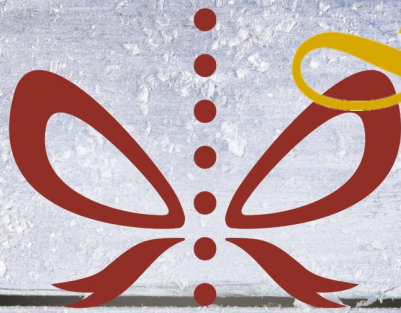




LOOSE



MERRY CHRISTMAS

DECEMBER
2022

From the Executive Director

Loose Family,

Christmas...The Holiday season is a perfect time to reflect on our blessings. We must realize how lucky we are and take time to experience them. So, let's look at our blessings that have gifted our life. We first look at the blessings of our youth and the guidance of our peers who taught us right and wrong, discipline, and respect. This established the bases of our future. Our next blessing was that of education. We studied hard to learn how we fit in and to help us be successful in the working world. One of our biggest blessings is family. It starts with loving parents who puts your future and interests before theirs. This includes athletic events, gymnastics, dance recitals, school plays, and parties. Oh, the days you found yourself running children to so many things they found so important and you lived every moment through their eyes. The Christmas season and Christmas morning made it all worth it.

As age and the passing of time enters our lives, we begin to reflect on past blessings and enjoy and treasure those we now have. We become the caregivers of our parents and see to their needs as they grow older and need our help with their daily routine. We become cheerleaders and fans for our now grandchildren as they have become involved in their many interests. And yes, we live every moment through their eyes. The most precious blessing is the times you are asked to babysit and spoil them rotten. We must not forget the blessing of family members and friends that make our life complete.

Christmas...The Holiday season to seek out ways to make life better for those around us. With these troubling times, not everybody has witnessed the blessings you may have experienced. They may be struggling to make ends meet. They could be going through a bad time facing a loss. They may be lonely and have no one in their lives to share their empty life with. We must be that person who takes the time to reach out and help create blessings for those who have an empty life and be "Their Blessing." We

must understand that each person's life is special and deserves to have the many blessings that makes our life complete.

The Holiday Season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.

All is well.

Carl Gabrielson
Executive Director

CHILI COOKOFF WINNER. . . VICINIA GARDENS WINNER OF BOTH TROPHIES



Many thanks to all the sponsors for making it a huge success with lots of fun. I think UofM was the chosen college of choice that evening.

Sponsors

| | |
|-------------------------|-----------------------|
| Vicinia Gardens | Argentine Care Center |
| Atria Retirement Living | Caption Call |
| Bristol Hospice | Genesee Gardens |
| Promedica | Wellbridge |

THANK YOU!!!

To our Dueling Piano Sponsors

| | |
|----------------------------------|------------------------|
| Fenton Winery & Brewery | Crust |
| Symphony of Linden | La Marsa |
| Fenton Hotel | Linden Hotel |
| Alpine Market | China Gardens (Linden) |
| Beale Street BBQ | VG's |
| Argentine Care Center | Cheese Lady |
| Applebees of Fenton | Gordon Foods |
| The Rough Draught Coffee Barroom | |

At the time of printing

Current Loose Activities

ARTHRITIS FOUNDATION EXERCISE

(Tuesdays, 9 :30am and Thursdays at 11:00am)

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

YOGA Fee \$7

Gentle Flow Yoga (Mondays 2:00pm, Wednesdays and Fridays 9:30am) Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

CHAIR YOGA Fee \$7

(Tuesdays, 2:00pm and Thursdays, 10:00am) Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion.

CARDIO/AEROBICS EXERCISE Fee \$7

(Mondays, 11:30am-12:30pm)

(Thursdays, 1:00pm-2:00pm)

Light cardio workout with stretching and breathing techniques, strengthening the body with the use of light weights.

LINE DANCING (Tuesdays, 12:00pm) Fee \$7

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

ZUMBA GOLD (Fridays, 11:00am) Fee \$7

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

HEALTHY EXERCISE (Wednesdays, 11:00am)

Low impact exercise by the rehab tech from Symphony

STRENGTH AND BALANCING (Thursdays, 12:00pm)

Strengthen your body to help with balance.

One on One Physical Therapy

(2nd & 4th) Wednesday) by appointment

LITERARY STUDIES - Book Club

(Second Monday 12:30pm)

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

WOOD CARVERS (Wednesdays, 12:00pm-1:30pm)

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

PAINTING (Mondays, 9:30am)

We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center.

