

LOOSE

25 Years!
1996-2021

August 2021

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

The contents of this newsletter is
SUBJECT TO CHANGE without notification



From the Executive Director

August is a time to go outside and enjoy the beautiful summer weather. This August is also a time to return to normal. Plan a vacation and travel to places you have not been in over a year. Visit family and love ones who you have missed. Go out to restaurants, parks, movie theaters and many other venues you have wanted to go.

August is also the month that Loose will have most, if not all, activities back on the schedule and available to our community. In July, programming and events were slowly brought back as time and space allowed. The building was open and people came back to a wide range of exercise classes, social activities and services. August will see an expansion of its' programming. Indoor dining will begin back up, as well as continuing the take out program for those enjoying the lunch service. Additional time has been added for card playing. Pickleball will start on Fridays. The educational programs will be expanded to give more opportunities for people to come and learn new ways to make their life better. Check your newsletter for day and times.

So, we now have choices to bring joy to our life. We can go out and do things that we have been doing our whole lives. We are free to roam the world. So go out and enjoy life to its' fullest.

All is well
Carl Gabrielson
Executive Director
Loose Senior Center



Activities

MOVIE DAY

September 1st!

12 noon

Changes in August!

Write your Life Story
2nd and 4th Friday's 9:30-11:00

Open Cards
Thursday's 9:00-11:00

Wii Bowling
Tuesday's 11:00-1:00

Indoor Dining for Lunch
Monday-Friday 11:30-12:15

Chorus
Monday's 9:00-11:00



PROJECT FRESH COUPONS AVAILABLE NOW

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

SHOPPING FOR A FUNERAL HOME



Thursday, August 26, 1-2 pm

We don't like to think about it and so we put it off. But we will all make funeral home arrangements at some point. The question

is when and where? There are BENEFITS of making funeral home arrangements before you die . . . you'll save money by not making such important decisions while under duress. You and your children will have peace of mind and you will be freed to enjoy your 'golden years' having taken care of these important arrangements.

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

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



DO YOU NEED A RIDE TO LOOSE? Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our

local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE

MTA/LOOSE TRANSPORTATION

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



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

Current Loose Activities

ARTHRITIS FOUNDATION EXERCISE (Tuesday 9:30am)

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

YOGA Fee \$5

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

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

Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

FIT4EVER (Thursday 11am Fee \$5)

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

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

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

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

The Benefits of Tai Chi include but are not limited to:

Reducing anxiety and depression, Improving quality of sleep, Improving balance and hand/eye coordination, Increasing both upper and lower body strength, increasing energy while calming the mind, Improving mental clarity and brain focus, lowering blood pressure, helps with pain management, Increasing flexibility...

ZUMBA GOLD (Friday 11am Fee \$5)

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

LITERARY STUDIES (Second Monday 12-1pm)

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

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

Class Minimum: 6

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

PAINTING (Monday 9:30am)

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

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

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

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

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

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

ADDITIONAL SERVICES

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

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

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

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

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

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

CONSUMER FRAUD ASSISTANCE

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

LOAN CLOSET

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

COMMODITIES SUPPLEMENTAL FOOD PROGRAM

2nd Monday of each month, 9-10 am

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

Loose Activities Returning



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

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



Card Play 1pm-3pm

Mondays

Euchre and Mahjong

Wednesdays

Pinochle and Bridge

Thursdays

Open Card Play 9-11

(3rd Thursday NO cards)



ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 1 pm

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

Wii BOWLING League

Organized Wii play is held on Tuesday's 11am-1pm. **Be sure to sign up your team today at (810)735-9406. New league play begins 8/3.**

WRITE YOUR LIFE STORY
This is my story...

2nd and 4th Friday's—9:30-11:00

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

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

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

ONE-ON-ONE FINANCIAL HELP

Last Wednesday of the month, 10:00 am

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

To schedule an appointment, call Loose Center at 735.9406.

