



LOOSE
August 2023



Loose Family,

It is more important than ever to make our families the "CENTER" of our lives and the top of our priorities.

-L. Tom Perry

Take a moment to take a step back to a time when life was simple and uncomplicated. There were no cell phones, ear pods, Facebook, Tic Tock, and all the other gadgets that occupy our time and cause us to become addicted to them. Today we are distracted from what means most to us and we find that we are wasting opportunities to create moments and memories.

So, let's take that step back and remember when every day was an adventure. The week would begin at your place of worship when families would get into their Sunday Best and spend spiritual time together. Then it was the church social when the community would gather to share potluck. Who can forget the games, the amazing food, and the homemade ice cream?

We anticipated the week before us that included Little League baseball and softball games, a trip to the pool to cool off, going to a movie to see Old Yeller, (that was a true tear-jerker), and maybe a trip to the zoo. My favorite thing was when we went to Tiger Stadium to watch the Tigers play. It was even more special when they played the Yankees. My fondest memories were our time on vacation to Oak Beach for a month. The freedom to go to the beach, reacquaint myself with friends I had not seen in 6 months, playing golf with my dad, and sitting around the nightly campfire with all the families in our trailer park.

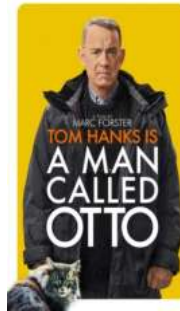
Fall brought school activities such as Michigan basketball and/or football games. Marching in the band at half-time. Choir and band concerts. Winter brought sledding, skiing, snowball fights, and "No School". And the best memories of all were about Christmas. Decorating the house inside and out. Cutting down a tree and putting on the bulbs and tinsel. My mom's cookies, fudge, and wonderful festive meals.

So, remember the trip down memory lane and bring these family values back into your life. You may just find out how simple life was and can still be.

We need to reinvent the meaning of "FAMILY". Take time to love them all.

All is well.

Carl Gabrielson



MOVIE DAY

Wed., August 2nd, 1:00 pm

A Man Called Otto is a 2022 American comedy-drama. About a bitter old man who no longer sees purpose in his life following the death of his wife. When a lively young family moves in next door, he is challenged to see life differently

Staring Tom Hanks, Mariana Trevino, Truman Hanks and Rachel Keller

Admission for Movie Day at Loose is free thanks to our generous sponsors-Tanglewood Home Care & Provision Living.

Refreshments will be served! Donations to Loose, to defray facility usage cost, will be much appreciated.

A BIG THANKS to JOHN STRAYER of TANGLEWOOD ASSISTED LIVING for his continuous GENEROUS support of this special program.



OUTDOOR GAMES ARE BACK!!!

Join us Monday thru Friday 10am - 2pm

Bring a friend!

Bags and shoes can be signed out at the front desk.



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."

July Happenings



Car Show



Friday August 4th 9:30-2:30 pm

Band performing 11:00-2:00pm

**Enjoy a
Coney Dog Lunch
With Uncle Ray's
Ice Cream
For just
\$7**



**Fairlanes & Devilles
You loved them last year
Come see them again**

Thank you to ELGA Credit Union for sponsoring them again this year.



MICHIGAN STATE UNIVERSITY

EXTENSION

Decreasing Fat, Salt & Sugar

Wednesday, August 16th @ 9:30

Presented by Nicole Lehr

What is the difference between saturated, unsaturated and trans fats? How do you decrease your salt and/or sugar intake?

Ways to cook healthier



Charter

SENIOR LIVING



**Wednesday
August 16th
2:00pm**

**This months craft is
Air plant mounting
On various objects
Come join Douglas and
have some fun**

The Divine Dixie Deva

Thursday August 17th

1:00-3:00pm

This former TV chef loves to talk about how food brings families together. Listen to her hilarious stories, taste some of her tasty treats and learn a few simple recipes. Her Southern Charm is adorable.

Southern Charm is adorable.

To make sure we have enough treats for everyone, please register ahead of time at

Loose Center

810-735-9406



Do you have computer questions ?

Just need a few hints on what to do?

Got that cell phone figured out?

Nathan will be here

during the summer to help

Monday August 14

9:30-11:30

No appointment necessary



BODY, MIND & SPIRIT

AEROBICS/CARDIO

Monday, 11:30am and Thursday, 1pm

\$7 drop in fee or punch card

A class focused on improving overall cardiovascular health. Working on improving activity tolerance, strength, and balance. It is low impact and offers modifications for people at different fitness levels.

