

LOOSE

November 2023



On Thanksgiving

From the Director

Loose Family,

"With all of the bad things that are happening in the world right now, I think we need a message of togetherness and true unity. I believe that starts with personal reflection and then we can find kindness toward each other." Marielle Heller

I find that the social and international conditions that I live in, affect my view and attitude toward the world I live in. A day does not go by that reflects negativity in our media and our personal lives. As much as I want my world to be positive and a special place to live, there is constant turmoil that enters into my days that causes me to have doubts.

So, today as a senior citizen, we all face many issues that effect who we are and those things we wish to accomplish. Before us are hardships such as inflation and the cost of surviving. We find that the cost of products we need such as food, clothing, gas and medicine are a constant concern. This is not a perfect world and we must find a way to make it a better place.

So let us start with family. This is the one bond that we can find hope. We feel safe and find joy and love for each other when we are together. It is a bond that reflects who we are and gives us peace internally. It is a moment when we remember better times and reflect on those special moments when our life was good Family also gives hope watching each members growth and success.

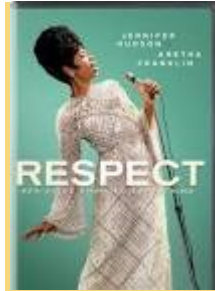
We also find solace in our time with friends. These are acquaintances we have met over time who we have bonded with and have drawn close to. We share stories of family, trips, things that we love and yes that "hole in one" that we will never forget. We travel, plan gatherings, go to games, movies, church and play our favorite card games together. We go to many activities at Loose to share these memories, enjoy each others company and interact through exercise, games, activities and education.

We have our own choice on how we react to the many complicated issues we face everyday. Many of which we have no control. We try to find a positive view of what effects who we are and pass it on to those we are close to. We need a personal reflection of our character. Once we have a clear understanding of our internal strength and our convictions towards our world, then we can spread a message of togetherness and find kindness toward each other.

All is well.

Carl Gabrielson

Executive Director - Loose Senior Center



MOVIE Day

Wed Nov 1st at 1:00 pm

RESPECT

Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.

Admission for Movie Day at Loose is free thanks to our generous sponsors—Provision Living. & Linden Pay it forward

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.



We would love to hear your ideas on places you would like to go and things you would like to do.

Come be a part of the **Travel Club**

Next meeting Nov 8 & 22 at 12:30

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."

NOVEMBER EVENTS

DUELING PIANOS



NOVEMBER 16TH
5:00-8:00 PM

The Cool2Dueling Pianos concept can be summed up in a single word: **FUN!** Combine two sharp-witted, incredibly talented musicians with two pianos on stage, and add a roomful of people. The result is an evening of fast, funny, unforgettable interactive entertainment. The musical repertoire ranges from classic rock to country, hard rock to R&B, oldies and show tunes to the newest Top 40 hits. Best of all, the audience is the star of the show-sending up requests, singing along to favorites, bantering with performers, and having the time of their lives. **Get your tickets now, they go fast.**

\$35
Ticket
Includes
5-6PM social
hour
1 glass of
wine
Additional
glass \$7
hors d'oeuvres
Then
Dueling Piano
6-8PM



Wine from the Fenton Winery
One glass with your ticket of admission
Extra glasses are \$7
Bottle price also available

Space is limited, get your ticket today



ProMedica
Coffee and Courageous Conversation
Wed November 15
Drop in from 10:00-11:00am

November is Hospice and Palliative care month
Stop in, ask any questions you may have,
Come have a cup of coffee

Medicare Open Enrollment
October 17-Dec 5 (by appt)
Counselors available to help you with any changes you may wish to make with your current health insurance. Counselors available to help you decide what might be a better choice for you.
Appointments fill up fast so call to make your appointment
810-735-9406



The Applewood Lecture Series at Mott Community College is starting up again for the 2023-2024 season

November 17, 2023
Briny Depths
Speaker: Ric Mixter

\$15 per person includes breakfast with musical entertainment by the MCC Music Students
Call the center at 810-735-9406
To have your ticket reserved at the door

BODY, MIND & SPIRIT

AEROBICS/CARDIO

Monday, 11:00am 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**

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 Starting up again in April

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 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! 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
11:00 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

9:00 am Biking Bunch
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
2:00 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

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

On Hold \$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!



Tai Chi \$7 drop in fee or punch card

Thursday at 2:30

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!

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!



Educational Arts and Creativity

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 knowledge.

QUILTING Friday, 9:30 am, 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.

