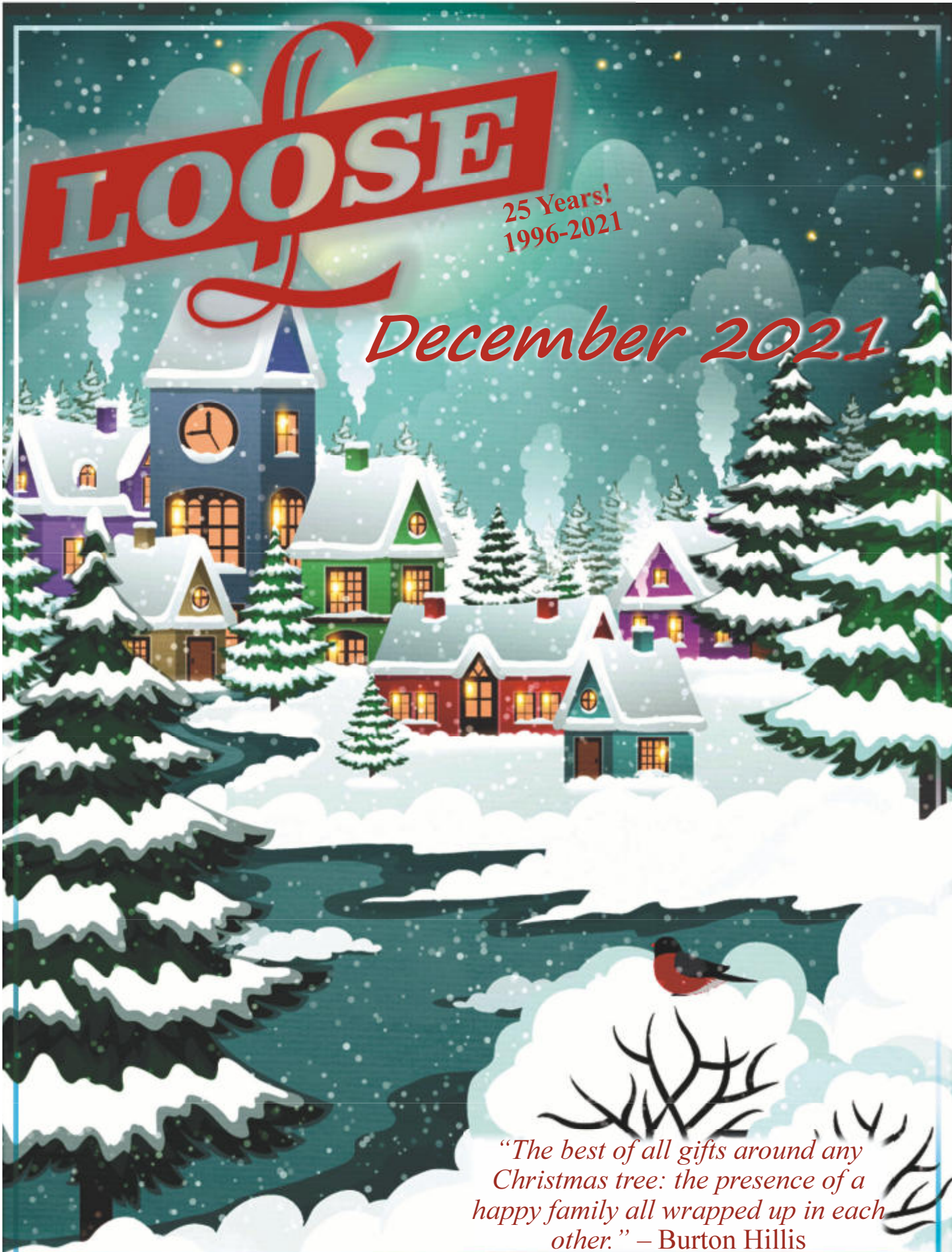


LOOSE

25 Years!
1996-2021

December 2021



“The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.” – Burton Hillis



From the Executive Director

Loose Family,

Christmas is a heart full of memories. It has been said that "Its the best time of the year." Think back to your childhood and remember the anticipation of what the holidays meant to you. The smells of cookies, your favorite Christmas song, playing in the snow, two weeks without school and the most memorable times was with family. It was the trip to the mall to look at all the toys that you hoped Santa would bring. It was going out in the car on a road trip to see all the decorated houses decked with lights and ornaments. It was the day that your whole family went to a tree farm to find that perfect tree to cut down to place in that perfect spot in your living room. Then it was time to place all those special ornaments that had been collected and made, each one having its own story. Christmas Eve was filled with excitement, attending church for candle light service closing with the hymn, Silent Night. Then off to home, sitting in front of the fireplace having your parents reading the night before Christmas before sending you off to dream of what the morning would bring. Christmas morning brought the joy of sharing that special moment you opened gifts you had hoped Santa would bring with family. Next it was off to Grandma's house where all of your family gathered to share the joys of the season. Stories were shared, wonderful dinner was enjoyed and every moment created new memories. All those moments seem so long ago. You find yourself telling those you love of the time when the season was so special to you. You miss the things that now are of a distant time. You find you may have lost some of that special Christmas magic.

There is one thing that is constant in this story.....FAMILY! It is the one part in our lives that never changes. Members may come and go, but we will never forget the part that they played in creating all those special moments that we will cherish forever. So my wish for you this...

Christmas Season is to draw close to family and those you love. Take time to share your Christmas story and to hear those of others. Sit down with the young ones and tell them the true meaning of the season. Hold your family close and tell them how much they mean to you and how much you love them. Christmas is a very special time. It brings the true story of joy, love and the sharing of good will. Never lose that little kid in you and make this the most wonderful Christmas Season for family, friend and you.

Merry Christmas Loose Family

All is well.

Carl Gabrielson

Executive Director

Activities

MOVIE DAY

December 1st

1pm

Movie TBD

Slice of Pizza/Popcorn/Water provided

Welcome Back Inside Christmas Luncheon

December 9th at 11:30am
in the Big Hall

\$15!

The Loose Chorus and
The Linden High School Choir
will be performing

"ANYONE CAN PAINT" Class Minimum: 6

Tuesday, January 11th, 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.

HEARING SCREENINGS

Starting in January

3rd Wednesday of each month, 9am-12pm,

FREE By Appointment

Provided by: Your Hearing Solution

Testing 1 hour, 20-30 minutes for cleaning and
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Having troubles hearing loved ones???
