

JUNE 2020

the perfect place for 50+

**LOOSE**

*L*

The contents  
of this newsletter is  
SUBJECT TO CHANGE  
without notification.



*“Live in the sunshine.  
Swim in the sea.  
Drink in the wild air.”*

*- Ralph Waldo Emerson*

## From the Executive Director



## From the Program Director

Dear Friends,

We find ourselves in a time in space that has many uncertainties, few answers and consequences. As a Loose member, we all would like our normal lives back, the Staff would be running activities welcoming all of you into the building so that you could enjoy all of what this center has to offer. Grandparents would be free to visit their precious grand or great-grandchildren. I for one have missed my youngest grandson learning to walk, speaking his first words and giving him hugs and kisses to express my love. People would be able to travel, worship at churches, eat at their favorite restaurant, or just gather to visit.

But alas, because of the COVID-19 virus, none of this is possible. We are told to stay at home and do not gather in groups. We must protect ourselves by wearing gloves and masks at work or in a public place. We clean constantly to sanitize to kill any possible germs we may touch. We are in a world that is not the normal we know. We are introduced to bad news everyday about sickness and death. We are afraid that this terrible virus could enter into our lives. Now after 8 weeks we have become numb to all of this. We want it to end.

So, I ask you to be positive. Do what you can to make a new normal in your lives. Find new hobbies. Learn to Zoom with family and friends. Talk to people on the phone and stop texting and emailing. Make a connection by hearing a person's voice. Say hi to your neighbors and go for a walk. Find a good book to read and see movies you have never heard of. Here is a big one. Clean out your garage or basement and discard things you have not used since 1968. Take care of you, family and friends. Stay safe.

And remember.....We will again be back together. We will cherish the time to be able to socialize, enjoy activities, take trips and be with those we love. Be patient and positive.

***"Live in the sunshine. Swim in the sea.  
Drink in the wild air."*** -Ralph Waldo Emerson

All is well,  
Carl Gabrielson  
Executive Director Loose Center

***"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds and Southern Lakes Parks and Recreation Millage Funds. YOUR TAX DOLLARS ARE AT WORK."***



My Dear Friends,

I am glad to be able to connect with you in this way to share, that we are here and we are holding you all close in thought. This pandemic has put a monkey wrench (as my mother would say) into life in general and certainly life at Loose.

I know many of you have not seen family or friends and it is getting old and it hurts. My two daughters work in hospitals, one is a nurse on the front line and the other is a dietitian who is doing support work. Both are in the midst and my heart goes out to them as their lives are redefined and my heart hurts because I cannot see them like I would like. But, wallowing in self pity only goes so far. I think of my mother, who is 98 years old and is doing well. She reminds me she has lots of experience at being alone. She is strong and an inspiration as I hear her tell of her Grandmother who was a nurse during the last pandemic (1918) and took over a hotel in the Upper Peninsula and cared for the Spanish Flu patients by herself. I am humbled by such stories. I know you all have many stories, experiences and have persevered through many a trial and are also strong. ❤️

We are happy to see those of you who have been coming and picking up lunch each day. Our dedicated chef, Cheryl, is so talented and gives a piece of herself in all she does. Know that she is here and will continue to be doing what she does with you in mind. Kathy is still at the front desk and the voice you will typically hear if you call. She makes everyone feel special and if I had to choose who I would weather a pandemic with, it would be the team we have at Loose.

Although we are not certain as how it will look when we begin the slow process of reopening, you can count on the fact that we will be here giving our best to you and working to bring a special unique normal to this very dear place.

As you read this very short newsletter, keep in mind that we will have to manage things very carefully. We will have guidelines and new rules and all are meant to keep you safe (check out page 3). Things will be different but the heart of this place will remain the same.

**And with your help -WE GOT THIS!**

Thank you for the privilege of working with you to continue to make Loose thrive. How nice it will be to see you all soon!

***Much Peace,***  
Melinda Elmore-Hajek, Loose Program Director  
Melinda@loosecenter.org

Visit Our Website  
[www.loosecenter.org](http://www.loosecenter.org)

let's talk.

change

**WHEN WILL LOOSE OPEN?**  
We do not know exactly when we will be able to begin to open Loose and offer some classes, but we do know that when we do, we will be under strict guidelines.

**RULES OF RE-ENTRY**

Please read the following, tuck it away and know that, for a while, it will be part of our new normal.