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 Mon./Tues., 11 - 2 Wed./Thurs./Fri., 11 - 3:30

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

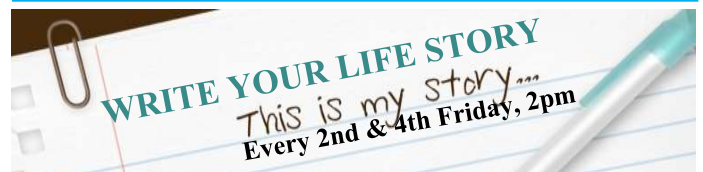
HORSESHOES Monday - Friday, 10:00am - 2:00pm



LOOSE CHORUS Fridays, 1:00PM

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

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.**

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.

Educational

Tues, November 14th, 9:30-10:30

Coffee 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!

Coffee
COPS and
Conversation



BOOKCLUB

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.

Upcoming Events



Harvest Dinner

Thursday, Nov 9th

5:00-7:00 pm

Enjoy a good old fashion meal of Turkey, potatoes, veggie, roll and a dessert

For only \$15

Listen to some live Country Music
Enjoy time with friends and family



Groove \$7
Mondays at 9:30 am

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone

Tai Chi \$7

Thursdays at 2:30 pm

Slow, intentional exercise directed towards keep moving, to help with arthritis and fall prevention



Euchre Tournament

Tuesday November 14th

12:30-3:30pm

Tuesday, Nov 7th 1:00 pm
Use your pennies for markers. Winner wins everyone's markers. Cards cost \$.25 or 6 for \$1. A variety of Bingo patterns played to keep it interesting. Money collected for cards is the prize at the end when playing a cover all

Entry Fee
\$7
Euchres
\$.25

Space is
Limited
Sign up
early



Cash
Prizes



Sign in will start at 12:00
Must be registered by 12:25
Can register ahead of time by
Calling 810-735-9406

My Thanksgiving Grocery List



Thank you to the participants of the Chili Cookoff
Charter Living
Vicinia Gardens
ProMedica
Provision
Dedi Care
Wellbridge
Genesee Gardens
Brookdale

Thank you to Financial Plus Credit Union
And Gordon Foods For help with the Dance
You are well appreciated

Upcoming Events



Tickets to the Red Wings Games

On sale now

\$110

**Includes bus trip to and from the game
Great seats top of the lower bowl behind the goal**

Thursday, Jan 11, 2024



**Red Wings
VS
Oilers**



Game starts at 7:00 pm

Thursday, February 29, 2024



**Red Wings
VS
Islanders**



Game starts at 7:00 pm



Charter
SENIOR LIVING
of Linden

3rd Wednesday of each month
2:00pm

Check out what craft
Douglas from Charter will be having
for you to make
Free class
Everything you will need is supplied
Come have fun with it.



The Linden High School
Student Council Free Dinner

**Tuesday, November 14
5:00pm**

A generous gift from the students to the
Loose Members. A meal of mostaccioli,
salad, bread and a piece of pie

Must be a Loose Member and have a ticket to attend.
Tickets are limited and given out at the Loose Center
Dinner is at the Linden High School



Mark your calendar

The Christmas Luncheon

Will be on Dec 7th
Lunch at 1:00

**The Ambassadors from
Fenton High School
Will be performing at
2:00**

Come enjoy the youth of today
Their talent of dance and music

SENIOR WINTER GAMES of Genesee County 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

2024 EVENTS INCLUDE



Pie Eating, Jigsaw Puzzle, Spades, Softball
Toss, Darts, Corn Hole, Checkers, Scrabble,
Yahtzee, Hand Knee Foot, Shuffleboard,
Competitive Table Tennis, Ping Pong,
Cribbage, Pinochle, Sudoku, Senior
Grand Prix, Free Throw, Euchre, Baking,
Pickleball, Miniature Golf, Line Dancing,
Mexican Train Dominoes, Spelling Bee, Arts & Crafts, Name That
Song, Pool, Frisbee Toss and Ladder Golf **Loose will be hosting
Pickleball! :)**

