

LOOSE
L



January
January
2023

From the Executive Director

Loose Family,

The year of 2022 has come to an end. We reflect on this time remembering the good, the bad, and the ugly. We have lived through inflation, an election, the supply chain (or lack of it), COVID, the loss of loved ones and friends. We have seen an ugly war that has destroyed a country. We have been blessed with children, grandchildren, great-grandchildren, a new job, and family coming back home after 17 years. We have witnessed people being successful and making a difference in our lives. We have found a way to adapt and survive what comes our way and help others who are in need and require our help.

The year 2023 brings us a new hope of a world full of love, faith and peace. We make New Year's resolutions to lose weight, (my goal is 34 pounds...like that will happen). We promise ourselves that we will exercise more and eat better to improve our health. We look to make more time for ourselves to read a book, find a hobby or spend more time with family and loved ones. Family and friends become a focal point and we plan to contact people in our lives who have become forgotten. The New Year gives us the opportunity to reset our lives and make everyday a blank canvas we paint with colors of dreams, of love, hope and faith.

So, take time to enjoy 2023. Make goals that may be unattainable. Contact those you have missed. Enjoy what everyday brings your way. Reach out to spend time with those who are lonely and help those in need. Be with family every chance you get.

*Watch the sunrise at least once a year.
Put a lot of marshmallows in your
hot chocolate.*

*Lie on your back and look at the stars.
Never buy a coffee table you can't
put your feet on.*

*Never pass up a chance to jump
on a trampoline.*

*Don't overlook life's small joys while
searching for the big ones.*

-(H. Jackson Brown)

Wishing you the joy of family, the gift of friends and the best of everything for the New Year.

All is well,

Carl Gabrielson
Executive Director



Current Loose Activities

CARDIO/AEROBICS EXERCISE Fee \$7

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

(Thursdays, 1:00pm-2:00pm)

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

CHAIR YOGA Fee \$7

(Tuesdays, 2:00pm and Thursdays, 10:00am) Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion.

YOGA Fee \$7

Gentle Flow Yoga (Mondays 2:00pm, Wednesdays and Fridays 9:30am) Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

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, 11:00am) 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!

ARTHRITIS FOUNDATION EXERCISE

(Tuesdays, 9:30am and Thursdays at 11:00am)

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

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 Therapy

(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!

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

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

KNITTING/CROCHETING (Fridays, 9:30am)

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

LOOSE CHORUS (Fridays, 1:00pm-3:00pm)

If you like to sing, checkout our chorus.

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.

QUILTING (Fridays, 9:30am)

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.

WOOD CARVERS (Wednesdays, 12:00pm-1:30pm)

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

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.

MICAFE

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for low income seniors to buy and eat the foods they need to maintain healthy lives through the Food Assistance Program. 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, 9:00am-10:00am

Loose is a distribution site for emergency food assistance program.

ONE-ON-ONE FINANCIAL HELP

Last Wednesday of each month,
call for an appointment 810-735-9406

Activities



Cardio/Aerobics Classes

Mondays, 11:30am
Thursdays, 1:00pm
\$7/class

PODIATRIST (by appointment)

Next appointment date: February 14, 2023

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.



10am - 12noon

January 11th & 25th

One on One advice for a personalized daily therapy program 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

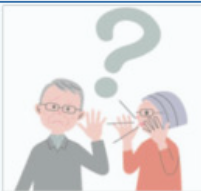


HEARING SCREENINGS

3rd Wednesday of each month,
10:00am-12:00pm, 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

STRENGTH AND BALANCING

(Thursdays, 12:00pm)

Physical therapist helps strengthen the body to help with balance.



Signs of Dementia
Wednesday, February 15 2:00PM

Choices in Senior Living
Wednesday, March 15 2:00PM



Charter
SENIOR LIVING
of Linden

In honor of Make a Friend Day

Make a bracelet for you

And/or a friend

Tuesday Feb 7th at 1:00pm

All supplies donated by
Charter Senior Living of Linden

Come join in on the fun

Bring a Friend if you choose

Or just come and make a friend



BLOOD PRESSURE CHECK

2nd Wednesday of each month, 10:30 - 11:30am

3rd Tuesday of each month, 10:00am - 11:00am



HEALTHY EXERCISE

Wednesdays at 11:00am

Low impact exercise by

the tech from Symphony. Free class-Come join us!

