

LOOSE

April 2021

**25 Years!
1996-2021**



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



From the Executive Director

COVID-19. How I remember it then and how I deal with it now.

Who can remember how they became aware of the Covid-19 virus? I remember it well. Michigan's basketball team was on the floor warming up for the Big Ten Tournament when officials came out and sent the teams to the locker room. It seemed very strange until everyone was informed that the tournament was cancelled. From that point on life was no longer normal. It became apparent that a virus that no one knew much about became a major concern. On St. Patrick's Day everything started to close and our lives went on hold. You could not leave your home, leave the state of Michigan, or be with your family and friends. Loose was no longer a place where you could come to socialize, exercise, play cards or eat lunch. Senior activities "STOPPED". Through it all, the center continued to reach out to help through phone calls and take out lunches.

Today we have hope through the Covid-19 vaccine. People now can sign up to receive a shot 50 and older. The long range plan is to have the United States population vaccinated by the end of May. This will allow us to enjoy all the activities we once took for granted. Schools will reopen so that children can go back to school. Restaurants will be able to seat 100% of their capacity so we can enjoy our favorite foods. Movie theaters will be a safe place to go and be entertained. Businesses will be up and running, people will go back to work and the economy will again be strong. Sporting events will once again have fans in the stands and we can go and see our favorite teams play in person. For us seniors it means we can leave our home and once again visit our family and friends. I for one have missed my grandsons grow up and have missed so many family activities. We can now travel to our favorite destinations, mine being Walt Disney World in November.

Loose is slowly opening up activities, we now have a full complement of classes where you can come and exercise and visit with friends. We have started book club, woodcarving, and painting with others to come as allowed through social distancing. We are now planning social events and trips, the first one is to Soaring Eagle in Mt. Pleasant on July 22.

So, the light is at the end of the tunnel. In time we will be able to have our lives back and relax and be ourselves. Just understand that you matter to someone and you will soon be part of their lives. I will be with my family, most importantly my grandkids, and working events at the University of Michigan.

Stay strong and get your shot.

All is Well
Carl Gabrielson
Executive Director
Loose Senior Center



Indoor Activities

- ◆ **PARTICIPANTS MUST CALL AND PUT THEIR NAME ON THE ROSTER IN ORDER TO PARTICIPATE IN A CLASS .**
- ◆ **MASKS ARE REQUIRED AND MUST BE WORN AT ALL TIMES!!!** (PLEASE PROVIDE YOUR OWN MASK)
- ◆ **THERE IS A CHECK-IN SCREENING BEFORE ENTERING THE BUILDING**
(FOR THE GOOD HEALTH OF ALL, PLEASE BE HONEST WITH YOUR ANSWERS DURING YOUR SCREENING.)
- ◆ **STRICT SOCIAL DISTANCING WILL BE ENFORCED**
- ◆ **THERE WILL BE NO DROP-IN VISITS AT LOOSE**
- ◆ **IT IS LIKELY THAT LOOSE WILL BE OPEN IN THREE PHASES**
- ◆ **DUE TO SOCIAL DISTANCING GUIDELINES, SOME ACTIVITIES CANNOT RESUME UNTIL ALL RESTRICTIONS ARE LIFTED**

Current Loose Activities

You must call 810 735-9406 and pre-register for each class

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 all in the safety of your home.

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 9:30am) 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 DANCE Thursday 12:30 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.

LOOSE BOOK CLUB Second Monday 12pm 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!

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,

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!

Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.

PAINTING GROUP - Monday 9:30am - 11am

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. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

KNITTING/CROCHETING Fridays, 12:30-1:30pm

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.

FOOD PANTRY (located at North Door) 9am—2:30pm

Day old bread and other treats are picked up from VG's (per availability) This generous Loose privilege is on a first come first serve basis and distribution is on the honor system.

MORE SERVICES

Veteran Assistance, Medicare & Food Assistance **Counselors are available via PHONE or VIRTUAL ASSISTANCE.** Call Loose at (810) 735-9406, leave a message and a counselor will contact you.

