

LOOSE



**DECEMBER
2023**

From the Director

Loose Family,

Remember, that the greatest gift you can ever own is not found in the shops or under your Christmas tree. It is found in the hearts of your loving family and your true friends.

So, let's think about this profound statement. When you become of age to realize the significance of Santa Clause and the Christmas Season. You are overwhelmed by the Christmas spirit and the gift of giving. There was always that "Special Toy" that you just had to have. You asked Santa for it. You dreamed about it and might have said a teensy prayer to make sure it was under your tree Christmas day. These gifts included bikes, footballs, baseball gloves, hockey sticks and other toys too numerous to mention. And let's not forget my sisters who wanted baby dolls, Barbie and the toy of all toys....Cabbage Patch dolls. It was a magical time of wishes and gifts.

As you grew older and you became aware of all the festivities you and your family became part of, it became apparent there was more to the season than gifts. You now found yourself involved in being part of a Christmas concert, church play, Christmas caroling, or volunteering to help those less fortunate.

You found the true meaning of Christmas when your family attended mid-night mass or candlelight services at your given church. To me that was the highlight of the season. This is the time that I truly felt connected to what I believed was the true meaning of Christmas.

Then there was the gathering of friends coming together to share stories of the season and stories of their families. It was a special time when good food, merriment, and the Christmas Spirit was celebrated. It was a time to share memories of times gone by.

I believe the most important time of Christmas is "family". I think back in time when my mom spent hours in the kitchen fixing that Christmas feast of turkey, mashed potatoes, dressing, gravy, rolls, green bean casserole (blah) cranberry sauce out of a can and a whole lot of pies and cakes. All my family members would arrive with gifts and food in hand. Old stories would be shared again and again as only my aunts could tell them. It was a day of fun, the one day we celebrated the season together.

Those days are pretty much gone now. Family has passed away or moved. But the Christmas Spirit lives on. I now have children who have gifted me with grandchildren. My wife and I love having them all in our home on Christmas day to share our family stories and talk of the past. And how much fun it is to spoil those wonderful grandchildren. We now have started a tradition that continues in our home as in other homes throughout the world. Celebrating the true meaning of Christmas "Family".

Remember, the greatest gift you can ever own is found in the hearts of your family and your true friends.

All is well.
Carl Gabrielson
Executive Director
Loose Center

MOVIE DAY

Irving Berlin's White Christmas
Wednesday, December 6 – 1:00PM

**MORE THAT JUST A MOVIE! START OUT
DECEMBER WITH THE CHRISTMAS SPIRIT!**

Provisions Living will be providing pizza.

Starrs Farm will be providing popcorn.

**There will be a special treats and a door prize to
be drawn.**

Admission – FREE!

*Donations to Loose, to defray the facility usage cost will be
much appreciated.*



**A HUGE THANKS to JOHN STRAYER of TANGLEWOOD AS-
SISTED LIVING for his continuous**

GENEROUS support of this special event.

WEATHER-RELATED CLOSURES & CANCELLATION PROCEDURE

**In the event of inclement weather, please tune in-
to ABC 12, check the Loose website, Loose Face-
book page or call Loose at 810.735.9406 for
updated closing information**

Current Events



LOOSE CHORUS CHRISTMAS CONCERT

Wednesday, December 13, 1:00PM



CHRISTMAS LUNCHEON BUFFET

with Fenton High School Ambassadors

THURSDAY, DECEMBER 7
1:00PM

Tickets on sale now for only \$12.00



CHRISTMAS PENNY BINGO

Tuesday, December 5 - 1:00PM

This month join us for Christmas Penny Bingo!
In addition to winning pennies, you could win
presents too!

Wear your Christmas gear for a chance to win a
door prize!

Use your pennies for markers. Winner wins everyone's
markers. Cards cost 25¢ each or six for \$1.00. A variety of
Bingo patterns are played! Money collected for cards is the
prize at the end when playing a cover all.



WREATHS — across — AMERICA

Remember & honor local Heros this season.

Sponsor a wreath today to be placed on a Veteran's
grave at Great Lakes National Cemetery in Holly.