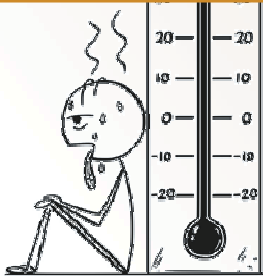
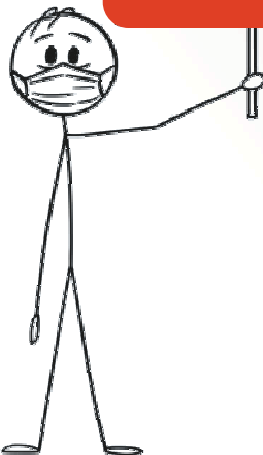
Participants **MUST** call and put their name on the roster in order to participate in a class .

**MASKS ARE REQUIRED!!**  
(please provide your own mask)  
There will be masks on hand for a fee.

Plan on **SCREENINGS** before entering the building (for the **GOOD** health of all, please be **HONEST** with your answers during your screening.)



Strict Social Distancing



We will enter in one door and exit through another.

- THERE WILL BE NO DROP-IN VISITS AT LOOSE
- CERTAIN AREAS WILL BE OFF LIMITS
- IT IS LIKELY THAT LOOSE WILL BE OPEN IN THREE PHASES
- DUE TO SOCIAL DISTANCING GUIDELINES, SOME CLASSES CANNOT RESUME UNTIL ALL RESTRICTIONS ARE LIFTED

*Everything will be ok*



What's  
The Same  
*kind of*



# Take out Lunch available Monday thru Friday

Pick up at 11:30 am, only \$4

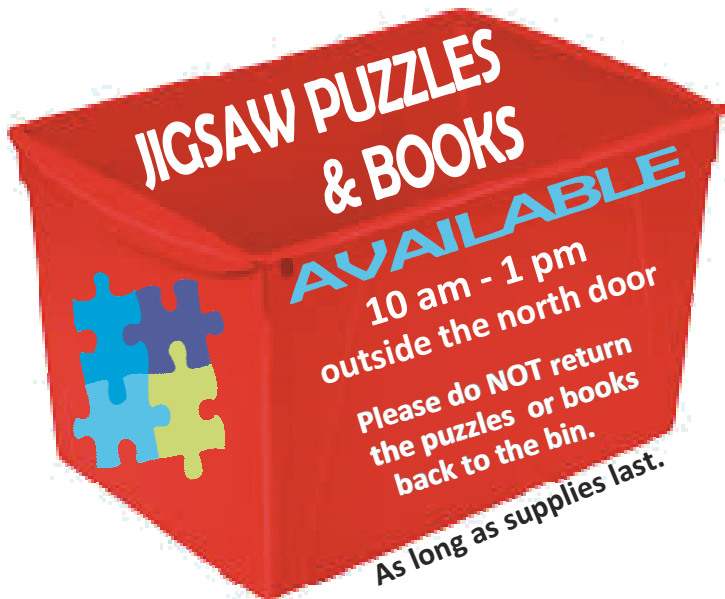
Please call the day before to reserve your lunch.

*Although if you forget, call the day of,  
often lunches are available.*

When entering Loose, please pay special attention  
to signs directing you to the lunch pickup point.

*Menu on page 9, subject to change.*

**ASK ABOUT OUR LUNCH DISCOUNT PUNCH CARDS**



## GOLF AT SHIAWASEE SHORES

Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members **MUST** sign in at Clubhouse each and every time they golf.



### PLEASE

Meet in the Loose Parking Lot.

Maintain the six foot social distancing.

If you are new to the group, please leave your contact information (email & phone) with the Loose office (810.735.9406). Ride leader Ann Walker will email about special riding events.

*NOTE: For a time, the building will not be assessable before or after rides.*



Veteran Assistance, Medicare & Food Assistance *Counselors are available via*

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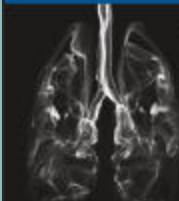
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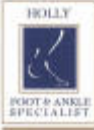