ARTHRITIS FOUNDATION EXERCISE

Tuesdays, 9:30am and Thursdays, 11am **FREE**

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*



BIKING BUNCH

Wednesdays @ 9 am.

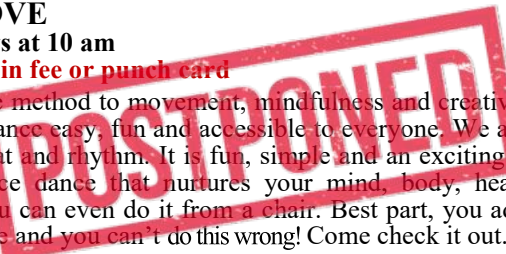
Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810-735-9406, leave your name and contact information: phone number and/or email address. Ride leader will get in touch with you about riding events.

GROOVE

Mondays at 10 am

\$7 drop in fee or punch card

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. We are united in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body, heart, and soul. You can even do it from a chair. Best part, you add your own style and you can't do this wrong! Come check it out.



LINE DANCE

Tuesday, Beginning 11, Intermediate, 12 noon

\$7 drop in fee or punch card

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. Drop-ins welcome!



PICKLEBALL \$7 drop in fee or punch card

Thursday, 2pm - 3:30 pm - Beginner/Instructional

Friday, 12:30pm - 3pm - Intermediate

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, *Pickleball* is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group. Stop in, watch and give it a try.

STRENGTH AND BALANCING

Thursday, 12 noon **Free (Advance Physical Therapy)**

Work out with a physical therapist and occupational therapist to increase your strength, endurance and balance with low impact workout.



PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

MONDAY

~~10:00 am Groove~~
11:30 am Aerobics/Cardio
2:00 pm Yoga (Gentle Flow)

TUESDAY

9:30 am Arthritis Exercise
11:00 am Line Dance (Beg.)
12:00 pm Line Dance (Int.)
2:00 pm Chair Yoga

WEDNESDAY

9:00 am Biking Bunch
9:30 am Yoga (Gentle Flow)

THURSDAY

10:00 am Chair Yoga
11:00 am Arthritis Exercise
12 noon Strength & Balancing
2:00 pm Pickleball (Beg.)

FRIDAY

9:30 am Yoga (Gentle Flow)
11:00 am Zumba Gold
12:30 pm Pickleball (Int.)

YOGA \$7 drop in fee or punch card

Gentle Flow Yoga Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep.

CHAIR YOGA 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.

ZUMBA GOLD

Friday 11am **\$7 drop in fee or punch card**

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 Men and women are invited to attend, all fitness levels are welcome.

LOOSE FITNESS GOLD CARD

Wanting to take more than 10 classes a month?

Try our NEW Gold Card. For just \$90 a month you can attend as many classes as you'd like at one flat rate.

Great way to try classes you haven't before, you never know you may just find a new class you love!

LOOSE FITNESS CLASS PUNCH CARD

Available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$7 or participants can purchase a 10 punch card for \$70.

(10 classes with 11th class free).

Cards can be purchased at the Reception Desk. A deal and also a GREAT GIFT!



Socialization

Arts and Crafts Creative

HAPPY STAMPERS

2nd Tuesday of each month, 1 pm, FREE

If you like to use rubber stamps to make greeting cards, this group is for you. We can always use new ideas, so come, bring your supplies and ideas. Spend time with those who share your interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.

WOOD CARVERS Wednesdays, 12 - 1:30 pm, FREE

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.

PAINTING GROUP Mondays, 10 am, FREE

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

QUILTING Friday, 9:30 am, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

KNITTING/CROCHETING Fridays, 9:30 am, FREE

The Knitting/Crocheting group meets to work on a variety of projects, some of which are donated to local charities. Come and join in on the current project or bring your own. Stuck on a project? Stop by! Someone will help you to get going again.

Games

All Loose groups are very welcoming and always open to new friends joining in on the fun.

