



**LOOSE**

March

In Like a Lion, Out Like a Lamb

# From the Executive Director

Loose Family,

In many ways our lives reflect the month of March. In like a lion ,out like a lamb. Some of the worst weather including snowstorms, tornados, icy roads and floods have taken place as we enter the month. Then as March comes to an end we enjoy warm sunny days, beautiful gardens of flowers, the greening of the grass and trees and longer days.

Our lives could be the month of March. We at times face problems, concerns, and strife that befall us and as we struggle for answers. We find that the solution is not clear and we are lost to face our challenges alone. It could involve your family, your job, your finances , your health and friends. We are never prepared to face these obstacles and may find that we need to reach out for help. This could come in the form of religion, focus groups, counseling or meeting with those who love you and are concerned for your well being. As time goes by and the issues become more clear. We find that by facing the storm around us and working with those that can help us, we can conquer all issues that stand before us.

After facing our storms and reaching out to those who have our best interest in mind, we see a better life ahead. We witness the sunny days, beautiful gardens of flowers, the greening of the grass and longer days. We reconnect with friends and loved ones. We become closer to those who mean the most. We find the answers to the impossible and start anew.

So, Life could mirror the Month of March. It could be a time of stress and turmoil filled with sadness. But at the end it could be a life of joy, peach and love. Face the lion head on with the strength to conquer what he brings and welcome the lamb who brings you peace of mind.

March.....In Like a Lion,  
Out Like a Lamb.

All is well.  
Carl Gabrielson  
Executive Director





# Activities

## MOVIE DAY

March 2nd

Dark Horse  
1pm

Slice of Pizza/Popcorn/Water provided

Come see us at the 2022  
Fenton Community Expo  
March 5th and 6th  
Fenton High School

2022

### HEARING SCREENINGS

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

### Lunch at Loose

Come on inside, see the changes we have made to  
the center, enjoy lunch with the company of new  
and old friends.

Lunch is just \$5!!!

Punch cards also available - \$50

### Lunch and Learn

*Indoor Dining Only*

Lunch Sponsored by Grace Hospice

March 15th @ 11:30am

Learn about the common Hospice Myths

Must Register by March 11th

### PODIATRIST

**Tuesday, April 12th (by appointment)**

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

### HAPPY STAMPERS

3rd Tuesday of each month, 1 pm, FREE

If you like to use rubber stamps to make greeting cards, this group  
is for you. We can always use new ideas, so come, bring your sup-  
plies and ideas. Spend time with those who share your interest and  
be inspired. You will work on your own projects and "show and  
tell" to motivate and encourage others.



Do You Need A Ride To  
Loose???

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



REMINDER, Loose is NON SMOKING,  
both facility and grounds.  
Smoking in vehicles is acceptable.

# Current Loose Activities

## **ARTHRITIS FOUNDATION EXERCISE** (Tuesday 9:30am 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** (Thursday, 12:30pm) Fee \$5

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

## **ZUMBA GOLD** (Friday 11am Fee \$5)

A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

## **LITERARY STUDIES - Book Club** (Second Monday 12:30pm)

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.*



**Call today to get on the list for an appointment. First come first serve.**

**Friday Appointments**

## **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,.

### **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 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.



# Loose Activities



Tues, March 8th, 9:30-10:30

Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



**Card Play 1pm-3pm**

**Mondays**

*Euchre and Mahjong*

**Wednesdays**

*Pinochle and Bridge*

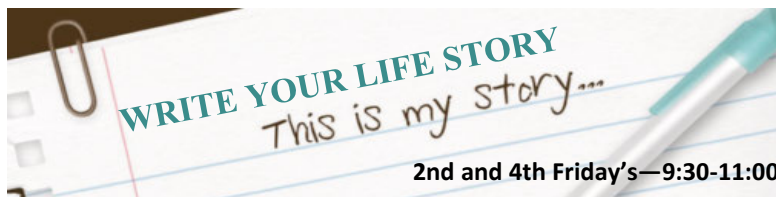
**Open Cards - Thursday 9-11am**

## 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.



**2nd and 4th Friday's—9:30-11:00**

**O**ur stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live.

**WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.**

This group meets twice a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience, My Proudest Moment, My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories.

## ALZHEIMER SUPPORT GROUP

**Every 4th Tuesday, 1 pm**

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

**Why did the college basketball player sign up for the crafting class?**

He wanted to learn how to make baskets!



## GRIEF SUPPORT GROUP

**2nd & 4th Wednesday @ 2pm**

We are thankful to Heartland Hospice who has reached out to us and offered to facilitate the Grief Support Group. The group will focus on learning to cope with the loss of a loved one. It will provide education, support and techniques to cope and grow through loss.