Meditation Monthly

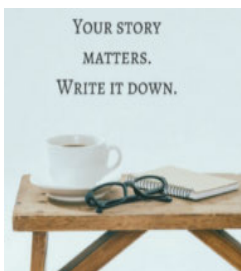
1st Tuesday, 1:30PM—2:00PM 3rd Wednesday, 10:30AM—11:00AM

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.

Loose Activities

WRITE YOUR LIFE STORY

Every 2nd & 4th Friday 2:00pm



Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun. Writing your life story is not only a gift to yourself, but also a gift for family and friends, as well as generations of families not yet born.

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 1:00pm

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.



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 & ALL ARE WELCOME!



Tuesday, January 10, 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 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!



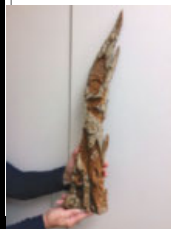
PAINTING GROUP

Mondays, 9:30am



This group meets regularly, is excited to share ideas and talent with a wonderful, volunteer instructor available to help and guide. Bring your own project and painting supplies and join in!

WOOD CARVING-Wednesdays 12:00pm



Do you like to create things from wood? Join our talented woodcarvers on Wednesdays as they share their talents and many ideas along with great conversations.

Card Play 1:00pm-300pm

Mondays & Thursdays

Euchre and Mahjong

Wednesdays

Pinochle and Bridge



GRIEF SUPPORT GROUP

2nd & 4th Wednesday @ 2:00pm

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.

ASK A LAWYER

3rd Wednesday of each month
(9:30am -11:30am)

Attorney Stacey N. Brancheau will be at the Center to offer free consultations on estate planning.

Call to schedule an appointment at 810-735-9406.



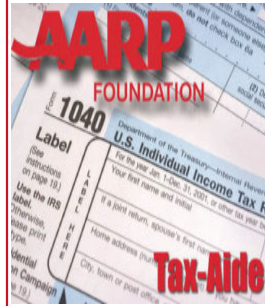
Events

Movie Day
January 4, 1:00PM

Movie Title TBD

**Will be posted in the Center as soon
as we know.**

Pizza, popcorn and water



FREE TAX FORM PREPARATION!

AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 60 and older. Preparation is by certified AARP Foundation Tax Aides.

**All appointments will be on Tuesdays
through April 11th.**

**This service begins on Tuesday, February 7
(by appointment ONLY).**

Please call the Loose Center at 810.735.9406

On or after Tuesday, January 17,

to schedule an appointment



*Coming in
February*

Spaghetti Dinner

&

A Movie \$15

**Thursday
February 16th
4:00-6:30pm**



Two Great Hockey Outings for 2023



VS

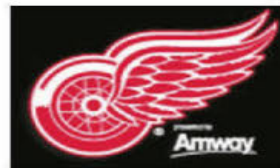
Red Wings vs Calgary Flames
Thursday, February 9, 2023

\$100



OR

\$100



VS

Red Wings vs Pittsburgh Penguins

Tuesday, March 28, 2023



These trips include round trip transportation in a motorcoach bus, snacks on bus and ticket to game.

Easily accessible seats in the lower bowl.

SENIOR WINTER GAMES



of Genesee County 2023
**REGISTRATION NOVEMBER 7
 THROUGH JANUARY 12**
*(forms available at Loose,
 no late registrations)*



Cost \$12 includes, Opening Ceremony with entertainment,
 SWG T-shirt, unlimited events, Closing Ceremony Banquet

2023 EVENTS INCLUDE

Pie Eating, Bowling, Jigsaw Puzzle, Spades, Softball Toss, Bocce Ball, Soccer free Kick, Yahtzee, Hand, Knee and Foot, Shuffleboard, Senior Grand Prix, Recreational Ping Pong, Frisbee Toss, Ladder Golf, Fitness Walk, Pickleball, Euchre, Free Throw, Sudoku, Train Dominoes, Spelling Bee, Arts & Crafts, Name That Song, Darts, Bean Bag Toss, Competitive Table Tennis, & Miniature Golf.