OPEN GAME PLAY Thursday, 1:00-3:00 pm (bring a friend)

CHICAGO BRIDGE Wednesday, 1:00 - 3:00 pm

MAH JONGG Monday, 1:00 - 3:00 pm

PINOCHLE Wednesday, 1:00 - 3:00 pm

EUCHRE Monday, 1:00 - 3:00pm

POOL Mon./Tues., 11 - 2 Wed./Thurs./Fri., 11 - 3:30

CORNHOLE Monday - Friday, 10:00am - 2:00pm

HORSESHOES Monday - Friday, 10:00am - 2:00pm

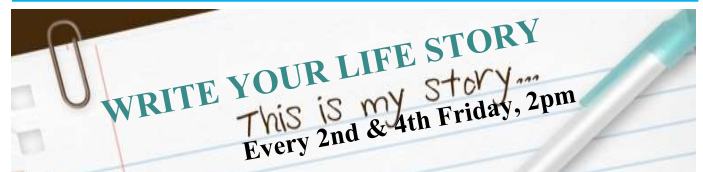


LOOSE CHORUS

**Fridays, 1:00PM
Back on August 11th**

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!



Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. **WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.**

This group meets twice a month to share written stories, often inspired by a "writing challenge", 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. **ALL ARE WELCOME**

Educational

Tues, August 8th, 9:30-10:30

Coffee 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!



BOOKCLUB

2nd Monday, 12:30 pm

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!

Upcoming Events

Chili/Dessert Cook Off



Just before the big game

Let's tailgate and root on your team

University of Michigan vs Michigan State



Thursday, October 19th
4:00-6:00pm

\$10pp

Vendors from various assisted living and business from the area will be competing for your vote on the best chili and best dessert. Come enjoy the many samples of chili and check out all the desserts and make a meal of it. Wear your favorite team shirt if you have one. Bring your friends along with you and make a party of it.

Penwell/Redmond Team
Tuesday Sept 5, 2023 1:00
Discussing State Planning & Lady Bird deeds
Purge items that have been held onto way too long
Getting your affairs and home in order



Euchre Tournament
Tuesday, Sept 12th
12:30-3:30
Sign in will start at 12:00 Must be registered by 12:25
Entry Fee \$7, \$.25 euchres
Cash Prizes
Space will be limited



Coming in October
Flu Shots

Here at Loose

Date to be announced closer

To time of clinic

Sponsored by Leroy Pharmacy of Fenton

Available now at their pharmacy at 1280 N Leroy is the new COVID booster



Would you like to participate in more than 10 classes a month?
Ask about our new gold fitness card
\$90 for 30 days as many classes as you wish to take.
Come try out a class you haven't taken before

The community garden is in full bloom As the summer progresses, watch for fresh veggies on the donation table at the side of the building. We appreciate the donations left for others to enjoy. Please remember this is for everyone Take no more than what you need at the time



We would like to thank you to all who helped us out with the Community Picnic
Dr Wax's office
Charter Senior Living
State Farm of Linden
GoMobile
Uncle Ray's
Not Spring Chickens

Upcoming Events

POWERFUL TOOLS FOR Caregivers

Thurs September 7 – October 12
9:30-11:00 am

Meetings are once a week, for 6 weeks. There is no cost for the class, donations are welcome for the class

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially. Join our **Powerful Tools For Caregivers** will help you: Reduce stress, Improve self-confidence, Balance your life, Better communicate your feelings, Increase ability to tackle rough decisions, and locate helpful resources



Starting in September Penny Bingo
1st Tuesday of the month 1:00



Use pennies for markers. Winner wins everyone's markers. Cards cost \$0.25 or 6 for \$1

THEY ARE COMING BACK

More details

To come later

alzheimer's association

LIVING WITH ALZHEIMER'S Coming in September

An education program by the Alzheimer's association
When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be Made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skill, programs and services. This program will help provide answers to the questions that arise in the early, middle and late stages of the disease.. Find out what you need to plan and what you can do at each point along the way

24/7 Helpline: 800-272-3900 helplinegmc@alz.org

GET READY TO DANCE

Another Dance in the Fall
The spring dance was Fun
Watch the newsletter for details on
A Fall Dance
Food Dance and Fun



