

New Year's  
Resolutions

1.

2.

3.

4.

**LOOSE**

January

*“The New Year stands before us,  
like a chapter in a book, waiting  
to be written.”*

# From the Executive Director

Loose Family,

We think of the Christmas Holiday that we have experienced and all the wonderful memories that we made. It was going gift shopping for those special people in our lives. Seeing others at the store enjoying the season. We decorated our homes to brighten our neighborhoods. We went to parades to share the joys of music and friends and feel that home town feeling where we live. We celebrated our religious faith of our choice telling the true Christmas Story. It was attending seasonal events, like the Loose Christmas lunch enjoying good food, choirs, and friends. It was giving and or receiving that special gift from that special person which makes your relationship unique. It was being with "Family," mom, dad, sister, brother, grandma, grandpa, and grandchildren. It was a time when the love of the season enters your heart and you have so much to give to those you love. It is a magical time that we cherish with memories we made.

Now we face the new year of 2022, "The New Year stands before us, like a chapter in a book, waiting to be written". It is a year of blank pages in which we can form our lives. We can look to a better world of peace and free of fear. Our lives allow us to celebrate the Christmas season trough out the year spending more time reaching out to expand our existence. We can write a chapter on the love of friends and family. Another on our ability to help others. We can try something new like hobbies, joining the choir, walking, getting a pet or just reading a book. The most important chapter is about our mental health. We need to reconnect or find time to be with those we love. Time is so short and life is busy. We have a tendency to forget what is important to us. So in this new chapter of your book, find time to visit with friends, reach out to those in need and most of all make your family the title of your book. Send your love to those who are far away, be with those who are close, and spread your love onto those who are precious to you. The world in your book is difficult and at times can be over bearing and sad. So write the chapters that bring you the feelings of love, faith and joy. Remember, it is your book. You choose how it ends.

"The New Year stands before us, like a chapter in a book, waiting to be written".

Happy New Year Loose Family.

All is well,  
Carl Gabrielson  
Executive Director  
Loose Senior Center



# Activities

## MOVIE DAY

### January 5th

1pm

Movie TBD

Slice of Pizza/Popcorn/Water provided

**"ANYONE CAN PAINT"** Class Minimum: 6

**Thursday, January 13th, 1-3 pm, \$25**

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

## 2022

### HEARING SCREENINGS

#### Starting in January

**3rd Wednesday of each month, 9am-12pm, FREE**

**By Appointment**

**Provided by: Your Hearing Solution**



*"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, December 7th (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.

## **FIT4EVER** (Thursday 11am Fee \$5)

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 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 12-1pm)

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!

## **"ANYONE CAN PAINT"** (2nd Thursday 1-3pm) Fee \$25

Class Minimum: 6

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

## **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.*

## **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.

## **KNITTING/CROCHETING** (Fridays, 12:30 - 2:30pm)

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.

## **QUILTING** (Fridays, 12:30 - 2:30pm)

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

## **ADDITIONAL SERVICES**

### **MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAAP)**

Our MMAAP 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. MMAAP'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.

# Loose Activities



Tues, January 11th, 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.

**WRITE YOUR LIFE STORY**  
This is my story...

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.

**Who were the first people in history to celebrate the New Year and to make New Year's resolutions?**

Around 4000 years ago the Babylonians were the first to celebrate New Year's. Their most common resolution was to solve to return borrowed farm equipment in the New Year.



## 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

2<sup>nd</sup> Wednesday of each month, 10:30 - 11:30



# January 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>9:00 Chorus 9:30 Painting <b>11:30 Lunch</b> 1:00 Card Play (Euchre &amp; Mahjong) 2:00 Yoga</p>	<p>9:30 Arthritis Exercise 11:00 Wii Bowling <b>11:30 Lunch</b> 2:00 Chair Yoga</p>	<p>9:30 Yoga <b>11:30 Lunch</b> 12:00 NO Woodcarving 1:00 Movie Day 1:00 Card Play (Pinochle &amp; Bridge)</p>	<p>MMAP Counselor 10:00 Chair Yoga 11:00 FIT4EVER <b>11:30 Lunch</b> 12:30 Line Dancing</p>	<p>MMAP Counselor 9:30 Yoga 11:00 Zumba <b>11:30 Lunch</b> 12:30 Knitting / Crocheting &amp; Quilting 12:30 Pickleball</p>	<p>8/9</p>
<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>15/16</p>
<p>CSFP 9:00 Chorus 9:30 Painting <b>11:30 Lunch</b> 12:30 Literary Studies (Book Club) 1:00 Card Play (Euchre &amp; Mahjong) 2:00 Yoga</p>	<p>9:00 Veteran Services 9:30 Cops &amp; Coffee 9:30 Arthritis Exercise 11:00 Wii Bowling <b>11:30 Lunch</b> 2:00 Chair Yoga</p>	<p>9:30 Yoga 10:00 Fall Prevention 10:30 Blood Pressure Checks <b>11:30 Lunch</b> 12:00 Woodcarving 1:00 Card Play (Pinochle &amp; Bridge) 2:00 Grief Support</p>	<p>MMAP Counselor 8:00 Board Meeting 10:00 Chair Yoga 11:00 FIT4EVER <b>11:30 Lunch</b> 12:30 Line Dancing 1:00 Any One Can Paint</p>	<p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba <b>11:30 Lunch</b> 12:30 Knitting / Crocheting &amp; Quilting 12:30 Pickleball</p>	<p>14</p>
<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15/16</p>