LOOSE FITNESS CLASS PUNCH

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



GRIEF SUPPORT GROUP

2nd & 4th Wednesday every month @ 2

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

OUTDOOR GAME PLAY

Daily 10am - 2pm

* Cornhole

* Horse Shoes

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

August 2021

PHONE
810.735.9406
FAX
810.735.4255

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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

<p>9:00 Chorus 9:30 Painting 10 - 2 Outdoor Games 11:30 Lunch 1:00 Card Play (Euchre & Mahjong Yoga 2:00</p>	<p>9:00 Massage 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling 11:30 LUNCH 2:00 Chair Yoga</p>	<p>9:00 Biking Bunch 9:30 Yoga 10 - 2 Outdoor Games 11:30 Lunch 12:00 Woodcarving 1:00 Card Play (Pinochle & Bridge)</p>	<p>9:00 MMAP Counselor 9:30 Open Card Play 10:00 Chair Yoga 11:00 FIT4EVER 11:30 LUNCH 12:30 Line Dancing (Beg)</p>	<p>9:30 MMAP Counselor 11:00 Yoga 11:30 Zumba LUNCH 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p>	<p>7/8</p>
<p>9:00 CSFP 9:30 Painting 10 - 2 Outdoor Games 11:30 Lunch 12:00 Literary Studies 1:00 Card Play (Euchre & Mahjong Yoga 2:00</p>	<p>9:00 Massage 9:30 Vet Services 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling 11:30 LUNCH 2:00 Chair Yoga</p>	<p>9:00 Biking Bunch 9:30 Yoga 10 - 2 Outdoor Games 11:30 Lunch 12:00 Woodcarving 1:00 Card Play (Pinochle & Bridge) 2:00 Grief Support Group</p>	<p>9:00 MMAP Counselor 8:00 Board Meeting 9:00 Open Card Play 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 LUNCH 12:30 Line Dancing (Beg) 1:00 Anyone Can Paint</p>	<p>9:30 MMAP Counselor 11:00 Yoga 11:30 Write your Life Story 12:30 Zumba LUNCH 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p>	<p>14/15</p>

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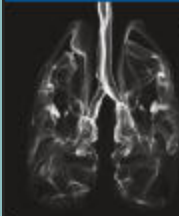
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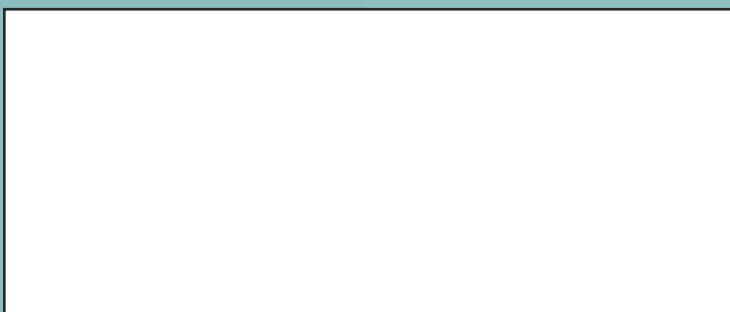
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<p>16</p> <p>9:00 Chorus 9:30 Painting 10 - 2 Outdoor Games 11:30 LUNCH 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>17</p> <p>9:00 Massage 9:30 Coffee & Cops 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling 11:30 LUNCH 2:00 Chair Yoga</p>	<p>18</p> <p>9:00 Biking Bunch 9:30 Yoga 10:00 Ask A Lawyer 10 - 2 Outdoor Games 11:30 LUNCH 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>19</p> <p>MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 LUNCH Picnic 12:30 Line Dancing (Beg) 1:00</p>	<p>20</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 LUNCH 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p>	<p>21/22</p>
<p>23</p> <p>9:00 Chorus 9:30 Painting 10 - 2 Outdoor Games 11:30 LUNCH 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>24</p> <p>9:00 Massage 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling 11:30 LUNCH 1:00 Alzheimer's Support 2:00 Chair Yoga</p>	<p>25</p> <p>9:00 Biking Bunch 9:30 Yoga 10:00 Financial One-on-One 10 - 2 Outdoor Games 11:30 LUNCH 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Greif Support Group</p>	<p>26</p> <p>MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 LUNCH 12:30 Line Dancing (Beg) 1:00 Shopping for a Funeral Home</p>	<p>27</p> <p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 LUNCH 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p>	<p>28/29</p>
<p>30</p> <p>9:00 Chorus 9:30 Painting 10 - 2 Outdoor Games 11:30 LUNCH 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>BOARD OF DIRECTORS</p> <p>Frank Lukowski, President Ken Wensel, Vice President Ann Deemer, Secretary Brad Dick, Treasurer Mary Auge Ray Culbert Roby Deese David Kincaid Pat Lockwood Joetta Pyles-Zalewski</p>		<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Doti Tynes <i>Program Director</i> Cheryl Rex <i>Culinary and Travel Director</i> Dottie Davis <i>Front Desk</i> Chuck Salerno <i>Maintenance</i></p>		