Important news from Loose Center

In the event of a class cancellation, the Loose Center does a robo mass call to most recent high count day. This call will show coming from **BALMONT, MA.** It is important that you have your files up to date with active phone number (if you no longer have a land-

Presented
 By
 Lynn Stork



© CanStockPhoto.com

Meditation

Tuesday January 3 at 1:30pm

Wednesday January 18 at 10:30am

Is it time for an emotional calm?
 A healing slow down?

Come join in on a guided meditation Experience
 The calm Quiet the mind, relax the body
 We have chairs and mats. Bring a pillow or blanket
 if you choose

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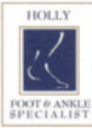
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Vicky Coppler
Community Manager

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millpond@kmgprestige.com

FULL AND PART TIME POSITIONS AVAILABLE

- Working in Fenton/Linden area group home.

Direct Support Professional responsibilities:

- Serving and Caring for developmentally disabled adults in a home setting, provide a clean, safe and comfortable environment. Must have a valid Drivers license (clean driving record and background check).
- Be available for training if not fully trained. Training is provided and paid for by company.
- Work well with others
- Benefits offered to those seeking full time employment
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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.

MEMBERSHIP Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$35.

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS. The annual membership fee of \$35 per person is due for 2023. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person.

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



Community Food Share

Loose Center has a Food Pantry
In partnership with FARR

Let the front desk know when you need assistance



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.



The **water** we drink is already 3 billion years old!



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."



"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."



January

PHONE
810.735.9406
FAX
810.735.4755

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

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

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

<p>2 Center Closed</p> 	<p>3 MMAP Counselor 9:30 NO Arthritis Exercise 11:30 Lunch 12:00 NO Line Dancing 1:30 Meditation 2:00 Chair Yoga</p>	<p>4 9:30 Yoga 11:00 Healthy Exercise 11:30 Lunch 12:00 NO Wood Carving 1:00 Movie Day 1:00 Card Play (Pinochle/ Bridge)</p>	<p>5 MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>6 MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p>	<p>7/8</p>
<p>9 9:00 Indoor Walking 9:30 CSFP 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>10 Veteran Services (by appt.) 9:30 Arthritis Exercise 9:30 Cops & Coffee 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>11 9:30 Yoga 10:00 One on One Physical therapy 10:30 Blood Pressure 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>12 MMAP Counselor 8:00 Loose Board Mtg. 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>13 MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>14/15</p>





Warmest thoughts and best wishes for a Happy New Year. May peace, love, and prosperity follow you always.

<p>16 Closed in Observance of</p> 	<p>17</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure 11:30 Lunch 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>18</p> <p>Hearing Screening (by appt.) 9:30 Yoga 9:30 Ask a Lawyer 10:30 Meditation 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play</p>	<p>19</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>20</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p>	<p>21/22</p>
<p>23</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>24</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>25</p> <p>One-on-One Financial (by appt.) 9:30 Yoga 10:00 One on One Physical therapy 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>26</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>27</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>28/29</p>
<p>30</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>31</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Dotti Tynes <i>Program Director</i> Cheryl Rex <i>Travel Coordinator</i> Director Carrie Shaulis <i>Administrative Service Specialist</i></p>		<p>BOARD OF DIRECTORS</p> <p>Frank Lukowski, President Ken Wensel, Vice President Roby Deese, Secretary Rod Martin, Treasurer Ray Culbert Pat Lockwood</p>	

