

LOOSE
L January
2024

KEEPER OF PAST
and future



From the Director

Loose Family,

If the future is to remain open and free, we need people who can tolerate the unknown, who will not need the support of completely worked out systems or traditional blueprints from the past.

These are strong words to live by. They are an understanding of life today and what will be needed to change traditions and the status quo. So, let us look at the present day and realize that the landscape we live in is not what we knew in 1950, 1960 or even 2000. We lived then with an understanding that education and hard work led to a good job, family and self-satisfaction. It was not perfect and sometimes needed to be adjusted to fit all people's needs, but it was a standard everyone could make work.

We now have entered a time when society is waging their own personal revolt to be heard and to have their concerns and ideas to be put in place to make their life better, it comes in many forms. It could be climate change, education, the work force, culture and endless more. Society struggles with the pressure to comprehend its meaning and how it affects them. It enters their daily life and a person's mental health could suffer as the result of the constant uproar we witness on tv with no end in sight.

We now look for a future in which all people can live in a form of peace with each other. It will take special people with dedication to build a new society. They will be the new generation that will not fear the unknown and explore new concepts and ideas that will bring the world closer together. They will need to escape from old traditions and the unknown to build new policies and laws that are equitable to all, not just the few.

There is a new collection of society that know the system is not centered. The resolve is clear. The idea of the unknown is daunting. The task of making change is scary. We could be that person if we are willing to stand up for this change. We just have to be knowledgeable of our surroundings and make life around us better at every turn.

So, be that person that with others could make the future remain open and free. Do not fear the unknown. Happy New Year!

All is well.
Carl Gabrielson
Executive Director

Newsletter Cover Reference

January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year



MOVIE DAY

Mona Lisa Smile

Wednesday, January 3 - 1:00PM

A 2003 American drama film starring Julia Roberts, Kirsten Dunst, Julia Stiles, and Maggie Gyllenhaal. The title is a reference to the Mona Lisa, the famous painting by Leonardo da Vinci and to the song of the same name, originally performed by Nat King Cole, which was covered by Seal for the movie.

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

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

Enjoy a meal of spaghetti with meat sauce, salad, garlic bread and a dessert with your Valentine that you “Can’t Help Falling in Love With”.
Maybe bring along some friends to just do a little “Jailhouse Rock” with.



Spaghetti & Elvis*

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



*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. His uncanny ability to become this legendary performer in look and voice, makes him one of the best impersonator’s in the business.

Sharps Funeral Homes Presents Peace of Mind Brunch and Learn

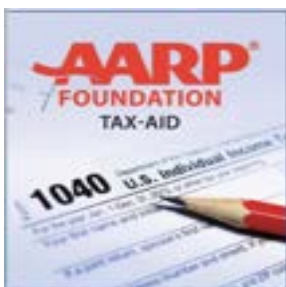
Wednesday, April 24 9:0am – 10:30pm

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 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.



FREE TAX FORM PREPARATION from AARP

Tuesdays through April 2 (starting Tuesday, February 6) **BY APPOINTMENT ONLY**
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.
We will start taking calls on **Thursday, January 18** to get you on a list.
You will then be contacted later to schedule an appointment time.

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

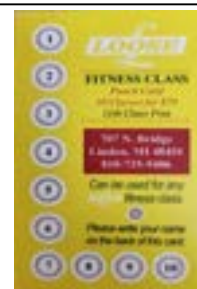
LOOSE FITNESS GOLD CARD

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!



Fitness & Wellness

Start your New Year off right by getting in shape and creating healthy habits that will carry you through the year!

2024 FREE Fitness Challenge
Monday, January 8th - Friday, January 12th

Here's how it works:

Stop in at the front office to get your official challenge punch card.

For every NEW class you take that week your instructor will punch your card and give you a ticket for the raffle.

(Classes include for Yoga, Groove, Aerobics, Tai Chi, Beginner Pickleball & Line Dance)

For every new guest you bring along with you, your instructor will give you an extra ticket for the raffle.



On Friday, January 12th, at noon we will go live on Facebook to draw our winners for some very cool prizes!



2024 SENIOR WINTER GAMES of Genese County

February 5 - February 29, 2024

Last day to register is January 11, 2024.

(forms available at Loose)

Cost \$12, includes: Opening ceremony, SWG T-Shirt, entry to as many games as you wish, Closing Ceremony Banquet. LOOSE will be hosting Pickleball.



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 office and offer your knowledge.

QUILTING Fridays, 9:30AM, FREE

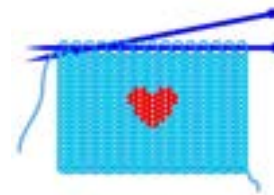
Connect with this talented group of members sharing skills, providing support, fostering friendships, and creating beautiful quilts. Pros and beginners welcome.

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.



Games



All LOOSE Groups are very welcoming.