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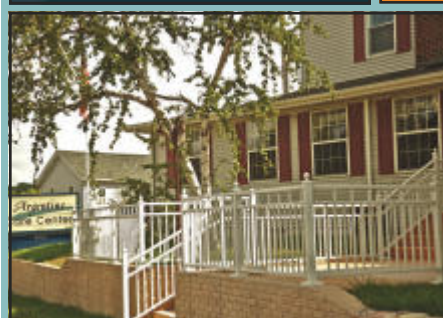
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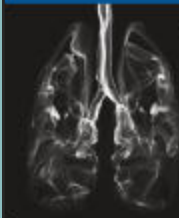
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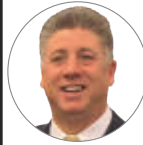
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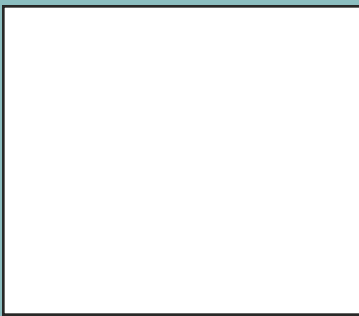


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*Dave Lamb Elite Furnace*

409 E. Caroline  
Fenton, MI 48430  
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- Air Conditioning Service
- Furnace Tune-Up
- Water Heaters

**www.davelambheating.com**

<p>17</p> 	<p>18</p> <p>9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 <b>Lunch</b> 2:00 Chair Yoga</p>	<p>19</p> <p>9:00 Hearing Screening 9:30 Yoga 10:00 Ask a Lawyer 11:30 <b>Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge)</p>	<p>20</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 FIT4EVER 11:30 <b>Lunch</b> 12:30 Line Dancing</p>	<p>21</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 <b>Lunch</b> 12:30 Knitting / Crocheting &amp; Quilting 12:30 Pickleball</p>	<p>22/23</p>
<p>24</p> <p>9:00 Chorus 9:30 Painting 11:30 <b>Lunch</b> 1:00 Card Play (Euchre &amp; Mahjong Yoga 2:00</p>	<p>25</p> <p>9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 <b>Lunch</b> 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>26</p> <p>9:30 Yoga 11:30 <b>Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>27</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 FIT4EVER 11:30 <b>Lunch</b> 12:30 Line Dancing</p>	<p>28</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 <b>Lunch</b> 12:30 Knitting / Crocheting &amp; Quilting 12:30 Pickleball</p>	<p>29/30</p>
<p>31</p> <p>9:00 Chorus 9:30 Painting 11:30 <b>Lunch</b> 1:00 Card Play (Euchre &amp; Mahjong Yoga 2:00</p>	<div style="background-color: #800000; color: white; padding: 10px;"> <p style="text-align: center;"><b>BOARD OF DIRECTORS</b></p> <p>Frank Lukowski, President Ken Wensel, Vice President Ann Deemer, Secretary Brad Dick, Treasurer Mary Auge Ray Culbert Roby Deese David Kincaid Pat Lockwood Joetta Pyles-Zalewski</p> </div> <div style="background-color: #800000; color: white; padding: 10px; margin-top: 10px;"> <p style="text-align: center;"><b>LOOSE STAFF</b></p> <p>Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Dotti Tynes <i>Program Director</i> Cheryl Rex <i>Culinary and Travel Director</i> Dottie Davis <i>Front Desk</i> Chuck Salermo <i>Maintenance</i></p> </div>				

# Upcoming Events

Come try something new!!!

Anyone Can Paint

2nd Thursday @ 1pm

Knitting and Quilting

Fridays @ 12:30

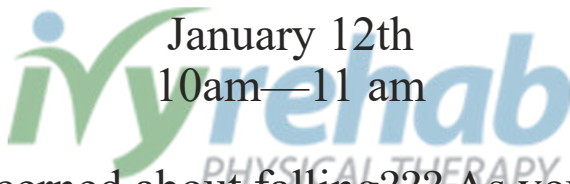
Wii Bowling

Tuesdays - 11am-

## Fall Prevention

January 12th

10am—11 am



Concerned about falling??? As you age the risk of falling increases. There are many things that can be done to reduce the risk. Come join Ivy Rehab for an informational presentation on what you can do to help lessen your risk.