Make a donation at
www.wreathscrossamerica.org/MI0291P
Or visit us in the center to fill out a form to mail out.



Fitness & Wellness

AEROBICS/CARDO

Monday and Wednesday, 11:00am
\$7 drop in fee or punch card

A class focused on improving overall cardiovascular health. Working on improving activity tolerance, strength, and balance. It is low impact and offers modifications for people at different fitness levels.

ARTHRITIS FOUNDATION EXERCISE

Tuesdays, 9:30am and Thursdays, 11am FREE

A low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*



STRENGTH AND BALANCING

Thursday, 12 noon

FREE from Advance Physical Therapy

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

GROOVE

Mondays at 9:30 am
\$7 drop in fee or punch card

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. We are united in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body, heart, and soul. You can even do it from a chair. Best part, you add your own style and you can't do this wrong!

LINE DANCE

Tuesday, Beginning 11:00am, Intermediate, 12 noon
\$7 drop in fee or punch card

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all. Drop-ins welcome!



PICKLEBALL \$7 drop in fee or punch card

Thursday, 1pm - 3:30 pm - Beginner/Instructional
Friday, 12:30pm - 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. No partner necessary. Center has extra equipment if you do not have your own.

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!

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

MONDAY

9:30 am Groove
 11:00 am Aerobics/Cardio
 2:00 pm Yoga (Gentle Flow)

TUESDAY

9:30 am Arthritis Exercise
 11:00 am Line Dance (Beg.)
 12:00 pm Line Dance (Int.)
 2:00 pm Chair Yoga

WEDNESDAY

9:30 am Yoga (Gentle Flow)
 11:00 am Aerobics/Cardio

THURSDAY

10:00 am Chair Yoga
 11:00 am Arthritis Exercise
 12 noon Strength & Balancing
 1:00 pm Pickleball (Beg.)
 2:30 pm Tai Chi

FRIDAY

9:30 am Yoga (Gentle Flow)
 12:15 pm Pickleball (Int.)

YOGA

\$7 drop in fee or punch card
Mondays, 2:00pm and Fridays, 9:30am

Gentle Flow Yoga

Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep. Bring Yoga Mat.

CHAIR YOGA Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

TAI CHI

\$7 drop in fee or punch card
Thursday at 2:30pm

Slow, intentional movements makes it a form of gentle exercise. Directed towards keep moving, to help with arthritis and fall prevention

LOOSE FITNESS GOLD CARD

Wanting to take more than 10 classes a month? Try our NEW Gold Card. For just \$90 a month you can attend as many classes as you'd like at one flat rate. Great way to try classes you haven't before, you never know you may just find a new class you love!



Fitness & Wellness

Are you thinking about your New Years Resolutions for 2024?

Well mark your calendars now and call your friends to join us for our
2024 FREE Fitness Challenge!

Here's how it works:

Stop in at the front office the week of January 8-12, 2024 to get your official challenge punch card.

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

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

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

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

So come on in and try something new and bring a friend too!



2024 SENIOR WINTER GAMES

of Genese County

February 5 - February 29, 2024

Register until January 11, 2024 (*forms available at Loose*)

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

Arts & Education

HAPPY STAMPERS

3rd Tuesday of each month, 1 pm, FREE

If you like to use rubber stamps to make greeting cards, this group is for you. You will learn new ideas for card making and scrapbooking. Bring your own supplies and project. The group will teach you how to put it all together. Be inspired by those who have been creating for years.

WOOD CARVERS Wednesdays, 12 - 1:30 pm, FREE

Loose wood carvers have an immeasurable amount of knowledge for their craft. Have you ever thought about taking up this craft? Our wood carving group can teach you how to start or how to improve a skill you already have

PAINTING GROUP Mondays, 9:30 am, FREE

The Loose Center is the perfect place to enhance that painting project you are working on. An experienced instructor will be here to help you learn a new technique or offer advice on your skill. Come in, bring your project, learn from others and offer your

QUILTING Fridays, 9:30AM, FREE

Anyone is welcome to join in on this group and learn the artful skill of quilt making. Learn to cut, piece and quilt Do you have a question about a project you are working on? Bring it in maybe they can help.