Loose Membership Information

Last Name _____ First Name _____ Birthday _____

Last Name _____ First Name _____ Birthday _____

Street _____ City/State/Zip _____

Home Phone _____ Cell Phone _____

Email _____

City or Township _____ County _____

Emergency Contact _____ Relationship _____

Home Phone _____ Cell Phone _____

Ethnicity (for office use only) African American Asian American Hispanic Native American Caucasian

LOOSE CENTER - LIABILITY WAIVER

I understand that there are risks of injury involved in participating in any Loose Senior Citizen Center exercise class or other exercise program or activity. I voluntarily assume the risk for any harm, injuries, or damages that I may sustain as a result of my participation in any exercise class, program, or activity. I certify that I am in good physical condition and that I am able to safely participate in the exercise class, program, or activity and to safely utilize any of the exercise equipment at the Loose Senior Citizen Center.

I am aware that none of the instructors at the Loose Senior Citizen Center maintain liability insurance coverage for any claims that might be asserted by participants against an instructor for injuries received in participating in a Loose Senior Citizen Center exercise class, program or activity.

I release the Loose Senior Citizen Center, its instructors, officers, directors, employees, volunteers, agents, representatives, successors, and assigns, from any and all liability for injuries, damages, or expenses resulting from my participation in any Loose Senior Citizen Center exercise class, program, or activity. This release is binding on my heirs, assigns, executors, administrators, and representatives.

Print Name: _____ Signature: _____

PHOTO RELEASE

I grant to *Loose Senior Center*, the right to take photographs of me and my family in connection with any Loose event. I authorize the *Loose Center* its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that *Loose Senior Center* may use photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

I have read and understand the above:

Signature _____

Membership Donation Payment Form

_____ Check _____ Credit Card

**This will be destroyed after payment is processed*

Credit Card Number _____

Expiration Date _____ CVV _____



"Award Winning BBQ"
www.BealeStSmokehouse.com

2461 North Rd.
Fenton, MI
(US-23, Exit 80)
810-750-0507

Dine-In, To-Go, Catering, Full Bar and Live Music every Weekend!

Mini-Lunch Specials
Daily 11:00am-4:00pm \$6.59



**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO
BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

LINDEN'S COMPLETE AUTO REPAIR



417 W. Broad Street
Linden, MI 48451

810-735-9911
lindenautorepair.com

FREE Loaners
FREE Diagnosis
FREE Shuttle Service

\$34.99

Expires 5/1/2021

INCLUDES:

- BASIC OIL CHANGE
- ALIGNMENT CHECK
- TIRE ROTATION
- 27 MULTI-POINT INSPECTION

RealLiving

Tremaine Real Estate
John Tremaine.com
810-444-0495



Trusted Advisor, Skilled Negotiator, Expert Facilitator

Abbey Park
INDEPENDENT SENIOR LIVING



"Live Here... for the Best of Your Life"®
Independent Senior Living with
Personal Care Assistance Available
3221 E Baldwin Rd • Grand Blanc
(810) 606-1110 • www.abbeypark.com

THE BRANCHEAU
LAW FIRM
FAMILY LEGACY PLANNING

Wills • Trusts • Probate • Elder Law

Stacey N. Brancheau
Attorney at Law and Certified Financial Planner™

1100 Torrey Rd., Ste. 200, Fenton, MI 48430

(810) 629-2222

www.BrancheauLaw.com

Find Your
Better State.

800.535.0517
TheStateBank.com

THE
ST[>]ATE
BANK

Member FDIC
Equal Housing Lender



People Helping
People Thrive!

Vibrant Life Senior Living
8800 Monroe Rd.
DURAND

THE LODGE OF DURAND

(989) 288-6561

vibrantlifeseiorliving.com



Are you considering assisted living?
We are here for you.

Move-In Special
For our Loose Senior Center Friends
\$3,000 total savings!

To help feel connected with loved ones, a complimentary Smart Device will also be given upon admission.
Call Stephanie and mention this offer to receive the special and Smart Device at the time of move-in.
Assisted Living and Memory Care suites available.