Must bring and use own materials.

LOOSE CHORUS (Fridays, 1:00pm-3:00pm)

If you like to sing, checkout our chorus

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

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

KNITTING/CROCHETING (Fridays, 9:30am)

Our knitting and crocheting group meets every Friday, to knit or crochet. Items can be donated to local charities. Please bring your own supplies.

QUILTING (Fridays, 9:30am)

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

ADDITIONAL SERVICES

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MIMAP)

Our MIMAP 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. MIMAP'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.

MICAFE

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to eat 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 810.735.9406

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.

LOAN CLOSET

If you have need for some medical equipment, please contact Loose at (810)735.9406. Equipment is loaned without conditions. If you have equipment to donate in good condition, feel free to drop it off during business hours behind the building at the barn on the west end of the building.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP)

2nd Monday of each month, 9:00am-10 :00am

Loose is a distribution site for emergency food assistance program.

Activities

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.

PODIATRIST (by appointment) December 13th

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.



Cardio/Aerobics Classes

Mondays, 11:30am

Thursdays, 1:00pm

\$7/class

One on One Physical Therapy

(2nd & 4th) Wednesday) by appointment



STRENGTH AND BALANCING

(Thursdays, 12:00pm)

Physical therapist helps strengthen the body to help with balance.



HEARING SCREENINGS

3rd Wednesday of each month,

10:00am-12:00pm, FREE

By Appointment

Provided by: Your Hearing Solution



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

Phonak, Signa, Sonic, Unitron, Starkey,



BLOOD PRESSURE CHECK

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

3rd Tuesday of each month, 10:00am - 11:00am



Euchre— Mondays & Thursdays

1:00pm—3:00pm

Come enjoy the fun!



Beginner Pickleball

Thursdays, 2:00PM—3:30PM (\$7)

Pickleball, one of the fastest growing sports.



HEALTHY EXERCISE

Wednesdays at 11:00am

Low impact exercise by the rehab tech from Symphony. Free class
Come join us!

Join Judy Lytle Fridays at 11:00am for: ZUMBA GOLD

Perfect for: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

Meditation Monthly

1st Tuesday, 1:30PM—2:00PM 3rd Wednesday, 10:30AM—11:00AM

Is it time for an emotional calm? A healing slow down? Come join in on a guided meditation and experience the calm. Quiet the mind, relax the body and let go of things you don't need to carry around.

Loose Activities

YOUR STORY
MATTERS.
WRITE IT DOWN.



WRITE YOUR LIFE STORY

Every 2nd & 4th Friday 2:00pm

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun. Writing your life story is not only a gift to yourself, but also a gift for family and friends, as well as generations of families not yet born.

Card Play 1:00pm-300pm

Mondays & Thursdays
Euchre and Mahjong
Wednesdays
Pinochle and Bridge

WOOD CARVING-Wednesdays 12:00pm



Do you like to create things from wood? Join our talented woodcarvers on Wednesdays as they share their talents and many ideas along with great conversations.



GRIEF SUPPORT GROUP

2nd & 4th Wednesday @ 2:00pm

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

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 1:00pm

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



LOOSE CHORUS

Fridays, 1:00PM

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering. **TALENTED, WELCOMING & ALL ARE WELCOME!**

10am - 12noon

December 14th & 28th

One on One advice for a personalized daily therapy program

Both sitting and standing activity.

Will also offer proper sleeping positions to help alleviate back pain.

Call the center today to schedule your 15 minute session with Carrie.

(810)735-9406



Are you stuck for gift ideas?
LOOSE offers gift certificates
and

Exercise punch cards (\$70.)



Upcoming Events

Movie Day
December 7, 1:00PM

We will post at the Center as soon as we hear.

