



LOOSE

April

2023

From the Executive Director

Loose Family,

When I reflect on my life, I like to think about the memories that had an influence on my development. One memory is that of the “Art of Dance” and how it changed my character over time. Everyone can remember a time of awkwardness and dancing in public. It started with the infamous sixth grade dance, the pressure to ask a “Girl” to go as your date. The pressure was immense causing many to have queasy feelings in their stomach. Then came the big night and you enter the room with your date on your arm with no knowledge of the art of dance. Awe, good times.

As time went by, other events included dance. There was the after the game dance. This is the time when the girls stood on one side of the room and boys on the other. You always waited for the slow dance because they involved less movement and it was nice to dance close with the girl you had a crush on.

Who can forget the first dress-up Spring Dance: By now you had learned some cool moves and you were more comfortable looking silly. You had a real honest to goodness date, you were looking good and you thought you were in love. You aimed to impress. By prom you were ready to step out in style and be that special person who had a special person on his arm for a romantic evening. Life was good.

Adulthood brought dancing to another level. It started with your wedding reception and you used all you had learned to be the center of attention during the bridal dance. During this time you also attended other weddings which included the Chicken Dance, Hokie Pokey and the Alligator Crawl. Who would have thought dancing would ever reach this level. Fun Times.

So, we now review our life with dance and remember, this story although told from a male perspective, also reflects a view from the female point of view. Even though I found females more adaptable to dancing and culture. We found that the art of dance exposed us to many life changing experiences. We thought in the beginning we would die of embarrassment. We then found a companionship to share a dance with that special person. We joined together with that special

person and found dance to be an expression of love, joy, sadness and happiness that we shared together and in the end we realized the impact dance had on our life. We have come full circle and embrace the opportunities to share dance with others.

“Dance is your pulse, your heartbeat, your breathing. It’s the rhythm of your life. It’s the expression in time and movement, in happiness, joy, sadness and envy.”

Jacques d’Amboise

All is well,
Carl Gabrielson
Executive Director
Loose Senior Center

I invite you to attend the Loose Senior Center Dance Night with the “Living Notes Band” to reflect on your special memories and to enjoy another time to dance the night away.

Wednesday, April 12th at 6:30PM
Bring that special person

(See page 8 for further information)

Movie Day

April 5, 1:00PM



Linda Ronstadt
“The Sound of My Voice”

Linda Ronstadt’s life and career from childhood to the present day. Her rise to country rock, her advocacy of women in the male-dominated music industry, her romance with Jerry Brown and her move to opera. To present day and the onset of Parkinson’s disease leaving her unable to sing forcing early retirement.

Pizza, snacks and water

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.

BEGINNER LINE DANCING (Tuesdays, 11:00am) Fee \$7

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 EXERCISE (Tues. 9 :30am and Thursdays 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.

BEGINNER PICKLEBALL (Thursdays, 2:00pm) Fee \$7

PICKLEBALL (Fridays, 12:30pm) Fee \$7

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. 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.

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

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

ADDITIONAL SERVICES

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE

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 (MICAFAE) 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 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.

Fitness Classes



HEALTHY EXERCISE

Wednesdays at 11:00am
Low impact exercise by the tech from Symphony. Free class-Come join us!

STRENGTH AND BALANCING

(Thursdays, 12:00pm) Free Class

Physical therapist (from Advance Physical Therapy) helps strengthen the body to help with balance.



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..



Beginner Pickleball (\$7)

Thursdays, 2:00PM—3:30PM

one of the fastest growing sports.

Pickleball

Fridays, 12:30PM—3:00PM



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.



Cardio/Aerobics Classes

Mondays, 11:30am

Thursdays, 1:00pm

\$7/class

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

11:30am Cardio/Aerobics

2:00pm Yoga (Gentle flow)

TUESDAY

9:30am Arthritis Exercise

11:00am Beginner Line

Dancing

12:00pm Intermediate

Line Dancing

2:00pm Chair Yoga

WEDNESDAY

9:30am Yoga (Gentle flow)

11:00am Healthy Exercise

THURSDAY

10:00am Chair Yoga

11:00am Arthritis Exercise

12:00pm Strength &

Balancing

1:00pm Cardio/Aerobics

2:00pm Beginner

Pickleball

FRIDAY

9:30am Yoga (Gentle flow)

11:00am Zumba Gold

12:00pm Pickleball

GROOVE

Inspired by passion

Coming back in May

Mondays—10:00am fee \$7

“Groove” a simple method of movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone, united in beat and rhythm.