Upcoming Events

An Afternoon of Remembrance and Celebration

Friday, October 15th, 12:30 - 3:00

A special Memorial Open House to honor the one who left us during the pandemic.

If you have lost someone special during that time, we will have tables set up around the big hall to display pictures, posters and collages.

So many we didn't get to say goodbye to, that meant so much to us.

**Let us take this time to honor them and visit with the ones still with us.
Let's fill the hall with happy memories and laughter!**

**Call us and let us know if you would like a table set up for your loved one
(810)735-9406**



Pickleball is Back!

**Friday's 12:30 - 3:30
Cost \$5**



**Pre-registration is required to play!
Registration will open the Wednesday before the Friday of play.
Time slots are one(1) hour blocks and you are allowed to sign up
for one, one hour block.**

There will be no more than six(6) participants per hour.

Travel & Trips

**See More Trips on the
Next Page!!!**

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



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

TRAVEL SHOW via Zoom



September 9th at 9am

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Southern Charm, California Dreaming, National Park,
Colorado Rockies and Pacific Northwest trips**

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

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

Travel & Trips

Soaring Eagle Tuesday, October 19, 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

Future Trips

- Oglebay Winter Festival of Lights.....Dec 8-9
- The Old South.....Apr 16-22, 2022
- New York City.....July 3-8, 2022
- Kentucky's Bourbon Trail.....May 9-12, 2022

Contact Cheryl at (810)735-9406 for more information



Thursday, November 18, 2021

\$32

DEPARTS
Loose Senior Center
DEPARTURE TIME
10 AM
APPROXIMATE RETURN
7 pm

INCLUDES

- Round Trip Motor Coach Transportation to FireKeepers Casino
- \$15. Free Slot Play
- Water & snacks on the bus

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

- You need 4 personal game Play: s Card to receive this above package
- This trip requires a minimum of 20 passengers to operate.
- Please make sure you bring two (2) pieces of ID, so you can claim any jackpot or prize
- The casino reserves the right to change or alter any incentive package at any time.
- Loose has no liability for any injury, illness, loss, or damage provided in a commercial such as the bus and provided by incentive sponsor. Loose Senior Center assumes no liability for any injury, damage or loss of any kind sustained by any person as a result of participation in the tour.
- This price does not include tips to your motor coach driver and any other incidental expenses.
- Loose travel is open to the state of Michigan.
- No Refunds will be given after November 15, 2021 unless a replacement is found.