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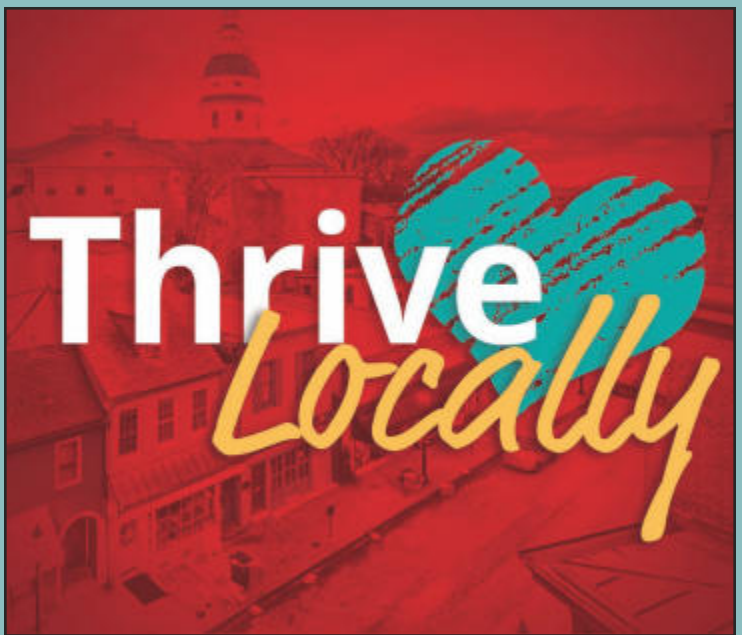


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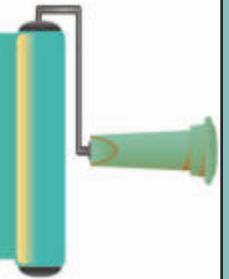


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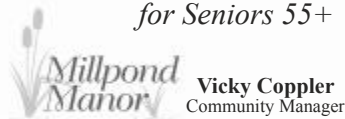
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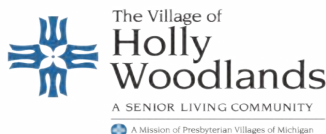
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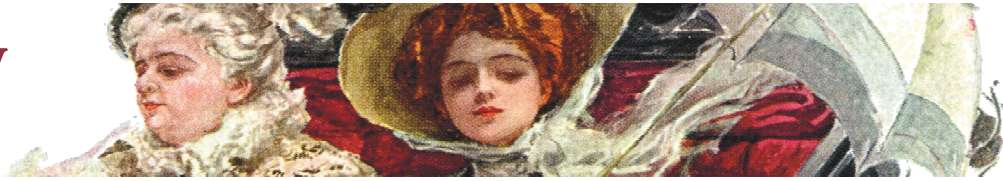
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# Re-entry Classes



**PHONE**  
810.735.9406

**FAX**  
810.735.4255


**EMAIL**  
lsc@loosecenter.org

**WEBSITE**  
www.loosecenter.org

In order to participate in classes you must call Loose and get your name on the class roster.

*Class sizes are limited.*

Until further notice, **please** do not drop in at the Center. **ALWAYS CALL AHEAD. (810) 735-9406**



**ARTHRITIS FOUNDATION EXERCISE**  
Monday, 2 pm, **FREE Via ZOOM** Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level all in the safety of your home. **To get an invite and be part of this fun virtual class, email Abbie at marsa@valleyaaa.org**

**TAI CHI** *modified Yang form \$2 per class*

**The Benefits of Tai Chi include but are not limited to:**

Reducing anxiety and depression, Improving quality of sleep, Improving balance and hand/eye coordination, Increasing both upper and lower body strength, Increasing energy while calming the mind, Improving mental clarity and brain focus, Lowering blood pressure, Helps with pain management, Increasing flexibility...

**YOGA**

**\$5 drop in fee or discounted punch card available**

**Gentle Flow Yoga** Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

**CHAIR YOGA** Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

Currently Loose is serving Take Out **LUNCH** each day, encouraging folks to participate in the **ARTHRITIS EXERCISE** Zoom class, meeting on Mondays and join the **BIKING BUNCH** who ride each Wednesdays.

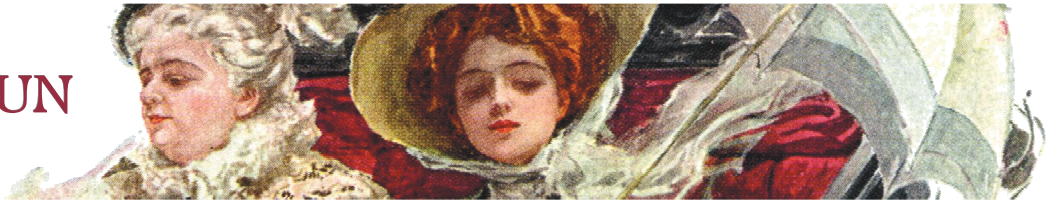
When Loose begins the soft re-entry, we will begin with the schedule, below. All the **CHANGES**, listed on Page 3, will be implemented. The doors will be locked, you must call and get your name on the class roster and class sizes will be limited.

If you need assistance, we ask that you call Loose, please do not stop by the Center.

