

LOOSE

February 2021
25 Years!
1996-2021



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



From the Executive Director

Dear Friends,

February, the month of warmer temperatures, longer days, big snow storms and "Valentines Day". As we approach our one year anniversary of Covid-19 we look back on how this terrible virus has changed our lives. We strive to stay safe by staying in our homes, wearing masks, and giving up things that we love. It has been a challenge and we are becoming weary and want it to end.

So, lets find a way to restore some sort of normal to our lives. Valentines Day is a perfect time to accomplish this. We need to express our feelings to those in our lives and community. We need to reconnect with society. This day is when we show our affection to people close to us. We find that perfect card, that favorite candy and beautiful flowers to show our affection to the special people we love. We want to be together again to spend time with family, friends, and neighbors. We want to be able to reach out and be free.

So, this Valentines Day, take time to reconnect in ways that are safe. Send a gift to that family member or friend that you long to be with. Let them know how much you miss them. Create that day, a time when you reaffirm your love for your spouse, children and even the dog and or cat. It can be a day in which life may be a little simpler and the daily routine is around family. Take a break from stress and frustration and let this day bring back the memory of what life may be again. A take out dinner can be very romantic sitting in front of the TV with the lights down low and candlelight.

All is well.
Happy Valentines Day
Carl Gabrielson
Executive Director
Loose Center





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 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 all in the safety of your home.

YOGA

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 9:30am) 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

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 Two Sessions Thursday 12:30 and 1:45

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 Second Monday 12pm 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* Wednesday 11am

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,

ZUMBA GOLD Friday 11am

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 - Monday 9:30am - 11am

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. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

KNITTING/CROCHETING Fridays, 12:30-1:30pm

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.

FOOD PANTRY (located at North Door) 9am—2:30pm

Day old bread and other treats are picked up from VG's (per availability) This generous Loose privilege is on a first come first serve basis and distribution is on the honor system.

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.



707 NORTH BRIDGE ST., LINDEN, MICHIGAN 48451-9652
Ph: 810-735-9406 / Fax: 810-735-4255

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NOTICE

RE: LOOSE SENIOR CITIZEN CENTER EXECUTIVE BOARD MEETING

The next meeting of the Loose Senior Citizen Center Board of Directors will be held **Thursday, February 11, 2021**. The meeting will begin promptly at **8:00 a.m.** via Zoom using the following information:

Topic: February Board Meeting and Annual Meeting
Time: Feb 11, 2021 8:00 AM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/92426789286?pwd=RlB3YlFqZ1g5TXZLQ2dpQjlRQmsrUT09>

Meeting ID: 924 2678 9286
Passcode: wp5r3V

The Annual Meeting will be held directly following the regular Board Meeting.



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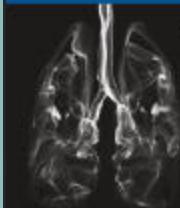
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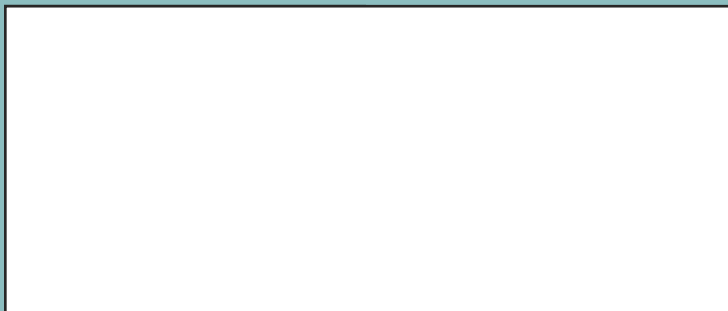
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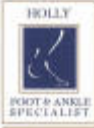
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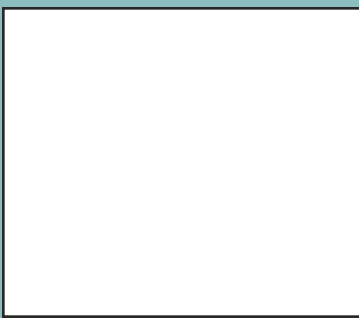


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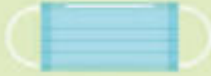
Mask Up, Mask Right

✓ Right

What to wear



Three-layered washable cloth mask



Three-layered medical-grade disposable mask



Approved KN95

✓ Right

How to wear



Secured over the nose and mouth



Tightly fitting without gaping

✗ Not right



Neck gaiter or loosely tied bandana



Mask with vents



N95 masks intended for healthcare workers



Face shield worn without a mask (except for individuals who cannot medically tolerate a face covering)



Noticeable gaps, holes or vents

Need help getting a mask?

Residents can pick up a free mask from partner sites across the state, including most local DHHS offices and Community Action Agencies. Find a distribution site at Michigan.gov/MaskUpMichigan or call the COVID-19 hotline at 888-535-6136.



Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136, 7 days a week from 8 a.m. to 5 p.m.



