



LOOSE
2022

July 4th

INDEPENDENCE DAY



From the Executive Director

Loose Family,

INDEPENDENCE DAY.....

"The four cornerstones of character on which the structure of this nation was built are: Initiative, Imagination, Individuality and Independence."- Eddie Rickenbacker

This quote reflects on who we are as Americans. Each trait is the backbone of what makes this United States of America great. Each citizen is given the right to be who they are. And think for themselves.

Throughout our history, people took the initiative to find a way to make life better for themselves and those around them. They continued to find new goals and ideas and worked with others to reach their dreams. The sky was the limit.

They used their imagination, thought outside the box and discovered a new tomorrow filled with countless possibilities that created a better world. They could look to the stars and say why not. Nothing is impossible and those ideas that were.... just took a little longer..

Individuality was a trait that made each person different. They had the right to think for themselves and express an idea which reflected their initiative, and imagination. This allowed our country to discover new ways and grow through possibilities of the people.

The most important element of the greatness of our country is our independence. We as citizens fought for our freedom throughout our history. We have faced many challenges, trials and tribulations that threatened our form of Government. Wars were fought at home and abroad. Many lives were lost. And through it all, the USA has stood tall and conquered all challenges that stand before us.

So this "Independence Day" don't forget those that came before us. The people who discovered a better way to a better life. We salute their ideas, their spirit, and their willingness to sacrifice to reach their dreams. We thank them for their Initiative, Imagination, Individuality, and Independence. This is what makes America great.

The dye has been set for our countries' future success, We as Americans must follow and practice the four cornerstones that our forefathers established. Only this will assure that the United States will continue to remain the amazing country that it is.

Happy Fourth of July!

All is well.
Carl Gabrielson
Executive Director
Loose Senior Center

Current Loose Activities

ARTHRITIS FOUNDATION EXERCISE (Tuesday 9:30am and Thursday at 11am)

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 (Tuesday, 12:00pm) 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)

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.

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 (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.

MICAFAE

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to eat 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 810.735.9406

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.

Activities

Movie Day
July 6th
1pm

Movie to be announced!

Please stay posted on the title. As soon as we get a title we will post it at the center!



Join us
Thursday Mornings

9am - 11am

HEARING SCREENINGS

3rd Wednesday of each month,
10am-12pm, 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."

Tuesday and Thursday 10am - 2pm

Cornhole and Horseshoes

Please check out bean bags and shoes from the front desk and return them when finished

PODIATRIST

Tuesday August 9th (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.

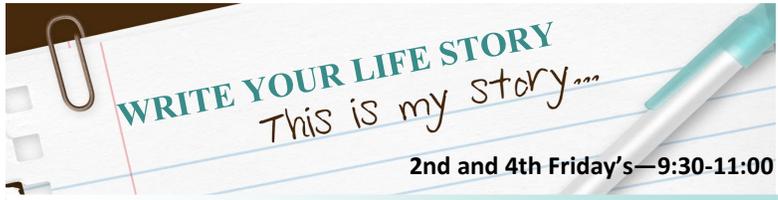
Loose Activities



Tues, July 12th , 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!



Continuing in July on Wednesdays
10:30am—11:30am
U of M PT students partnering up with seniors to design a fitness program and healthy diet suggestions for you.
Register at the front desk to reserve your spot today!



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.



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!



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.

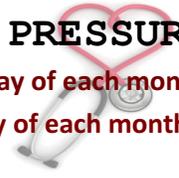
ALZHEIMER SUPPORT GROUP
Every 4th Tuesday, 1 pm
 The Loose Senior Center is home to an Alzheimer’s Support Group. Support Groups are the heart of the Alzheimer’s Association and are attended by families, caregivers and friends of persons with Alzheimer’s disease, as well as other related dementia disorders. The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Assisted Living.



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.

BLOOD PRESSURE CHECK
2nd Wednesday of each month, 10:30 - 11:30
3rd Tuesday of each month, 10:00 - 11:00



Important Information

Newsletter Mailings

If you would like to come into the center to pick up your newsletter please let us know. We know there are many of you that like coming in to see us and grabbing a newsletter instead of it being mailed to you. Just let us know if that's you so we have proper record of that.

Also if you have suddenly stopped receiving the newsletter in the mail let us know, there may be a reason you stopped receiving it, i.e. address change.

If you are an out of county member and would like to continue to receive the newsletter make sure you pay your membership as that helps pay for the postage of the newsletter, where as the county members have their tax dollars at work.