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



EUCHRE TOURNAMENT

Tuesday, January 9 12:30 - 3:30PM

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.
Space is limited!

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



Arts & Education



Charter

SENIOR LIVING
of Linden



3rd Wednesday of each
month 2:00PM

**LEARN
A
CRAFT
FREE**

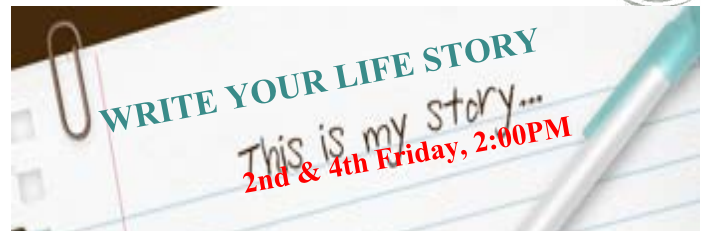
Everything you will need is
supplied.

You must pre-register,
seating is very limited!

Coffee
COPS and
Conversation

Tues, January 9th, 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!



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.



LITERARY STUDIES
Monday, January 22 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.



Applewood Lecture Series
The Flint-Beecher Tornado - Michigan's Worst Natural Disaster

Friday, January 19 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.

American
SENIOR BENEFITS
AN INTEGRITY COMPANY

How to Handle Your Final Expenses

Wednesday, January 24 -10:00AM

Will also be doing a craft—Come check it out!

Heartland 
Hospice Care

Fall Prevention Seminar
Wednesday, January 17 -10:00AM

Congregate January Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 NEW YEAR'S EVE OBSERVED	 HAPPY NEW YEAR OBSERVED	BBQ Chicken Tenders Spinach Yams & Apples Whole Wheat Roll Margarine Fresh Orange Milk	Sweet & Sour Meatballs Brown Rice Green Beans Flatbread Pineapple Tidbits Margarine 100% Fruit Juice	Pub Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain Bun Ketchup & Mustard Milk 
Pork Chops w/Mushrooms Sugar Snap Peas Roasted Potatoes Sliced Wheat Bread Margarine Fresh Apple Milk	Chicken Caesar Wrap W/ Romaine & Parmesan Cucumber Slices w/dip Fruit Cocktail Tortilla Wrap 100% Fruit Juice	Open-Face Pot Roast Sweet Peas Mashed Potatoes Texas Toast Half Margarine Diced Peaches Milk	HM Chili Whole Kernel Corn Sliced Potatoes Fresh Pear Buttermilk biscuit w/honey Margarine/salad Dressing 100% Fruit Juice	Grilled Chicken Breast w/Cream Sauce Chopped Broccoli Glazed Carrots Mixed Fruit Potato Roll Margarine Milk
 MARTIN LUTHER KING JR. DAY OBSERVED	HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	HM Beef Pot Pie w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk 	Creole Steak European Veggies Sliced Beets Tropical Fruit Salad Potato Roll Margarine 100% Fruit Juice Lookie Ut the Month	Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk 
Ham, Bacon Frittata W/ Cheese, Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk	HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Biscuit Applesauce 100% Fruit Juice Margarine	Roasted Chicken Breast Italian Veggie Blend Roasted Potatoes Fresh Pear Hawaiian Roll Margarine Milk	HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple Wu Sun Margarine 100% Fruit Juice Birthday Cake 	HM Artisan Mac and Cheese French Cut Green Beans Sliced Carrots Wheat Roll Mandarin Oranges Margarine Milk
HM Goulash Spinach Baby Carrots Fresh Apple Margarine Milk 	HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites Diced Pears Croissant 100% Fruit Juice	Chicken Cacciatore Mixed Greens Spaghetti Golden Apple Corn Bread Margarine Milk		

Advertisement

Health & Appreciation



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND



If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Thank you to our new Advertisers!

Abraham Law
503 N. Leroy St.
Fenton, MI 48430
810.750.0440

Leroy Pharmacy
1290 N. Leroy St.
Fenton, MI 48430
810.373.5808

Seniors Helping Seniors
16517 W. Horseshoe Trail
Linden, MI 4845
810-412-7270

Notary Services-E. Ziraldo LLC
3490 Four Lakes Ave.
Linden, MI 48451
810.626.8323

Temrowski Family Funeral Home
500 Main St.
Fenton, MI 48430
810.629.2533

A HUGE THANK YOU to all those who donated to making this year's Christmas Celebrations a success!

Donations

Charter Senior Living
PenwellRedmond Team
Seniors Helping Seniors
The Stain Shop

Christmas Luncheon

Argentine Care Center
Genessee Gardens
Symphony
The Mattila Group
Vicinia Gardens



Another HUGE THANK YOU to
Fenton High School Ambassadors
&

All our Volunteers who helped to make is a success!