Pizza, Popcorn, Water provided



Come listen to the
Loose Chorus
Christmas Concert
Wednesday Dec 21st
1:00pm



Holiday Card Sale



All Seasonal Cards 10 for \$1



cops

kids

&



Cocoa



Tuesday
December 13th
9:30am

*Bring in your grandkids for a
 Fun time. Everyone welcomed*

SENIOR WINTER GAMES



of Genesee County 2023
REGISTRATION NOVEMBER 7
THROUGH JANUARY 12
*(forms available at Loose,
 no late registrations)*



Cost \$12 includes, Opening Ceremony with entertainment, SWG T-shirt, unlimited events, Closing Ceremony Banquet

2023 EVENTS INCLUDE

Pie Eating, Bowling, Jigsaw Puzzle, Spades, Softball Toss, Bocce Ball, Soccer free Kick, Yahtzee, Hand, Knee and Foot, Shuffleboard, Senior Grand Prix, Recreational Ping Pong, Frisbee Toss, Ladder Golf, Fitness Walk, Pickleball, Euchre, Free Throw, Suduko, Train Dominoes, Spelling Bee, Arts & Crafts, Name That Song, Darts, Bean Bag Toss, Competitive Table Tennis, & Miniature Golf.

Genesee Gardens' resident, Frances, turns 100 years old on December 21, 2022. He would like to receive 1000 birthday cards. **Genesee Gardens** has reached out to the Senior Centers to help him reach his goal. If you would like to participate, please drop a card off at the Loose Center by December 16, 2022.



CHRISTMAS LUNCHEON

With Elvis

At The Loose Center

Thursday December 15th

Lunch 12:00-1:00pm

Elvis performing 1:00-2:30pm

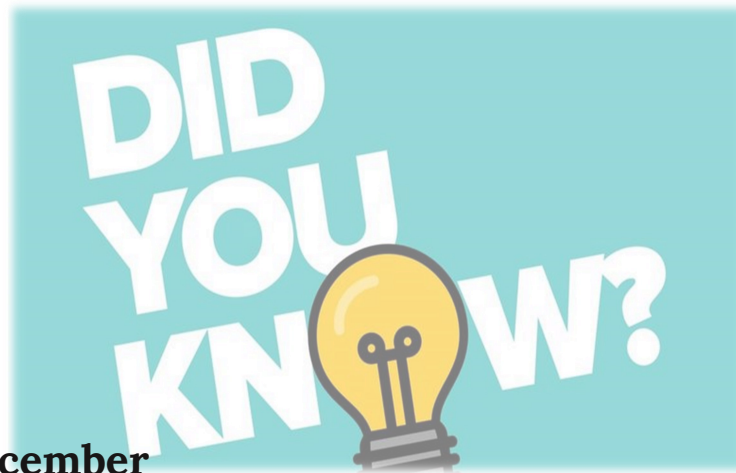
Lunch menu: Ham, mashed potatoes, green bean casserole, coleslaw, roll and a dessert



\$15

Per person





The Month of December

December is the 12th month (and last month) in our modern-day Gregorian calendar (as it was in the preceding Julian calendar).

However, it was originally the 10th month of the Roman calendar (until 153 BC). Hence, “December” comes from the Latin word *decem*, meaning “ten.”

Back in Roman times, the calendar only had ten months and began with March! The winter period was not even assigned months because it was not an active time for military, agriculture, or civil life.

The month of December originally consisted of 30 days. When January and February were added to the calendar (around 700 BCE), December was shortened to 29 days. Then, in the subsequent Julian calendar, two days were added to December, making it 31 days long.

Important Information

Newsletter Mailings

If you would like to come into the center to pick up your newsletter please let us know. We know there are many of you that like coming in to see us and grabbing a newsletter instead of it being mailed to you. Just let us know if that's you so we have proper record of that.

If you have suddenly stopped receiving the newsletter in the mail let us know, there may be a reason you stopped receiving it, i.e. address change.

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.

KISS—Keeping Independent Seniors Safe

A program for seniors 62 and older. The KISS program is a telephonic reassurance system that keeps seniors and their loved ones worry-free. Participants in the KISS program can call the KISS office or receive a telephone call every Monday through Friday between the hours of 8:00 a.m. and 12:00 p.m. to make sure that the participant is alright. Special arrangements can be made for participants that need weekend coverage. For more information on the KISS program please call (810) 239-7671
Host Agency: VAAA



The KISS program is sponsored by the VAAA. The KISS program is funded in part by grants from United Way



LUNCH Pick up

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

-or-

\$6 donation (out of county)

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

Important news from Loose Center

In the event of a class cancellation, the Loose Center does a robo mass call to most recent high count day. This call will show coming from BALMONT, MA. It is important that you have your files up to date with active phone number (if you no longer have a land-line let us know.)



Community Food Share

Food Pantry now at Loose Center

In partnership with FARR

Let the front desk know when you need assistance



Do You Need A Ride To Loose???