JANUARY MENU

Congregate January Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HM Beef Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk	3 Chicken Cacciatore Mixed Greens Spaghetti Diced Peas Corn Bread Margarine 100% Fruit Juice	4 HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce Milk Margarine	5 Pork Chops w/Mushrooms Sugar Snap Peas Roasted Potatoes Sliced Wheat Bread Margarine Fresh Apple 100% Fruit Juice	6 BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk
9 HM Sweet & Sour Meatballs Brown Rice Green Beans Mixed Vegetables Flatbread Pineapple Tidbits Margarine Milk	10 Chicken Caesar Wrap W/ Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap Caesar Salad Dressing Pkt 100% Fruit Juice	11 Open-Face Pot Roast Sweet Peas Mashed Potatoes Texas Toast Half Margarine Diced Peaches Milk	12 HM Chili Whole Kernel Corn Sliced Potatoes Fresh Pear Buttermilk Biscuit w/honey Margarine/Salad Dressing 100% Fruit Juice	13 Grilled Chicken Breast w/Cream Sauce Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk
16 	17 HM Mexican Chicken & Rice Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	18 Creole Steak European Veggies Sliced Beets Tropical Fruit Salad Potato Roll Margarine Milk	19 Beef Fajitas w/ Peppers/Onion w/Peppers & Onions Mexican Rice Corn Fruit Cocktail Tortilla Shell 100% Fruit Juice Cookie Of the Month	20 Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk
23 Ham, Bacon & Cheese Frittata W/ Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk 8 oz	24 HM Chicken Salad on Croissant Fresh HM Cucumber Salad Fresh Broccoli Bites Golden Apple 100% Fruit Juice	25 Roasted Chicken Breast Italian Veggie Blend Roasted Potatoes Fresh Pear Hawaiian Roll Margarine Milk	26 Turkey Burger w/Cheese Potato Wedges Vegetable Blend Diced Peas Multi-Grain Bun Ketchup & Mustard 100% Fruit Juice Birthday Cake	27 HM Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
30 HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine Milk	31 HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine 100% Fruit Juice			

Travel & Trips

TRIPS @ A GLANCE

January 10	Soaring Eagle Casino	\$45/person
February 9	Red Wings vs Calgary Flames	\$100/person
February 13	Saganing Eagles Landing Casino	\$45/person
March 16	Firekeepers Casino	\$45/person
March 28	Red Wings vs Pittsburgh Penguins	\$100/person
May 21	Springtime in the SMOKIES	\$1140/Double
May 25	Historic Marshall	\$108/person
June 16	A Day in the Detroit	\$114/person
July 19	The Great American Trailer Park Musical	\$99 per person
August 14-21	Canadian Rockies , Glacier National Park and Yoho National Park	\$4,899/Double
September 12-20	South Dakota's National Parks	\$2,799/Double
September 21-22	ARK Encounter (new date)	\$414/Double
September 28	Ohio Wine Tour	\$120/person
October 10-13	Agawa Canyon & Mackinac Island	\$1,299/Double

Watch for flyers to come

	ARK Encounter (original date changed)	
August 16	Saugatuck, MI	
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)

Detailed flyers are available at the Loose Center.

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.

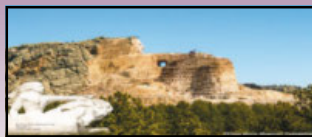
Travel & Trips

SOUTH DAKOTA'S NATIONAL PARKS

September 12—20, 2023

Black Hills - Badlands - Mt. Rushmore - Crazy Horse Memorial
-Custer State Park - Deadwood

PLUS



CELEBRATION BELLE
Mississippi River
Entertainment Cruise



\$2,799.00 pp/Double

Springtime

IN THE SMOKIES

May 21-24, 2023

4 days / 3 nights \$1,140.00 pp/Double

AGAWA CANYON
&
MACKINAC ISLAND
October 10-13, 2023
\$1,299.00 pp/Double

CANADIAN ROCKIES & GLACIER NATIONAL PARK plus YOHO NATIONAL PARK



August 14-21, 2023
\$4,899. per person/Double



Through Collette World Wide Travel

August 2-10, 2023 ~ London & Paris—\$4,449.00 per person based on double occupancy and bookings by February 3, 2023

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

January 15-23, 2024 ~ Tropical Costa Rica - \$2,899.00 per person based on double occupancy and bookings by July 8, 2023

May 12 -21, 2024 ~ Countryside of the Emerald Isle - \$4,349.00 per person based on double occupancy and bookings by October 13, 2023

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

Reservations are not guaranteed until down payment is received.

