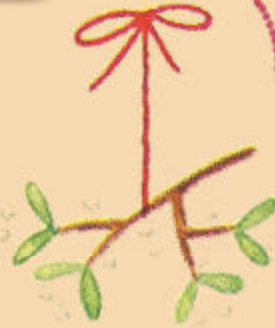


DECEMBER 2020

the perfect place for 50+

LOOSE

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



*What this planet needs
is more mistletoe
and less missile-talk.*

- anonymous



Dear Loose Community,

For 25 years, the Loose Senior Center has stood for excellence. Over years, the Center has been a location for people to come for socialization amongst friends. It may be in many forms. Loose facilitates essential services such as exercise, entertainment, educational classes, support groups, bus trips and take out lunches. All of these play a large role in our senior community.

Alas, today we are faced with a situation that has crippled society. With the Covid-19 virus, many stipulations have been put in place to limit the ability to interact with the community. The biggest being social distancing. This is the major deterrent to any indoor activities. We hope in the New Year to bring back socialized activities as allowed. We feel that this will bring us back to a “New Normal” and reflect on the needs of our membership.

At this time we are able to offer exercise classes indoors. The room has been set up to accommodate the required spacing. The classes are limited by number to follow the Health Department guidelines.

It has now been 32 weeks since the Loose Senior Center has been required to shut its doors. All activities, events and gatherings were cancelled. This has put a major strain on the ability to raise revenue to support the annual budget. This has caused limited income to pay staff, utilities and the general maintenance to comply with health department rules. Every effort has been made to minimize expenses.

It has been determined by the Loose Executive Board that in order for Loose to continue the excellence we all expect, Loose will be making financial changes to the community. Loose will begin collecting membership donations from all who wish to be a part of the Loose center.

1. Donations will be \$25 per Genesee county resident and \$30 per non-Genesee county resident
2. Lunches will be \$5.00. Punch cards will be \$50.00 for 11 lunches with the 11th being free.
3. Trips, events, lunch and special dinners require “NO” membership.
4. Membership donations are good for one calendar year (January 1 to December 31).
5. Sign in to My Senior Center is required for all activities and events.
6. All fitness classes are \$5.00, \$8.00 for non-members. Punch cards will be \$50.00 for 11 classes with the 11th class being free. (Punch card is a benefit of membership)

As stated, for 25 years The Loose Senior Center has been a place for the community to come and enjoy the excellence given through passion, love and understanding to the needs of the senior population. We now reach out to you to help continue the services given by this special place. It will take time for Loose to recover and return to the glory days we all remember and cherish. But with your understanding and financial help, we will overcome this setback. It will once again be the Loose Senior Center, a place for all to come and enjoy. A Unicorn of all centers.

All is well,
Carl Garbrielson
Executive Director

***Please fill out and return the following membership form
page to Loose at 707 N Bridge St. Linden, MI 48451***

Loose Membership Information

Last Name _____ First Name _____ Birthday _____

Last Name _____ First Name _____ Birthday _____

Street _____ City/State/Zip _____

Home Phone _____ Cell Phone _____

Email _____

City or Township _____ County _____

Emergency Contact _____ Relationship _____

Home Phone _____ Cell Phone _____

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

LOOSE CENTER - LIABILITY WAIVER

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

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

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

Print Name: _____ Signature: _____

PHOTO RELEASE

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

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

I have read and understand the above:

Signature _____

Membership Donation Payment Form

_____ Check _____ Credit Card

**This will be destroyed after payment is processed*

Credit Card Number _____

Expiration Date _____ CVV _____



Indoor Fitness is Back!

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

Current Loose Activities

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

ARTHRITIS FOUNDATION EXERCISE Free

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

YOGA \$5 fee

Gentle Flow Yoga Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

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.

FIT⁴EVER \$5 fee

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

LINE DANCE \$5 each — Two Sessions 12:30 and 1:30

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

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

TAI CHI modified Yang form \$2 per class

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 \$5 fee

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

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

PAINTING GROUP Free (Coming in January)

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.

MORE SERVICES

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

LUNCH Pick up at 11:30 am, only \$4
Please call the day before to reserve your lunch.
Although if you forget, call the day of, often lunches are available.

Beginning January 2, 2021 lunches will be \$5





SOCIAL DISTANCING



May this Christmas be filled, with happiness in all that you do, and may this joy continue, the whole year through.

Wishing you a Merry Christmas and a Happy New Year!

All our BEST to all of
you this Holiday Season.