Pennies for Projects

We are collecting pennies at the Senior Center! Everyone has pennies laying around, we are asking for you to donate them to the Senior Center. The donation jar is on the front office counter, just drop them in! We will use the money for new items we need around the center i.e. computer upgrades. Please feel free to donate pennies, nickels, dimes, quarters & bills.

AVOID COVID-19 SCAMS

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare number? Be careful! Scammers are selling fake & unauthorized at-home COVID-19 test kits in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits! If you suspect fraud, call 1-800-MEDICARE to report it.

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. Participants in the KISS program can call the KISS office or receive a telephone call every Monday through Friday between the hours of 8:00 a.m. and 12:00 p.m. to make sure that the participant is alright. Special arrangements can be made for participants that need weekend coverage. For more information on the KISS program please call (810) 239-7671 Host Agency: VAAA

The KISS program is sponsored by the VAAA
The KISS program is funded in part by grants from United Way



Watch the newsletter for more information coming on the Senior Project Fresh for 2022.

Upcoming Events

Loose Garden is BACK!

Interested in a plot?
\$15/plot

Stay tuned for more information!

Coming Mondays in July

Low impact strengthening and training

Call the center for more details
(810)735-9406

Coming July 13th and 27th
9am - 12noon

One on One advice for a personalized daily exercise program

Both sitting and standing activity.

Will also offer proper sleeping positions to help alleviate back pain.

Call the center today to schedule your 15 minute session with Carrie.

(810)735-9406



Tai Chi for Arthritis Stay Tuned.... Classes will resume soon!

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.



Meditation

Thursday, July 28th 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.

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

Upcoming Events

Friday July 8th

11:30-12:30

Carl's Cooking

Rib Dinner Fund Raiser



*BBQ Ribs, Corn, Potato Salad, Cornbread a
Dessert and a drink
All for only \$15*

Blank for Advertising

Important Information

**LUNCH Pick up at 11:30 am - 12 noon,
\$3 donation (in county) or \$6 donation (out of county)
Please call the day before by 1pm to reserve your lunch.**

Lunch is changing here at Loose!

After much debate and consideration we are going to the congregate meals through the county. During the transition period, the menu will be based on availability to our center. We are looking at early June for the county menu to start.

**Meals are available for pick-up Monday - Friday
11:30am - 12 noon here at the center**

Reservations for Tuesday-Friday must be made by 1pm the day before. Reservations for Mondays must be made by 1pm the prior Friday. Call the center at 810-735-9406.
(Note: meals for special occasions may require up to two weeks advance reservations.)

Persons residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

- Requested Donation is \$3.00
- Persons under age 60: \$6.00
- Persons of all ages who reside outside Genesee County: \$6



Loose is 1 of 3 senior centers in the state of Michigan that are independent corporations!

Come and be a part of who we are - Board meetings are the 2nd Thursdays of each month 8am!



July 2022

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

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

PHONE
810.735.9406
FAX
810.735.4255

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

<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> Dotti Tynes <i>Program Director</i> Cheryl Rex <i>Culinary and Travel Director</i> Dottie Davis <i>Front Desk</i> Chuck Salerno <i>Maintenance</i></p>			<p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>2/3</p>
<p>Center Closed</p> 	<p>4</p> <p>Outdoor Games 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>5</p> <p>9:00 Biking Bunch 9:30 Yoga 11:30 Lunch 12:00 No Woodcarving 1:00 Movie Day 1:00 Card Play (Pinochle/Bridge)</p>	<p>6</p> <p>Outdoor Games MMAP Counselor 9:00 Coffee & Friends 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 2:30 Healthy Exercise</p>	<p>7</p> <p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 Lunch 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>8</p> <p>9/10</p>