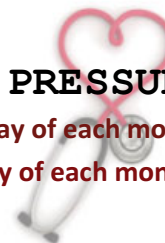
**LOOSE FITNESS CLASS PUNCH CARD** is available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$5 OR participants can purchase a 10 punch card for \$50 with 11th class free (\$4.50/class). Cards can be purchased at the Reception Desk, drop in fees are collected in class. A deal and also a GREAT GIFT!



## BLOOD PRESSURE CHECK

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

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



# March 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>1                  9:30 Arthritis Exercise                  11:00 Wii Bowling                  11:30 <b>Lunch</b>                  2:00 Chair Yoga</p>	<p>2                  9:30 Yoga                  11:30 <b>Lunch</b>                  12:00 NO Woodcarving                  1:00 Movie Day                  1:00 Card Play                  (Pinochle/Bridge)</p>	<p>3                  MMAP Counselor                  9:00 Open Card Play                  10:00 Chair Yoga                  11:00 Arthritis Exercise                  11:30 <b>Lunch</b>                  12:30 Line Dancing</p>	<p>4                  AARP Taxes by Apt.                  MMAP Counselor                  9:30 <b>NO Yoga</b>                  11:00 Zumba                  11:30 <b>Lunch</b>                  12:30 Pickleball                  1:00 Chorus</p>	<p>5/6</p>
<p>7                  9:30 Painting                  11:30 <b>Lunch</b>                  12:00 Tai Chi                  1:00 Card Play                  Euchre/Mahjong                  2:00 <b>NO Yoga</b></p>	<p>8                  Podiatrist by Apt.                  9:00 Veteran Services                  9:30 Cops &amp; Coffee                  9:30 Arthritis Exercise                  11:00 Wii Bowling                  11:30 <b>Lunch</b>                  2:00 <b>NO Chair Yoga</b></p>	<p>9                  9:30 <b>NO Yoga</b>                  11:30 <b>Lunch</b>                  12:00 Woodcarving                  1:00 Card Play                  (Pinochle/Bridge)                  2:00 Grief Support</p>	<p>10                  MMAP Counselor                  8:00 Board Meeting                  9:00 Open Card Play                  10:00 <b>NO Chair Yoga</b>                  11:00 <b>NO Arthritis</b>                  Exercise                  11:30 <b>Lunch</b>                  12:30 Line Dancing</p>	<p>11                  AARP Taxes by Apt.                  MMAP Counselor                  9:30 <b>NO Yoga</b>                  11:00 Zumba                  11:30 <b>Lunch</b>                  12:30 Pickleball                  1:00 Chorus</p>	<p>12/13</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



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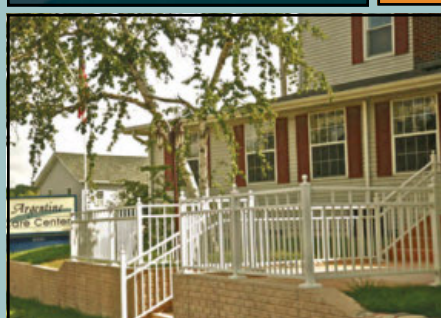
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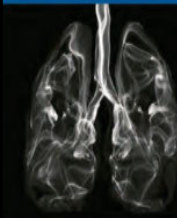
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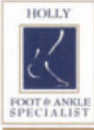


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**AMENITIES INCLUDE:**

- Beauty & Barber Shop
- Ice Cream Parlor
- Movie Theater
- Convenience Store
- Coffee Shop
- Scenic Courtyard
- Chapel • Exercise Room • Library



<p>14</p> <p>9:00 CSFP 9:30 Painting <b>11:30 Lunch</b> 12:00 Tai Chi 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>15</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure Check 11:00 Wii Bowling <b>11:30 Lunch &amp; Learn</b> 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>16</p> <p>9:30 Yoga 9:30 Ask a Lawyer 10:00 Hearing Screening <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Peace of Mind</p>	<p>17</p> <p>MMAP Counselor 9:00 No Open Card Play 10:00 No Chair Yoga 11:00 NO Arthritis Exercise <b>12:30 St. Patty Lunch</b> 12:30 No Line Dancing</p>	<p>18</p> <p>AARP Taxes by Apt. MMAP Counselor 9:30 Yoga 11:00 Zumba <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus</p>	<p>19/20</p>
<p>21</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>22</p> <p><b>9:30 NO Arthritis Exercise</b> <b>11:00 No Wii Bowling Lunch</b> 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>23</p> <p>9:30 Yoga <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>24</p> <p>MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:30 Line Dancing 1:30 Meditation</p>	<p>25</p> <p>AARP Taxes by Apt. MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus</p>	<p>26/27</p>
<p>28</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>29</p> <p>9:30 Arthritis Exercise 11:00 Wii Bowling <b>11:30 Lunch</b> 1:30 Oak St. Health 2:00 Chair Yoga</p>	<p>30</p> <p>9:30 Yoga <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>31</p> <p>MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga <b>11:00 NO Arthritis Exercise</b> <b>11:30 Lunch</b> 12:30 Line Dancing</p>	<p><b>LOOSE STAFF</b></p> <p>Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Dotti Tynes <i>Program Director</i> Cheryl Rex <i>Culinary and Travel Director</i> Dottie Davis <i>Front Desk</i> Chuck Salermo <i>Maintenance</i></p>	