ZUMBA GOLD \$7

Fridays at 11:00am for:

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!

BEGINNER LINE DANCING

(Tuesdays, 11:00am) \$7

INTERMEDIATE (Tuesdays, 12:00pm) \$7

Exercise your body & mind by dancing to lively, up-beat 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 Activities

YOUR STORY
MATTERS.
WRITE IT DOWN.



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.



Tues, April 11th, 9:30-10:30

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!



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 GROUP & ALL ARE WELCOME!



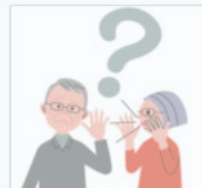
LITERARY STUDIES (Book Club)

2nd Monday of each month
12:30PM

If you like to read, come join us!

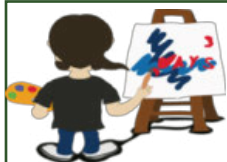
HEARING SCREENINGS

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



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

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.



BLOOD PRESSURE CHECK

2nd Wednesday of each month, 10:30 - 11:30am
3rd Tuesday of each month, 10:00am - 11:00am



Card Play 1:00pm-3:00pm
Mondays & Thursdays
Euchre and Mahjong
Wednesdays

Upcoming Events



*Coming back
In May
Mondays at 10:00
\$7*

Groove a simple method of movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. United in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body and soul. Anyone can do this, you add your own style and you can't go wrong! Come check it out

GROOVE
inspired by passion

SAVVY CAREGIVER

Wednesdays, April 5—May 10
9:30am—11:30am

- Understand the impact of dementia on both you and your loved-one.
- Learn skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel Better about your caregiving.
- Take care of you!



Brunch & Learn Seminar

**Tuesday
May 2, 2023
9:30am**

Celebrating life fully means planning your final wishes so your loved ones don't have to. Let us help begin the process through our special "Peace of Mind" seminar. We promise it to be an educational, informative and enjoyable time for learning the full benefit of planning ahead for total "Peace of Mind", in an informal and relaxed setting.

Enjoy a free Brunch
Sponsored by Sharp Funeral
Please RSVP at 810-735-9406
Loose Center



A HEALTHY SPINE & NERVOUS SYSTEM

May 16th 10:00am—11:00am

Dr. Kaleb McElwee of Healthquest of Grand Blanc will be having a presentation of a healthy spine and nervous system.

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, April 21 MTA Flint-Your Lifeline
Transportation System

Friday, May 19 The Markets Today

Friday, June 2 Police Evolution

Journey Toward Healing: Hope for the Grieving (April 13th at 10:30 am)

Death is never convenient! It disrupts our life, activities and our plans.

If you've recently lost a loved one, come to this 1-hour workshop and learn how to:

- 1) Understand your grief and how to move forward in life
- 2) Recognize symptoms of Depression vs. Grief and when to get help
- 3) Enjoy anniversaries and holidays again with some practical ideas

Register for this workshop by emailing: sgonzales@harmonycare.com or dotti@looseniorcenter.org and indicate "Loose Journey" or call the Loose Center (810) 735-9406.

Provided by: **Harmonycare Hospice**

Save the dates



Travel Show
May 10, 2023
12:30 pm

Come to the travel show
 Find out what trips are coming up
 A Bianco representative will be here to answer any questions you may have

Loose Center
 707 N Bridge St
 Linden MI
 810-735-9406



Thursday May 25, 2023

8:00am-3:00pm

\$30
 Per space

Each space is room for your car and one parking spot next to it

Loose Center
 707 N Bridge St
 Linden MI

Sell Your Junk from your trunk

Name _____
 Phone Number _____
 Number of spots needed _____



Friday April 21, 2023
9:00am-12 noon



What options do I have

Loose Center
 707 N Bridge St
 Linden MI
 810-735-9406

Where can I go for Physical Therapy help



New Places To check out



Win a Prize Blood Pressure Check

MOTHER'S DAY TEA

May 18th at 1:00PM

The tradition is back. All are welcome to come and enjoy an afternoon of tea, treats, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, or a good friend with your favorite teacup and join us.

Sign up today. . . . \$10.

Entertainment by:
 "The Dibbleville Dolls"



Living Notes Band

Loose Senior Center Dance Night

Wednesday April 12th 6:00 pm

\$15 Single
\$25 Couple



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Vicky Coppler
Community Manager

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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.
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15-0685

Important Information

SUPPORT GROUPS



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.