Turning the TV up past where you probably
should have???

Come and learn about hearing loss and the
importance of treating it

Thursday, December 16th @ 1pm



PODIATRIST

Tuesday, December 7th (by appointment)

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.

HAPPY STAMPERS

3rd 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.

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.



"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."



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, 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.

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 - Book Club (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, 12:30 - 2:30pm)

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

QUILTING (Fridays, 12:30 - 2:30pm)

Quilters are welcome to work on their own projects or stitch on our current quilt. Basic quilting supplies are available to use. Fabric for charity projects is available off site. Join us as we stitch away in community.

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. 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.

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



Tues, December 14th, 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

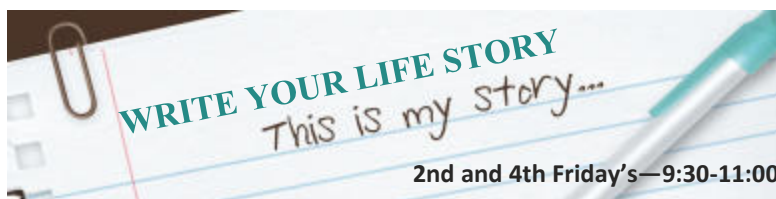
Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



Card Play 1pm-3pm
Mondays
Euchre and Mahjong
Wednesdays
Pinochle and Bridge

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.



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 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.

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.



December 17th at 11:30
Lunch Provided Free by:
Oak Street Health

Lunch will be Chicken, Mostaccioli and Red Skin Potatoes

Seating is limited, so you must call ahead and reserve your spot at (810)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 @ 2pm

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.

BLOOD PRESSURE CHECK

2nd Wednesday of each month, 10:30 - 11:30



December 2021

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

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

PHONE
810.735.9406
FAX
810.735.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

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Dottie Davis
Front Desk
Chuck Salerno
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<p>9:00 Chorus 9:30 Painting 11:30 Lunch 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>7 Podiatrist 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 2:00 Chair Yoga</p>	<p>1 MMAP Counselor 9:30 Yoga 11:30 Lunch 12:00 NO Woodcarving 1:00 Movie Day 1:00 Card Play (Pinochle & Bridge)</p>	<p>2 MMAP Counselor 10:00 Chair Yoga 11:00 FIT4EVER 11:30 Lunch 12:30 Line Dancing</p>	<p>3 MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p>	<p>4/5</p>
<p>6 9:00 Chorus 9:30 Painting 11:30 Lunch 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>7 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 2:00 Chair Yoga</p>	<p>8 9:30 Yoga 10:30 Blood Pressure Checks 11:30 Lunch 12:00 Woodcarving 1:00 Card Play (Pinochle & Bridge) 2:00 Grief Support</p>	<p>9 MMAP Counselor 8:00 Board Meeting 10:00 NO Chair Yoga 11:00 NO FIT4EVER 11:30 Christmas Lunch 12:30 NO Line Dancing</p>	<p>10 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>11/12</p>

