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FEBRUARY 2024

Upcoming Events

CITY OF LINDEN PRESS RELEASE REGARDING LOOSE SENIOR CITIZENS CENTER

Linden, Michigan – January 9, 2024 - The city of Linden is pleased to announce a significant development in its commitment to senior services within the community. Effective January 9, 2024, the city will be taking over the day-to-day operations and management of the Loose Senior Citizens Center.

Mayor Danielle Cusson expressed enthusiasm about the city's expanded role, stating, "We are excited to assume a more active role in the Senior Center's daily operation and will ensure that this change does not impact in any way the vital services that the Senior Center has provided Linden-area senior citizens for nearly 30 years.

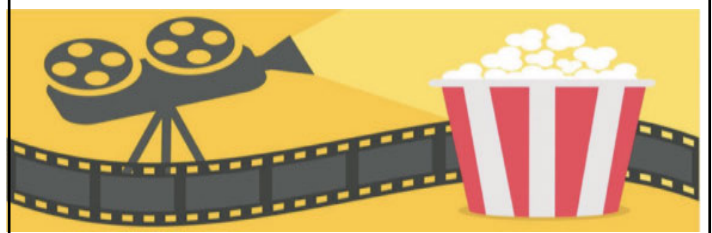
The Loose Senior Citizens Center has been a cornerstone of support for Linden-area senior since its establishment, thanks to the generosity of Argentine Township residents Grace F. Loose and her brother Fred. The siblings bequeathed \$300,000 to the City of Linden for the construction of the senior center, and it has served as a crucial hub for the senior community ever since.

Originally supported by an interlocal agreement involving the City of Linden, the City of Fenton, Fenton Township, Argentine Township, and the Southern Lakes Regional Metropolitan Parks and Recreation Commission, the Loose Center has seen a change in its support structure over time. Members of the interlocal agreement gradually withdrew, leaving the City of Linden as the sole remaining member. With this development, the city no longer requires a separate board of directors and can now manage the Senior Center independently.

The City of Linden extends its gratitude to the board of directors for their dedicated service to the center and the senior community. The city looks forward to continued cooperation to ensure a smooth transition and maintain the high standard of services provided by the Loose Senior Citizens Center.

For further information please contact:

City of Linden
Ellen Glass – City Manager
810-735-7980
manager@lindenmi.us



MOVIE DAY

Wednesday, February 7 1:00PM

Somewhere In Time

A 1980 romantic fantasy drama filmed at the Grand Hotel and Mission Pointe on Mackinac Island.

Stars Christopher Reeves and Jane Seymour.



Provisions Living will be providing pizza.
Starrs Lakeview Farms will be providing popcorn.

Admission—**FREE!**

Donations to Loose to defray the facility usage cost will be much appreciated.

**A HUGE THANKS to John Strayer of
TANGLEWOOD ASSISTED LIVING
for his continuous and generous support of this
special event.**

WEATHER-RELATED CLOSURES & 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

Upcoming Events



Annual St. Patrick's Day Corned Beef & Cabbage Thursday, March 14



Dinner 5:00PM (corned beef, cabbage, carrots, salad, roll & dessert)
Flint Arrowhead Barbershop Chorus 6:00PM



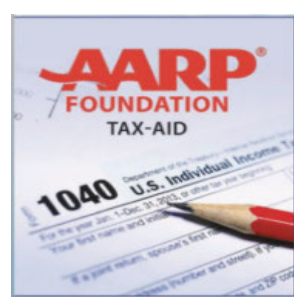
**Spaghetti
&
Elvis***
Thursday, February 8
Dinner 5:00pm
Elvis 6:00pm
\$15
Seating is limited!



Enjoy a meal of spaghetti with meat sauce, salad, garlic bread and a dessert.

*Matt King is one of the worlds top-ranked Elvis Tribute Artist!

He has performed at the Fenton Community Center and in numerous competitions in the US.



FREE TAX FORM PREPARATION from AARP

Tuesdays through April 2 (starting Tuesday, February 6)

BY APPOINTMENT ONLY. Call 810.735.9406 to check availability.

Foundation Tax-Aide is available free to taxpayers with low to moderate income ages 60 and older. You must be current with your taxes.

Preparation is done by a certified AARP Tax Aide Volunteer.

