



# LOOSE

2022

October

# October

# From the Executive Director

Loose Family,

**October**....a month of change. It is a time of transition from warm summer days to the chill of fall. We look back on the memories of special times which included wonderful vacations, trips to the beach, and family gatherings with the once a year reunions. We took time to have special cookouts which included barbequed chicken, steaks, burgers and all the fixings. We had rounds of golf with our buds, we attended countless baseball and softball games with our kids and grandkids and, who can forget sitting on our patio on cool evenings watching the stars. Summer truly is a great time of the year.

**October** and all of its glory is a new beginning. Our interests become part of the change of the season. We settle in for the football season to watch our favorite teams and hope that the Lions can make the playoffs this year. We plan a trip to Spicer's or Mueller's orchards to enjoy all that is available. A wagon ride with family and friends, buying apples to cover with caramel or enjoying that delicious apple crisp your wife makes only in the fall. Don't forget the fried cakes and cider. A favorite for many is the trip north to view the changing of the leaves. Some find the time to take walks to enjoy the seasonal change and the calm around them. Nothing is better than to awake to the coolness of the morning air and those cold nights which require another blanket to snuggle down to a sound sleep. Many today decorate their house and yard for Halloween, lights adorn the porch and spooky creatures cover the lawn. It is a magical time when children love to dress up and trick-or-treat in the neighborhood. I have heard that many adults too love to celebrate this tradition. We all need to find that moment or moments that make the fall season special to us. Don't miss that opportunity to experience times that are afforded to you. For these are your times that create your moments with family and friends.

**October**...."Take it all in, enjoy every moment, hold onto the experience that is. **October**. Abundance....Beauty....LIFE" Julie Hage.

All is well.

Carl Gabrielson

Executive Director

Loose Senior Center



# Current Loose Activities

## **ARTHRITIS FOUNDATION EXERCISE** (Tuesdays, 9 :30am and Thursdays at 11am)

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

## **YOGA** Fee \$7

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

## **CHAIR YOGA** Fee \$7

(Tuesdays, 2pm and Thursdays, 10:000am) Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion.

## **CARDIO/AEROBICS EXERCISE** Fee \$7

(Mondays, 11:30am-12:30pm)

Light cardio workout with stretching and breathing techniques, strengthening the body with the use of light weights.

## **LINE DANCING** (Tuesdays, 12:00pm) Fee \$7

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.

## **ZUMBA GOLD** (Fridays, 11am) Fee \$7

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!

## **HEALTHY EXERCISE** (Wednesdays, 11:00am)

Low impact exercise by the rehab tech from Symphony

## **STRENGTH AND BALANCING** (Thursdays, 12:00pm)

Strengthen your body to help with balance.

## **One on One Physical Exercise**

(2nd & 4th) Wednesday) by appointment

## **LITERARY STUDIES - Book Club** (Second Monday 12:30pm)

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!

## **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.

## **PAINTING** (Mondays, 9:30am)

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.*

## **LOOSE CHORUS** (Fridays, 1-3pm)

If you like to sing, check out our chorus.

## **HAPPY STAMPERS** (3rd Tuesday of each month, 1:00pm FREE)

Work on own projects and "show and tell" to motivate others.

## **KNITTING/CROCHETING** (Fridays, 12:30 - 2:30pm)

Our knitting and crocheting group meets every Friday, to knit or crochet. Items can be donated to local charities. Please bring your own supplies.

## **QUILTING** (Fridays, 12:30 - 2:30pm)

Quilters are welcome to work on their own projects or stitch on our current quilt. Basic quilting supplies are available to use. Fabric for charity projects is available off site. Join us as we stitch away.

## **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.

### **MICAFAE**

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to eat the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 810.735.9406

### **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. Call Loose for an appointment— 2nd Tuesday of each month.

### **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.

### **LOAN CLOSET**

If you have need for some medical equipment, please contact Loose at (810)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 (CSFP)**

2nd Monday of each month, 9-10 am

Loose is a distribution site for emergency food assistance program.