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.



LOOSE CHORUS

This group is more than a group of people who enjoy singing together. The chorus director teaches musical terms, breathing exercises and note counting. With this knowledge the chorus goes out into the community to share their talent with those who can use some cheer. Come be a part of this learning group. All are welcome.

There will be **NO** Chorus practice this month as they will be performing in the community on Fridays.
Next practice will resume on Friday, January 5 - 1:00PM.



Games



All LOOSE Groups are very welcoming.

EUCHRE—Mondays & Thursday – 1:00PM-3:00PM

PINOCHLE—Wednesday & Thursday – 1:00PM-3:00PM

BILLARDS—Monday/Tuesday – 11:00AM – 2:00PM & Wed/Thurs/Fri – 11:00AM – 3:30PM

PUZZLE PLAY – Monday - Friday - 8:00AM - 3:00PM
Have you seen our puzzle table? Stop by the Library, find a piece or two, or twenty. Stay for a minute or the afternoon. Donate and/or borrow!
Currently accepting donations of puzzles with all the pieces



EUCHRE TOURNAMENT

Tuesday, December 12 12:30 - 3:30PM

Entry fee is \$7. And Euchres are 25¢
Sign in starts at noon and you must be signed in before 12:25.

**Call 810-735-9406 to pre-register.
Space is limited!**

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



Arts & Education



Charter
SENIOR LIVING
of Linden

3rd Wednesday of each month 2:00PM

LEARN A CRAFT

FREE

Come check out what Charter has to offer for a
CHRISTMAS CRAFT
Everything you will need is supplied.

You must pre-register, seating is limited!



Friday, December 8 10:00AM - Noon
Applewood Lecture Series
Fenton High School Choir Ambassadors

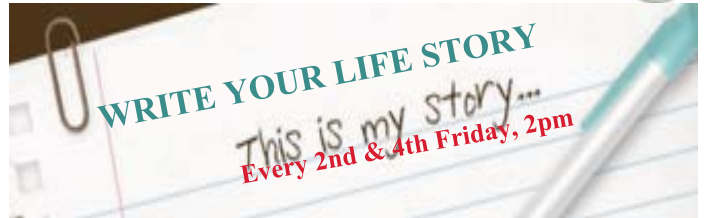
MCC Regional Technology Center (Off of Robert T. Longway Blvd.)
\$15 per person (includes breakfast).
Call 810-735-9406 to reserve your tickets at the door.

NEW!
CYBER SECURITY
Friday, December 15 11:00AM

Shayne Medore will be here to help you with questions regarding computer hacking, security, cell phone & social media hacking. Find out what you should and shouldn't be doing for your own security.



Tues, December 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!



Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. **WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.** Join this group and learn how to write YOUR story. Ancestry.com can tell us where our ancestors came from, but only you can leave behind the stories of your past. Hear what others have to say about their past. The class is free and the stories are priceless.



LITERARY STUDIES
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! Keep your mind sharp by reading and learning.