## Tai Chi for Arthritis

February 21 - June 6th

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
- Organizing Books, puzzles, greeting cards
- And so many more.....

Call and ask for Dotti if you are interested.

(810) 735-9406

# Travel & Trips

## TRIPS @ A GLANCE

January 20	Firekeepers	\$32/person
March 24	Soaring Eagle	\$35/person
<b>2022</b>		
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
<b>2022</b>			
March 25th	Waitress	\$53.50	\$48.50
April 20th	Jersey Boys	\$53.00	\$48.00
May 6th	South Pacific	\$57.50	\$52.50

***Detailed flyers are available at the Loose Center.***

# Travel & Trips

## Lifelong Learning - Applewood

10:00 - 12:00



January 21	World War II: D-Day
February 18	The Whaley Historic Home, "Up From the Ashes"
March 18	Th Pros and Cons of Renewable Energy
April 15	Great Shipwrecks of the World
May 20	The Amazing Nethercutt Museum of California

**Cost: \$8**



**Call and Reserve your  
spot today!**

**Buses fill up fast!**

Remember payment is required  
to reserve your seat!

January 20, 2022 - \$32 a person



March 24, 2022 - \$35 a person



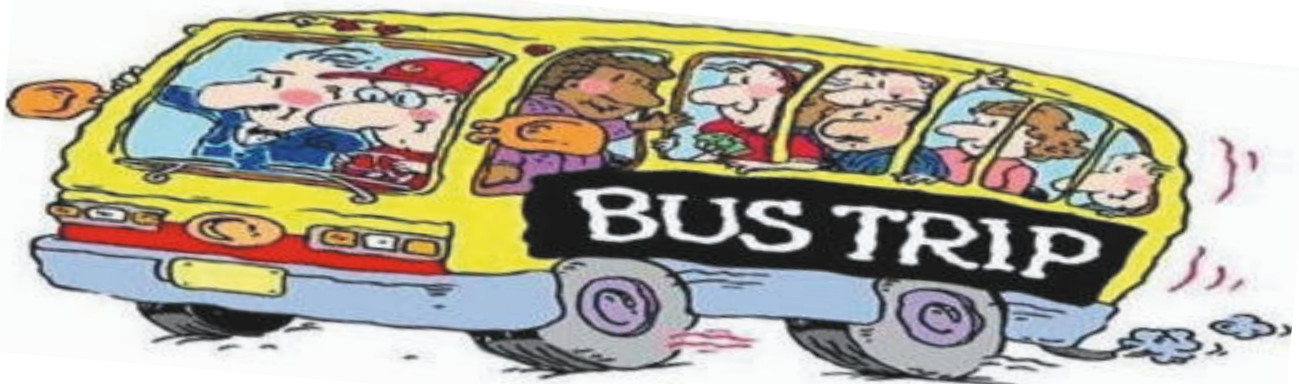
Waitress (at the Whiting)

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

3 Goulash Garlic Bread Salad Fruit Dessert	4 Chicken Thigh Scalloped Potatoes Veggies Roll Fruit/Dessert	5 Coney Dog Chips Veggie Sticks Fruit Dessert	6 Sweedish Meatballs over Noodles Veggies Roll Fruit/Dessert	7 Mac and Cheese Chicken Nuggets Veggie Sticks Fruit Dessert
10 Chili Corn Bread Veggie Sticks Fruit Dessert	11 Taco Tuesday Chips & Chesse Fruit Cup Pudding	12 Mash Potato Bowl (Mash potatoes, chicken, corn, gravy, cheese) Fruit Dessert	13 Pulled Pork Baked Beans Potato Salad Fruit Dessert	14 Fish Sandwich Tator Tots Veggie Sticks Fruit Dessert
17 	18 Baked Spaghetti Garlic Bread Salad Pudding Juice	19 Meatloaf Mash Potatoes w/ gravy Veggies Fruit Dessert	20 Ceasar Wrap Cole Slaw Chips Fruit Dessert	21 Encheladas Spanish Rice Refried Beans Fruit Dessert
24 Sloppy Joes Chips Veggie Sticks Fruit Cup Dessert	25 Chicken Noodle Soup Crackers Apple Sauce Veggie Sticks Dessert	26 CARL's COOKIN' Pork Loin Mash Potatoes/Roll Dressing Corn Dessert	27 Chicken Salad on Cres- sant Roll Macaroni Salad Veggie Sticks Cookies and Fruit	28 Mac and Cheese Fish Sticks Veggie Sticks Juice Cup Dessert
31 Pulled Pork Cole Slaw Baked Beans Fruit Dessert				



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Flint, MI  
Permit No. 6



**St. Patrick's Day Luncheon  
is back!!!**

**Call and Reserve your seat, seating  
is limited!**

**Thursday, March 17th  
\$15/person**



**FREE WI-FI FROM THE LOOSE PARKING LOT**

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