake Fenton High School, check the office or the October newsletter for more information.

**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** 2nd Friday, 12:30 to 2:30 p.m. Cost: \$2.00; RSVP by September 6

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

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

RSVP by Wednesday each week.

**September 1 No Senior Friday Event**

**September 8**

**September 15**

**September 22**

**September 29**

**CALL THE FCC OR  
THE LOOSE OFFICE FOR  
THIS MONTH'S MENU**

(Birthday celebrants eat for free)

## HEALTH & FITNESS

### **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!

**This class will begin on September 12th with the "Night Club Two-Step"**

**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. Begins **September 15 at FCC and September 19 at LSCC**

**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 resume again on September 6, need a minimum of 6**

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

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

**BEACH BALL VOLLEYBALL NEW** A fun indoor activity meant to improve your level of fitness. Open to men and women. Starts Monday, Sept. 11, 6:30-7:30 p.m. in the Loose Hall. Cost is \$2.00 per week.

### **SENIORCISE AT McLAREN SPORTS MEDICINE**

Increase muscular endurance and range of motion. Cost is \$26 for 8 sessions. 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. **Begins September 12th**

### **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.

## FUNDRAISING

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

**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.

**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.

## 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 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(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. 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 to schedule an appointment.

### **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](http://pparx.org). Or call 1-888-4PPA-NOW (1-888-477-2669).

## 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.

**MICAFAE 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's division on consumer fraud. Call if you have a fraud or consumer complaint.

### **LEGAL HOTLINE FOR MICHIGAN SENIORS**

Free legal assistance for seniors 60 and older.  
1-800-347-5297

## 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 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.

### **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.

### **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](http://www.nfbmi.org).

### **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](http://www.donotcall.gov) to reduce Telemarketing calls within three months.



## FUNDING

The Loose Senior Citizen Center is funded in part by Southern Lakes Regional Metropolitan Parks and Recreation millage, Community Development Block Grants through the cities of Fenton and Linden, Argentine and Fenton townships, 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:

Quilt Rack for our Quilting Group  
Newer Computers for our AARP Tax Program

## COUPONS

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

**\$5 Tim Hortons Gift Certificate**

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

## NEW MEMBERS

ROBERT BRETZ  
JANICE BUERKEL  
WILLIAM BUERKEL  
BARBARA DINGEE  
DAVID DINGEE



VERNA INMAN  
BETTY VANDER MUELLEN  
DARLENE PARRISH  
ROBERT PARRISH  
MARY JANE TRAYWICK  
ALEX ZEID

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

## **New! New! New!** **Loose Senior Citizens Center Website**

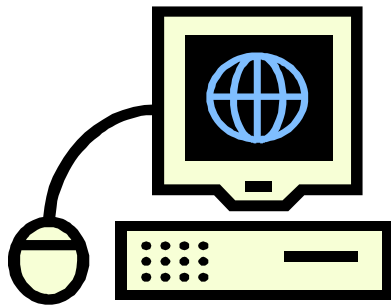
Loose has entered the World Wide Web! You can locate our website by entering:

**[www.looseseniorcenter.org](http://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!



## **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 September 8th.



**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!**