Congregate December Menu 2023

Menu subject to change based on product availability and quality standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 beef Dippers w/gravy redskin potatoes-4 oz Sweet Peas-4 oz Fresh Apple-1 ea Corn Bread Margarine 100% Fruit Juice-4 oz	 Chef's Choice 	 Valleys Area Agency On Aging Answers, Action & Advocacy for All Things Senior 	 Baked Chicken breasts w/steamed vegetables-8 oz Lima Beans-4 oz Mandarin Oranges-4 oz Potato Koli Margarine 100% Fruit Juice	6oz Chicken Thighs Roasted brussel sprouts Mixed Vegetables-4 oz Sliced Peas-4 oz Hawaiian Koli Margarine-1 ea 100% Fruit Juice
beef tacos Spanish Rice Roasted Mexi Corn Sliced Peaches Tortilla Shells (2) Milk	HM Beef Stew w/peas, Carrots, Potatoes Italian Green Beans Fresh Apple margarine biscuit 100% Fruit Juice	HM Chicken Chis Steamed broccoli Sliced Carrots (4 oz) Fresh Pear (1 ct) bread stick (1 ct) Margarine (1 ct) Milk	HM Stuffed Green Pepper vegetable blend-4 oz Steamed Cauliflower-4 oz Pineapple Chunks-4 oz Ww Crackers Margarine 100% Fruit Juice-4 oz 	Antipasto Salad w/ Ham, Pepparoni & salami Carrot sticks w/soy Sliced Peas-4 oz Wheat Koli Salad Dressing Milk
Turkey burger w/ Cheese Potato wedges Green Beans Fruit Loops-4 oz Ww Bun Milk 	Chicken Parmesan-1 ea Steamed Spaghetti-2 oz Veggie blend Whole Grain Garlic bread-1 ct Margarine-1 ct Sliced Peas-4 oz 100% Fruit Juice	Salisbury steak in broth Steamed Spinach-4 oz Corn-4 oz Sliced Peaches-4 oz Musti - Grain Koli Margarine Milk	CHICKEN/MAZ LUNCH/RLW Sliced Pork loin Roasted Veggie Medley Sliced Fams HM Holiday brownie Apple LnsP Wheat Koli & Margarine 100% Fruit Juice 	Country Style Chicken Sweet Peas Sliced Potatoes Dinner Koli Margarine Sliced Peaches Milk
 UNDEKAVALE	 UNDEKAVALE	Steak fajitas Chuck Wagon veggies Spanish Rice Tortilla shells Margarine-1 ct Pineapple Lup Milk	HM Chicken salad s bean salad Sugar Snap Peas Sliced croissant Ranch Dressing Pineapple Lup 100% Fruit Juice	HM Mac & Cheese-8 oz French Lut green beans-4 oz Sliced Carrots-4 oz Mixed Fruit Potato Koli Margarine Milk

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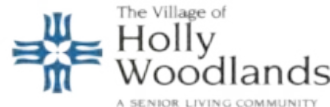


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Eating healthy around the holidays can be difficult when there is always an abundance of comfort foods and sweet treats. Here are a few tips to eating healthy during the holidays:

- Start by eating vegetables as those fill you up faster.
- Eat slowly. It takes at least 20 minutes for your brain to realize you are full.
- Do not stand next to the food table when you are not eating. You are more likely to eat the food when it's in front of you.
- Do not skip any meals before the feast. If you skip meals prior, you are more likely to overindulge.
- Do not forget to get your physical activity in.
- Do not feel guilty if you have your favorite sweet!



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**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> Jaclyn Placek <i>Executive Assistant</i> Doti Tynes <i>Program Director</i> Gwen Fannon <i>Office Coordinator</i> Jennifer Boley <i>Operations Assistant</i> Tracy Gabrielson <i>Maintenance</i></p>	<p>9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:30 Lunch 12:15 Pickleball 1:00 NO Chorus MMAP Counselor</p>	<p>9:30 Chair Yoga 10:30 Friendship Beyond Grief 11:00 NO Arthritis Ex. 11:30 Lunch 12:00 NO Strength & Balancing 1:00 CHRISTMAS LUNCHEON BUFFET 1:00 NO Card Play 1:00 NO Beg. Pickleball 2:30 NO Tai Chi</p>	<p>2/3</p>
<p>9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre 2:00 Gentle Flow Yoga</p>	<p>9:30 Arthritis Class 11:00 Beg Line Dance 11:30 Lunch 12:00 Inter Line Dance 1:00 CHRISTMAS PENNY BINGO 2:00 Chair Yoga MMAP Counselor</p>	<p>9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 NO Wood Carving 1:00 MOVIE DAY 1:00 Card Play - Pinochle</p>	<p>9:30 NO Yoga 9:30 Quilting/ Knitting/Crocheting 11:30 Lunch 12:15 NO Pickleball 1:00 NO Chorus 2:00 Write a Life Story</p>	<p>8</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>9/10</p>