# Activities

Movie Day  
October 5th, 1:00PM



Judy Garland in  
"Meet me in St. Louis"

Pizza, Popcorn, Water provided

## Join Judy Lytle Fridays at 11:00am for: ZUMBA GOLD

**Perfect for:** Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

**Benefits:** Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

## PODIATRIST (by appointment) October 11

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, *copays or deductibles may apply*. Please bring a list of all your medications and your insurance cards. Call Loose to set up your appointment.

Next date is December 13th



## HEALTHY EXERCISE Wednesdays at 11:00am

Low impact exercise by the rehab tech from Symphony. Free class

## HEARING SCREENINGS

3rd Wednesday of each month,  
10am-12pm, FREE  
By Appointment

Provided by: Your Hearing Solution



Testing 1 hour, 20-30 minutes for cleaning and adjusting

Phonak, Signa, Sonic, Unitron, Starkey,  
Widex, Oticon, Hansaton

## Tai Chi for Arthritis Classes resume

Tai Chi is a gentle exercise combining slow movement, deep breathing, and focused intention.

Modifications will be provided for those who want to attend seated or standing.

Monday August 15, 10-11am  
Monday September 26, 10-11am  
Monday October 31, 10-11am  
Monday November 14, 10-11am  
Monday December 12, 10-11am



## BLOOD PRESSURE CHECK

2<sup>nd</sup> Wednesday of each month, 10:30 - 11:30am

3<sup>rd</sup> Tuesday of each month, 10:00 - 11:00am

## STRENGTH AND BALANCING (Thursdays, 12:00pm)

Physical therapist helps strengthen the body to help with balance.

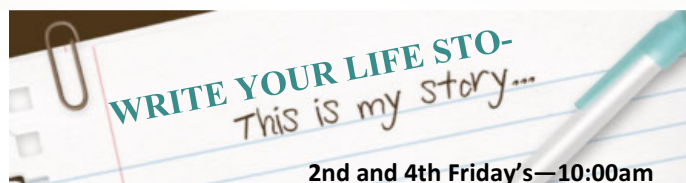
# Loose Activities

Tuesday, October 11, 9:30am-10:30am

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

conver

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!



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 twice a month to share written stories, often inspired by a “writing challenge”,



**LOOSE CHORUS**  
Fridays, 1:00PM

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. **TALENTED & WELCOMING & ALL ARE WELCOME!**

Both sitting and standing activity.

Will also offer proper sleeping positions to help alleviate back pain.

Call the center today to schedule your 15 minute session with Carrie.

(810)735-9406



**GRIEF SUPPORT GROUP**

2nd & 4th Wednesday @ 2pm

We are thankful to Promedica 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.

# Important Information

## Newsletter Mailings

If you would like to come into the center to pick up your newsletter please let us know. We know there are many of you that like coming in to see us and grabbing a newsletter instead of it being mailed to you. Just let us know if that's you so we have proper record of that.

If you have suddenly stopped receiving the newsletter in the mail let us know, there may be a reason you stopped receiving it, i.e. address change.

If you are an out of county member and would like to continue to receive the newsletter make sure you pay your membership as that helps pay for the postage of the newsletter, where as the county members have their tax dollars at work.



### Community Food Share

Food Pantry now at Loose Center

In partnership with FARR

Let the front desk know when you need assistance

### MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries by appointment only. 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, or call MMAP at 1.800.803.7174, ext. 247.

### KISS—Keeping Independent Seniors Safe

A program for seniors 62 and older. The KISS program is a telephonic reassurance system that keeps seniors and their loved ones worry-free. Participants in the KISS program can call the KISS office or receive a telephone call every Monday through Friday between the hours of 8:00 a.m. and 12:00 p.m. to make sure that the participant is alright. Special arrangements can be made for participants that need weekend coverage. For more information on the KISS program please call (810) 239-7671 Host Agency: VAAA

The KISS program is sponsored by the VAAA

The KISS program is funded in part by grants from United Way



### AVOID ZELLE SCAMS

Scammers are turning to Zelle, the peer-to-peer payment app, as a means to steal people's money. The scammer will email, text or call you pretending to work for your bank or credit union's fraud department. They'll claim that a thief was trying to steal your money through Zelle and that they have to walk you through "fixing" the issue. Then, they may instruct you to send the money to yourself, but the money will actually go to their account.

