



25 Years!
1996-2021

July 2021

Welcome Back

Please be patient as we bring activities and events
back to the center

The contents of this newsletter is
SUBJECT TO CHANGE without notification



From the Executive Director

July 6, 2021 at 9:00 am, The Loose Senior Center will once again open her doors to the community. It has been a long 17 months and she has struggled through difficult times. At the beginning her doors were locked and all activities and events stopped. The anticipated and well attended "Dueling Pianos" was cancelled. For the unknown future, Loose took on a different purpose and goal. It was clear that financially her finances would not allow full staffing in an empty building. Four staff members were laid off, four stayed on the job. Creativity became the norm. Cleanliness of the building became the priority. Following the guidance of the CDC and the GCHD became mandatory.

So, Loose set out to find ways to serve the community in a lockdown situation. Take out lunches became the main stay of operation. The phone became a communication point of helping those with questions, needs and services. At times staff would receive calls from those who were lonely and just wanted to talk. We continued to make available books, puzzles and the much needed loan closet. Three days a week we offered free bake goods and supplied a food pantry for those who could use a helping hand. During the sign up period for Covid-19 vaccinations the center took over 800 calls to assist the GCHD to register people for appointments. When it became possible, classes and some events were held outside.

The Federal Government seeing the need for funding within the business community developed the PPP grant where you could submit for dollars to support your employee payroll. Through The State Bank, Loose applied and received \$45,250.00 of grant money which allowed her to bring back the 4 people who were laid off. In time, this grant was forgiven and Loose was in good standing with the Federal Government.

The State of Michigan has since allowed for classes and some programming to return to our beloved center. She opened her doors with restrictions and is operating at 65%. The response from the community are classes that are full and everyone is glad to be back. We now prepare for July 6, 2021 9:00 am when Loose will open her doors with no restrictions and the availability to socialize without a concern of Covid-19. Programming will again be available for all to choose classes and events that fit their likes and needs.

It has been an unusual experience to say the least. Access to the center was limited. The regulations changed every day, but with a dedicated staff who has a passion for seniors and an ability to create new ideas, Loose was able to continue to fulfill the many needs of our senior population and community. We now look forward to welcoming you all back There may be some needed changes for the near future and adjustments to scheduling but in time we all will adjust to a new normal.

Welcome Back and All is Well
Carl Gabrielson
Executive Director
Loose Senior Center

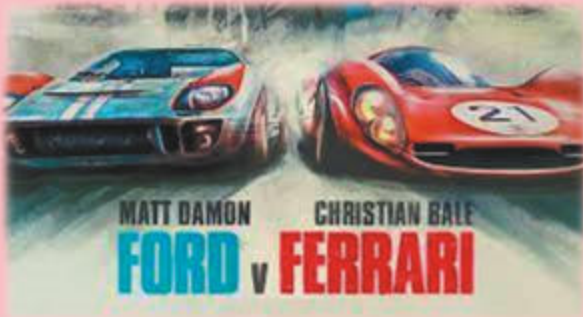
Activities

MOVIE DAY

July 7th!

12 noon

American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.



PROJECT FRESH COUPONS AVAILABLE NOW

Project FRESH provides participants with coupons to purchase fresh fruits and vegetables at local farmers' markets. Seniors 60 and older with incomes of 185% of poverty or less and living in Genesee County are eligible for Senior Project FRESH. Each eligible household will receive coupons to use throughout the summer to purchase fresh, nutritious, unprepared, locally grown produce from authorized Michigan farmers' markets and roadside stands.

OVERCOMING THE MYTHS OF HOSPICE CARE

Thursday, July 15, 1-2 pm



"Does morphine hasten death?" "Is Hospice care only for the last few days of life?" "Does Hospice mean giving up on life?" "I can't afford Hospice, what do I do?" This workshop addresses many of the commonly held assumptions (and myths) about Hospice care. We think you'll be surprised. If you're considering Hospice care for a loved one now or soon down the road, put this workshop on your calendar and bring a friend.