<p>11</p> <p>9:00 CSFP Pickup 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play-Euchre 2:00 Gentle Flow Yoga</p>	<p>12</p> <p>9:30 Cops & Coffee 9:30 Arthritis Exercise 11:00 Beg Line Dance 11:30 Lunch 12:00 Inter Line Dance 12:30 Euchre Tournament 2:00 Chair Yoga</p>	<p>13</p> <p>9:30 Gentle Flow Yoga 10:30 Blood Pressure Check 11:00 NO Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 12:30 Travel Club 1:00 LOOSE CHORUS CHRISTMAS CONCERT 1:00 NO Card Play 2:00 Grief Support</p>	<p>14</p> <p>8:00 Board Meeting 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 2:00 Beg. Pickleball 2:30 Tai Chi</p>	<p>15</p> <p>9:30 Gentle Flow Yoga 9:30 Knitting/Crocheting 11:00 Tech Security 11:30 Lunch 12:15 Pickleball 1:00 NO Chorus</p>	<p>16/17</p>
<p>18</p> <p>9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play-Euchre 2:00 Gentle Flow Yoga</p>	<p>19</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure Check 11:00 Beg Line Dance 11:30 Lunch 12:00 Inter Line Dance 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>20</p> <p>9:30 Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinocle 2:00 CHARTER Craft Ask the Lawyer (appt. only)</p>	<p>21</p> <p>10:00 Chair Yoga 10:30 Friendship Beyond Grief 11:00 NO Arthritis Ex. 11:30 Lunch 12:00 Strength & Balance 1:00 NO Card Play 1:00 NO Beg. Pickleball 2:30 NO Tai Chi</p>	<p>22</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/Crocheting 11:30 Lunch 12:15 Pickleball 1:00 NO Chorus 2:00 Write a Life Story</p>	<p>23/24</p>
<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>CLOSED</p> 	<p>27</p> <p>9:30 Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 12:30 Travel Club 1:00 Card Play-Pinocle 2:00 Grief Support</p>	<p>28</p> <p>10:00 Chair Yoga 11:00 NO Arthritis Exer. 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 2:00 Beg. Pickleball 2:30 Tai Chi</p>	<p>29</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/Crocheting 11:30 Lunch 12:15 Pickleball 1:00 NO Chorus</p>	<p>30/31</p>

Senior Support

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

FREE LENDING LIBRARY The library is located in the new Library/Pool Room. Come and take a book home with you. Donated, gently-used hard cover books are always welcome; drop them off in the drop box at the check-in desk.

JIGSAW PUZZLES Browse through our puzzle selection located in the new Library/Pool room, take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.

GREETING CARDS

If you have **new** greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

MEMBERSHIP Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$35.

A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.

The annual membership fee of \$35 per person is due for 2023. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

UPS STORE DISCOUNT CARD

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.



FREE WiFi We have secured wireless Internet available for member use. Stop by the office for information.

GIFTS AND DONATIONS

Gifts qualify for income tax deductions to the full extent of the law.

A memorial or honorary gift for LSCC is a meaningful way to remember a special person in your life. Your expression of thoughtfulness and generosity is acknowledged to the person or family designated.

LUNCH AT LOOSE

Eat in or carry-out Mon – Fri 11:30am – Noon. Available to Genesee County residents who are 60 and older are eligible for a free meal, although donations are appreciated. \$3.00 each or \$6.00 each for person under 60 and/or a Non-Genesee County residents. Reservations for Tuesday-Friday must be made by 1PM the day before. Reservations for Mondays must be made by 1PM

DISPOSAL OF AMERICAN FLAG

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure they are disposed of properly.

ALPINE will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

KROGER If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

RECYCLING Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow bins in the parking lot.

EYE GLASSES Deposit your used glasses in the Lions box, located in Annex.

PLEASE REMEMBER...We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

SUNSHINE GREETINGS

Our Sunshine Team, Janet Green would like everyone to know she is ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsccl@loosescenter.org so we can spread the sunshine.



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

Senior Support

FRIENDSHIP BEYOND GRIEF SUPPORT

1ST AND 3RD THURSDAY OF THE MONTH 10:30AM

Join Heartland ProMedica to gain peer-to-peer support after losing a loved one. In this support group, we will talk about creating a “new normal”, managing new life challenges and adjust to a new life without your partner

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. 20 minute appointments.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP’s mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. If you need assistance, call the Center at 735.9406 to schedule an appointment, or call MMAP at 1.800.803.7174, ext. 247.

