

# June

**LOOSE**

*June is the gateway to summer...*



# From the Executive Director

Loose Family,

June. Just the word makes you think of summer. We have prepared for this moment with back breaking days of spring. We have cleaned up the lawn and cut the grass. We have planted new bushes and trees. We have planted seeds in our gardens and the first sign of growth has poked up from the ground. We have gone to the nursery and spent way to much money on mulch, potted plants, hanging baskets and flats of flowers. Now comes the back breaking part. We must spread the mulch, find a place for the pots, hang the baskets in that perfect spot (my wife lets me know where that is) and bend over to place our favorite flowers in our gardens.

June. A time when we begin to feel the warm days and the cool nights. We go outside and admire all of our hard work and take pride in our lawn and gardens in all of their splendor. We now can go on those long walks and enjoy the peace of nature and the beautiful surroundings. We put in the dock and launch the boat into the water. This brings fun times on the lake and nightly pontoon boat rides with family and friends. Summer sports is a time to go to Comerica Park and cheer on the Tigers. It is meeting three friends and playing a round of golf and swapping stories at the 19th hole. It is weekends watching my grandson play baseball. For all you campers, go out and find nature. One of my favorite things is to set on the deck at night, relax and watch the sunset.

Summer. Winter is over (at last), Spring has given us hope of pleasant days ahead and June is the gateway to summer. So, don't waste a minute of your life in this most pleasant time of the year.

Find things to do that make you happy. Be with family and friends. Bring them together for picnics, times at the beach and spending quality time together. The opportunities are endless and the summer season is yours to spend endless days developing fun times and memories.

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)

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.*

## **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 (MICAFAE) 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 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

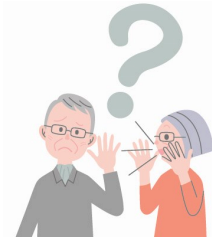
Movie Day  
June 1st  
1pm



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

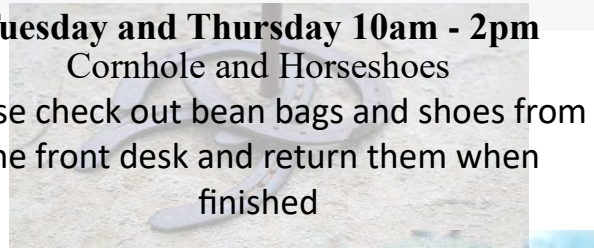


*"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds and Southern Lakes Parks and Recreation Millage Funds. YOUR TAX DOLLARS ARE AT WORK."*

## 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 June 14th (by appointment)

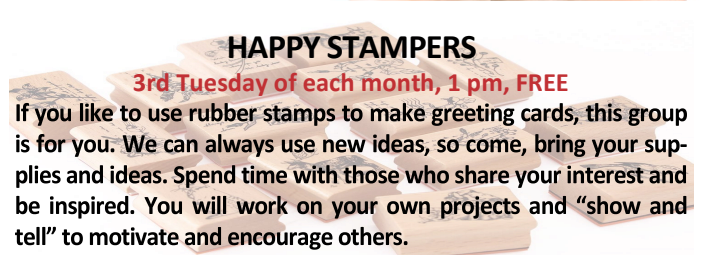
Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, *copays or deductibles*



## 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, June 14th, 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!

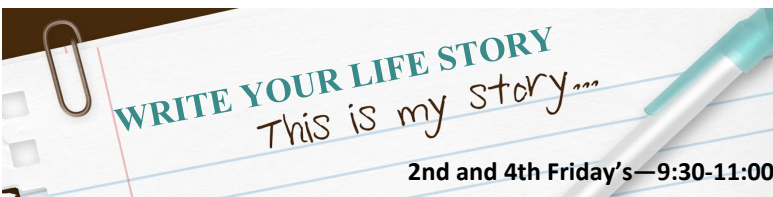


Coming Wednesday's in June

8:30am—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!



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.

## 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.



## Card Play 1pm-3pm

Mondays  
Euchre and Mahjong  
Wednesdays  
Pinochle and Bridge

**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!



## GRIEF SUPPORT GROUP

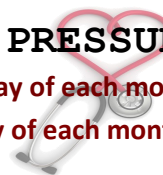
2nd & 4th Wednesday @ 2pm

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

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

3<sup>rd</sup> Tuesday of each month, 10:00 - 11:00





## 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. Please feel free to donate pennies, nickels, dimes, quarters & bills.

### 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



### 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.

**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 June 8th and 22nd  
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 Mondays Until 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.



### Meditation

Thursday, June 23rd 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

## Planning for the Second Half of Life

### 9 Things You Must Know

#### *A Free Seminar*

Thursday June 23, 2:30 p.m.

#### Highlights Include:

- ✔ Paying for long-term care and how to avoid having your life savings wiped out by a nursing home spend-down and how to protect your spouse from being left impoverished.
- ✔ How these economic and political times make it imperative that you plan ahead to protect yourself and your spouse.
- ✔ The implications of the Affordable Care Act on your long-term care planning.
- ✔ What estate planning documents are essential to protect yourself and your family.