Fitness & Wellness

AEROBICS/CARDO

Monday and Wednesday, 11:00am

\$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**

A 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*



STRENGTH AND BALANCING

Thursday, 12 noon

FREE from Advance Physical Therapy

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

GROOVE

Mondays at 9:30 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!

LINE DANCE

Tuesday, Beginning 11:00am, 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, 1pm - 3:30 pm - Beginner/Instructional

Friday, 12:15pm - 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. No partner necessary. Center has extra equipment if you do not have your own.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

MONDAY

9:30 am Groove
11:00 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

9:30 am Yoga (Gentle Flow)
11:00 am Aerobics/Cardio

THURSDAY

10:00 am Chair Yoga
11:00 am Arthritis Exercise
12 noon Strength & Balancing
1:00 pm Pickleball (Beg.)

FRIDAY

9:30 am Yoga (Gentle Flow)
11:00 am Tai Chi
12:15 pm Pickleball (Int.)

YOGA

\$7 drop in fee or punch card

Mondays, 2:00pm, Weds 9:30am and Fridays, 9:30am

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. Bring Yoga Mat.

Tuesdays, 2:00pm and Thursdays, 10:00am

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.

TAI CHI

\$7 drop in fee or punch card

Friday at 11:00am

Slow, intentional movements makes it a form of gentle exercise. Directed towards keep moving, to help with arthritis and fall prevention

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!

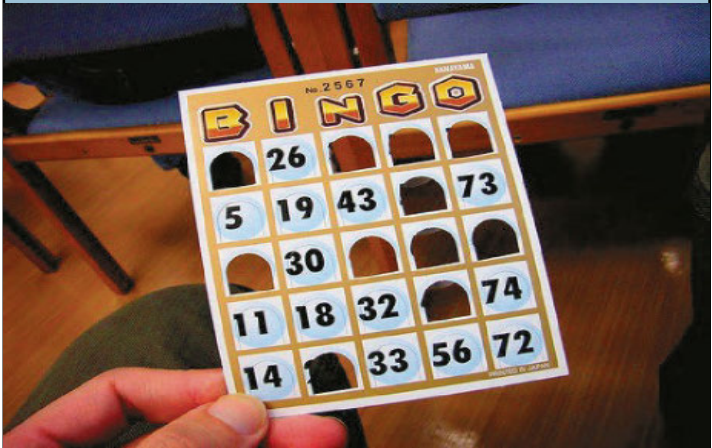


Fun & Games

PENNY BINGO

Tuesday, February 6 1:00 - 2:30PM

Cards cost 25¢ or 6 for \$1
Use pennies for markers. Winner wins everyone's markers. A variety of Bingo patterns played to keep it interesting. Money collected for cards is the prize at the end when playing a cover all.



EUCHRE TOURNAMENT

Will return Tuesday, April 9.

Entry fee is \$7. And Euchres are 25¢
Sign in starts at noon and you must be signed in before 12:25.

Call 810-735-9406 to pre-register.

\$\$\$\$ CASH PRIZES \$\$\$\$



EUCHRE

Mondays & Thursday – 1:00PM-3:00PM

PINOCHLE

Wednesday & Thursday – 1:00PM-3:00PM

BILLARDS

Monday/Tuesday – 11:00AM – 2:00PM
Wed/Thurs/Fri – 11:00AM – 3:30PM

PUZZLE PLAY – Monday - Friday - 8:00AM - 3:00PM
Have you seen our puzzle table? Stop by the Library, find a piece or two, or twenty. Stay for a minute or the afternoon. Donate and/or borrow!

Currently accepting donations of puzzles with all the pieces.



2024 SENIOR WINTER GAMES of Genese County

We will be hosting Pickleball

Tuesday, February 20

10:00AM

You must have had pre-registered in January to play.



Arts & Education

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. You will learn new ideas for card making and scrapbooking. Bring your own supplies and project. The group will teach you how to put it all together. Be inspired by those who have been creating for years.

WOOD CARVERS

Wednesdays, 12 - 1:30 pm, FREE

Loose wood carvers have an immeasurable amount of knowledge for their craft. Have you ever thought about taking up this craft? Our wood carving group can teach you how to start or how to improve a skill you already have.



