

JUNE 2023

LOOSE

Hey Dad... wanna play
catch?
I'd like that.

FIELD OF DREAMS

From the Director

Loose family,

"Is this heaven?"

Who can forget the first time you and your dad went to Briggs Stadium (Tiger Stadium) to watch the Detroit Tigers play ball. The smell of hot dogs, peanuts and cigars filled the air. Watching batting practice with the hope of catching a ball. The sound of the crowd signifying a great play or questioning an umpires call. The greatest moment was seeing your idols on that field of green, Norm Cash, Al Kaline, Rocky Colavito, Charlie Paw Paw Maxwell and Frank Larry. Seeing them was like a fantasy playing out before your eyes. My dad and I would cheer for every play they made.

A day at the ballpark left so many lasting memories. We would talk about the game on the way home and discuss the good and the bad plays as if we had all the answers I would fall asleep that night reliving the game over and over as though I were still there. When time allowed my dad would say "you want to have a catch" and off we went to the backyard and me pretending to be one of my heroes in action.

My dad was my mentor. He always used the opportunity to teach me about real life and the lesson of right and wrong. He used baseball to teach me to be the best I can be and put in the effort to achieve it. The respect for your team always came first. Sportsmanship was second to none. Baseball was a game of character and my dad never let me forget it.

My bond with my dad was limited but the time we spent together was priceless. My successes in life came from his teaching of right and wrong and sportsmanship. The game of baseball forged a love for the game and a loving relationship with my dad.

"Every day is a new opportunity. You can build on yesterday's success or put its failures behind you and start over again. That's the way life is, with a new game every day, and that's the way baseball is." ~ Bob Feller

"No, it is Iowa"

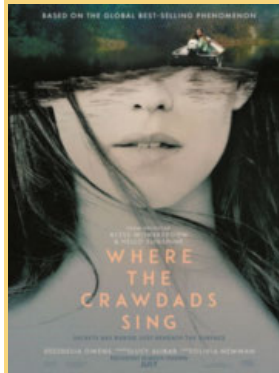
All is well.

Carl Gabrielson

Executive Director, Loose Senior Center

MOVIE DAY

Wed., June 7, 1:00 pm



From the best-selling novel comes a captivating mystery. *Where the Crawdads Sing* tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh.

Admission for Movie Day at Loose is free thanks to our generous sponsors-Tanglewood Home Care & Provision Living.

Refreshments will be served! Donations to Loose, to defray facility usage cost, will be much appreciated.

A BIG THANKS to JOHN STRAYER of TANGLEWOOD ASSISTED LIVING for his continuous GENEROUS support of this special program.



OUTDOOR GAMES ARE BACK!!!

Join us Monday thru Friday 10am - 2pm

Bring a friend!

Bags and shoes can be signed

OUTDOOR GAMES



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."

June Happenings



FREE HEALTH AND WELLNESS PROGRAM!

UM-Flint Physical Therapy students and faculty are offering a free, individualized, 5-week health and wellness program to help you achieve your health, exercise, & wellness goals. Each person will be paired with a Physical Therapy Student and works on a six week plan.

MORE DETAILS ARE AVAILABLE AT LOOSE.

REGISTRATION IS LIMITED

Thursdays June 1, 8, 15, 22, & 29

Please commit to all the dates. These are Physical Therapy Students working on their Doctorate of Physical Therapy and this experience is important to their education.

If you are interested, please call **LOOSE @ 810 735-9406**

Planning for the Future
Tuesday June 13 , 2023
1:00pm



Do you have questions about downsizing your home? What is available on the market today?

How to purge items you have held onto longer than you wanted to? What is a Lady Bird deed? What to do about your affairs so your loved ones won't have to worry?

Join Penwell/Redmond Team to learn more!

Grandparents Day

Friday June 16th 10:00-2:00 pm

Come celebrate being a grandparent

Free hot dogs and chips

Games and Prizes

Bring your grandchildren

or

Come without them



Fun time
For



Adopt a Pet
Puppy Yoga
at the Loose Center
Contact Adopt a Pet
For time and date

Tuesday June 6th
1:00-2:30pm



Sponsored by
Wellbridge of Fenton
1st Tuesday of each month
All are welcomed
Door prizes

Legal Services of Michigan
Tuesday June 20th
10:30-11:30



Legal services for seniors.
Elder law, Estate planning and Medicaid planning
Here to help with your questions

BODY, MIND & SPIRIT

AEROBICS/CARDIO

Monday, 11:30am and Thursday, 1pm

\$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**

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*



BIKING BUNCH

Wednesdays @ 9 am.

Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810-735-9406, leave your name and contact information: phone number and/or email address. Ride leader will get in touch with you about riding events.

GROOVE

Mondays at 10 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! Come check it out.

LINE DANCE

Tuesday, Beginning 11, 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, 2pm - 3:30 pm - Beginner/Instructional

Friday, 12:30pm - 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. We have a wonderful and welcoming group. Stop in, watch and give it a try.

STRENGTH AND BALANCING

Thursday, 12 noon **Free (Advance Physical Therapy)**

Work out with a physical therapist and occupational therapist to increase your strength, endurance and balance with low impact workout.



PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

MONDAY

10:00 am Groove
11:30 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

9:00 am Biking Bunch
9:30 am Yoga (Gentle Flow)

THURSDAY

10:00 am Chair Yoga
11:00 am Arthritis Exercise
12 noon Strength & Balancing
2:00 pm Pickleball (Beg.)

FRIDAY

9:30 am Yoga (Gentle Flow)
11:00 am Zumba Gold
12:30 pm Pickleball (Int.)

YOGA \$7 drop in fee or punch card

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.

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.

ZUMBA GOLD

Friday 11am **\$7 drop in fee or punch card**

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!

Wear smooth soled athletic shoes, bring a water bottle Men and women are invited to attend, all fitness levels are welcome.



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!



Socialization

Arts and Crafts

HAPPY STAMPERS

3rd Monday 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.

WOOD CARVERS Wednesdays, 12 - 2 pm, FREE

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

PAINTING GROUP Mondays, 10 am, FREE

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

QUILTING Friday, 9:30 am, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

KNITTING/CROCHETING Fridays, 9:30 am, FREE

The Knitting/Crocheting group meets to work on a variety of projects, some of which are donated to local charities. Come and join in on the current project or bring your own. Stuck on a project? Stop by! Someone will help you to get going again.

Games

All Loose groups are very welcoming and always open to new friends joining in on the fun.

OPEN GAME PLAY Thursday, 1:00-3:00 pm (bring a friend)

CHICAGO BRIDGE Wednesday, 1:00 - 3:00 pm

MAH JONGG Monday, 1:00 - 3:00 pm

PINOCHLE Wednesday, 1:00 - 3:00 pm

EUCHRE Monday, 1:00 - 3:00pm

POOL Monday - Friday, 9:00am - 3:30pm

CORNHOLE Monday - Friday, 10:00am - 2:00pm

HORSESHOES Monday - Friday, 10:00am - 2:00pm



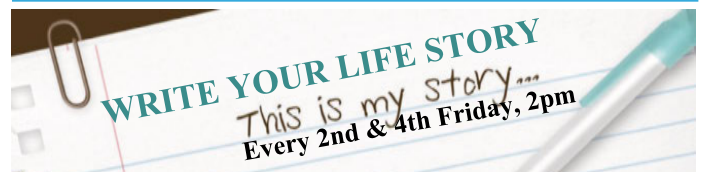
Creative



**LOOSE CHORUS
Fridays, 1:00PM**

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering.

TALENTED GROUP & ALL ARE WELCOME!



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. **ALL ARE WELCOME**

Educational

Tues, June 13th, 9:30-10:30

Coffee COPS and 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!



BOOKCLUB

2nd Monday, 12:30 pm

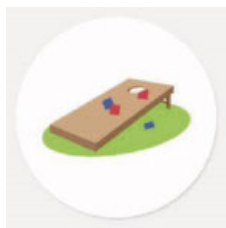
This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

Upcoming Events



Community Picnic Saturday July 15, 2023
10:00am-4:00pm

Loose is bringing back an old fashion picnic. Everyone is invited to come. Bring your friends and family to join in on the fun.
Food, Games and Music



Mark your calendars
Euchre Tournament
Coming this fall

2nd Tuesday of the month
1:00-3:00pm

\$7 space will be limited



Coming down the road is the
Car Show

Friday August 4, 2023
9:30-3:00pm

Entertainment

11:30-2:30pm

Coney dog lunch \$7



Would you like to participate in more than 10 classes a month?