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

January

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

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/
SUNDAY

1	CLOSED 	2	CLOSED 	3	9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 NO Wood Carving 1:00 Card Play - Pinochle 1:00 MOVIE DAY	4	10:00 Chair Yoga 11:00 Arthritis Ex. 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play 1:00 Beginner Pickleball	5	9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus	6/7						
8	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	9	9:30 Cops & Coffee 9:30 Arthritis Class 11:00 Beg Line Dance 11:30 Lunch 12:00 Int. Line Dance 12:30 Euchre Tournament 2:00 Chair Yoga	10	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 - Pinochle 2:00 Grief Support	11	8:00 Board Meeting 10:00 Chair Yoga 11:00 Arthritis Ex. 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play 1:00 Beginner Pickleball	12	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	13/14		START	2024	FREE	FITNESS	CHALLENGE

<p>15</p> <p>CLOSED</p> 	<p>16</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure Ck. 11:00 Beg Line Dance 11:30 Lunch 12:00 Int. Line Dance 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>17</p> <p>9:30 Gentle Flow Yoga 10:00 Fall Prevention 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play 2:00 CHARTER Craft</p>	<p>18</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>19</p> <p>9:30 Gentle Flow Yoga 9:30 Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus</p>	<p>20/21</p>
<p>22</p> <p>9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 12:30 Literary Studies 1:00 Card Play-Euchre 2:00 Gentle Flow Yoga</p>	<p>23</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure Check 11:00 Beg Line Dance 11:30 Lunch 12:00 Int. Line Dance 1:00 Alzheimer Support Group 2:00 Chair Yoga</p>	<p>24</p> <p>9:30 Gentle Flow Yoga 10:00 Handling Your Final Expenses 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinocle 2:00 Grief Support</p>	<p>25</p> <p>10:00 Chair Yoga 11:00 Arthritis Ex. 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>26</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</p>	<p>27/28</p>
<p>29</p> <p>9:30 Painting 9:30 Groove 10:00 Blood Pressure Ck 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play-Euchre 2:00 NO Gentle Flow Yoga</p>	<p>30</p> <p>9:30 Arthritis Exercise 11:00 Beg Line Dance 11:30 Lunch 12:00 Int. Line Dance 1:00 Alzheimer Support 2:00 NO Chair Yoga</p>	<p>31</p> <p>9:30 NO Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play-Pinocle</p>	<p>BOARD OF DIRECTORS</p> <p>R.M. Martin <i>President</i></p> <p>Ken Wensel <i>Vice President</i></p> <p>Roby Deese <i>Secretary</i></p> <p>Pam Boegler <i>Treasurer</i></p> <p>Ray Culbert Pat Lockwood Frank Lukowski</p>	<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i></p> <p>Jaclyn Placek <i>Executive Assistant</i></p> <p>Doti Tynes <i>Program Director</i></p> <p>Gwen Fannon <i>Office Coordinator</i></p> <p>Jennifer Boley <i>Operations Assistant</i></p> <p>Tracy Gabrielson <i>Maintenance</i></p>	

Senior Support

DAY OLD BREAD and other treats are picked up from VG's (per availability) and available on Monday, Tuesday, Wednesday and Friday after 10 am. This generous Loose privilege is on a first come first serve basis and distribution is on the honor system. We just ask, so all can enjoy, you limit your choices to two items per family and check in. Thank you!

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 2023. 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

Now scheduling for February 2024

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 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 February 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

One Tuesday per month

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

Call to schedule an appointment.



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:

Jan 11	Red Wings vs. Oilers	SOLD OUT
Feb 29	Red Wings vs. NY Islanders	\$110/person
June 26	Detroit Tigers vs. Philadelphia Phillies	\$90/person
Aug 29	Detroit vs. Los Angeles Angels	\$90/person

Gambling Excursions:

Jan 18	Soaring Eagle	\$50/person
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Sights & Sounds:

Jan 25	WICKED at Detroit Opera House	SOLD OUT
May 8	Holland Tulip Time Adventure	Info to come
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.

Gambling trips must be 21 years of age.

adventure
AWAITS

RED WINGS GAME

Thursday, February 29
Red Wings VS Islanders
Bus leaves at 5:00PM
\$110



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

Holland Tulip Time Adventure
Wednesday, May 8
Final details to come.



Mackinac Island Lilac Festival
Friday, June 7 - Sunday, June 9
\$1009 per person



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

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



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





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LOOSE CENTER DONATION FORM

(Return Form with Donation)

Donations are tax deductible and gladly accepted to include cash and checks.

Return this form with your donation to LOOSE CENTER 707 N. Bridge Street Linden, Michigan 48451

Enclosed donation made payable to LOOSE CENTER

Amount: \$ _____

Name: _____

Address: _____

Phone Number of Donor: _____

Email: _____

SPECIAL RECOGNITION: I would like my gift to be in honor or memory of someone special.

THANK YOU FOR YOUR CONTINUED SUPPORT

Please Remember to Check-In

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."