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.



Community Food Share

Loose Center has a Food Pantry
In partnership with FARR

Let the front desk know when you need assistance

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



LUNCH Pick up

11:30 am - 12 noon,
\$3 donation (in county)

-or-

\$6 donation (out of county or under 60)

Please call the day before by 1pm to
reserve your lunch.

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. 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.

Please make sure our records are up to date with current phone number and address.

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.

PLEASE REMEMBER TO ALWAYS **SCAN IN** OR
MANUALLY **SIGN IN** AT EITHER OF OUR CHECK IN
STATIONS..

WATCH OUT FOR THOSE APRIL SHOWERS



WHICH WILL BRING THE MAY FLOWERS!



OFFICE HOURS

Monday - Friday
8:00 am- 4 pm

PHONE
810.735.9406
FAX
810.735.4255

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

April

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY/
SUNDAY**

<p>3</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 Cardio Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 NO Yoga</p>	<p>4</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Make a Friend Day 2:00 Chair Yoga</p>	<p>5</p> <p>9:30 Yoga 9:30 Savvy Caregiver 11:00 Healthy Exercise 11:30 Lunch 12:00 NO Wood Carving 1:00 Movie Day 1:00 Card Play (Pinochle/ Bridge)</p>	<p>6</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>7</p> <p>CENTER CLOSED IN OBSERVANCE OF</p>  <p>GOOD FRIDAY</p>	<p>8/9</p>  <p>HAPPY EASTER!</p>
<p>10</p> <p>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>11</p> <p>Veteran Services (by appt) 9:30 Arthritis Exercise 9:30 Cops and Conversation 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>12</p> <p>9:30 Yoga 9:30 Savvy Caregiver 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 6:00 Senior Spring Fling</p>	<p>13</p> <p>MMAP Counselor 8:00 Loose Board Mtg. 10:00 Chair Yoga 10:30 Journey Toward Healing 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>14</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>15/16</p>

<p>17</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>18</p> <p>Podiatrist (by appt) 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>19</p> <p>Hearing Screening (by appt.) 9:30 Yoga 9:30 Ask a Lawyer 9:30 Savvy Caregiver 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Signs of Dementia Choices in Senior Living</p>	<p>20</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>21</p> <p>MMAP Counselor 9:00 HEALTH FAIR 9:30 NO Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 NO Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p> <p>22/23</p>		
<p>24</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>25</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>26</p> <p>One-on-One Financial (by appt.) 9:30 Yoga 9:30 Savvy Caregiver 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>27</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>28</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>29/30</p>		
<p>31</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>Do You Need A Ride To Loose??</p> <p>Call Fenton MTA at least 24 hours in advance to schedule your ride. Please call : (810) 780-8965.</p>		<p>BOARD OF DIRECTORS</p> <p>Rod Martin President Ken Wensel Vice President Roby Deese Secretary Pam Boegler Treasurer Ray Culbert Pat Lockwood Frank Lukowski</p>		<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i> Jaelyn 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> Carrie Kolar</p>	

Congregate April Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY EASTER LUNCHEON	FRIDAY
<p>3</p> <p>Swedish Meatballs Brown Rice Veggie Blend Pear Cup Flatbread Margarine Milk</p>	<p>4</p> <p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chunks WG Bun Ketchup & Mustard 100% Fruit Juice</p> 	<p>5</p> <p>Antipasto Salad w/Pepperoni Salami, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing Milk</p> 	<p>6</p> <p>Lemon & Herb Chicken Breast Glazed Carrot Rounds Roasted Veggies Strawberry Applesauce Garlic Roll Margarine 100% Fruit Juice</p> 	<p>7</p>
<p>10</p> <p>Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie</p> 	<p>11</p> <p>HM Chicken Parmesan w/Spaghetti Steamed Broccoli Sliced Peas Mixed Vegetables Wheat Roll Margarine 100% Fruit Juice</p>	<p>12</p> <p>Ham & Turkey Sub Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Sub Bun Dressing Packet Milk</p>	<p>13</p> <p>BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice</p>	<p>14</p> <p>HM Beef & Bean Burrito Mexican Rice Chuck Wagon Blend Fruit Cocktail Tortilla Shell Margarine Milk</p>
<p>17</p> <p>Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk</p>	<p>18</p> <p>Turkey Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice</p>	<p>19</p> <p>Spaghetti & Meatballs Steamed Cauliflower Italian Green Beans Applesauce Garlic Bread Margarine Milk</p>	<p>20</p> <p>HM Chicken Salad Sandwich Cucumber Salad Baked Beans Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month</p> 	<p>21</p> <p>HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk</p>
<p>24</p> <p>Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Milk</p> 	<p>25</p> <p>Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice</p>	<p>26</p> <p>Turkey Polish Dog Potato Wedges Mixed Veggies Diced Peas Hotdog Bun Mustard Packet Milk</p> 	<p>27</p> <p>HM Stuffed Peppers Sliced Beets Diced Carrots Pineapple Tidbits WW Roll Margarine 100% Fruit Juice</p> 	<p>28</p> <p>Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk</p>
				

