

# **LOOSE**

*May 2021*

25 Years!  
1996-2021



## **Happy Mother's Day!!!**

The contents of this newsletter is  
**SUBJECT TO CHANGE** without notification.



# From the Executive Director

## A Mother's Love

This Mother's Day let us honor and reflect on the influence our mothers had on our lives. Remembering the joy, love, passion, and kindness she had for everyone in her life.

Our mothers were the influence that taught us right and wrong, how to treat others and the art of forgiveness. A mother was the one person you could turn to for understanding without judgment.

The memories you have of the special moments never fade away but become stronger when you need to reach down for all you learned. So, Happy Mother's day to all mothers who are still in our lives and those who have passed and thank them for a job well done and the time we are together.

All is Well  
Carl Gabrielson  
Executive Director  
Loose Senior Center



**HAPPY MOTHER'S DAY**

**Thursday, May 6th 11am-1pm**

**Drive through Lunch  
curtesy by Symphony of Linden**

**Call and reserve yours today (810) 735-9406**

# Indoor Activities

- ◆ PARTICIPANTS MUST CALL AND PUT THEIR NAME ON THE ROSTER IN ORDER TO PARTICIPATE IN A CLASS .
- ◆ MASKS ARE REQUIRED AND MUST BE WORN AT ALL TIMES!!! (PLEASE PROVIDE YOUR OWN MASK)
- ◆ THERE IS A CHECK-IN SCREENING BEFORE ENTERING THE BUILDING  
(FOR THE GOOD HEALTH OF ALL, PLEASE BE HONEST WITH YOUR ANSWERS DURING YOUR SCREENING.)
- ◆ STRICT SOCIAL DISTANCING WILL BE ENFORCED
- ◆ THERE WILL BE NO DROP-IN VISITS AT LOOSE
- ◆ IT IS LIKELY THAT LOOSE WILL BE OPEN IN THREE PHASES
- ◆ DUE TO SOCIAL DISTANCING GUIDELINES, SOME ACTIVITIES CANNOT RESUME UNTIL ALL RESTRICTIONS ARE LIFTED

## ATTN: Activity Participants

Make sure that when you sign up for an activity here at our center you keep your reservation you have made by arriving to the center at least fifteen minutes before the activity is scheduled to start, so that you are able to be checked in (temperature check as well as the health questions) and also be ready for the instructor to begin instructing on time.

This is not just for curtesy of your fellow attendees, but also the staff at Loose. If you are late arriving to the center, that cuts the time of the class/activity down. If you show up with out pre-registering you may be taking another persons spot. Also if you don't let us know if you aren't able to make the class/activity and your name is on the list we wait the class five minutes for you to arrive.

So please make sure you are arriving on time for any class or activity you sign up for... we lock the door five minutes past start time.

It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$5 per lunch, quite the deal).



*Punch cards are \$50 a card*

## LOOSE STAFF

Carl Gabrielson (*Executive Director*), Brittany Hancock (*Executive Assistant*), Jaclyn von Linsowe (*Program Director*), Cheryl Rex (*Clerk*), Dotti Tynes (*Maintenance*)



**DO YOU NEED A RIDE TO LOOSE?** Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

*PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE*

## MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

MOVIE DAY  
IS COMING  
SOON!!!

# Current Loose Activities

You must call 810 735-9406 and pre-register for each class

## **ARTHRITIS FOUNDATION EXERCISE Tuesday 9:30am**

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level all in the safety of your home.

## **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.

## **FIT<sup>4</sup>EVER Thursday 11am Fee \$5**

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

## **LINE DANCE Thursday 12:30 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.

## **TAI CHI modified Yang form Wednesday 11am Fee \$5**

**The Benefits of Tai Chi include but are not limited to:**

Reducing anxiety and depression, Improving quality of sleep, Improving balance and hand/eye coordination, Increasing both upper and lower body strength, Increasing energy while calming the mind, Improving mental clarity and brain focus, Lowering blood pressure, helps with pain management, Increasing flexibility...

## **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!

*Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.*

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**LOOSE BOOK CLUB Second Monday 12-1pm** 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!

## **FOOD PANTRY (located at North Door) 9am-2pm**

Day old bread and other treats are picked up from VG's (per availability) This generous Loose privilege is on a first come first serve basis and distribution is on the honor system.

