



LOOSE

FEBRUARY

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

From the Executive Director

Loose Family,

Winter is here with all of its splendor. We find we venture outside to witness the beauty that surrounds us. We breathe in the crisp clean air. We shiver because of the cold temperatures, we find joy in building snowmen and the occasional snowball fight. But after all that we witnessed and the magic that winter has to give, it is time to go inside.

Winter is a time to go inside, build a warm fire and curl up with a good book, that favorite pet or someone you love. You find comfort being with family, that moment when you get to share memories of the past or current events. It is fixing those special meals that bring back treasured times of the past. The smell of goodness fills the house and your mind drifts into your happy place and those who are part of it. You reach out to life long friends to come inside to have a cup of tea, sit around the kitchen table and just reminisce about family, some who have passed, the lives of your children and most important topic is those loving grand, great grand and in some cases great-great grandchildren. And what person can forget the times you had that created your lasting friendship.

Winter is those cozy times when you find yourself sitting in front of the warm glow of a fire talking to that one person that is closest to you. You find it to be comforting to have a private moment sharing those memories that only you would know. It is a moment in time when calm surrounds you and you find a peace in your heart. So, embrace winter, find time for family and friends. Find your inner peace and enjoy all the comforts of home. Your house is a home when it shelters the body and comforts your soul.

Winter is the time for comfort, for food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.

All is well,

Carl Gabrielson
Executive Director
Loose Senior Center



Activities

MOVIE DAY

February 2nd

Black Horse
1pm

Slice of Pizza/Popcorn/Water provided

Come see us at the 2022
Fenton Community Expo
March 5th and 6th
Fenton High School

2022

HEARING SCREENINGS

3rd Wednesday of each month,
10am-3pm, FREE By Appointment
Provided by: Your Hearing Solution



Testing 1 hour, 20-30 minutes for cleaning and adjusting
Phonak, Signa, Sonic, Unitron, Starkey,
Widex, Oticon, Hansaton



"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."

Lunch at Loose

Come back and see us, as we dish up tasty home-cooked meals right here in our kitchen for you!

Come on inside, see the changes we have made to the center, enjoy lunch with the company of new and old friends.

Lunch is just \$5!!!

Punch cards also available - \$50
(10 meals and 11th meal free)



PODIATRIST

Tuesday, February 8th (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.



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.

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 12:30pm)

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, 12-1:30pm)

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

PAINTING (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.



Call today to get on the list for an appointment. First come first serve.

Friday Appointments

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.

**March 17th at 12:30pm
\$15/person**

**St. Patrick's Day Luncheon
has returned with entertain-
ment!!!**

Corn Beef and Cabbage



Loose Activities



Tues, February 8th, 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

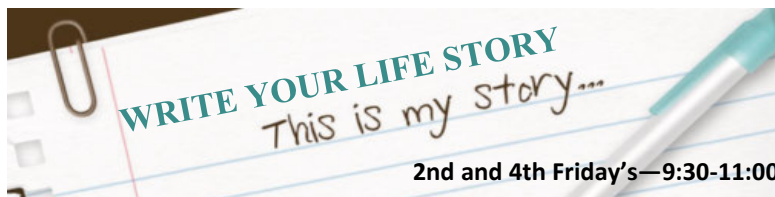
Pinochle and Bridge

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.

What did the January calendar girl say to the February calendar girl?

I have more dates than you do!

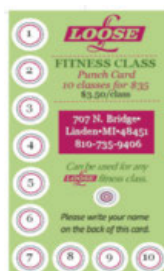


GRIEF SUPPORT GROUP

2nd & 4th Wednesday @ 2pm

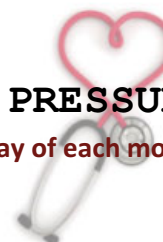
We are thankful to Heartland Hospice who has reached out to us and offered to facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

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!



BLOOD PRESSURE CHECK

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



February 2022

PHONE
810.735.9406
FAX
810.735.4255

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

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

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

<p>9:30 Painting 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>1 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 2:00 Chair Yoga</p>	<p>2 9:30 Yoga 11:30 Lunch 12:00 NO Woodcarving 1:00 Movie Day 1:00 Card Play (Pinochle/Bridge)</p>	<p>3 MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 11:30 Lunch 12:30 Line Dancing</p>	<p>4 AARP Taxes by Apt. MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p>	<p>5/6</p>
<p>7 9:30 Painting 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>8 Podiatrist by Apt. 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>9 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>10 MMAP Counselor 8:00 Board Meeting 9:00 Open Card Play 10:00 Chair Yoga 11:30 Lunch 12:30 Line Dancing</p>	<p>11 Center Closed</p>  <p>HAPPY LINCOLN'S BIRTHDAY</p>	<p>12/13</p>