“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.”



Travel & Trips

TRIPS @ A GLANCE

April 27	Soaring Eagle Casino	\$45/person
May 21	Springtime in the SMOKIES	\$1140/pp Double
May 25	Historic Marshall	\$108/person
June 8	Firekeepers Casino	\$45/person
June 14	Detroit Tigers vs. Atlanta Braves	\$85/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/pp Double
August 17	Saugatuck, MI	\$161.00/person
September 12-20	South Dakota's National Parks	\$2,799/pp Double
September 17-23	New England	\$1,844/pp Double
September 21-22	ARK Encounter (new date)	\$414/pp Double
September 28	Ohio Wine Tour	\$120/person
October 5	Autumn Adventure	\$107/person
November 9	Turkeyville "Tinsel and Turkey"	\$106/person

Detailed flyers are available at the Loose Center.

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

Detroit Tigers June 14th

Through Collette World Wide Travel

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

May 19 –28, 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

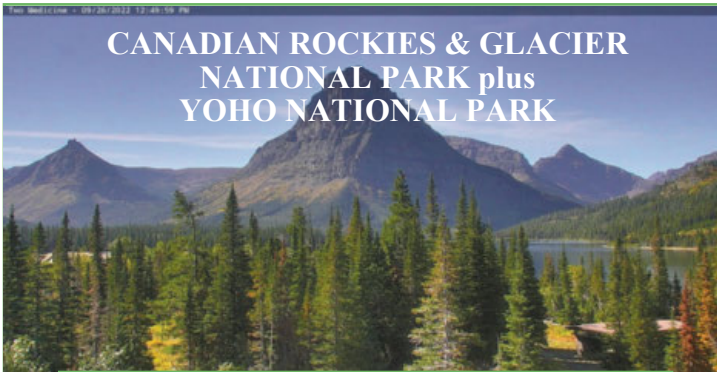
Reservations are not guaranteed until down payment is received.

Travel & Participant Statement

**RESERVATIONS ARE NOT GUARANTEED
UNTIL PAYMENT IS RECEIVED**

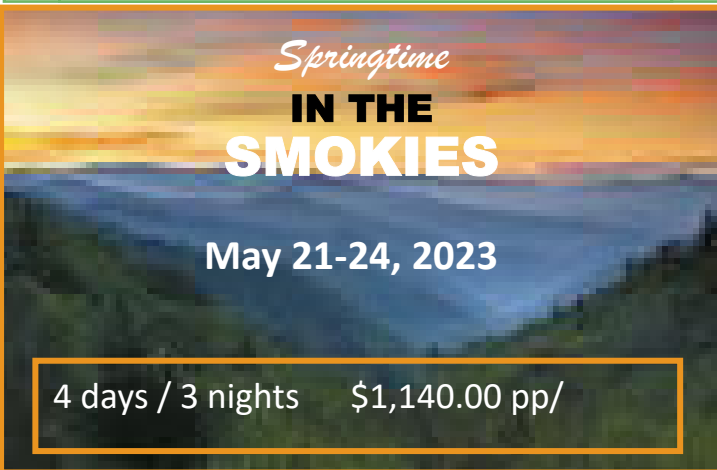
Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, 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



CANADIAN ROCKIES & GLACIER NATIONAL PARK plus YHOHO NATIONAL PARK

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



Springtime IN THE SMOKIES

May 21-24, 2023

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



Autumn Adventure

YOUR BIANCO TOUR INCLUDES:

Round Trip Transportation - Via deluxe highway motorcoach. Equipped with reclining seats, overhead storage, and a restroom for your comfort and convenience.