## **PAINTING GROUP - Monday 9:30am - 11am**

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.**

## **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.

## **KNITTING/CROCHETING Fridays, 12:30-1:30pm**

Our knitting and crocheting group meets every Friday to knit or crochet needed items to donate to local charities. Please bring your own supplies, as there will be no sharing of items.

## **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.

### **GENESSEE 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. Make sure to call Loose for an appointment.

### **ASK THE LAWYER**

**3rd Wed. of the month, 9:30 am-1:30 am, Multi Purpose Room** 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 Genessee 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, East Door (Drive-up)**

Loose Center is a distribution site for emergency food assistance program.

# 1st Annual



**\$30 per parking spot**

**June 10, 2021  
10am—4pm**

**Food Truck On-Site**

If you would like to participate in this event, please fill out the bottom portion of this page and return it to Loose Center at 707 N. Bridge St. Linden, MI 48451. Space is limited!

**“Junk in your Trunk” Garage Sale Registration Form  
\$30 per parking spot**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Check \_\_\_\_\_ Credit Card

*\*This will be destroyed after payment is processed*

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV \_\_\_\_\_



## ***We Are All in this Together!***

It has now been 13 months since the Loose Senior Center has been required to shut its doors. All activities, events and gatherings were cancelled. We have since been able to hold certain classes and activities in our building again, but in a new way that isn't the "normal" Loose way! We have been brainstorming and getting extremely creative to bring some of what was, back to Loose as the weather begins to change for the better. Being closed down to activities and limited for so long has put a major strain on the ability to raise revenue to support the annual budget. This has caused limited income to pay staff, utilities and the general maintenance to comply with health department rules. Every effort has been made to minimize expenses.

It has been determined by the Loose Executive Board that in order for Loose to continue the excellence we all expect, Loose will be making financial changes to the community. Loose will begin collecting membership donations from all who wish to be a part of the Loose center.

1. Donations will be \$25 per Genesee county resident and \$30 per non-Genesee county resident
2. Lunches will be \$5.00. Punch cards will be \$50.00 for 11 lunches with the 11<sup>th</sup> being free.
3. Trips, events, lunch and special dinners require "NO" membership.
4. Membership donations are good for one calendar year (January 1 to December 31).
5. Sign in to My Senior Center is required for all activities and events.
6. All fitness classes are \$5.00

For 25 years The Loose Senior Center has been a place for the community to come and enjoy the excellence given through passion, love and understanding to the needs of the senior population. We now reach out to you to help continue the services given by this special place. It will take time for Loose to recover and return to the glory days we all remember and cherish. But with your understanding and financial help, we will overcome this setback. It will once again be the Loose Senior Center, a place for all to come and enjoy. A Unicorn of all centers.

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[www.loosecenter.org](http://www.loosecenter.org)



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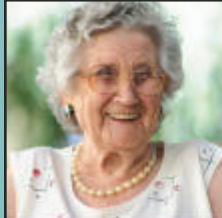
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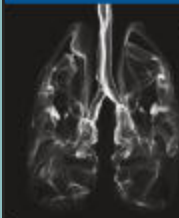
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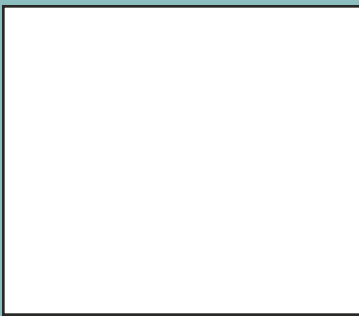


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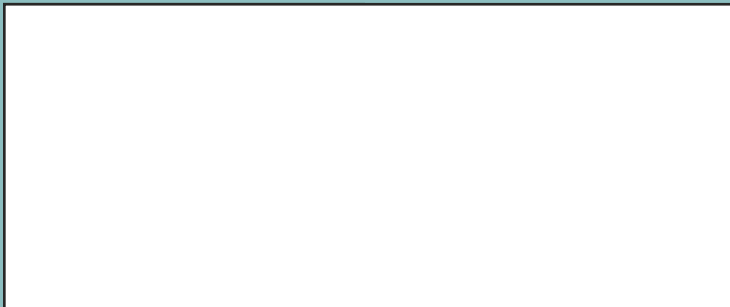