Call Fenton MTA at least 24 hours in advance to schedule your ride.

WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

In the event of inclement weather, please tune into **ABC 12**, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.



“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.”



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

BOARD OF DIRECTORS
 Frank Lukowski, President
 Ken Wensel, Vice President
 Roby Deese, Secretary
 Rod Martin, Treasurer
 Ray Culbert
 Pat Lockwood
 Joetta Pyles-Zalewski

LOOSE STAFF
 Carl Gabrielson
Executive Director
 Jaclyn von Linsowe
Executive Assistant
 Dotti Tynes
Program Director
 Cheryl Rex
Travel Coordinator
 Director
 Carrie Shaulis
Administrative Service Specialist

5
 9:00 Indoor Walking
 9:30 Painting
 11:30 Cardio/Aerobics
11:30 Lunch
 1:00 Card Play
 Euchre/Mahjong
 2:00 Yoga

6
 MMAP Counselor
 9:30 Arthritis Exercise
11:30 Lunch
 12:00 Line Dancing
 1:30 Meditation
 2:00 Chair Yoga

7
 9:30 Yoga
 11:00 Healthy Exercise
11:30 Lunch
 12:00 **NO Wood Carving**
 1:00 Movie Day
 1:00 Card Play (Pinochle/Bridge)

1
 MMAP Counselor
 10:00 Chair Yoga
 11:00 Arthritis Exercise
11:30 Lunch
 12:00 Strength & Balancing
 1:00 Cardio/Aerobics
 1:00 Card Play (Euchre)
 2:00 Beginner Pickleball

2
 MMAP Counselor
 9:30 Yoga
 9:30 Quilting/
 Knitting/Crocheting
 11:00 Zumba Gold
11:30 Lunch
 12:30 Pickleball
 1:00 Chorus

8
 MMAP Counselor
 8:00 Loose Board Mtg.
 10:00 Chair Yoga
 11:00 Arthritis Exercise
11:30 Lunch
 12:00 Strength & Balancing
 1:00 Cardio/Aerobics
 1:00 Card Play (Euchre)
 2:00 Beginner Pickleball

9
 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





3/4

10/11

PHONE
 810.735.9406
FAX
 810.735.4255

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

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

| | | | | | |
|---|---|--|---|---|---|
| <p>12</p> <p>9:00 Indoor Walking 9:30 CSFP 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p> | <p>13</p> <p>Veteran Services (by appt.) Podiatrist by appt. MMAP Counselor 9:30 Arthritis Exercise 9:30 Cops & Coffee 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p> | <p>14</p> <p>9:30 Yoga 10:00 One on One Physical therapy 10:30 Blood Pressure 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p> | <p>15</p> <p></p> <p>MMAP Counselor 10:00 NO Chair Yoga 10:00 NO Blood Pressure 11:00 NO Arthritis Exercise 12:00 Christmas Lunch 12:00 NO Strength & Balancing 1:00 NO Cardio/Aerobics 1:00 NO Card Play 2:00 NO Beginner Pickleball</p> | <p>16</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p> | <p>17/18</p> |
| <p>19</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p> | <p>20</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p> | <p>21</p> <p>Hearing Screening (by appt.) 9:30 Yoga 9:30 Ask a Lawyer 10:30 Meditation 11:00 Healthy Exercise 11:30 Lunch 12:00 NO Wood Carving 1:00 NO Card Play 1:00 Loose Chorus Christmas Concert</p> | <p>22</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p> | <p>23</p> <p>CENTER CLOSED FOR CHRISTMAS BREAK</p> <p></p> | <p>24/25</p> <p>Merry Christmas</p> <p>From the staff: Carl, Jackie, Dotti, Cheryl, & Carrie</p> |
| <p>26</p> <p>CENTER CLOSED FOR CHRISTMAS BREAK</p> <p></p> | <p>27</p> <p>9:30 NO Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Alzheimer Support 2:00 Chair Yoga</p> | <p>28</p> <p>One-on-One Financial (by appt.) 9:30 Yoga 10:00 One on One Physical therapy 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p> | <p>29</p> <p>MMAP Counselor 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p> | <p>30</p> <p>CENTER CLOSED FOR NEW YEAR'S</p> <p></p> | <p>31</p> <p>See You January 3, 2023</p> |