Yates Cider Mill - Rochester Hills - Visitors to Yates feel like they are stepping back into a simpler time of history. Visit the main mill store for apple purchases and other items. Shop for jams, and trinkets at the Apple Tent, and don't forget to pick up your homemade fudge or donuts.

Lunch (11:30am) - Included at Rochester Mills Beer Company, opened in 1998 in the former Western Knitting Mill. The original character of this historic building has been preserved with the brewery featuring the original hardwood floors, columns, beams and exposed brick walls.

Shopping on Main St. - Downtown Rochester

Filipo Marc Winery - Filipo Marc Winery boasts over 70 varieties of wine consisting of many of the standard wine lovers selections, along with many more exciting wines from grapes of other countries and blends to make exciting variations of the traditional wines. *Everyone can taste up to 3 wines!*

Tour price includes gratuities for above trip inclusions. BIANCO DRIVER GRATUITY IS NOT INCLUDED.



Bianco Tours does not own or operate any of the suppliers of services or accommodations for your trip. As a result, it is not responsible for any negligent or willful act or failure to act of any such supplier or of any third party over whom Bianco Tours has no control.



(734) 946-7021
www.biancotours.com
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PLEASE FILL OUT COUPON COMPLETELY AND TURN IN WITH PAYMENT.

Name: _____ Phone: _____
Group: Loose Tour: Autumn Adventure Date: 10/5/23 Code: 10D96151.2

PLEASE SELECT A MEAL CHOICE: Fish & Chips Hungarian Goulash Sesame Chicken

Presented by:

Loose

Tour date:

Thursday, October 5, 2023

Departs 8:15AM - Returns 6:15PM

For reservations and information please contact:

Cheryl
(810) 735-9406

\$107.00

Please make checks payable to: Loose Senior Center & mail to: 707 N. Bridge St. • Linden, MI 48431.

No refunds within 1 week prior to departure.



SAUGATUCK, MI

YOUR BIANCO TOUR INCLUDES:

Round Trip Transportation—Via deluxe highway motorcoach, equipped with reclining seats, overhead storage, and a restroom for your convenience.

Coral Gables (11:00am included lunch) - The building that Coral Gables has occupied for almost 50 years, was built in 1906. Although the inside has undergone numerous changes, the basic structure is the same the Leindecker boys from Chicago designed and built 100 years ago. The Coral Gables Complex in Saugatuck, Michigan is one of the oldest family owned restaurant and bar sites in the state. Mike Johnson is the current owner, and sole surviving son of the founder, Tom Johnson.



Shopping in downtown Saugatuck - Shopping takes on a whole new meaning in Saugatuck, the Art Coast of Michigan. Here you peruse. You don't "shop" here. You savor. You wander along on a sensory journey through a mélange of cultures, life styles and tastes. In a retail world increasingly dominated by bigness and sameness, the shops of Saugatuck are almost audacious in their individuality.

Saugatuck Dune Ride - One of West Michigan's premier attractions!! Our knowledgeable guides will provide us with 40 minutes of entertainment, fun and excitement, while we tour one of Michigan's treasures. We'll learn of the lost town of Singapore and check out the local vegetation and wildlife.



Presented by:

Loose

Tour date:

Thursday, August 17, 2023

Departs 8:00 AM—Returns 8:15PM

\$161.00

No refunds within 1 week of departure

Choice of lunch:

**Potato Encrusted Cod
Chicken Marsala**

Travel & Trips



ARK ENCOUNTER
"The Life-sized Recreation of Noah's Ark"

<p>2 days / 1 night \$414.00 per person/double occupancy</p> <p>PACE OF TOUR: ① ② ③ ④ ⑤</p> <p>For reservations and information please contact: Cheryl (810) 735-9406</p>	<p>Presented by: Loose</p> <p>Tour date: September 21 - 22, 2023</p> <p>Thursday - Friday</p>
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BIGGER THAN YOUR IMAGINATION!

YOUR BIANCO TOUR INCLUDES:

Round Trip Transportation:
Via deluxe highway motorcoach. Equipped with reclining seats, overhead storage, & restroom for your comfort and convenience.

Accommodations:
• 1 Night at Hampton Inn by Hilton (Florence, KY)

Included Meals:
• 1 Breakfast & 1 Dinner

Featuring:
• **Creation Museum (Petersburg, KY)**
The state of the art 70,000 square foot museum brings the pages of the Bible to life, casting its characters and animals in dynamic form and placing them in familiar settings.