  
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# Loose Membership Information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birthday \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birthday \_\_\_\_\_

Street \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

City or Township \_\_\_\_\_ County \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Ethnicity (for office use only)  African American  Asian American  Hispanic  Native American  Caucasian

## LOOSE CENTER - LIABILITY WAIVER

I understand that there are risks of injury involved in participating in any Loose Senior Citizen Center exercise class or other exercise program or activity. I voluntarily assume the risk for any harm, injuries, or damages that I may sustain as a result of my participation in any exercise class, program, or activity. I certify that I am in good physical condition and that I am able to safely participate in the exercise class, program, or activity and to safely utilize any of the exercise equipment at the Loose Senior Citizen Center.

I am aware that none of the instructors at the Loose Senior Citizen Center maintain liability insurance coverage for any claims that might be asserted by participants against an instructor for injuries received in participating in a Loose Senior Citizen Center exercise class, program or activity.

I release the Loose Senior Citizen Center, its instructors, officers, directors, employees, volunteers, agents, representatives, successors, and assigns, from any and all liability for injuries, damages, or expenses resulting from my participation in any Loose Senior Citizen Center exercise class, program, or activity. This release is binding on my heirs, assigns, executors, administrators, and representatives.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

## PHOTO RELEASE

I grant to *Loose Senior Center*, the right to take photographs of me and my family in connection with any Loose event. I authorize the *Loose Center* its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that *Loose Senior Center* may use photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

I have read and understand the above:

Signature \_\_\_\_\_

## Membership Donation Payment Form

~~\$25~~ in County ~~\$30~~ out of County

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*\*This will be destroyed after payment is processed*

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV \_\_\_\_\_

# Travel & Trips

## Soaring Eagle

Thursday, July 22, 2021

**\$32**

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

### ***INCLUDES***

- Round Trip Motor Coach Transportation
- \$20 on Players Card
- *PLUS, earn 600 points on slots and receive a bonus \$10 in premium play.*
- \$10 Food Voucher
- \$10 Bingo Bucks Voucher
- Receive an additional entry into hourly drawings for every 100 points earned between 7AM - 2:59PM.

### *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.

**NOTE:** All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions. To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.

**More Trips Coming Soon!!!**

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

Please call the day before to reserve your lunch.

*Although if you forget, call the day of,  
often lunches are available.*

# May 2021 Menu

<b>3</b> Sub Sandwich Potato Salad Vegetable Sticks Fruit/Dessert	<b>4</b> Chili Cornbread Tossed Salad Fruit/Dessert	<b>5</b> Cabbage Rolls Mashed Potatoes Vegetable/Roll Fruit/Dessert	 <b>6</b> Mother's Day Lunch	<b>7</b> Coney Dog Salad Chips Fruit/Dessert
<b>10</b> Polish Sausage Roasted Potatoes Vegetable Fruit/Dessert	<b>11</b> Italian Wedding Soup Tossed Salad Roll Fruit/Dessert	<b>12</b> Biscuits & Gravy Eggs Sausage Fruit	<b>13</b> Pulled Pork Baked Beans Coleslaw Juice/Dessert	<b>14</b> Mystery Lunch!
<b>17</b> Hamburger Pasta Salad Chips Fruit/Dessert	<b>18</b> Potato Soup Ham Slider Vegetable Sticks Fruit/Dessert	<b>19</b> Tacos Chips Fruit Dessert	<b>20</b> Fundraiser Lunch!	<b>21</b> Mac & Cheese Broccoli Roll Fruit/Dessert
<b>24</b> Grilled Ham & Cheese Cottage Cheese Chips Fruit/Dessert	<b>25</b> Wonton Soup Egg Roll Vegetable Sticks Fruit/Dessert	<b>26</b> Brats Pasta Salad Chips Fruit/Dessert	<b>27</b> Spaghetti Salad Bread Juice/Dessert	<b>28</b> Mystery Lunch!

## Summer Kick-off Fundraiser May 20th 11:30-1:00pm

Drive up and pick up  
a full course meal for TWO...