DECEMBER MENU



Congregate December Menu 2022

Menu Subject to Change based on Product Availability and Quality Standards

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
|  <p>5</p> <p>Baked Chicken Breasts w/ Stewed Vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Roll Margarine Milk</p> |  <p>6</p> <p>Chef's Choice</p>  |  <p>7</p> <p>Lasagna w/Beef Steamed Spinach Baby Carrots Corn Bread-4 oz Margarine Cherry Applesauce-4 oz Milk</p> | <p>8</p> <p>Beef Dippers w/gravy Redskin potatoes-4 oz Sweet Peas-4 oz Fresh Apple-1 ea Sliced Cinnamon Bread Margarine 100% Fruit Juice-4 oz</p> | <p>9</p> <p>Baked Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw -4 oz Corn Muffin-1 ea Mixed Fruit-4 oz Margarine Milk</p> |
| <p>12</p> <p>Chicken & Cheese Enchiladas Spanish Rice Roasted Mexi Corn Diced Peaches Margarine Milk</p> | <p>13</p> <p>Pot Pie w/Peas, Carrots, Potatoes Italian Green Beans Fresh Apple margarine Biscuit 100% Fruit Juice</p> | <p>14</p> <p>HM Chicken & Penne Alfredo Steamed Broccoli Diced Carrots (4 oz) Fresh Pear 1 ct) Bread Stick(1 ct) Margarine (1 ct) Milk</p> | <p>15</p> <p>Christmas Luncheon w/ Elvis Purchase your ticket today! \$15.00</p> | <p>16</p> <p>Antipasto Salad w/ Ham, Pepperoni & Salami Carrot Sticks w/dip Sliced Peas-4 oz Wheat Roll Salad Dressing Milk</p> |
| <p>19</p> <p>Turkey Burger w/ Cheese Potato Wedges Green Beans Fruit Cocktail-4 oz WG Bun Ketchup/ Mustard Milk</p>  | <p>20</p> <p>CHRISTMAS LUNCHEON Glazed Pork Loin-3 oz Roasted Veggie Medley Candied Yams HM Holiday Brownie Apple Crisp Wheat Roll & Margarine 100% Fruit Juice</p>  | <p>21</p> <p>Salisbury Steak in Broth-1 ea Steamed Spinach-4 oz Corn-4 oz Diced Peaches-4 oz Multi - Grain Roll Margarine Milk</p> | <p>22</p> <p>HM Chicken Parmesan-1 ea Steamed Spaghetti-2 oz Veggie Blend Whole Grain Garlic Bread-1 ct Margarine-1 ct Diced Peas-4 oz 100% Fruit Juice</p> | <p>23</p>  |
| <p>26</p>  <p>OBSERVANCE</p> | <p>27</p> <p>Country Style Chicken Sweet Peas Diced Potatoes Dinner Roll Margarine Diced Peaches 100% Fruit Juice</p> | <p>28</p> <p>Steak Fajitas Chuck Wagon Veggies Spanish Rice Tortilla Shell Margarine-1 ct Pineapple Cup Milk</p> | <p>29</p> <p>HM Mac & Cheese-8 oz French Cut Green Beans-4 oz Sliced Carrots-4 oz Mixed Fruit Potato Roll Margarine 100% Fruit Juice</p> | <p>30</p> <p>OBSERVANCE</p>  <p>OBSERVANCE</p> |

Travel & Trips

TRIPS @ A GLANCE

| | | |
|-----------------|--|----------------------------------|
| Dec 7 | Nite Lights at MIS | \$83/person |
| January 10 | Soaring Eagle Casino | \$45/person |
| February 13 | Saganing Eagles Landing Casino | \$45/person |
| March 16 | Firekeepers Casino | \$45/person |
| April 24-25 | ARK Encounter | \$409/Double |
| May 21 | Springtime in the SMOKIES | \$1140/Double |
| May 25 | Historic Marshall | \$108/person |
| June 16 | A Day in the Detroit | \$114/person |
| July 19 | The Great American Trailer Park Musical | \$99 per person |
| August 14-21 | Canadian Rockies , Glacier National Park | |
| September 12-20 | South Dakota's National Parks | \$2,799/Double |
| October 3-6 | Agawa Canyon & Mackinac Island and Yoho National Park | \$1,299/Double \$4,899/Double |

Sneak Peek for 2023

| | |
|--------------|---------------------------------|
| August 16 | Saugatuck, MI |
| September 28 | Ohio Wine Tour |
| October 10 | Autumn Adventure |
| November 9 | Tinsel and Turkey (Turkeyville) |
| November 16 | The Parade Company |
| December 14 | Holiday Church Tour |

(Please watch for flyers and prices)

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.