Travel & Trips



Soaring Eagle Casino

Tuesday, January 10, 2023

\$45

Round Trip Motor Coach
 \$20 on Players Card
 Plus, 600 points on slots and receive
 \$10 in Premium Play
 \$10 Food Voucher

Snacks and water on bus



\$45

Monday, February 13, 2023

Round Trip Motor Coach \$10 on Players Card
 \$5.00 Dining Credit for SELC
 PLUS, earn 100 points on slots and receive
 \$10 in Premium Play

Snacks and water on bus

MCC Continuing Education (Friday's @ Applewood) 2022/2023 SERIES

\$10.00 without transportation

**Must book and pay by Wednesday before
 event or register online.**

Friday, January 20	Possible Options For Us As We Age
Friday, February 17	Senior Health and Wellness
Friday, March 17	Bringing Historical Cemeteries to Life
Friday, April 21	MTA Flint-Your Lifeline Transportation System
Friday, May 19	The Markets Today
Friday, June 2	Police Evolution



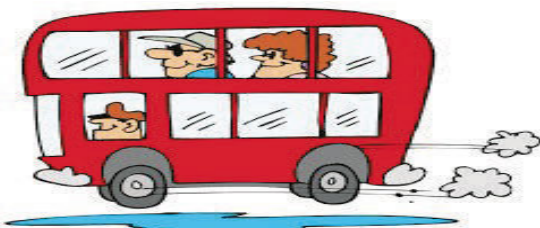
\$45

Thursday, March 16, 2023

INCLUDES

- Round Trip Motor Coach Transportation to FireKeepers Casino
- **\$30 in Free Play**
- **\$5 in points** (food & beverage)
- Water & snacks on the bus

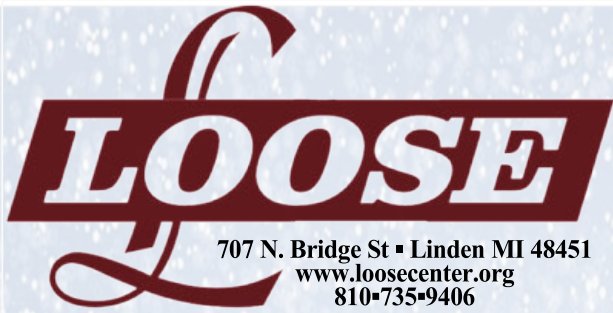
Please note: Loose assumes no responsibility for changes in the incentive



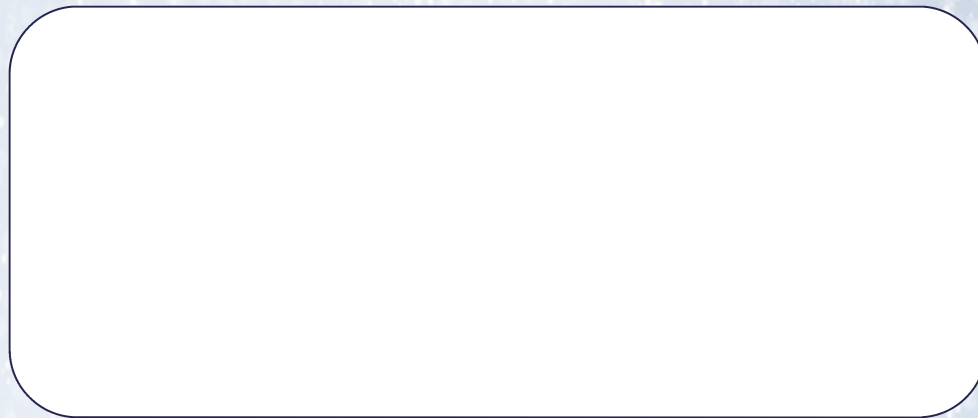
**Are You Feeling a Little Blue?
 Tired of Winter already?**

Check out our day Casino trips or a day at Mott Continued Learning (Lifelong Learning) and get out of the house for a day.

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.



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WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

In the event of inclement weather, please tune into **ABC 12**, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.

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.....

FREE WI-FI FROM THE LOOSE PARKING LOT

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