PAINTING GROUP

Mondays, 9:30 am, FREE

The Loose Center is the perfect place to enhance that painting project you are working on. Come in, bring your project, learn from others in an open and offer your knowledge.

QUILTING

Fridays (except 3rd Friday), 9:30AM, FREE

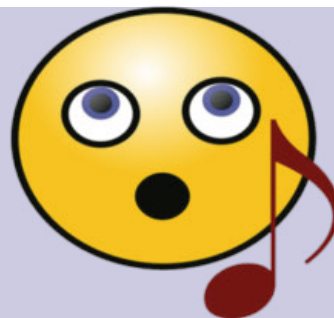
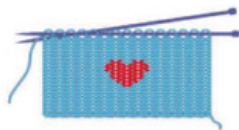
Connect with this talented group of members sharing skills, providing support, fostering friendships, and creating beautiful quilts. Pros and beginners welcomed.

KNITTING/CROCHETING

Fridays, 9:30 am, FREE

Join this like-minded group of artisans to sharpen your skills, provide motivation to others and improve cognitive function. So come on in and chit-chat while working on a project of your own or sometimes on a group project to donate to local charities.

Everyone welcome.



LOOSE CHORUS

Fridays 1:00PM

This group is more than a group of people who enjoy singing together. The chorus director teaches musical terms, breathing exercises and note counting.

With this knowledge the chorus goes out into the community to share their talent with those who can use some cheer. Come be a part of this learning group. All are welcome.



Charter
SENIOR LIVING
of Linden

LEARN A CRAFT

3rd Wednesday of each month 2:00PM

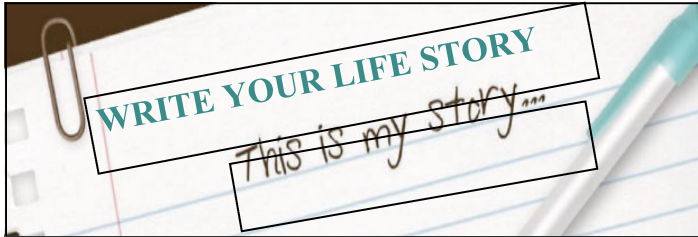
FREE

Everything you will need is supplied.

**You must pre-register,
seating is very limited!**



Arts & Education



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.** Join this group and learn how to write YOUR story. Ancestry.com can tell us where our ancestors came from, but only you can leave behind the stories of your past. Hear what others have to say about their past. The class is free and the stories are priceless.

2nd & 4th Friday, 2:00PM

Sharps Funeral Homes Presents Peace of Mind Brunch and Learn

Wednesday, April 24 9:00am – 10:30pm

Celebrating life fully means planning your final wishes so your loved ones don't have to. Let us help begin the process through our special seminar. We promise it to be an educational, informative and enjoyable time for learning the full benefit of planning ahead for total "Peace of Mind, in an informal and relaxed setting. Call to pre-register.

Valley Area on Aging Presents Dementia Caregivers Workshop Series

March 7, 14, 21 - 9:30am - 11:00am

This three-week class is designed for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information. There is no cost to this class, VAAA will provide all materials. Call for more info.

You must pre-register for this series.



Tues, February 13th, 9:30-10:30AM
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!

Coffee
COPS and
Conversation



Applewood Lecture Series Newspapers Past & Present

Friday, February 16 10:00AM—Noon

MCC Regional Technology Center

(Off of Robert T. Longway Blvd.)

\$15 per person (includes breakfast).

Call 810-735-9406 to reserve your tickets at the door.



LITERARY STUDIES Monday, February 26 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! Keep your mind sharp by reading and learning.