<p>11</p> <p>9:30 CSFP 9:30 Painting 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong Yoga</p>	<p>12</p> <p>Veteran Services (by appt.) Outdoor Games 9:30 Arthritis Exercise 9:30 Cops & Coffee 11:00 Wii Bowling 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>13</p> <p>9:00 Biking Bunch 9:00 One on One Therapy Exercise Yoga 10:30 Blood Pressure 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>14</p> <p>Outdoor Games MMAP Counselor 8:00 Board Meeting 9:00 Coffee & Friends 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 2:30 Healthy Exercise</p>	<p>15</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch - Ribs Carl's Cooking 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>16/17</p>
<p>18</p> <p>9:30 Painting 11:30 Lunch 1:00 Card Play Euchre/Mahjong Yoga</p>	<p>19</p> <p>Outdoor Games 9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Wii Bowling 11:30 Lunch 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>20</p> <p>Hearing Screening (by appt.) 9:00 Biking Bunch 9:30 Yoga 9:30 Ask a Lawyer 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>21</p> <p>Outdoor Games MMAP Counselor 9:00 Coffee & Friends 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 2:30 Healthy Exercise</p>	<p>22</p> <p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 Lunch 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>23/24</p>
<p>25</p> <p>9:30 Painting 11:30 Lunch 1:00 Card Play Euchre/Mahjong Yoga</p>	<p>26</p> <p>Outdoor Games 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 1:00 Alzheimer Support 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>27</p> <p>One-on-One Financial (by appt.) 9:00 Biking Bunch 9:00 One on One Therapy Exercise Yoga 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>28</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:30 Meditation 2:30 Healthy Exercise</p>	<p>29</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>30/31</p>

July 2022

Meal Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>4</p> 	<p>5</p> <p>Grilled Chicken Sandwich Chuck Wagon Vegetables Chopped Broccoli WG Bun Mixed Fruit Cup Margarine 100% Fruit Juice</p>	<p>6</p> <p>Philly Chicken w/Cheese Diced Potatoes Normandy Blend Vegetable Wheat Sub Bun Tropical Fruit Salad Margarine Milk</p>	<p>7</p> <p>Ravioli w/Shrimp & Sauce Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine 100% Fruit Juice</p>	<p>8</p> <p>Finger Lickin' Good Ribs Carl's Cookin' BBQ Ribs, Corn on the Cob, Potato Salad, Cornbread Dessert and a Drink</p> 
<p>11</p> <p>Tangerine Chicken Sweet Peas Diced Carrots Hawaiian Roll Applesauce Milk Fortune Cookie</p>	<p>12</p> <p>HM Sloppy Joes Garden Blend Veggie Pasta Cauliflower WG Bun Golden Apple Margarine 100% Fruit Juice</p>	<p>13</p> <p>Chinese Pepper Steak Veggie Blend Succotash Mixed Fruit Cup Potato Roll Margarine Milk</p>	<p>14</p>  <p>Stuffed Peppers Sliced Beets Diced Carrots Pineapple Tidbits WW Roll/Margarine Birthday Cake 100% Fruit Juice</p>	<p>15</p> <p>Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk</p>
<p>18</p> <p>Pub Burger w/Cheese Potato Salad Veggie Blend WW Bun, Mayo, Mustard Fruit Salad Lettuce, Tomato Milk</p> 	<p>19</p> <p>Honey Glazed Chicken Bre Lima Beans Scalloped Potatoes Corn Muffin Fresh Apple Margarine 100% Fruit Juice</p>	<p>20</p> <p>Turkey Tetrazzini Riviera Blend Veggies Steamed Cauliflower Dinner Roll Pineapples Margarine Milk</p>	<p>21</p>  <p>Beef & Cheese Lasagna Roll Spinach Sliced Carrots Garlic Bread Strawberry Applesauce Margarine-Cookie 100% Fruit Juice</p>	<p>22</p> <p>Mac & Cheese French Cut Green Beans Corn Potato Roll Margarine Fresh Banana Milk</p> 
<p>25</p> <p>HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cocktail Milk</p>	<p>26</p> <p>HM Meatball Sub w/cheese Sweet Peas Diced Potatoes Sub Bun Mixed Fruit Cup Margarine 100% Fruit Juice</p>	<p>27</p> <p>Turkey & Cheese Sub Fresh Snap Peas Fresh Cauliflower WG Bun Fresh Pear Mayo, Mustard, Veggie Dip Milk</p>	<p>28</p> <p>HM Deluxe Fried Rice w/ Beef, Chicken, Ham & Peas and Carrots Steamed Broccoli Fresh Orange Crunchy Breadsticks Margarine 100% Fruit Juice</p>	<p>29</p> <p>Fiesta Lime Chicken Roasted Corn & Black Beans Brown Rice Peaches Flatbread Margarine Milk</p>