# Upcoming Events

## St. Patrick's Day Luncheon

March 17th @ 12:30pm

\$15/ person

Entertainment Included

Corn Beef, Cabbage, Potatoes, Carrots, Salad, Roll and Dessert (provided by Wellbridge of Fenton)



2nd Annual coming in May



\$30 per parking spot. Collect all your junk while spring cleaning put it in your trunk and set it at our Junk in the Trunk Sale.

Learn More About...  
Oak Street Health

Doctors for adults on Medicare  
Keeping you healthy and out of the hospital  
March 29th at 1:30pm  
Refreshments will be provided

## Peace of Mind Seminar

Wednesday, March 16th  
2:00pm

Join us in learning how planning your final wishes may shield your family from unnecessary emotional and financial burden.

RSVP by March 14th

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.

## 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.

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

## Meditation

Thursday, March 24th 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.



# Travel & Trips

## TRIPS @ A GLANCE

March 24	Soaring Eagle	\$35/person
Mar.27 - Apr. 22	Southern Charm	Price Varies
Mar. 30	Solanus Casey Pilgrimage	\$67/person
Apr. 16 - Apr. 22	The Old South	Price Varies
May 2 - May 5	Kentucky's Bourbon Trail	Price Varies
May 18 - May 19	Cruisin' Kentucky	Price Varies
May 16 - May 23	California Dreaming	Price Varies
June 6	Sagening Eagle	\$32/person
June 8—10	Mackinac Island—Lilac Festival	\$750/person
June 15	Detroit Tigers Game vs. White Sox	\$75/person
June 20 - June 23	Mississippi River Cruise	Price Varies
July 3 - July 8	New York City	Price Varies
July 13	Huron Lady II	\$86/person
August 11	Detroit Tigers Game vs. Indians	\$75/person
Sept 18 - Sept 25	Pacific Northwest	Price Varies

*Detailed flyers are available at the Loose Center.*

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

### *Travel & Participant Statement*

#### **RESERVATIONS ARE NOT GUARANTEED UNTIL PAYMENT IS RECEIVED**

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

## **The Whiting Departs at 7pm**

		w/trans.	w/o trans
	<b>2022</b>		
March 25th	Waitress	\$53.50	\$48.50
<del>April 20th</del>	<del>Jersey Boys</del>		SOLD OUT
May 6th	South Pacific	\$57.50	\$52.50

*Detailed flyers are available at the Loose Center.*

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

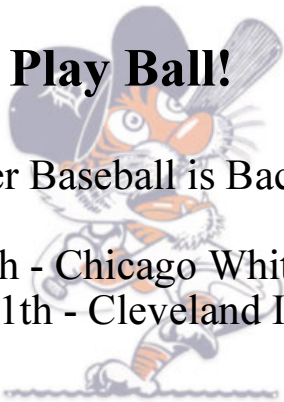
# Travel & Trips

Lifelong Learning - Applewood  
10:00 - 12:00



- March 18 The Pros and Cons of Renewable Energy
- April 15 Great Shipwrecks of the World
- May 20 The Amazing Nethercutt Museum of California
- June 3 World War II/D-Day

**Cost: \$8**



## Play Ball!

Tiger Baseball is Back

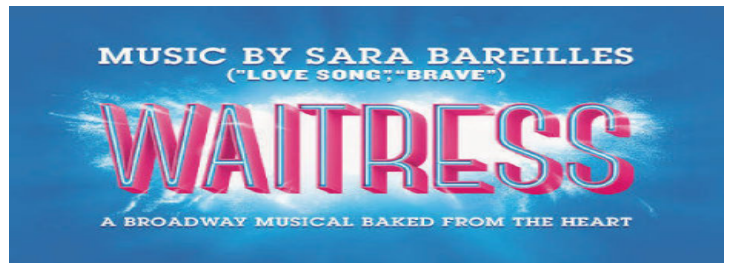
June 15th - Chicago White Sox  
August 11th - Cleveland Indians

March 24, 2022 - \$35 a person

## Soaring Eagle

Waitress (at the Whiting)