"ANYONE CAN PAINT" Class Minimum: 6 2nd Thursday of each month, 1-3 pm, \$25

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.



DO YOU NEED A RIDE TO LOOSE? Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

*PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE
A RIDE*

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.



**REMINDER, Loose is NON SMOKING,
both facility and grounds.
Smoking in vehicles is acceptable.**

Current Loose Activities

ARTHRITIS FOUNDATION EXERCISE (Tuesday 9:30am)

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level.

YOGA Fee \$5

Gentle Flow Yoga (Monday 2pm, Wednesday and Friday 9:30am) Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

CHAIR YOGA (Tuesday 2pm and Thursday 10:00am)

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.

FIT4EVER (Thursday 11am Fee \$5)

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

LINE DANCING (Thursday, Beg. 12:30pm) Fee \$5

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all.

TAI CHI *modified Yang form* (Wednesday 11am Fee \$5)

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...

ZUMBA GOLD (Friday 11am Fee \$5)

A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

LITERARY STUDIES (Second Monday 12-1pm)

This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

"ANYONE CAN PAINT" (2nd Thursday 1-3pm) Fee \$25

Class Minimum: 6

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

PAINTING (Monday 9:30am)

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

Must bring and use own materials, there will be no sharing.

WOOD CARVERS (Wednesdays, 12-1:30pm)

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion.

KNITTING/CROCHETING (Fridays, 1:00-3:00pm)

Our knitting and crocheting group meets every Friday to knit or crochet needed items to donate to local charities. Please bring your own supplies, as there will be no sharing of items.

ADDITIONAL SERVICES

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to meet Medicare beneficiaries by appointment only, by phone. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. If you need assistance, call the Center at 735.9406 to schedule an appointment.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

We welcome John Stilley and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Make sure to call Loose for an appointment.

ASK THE LAWYER (3rd Wed. of the month, 9:30 am-11:30 am)

Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

CONSUMER FRAUD ASSISTANCE

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sherriff at 810.341.5923.

LOAN CLOSET

If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate in good condition, feel free to drop it off during business hours behind the building at the barn on the west end of the building.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM

2nd Monday of each month, 9-10 am

Loose Center is a distribution site for emergency food assistance program.

Loose Activities Returning



Tues., July 13, 9:30-10:30 am
Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police

Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



Card Playing is Back!!!
1pm-3pm

Mondays
Euchre and Mahjong

Wednesdays
Pinochle and Bridge

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 1 pm

The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Assisted Living.

Wii BOWLING League

Organized Wii play is held on Tuesday's 1-3pm. **If you are interested in Wii bowling, please plan on attending the informational meeting, July 20th at 11am. New league play begins 8/3.**

WRITE YOUR LIFE STORY
This is my story...

4th Wednesday of the month 2pm-3:30pm

Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live.

WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.

This group meets once a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience, My Proudest Moment, My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories.

ONE-ON-ONE FINANCIAL HELP

Last Wednesday of the month, 10:00 am

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 4th Wednesday of each month. This service is available by appointment only.

To schedule an appointment, call Loose Center at 735.9406.

LOOSE FITNESS CLASS PUNCH CARD

is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$50 with 11th class free (\$4.50/class). Cards can be purchased at the Reception Desk, drop in fees are collected in class. A deal and also a GREAT GIFT!



GRIEF SUPPORT GROUP

3rd Wednesday every month @ 2 pm

We are thankful to Heartland Hospice who has reached out to us and offered to facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

OUTDOOR GAME PLAY

Daily 10am - 2pm

- * Cornhole
- * Horse Shoes

Please check-out bean bags from the front desk and check them back in when finished

July 2021

PHONE
810.735.9406
FAX
810.735.4255

EMAIL
lsc@loosecenter.org
WEBSITE
www.loosecenter.org

OFFICE HOURS
Monday - Friday
9:00 am- 4 pm

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


SATURDAY/SUNDAY

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Brittany Hancock
Executive Assistant
Jaclyn von Linsowe
Program Director
Cheryl Rex, Clerk
Dotti Tynes
Front Office
Chuck Salerno
Maintenance