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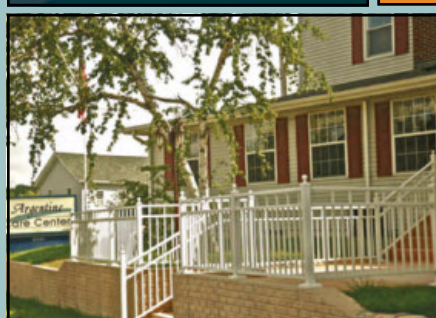
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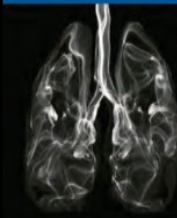
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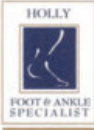
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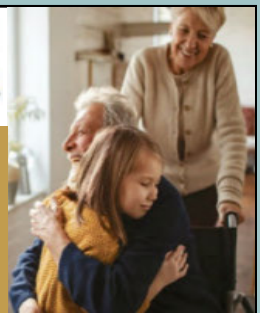


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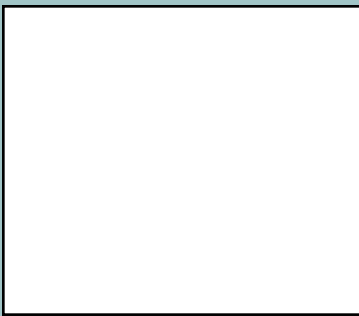


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<p>14</p> <p>9:00 CSFP 9:30 Painting 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong Yoga</p>	<p>15</p> <p>9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>16</p> <p>9:30 Yoga 9:30 Ask a Lawyer 10:00 Hearing Screening 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge)</p>	<p>17</p> <p>MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 11:30 Lunch 12:30 Line Dancing</p>	<p>18</p> <p>AARP Taxes by Apt. MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p>	<p>19/20</p>
<p>21</p> <p>Center Closed</p>  <p>Happy President's Day</p>	<p>22</p> <p>9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>23</p> <p>9:30 Yoga 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>24</p> <p>MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 11:30 Lunch 12:30 Line Dancing 1:30 Meditation</p>	<p>25</p> <p>AARP Taxes by Apt. MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p>	<p>26/27</p>
<p>28</p> <p>Chorus 9:30 Painting 11:30 Lunch 12:00 Tai Chi 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>BOARD OF DIRECTORS</p> <p>Frank Lukowski, President Ken Wensel, Vice President Roby Deese, Secretary Rod Martin, Treasurer Ray Culbert Pat Lockwood Joetta Pyles-Zalewski</p>				<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Doti Tynes <i>Program Director</i> Cheryl Rex <i>Culinary and Travel Director</i> Dottie Davis <i>Front Desk</i> Chuck Salemo <i>Maintenance</i></p>

Upcoming Events

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Knitting and Quilting
Fridays @ 12:30

Meditation
February 24th @ 1:30pm

Wii Bowling
Tuesdays @ 11am

Peace of Mind Seminar
Wednesday, March 16th
2:00pm



Join us in learning how planning your final wishes may shield your family from unnecessary emotional and financial burden.

RSVP by March 14th

Tai Chi for Arthritis
February 28 - June 6th
12 Noon

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
- And so many more.....

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

Twice a week
Arthritis Exercise Class
coming March 3rd!

Meditation

Thursday, February 24th 1:30pm—2:00

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.

Travel & Trips

TRIPS @ A GLANCE

March 24	Soaring Eagle	\$35/person
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		SOLD OUT
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



- February 18 The Whaley Historic Home, "Up From the Ashes"
- March 18 The Pros and Cons of Renewable Energy
- April 15 Great Shipwrecks of the World
- May 20 The Amazing Nethercutt Museum of California
- June 3 World War II/D-Day



Cost: \$8



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

Remember payment is required to reserve your seat!

March 24, 2022 - \$35 a person

Soaring Eagle

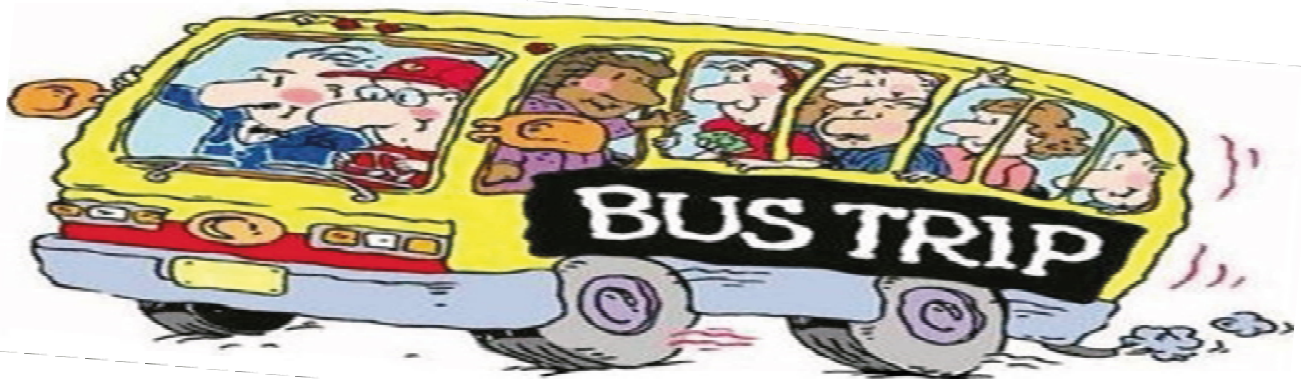
Waitress (at the Whiting)