### FREE WI-FI FROM THE LOOSE PARKING LOT

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

# Upcoming Events

## Chili Cook Off Tailgate Party

\$10 per  
person

Thursday  
October 20th  
4:00pm-6:00pm

Dress in your favorite team jersey and join in on the fun

Sample and help judge the many different Chilis and Desserts presented by local Chefs who care for our aging population. They will be competing for BEST CHILI and BEST DESSERT



### Contestants as of newsletter time:

Promedica	Genesee Gardens
Argentine Care Center	Lockwood of Fenton
Vicinia Gardens	Wellbridge
Bristol Hospice	



Thursday, November 17, 2022



IT'S TIME TO  
REVIEW  
YOUR MEDICARE  
PLAN!

MMAP Counselors Are Here For You--For Free!  
Extra appointment dates are set to accommodate YOU!

October 15th—December 7th  
Tuesdays (starting October 18), Thursdays and Fridays

Flu Shots  
Pneumonia Shots  
Covid Boosters



October 4th 10:00am—12:00pm  
Please call and let us know if coming

## Meditation

Thursday, October 27th, 1:30pm—2:00pm

Is it time for an emotional calm? A healing slow down? Come join in on a guided meditation and experience the calm. Quiet the mind, relax the body and let go of things you don't need to carry around.



Have you missed Cheryl's cooking  
**Come to the Harvest Lunch**  
 November 3<sup>rd</sup> 11:30am-12:30pm  
 Come join us inside and have lunch  
 Pick up will be available

Turkey, dressing, mashed potatoes, corn, dinner roll and a  
 dessert for \$10 per person

Seating limited so sign up soon



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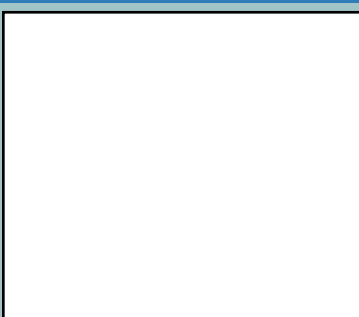
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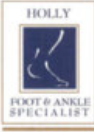
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**Direct Support Professional responsibilities:**

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- Be available for training if not fully trained. Training is provided and paid for by company.
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# Important Information

**LUNCH Pick up at 11:30 am - 12 noon,  
\$3 donation (in county) or \$6 donation (out of county)**

## **Dine inside or pickup to go!**

After much debate and consideration we have gone to the congregate meals through the Genesee County Community Action Resource Department (GCCARD)

**Meals are available Monday - Friday  
11:30am - 12:00pm noon here at the center**

Reservations for Tuesday-Friday must be made by **1:00pm** the day before. Reservations for Mondays must be made by 1pm the prior Friday. Call the center at 810-735-9406.

*(Note: meals for special occasions may require up to two weeks advance reservations.)*

Persons residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

- Requested Donation is \$3.00
- Persons under age 60: \$6.00
- Persons of all ages who reside outside Genesee County: \$6



A large portion of the activities at the Center are free. We appreciate the members who are able to make a \$25.00 membership donation so this can continue to happen!



*“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.”*

**For non-county residents, a membership fee of \$35.00 annually is requested to help fund newsletter mailings and the many activities we offer.**

# October

**PHONE**  
810.735.9406  
**FAX**  
810.735.4255

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

**OFFICE HOURS**  
Monday - Friday  
8:00 am- 4 pm

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/SUNDAY**

If you would like to be a part of the team here at Loose and volunteer at any of the number of activities going on here or even behind the scene help is always appreciated.

**Opportunities:**

- Blood Pressure Checks
- Help with set up and tear down for special events
- Help with our Fundraiser Lunches
- Daily Lunches
- And so many more.....