<p>5</p> 	<p>6</p> <p>10 - 2 11:30 2:00</p> <p>Outdoor Games LUNCH Chair Yoga</p>	<p>7</p> <p>9:00 Biking Bunch 9:30 Yoga 10 - 2 Outdoor Games 11:00 Tai Chi 11:30 Lunch 12:00 NO Woodcarving 12:00 Movie Day</p>	<p>1</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 FIT4EVER 11:30 LUNCH 12:30 Line Dancing (Beg)</p>	<p>2</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 LUNCH 1:00 Knitting & Crocheting</p>	<p>3/4</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>MMAP Counselor 8:00 Board Meeting 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 LUNCH 12:30 Line Dancing (Beg) 1:00 Anyone Can Paint</p>	<p>9</p> <p>MMAP Counselor 9:30 Yoga 10 - 2 Outdoor Games 11:00 Zumba 11:30 LUNCH 1:00 Knitting & Crocheting</p>	<p>10/11</p>



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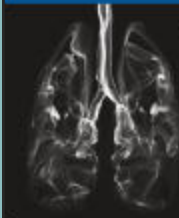
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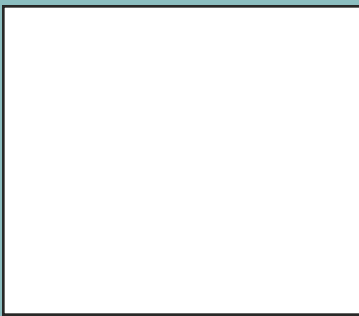


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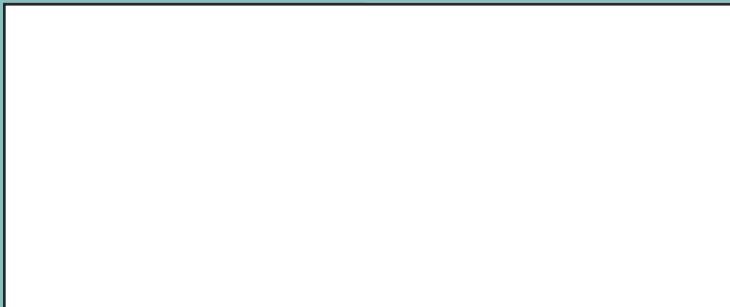
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<p>9:00 CSFP 9:30 Painting 10 - 2 Outdoor Games 11:30 Lunch 12:00 Literary Studies 1:00 Card Play (Euchre & Mahjong 2:00 Yoga</p>	<p>9:00 Massage 9:00 Vet Services 9:30 Coffee & Cops 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:30 Lunch 2:00 Chair Yoga</p>	<p>9:00 Biking Bunch 9:30 Yoga 10:00 Ask A Lawyer 10 - 2 Outdoor Games 11:00 Tai Chi 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge)</p>	<p>MMAP Counselor 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 LUNCH Picnic 12:30 Line Dancing (Beg) 1:00 Myths of Hospice</p>	<p>MMAP Counselor 9:30 Yoga 10 - 2 Outdoor Games 11:00 Zumba 11:30 LUNCH 1:00 Knitting & Crocheting</p>	<p>17/18</p>
<p>9:30 Painting 10 - 2 Outdoor Games 11:30 Lunch 1:00 Card Play (Euchre & Mahjong 2:00 Yoga</p>	<p>9:00 Massage 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling info Meeting 11:30 Lunch 2:00 Chair Yoga</p>	<p>9:00 Biking Bunch 9:30 Yoga 10 - 2 Outdoor Games 11:00 Tai Chi 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>MMAP Counselor 10:00 Soaring Eagle Trip 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 LUNCH 12:30 Line Dancing (Beg)</p>	<p>MMAP Counselor 9:30 Yoga 10 - 2 Outdoor Games 11:00 Zumba 11:30 LUNCH 1:00 Knitting & Crocheting</p>	<p>24/25</p>
<p>9:30 Painting 10 - 2 Outdoor Games 11:30 Lunch 1:00 Card Play (Euchre & Mahjong 2:00 Yoga</p>	<p>9:00 Massage 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:30 Lunch 1:00 Alzheimer's Support 2:00 Chair Yoga</p>	<p>9:00 Biking Bunch 9:30 Yoga 10:00 Edward Jones (by appt) 10 - 2 Outdoor Games 11:00 Tai Chi 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Write Your Life Story</p>	<p>MMAP Counselor 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 LUNCH 12:30 Line Dancing (Beg)</p>	<p>MMAP Counselor 9:30 Yoga 10 - 2 Outdoor Games 11:00 Zumba 11:30 LUNCH 1:00 Knitting & Crocheting</p>	<p>31</p>