Symphony
LINDEN

810.623.2075 | symphonylinden.com



Argentine Care Center

Specializing in short term rehabilitation & long term care
Family Owned- Our Family Caring for Your Family

9051 Silver Lake Road • Linden, MI 48451

Tel: **(810) 735-9487**

www.argentinecarecenter.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpiseniors.com

15-0685

Choose **EPIC** Rehabilitation after Surgery or Hospitalization!



Fresh
WBs Bistro



**WELLBRIDGE
OF FENTON**

YOUR BRIDGE TO RECOVERY AND WELLNESS

www.thewellbridgegroup.com

EPIC

Excellence • Passion • Innovation • Care

★ ★ ★ ★ ★
PROUD TO BE FIVE STAR RATED BY CMS!

901 Pine Creek Drive, Fenton, MI 48430 • PHONE: 810.616.4100

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Terry Sweeney**
to place an ad today!
tsweeney@4LPi.com or
(800) 477-4574 x6407

BARTLETT LAWN & SNOW SERVICE

We do it All!

Spring & Fall Clean-up
Mowing • Trimming • Edging
Lawn Aeration • Dethatching
Lawn Rolling • Landscaping
Mulch • Stone & Brick Pavers
Rototilling • Retaining Walls
Experienced Climber
Tree Removal/Trimming
Brush Hogging • Stump Grinding
Land Clearing • Field Mowing
Driveway & Road Grading
Snow Plowing • Shoveling • Salting

★ ★ ★
Senior & Veteran Discounts
★ ★ ★

Residential / Commercial
Free Estimates
Fully Insured • Licensed
40 Years Experience
All Local Workers

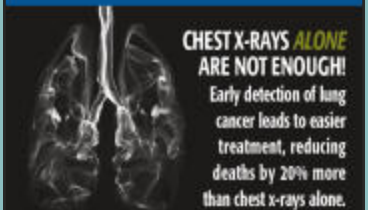
Duane | 810-275-4241

*Where public transportation
goes, community grows!*



Customer Service
(810) 767-0100
www.mtaflint.org

CAN YOU SEE HOW SMOKING HAS AFFECTED YOUR LUNGS?



**CHEST X-RAYS ALONE
ARE NOT ENOUGH!**
Early detection of lung
cancer leads to easier
treatment, reducing
deaths by 20% more
than chest x-rays alone.

TALK TO YOUR DOCTOR & GET AN ORDER FOR

CT LUNG SCREENING

UTILIZING A SPECIFIC LOW-DOSE (LDCT) PROTOCOL

92%

CT Lung Screening:
Fast, Affordable, Safe

- Choose the **ONLY** imaging center in Fenton. Convenient & Comfortable
- Cash pay option costs less than a month of smoking
- Covered by most insurances - visit rmipc.net/ctlung to see if you qualify

Early Detection

15%

Late Stages

Survival Rates



810-732-1919

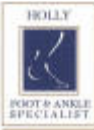
Fenton • Lennon Rd, Flint • Grand Blanc • Novi



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpieniors.com

15-0685



Harold M. Koehler, DPM
Medicine & Surgery
of the Foot & Ankle

4038 Grange Hall Road, Holly, MI 48442
248 / 634-6200

*Come See Us, We're
at Loose Monthly!*

Senior Living Community

*Fenton's Best Kept Secret
for Seniors 55+*



Vicky Coppler
Community Manager

201 E. Elizabeth • Downtown Fenton
(810) 629-1179
millpond@kmgprestige.com

Find us on

5111 Woodlands Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-9488

www.woodhavensenior.com

**Thrive
Locally**

MANNOR LAW GROUP
Excellence in Estate Planning and Elder Care

We help families plan for all stages of life

- ♦ Update Your Will & Trust
- ♦ Protect Assets From Nursing Home
- ♦ Power of Attorney & Living Will

Now Offering Phone, Video Conference & In-Person Meetings - Call Now To Get Started