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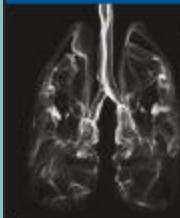
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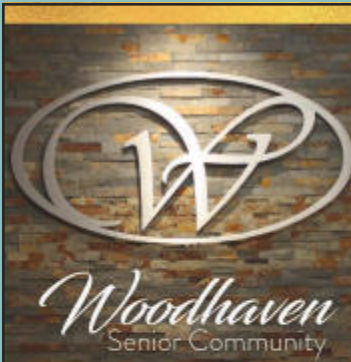
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<p>13</p> <p>9:00 CSFP 9:00 Chorus 9:30 Painting 11:30 Lunch 12:00 Literary Studies (Book Club) 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>14</p> <p>9:00 Veteran Services 9:30 Cops & Coffee 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 2:00 Chair Yoga</p>	<p>15</p> <p>9:30 Yoga 10:00 Ask a Lawyer 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>16</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 FIT4EVER 11:30 Lunch 12:30 Line Dancing</p>	<p>17</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch (inside—provided by Oak St Health) 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p> <p>18/19</p>
<p>20</p> <p>9:00 Chorus 9:30 Painting 11:30 Lunch 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>21</p> <p>9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>22</p> <p>9:30 Yoga 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>23</p>  <p>24</p> 	<p>25/26</p>
<p>27</p> <p>9:00 Chorus 9:30 Painting 11:30 Lunch 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>28</p> <p>9:00 Massage 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>29</p> <p>9:30 Yoga 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>30</p> 	<p>31</p>

Upcoming Events

Come try something new!!!

Knitting and Quilting
Fridays @ 12:30

Anyone Can Paint
2nd Thursday @ 1pm

Wii Bowling
Tuesdays - 11am-

Fall Prevention

January 12th
10am—11 am



Concerned about falling??? As you age the risk of falling increases. There are many things that can be done to reduce the risk. Come join Ivy Rehab for an informational presentation on what you can do to help lessen your risk.

Tai Chi for Arthritis

February 21 - June 6th
Free Class provided by: MSU

Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

Modifications will be provided for those who want to attend seated or standing.

As more activities are added to our calendar here at Loose we are looking for volunteers to help out with these activities.

If you would like to be a part of the team here at Loose and volunteer at any of the number of activities going on here or even behind the scene help is always appreciated.

Opportunities:

- Blood Pressure Checks
- Help with set up and tear down for special events
- Help with our Fundraiser Lunches
- Daily Lunches
- Organizing Books, puzzles, greeting cards
- And so many more.....

Call and ask for Dotti if you are interested.
(810) 735-9406

Travel & Trips

TRIPS @ A GLANCE

December 8-9	Oglebay Festival of Lights	Price Varies
December 14	Sagening Eagles Landing	\$32/person
January 20	Firekeepers	\$32/person
March 24	Soaring Eagle	\$35/person

2022

Mar.27 - Apr. 22	Southern Charm	Price Varies
Mar. 30	Solanus Casey Pilgrimage	\$67/person
Apr. 16 - Apr. 22	The Old South	Price Varies
May 2 - May 5	Kentucky's Bourbon Trail	Price Varies
May 18 - May 19	Cruisin' Kentucky	Price Varies
May 16 - May 23	California Dreaming	Price Varies
June 20 - June 23	Mississippi River Cruise	Price Varies
July 3 - July 8	New York City	Price Varies
July 13	Huron Lady II	\$86/person
July 16 - July 22	National Parks of America	Price Varies
Aug 12 - Aug 20	Colorado Rockies	Price Varies
Sept 18 - Sept 25	Pacific Northwest	Price Varies

Detailed flyers are available at the Loose Center.