Dueling Pianos

November 16, 2023

Tickets will go on sale Sept 1st



Food
Wine
Music

CONGREGATE MEAL MENU - AUGUST 2023

Menu Subject to Change Based on Product Availability and Quality Standards

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
|  | 1 HM Chicken & Penne Alfredo French Green Beans Diced Carrots Fruit Cocktail Baked Bread Stick Margarine 100% Fruit Juice | 2 Meatloaf w/gravy Mashed Potatoes Sweet Peas Tropical Fruit Potato Roll Margarine Milk | 3 HM Beef Stroganoff Sicilian Veggie Blend Succotash Wheat Roll Fresh Pear Margarine 100% Fruit Juice | 4 Chicken Caesar Salad w/Romaine Cucumber Slices Pita Pocket Half Caesar Dressing Pkt. Fruit Cocktail Milk |
| | 7 BBQ Pulled Chicken Sandwich Italian Blend Vegetables Scalloped Potatoes Diced pears Burger Bun Margarine Milk | 8 HM Mini Beef Tacos Mexican Rice Chuck Wagon Pineapple Tidbits Sub Bun 100% Fruit Juice  | 9 Turkey Polish Sausage Veggie Blend Potatoe Wedges Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk  | 10 BBQ Chicken Thighs Sweet Corn Key West veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice |
| 14 Boneless Rib in sauce Baked Beans Peas & Carrots Whole Grain Bun Diced Peaches Milk | 15 Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice  | 16 Smothered Fried Chicken Really!?! Green Beans Rice Pilaf Corn Muffin Mandarin Orange Margarine Milk | 17 Sloppy Joe Rosemary Potatoes Winter Blend Vegetables Wheat Bun Golden Apple Margarine 100% Fruit Juice Birthday Cake | 18 Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll Margarine Milk  |
| 21 BBQ Boneless Chicken Wings Whole Kernel Corn Roasted Sweet Potatoes Potato Roll Sliced Peaches Margarine Milk | 22 HM Chicken & Cheese Fajitas Refried Beans Spanish Rice with Corn Tortilla Shell Mango & Papaya 100% Fruit Juice Taco Sauce pkt  | 23 Pork Chop w/Gravy Mashed Sweet Potatoes Sliced Beets Corn Bread Fresh Orange Margarine Milk | 24 Pepper Steak w/Midori blend Veg Asian Rice Blend Succotash Veggie Blend Wheat Roll Tropical Fruit Salad Margarine 100% Fruit Juice Cookie of The Month | 25 Fish Taco w/Roasted Corn Salsa Scalloped Potatoes Cole Slaw Mixed Fruit Salad Tortilla shell Lemon Juice pk Milk  |
| 28 Pork Burger w/Hickory Sauce Redskin Potatoes Sliced Carrots Whole Grain Bun Fresh Orange Milk | 29 HM Beef Goulash Cauliflower Scandinavian Blend Veggies Garlic Roll Fresh Orange Margarine 100% Fruit Juice | 30 Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Milk | 31 Open Face Turkey Sandwich Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast 1% Milk |  |

Advertisement

Important Information

LOOSE DID YOU KNOW???

The Loose Senior Center started out with 135 members and roughly 5 set programs/events. The center was for coffee, cards and socialization! Today we have 5,052 members with 3,720 programs/events scheduled!

The times have changed, but one thing remains the same.... Enrichment for the senior community!

What kind of tea did the American colonists thirst for?



Liber-tea

GOOD TO KNOW FACTS:

- * The best exercises for the over-65 crowd should include walking (strength and endurance), water aerobics (strength, flexibility, balance), yoga for balance and flexibility (but not that crazy power-yoga stuff) and strength training with resistance bands.
- * Seventy-six million Baby Boomers account for 23 percent of the total U.S. population.
- * The ratio of women to men over 85 years old is 100 to 49, offering a veritable bonanza of opportunity for old single gentlemen.
- * Fifteen million older adults are recognized as volunteers.

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.

*August is like
the Sunday of Summer*

KNOW YOUR NUTRITION!

Watermelons, hence their name, are made up of 92% water



LOOSE DID YOU KNOW???

That 62% of activities here at Loose Center are free?

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)



Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.



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.



Community Food Share

Loose Center has a Food Pantry
In partnership with FARR

Let the front desk know when you need assistance

FREE WI-FI FROM THE LOOSE PARKING LOT

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

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

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

August

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY/
SUNDAY**

| | | | | | |
|---|--|---|--|--|--------------|
| <p>BOARD OF DIRECTORS R.M. Martin <i>President</i> Ken Wensel <i>Vice President</i> Roby Deese <i>Secretary</i> Pam Boegler <i>Treasurer</i> Ray Culbert Pat Lockwood Frank Lukowski</p> | <p>1 9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 2:00 Chair Yoga</p> | <p>2 9:00 Biking Bunch 9:30 Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 NO Wood Carving 1:00 Movie Day 1:00 Card Play (Pinochle/ Bridge)</p> | <p>3 MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:00 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play</p> | <p>4 9:30 CAR SHOW 11-2 Live Music  CAR SHOW</p> | <p>5/6</p> |
| <p>7 9:30 Painting 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p> | <p>8 Veteran Service (by app 9:30 Arthritis Exercise 9:30 Cops and Conversation 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 2:00 Chair Yog</p> | <p>9 9:00 Biking Bunch 9:30 Yoga 10:30 Blood Pressure 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 12:30 Travel Show 1:00 Card Play (Pinochle/ Bridge) 2:00 Greif Suppor</p> | <p>10 MMAP Counselor 8:00 Loose Board Mtg. 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play 1:00 Beginner Pickleball</p> | <p>11 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>12/13</p> |