CALL US
M-F 9AM-5PM

GRAND BLANC (810) 694-9000
ROCHESTER (248) 605-5908

VISIT US ONLINE

WWW.MANNORLAW.COM
SERVING TWO LOCATIONS

8226 S. SAGINAW ST. SUITE A GRAND BLANC, MI 48439
805 OAKWOOD DR. SUITE 125 ROCHESTER, MI 48307

**support our
ADVERTISERS**



**Generations of Service
to the Community**

sharpfuneralhomes.com



Miller Road Chapel

Roger L. Sharp, Founder & Manager
8138 Miller Road • Swartz Creek
(810) 635-4411

Linden Chapel

Stephanie Sharp Foster, Manager
209 E. Broad St. • Linden
(810) 735-7833

Fenton Chapel

Michael T. Scully, Manager
1000 Silver Lake Rd • Fenton
(810) 629-9321

Funeral Home & Cremation Center

Jennifer Sharp Scully, Manager
6063 Fenton Road • Grand Blanc
(810) 694-4900

- COMPASSION. DIGNITY. RESPECT. -



319 South Bridge Street
Linden, MI 48451
(810) 735-0010

www.ivyrehab.com/location/linden-mi/

*Specialized individual treatment in
orthopedics, geriatrics, vestibular
problems, balance training and
post-surgical rehabilitation*

It's all about the people®



400 Rounds Drive
Fenton, MI 48430
(810) 750-1996

www.ivyrehab.com/location/fenton-mi/



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpseniors.com

15-0685

Patricia McGarry, DDS
 Accepting New Patients
 20% Discount for Senior Citizens
New Patient Special
 Cleaning, X-rays, & Exam
 Only \$85.00 (No Discounts Apply)
 200 Lindenwood Dr. • Linden, MI
810-735-9426
 www.drmcgarry.com



FENTON
 HEALTHCARE CENTER
 512 BEACH ST., FENTON, MI 48430
 PHONE 810.629.4117
 CIENAHEALTHCARE.COM

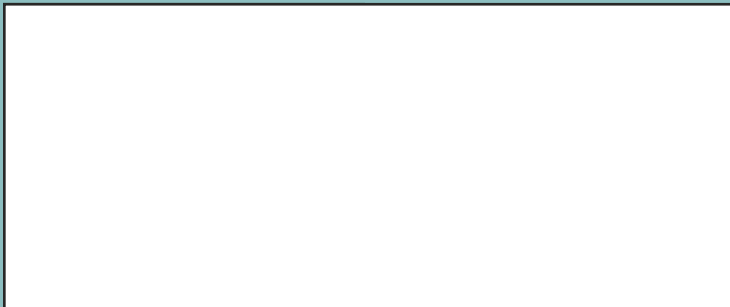
- 24-Hour Nursing Care
- Comprehensive Rehabilitation
 - Physical Therapy
 - Occupational Therapy
 - Speech Language Pathology
 - Respiratory Therapy
- Advanced Wound Care
- Hospice and Respite Care
- Long Term Care

Medicare, Medicaid, and most Private Insurances accepted.

CIENA
 HEALTHCARE
 Community

Redefining Excellence IN REHABILITATION AND SKILLED CARE

THIS SPACE IS AVAILABLE



THE INDEPENDENT
 SPEND YOUR GOLDEN YEARS IN LUXURY

COME HOME TO A DREAM
 MODERN & LUXURIOUS. THE INDEPENDENT IS A 55+ ACTIVE SENIOR LIVING COMMUNITY IN THE HEART OF FENTON!

4031 VICINIA WAY
 FENTON, MI 48430
 ALL-INCLUSIVE STARTING RATES \$2,500 A MONTH

(810)-577-2353

**BE YOURSELF.
 BRING YOUR PASSION.
 WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
 Expense Reimbursement | Travel Required

Contact us at: careers@4lpi.com
www.4lpi.com/careers

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

Team Steibel

Mike Steibel
 Realtor
810-610-7412

2359 W. Shiawassee Ave
 Fenton

Let us help you find that perfect home!

Enjoy maintenance free living at an affordable senior community.