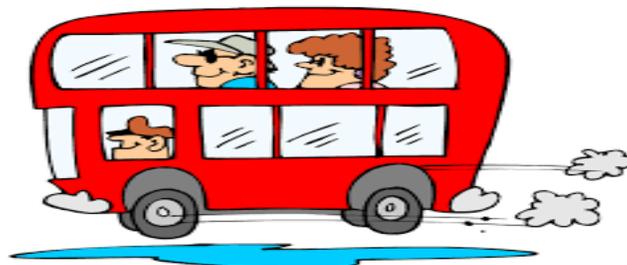
Travel & Trips

TRIPS @ A GLANCE

July 13	Huron Lady II	\$86/person
July 14	Soaring Eagle	\$35/person
August 11	Detroit Tigers Game vs. Indians	\$75/person
August 15 - August 16	Cleveland Rocks	Price Varies
August 23	Firekeepers	\$35/person
Sept 12 - Sept 17	Heartland of America Tour (Route 66)	Price Varies
Sept 18 - Sept 25	Pacific Northwest	Price Varies
Sept 20	Church Basement Ladies (Turkeyville)	\$91/person
Oct 2 - Oct 9	Yooperland, USA	Price Varies
Oct 13	Soaring Eagle	\$45/person
Nov 9	Shipshewana Christmas	\$135/person
Nov 27 - Dec 2	NYC Holiday Extravaganza	Price Varies
Dec 2 - Dec 5	Lancaster Christmas	Price Varies
Dec 7	Nite Lights at MIS	\$83/person

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.

Travel & Trips



Play Ball!

Tiger Baseball is Back

August 11th - Cleveland Indians

\$75/person



Huron Lady II

Spend an exciting day in Port Huron, Michigan!

July 13th - \$86/person

Soaring Eagle

July 14th - \$35/person



August 15th thru 16th - \$400/person
for Double Occupancy



August 23rd - \$35/person

Soaring Eagle

October 13th - \$45/person

May 20—31, 2023 ~ Netherlands, Belgium & France - \$5,749.00 based on double occupancy and bookings by October 21, 2022

May 7—16, 2023 ~ Discover Scotland - \$4,299.00 based on double occupancy and bookings by November 8, 2022

If interested please call the Loose Center for information on a Zoom presentation regarding the forementioned trips.

*These rates are per person and subject to change, based on air inclusive packages from Detroit Metro Airport



Call and Reserve your spot today!

Buses fill up fast!

Remember payment is required to reserve your seat!

Travel & Trips

Join Loose Senior Center



Tuesday, August 23, 2022

\$35

DEPARTS
Loose Senior Center
DEPARTURE TIME
10 AM
APPROXIMATE RETURN
7 pm

INCLUDES

- Round Trip Motor Coach Transportation to FireKeepers Casino
- **\$15 in Free Play**
- **\$5 in points** (food & beverage)
- Water & snacks on the bus

Please note: Loose assumes no responsibility for changes in the incentive package.



JOIN LOOSE SENIOR CENTER

Soaring Eagle

Thursday, October 13, 2022

\$45

DEPARTS
Loose Center
DEPARTURE TIME
10 AM
APPROXIMATE RETURN
6:30 pm

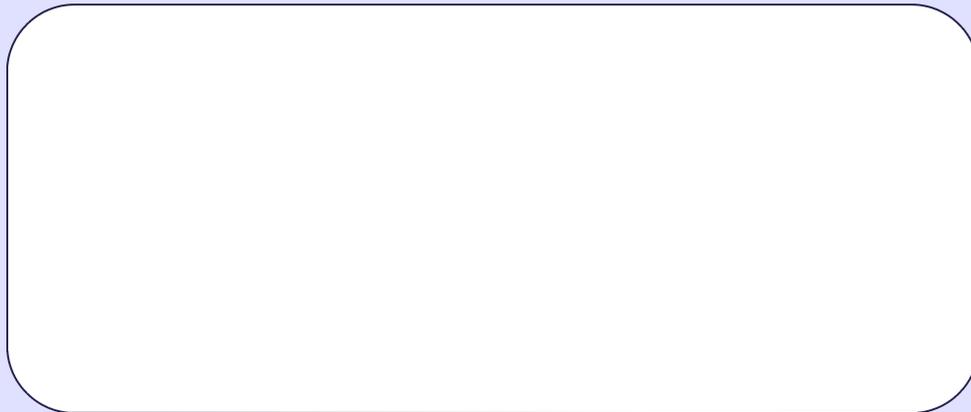
INCLUDES

- Round Trip Motor Coach Transportation
- \$20 on Players Card
- *PLUS, earn 600 points on slots and receive a bonus \$10 in premium play.*
- \$10 Food Voucher
- \$10 BINGO Bucks





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



Join us August 5th
As we take a step back in time
Enjoy music of yesteryear and the classic drive in lunch!

Classic Car Show

Take a Stroll Down Memory Lane



FREE WI-FI FROM THE LOOSE PARKING LOT

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