We Are All In This Together

It has now been 14 months since the Loose Senior Center has been required to shut its doors. All activities, events and gatherings were cancelled. We have since been able to hold certain classes and activities in our building again, but in a new way that isn't the "normal" Loose way! We have been brainstorming and getting extremely creative to bring some of what was, back to Loose as the weather begins to change for the better. Being closed down to activities and limited for so long has put a major strain on the ability to raise revenue to support the annual budget. This has caused limited income to pay staff, utilities and the general maintenance to comply with health department rules. Every effort has been made to minimize expenses.

It has been determined by the Loose Executive Board that in order for Loose to continue the excellence we all expect, Loose will be making financial changes to the community. Loose will begin collecting membership donations from all who wish to be a part of the Loose center.

1. Donations will be \$25 per Genesee county resident and \$30 per non-Genesee county resident
2. Lunches will be \$5.00. Punch cards will be \$50.00 for 11 lunches with the 11th being free.
3. Trips, events, lunch and special dinners require "NO" membership.
4. Membership donations are good for one calendar year (January 1 to December 31).
5. Sign in to My Senior Center is required for all activities and events.
6. All fitness classes are \$5.00

For 25 years The Loose Senior Center has been a place for the community to come and enjoy the excellence given through passion, love and understanding to the needs of the senior population. We now reach out to you to help continue the services given by this special place. It will take time for Loose to recover and return to the glory days we all remember and cherish. But with your understanding and financial help, we will overcome this setback. It will once again be the Loose Senior Center, a place for all to come and enjoy. A Unicorn of all centers.

Visit Our Website
www.loosecenter.org

Travel & Trips

More Trips Coming Soon!!!

Lifelong Learning - Friday's at Applewood is returning September 17th.



More information is forthcoming in future newsletters, keep an eye out!

TRAVEL SHOW
via Zoom

September 9th at 9am

Join Ed McKenna (*from Collette Travel*) virtually, **and learn about our Southern Charm, California Dreaming, National Park, Colorado Rockies and Pacific Northwest trips**

Travel & Participant Statement
RESERVATIONS ARE NOT GUARANTEED
UNTIL PAYMENT IS RECEIVED

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.


NOTE: All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions. To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.

LUNCH Pick up at 11:30 am, only \$5

Please call the day before to reserve your lunch.