| | | | | |
|---|--|---|--|---|
| <p>14</p> <p>9:30 CSFP 9:30 Painting 9:30 Computer Help 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p> | <p>15</p> <p>Podiatrist (by Appt.) 9:30 Arthritis Exercise 9:30 Cops and Conversation 10:00 Blood Pressure 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Happy Stampers 2:00 Chair Yoga</p> | <p>16</p> <p>Hearing Screening (by app 9:00 Biking Bunch 9:30 Yoga 9:30 Ask a Lawyer 9:30 MSU Extension 11:00 Cardio/ Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Charter Craft</p> | <p>17</p> <p>M MAP Counselor 10:00 Chair Yoga 11:00 NO Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Divine Dixie Diva 1:00 NO Card Play</p> | <p>18</p> <p>M MAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p> <p>19/20</p> |
| <p>21</p> <p>9:30 Painting 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p> | <p>22</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Beginner line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Alzheimer's Support 2:00 Chair Yoga</p> | <p>23</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p> | <p>24</p> <p>M MAP Counselor Vet Services (By appt) 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play</p> | <p>25</p> <p>M MAP 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>26/27</p> |
| <p>28</p> <p>9:30 Painting 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p> | <p>29</p> <p>9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 2:00 Chair Yoga</p> | <p>30</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p> | <p>31</p> <p>M MAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play</p> | <p>29/30</p> <p>LOOSE STAFF 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> Carrie Shaulis <i>Administrative Service Specialist</i> Carrie Kolar <i>Maintenance</i></p> |

MEMBER PRIVILEGES & FUNDRAISING



FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday, Tuesday, Wednesday and Friday after 10 am. This generous Loose privilege is on a first come first serve basis and distribution is on the honor system. We just ask, so all can enjoy, you limit your choices to two items per family. Thank you!

FREE LENDING LIBRARY The library is located in the new Library/Pool Room. Come and take a book home with you. Donated, gently-used hard cover books are always welcome; drop them off in the drop box at the check-in desk.

JIGSAW PUZZLES Browse through our puzzle selection located in the new Library/Pool room, take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.



GREETING CARDS

If you have **new** greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

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. Thank you!

UPS STORE DISCOUNT CARD

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.



FREE WiFi We have secured wireless Internet available for member use. Stop by the office for information.

GIFTS AND DONATIONS

Gifts qualify for income tax deductions to the full extent of the law.

A memorial or honorary gift for LSCC is a meaningful way to remember a special person in your life. Your expression of thoughtfulness and generosity is acknowledged to the person or family designated.

WE SAVE... YOU CAN HELP

ALPINE will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

KROGER If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

RECYCLING Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow bins in the parking lot.

EYE GLASSES Deposit your used glasses in the Lions box, located in Annex.

PLEASE REMEMBER...We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

PLEASE HELP US KEEP OUR FILES UP-TO-DATE

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.



DISPOSAL OF THE AMERICAN FLAG

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure they are disposed of properly.

SUNSHINE GREETINGS

Our Sunshine Team, Janet Green would like everyone to know she is ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsc@loosescenter.org so we can spread the sunshine.



"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."

Special Services & Support

BLOOD PRESSURE CHECK

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

Seeking volunteers to help with Blood Pressure checks, if interested, please contact Loose.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday and 4th Thursday of each month

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. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

LEGAL SERVICES OF EASTERN MICHIGAN

This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406 for more information.

ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm, Annex

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.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. **If you need assistance, call the Center at 735.9406** to schedule an appointment, or call MMAP at 1.800.803.7174, ext. 247.

MICAFAE The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 735.9406.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

HEARING SCREENINGS

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



Provided by: Your Hearing Solution

PODIATRIST **Next appointment date: August 15th**

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. 810-735-9406



GRIEF SUPPORT GROUP

2nd and 4th Wednesdays @ 2 pm

We are thankful to Jennifer 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 group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Assisted Living. 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.