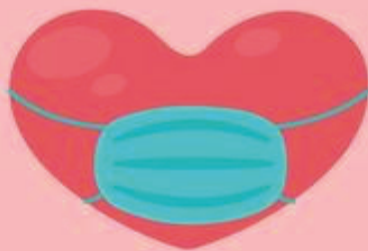
Email COVID19@michigan.gov 24/7. Emails will be answered 7 days a week, 8 a.m. to 5 p.m.



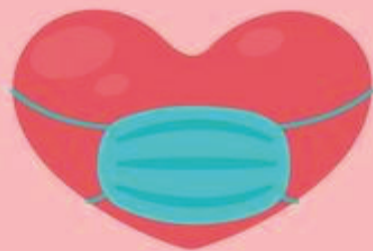
Subscribe to e-newsletter updates at Michigan.gov/Coronavirus.



♥ HAPPY VALENTINE'S DAY ♥



6 FEET



SOCIAL DISTANCING

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.*

February 2021 Menu

1 Sloppy Joes Salad Chips Fruit/Dessert	2 Chicken Noodle Soup Tossed Salad Dinner Roll Fruit/Dessert	3 Breakfast Enchiladas Hash Browns Fruit and Yogurt Juice	4 Meatloaf Mashed Potatos Vegetable and Roll Juice and Dessert	5 Mac & Cheese Vegetable Dinner Roll Fruit/Dessert
8 Goulash Tossed Salad Dinner Roll Fruit/Dessert	9 Broccoli Cheese Soup Ham Slider Vegetable Sticks Fruit/Dessert	10 Baked Fish Rice Pilaf Vegetable Roll/Fruit/Dessert	11 Pulled Pork Cheesy Potatoes Coleslaw Juice/Dessert	11 Center Closed
15 Center Closed President's Day	16 Chili Cornbread Coleslaw Fruit/Dessert	17 Turkey Sandwich Chips Coleslaw Fruit/Dessert	18 Fundraiser Lunch	19 Hamburgers Beans Salad Fruit/Dessert
22 BBQ Chicken Thigh Mashed Potatoes Vegetable Fruit/Dessert	23 Taco Soup Quesadilla Vegetable Sticks Fruit/Dessert	24 Cabbage Rolls Mashed Potatoes Vegetable/ Dinner Roll Juice and Dessert	25 Swedish Meatballs Noodles Vegetable Fruit/Dessert	26 Mac & Cheese Vegetable Dinner Roll Fruit/Dessert

Valentine Fundraiser February 18th 12:30-2:30pm

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February 2020



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WEBSITE
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A variety of Books/Puzzles and Food Pantry items are available from 9 am - 2:30 pm just inside the North door at Loose. Please feel free to stop by and see what we have. Available as long as supplies last.

PHONE
810.735.9406

FAX
810.735.4255

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Activities are subject to change or be cancelled. Operation of the center's activities are based on the orders set forth by the Health Department and Governor's Office.</p>				
<p>1 9:30 Painting 11:30 Lunch Sloppy Joe 2:00 Yoga</p>	<p>2 9:30 NO Arthritis Exercise 11:30 Lunch Chicken Noodle Soup 2:00 Chair Yoga</p>	<p>3 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Breakfast Enchiladas 12:00 Woodcarving</p>	<p>4 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Meatloaf 12:30 Line Dancing 1:45 Line Dancing</p>	<p>5 9:30 Yoga 11:00 Zumba 11:30 Lunch Mac & Cheese 12:00 Knitting</p>
<p>8 9:30 CSFP 9:30 Painting 11:30 Lunch Goulash 2:00 Yoga</p>	<p>9 9:30 Arthritis Exercise 11:30 Lunch Broccoli Cheese Soup & Slider 2:00 Chair Yoga</p>	<p>10 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Baked Fish 12:00 Woodcarving</p>	<p>11 8:00 Board Meeting <i>Annual Meeting to follow</i> 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Pulled Pork 12:30 Line Dancing 1:45 Line Dancing</p>	<p>12 CENTER CLOSED</p> 
<p>15 CENTER CLOSED</p> 	<p>16 9:30 Arthritis Exercise 11:30 Lunch Chili 2:00 Chair Yoga</p>	<p>17 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Turkey Sandwich 12:00 Woodcarving</p>	<p>18 9:30 Chair Yoga 11:00 Fit 4 Ever 12:30—2:30 Fundraiser 12:30 Line Dancing 1:45 Line Dancing</p>	<p>19 9:30 Yoga 11:00 Zumba 11:30 Lunch Hamburgers 12:00 Knitting</p>
<p>22 9:30 Painting 11:30 Lunch BBQ Chicken Thigh 2:00 Yoga</p>	<p>23 9:30 Arthritis Exercise 11:30 Lunch Taco Soup/Quesadilla 2:00 Chair Yoga</p>	<p>24 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Cabbage Rolls 12:00 Woodcarving</p>	<p>25 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Swedish Meatballs 12:30 Line Dancing 1:45 Line Dancing</p>	<p>26 9:30 Yoga 11:00 Zumba 11:30 Lunch Mac & Cheese 12:00 Knitting</p>

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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