2024 Event Dates:

Monday, February 5-Thursday, February 29

Congregate November Meal Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Fruit Muffin-1 ea Mandarin Oranges-4 oz Salad Dressing Pkt-1 ea Milk-8 oz	2 Baked Mostaccioli w/Meat Sauce French Green Beans Steamed Corn Fresh Pear Breadstick 100% Fruit Juice-4 oz	3 Honey Glazed Chicken Fillets Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz Milk-8 oz
6 Cheese Ravioli w/Sauce Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea Milk-8 oz	7 Fiesta Chicken w/onions & Peppers Roasted Corn & Black Beans WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	8 Salisbury Steak w/Gravy Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	9 Asian Turkey Burger Sweet Potato Wedges Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz 100% Fruit Juice-4 oz	10 
13 New Orleans Chicken Stir-Fry Over Lo Mein Noodles Vegetable Blend-4 oz Hawaiian Roll Apricots-4oz Margarine-1 ea Milk-8 oz Fortune Cookie-1 ea	14 Pub Burger w/Cheese Potato Wedges Lettuce/Tomato/Onion Fruit Cocktail-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice 	15 Italian Wedding Soup Sweet Peas Buttermilk Biscuit Honey Packet Margarine Fresh Pear Milk	16 Chicken Fajitas Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells Birthday Cake Pineapple Cup 100% Fruit Juice-4 oz	17 Glazed Citrus Salmon Rice Pilaf Mixed Veggies WG Roll Margarine Mixed Fruit Cup Milk-8 oz
20 Swedish Meatballs Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	21 Turkey Breast W/Gravy Mashed Potatoes Chef Garey's Famous Green Beans HM Mac & Cheese Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4 oz	22 Crispy Chicken Salad w/Apples & Cranberries Cole Slaw-4 oz Potato Roll Diced Peas Milk-8 oz	23 	24 
27 Chili W/ Ground Beef Veggie Blend Corn Bake Strawberry Applesauce Milk	28 Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Fresh Apple 100% Fruit Juice	29 HM Beef & Bean Burrito-1 Sweet Corn w/Peppers-4oz Fresh Apple-1 Spanish Rice-4oz Margarine Milk	30 Philly Chicken w/Cheese Potato Wedges Veggie Blend Sub Bun Margarine-1 ea 100% Fruit Juice	

Advertisement

Important Information

LOOSE DID YOU KNOW???

The Loose Senior Center receives a portion of their yearly budget funding from the Genesee County Senior Millage? For us here at the center to show the county how we serve the community we need for all of you who visit to check-in at our kiosks so they can see you came to our center!

Please Remember to Check-In

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 WORD SEARCH BATTLE

Food and nutrition

Difficulty: Hard



Play this puzzle online at: <https://www.wordsearchbattle.io/topic/food-and-nutrition>

ASPARAGUS
 AVOCADO
 BEANS
 BEEF
 BROCCOLI
 CABBAGE

EGG
 FISH
 GRAINS
 GREENS
 KALE
 LAMB

NUTS
 OATMEAL
 PEAS
 PORK
 ROMAINE
 SALAD

SPINACH
 TOMATO
 TURKEY
 VEAL
 YOGURT

We at the Loose Center are thankful for ALL our members. We love seeing you in our center, going on a trip with us, or coming to pick up medical supplies you may need. The gathering of playing cards or getting fit by attending an exercise class, making friendships. We want to be a place you enjoy being a part of. Invite your friends and neighbors to join in the fun and knowledge we have to offer.



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.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

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

November

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> Jaclyn Placek <i>Executive Assistant</i> Dotti 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 Yoga 11:00 Cardio Aerobics 11:30 Lunch Movie Day 1:00 Card Play Pinochle/Bridge</p>	<p>MMAP Counselor 9:30 Caregiver tools 10:00 Chair Yoga 10:30 Coping with Grief 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beg Pickleball 2:30 Tai Chi</p>	<p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:30 Lunch 12:15 Pickleball 1:00 Chorus</p>	<p>4/5</p>
<p>9:30 Painting 9:30 Groove 11:00 Cardio/ Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>MMAP Counselor 9:30 NO Arthritis Class 11:00 Beg Line Dance 11:30 Lunch 12:00 Inter Line Da 1:00 Bingo 2:00 Chair Yoga</p>	<p>9:30 Yoga 10:30 Blood Pressure 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 12:30 Travel Club Meet 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>MMAP Counselor 8:00 Board Meeting 9:30 Caregiver Tools 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 No Card Play 1:00 Beginner Pickleball 2:30 NO Tai Chi HARVEST DINNER</p>	<p>CLOSED VETERANS DAY</p> 	<p>10</p> <p>11/12</p>