March 25, 2022 - price varies



Solanus Casey Pilgrimage



March 30, 2022 - \$67 a person

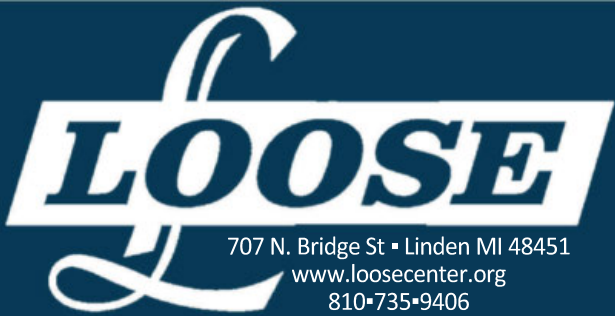


**LUNCH Pick up at 11:30 am,
only \$5**
Please call the day before to reserve
your lunch.

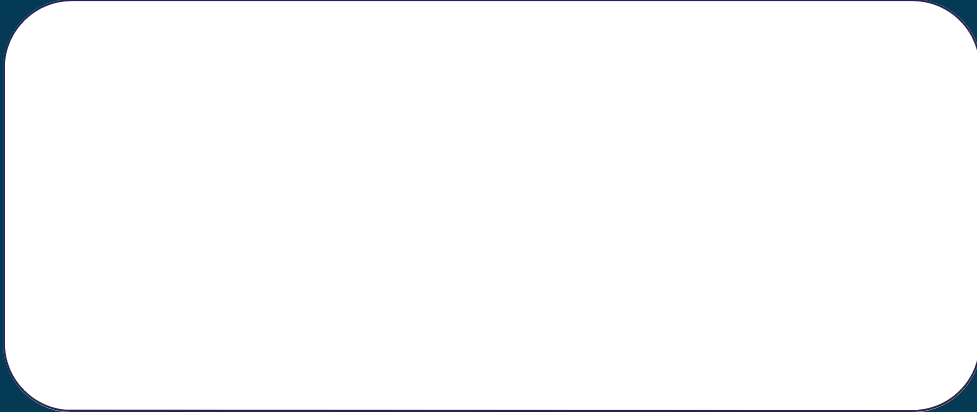
January 2022 Menu

Eat Inside or To-Go

<p>1 Chicken Salad Sandwich Potato Salad Chips Fruit Dessert</p>	<p>2 Hamburger Gravy Mashed Potatoes Vegetable Fruit Dessert</p>	<p>3 Fish Sandwich Tator Tots Veggies Fruit Dessert</p>	<p>4 Chili Dog Pasta Salad Chips Fruit Dessert</p>
<p>7 Chipped Beef over Biscuit Corn Fruit Dessert</p>	<p>9 Mac and Cheese Ham Slider Veggies Juice Dessert</p>	<p>10 Sloppy Joe Coleslaw Chips Fruit Dessert</p>	<p>11 CENTER CLOSED  <i>Lincoln's Birthday</i></p>
<p>14 BBQ Chicken Thighs Mashed Potatoes Vegetable Juice Dessert</p>	<p>16 Roasted Potatoes Kielbasa Vegetable Juice Dessert</p>	<p>17 Meatloaf Mashed Potatoes Vegetable Fruit Dessert</p>	<p>18 Hamburger Cole Slaw Chips Fruit Dessert</p>
<p>21 CENTER CLOSED  * HAPPY * PRESIDENTS' DAY</p>	<p>23 Chicken Noodle Soup Turkey Slider Veggies Fruit Dessert</p>	<p>24 Tacos Chips & Cheese Fruit Dessert</p>	<p>25 Fish Sandwich Coleslaw Chips Fruit Dessert</p>
<p>28 Pulled Pork Baked Beans Salad Fruit Dessert</p>			



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Flint, MI
Permit No. 6



Health Fair is Back!!!

Friday, April 22nd

Stay tuned for more information!

FREE WI-FI FROM THE LOOSE PARKING LOT

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