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

The Whiting Departs at 7pm

		w/trans.	w/o trans
	2022		
March 25th	Waitress	\$53.50	\$48.50
April 20th	Jersey Boys	\$53.00	\$48.00
May 6th	South Pacific	\$57.50	\$52.50

Detailed flyers are available at the Loose Center.

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

Travel & Trips

Lifelong Learning - Applewood 10:00 - 12:00



- December 10 Everyone Deserves A Decent Home
- January 14 World War II: D-Day
- February 18 The Whaley Historic Home, "Up From the Ashes"
- March 18 Th Pros and Cons of Renewable Energy
- April 15 Great Shipwrecks of the World
- May 20 The Amazing Nethercutt Museum of California

Cost: \$8



**Call and Reserve your spot today!
Buses fill up fast!**

Remember payment is required to reserve your seat!



December 8 & 9 - \$300 a person



December 14 - \$32 a person



January 20, 2022 - \$32 a person



March 24, 2022 - \$35 a person



Waitress (at the Whiting)

March 25, 2022 - price varies



Solanus Casey Pilgrimage

March 30, 2022 - \$67 a person







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.*

December 2021 Menu

Eat Inside or To-Go

		1 Mac and Cheese Ham Slider Salad Fruit/Dessert	2 Meatloaf Mash Potatoes Corn Fruit/Dessert	3 Chicken Caesar Wrap Veggies Chips Fruit/Dessert
5 Chili Cheese Dog Tatar Tots Veggies Fruit/Desert	7 Spaghetti Garlic Bread Salad Juice/Dessert	8 Chicken Salad Sammie Potato Salad Chips Juice/Dessert	9 	10 Tacos Chips & Cheese Juice Dessert
13 Sausage/Potato Casserole Vegetable/Roll Fruit/Dessert	14 Sweet & Sour Meatballs over Rice Egg Rolls Fruit/Dessert	15 Chipped Beef over Biscuit Vegetable Fruit/Dessert	16 Sloppy Joe Coleslaw Chips Fruit/Dessert	17 Lunch Provided by: 
20 Chicken Pot Pie Bread Roll Fruit Dessert	21 Chili Cornbread Salad Fruit/Dessert	22 Hamburger Pasta Salad 3-Bean Salad Juice/Dessert	23 Center Closed	24 Center Closed 
27 Fish Sandwich Coleslaw Chips Fruit/Dessert	28 Kielbasa Potatoes Green Beans Fruit/Dessert/Rolls	29 Hamburger Gravy/ Mashed Potatoes Vegetable Fruit/Dessert	30 Center Closed	31 Center Closed 

Christmas Luncheon

December 9th



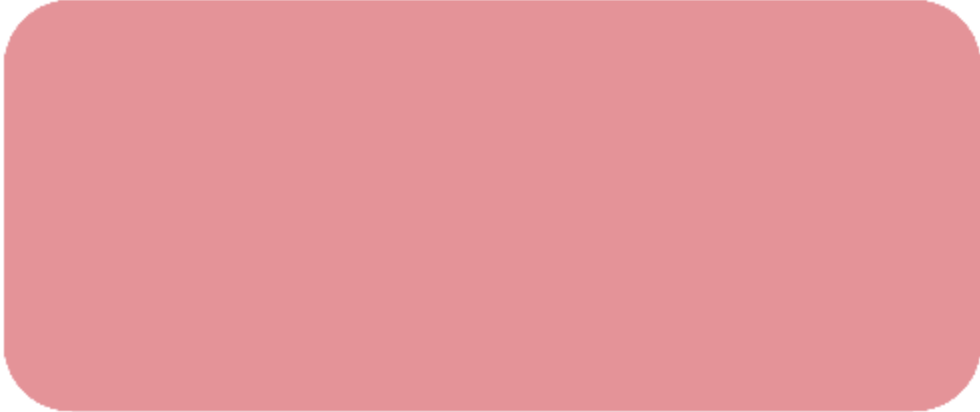
**Call and Order
yours today!
810-735-9406**

All for \$15 a person



707 N. Bridge St • Linden MI 48451
www.loosecenter.org
810•735•9406

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*Chuck Salemo
Maintenance*

*Carl Gabrielson
Executive Director*



Merry Christmas from all of us!!!

*Dotti Tynes
Program Director*



*Jaelyn von Linsowe
Executive Assistant*

*Dottie Davis
Receptionist*



*Cheryl Rex,
Chef and Travel Director*



FREE WI-FI FROM THE LOOSE PARKING LOT
Just park next to the building choose loose public, when prompted for the password, type **BeHappy!**