Mon	Tue	Wed	Thu	Fri
<b>11:30 Lunch</b> (take out) <b>1:00 Yoga</b> <b>2:00 Arthritis Exercise via ZOOM</b>	<b>9:30 Chair Yoga</b> <b>11:30 Lunch</b> (take out)	<b>9:00 Biking Bunch</b> <b>9:30 Gentle Flow Yoga</b> <b>11:30 Lunch</b> (take out) <b>1:00 Tai Chi</b>	<b>9:30 Chair Yoga</b> <b>11:30 Lunch</b> (take out)	<b>9:30 Gentle Flow Yoga</b> <b>11:30 Lunch</b> (take out)

Friends, when Loose does finally open, we ask that you wait 30 days before you drop off ANY donations. This will include magazines, books, bags, loan closet equipment etc.

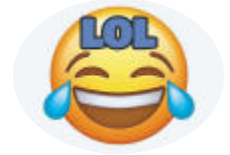
# JUST FOR FUN



The Happiest People don't have the best of everything, they just make the best of everything.



A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



## BIRDS OF MICHIGAN WORD SEARCH

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- WRENS
- THRUSHES
- STARLINGS
- FINCHES
- CARDINALS

# Travel Fun



*Loose travel opportunities are subject to change or cancellations.*

**TRAVEL SHOW**  
**September 14, 1 pm**  
*Those interested in a Zoom travel show presentation, give us a call.*

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## TRIPS @ A GLANCE

July 1	Soaring Eagle Casino	\$32
July 14	Saganing Eagles Landing	\$30
July 16	Clinton River Cruise	\$78
July 22-24	Sault St. Marie	\$404
July 29	Historic Marshall	\$90
July 30	FireKeepers Casino	\$30
August 17	Hollywood Casino	\$32
August 24	Mississippi Cruise	\$999
September 2-4	Untouchable Chicago	\$600
September 14	<b>TRAVEL SHOW 1 pm</b>	
September 10-18	British Landscapes	\$\$\$\$
September 20-27	Cape Cod	\$1,999
September 22	Magnificent Mid Michigan	\$81
September 24-25	Ark Encounter	\$334
October 5-6	Little River Casino	\$143
October 9-12	Rails of West Virginia	\$999
October 15	Haunted Detroit	\$86
October 19-28	Reflections of Italy	\$\$\$\$
November 11-16	Branson	\$1,299
April 8, 2020	Finland	\$\$\$\$
May 21, 2020	Croatia	\$\$\$\$
August 2020	Scotland	\$\$\$\$
Oct. 11, 2020	Iceland	\$\$\$\$

*Detailed flyers are available at the Loose Center.*

**Please note:** A reservation is made only when a deposit has been received.

**INCLUDES:** Round Trip Transportation  
 Brookshire Inn Golf Club (lunch), Turner  
 Dodge Home (tour), Country Mill (tour)

**Magnificent  
 MID MICHIGAN** Tuesday, Sept. 22, \$81

**Sept 24-25** **ARK  
 ENCOUNTER®** **\$334**

**INCLUDES:** Round Trip Transportation  
 1 Night @ Holiday Inn, 2 meals, Ark Encounter,  
 Creation Museum, Greyhound Tavern

**Little River  
 CASINO RESORT** **Soaring  
 Eagle**

**Monday October 5-6, 2020 \$143** Single Rate \$158.00

**TOUR INCLUDES** Round Trip Motor coach Transportation, 1 nights Lodging tax & tips included on hotel accommodations), Little River Casino, Gaming Session at Little River Casino and Soaring Eagle Casino, **Day 1 Little River Casino pk.** Receive \$20 casino play after \$20 is played on Casino card.

**Day 2 Little River Casino pk.** Receive \$20 casino play after \$20 is played on Casino card. Day 2 Soaring Eagle Casino pk. = \$20 + 5 food voucher, Voucher and earn 600 points and get a Bonus \$10 in Premium Play.

Drivers tip not included. Casino package are subject to change without notice. Stop by Loose for a detailed flyer.



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Flint, MI  
Permit No. 6

# Check this out!



Zoom is a free video conferencing tool. It allows multiple people to come together online and has become very popular during this time of quarantine. To use Zoom, you would need a computer, iPad or a smart phone, The device should have a camera if you intend to do video conferencing.

Currently we have one class using Zoom (**Arthritis Exercise, Monday's at 2 pm** - see page 9 for details).

Given our current situation, Zoom opens the doors to many more possibilities. And it is a very easy and rewarding to use.

We are looking for feedback from folks who might like to see other programming (including special programs) be presented with Zoom. Give us a call, message us on FB or email to let us know what you think. It's fun...

*Try it!*