**Outdoor Seating Available**  
Weather Permitting

**INCLUDES**  
Fried Chicken, Potato Salad, Corn  
on the Cob, Corn Bread, Apple Pie  
& Beverage  
All for \$25

-or-

\$15 for a Single Dinner

**Call and Order yours today!**  
810-735-9406

# May 2021

**EMAIL**  
lsc@loosecenter.org

**WEBSITE**  
www.loosecenter.org

*A variety of Books/Puzzles and Food Pantry items are available from 9 am - 2:30 pm just inside the North door at Loose. Please feel free to stop by and see what we have. Available as long as supplies last.*

**PHONE**  
810.735.9406

**FAX**  
810.735.4255

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Painting 11:30 Lunch <b>Sub Sandwich</b> 2:00 Yoga	4 9:30 Arthritis Exercise 11:30 Lunch <b>Chili</b> 2:00 Chair Yoga	5 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <b>Cabbage Rolls</b> 12:00 Woodcarving	6 10:00 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch <b>Symphony Boxed Lunch</b> 12:30 Line Dancing	7 9:30 Yoga 11:00 Zumba 11:30 Lunch <b>Coney Dog</b> 12:00 Knitting
10 9:30 CSFP 9:30 Painting 11:30 Lunch <b>Polish Sausage</b> 12:00 Book Club 2:00 Yoga	11 9:30 Arthritis Exercise 11:30 Lunch <b>Italian Wedding Soup</b> 2:00 Chair Yoga	13 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <b>Biscuits &amp; Gravy</b> 12:00 Woodcarving	14 8:00 Board Meeting 10:00 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch <b>Pulled Pork</b> 12:30 Line Dancing	15 9:30 Yoga 11:00 Zumba 11:30 Lunch <b>Mystery Lunch</b> 12:00 Knitting
17 9:30 Painting 11:30 Lunch <b>Hamburger</b> 2:00 Yoga	18 9:30 Arthritis Exercise 11:30 Lunch <b>Potato Soup &amp; Ham Slider</b> 2:00 Chair Yoga	19 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <b>Tacos</b> 12:00 Woodcarving	20 10:00 Chair Yoga 11:00 Fit 4 Ever <b>12:00—2:00 Fundraiser</b> 12:30 Line Dancing	21 9:30 Yoga 11:00 Zumba 11:30 Lunch <b>Mac &amp; Cheese</b> 12:00 Knitting
24 9:30 Painting 11:30 Lunch <b>Grilled Ham &amp; Cheese</b> 2:00 Yoga	25 9:30 Arthritis Exercise 11:30 Lunch <b>Wonton Soup</b> 2:00 Chair Yoga	26 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <b>Brats</b> 12:00 Woodcarving	27 10:00 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch <b>Spaghetti</b> 12:30 Line Dancing	28 9:30 Yoga 11:00 Zumba 11:30 Lunch <b>Mystery Lunch!</b> 12:00 Knitting
31 <b>Center Closed!</b> 				

**All Activities are subject to change or be cancelled. Operation of the center's activities are based on the orders set forth by the Health Department and Governor's Office.**

Friends, when Loose officially opens, we ask that you wait 30 days before you drop off ANY donations. This will include magazines, books, loan closet equipment etc.

*"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."*





**MASK UP**



**SPREAD OUT**



**WASH HANDS**

## Mask Up, Mask Right

**✓ Right**

What to wear



Three-layered washable cloth mask



Three-layered medical-grade disposable mask



Approved KN95

**✓ Right**

How to wear



Secured over the nose and mouth



Tightly fitting without gaping

**✗ Not right**



Neck gaiter or loosely tied bandana



Mask with vents



N95 masks intended for healthcare workers



Face shield worn without a mask (except for individuals who cannot medically tolerate a face covering)



Noticeable gaps, holes or vents

### Need help getting a mask?

Residents can pick up a free mask from partner sites across the state, including most local DHHS offices and Community Action Agencies. Find a distribution site at [Michigan.gov/MaskUpMichigan](https://Michigan.gov/MaskUpMichigan) or call the COVID-19 hotline at 888-535-6136.



Stay Safe,  
Stay Healthy



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



**June Fundraiser  
coming June 17th**

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

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