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

July 2021 Menu

			1 Brats Baked Beans Salad Juice/Dessert	2 Tacos Chips Fruit Dessert
5  <i>Closed for the Holiday</i>	6 Meatball Tortellini Salad Fruit Dessert	7 Coney Dog Salad Chips Fruit/Dessert	8 Chicken Casserole Salad Dinner Roll Juice/Dessert	9 Mystery Lunch
12 Sloppy Joes Chips Salad Fruit/Dessert	13 Grommet Turkey Sandwich Veggies/Dip Brownie and Drink RSVP by July 9th	14 Mac & Cheese Broccoli Dinner Roll Fruit/Dessert	15 Fundraiser Picnic!	16 Baked Fish Mashed Potatoes Vegetable Fruit/Dessert
19 Chef Salad Dinner Roll Fruit Dessert	20 Wonton Soup Egg Roll Veggie Sticks Fruit/Dessert	21 Breakfast Casserole Yogurt Fruit Biscuit	22 Pulled Pork Baked Beans Salad Juice/Dessert	23 Mystery Lunch
26 Egg Salad Sandwich Chips Veggie Sticks Fruit/Dessert	27 Broccoli Cheese Soup Ham Sliders Fruit Dessert	28 Chili Topped Baked Potato Salad Fruit/Dessert	29 Goulash Salad Bread Roll Juice/Dessert	30 Polish Sausage Roasted Potatoes Green Beans Fruit/Dessert

Re-Opening Picnic Fundraiser July 15th 11:30-1:00pm

Join us for a full course picnic...

INCLUDES

Grilled Chicken, Baked Beans,
Potato Salad, Corn Bread, Beverage
& Ice Cream Sundaes

Meal for Two for \$25

-or-

\$15 for a Single Meal

**Call and Order yours today!
810-735-9406**

**Outdoor Seating Available
Outdoor Games Also Available**

Fun and Games

4TH OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y
I M T Q H H Y M Q R Q U D U E I A
O Q T A W Q M Z Y E X U C C N T D
I N D E P E N D E N C E L C J A I
A S I O U O R H A M U A A T U Q L
N K S A M E R I C A R P P S O S O
U R P U F U B E E A Y S T R U B H
P O A Y D L D W T O E C I N C I P
K W R W E A A I L P O E A U E O N
F E K H T F O G I A D E U S D I H
Y R L I I N T R B E M D T N A T L
L I E T N P T Z E U R A E T R S C
U F R E U S L Q R R R U I U A A E
J V S O D L K V T S L R O K P J B
W I T O E O M O Y B B F I U P J L
I A S V Y E M R E D R E M M U S E

America
Blue
Britain
Celebrate
Declaration

Fireworks
Flag
Fourth
Freedom
Holiday

Independence
July
Liberty
Parade
Picnic

Red
Sparklers
Stars
Stripes
Summer

United
White



RED, WHITE AND BLUE BERRY CHEESECAKE MOUSSE

YIELD: 4 SERVINGS PREP TIME: 25 MINUTES

Awesome, no-bake dessert for 4th of July or other patriotic holidays!

INGREDIENTS:

CHEESECAKE MOUSSE:

- 2/3 cup heavy whipping cream
- 3/4 cup powdered sugar, divided
- One 8-ounce package cream cheese, at room temperature
- 1 teaspoon vanilla extract
- 2 tablespoons milk

FRUIT:

- Your choice (I used blueberries and chopped strawberries)

DIRECTIONS:

1. **Prepare the cheesecake mousse:** In a medium bowl, use an electric mixer to beat the heavy cream until it begins to thicken. While mixing, slowly add 1/4 cup powdered sugar. Continue to beat until the mixture is thickened and holds a stiff peak. Do not overbeat or it will become overly thick and clumpy. Scoop into a bowl and put in the refrigerator.
2. In the empty bowl (no need to wash), add cream cheese and beat until smooth. Continue mixing and add remaining powdered sugar and vanilla. Add milk and beat until well-combined. Stop mixing and use a rubber spatula to gently fold in the cold whipped cream until combined. Use immediately, or cover and keep refrigerated for up to one day.
3. **Assemble the cups:** Start with fruit in the bottom of each glass or small mason jar. Add a layer of the cheesecake mousse and then repeat with another layer of fruit and another layer of mousse. Continue layering the cheesecake and fruit, depending on the size of your cups and the variety of fruit. Keep refrigerated until ready to serve.





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August Fundraiser coming August 19th



FREE WI-FI FROM THE LOOSE PARKING LOT

Just park next to the building choose **loose public**, when prompted for the password, type **BeHappy!**