*Carl, Brittany, Cheryl
Jackie & Dotti*



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4-D-5-5

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15-0685

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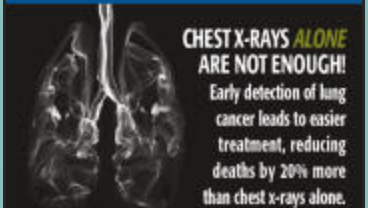
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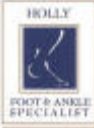
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4-D-5-5

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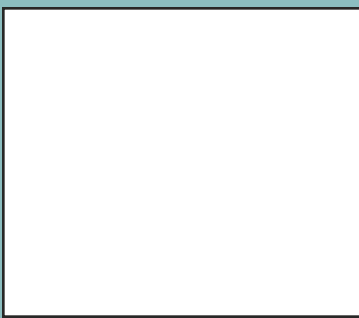


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Christmas Word Scramble

Unscramble the letters to find words which have to do with Christmas.
Some of the words have religious meanings, others are secular in nature.

- | | |
|--------------------|---------------------|
| 1. Groceos _____ | 11. Limesotte _____ |
| 2. Naclorig _____ | 12. Vaniyitt _____ |
| 3. Rats _____ | 13. Gotscink _____ |
| 4. Scunttshe _____ | 14. Virasou _____ |
| 5. Porduhl _____ | 15. Traweh _____ |
| 6. Naast _____ | 16. Gisehl _____ |
| 7. Skagceap _____ | 17. Wamsonn _____ |
| 8. Dressephh _____ | 18. Ejuss _____ |
| 9. Gramen _____ | 19. Stranneom _____ |
| 10. Galen _____ | 20. Scamsthir _____ |



Christmas Dinner Fundraiser
December 17th 12:30-2:30pm

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

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GENESEE COUNTY COVID-19 TESTING SITES

PCR (Polymerase Chain Reaction) Tests are performed at these testing sites - the most accurate COVID-19 diagnostic test available.

GUIDELINES + SITE INFORMATION

- **Testing is available at no-cost to all.** Uninsured individuals are welcome.
- **All people can be tested, with or without symptoms. No doctor's order needed.**
- Saliva testing will be used for all ages
- **DO NOT** eat, drink, chew gum, or use tobacco 30 minutes prior to your visit
- On-demand translation is available
- ADA accessible
- No ID is required to be tested
- If using insurance, please bring your insurance card

GETTING YOUR TEST RESULTS

- **If you provided a phone number when you registered for your test,** you will get a phone call with your results up to 3 days after your test
- Your results will not be left in a voicemail
- If you do not answer, two more attempts to contact you between 8 am and 8 pm, Monday through Sunday
- **If you gave a cell phone number and chose to receive text messages,** you will receive a text when your results are ready (up to 3 days after your test). Once you receive the text message, you can then:
 - Call the HELP Center at (517) 940 - 8811 (or toll free (855) 873 - 6996), **OR**
 - Wait for a phone call with your test results, **OR**
 - Log into the results portal at www.geneseehealth.com/portal/results, **OR**
 - Ask for the results to be emailed to you by emailing COVID@helpline@genesee.org.

WORD OF LIFE CHURCH

Visit <https://www.solivhealth.com/book-online/02mika> to make an appointment.*

*Appointments are strongly encouraged

460 W. Atherton Rd. Testing is available
Flint, MI 48503 Tuesday - Thursday: 12 pm to 6 pm

BETHEL UNITED METHODIST CHURCH

Visit <https://www.solivhealth.com/book-online/02mika> to make an appointment.

*Appointments are strongly encouraged

1309 N. Ballenger Hwy. Testing is available
Flint, MI 48504 Tuesday, Wednesday: 10 am - 4 pm
Thursday: 1 pm - 7 pm

MACEDONIA BAPTIST CHURCH

Visit <https://www.solivhealth.com/book-online/02mika> to make an appointment.

*Appointments are strongly encouraged

G5443 Saginaw Street Testing is available
Flint, MI 48505 Monday, Friday, Saturday:
10 am - 3 pm.*

[https://gchd.us/
covid19testing/](https://gchd.us/covid19testing/)



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HEALTH DEPARTMENT

GeneseeCountyHealth.com

For more information
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GENESEE COUNTY
HEALTH DEPARTMENT



COVID-19

PAUSE TO SAVE LIVES



Open



Two-household gathering (high precautions)*



Small outdoor gatherings (25 people)



Retail



Preschool through 8th grade (local district choice)



Childcare



Manufacturing, construction, other work that is impossible to do remotely



Public transit



Hair salons, barber shops, other personal services



Gyms and pools (for individual exercise)



Restaurants and bars (outdoor dining, takeout, and delivery)



Professional sports** (without spectators)



Parks and outdoor recreation



Funerals (25 people)



Health care

*See Social Gathering Guidance.
**Includes a limited number of NCAA sports.