13	9:30 CSFP 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga	14	MMAP Counselor 11:30 Lunch 1:00 Euchre Tournament Girl's in Business	15	Hearing Screening 9:00 Ask a Lawyer 9:30 Yoga 11:00 Cardio/ Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Craft with Charter	18/19
17	MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:30 Lunch 12:15 Pickleball 1:00 Chorus	16	MMAP Counselor 9:30 Tools for Caregivers 10:30 Coping with Grief 11:30 Lunch Dueling Pianos 5:00 - 8:00pm Doors open at 5	24	CLOSED 	25/26
20	9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga	21	MMAP Counselor 9:30 Arthritis Exercise 11:00 Beg Line Dance 11:30 Lunch 12:00 Inter Line Dance 1:00 Happy Stamps 2:00 Chair Yoga	22		
27	9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga	28	MMAP Counselor 9:30 Arthritis Exercise 11:00 Beg Line Dance 11:30 Lunch 12:00 Inter Line Dance 1:00 Alzheimer's Support 2:00 Chair Yoga	29	30	

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.

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 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."

Special Services & Support

COPING WITH THE GRIEF

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

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.

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

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 Solu-



PODIATRIST **Next appointment: December 19**

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

2nd and 4th 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

Nov 6	Saganing Eagle's Landing	\$50/person
Nov 9	Turkeyville	\$106/person
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

Detailed flyers are available at the Loose Center.



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



November 9th
\$106/person



December 1st
\$109/person

Benefits of Senior Travel

It has been said that traveling is the only thing we can buy that actually makes us richer. The merits of this quote and the benefits of travel to mental, physical, spiritual, and emotional health has been well researched. Studies have found that:

- ~ Men who take annual vacations are 32% less likely to die from heart disease, a leading cause of death.
- ~ Women who take vacations at least twice a year are less stressed and less likely to experience depression.
- ~ Three days of vacation can drastically lower stress levels, even after the vacation ends.
- ~ Travel abroad can make the traveler more open-minded and emotionally stable.
- ~ Travel keeps seniors moving and active, often providing more opportunities to move than staying at home.
- ~ Travel can increase confidence as senior travelers overcome fears and get out of their comfort zone.

Travel Clubs for Seniors are a great way to travel with others.

You can find new senior travel partners and make friendships.

In Loose's club you can even travel with friends or family plus enjoy the company of new travel companions, for the only age restriction we have is for gambling trips.

We have meetings to help plan and get ideas twice a month on the 2nd and 4th Wednesday at 12:30pm here at the Center.

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.



Yearly Giving

Did you know that 62% of what Loose provides to the community comes at no cost to our members? Yes, we do receive funding from the Genesee County Senior Millage as well as funding from Southern Lakes through their Millage, but that is not enough to provide to our community what they have come to enjoy here at the Loose Center.

We want our members to know how much we appreciate them and are thankful for all they do here at the center and for the center, but without the donations of members like you we can not continue to do what we do. Yes we hold fundraisers, like our Chili Cook-off, special dinners and the one loved by most and our biggest, the Dueling Pianos each November.

Below you will find a form, if you feel as though you wish to donate, you may use this form to do so. This form is also used to pay your membership donation. Just a reminder, in county members are funded by our county millage. Seniors that do not live in Genesee County we do ask that you would consider a \$35 donation.

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: _____

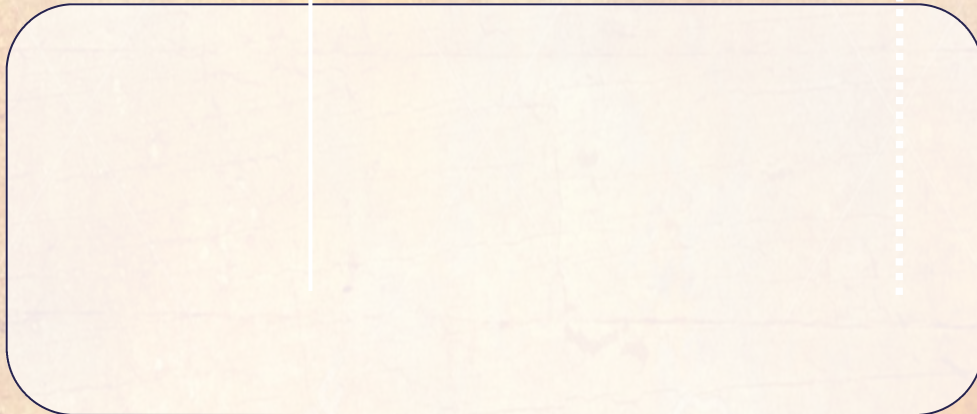
Email: _____

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

THANK YOU FOR YOUR CONTINUED SUPPORT



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



A LOOSE FUNDRAISER



Tickets \$35
per person

hors d'oeuvres, wine
& **DUELING PIANOS**

November 16th

5pm - 8pm