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. For more information on the KISS program please call (810) 239-7671.

EAT!

Travel & Trips

SHOP!

DAY TRIPS @ A GLANCE

| | | |
|---------|---|-----------------|
| Aug 17 | Saugatuck, MI <i>(40 minute dune ride included)</i> | \$161.00/person |
| Aug 22 | Firekeepers Casino | \$45/person |
| Aug 23 | Tigers vs. White Sox | \$85/person |
| Sept 28 | Ohio Wine Tour <i>(wine tasting at 3 different wineries)</i> | \$120/person |
| Oct 5 | Autumn Adventure | \$107/person |
| Nov 6 | Saganing Eagle's Landing | \$50/person |
| Nov 9 | Turkeyville | \$106/person |
| Dec 5 | Holiday Church Tour | \$109/person |



Detailed flyers are available at the Loose Center.

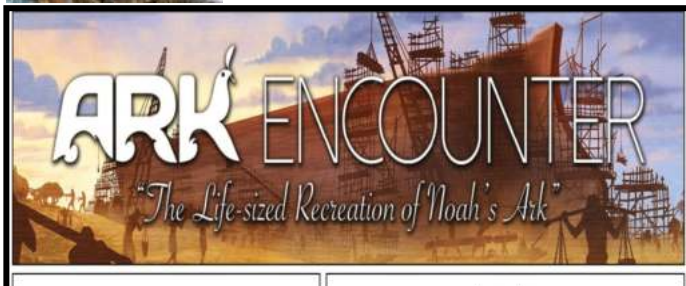
Loose travel is open to public,

OVERNIGHT TRIPS @ A GLANCE

| | | |
|-----------------|----------------|-------------------|
| September 17-23 | New England | \$1,844/pp Double |
| September 21-22 | ARK Encounter | \$414/pp Double |
| October 11-12 | Kewadin Casino | \$175/pp Double |



2 X 2



Enjoy a day of shopping, eating, enjoying the beach and a dune ride



A Great Way To See The Fall Colors!!!!

ROOT, ROOT, ROOT FOR THE HOME TEAM!!! GO TIGERS !!!



August 23rd

\$85

This trip is open to the public, bring your grandchild, son or daughter



October 11-12, 2023 \$175.00

Stops at St. Ignace and overnight Sault Ste. Marie

Travel & Participant Statement

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.

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

Travel & Trips



Want to get in on the planning of the trips Loose Takes???
Join our Travel Club and help plan the trips you want to take!!!
Next meeting August 9th @ 12:30PM

ROYAL CARIBBEAN CRUISE LINE—GRAND AMERICAN TOURS

April 4—12, 2024 Southwest Coast & Bahamas Starting at \$1,916. per person/ inside cabin
Final payment would be due by December 5, 2023

May 30—June 8, 2024 Bermuda Perfect Day Starting at \$1861. per person/inside cabin
Final payment would be due by February 1, 2024



Pricing includes flight from Detroit Metro Airport



INTERNATIONAL TRIPS @ A GLANCE

May 19-28, 2024 **Countryside of the Emerald Isle** \$4,349.00/person based on double occupancy and bookings by October 13, 2023

May 10-18, 2024 **Highlights of Norway** \$4,749.00/person based on double occupancy and bookings by November 11, 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.
Passport required!



GREAT FALL OUTINGS WITH A LITTLE SPICE!!!!!!!!!!



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.
- Apples Cider Mill - Rochester Hills** - Visitors to this mill 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 hats, 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!*

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

Please make checks payable to: Loose Senior Center

\$107.00



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.
- Knotty Vines Winery - Wauson, OH (wine tasting)** - In 2008 a local Ohio couple decided to buy 3.3 acres of farmland in Wauson, 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.
- 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.
- Majestic Oak Winery & Neen Groundhog 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 Neen Groundhog Brewery on site.
- 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 based soil, it didn't take long for Bob & Mary to start the research to turn this barren land into a productive vineyard and winery.

Presented by:
Loose Senior Center

Tour date:
Thursday, September 28, 2023

Departs 6:30AM - Returns 9:00PM

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

\$120.00

Please make checks payable to: Loose Senior Center & mail to: 707 N. Bridge St. - London, MI 48031.
No refunds within 72 hours of departure.





707 N Bridge St. Linden, MI 48451

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