#### Location: Loose Senior Center

1707 N. Bridge St., Linden

**Limited Seating: RSVP 810-694-9000**







**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



Two years and two months ago, when the whole world shut their doors, Loose continued to provide services to our members, through phone calls; just to check in, to make virtual MMAP appointments, put names on a call list for vaccines, curbside lunches, curbside library and puzzles, a food pantry, curbside loan closet. Eventually when we could gather outdoors we provided outdoor classes and activities.





# June 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SATURDAY/SUNDAY

<p><b>BOARD OF DIRECTORS</b>          Frank Lukowski, President          Ken Wensel, Vice President          Roby Deese, Secretary          Rod Martin, Treasurer          Ray Culbert          Pat Lockwood          Joetta Pyles-Zalewski</p>	<p>9:30 Arthritis Exercise          11:00 Wii Bowling  <b>11:30 Lunch</b>          12:00 Line Dancing          2:00 Chair Yoga</p>	<p>9:30 Yoga  <b>11:30 Lunch</b>  <b>12:00 NO Woodcarving</b>          1:00 Movie Day          1:00 Card Play          (Pinochle/Bridge)</p>	<p>MMAP Counselor          9:00 Coffee &amp; Friends          10:00 Chair Yoga          11:00 Arthritis Exercise  <b>11:30 Lunch</b></p>	<p>MMAP Counselor          9:30 Yoga          11:00 Zumba  <b>11:30 Lunch</b>          12:30 Pickleball          12:30 Quilting/          knitting/Crocheting</p>	<p>4/5</p>
<p>9:30 Painting  <b>11:30 Lunch</b>          12:00 Tai Chi          1:00 Card Play          Euchre/Mahjong          2:00 Yoga</p>	<p>9:00 One on One          Therapy Exercise          9:30 Yoga          10:30 Blood Pressure  <b>11:30 Lunch</b>          12:00 Woodcarving          1:00 Card Play          (Pinochle/Bridge)          2:00 Grief Support</p>	<p>MMAP Counselor          8:00 Board Meeting          9:00 Coffee &amp; Friends          10:00 Chair Yoga          11:00 Arthritis          Exercise  <b>11:30 Lunch</b></p>	<p>MMAP Counselor          9:30 Yoga          9:30 Write your          Life Story          11:00 Zumba  <b>11:30 Lunch</b>          12:30 Pickleball          12:30 Quilting/          knitting/Crocheting</p>	<p>10</p>	<p>11/12</p>

**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

<p>13</p> <p>9:30 CSFP 9:30 Painting <b>11:30 Lunch</b> 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>14</p> <p>Veteran Services (by appt.) Podiatrist (by appt.) 9:30 Arthritis Exercise 9:30 Cops &amp; Coffee 11:00 Wii Bowling <b>11:30 Lunch</b> 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>15</p> <p>Hearing Screening (by appt.) 9:30 Yoga 9:30 Ask a Lawyer <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge)</p>	<p>16</p> <p>MMAP Counselor</p>  <p><b>10am-2pm Free Hot Dogs and Root Beer Floats</b></p>	<p>17</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba <b>11:30 Lunch</b> 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>18/19</p>
<p>20</p> <p><b>Center Closed</b></p> 	<p>21</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Wii Bowling <b>11:30 Lunch</b> 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>22</p> <p>9:00 One on One Therapy Exercise 9:30 Yoga <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>23</p> <p>MMAP Counselor 9:00 Coffee &amp; Friends 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 1:30 Meditation 2:30 Manner Law</p>	<p>24</p> <p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba <b>11:30 Lunch</b> 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>25/26</p>
<p>27</p> <p>9:30 Painting <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>28</p> <p><b>9:30 NO Arthritis Exercise</b> 11:00 Wii Bowling <b>11:30 Lunch</b> 1:00 Alzheimer Support 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>29</p> <p>One-on-One Financial (by appt.) 9:30 Yoga <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>30</p> <p>MMAP Counselor 10:00 Chair Yoga <b>11:00 NO Arthritis Exercise</b> <b>11:30 Lunch</b></p>	<p><b>LOOSE STAFF</b> 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>	