Ask about our new gold fitness card \$90 for 30 days as many classes as you wish to take.

Come try out a class you haven't taken before

Just before the big game
The Chili Cook Off
Cheer on your team

University of Michigan

Or

Michigan State

October 19, 2023
4:00-6:00pm



**Thank you to Keller/Williams Realtor
And DediCare for their
Donations for the Mothers Tea**

Upcoming Events

GET READY TO DANCE



**The Spring Dance was Fun
Coming in the Fall will be Another
Dance, eat and have fun
Watch the newsletter for details**



THEY ARE COMING BACK

Dueling Pianos

November 16, 2023

Tickets will go on sale Sept 1st

More details

To come

later



Food

Wine

Music

CONGREGATE MEAL MENU - JUNE 2023


Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Genesee County CARD Community Action Resource Department	 Valley Area Agency on Aging Office of Senior Services "Four tax dollars are at work"	 Valley Area Agency on Aging Answers, Action & Advocacy for All Things Senior	1 Sweet & Sour Meatballs w/ Stir fry Vegetables Peas and Carrots Brown Rice Potato Roll Mixed Fruit Cup Margarine 100% Fruit Juice	2 BBQ Chicken Thighs Mixed Greens Stewed Tomatoes Dinner Roll Banana Margarine Milk 
5 Italian Sub w/salami, ham, red onion, banana peppers Potato salad Sub Bun Fresh Apple Dressing Packet Milk	6 Chicken Tacos w/HM Pico Mexican Rice Fiesta Corn Wheat Roll Sliced Peaches Taco Sauce 100% Fruit Juice 	7 Chef's Choice 	8 Boneless BBQ Rib Cole Slaw Riviera Blend Sliced Sub Bun Strawberry Applesauce 100% Fruit Juice Cookie of the Month	9 Creole Steak Glazed Carrot Rounds Sweet Peas Pineapple Tidbits Garlic Roll Margarine Milk
12 Breaded Chicken Breast Cauliflower Diced Potatoes Dinner Roll w/Margarine Applesauce Milk	13 Ravioli W/Beef Sauce Vegetable Blend Roasted Vegetables Potato Roll w/Margarine Fresh Orange 100% Fruit Juice	14 Grilled Chicken Salad Romaine, tomatoes, chees Cucumber Slices w/dip Mandarin Oranges Crunchy Bread Sticks Salad Dressing Milk 	15 HM Beef & Broccoli Lo Mein Oriental Veggie Blend Flatbread Pineapple Cup 100% Fruit Juice Birthday Brownie 	16 Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk
19 	20 Sloppy Joes Potato Puffs Veggie Blend Applesauce WG Bun Margarine 100% Fruit Juice	21 BBQ Pulled Pork Chuck Wagon Vegetables Green Beans Dinner Roll Diced Peaches Margarine Milk	22 HM Spanish Rice w/Beef Broccoli Florets Sweet Corn Potato Roll Fresh Pear Margarine 100% Fruit Juice	23 White Cheddar Mac & Cheese Zucchini & Tomatoes Mixed greens Corn Muffin Margarine Pineapple Tidbit Milk 
26 Grilled Turkey Burger Succotash Wheat bun Peaches Mayo & Mustard Milk 	27 HM Goulash Spinach Baby Carrots Fresh Golden Apple Corn Bread Margarine 100% Fruit Juice	28 Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya cup Milk Fortune Cookie	29 Chicken Tenderloins Creamy Cavatappi Pasta French-Style Green Beans Sliced Carrots Potato Roll w/Margarine Fresh Orange 100% Fruit Juice	30 Philly Steak w/Cheese Diced Potatoes Normandy Blend Vegetables Wheat Sub Bun Tropical Fruit Salad Margarine Milk

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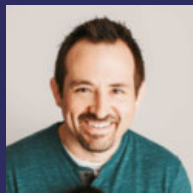
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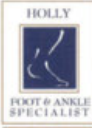
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Important Information

LOOSE DID YOU KNOW???