Call and ask for Dotti if you are interested.  
(810) 735-9406

3

- 9:30 Painting
- 11:30 Cardio/Aerobics
- 11:30 Lunch**
- 1:00 Card Play  
Euchre/Mahjong
- 2:00 Yoga

4

- Outdoor Games
- 9:30 Arthritis Exercise
- 11:30 Lunch**
- 12:00 Line Dancing
- 2:00 Chair Yoga

**Mission Statement**

*"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) 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."*

5

- 9:00 Biking Bunch
- 9:30 Yoga
- 11:00 Healthy Exercise
- 11:30 Lunch**
- 12:00 **NO Woodcarving**
- 1:00 Movie Day
- 1:00 Card Play  
(Pinochle/Bridge)

**BOARD OF DIRECTORS**

- Frank Lukowski, President
- Ken Wensel, Vice President
- Roby Deese, Secretary
- Rod Martin, Treasurer
- Ray Culbert
- Pat Lockwood
- Joetta Pyles-Zalewski

6

- Outdoor Games
- MMAP Counselor
- 8:00 Loose Board Mtg
- 10:00 Chair Yoga
- 11:00 Arthritis Exercise
- 11:30 Lunch**
- 12:00 Strength & Balancing

**LOOSE STAFF**

- Carl Gabrielson  
*Executive Director*
- Jaclyn von Linsowe  
*Executive Assistant*
- Dotti Tynes  
*Program Director*
- Cheryl Rex  
*Travel Coordinator*
- Director  
*Carrie Shaulis*
- Administrative Service Specialist*  
Dottie Davis  
*Front Desk*

7

- MMAP Counselor
- 9:30 Yoga
- 11:00 Zumba
- 11:30 Lunch**
- 12:30 Pickleball
- 12:30 Quilting/  
Knitting/Crocheting
- 1:00 Chorus

1/2

8/9

<p>10</p> <p>9:30 CSFP 9:30 Painting 11:30 Cardio/Aerobics <b>11:30 Lunch</b> 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>11</p> <p>Veteran Services (by appt.) Outdoor Games 9:00 MMAP Counselor 9:30 Arthritis Exercise 9:30 Cops &amp; Coffee <b>11:30 Lunch</b> 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>12</p> <p>9:00 Biking Bunch 9:30 Yoga 10:00 One on One Exercise 10:30 Blood Pressure 11:00 Healthy Exercise <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>13</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing</p>	<p>14</p> <p>MMAP Counselor 9:30 Yoga 10:00 Write your Life Story 11:00 Zumba <b>11:30 Lunch</b> 12:30 Pickleball 12:30 Quilting/ Knitting/Crocheting 1:00 Chorus</p>	<p>15/16</p>
<p>17</p> <p>9:30 Painting 11:30 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>18</p> <p>Outdoor Games 9:00 MMAP Counselor 9:30 Arthritis Exercise 10:00 Blood Pressure <b>11:30 Lunch</b> 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>19</p> <p>Hearing Screening (by appt.) 9:00 Biking Bunch 9:30 Yoga 9:30 Ask a Lawyer 11:00 Healthy Exercise <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>20</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:30 Meditation</p>	<p>21</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba <b>11:30 Lunch</b> 12:30 Pickleball 12:30 Quilting/ Knitting/Crocheting 1:00 Chorus</p>	<p>22/23</p>
<p>24</p> <p>9:30 Painting 11:30 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>25</p> <p>Outdoor Games 9:00 MMAP Counselor 9:30 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Line Dancing 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>26</p> <p>One-on-One Financial (by appt.) 9:00 Biking Bunch 9:30 Yoga 10:00 One on One Exercise 11:00 Healthy Exercise <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>27</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing</p>	<p>28</p> <p>MMAP Counselor 9:30 Yoga 10:00 Write your Life Story 11:00 Zumba <b>11:30 Lunch</b> 12:30 Pickleball 12:30 Quilting/ Knitting/Crocheting 1:00 Chorus</p>	<p>29/30</p> 
<p>31</p> <p>9:30 Painting 11:30 Cardio/ Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p> <p><b>Happy Halloween!</b></p>					