The Village of **Holly Woodlands**
 A SENIOR LIVING COMMUNITY
 A Mission of Presbyterian Villages of Michigan

248.634.0592
www.pvm.org

Call for details on how to qualify or to schedule a tour!

3325 Grange Hall Rd. • Holly
 TTY: 800-649-3777

Dave Lamb HEATING & COOLING INC.
 Fenton, MI

Dave Lamb Elite Furnace

409 E. Caroline
 Fenton, MI 48430
800.454.4946
810.629.4946

- Air Conditioning Service
- Furnace Tune-Up
- Water Heaters

www.davelambheating.com



Travel & Trips



Soaring Eagle

Thursday, July 22, 2021

\$32

DEPARTS
Loose Center
DEPARTURE TIME
10 AM
APPROXIMATE RETURN
6:30 pm

INCLUDES

- Round Trip Motor Coach Transportation
- \$20 on Players Card
- *PLUS, earn 600 points on slots and receive a bonus \$10 in premium play.*
- \$10 Food Voucher
- \$10 Bingo Bucks Voucher
- Receive an additional entry into hourly drawings for every 100 points earned between 7AM - 2:59PM.

Mask Up, Mask Right

✓ **Right**

What to wear



Three-layered washable cloth mask



Three-layered medical-grade disposable mask



Approved KN95

✓ **Right**

How to wear



Secured over the nose and mouth



Tightly fitting without gaping

✗ **Not right**



Neck gaiter or loosely tied bandana



Mask with vents



N95 masks intended for healthcare workers



Face shield worn without a mask (except for individuals who cannot medically tolerate a face covering)



Noticeable gaps, holes or vents

Need help getting a mask?

Residents can pick up a free mask from partner sites across the state, including most local DHHS offices and Community Action Agencies. Find a distribution site at Michigan.gov/MaskUpMichigan or call the COVID-19 hotline at 888-535-6136.

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.*

April 2021 Menu

			1 Baked Fish Scalloped Potatoes Vegetable Juice/Dessert	2 Center Closed
5 Sloppy Joe Coleslaw Chips Fruit/Dessert	6 Broccoli Cheese Soup Ham Slider Fruit Dessert	7 Pulled Pork Baked Beans Coleslaw Fruit/Dessert	8 Goulash Vegetable Dinner Roll Juice/Dessert	9 Turkey Sandwich Coleslaw Chips Fruit/Dessert
12 Pepperoni French Bread Pizza Tossed Salad Fruit/Dessert	13 Tomato Soup Grilled Cheese Fruit Dessert	14 Coney Dog Tossed Salad Chips Fruit/Dessert	15 Fundraiser Lunch	16 Shepherds Pie Tossed Salad Dinner Roll Fruit/Dessert
19 Hamburger Bakes Beans Cottage Cheese Fruit/Dessert	20 Chicken Noodle Soup Tossed Salad Dinner Roll Fruit/Dessert	21 French Toast Casserole Sausage Cottage Cheese Fruit	22 Cabbage Rolls Mashed Potatoes Vegetable/Dinner Roll Fruit/Dessert	23 Meatball Subs Cottage Cheese Chips Fruit/Dessert
26 Chicken Bites Tater Tots Pasta Salad Fruit/Dessert	27 Bean Soup Ham Slider Fruit Dessert	28 Tacos Chips Fruit Dessert	29 BBQ Chicken Thigh Baked Beans Pasta Salad Juice/Dessert	30 Mystery Lunch!

Springtime Fundraiser April 15th 12:00-2:00pm

Drive up and pick up
a full course meal for TWO...

INCLUDES
Teriyaki Chicken Thigh, Fried Rice,
Egg Roll, Mixed Vegetable, Dessert
& Beverage
All for \$25

-or-
\$15 for a Single Dinner

Call and Order yours today!
810-735-9406

April 2021


EMAIL
lsc@loosecenter.org

WEBSITE
www.loosecenter.org

A variety of Books/Puzzles and Food Pantry items are available from 9 am - 2:30 pm just inside the North door at Loose. Please feel free to stop by and see what we have. Available as long as supplies last.