Congregate February Menu 2024


Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5 HM Beef Stew w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk	6 HM White Chicken Chili Whole Kernel Corn Mini Muffin Pear Cup Margarine 100% Fruit Juice 	7 Turkey Burger w/ Cheese Leaf Lettuce/Sliced Tomato Potato Salad Peas & Carrots Fruit Salad Whole Wheat Bun Mayo & Mustard Milk	8 Pork Loin California Blend Rosemary Potatoes Applesauce Dinner Roll Margarine 100% Fruit Juice	9 Chef G's Choice 
12 Cheese Ravioli w/Meat Sauce Italian Veggie Blend Roasted Potatoes Fresh Pear Potato Roll Margarine Milk	13 HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine Milk	14 Chicken Parm Sandwich Potato wedges Mixed Veggies Diced Peas WG Bun Margarine 100% Fruit Juice 	15 Potato Soup w/Ham & Bacon Sweet Corn Croissant Fresh Orange Margarine 100% Fruit Juice Cookie of the Month	16 Citrus Glazed Salmon Pineapple Brown Rice Veggie Blend Mixed Fruit Salad Hawaiian Roll Margarine Milk
	19 Meatloaf w/Gravy Redskin Mashed Potatoes Sweet Green Peas Fresh Apple Multi-Grain Roll Margarine Milk	20 Tangerine Chicken in Stir fry Vegetables Peas & Carrots Brown Rice Diced Pineapples Potato Roll Margarine Milk	21 Baked BBQ Chicken Thighs Loaded Potato Salad Southern Green Beans Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake	22 Artisan Mac & Cheese Stewed Tomatoes Steamed Broccoli Potato Roll Margarine Diced Peas Milk 
26 Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine Milk	27 Chef Salad w/Turkey, Cheese & Eggs Romaine Lettuce Fresh Broccoli Florets Fruit Cocktail Flatbread Half 100% Fruit Juice 	28 HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine 100% Fruit Juice	29 Chicken & Sausage Jambalaya Brown Rice Corn Bake Green Beans Diced Peaches 100% Fruit Juice 	

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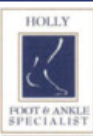
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15-0685

Health & Appreciation

What To Know About High Blood Pressure as You Age

Points to remember:



The chance of having high blood pressure increases as you age.



Most people with high blood pressure don't have signs or symptoms.



Serious health problems can develop if high blood pressure is left untreated.

What you can do:



Get your blood pressure checked frequently.



Eat a healthy diet and exercise regularly.



Ask your doctor if you need medication to manage your blood pressure.

Learn more about high blood pressure and older adults at www.nia.nih.gov/high-blood-pressure.



February is Heart Healthy Month. Come get your blood pressure checked.
Wednesday, Feb 14 10:30 - 11:30 • Tuesday, Feb 20 10 - 11 • Monday, Feb 25 10 - 11

On behalf of everyone here at the Loose Senior Center we appreciate VG's generous donation of 39 Secret Santa Bags this past Holiday Season! Our Senior Community were delighted with this special Christmas surprise! Having such generous VG's customers, and of course VG's thoughtful efforts are a blessing. We truly thank you and look forward to working together next year!



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

February

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

MONDAY

TUESDAY





WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY/
SUNDAY**

	<p>LOOSE STAFF Dotti Tynes <i>Program Director</i> Gwen Fannon <i>Office Coordinator</i> Jennifer Boley <i>Operations Assistant</i></p>	<p>Join us for lunch M - F 11:30 - NOON Must pre-order 24hrs in advance. Meals provided by GCCARD \$3 in Genesee County \$6 outside Genesee County</p> 	<p>1 10:00 NO Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>2 9:30 NO Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus MMAP Counselor (appt. only)</p> 	<p>3/4</p>
<p>5 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre 2:00 Gentle Flow Yoga</p>	<p>6 9:30 Arthritis Class 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Penny Bingo 2:00 Chair Yoga</p> 	<p>7 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinochle 1:00 Movie Day</p> 	<p>8 8:00 Board Meeting 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play 1:00 Beginner Pickleball 5:00 Spaghetti & Elvis</p> 	<p>9 9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus 2:00 Write a Life Story MMAP Counselor (appt. only)</p>	<p>10/11</p>