March 25, 2022 - price varies



Solanus Casey Pilgrimage

March 30, 2022 - \$67 a person

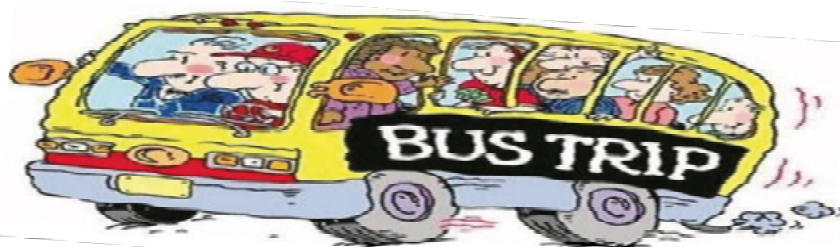


May 20—31, 2023 ~ Netherlands, Belgium & France - \$5,749.00 based on double occupancy and bookings by October 21, 2022

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!**




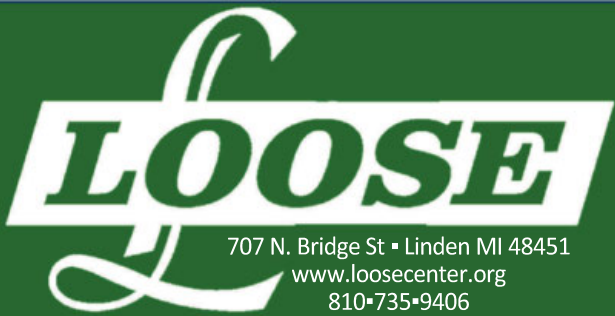
**LUNCH Pick up at 11:30 am,  
only \$5**

Please call the day before to reserve  
your lunch.

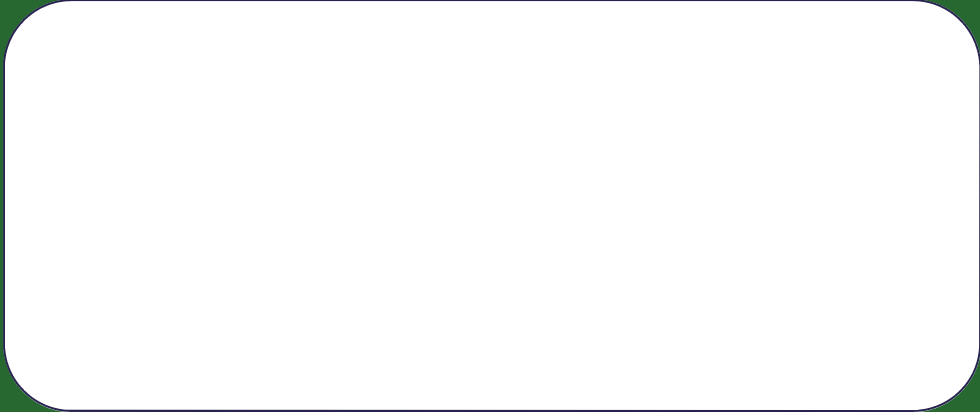
# March 2022 Menu

## Eat Inside or To-Go

1 Goulash Garlic Bread Cole Slaw Fruit Dessert	2 Hamburger Gravy over Biscuits Corn Fruit Dessert	3 Swedish Meatballs over Noodles Mixed Vegetable Fruit Dessert	4 Coney Dog Pasta Salad Chips Fruit Dessert
7 Pulled Pork Baked Beans Cole Slaw Fruit Dessert	8 Taco Tuesday Chips & Cheese Fruit Cup Pudding	9 Chicken Salad Sandwich Macaroni Salad Veggie Stick Fruit Dessert	10 Sloppy Joe Coleslaw Chips Fruit Dessert
14 Fish Sandwich Tater Tots Veggie Sticks Fruit Dessert	15 Free Lunch & Learn Call and Reserve Today	16 Symphony Box Lunch for Two Limited Call Today	17 Fundraiser Lunch 
21 Spaghetti Garlic Bread Potato Salad Pudding Juice	22 Reuben Sandwich Cole Slaw Chips Fruit Dessert	23 Chili Cornbread Cole Slaw Fruit Dessert	24 Mac and Cheese Fish Sticks Veggie Sticks Fruit Dessert
28 Pulled Pork Baked Beans Cole Slaw Fruit Dessert	29 Meatloaf Mashed Potatoes Corn Fruit Dessert	30 Coney Dog Pasta Salad Chips Fruit Dessert	31 Caesar Wrap Cole Slaw Chips Fruit Dessert
			11 Mac and Cheese Popcorn Chicken Veggie Sticks Fruit Dessert
			18 Hamburger Cole Slaw Chips Fruit Dessert
			25 Enchiladas Spanish Rice Refried Beans Fruit Dessert



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



**Health Fair is Back!!!**

**Friday, April 22nd**

**Stay tuned for more information!**

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

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