PHONE
810.735.9406

FAX
810.735.4255

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Activities are subject to change or be cancelled. Operation of the center's activities are based on the orders set forth by the Health Department and Governor's Office.</p>			<p>1 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Baked Fish 12:30 Line Dancing</p>	<p>2 Center Closed</p> 
<p>5 9:30 Painting 11:30 Lunch Sloppy Joe 2:00 Yoga</p>	<p>6 9:30 Arthritis Exercise 11:30 Lunch Broccoli Cheese Soup 2:00 Chair Yoga</p>	<p>7 9:30 Yoga 11:30 Lunch Pulled Pork 12:00 Woodcarving</p>	<p>8 8:00 Board Meeting 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Goulash 12:30 Line Dancing</p>	<p>9 9:30 Yoga 11:00 Zumba 11:30 Lunch Turkey Sandwich 12:00 Knitting</p>
<p>12 9:30 CSFP 9:30 Painting 11:30 Lunch Pepperoni French Bread Pizza 12:00 Book Club 2:00 Yoga</p>	<p>13 9:30 Arthritis Exercise 11:30 Lunch Tomato Soup & Grilled Cheese 2:00 Chair Yoga</p>	<p>14 9:30 Yoga 11:30 Lunch Coney Dog 12:00 Woodcarving</p>	<p>15 9:30 Chair Yoga 11:00 Fit 4 Ever 12:00—2:00 Fundraiser 12:30 Line Dancing</p>	<p>16 9:30 Yoga 11:00 Zumba 11:30 Lunch Shepherds Pie 12:00 Knitting</p>
<p>19 9:30 Painting 11:30 Lunch Hamburger 2:00 Yoga</p>	<p>20 9:30 Arthritis Exercise 11:30 Lunch Chicken Noodle Soup 2:00 Chair Yoga</p>	<p>21 9:30 Yoga 11:00 Tai Chi 11:30 Lunch French Toast Casserole 12:00 Woodcarving</p>	<p>22 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Cabbage Rolls 12:30 Line Dancing</p>	<p>23 9:30 Yoga 11:00 Zumba 11:30 Lunch Meatball Subs 12:00 Knitting</p>
<p>26 9:30 Painting 11:30 Lunch Chicken Bites and Tater Tots 2:00 Yoga</p>	<p>27 9:30 Arthritis Exercise 11:30 Lunch Bean Soup & Ham Slider 2:00 Chair Yoga</p>	<p>28 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Tacos 12:00 Woodcarving</p>	<p>29 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch BBQ Chicken Thigh 12:30 Line Dancing</p>	<p>30 9:30 Yoga 11:00 Zumba 11:30 Lunch Mystery Lunch! 12:00 Knitting</p>

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

"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."

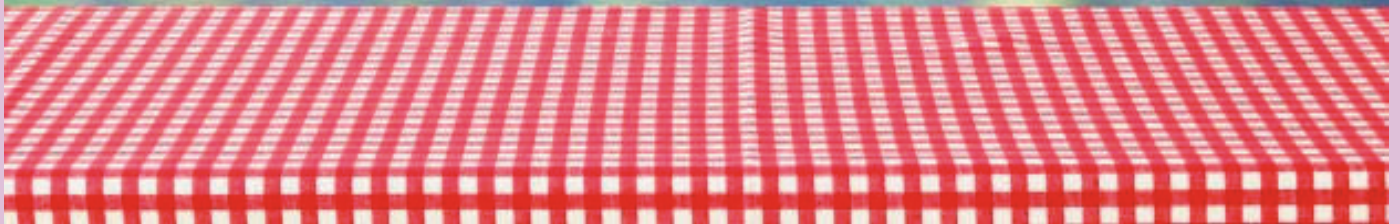




PRSRT STD
U.S. Postage
PAID
Flint, MI
Permit No. 6



**May Fundraiser
coming May 20th**



FREE WI-FI FROM THE LOOSE PARKING LOT

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