## Congregate October Meal Menu 2022

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz</p>	<p>4</p> <p>Beef Patty w/ Gravy Redskin Mashed Potatoes Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice</p>	<p>5</p> <p>HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk</p> 	<p>6</p> <p>Turkey &amp; Cheese Sub-1 ea Leaf Lettuce w/Sliced Tomato Steak House Potato Salad-4 oz Diced Pears Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice</p>	<p>7</p> <p>Santa Fe Salad w/ Chicken &amp; Beans w/HM Roasted Corn Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salsa Cup Milk 8 oz</p> 
<p>10</p> <p>BBQ Pulled Pork-3 oz Diced Potatoes-1 ct Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz</p>	<p>11</p> <p>Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice</p>	<p>12</p> <p>Creole Steak In Sauce-1 ea European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz</p>	<p>13</p> <p>HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice</p> 	<p>14</p> <p>Sweet and Sour Meatballs- 6 ea Brown Rice Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz</p>
<p>17</p> <p>Chicken Caesar Salad w/Romano Cucumber Slices w/dip-4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz</p>	<p>18</p> <p>HM Meatloaf w/gravy-3 oz Mashed Potatoes-4 oz Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce Cup-4 oz 100% Fruit Juice</p> 	<p>19</p> <p>Chef's Choice</p> 	<p>20</p> <p>HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread &amp; Margarine- 1 ea Pears-4 oz 100% Fruit Juice HM Birthday Cake</p> 	<p>21</p> <p>Crusted Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz</p>
<p>24</p> <p>HM Bean Soup w/ Turkey Ham Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin &amp; Margarine-1 ea Milk 8 oz</p>	<p>25</p> <p>Beef Teriyaki w/Rice &amp; Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice</p>	<p>26</p> <p>HM Sloppy Joes-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz</p>	<p>27</p> <p>BBQ Chicken-3 oz Potato Salad-4 oz Mixed Vegetables-4 oz Diced Pears-4 oz Hawaiian Roll-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month</p> 	<p>28</p> <p>Breaded Turkey Sandwich Ranch Potato Wedges macaroni Salad Whole Wheat Bun Fresh Apple Milk 8 oz mayo pkt</p>
<p>31</p> <p>Chicken Salad Sandwich Croissant carrot sticks 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz</p>				



# Travel & Trips

## TRIPS @ A GLANCE

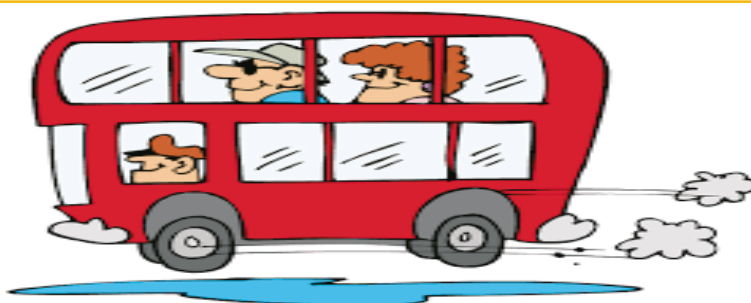
Oct 13	Soaring Eagle	\$45/person
Nov 9	Shipshewana Christmas	\$135/person
Dec 7	Nite Lights at MIS	\$83/person
Dec 8	White Christmas (Turkeyville)	\$91/person

### Sneak Peek for 2023

#### **Detroit Red Wings Games**

April 20	Ohio Wine Tour
May 16	Historic Marshall
July 19	The Great American Trailer Park Musical (Turkeyville)
August 16	Saugatuck, MI
September 19	Ohio Wine Tour
October 10	Autumn Adventure
November 9	Tinsel and Turkey (Turkeyville)
November 16	The Parade Company
December 14	Holiday Church Tour