FULL PAYMENT DUE TO CONFIRM YOUR RESERVATION



YOUR BIANCO TOUR INCLUDES:

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

Included lunch at White Horse Inn (Metamora) - This local landmark dates back to the 1850s. Until recently, it was the oldest continuously operating restaurant in Michigan. Throughout its long history, the White Horse Inn served as a stagecoach stop, hotel, inn, brothel, and restaurant. Some even claim it was a safe house on the Underground Railroad. The inn closed briefly a few years when the previous owners couldn't afford the extensive repairs. New owners Linda Egeland and Victor Dzenowagis breathed new life into this Metamora institution with a three million dollar renovation. The husband and wife team enlisted the skills of local and international artists and craftspeople to bring this legendary beauty back to life.

You will have a choice of meals: *Cowboy Mac 'n' Cheese* (mac 'n' cheese with pulled pork); *Pot Roast or Maurice Salad*.

Westview Orchards and Winery (Washington Township) - Leave the hustle and bustle of city life behind and join us for a day of sunshine, where old-fashioned values and family fun are still part of the tradition. Enjoy a 30 minute tour of the orchards where there will be time to pick your own fresh fruit (fruit depends on season) or choose a pre-picked bag to take home for free! On return to the farm, we will visit the Westview Winery's gorgeous wine bar located on the second story of our Cider Barn. Whether you walk up the unique spiral staircase in the old silo or use our handicap ramp, you will be greeted by welcoming staff and a large selection of wines.

Everyone can taste up to 3 wines.

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

A fee of \$20.00 may be levied on all cancellations made within 1 week of departure. No refunds within 24 hours of departure.

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



(734) 946-7021
www.biancotours.com



Presented by:
Loose

Tour date:
Tuesday, October 19, 2021

Departs 10:45AM - Returns 5:00PM

Pick-up Location:
Loose Senior Center
707 N. Bridge St. - Linden

For reservations and information please contact:
Cheryl
(810) 735-9406

\$92.00

Please make checks payable to: Loose Senior Center & mail to: 707 N. Bridge St. - Linden, MI 49451.

No refunds within 1 week of departure.

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.*

August 2021 Menu

2 Hamburger Pasta Salad Chips Fruit/Dessert	3 <i>Carl is Cookin'</i> Chicken Thighs Mashed Potatoes Vegetable Fruit/Dessert	4 Meatloaf Mashed Potatoes Vegetable Fruit/Dessert	5 Chicken Stir Fry Rice Egg Roll Fruit/Dessert	6 Tacos Chips Fruit Dessert
9 Brats Baked Beans Salad Juice/Dessert	10 Shepard's Pie Salad Roll Fruit/Dessert	11 Baked Fish Au Gratin Potatoes Vegetable Fruit/Dessert	12 Chicken Salad Sandwich Chips Potato Salad Fruit/Dessert	13 Cabbage Rolls Bread Roll Mashed Potatoes Fruit/Dessert
16 Sub Sandwich Chips Fruit Dessert	17 Spaghetti Garlic Bread Salad Fruit/Dessert	18 Swedish Meatballs Noodles Veggie Sticks Fruit/Dessert	19 Grandparent/ Grandkids Picnic	20 Coney Dog Chips Salad Fruit/Dessert
23 Chef Salad Dinner Roll Fruit Dessert	24 Chicken Cordon Bleu Mashed Potatoes Vegetable Fruit/Dessert	25 Sweet&Sour Meatballs Rice Fruit Dessert	26 Fish Sandwich Cole Slaw Chips Fruit/Dessert	27 Sloppy Joe Chips Salad Fruit/Dessert
30 Mac & Cheese Vegetable Dinner Roll Fruit/Dessert				

Grandparent/Grandkid Picnic August 19th 11:00-3:00pm

Outdoor Seating Available

Outdoor Games & Fun for all Ages!

Bring your grandkids to lunch for a full course picnic and an afternoon of fun...



Choose Between:
Pulled Pork Sandwich or Chicken
Nuggets with either a side of
Mac&Cheese or Baked Beans, Chips, a
cookie and top it off with a Root Beer
Float!

Call and Order yours today!
810-735-9406

\$15 for a Meal



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FREE WI-FI FROM THE LOOSE PARKING LOT

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