• **Greyhound Tavern (included dinner)**
An award-winning restaurant and Northern Kentucky landmark.

• **Ark Encounter (Williamstown, KY)**
From the moment you turn the corner and the towering Ark comes into view, the friendly animals in the zoo, to the jaw-dropping exhibits inside the Ark, you'll experience the pages of the Bible like never before.

Tour price includes gratuities for above trip inclusions. BIANCO TOUR DIRECTOR & DRIVER GRATUITIES ARE NOT INCLUDED.

Escorted by a professional Bianco Tour Director



(734) 946-7021
www.biancotours.com

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Ohio Wine Tour

<p>YOUR BIANCO TOUR INCLUDES:</p> <p>Round Trip Transportation - Via deluxe highway motorcoach. Equipped with reclining seats, overhead storage, and a restroom for your comfort and convenience.</p> <p>Knotty Vines Winery - Wauseon, OH (wine tasting) - In 2008 a local Ohio couple decided to buy 3.3 acres of farmland in Wauseon, OH. The winery now has over 1,000 vines and produces over 6 tons of grapes annually. In 2012 they opened a tasting room to share their delicious wines with the rest of the world. They now make over a dozen kinds of wines, including wines made from other fruits, including cherries and blueberries, which they have become famous for.</p> <p>The Barn - Archbold, OH (included lunch) - For more than 45 years families have gathered to enjoy home-style food and welcoming hospitality under the hand-hewn timbers of a barn built in 1861. Located in Archbold, OH, the Barn Restaurant continues to be a favorite spot to dine with family and friends.</p> <p>Majestic Oak Winery & Neon Grousehill Brewery - Grand Rapids, OH (wine tasting) - This rapidly growing vineyard is located 6 miles north of Grand Rapids, OH and offers nearly 18 different kinds of wine on site. Recent expansion has now allowed them to add the new Neon Grousehill Brewery on site.</p> <p>Chateau Tebeau - Helena, OH (wine tasting and light buffet) - When the Tebeaus purchased their 36-acre farm in 1996, they had no idea at the time what fate had in store for this limestone soil. They realized that this was not prime farmland, but that was not why they bought it. It was a love of nature and the rural lifestyle that made this property a great match. Knowing that grapes love limestone laced soil, it didn't take long for Bob & Mary to start the research to turn this barren land into a productive vineyard and winery.</p> <p><small>Tour price includes gratuities for above trip inclusions. BIANCO DRIVER GRATUITIES IS NOT INCLUDED.</small></p> <div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: right;"> <p>(734) 946-7021 www.biancotours.com</p> <p>  Facebook  </p> </div> </div>	<p>Presented by: Loose Senior Center</p> <p>Tour date: Thursday, September 28, 2023</p> <p>Departs 6:30AM - Returns 9:00PM</p> <p>For reservations and information please contact: Cheryl (810) 735-9406</p> <p style="text-align: center;">\$120.00</p> <p><small>Please make checks payable to: Loose Senior Center & mail to: 707 N. Bridge St. • Linden, MI 48451.</small></p> <p style="text-align: center;"><small>No refunds within 72 hours of departure.</small></p>
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TIGER BASEBALL


Detroit Tigers vs Atlanta Braves

June 14, 2023

\$85.00 a person for each

Section 114 Rows 40-43

Departure from Loose Center 10:30am



Soaring Eagle

Thursday, April 27, 2023

<p>\$45</p> <p>DEPARTS Loose Center DEPARTURE TIME 10 AM</p>	<p>INCLUDES</p> <ul style="list-style-type: none"> • Round Trip Motor Coach Transportation • \$20 on Players Card • <i>PLUS, earn 600 points on slots and receive a bonus \$10 in premium play.</i> • \$10 Food Voucher
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707 N. Bridge St □
Linden MI 48451
www.loosecenter.org

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Permit No. 6



LOOSE CENTER DONATION FORM

(Return Form with Donation)

Donations are tax deductible and gladly accepted to include cash and checks.

Return this form with your donation to LOOSE CENTER 707 N. Bridge Street Linden, Michigan 48451

Enclosed donation made payable to LOOSE CENTER

Amount: \$ _____

Name: _____

Address: _____

Phone Number of Donor: _____

Email: _____

SPECIAL RECOGNITION: I would like my gift to be in honor or memory of someone special.

THANK YOU FOR YOUR CONTINUED SUPPORT

FREE WI-FI FROM THE LOOSE PARKING LOT

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