<p>12</p> <p>9:00 CSFP Pickup 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga</p>	<p>13</p> <p>9:30 Cops & Conversation 9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 2:00 Chair Yoga Vet's Services (appt. only)</p>	<p>14</p> <p>9:30 Gentle Flow Yoga 10:30 Blood Pressure Ck. 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 12:30 Travel Club 1:00 Card Play 2:00 Grief Support</p>	<p>15</p> <p>10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>16</p> <p>9:30 Gentle Flow Yoga 9:30 Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus MMAP Counselor (appt. only)</p>	<p>17/18</p>
<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>9:30 NO Arthritis Exercise 10:00 Blood Pressure Check 11:00 NO Beginner Line Dance 11:30 Lunch 12:00 NO Intermediate Line Dance 1:00 Happy Stampers 2:00 NO Chair Yoga Senior Winter Games Pickleball - Must have been pre-registered for this.</p>	<p>21</p> <p>9:30 Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinocle 2:00 Charter Craft Ask a Lawyer (appt. only)</p>	<p>22</p> <p>10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>23</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus 2:00 Write a Life Story MMAP Counselor (appt. only)</p>	<p>24/25</p>
<p>26</p> <p>9:30 Painting 9:30 Groove 10:00 Blood Pressure Ck 11:00 Cardio/Aerobics 11:30 Lunch 12:30 Literary Studies 1:00 Card Play-Euchre 2:00 Gentle Flow Yoga</p>	<p>27</p> <p>9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Alzheimer Support Group 2:00 Chair Yoga Firekeepers Casino TRIP</p> 	<p>28</p> <p>9:30 Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play-Pinocle 2:00 Grief Support</p>	<p>29</p> <p>10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball Red Wings Hockey Game TRIP</p> 	<p>Please note all activities are subject to change. Check out our website www.loosecenter.org</p> 	

Senior Support

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 2024. 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.

LUNCH AT LOOSE

Eat in or carry-out Mon – Fri 11:30am – Noon. Available to Genesee County residents who are 60 and older are eligible for a free meal, although donations are appreciated. \$3.00 each or \$6.00 each for person under 60 and/or a Non-Genesee County residents. Reservations for Tuesday-Friday must be made by 1PM the day before. Reservations for Mondays must be made by 1PM

DISPOSAL OF 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.

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.**

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 lsccl@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.

Senior Support

ASK THE LAWYER

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

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. 20 minute appointments.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries on Thursday and Friday 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.

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.

BLOOD PRESSURE CHECK

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

3rd Tuesday of each month, 10 - 11 am

Last Monday of each month, 10 - 11 am

PODIATRIST

Now scheduling for April 2024

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. Fills up quick!

GRIEF SUPPORT

2nd and 4th Wednesdays, 2:00pm

We are thankful to Jessica from The Medical Team 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 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.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

Tuesday, February 13, 10:00AM - 2:30PM

Tuesday, March 12, 10:00AM - 2:30PM

We will have a volunteer here working to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies.

By appointment only, please call to schedule.



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.

Travel

Please join the Loose Travel Club the 2nd Wednesday of the month at 12:30 to discuss travel opportunities, meet new travel companions and have a great time!

UPCOMING TRAVEL EXPERIENCES

Professional Sporting Events:

Feb 29	Red Wings vs. NY Islanders	SOLD OUT
June 26	Detroit Tigers vs. Philadelphia Phillies	\$90/person
Aug 29	Detroit vs. Los Angeles Angels	\$90/person

Gambling Excursions:

Feb 27	Firekeepers Battle Creek	\$50/person
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Sights & Sounds:

April 12	The Whitney & DIA	\$125/person
May 8	Holland Tulip Time Adventure	\$110/person
June 7-9	Mackinac Island Lilac Festival	\$1009.00/per
June 27	Frederik Meijer Gardens and Sculpture Park	\$77/person
Oct 9	Fun Filled Day in Lansing	\$120/person



Detailed flyers are available at the Loose Center.

Loose travel is open to the public. All ages welcome!
Gambling trips must be 21 years of age.

adventure
AWAITS

FIREKEEPERS CASINO
Tuesday, February 27
Bus leaves at 10:AM
\$50



TIGERS GAME
Wednesday, June 26
Tigers VS Phillies
Bus leaves at 10:30AM
\$90



TIGERS GAME
Thursday, August 29
Tigers VS Angels
Bus leaves at 10:30AM
\$90



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 full payment has been received.

Travel

The Whitney & DIA
Friday, April 12
\$125 per person



Holland Tulip Time Adventure
Wednesday, May 8
\$110 per person



Make sure to visit the Center regularly to check out our travel board or visit loosecenter.org for the most current information and trip specific detailed flyers.

Frederik Meijer Gardens &
Sculpture Park
Thursday, June 27 - \$77 Per Person



Fun Filled Day In Lansing
Wednesday, October 9
\$120 per person





PRSR STD
U.S. Postage
PAID
Flint, MI
Permit No. 6



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."