The Loose Family (Grace, Fred, Louis) left \$300,000 in their wills to open what you know today as Loose Senior Center. It was their last will and testament that the money bestowed would be used to purchase and/or build a building in the Linden area suitable for senior citizens activities to be known and suitable designated with a plaque as "The Loose Senior Citizen Center."

What do you call a train that is carrying bubble gum?



A Chew-Chew Train

GOOD TO KNOW FACTS:

- * The best exercises for the over-65 crowd should include walking (strength and endurance), water aerobics (strength, flexibility, balance), yoga for balance and flexibility (but not that crazy power-yoga stuff) and strength training with resistance bands.
- * Seventy-six million Baby Boomers account for 23 percent of the total U.S. population.
- * The ratio of women to men over 85 years old is 100 to 49, offering a veritable bonanza of opportunity for old single gentlemen.
- * Fifteen million older adults are recognized as volunteers.

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.

Take Me Out to the Ball Game

KNOW YOUR NUTRITION!
Spinach is the highest nutrient food there is for you to eat. To make it better its low in calories!



LOOSE DID YOU KNOW???

That 62% of activities here at Loose Center are free?
For example...

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, feel free to drop it off during business hours.



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.



Community Food Share

Loose Center has a Food Pantry
In partnership with FARR

Let the front desk know when you need assistance

FREE WI-FI FROM THE LOOSE PARKING LOT

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

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

June

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

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
SUNDAY

<p>BOARD OF DIRECTORS R.M. Martin <i>President</i> Ken Wensel <i>Vice President</i> Roby Deese <i>Secretary</i> Pam Boegler <i>Treasurer</i> Ray Culbert Pat Lockwood Frank Lukowski</p>	<p>LOOSE STAFF Carl Gabrielson <i>Executive Director</i> Jaelyn von Linsowe <i>Executive Assistant</i> Doti Tynes <i>Program Director</i> Cheryl Rex <i>Travel Coordinator</i> Carrie Shaulis <i>Administrative Service Specialist</i> Carrie Kolar <i>Maintenance</i></p>		<p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play (Euchre) 1:00 Beginner Pickleball</p>	<p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball</p>	<p>3/4</p>
<p>9:30 Painting 10:00 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>9:30 Arthritis Exercise 11:00 Beginner line Dance 11:30 Lunch 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>	<p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 NO Wood Carving 1:00 Movie Day 1:00 Card Play (Pinochle/ Bridge)</p>	<p>MMAP Counselor 8:00 Loose Board Mtg. 10:00 Chair Yoga 11:00 NO Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play (Euchre) 1:00 Beginner Pickleball</p>	<p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 2:00 Life Story</p>	<p>10/11</p>

<p>12</p> <p>9:30 CSFP 9:30 Painting 10:00 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>13</p> <p>Veteran Services (by appt) 9:30 Arthritis Exercise 9:30 Cops and Conversation 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>	<p>14</p> <p>9:00 Biking Bunch 9:30 Yoga 10:30 Blood Pressure 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>15</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play (Euchre)</p>	<p>16</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball</p>	<p>17/18</p>
<p>19</p> <p>CENTER CLOSED</p> 	<p>20</p> <p>Podiatrist (by appt) 9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Beginner line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>21</p> <p>Hearing Screening (by appt.) 9:00 Biking Bunch 9:30 Yoga 9:30 Ask a Lawyer 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 12:30 Travel Show 1:00 Card Play (Pinochle/Bridge)</p>	<p>22</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 NO Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play (Euchre)</p>	<p>23</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 2:00 Life Story</p>	<p>24/25</p>
<p>26</p> <p>9:30 Painting 10:00 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>27</p> <p>9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>	<p>28</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Spring Concert</p>	<p>29</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play (Euchre)</p>	<p>30</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball</p>	

MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD

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. 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.

WE SAVE...YOU CAN HELP

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.

AMAZON SMILE Do you shop Amazon? If so, there is a very simple way your purchases can benefit Loose. Search for Amazon Smile or go to, <https://smile.amazon.com/ch/38-3266054>, sign in and designate Loose as your charity. Each time you make a purchase, a portion will be donated back to Loose.