## CONGREGATE MEAL MENU - JUNE 2022

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Philly Steak w/Cheese Diced Potatoes Normandy Blend Vegetable Wheat Sub Bun Tropical Fruit Salad Margarine Milk	Sweet & Sour Meatballs w/ Stir fry Vegetables Peas and Carrots Brown Rice Potato Roll Mixed Fruit Cup Margarine 100% Fruit Juice	BBQ Chicken Thighs Mixed Greens Stewed Tomatoes Dinner Roll Banana Margarine Milk 
		8	9	10
		Pork Chop in Gravy Sliced Potatoes Italian Blend Veggies Corn Muffin Fruit Salad Margarine Milk	Boneless BBQ Rib Cole Slaw Riviera Blend Sliced Sub Bun Strawberry Applesauce 100% Fruit Juice Cookie of the Month	Creole Steak Glazed Carrot Rounds Roasted Squash Strawberry Applesauce Garlic Roll Margarine Milk
		15	16	17
		Grilled Chicken Salad Romaine Lettuce Cucumber Slices w/dip Mandarin Oranges Crunchy Bread Sticks Salad Dressing Milk 	HM Beef & Broccoli Lo Mein Oriental Veggie Blend Flatbread Pineapple Cup 100% Fruit Juice Birthday Brownie 	Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk
		22	23	24
		BBQ Pulled Pork Chuck Wagon Vegetables Green Beans Dinner Roll Diced Peaches Margarine Milk	HM Spanish Rice w/Beef Broccoli Florets Sweet Corn Potato Roll Fresh Pear Margarine 100% Fruit Juice	White Cheddar Mac & Cheese Zucchini & Tomatoes Mixed greens Corn Muffin Margarine Pineapple Tidbit Milk 
		29	30	
		Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Apricots Milk Fortune Cookie	Chicken Tenderloins Creamy Cavatappi Pasta French-Style Green Beans Sliced Carrots Potato Roll w/Margarine Fresh Orange 100% Fruit Juice	
		7		
		Chicken Tacos w/HM Pico Mexican Rice Fiesta Corn Wheat Roll Sliced Peaches Taco Sauce 100% Fruit Juice 		
		14		
		Ravioli W/Beef Sauce Vegetable Blend Roasted Vegetables Potato Roll w/Margarine Fresh Orange 100% Fruit Juice		
		21		
		Salisbury Steak w/Gravy Mashed Potatoes Vegetable Blend Potato Roll Fresh Apple Margarine 100% Fruit Juice		
		28		
		HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine 100% Fruit Juice		
		13		
		Breaded Chicken Breast Cauliflower Sliced Carrots Dinner Roll w/Margarine Applesauce Milk		
		20		
				
		27		
		Grilled Turkey Burger Succotash Wheat bun Peaches Mayo & Mustard Milk 		



# Travel & Trips

## TRIPS @ A GLANCE

June 6	Saganing Eagle	\$32/person
June 15	Honkey Tonk Angels (Turkeyville Theater)	\$91/person
June 15	Detroit Tigers Game vs. White Sox	\$75/person
June 22	Hamtramck History Tour	\$111/person
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
Nov 9	Shipshewana Christmas	\$135/person
Nov 27 - Dec 2	NYC Holiday Extravaganza	Price Varies
Dec 2 - Dec 5	Lancaster Christmas	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.

# Travel & Trips

Lifelong Learning - Applewood  
10:00 - 12:00



June 3

World War II/D-Day

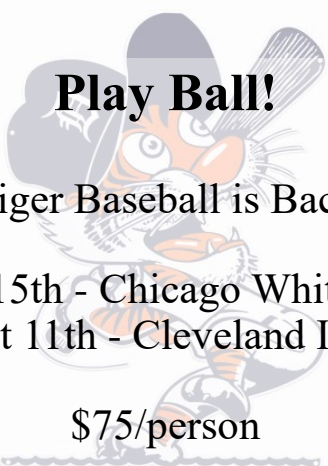
**Cost: \$8**



June 22th - \$111/person



July 13th - \$86/person



**Play Ball!**

Tiger Baseball is Back

June 15th - Chicago White Sox  
August 11th - Cleveland Indians

**\$75/person**



July 14th - \$35/person



August 15th thru 16th - \$400/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



## Saganing Eagle's Landing Casino

Monday, June 6, 2022

# \$32

**DEPARTS**  
Loose Senior Center  
**DEPARTURE TIME**  
10:30 AM  
**APPROXIMATE RETURN**  
7:00 pm

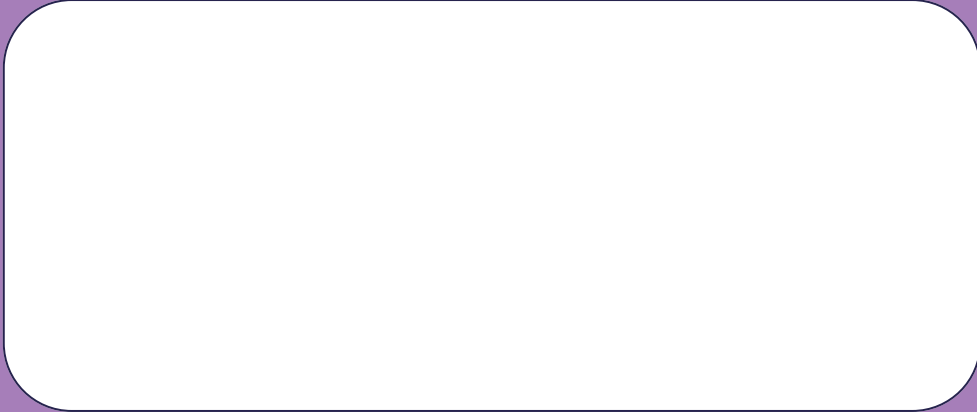
### *INCLUDES*

- Round Trip Motor Coach Transportation to Saganing Eagle Casino
- \$10 on Players Card
- \$5.00 Dining Credit for SELC
- PLUS earn 100 points & receive \$10 in Premium Play
- Water & Snacks





PRSRT 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!**