Travel & Trips

SOUTH DAKOTA'S NATIONAL PARKS
September 12—20, 2023

Black Hills - Badlands - Mt. Rushmore - Crazy Horse Memorial
-Custer State Park - Deadwood



PLUS
CELEBRATION BELLE
Mississippi River
Entertainment Cruise



\$2,799.00 pp/Double



May 21-24, 2023
4 days / 3 nights \$1,140.00 pp/Double

AGAWA CANYON & MACKINAC ISLAND
October 3-6, 2023
\$1,299.00 pp/Double



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

August 2-10, 2023 ~ London & Paris—\$4,449.00 per person based on double occupancy and bookings by February 3, 2023

September 16-29, 2023 ~ Portugal and Its Islands - \$4,999.00 per person based on double occupancy and bookings by March 17, 2023

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

May 12 -21, 2024 ~ Countryside of the Emerald Isle - \$4,349.00 per person based on double occupancy and bookings by October 13, 2023

*These rates are per person and subject to change, if booked after above dates, based on air inclusive packages from Detroit Metro Airport

Reservations are not guaranteed until payment is received.

Travel & Trips

NITE LITES AT MICHIGAN INTERNATIONAL SPEEDWAY

\$83.00

Wednesday, December 7, 2022
 Trip includes dinner at Jerry's Pub (buffet)

**MCC Continuing Education
 (Friday's @ Applewood)
 2022/2023 SERIES**

**\$8.00 without transportation
 Must book and pay by Wednesday before
 event or register online.**

- Friday, December 9** **America's Most Deadly
 Pandemics
 (Spanish Flu and COVID-19)**
- Friday, January 20** **Possible Options For Us
 As We Age**
- Friday, February 17** **Senior Health and
 Wellness**
- Friday, March 17** **Bringing Historical
 Cemeteries to Life**
- Friday, April 21** **MTA Flint-Your Lifeline
 Transportation System**
- Friday, May 19** **The Markets Today**
- Friday, June 2** **Police Evolution**



Soaring Eagle Casino

Tuesday, January 10, 2023

Round Trip Motor Coach **\$45**
 \$20 on Players Card
 Plus, 600 points on slots and receive
 \$10 in Premium Play
 \$10 Food Voucher



**Saganing
 Eagles Landing
 Casino**

\$45

Monday, February 13, 2023

Round Trip Motor Coach \$10 on Players Card
 \$5.00 Dining Credit for SELC
 PLUS, earn 100 points on slots and receive
 \$10 in Premium Play
 Water & Snacks

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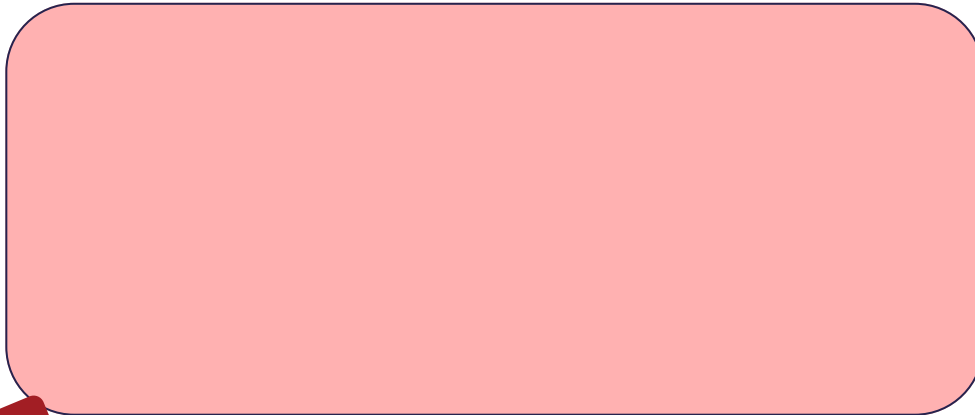
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Dotti Tynes
Program Director



Carl Gabrielson
Executive Director



Merry Christmas from all of us!!!

Carrie Shaulis
Administrative
Service Specialist



Cheryl Rex,
Travel Coordinator



Jaelyn von Linsowe
Executive Assistant



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