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.**

PLEASE HELP US KEEP OUR FILES UP-TO-DATE

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.



DISPOSAL OF THE 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.

SUNSHINE GREETINGS

Our Sunshine Greeting Team, Janet Green and Marcia Brasher, would like everyone to know they are 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."

Special Services & Support

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month

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. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

LEGAL SERVICES OF EASTERN MICHIGAN

2nd Wed. of the month, 9:30 am -12:30 pm, Annex

Attorney Seth Neblock will be at the Loose Center to offer free legal consultations. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm, Annex

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.

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.

BLOOD PRESSURE CHECK

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

3rd Tuesday of each month, 10 - 11 am

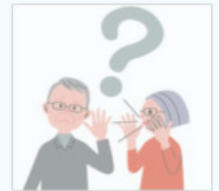
Seeking volunteers to help with Blood Pressure checks, if interested, please contact Loose.

HEARING SCREENINGS

3rd Wednesday of each month,

10:00am-12:00pm, FREE

By Appointment



Provided by: Your Hearing Solution

PODIATRIST Next appointment date: June 20th

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



GRIEF SUPPORT GROUP

Wednesdays @ 2 pm

We are thankful to Jennifer 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.

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.

Travel & Trips

DAY TRIPS @ A GLANCE

June 8	Firekeepers Casino	\$45/person
June 14	Tigers vs. Braves	\$85/person
June 16	A Day in the D(etroit)	\$114/person
July 19	Turkeyville	\$99/person
July 20	Soaring Eagle Casino	\$45/person
Aug 17	Saugatuck, MI	\$161.00/person
	(40 minute dune ride included)	
Aug 22	Firekeepers Casino	\$45/person
Aug 23	Tigers vs. White Sox	\$85/person
Sept 28	Ohio Wine Tour	\$120/person
	(wine tasting at 3 different wineries)	
Oct 5	Autumn Adventure	\$107/person
Nov 9	Turkeyville	\$106/person

Detailed flyers are available at the Loose Center.

Loose travel is open to public, gambling trips must be 21 years of age.

*Eat, Sleep, Travel,
REPEAT!*

OVERNIGHT TRIPS @ A GLANCE

August 14-21	Canadian Rockies, Glacier National Park and Yoho National Park	\$4,899/pp Double
September 12-20	South Dakota's National Parks	\$2,799/pp Double
September 17-23	New England	\$1,844/pp Double
September 21-22	ARK Encounter	\$414/pp Double

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Please note: A reservation is made only when a deposit has been received.



Soaring Eagle



FIREKEEPERS

CASINO • BATTLE CREEK

INTERNATIONAL TRIPS @ A GLANCE

January 15-23, 2024 **Tropical Costa Rica**
\$2,899.00/ person based on double occupancy
and bookings by July 8, 2023

May 19-28, 2024 **Countryside of the Emerald Isle**
\$4,349.00/person based on double occupancy and
bookings by October 13, 2023

These rates are per person and subject to change, if booked after above dates, based on air inclusive packages from Detroit Metro Airport

Reservations are not guaranteed until down payment is received.

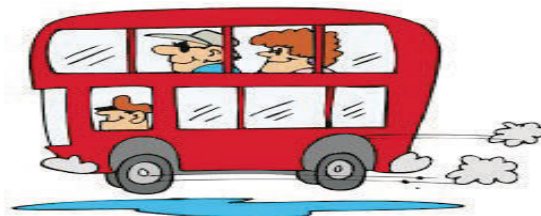


Travel & Trips

Travel Club

Want to get in on the planning of the trips
Loose takes???

Join our Travel Club and help plan the trips
you want to take!!!



Rescheduled to June 21st at 12:30pm



Hear about day trips, over night trips.
Chances to win gift certificates and much more!

**TAKE ME OUT TO THE BALLGAME
TAKE ME OUT WITH THE CROWD**

This trip is open to the public
Bring a grandchild, son or daughter!



**June 14th
Bus Departs 10am!**

**August 23rd
Bus Departs 10am!**





707 N Bridge St. Linden, MI 48451

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U.S. Postage
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Flint, MI
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