MICAFE 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

PODIATRIST

Now scheduling for February 2024

Dr. Koehler from Holly Foot & Ankle Specialists will be accepting appointments at Loose. Services will include toenail trimming, corn and callous removal, diabetic foot care and more. Billing will be made to Medicare, *copays or deductibles may apply*. Please bring a list of all your medications and your insurance cards.

Call Loose to set up your appointment. 810-735-9406. Fills up quick!

Grief Support

2nd and 4th Wednesdays @ 2 pm

We are thankful to Jessica 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.



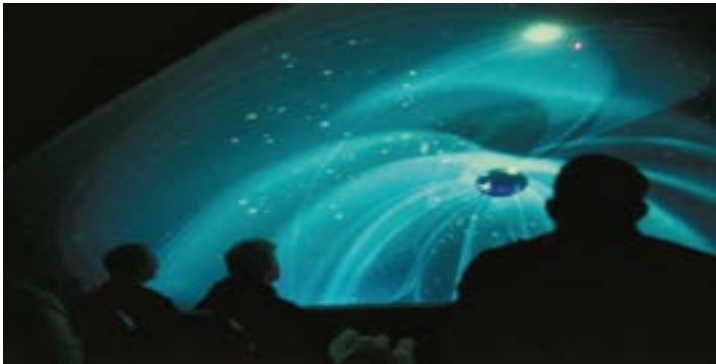
Do You Need A Ride To Loose??

Call Fenton MTA at least 24 hours in advance to schedule your ride.

Please call : (810) 780-8965.

Travel

Please join the newly formed Travel Club the 2nd and 4th Wednesday of the month at 12:30 to discuss travel opportunities, meet new travel companions and have a great time!



Possible Adventures in 2024

Get on Your Feet! The story of Gloria and Emilio Estephan at The Whiting

The Flint Institute of Arts, Sloan Museum and Planetarium

Holland Tulip Festival

Meijer Gardens in Grand Rapids

Loons & Lugnuts Baseball Game

DIA and the Whitney

Bay City Boat Cruise

Capitol Tour in Lansing



adventure
AWAITS

Travel & Participant Statement

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

Please note: A reservation is made only when full payment has been received.

Travel

DAY TRIPS @ A GLANCE

2023

Dec 1 Holiday Church Tour \$109/person

2024

Jan 11 Red Wings vs. Oilers \$110/person

Jan 18 Soaring Eagle \$50/person

Feb 29 Red Wings s. NY Islanders \$110/person

June 7-9 Mackinac Is. Lilac Festival \$1009.00/per

Detailed flyers are available at the Loose Center.



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

Red Wings Games Tickets on sale now

\$110

**Includes bus trip to and from the
game**

**Great seats top of the lower bowl
behind the goal.**

Thursday, January 11

Red Wings VS Oilers

7:00PM Game

Thursday, February 29

Red Wings VS Islanders

7:00PM Game

This year make your Christmas shopping easy!
Give the gift of an “EXPERIENCE” with LOOSE Travel!
Good for a Day Trip, Casino Trip or a Sporting Event!
Get your Gift Certificates at the front desk in any amount you choose.



WICKED

is headed to the Detroit Opera
House and so are we!

**Purchase your tickets today to join
in on all the Broadway Magic this
show has to offer!**

January 25th

Bus leaves Loose at 10:45AM

Show time at 1:00PM

**Includes: Transportation to and
from the show, box lunch and main
floor seating.**

Only \$150 per person



707 N Bridge St. Linden, MI 48451

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Flint, MI
Permit No. 6



LOOSE CENTER DONATION FORM

(Return Form with Donation)

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

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

Enclosed donation made payable to LOOSE CENTER

Amount: \$ _____

Name: _____

Address: _____

Phone Number of Donor: _____

Email: _____

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

THANK YOU FOR YOUR CONTINUED SUPPORT

Please Remember to Check-In

Mission Statement

"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region."