Not open



High schools (in-person learning)



Colleges and universities (in-person learning)



Workplaces, when work can be done from home



Restaurants and bars (indoor dining)



Organized sports, except professional sports



Theaters, movie theaters, stadiums, arenas



Bowling centers, ice skating rinks, indoor water parks



Bingo halls, casinos, arcades



Group fitness classes

For more information about the order, visit [Michigan.gov/Coronavirus](https://michigan.gov/Coronavirus). Questions or concerns can be emailed to COVID19@michigan.gov.



A Ho-Ho-Holiday Treat



Equipment

8 x8 inch baking pan, Parchment paper, Double Boiler

Ingredients

2 cups white chocolate chips
6 oz sweetened condensed milk
2 cups crushed candy canes

Instructions

Line an 8x8" baking pan with parchment paper.

Place candy canes in a gallon ziplock bag, seal the bag, and crush with a rolling pin. You'll want about two cups worth of crushed candy canes.

Combine chocolate chips and condensed milk in the top pot of a double boiler over medium high heat. Stir until melted and smooth.

Stir in one cup of crushed candy canes, then pour the fudge mixture into your prepared pan.

Sprinkle remaining crushed candy canes on top of the fudge, pressing the pieces in gently so they will stay in place.

Place pan in refrigerator for 4-6 hours, or 2 hours in freezer.

Candy Cane Fudge



Dotti Tynes
Maintenance



Carl Gabrielson
Executive Director



Cheryl Rex, Clerk



Brittany Hancock
Executive Assistant



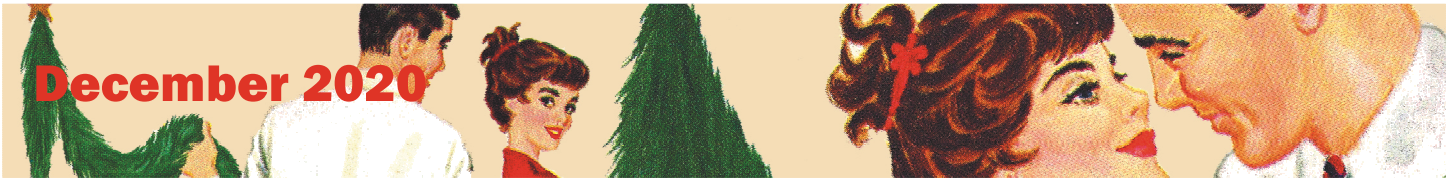
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December 2020



EMAIL
lsc@loosecenter.org

WEBSITE
www.loosecenter.org

A variety of Books are available from 10 am - 1 pm outside the east door at Loose. Please feel free to stop by and see what we have. Please do NOT return the puzzles or books back to the bin.

PHONE
810.735.9406

FAX
810.735.4255

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
All Activities are cancelled ... Lunches served daily				
	11:30 Lunch Chicken Tenders	11:30 Lunch Grilled Cheese/Tomato Soup	11:30 Lunch Tacos	11:30 Lunch Mac & Cheese
7	All Activities are cancelled Lunches served daily		9 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Broccoli Cheese Soup/Ham Slider	10 8:00 Board Meeting 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch French Toast Cassarole 12:30 Line Dancing 1:30 Line Dancing
11:30 Lunch Chicken Cordon Bleu	11:30 Lunch BBQ Meatballs			11 9:30 Yoga 11:00 Zumba 11:30 Lunch Ham Sandwich
14 9:30 CSFP 11:30 Lunch Fish Sandwich 2:00 Yoga	15 9:30 Arthritis Exercise 11:30 Lunch Chicken Stir Fry 2:00 Chair Yoga	16 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Turkey Sandwich	17 9:30 Chair Yoga 11:00 Fit 4 Ever 12:30—2:30 Christmas Dinner Fundraiser 12:30 Line Dancing	18 9:30 Yoga 11:00 Zumba 11:30 Lunch BBQ Pork
21 11:30 Lunch 12:00 Book Club 2:00 Yoga Tacos	22 11:30 Lunch Mostaccoli 2:00 Chair Yoga	23 11:30 Lunch Grilled Cheese/Tomato Soup	24 May you never be too grown up to search the skies on Christmas Eve	25 
28 11:30 Lunch Ham Sandwich	29 11:30 Lunch Broccoli Cheese Soup/Ham Slider	30 11:30 Lunch Mac & Cheese	31 Tomorrow is the first blank page of a 365-page book. Write a good one" -Brad Paisley	

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

"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds and Southern Lakes Parks and Recreation Millage Funds. YOUR TAX DOLLARS ARE AT WORK."





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Flint, MI
Permit No. 6



HAPPY NEW YEAR!

**New Year Fundraiser
coming in January**

FREE WI-FI FROM THE LOOSE PARKING LOT

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