**(Please watch for flyers and prices)**



### *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.

# Travel & Trips



## WHITE CHRISTMAS



Wednesday, December 8, 2022  
\$91.00



Shipshewana Christmas  
Wednesday, November 9  
\$135.00



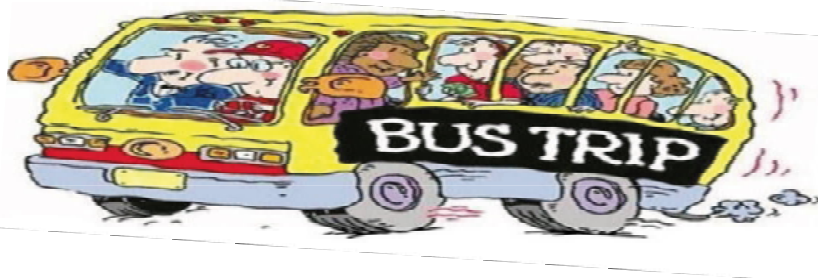
May 20—31, 2023 ~ Netherlands, Belgium & France - \$5,749.00 based on double occupancy and bookings by October 21, 2022

May 7—16, 2023 ~ Discover Scotland - \$4,299.00 based on double occupancy and bookings by November 8, 2022

September 16-29, 2023 ~ Portugal and Its Islands - \$4,999.00 based on double occupancy and bookings by March 17, 2023

If interested please call the Loose Center for information on a Zoom presentation regarding the forementioned trips.

\*These rates are per person and subject to change, if booked after above dates, based on air inclusive packages from Detroit Metro Airport



**Call and Reserve your spot today!  
Buses fill up fast!**

# Travel & Trips

\$83.00

NITE LITES AT MICHIGAN INTERNATIONAL SPEEDWAY

Wednesday, December 7, 2022  
Trip includes dinner at Jerry's Pub (buffet)

JOIN LOOSE SENIOR CENTER  
 **Soaring Eagle**  
Thursday, October 13, 2022  
**\$45**

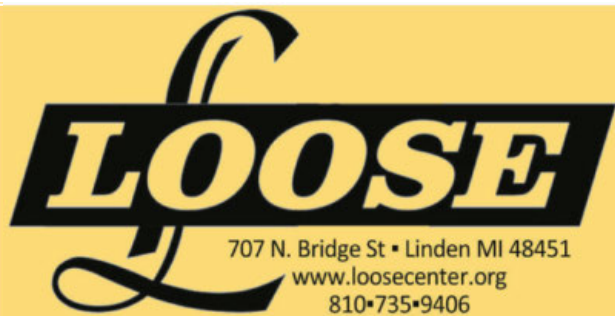
Through Travel Time Tours



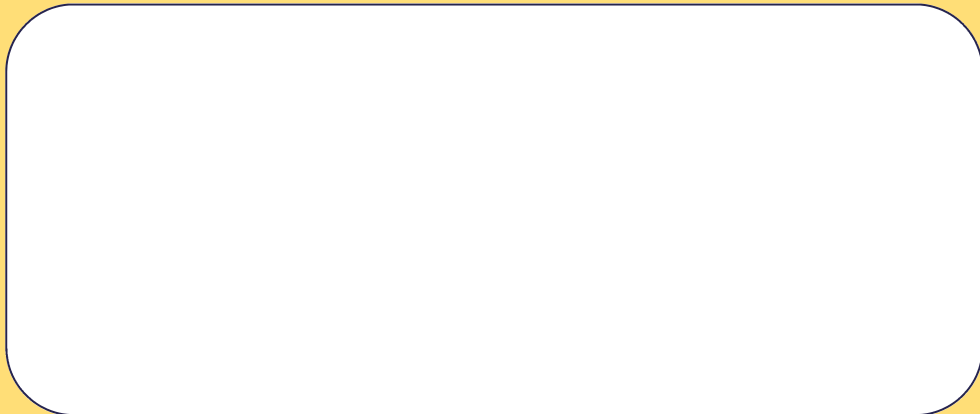
**Do You Need A Ride To Loose???**

Call Fenton MTA at least 24 hours in  
advance to schedule your ride.

Please call (810) 780-8965.



PRSRT STD  
U.S. Postage  
**PAID**  
Flint, MI  
Permit No. 6



Please make sure our records are up to date with current phone numbers. We cannot notify you of any changes in programs or trips if we do not have an accurate phone number.

5pm

\$25 pp



Thursday, November 17, 2022