



**LOOSE**

October 2023

# From the Director

Loose Family,

Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale." Lauren Destefano, Wither

Our life is a lot like "Fall". In the "Spring" we experience the exuberance of youth. A time of learning, growing, and friendships. Our innocent's was our gateway to our future. We learned by our mistakes, our failures and our successes. In most cases, it was a wonderful time.

The "Summer" of our lives is a time when we get to benefit from our days of "Spring". We use the education and learning experiences to build a life style that fits our character. We take on a career that challenges us to succeed. In most cases we find a person who shares our interests and build a family of love. We take on extra curricular activities likes sports and travel to make our time complete. This is our season of memories and moments that will carry us into our coming "Fall".

"Fall" is the season of our lives that encompasses all our accomplishments, and successes. We celebrate our family and friends. It is the moment in our life when we slow down and we enjoy the fruits of our labor. We now have time to travel to places we only dreamed of. Visiting relatives we have not seen in a long time. Attending activities of our grandchildren and great grandchildren. We discover that you still like golf and even learn how to play pickleball. Who doesn't like to see the morning light and then rollover and go back to sleep for another hour. Then there is that morning coffee on the back deck watching the sun rise, And with more time in our life we find we reconnect with our family and catch up with those times that passed us by in our "Summer" of time.

Oh how special is our "Fall". It is the season that gives us a time in space to celebrate the life we have created. It is the last hurrah as we enter into "Winter". It is a time when everything pauses to give us a chance to reflect on our accomplishments and be with those close to us. "Winter is near and our seasons our coming to a close. Go out and make your "Fall" the best season of your life.

All is well.  
Carl Gabrielson  
Executive Director  
Loose Senior Center



## MOVIE Day

Wed October 4th, 1:00 pm

### TICKET TO PARADISE

Academy award winners George Clooney and Julia Roberts team up as exes who find themselves on a shared mission to stop their lovestruck daughter from making the same mistake they once made. Ticket to Paradise is a romantic comedy about the sweet surprise of second chances

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 Oct 18th 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."*

# OCTOBER EVENTS

## Chili/Dessert Cook off

Thursday, Oct 19th

4:00-6:00pm

Just before the big game

Tailgate with a cook off

University of Michigan

Vs

Michigan State University

Vendors from various assisted living compete for the best chili and/or best dessert. They need your vote. Come enjoy all the chili and dessert you want for

only \$10

Music by  
Spring Chickens

Listen to the band, enjoy the chili & desserts, have fun



BEING A  
CAREGIVER  
IS A WORK OF  
HEART



## POWERFUL TOOLS FOR Caregivers

Thurs Oct 19-Nov 16

9:30-11:00 am

Meetings are once a week, for 6 weeks. There is no cost for the class, donations are welcome for the class materials

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially, Joining our Powerful Tools For Caregivers will help you: Reduce stress, improve self-confidence, balance your life



Valley Area  
Agency On Aging

BINGO

Tuesday, Oct, 3rd 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

## Euchre Tournament

Tuesday Oct 10th

12:30-3:30pm



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

Entry Fee  
\$7  
Euchres  
\$.25

Space is  
Limited  
Sign up  
early

Cash  
Prizes



Spinal Health  
Tuesday Oct 17th  
10:30 am

Topics include low back pain and neck pain, arthritis help and chiropractic care. Spinal health is vital to your overall health and well being.

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

# BODY, MIND & SPIRIT

## AEROBICS/CARDIO

Monday, 11:30am and Thursday, 1pm

**\$7 drop in fee or punch card**

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

## ARTHRITIS FOUNDATION EXERCISE

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

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



## BIKING BUNCH

Wednesdays @ 9 am.

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

Ride leader will get in touch with you about riding events.

## GROOVE

Mondays at 9:30 am **Back in November**

**\$7 drop in fee or punch card**

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

## LINE DANCE

Tuesday, Beginning 11, Intermediate, 12 noon

**\$7 drop in fee or punch card**

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



## PICKLEBALL \$7 drop in fee or punch card

Thursday, 2pm - 3:30 pm - Beginner/Instructional

Friday, 12:30pm - 3pm - Intermediate

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, *Pickleball* is a fun, active game that can be mastered by anyone. We have a wonderful and welcoming group. Stop in, watch and give it a try.

## STRENGTH AND BALANCING

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

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



## PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

### MONDAY

10:00 am Groove  
11:30 am Aerobics/Cardio  
2:00 pm Yoga (Gentle Flow)

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

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

### FRIDAY

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

## YOGA \$7 drop in fee or punch card

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

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

## ZUMBA GOLD

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

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



## 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**

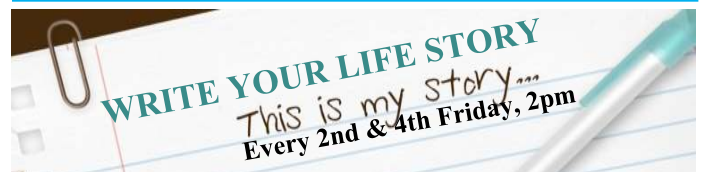
**HORSESHOES Monday - Friday, 10:00am - 2:00pm**



## 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, October 10th, 9:30-10:30

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



## BOOKCLUB

### 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

alzheimer's  association

## LIVING WITH ALZHEIMER'S

October 18th

9:30am

An education program by the Alzheimer's association. When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be Made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skill, programs and services. This program will help provide answers to the questions that arise in the early, middle and late stages of the disease.. Find out what you need to plan and what you can do at each point along the way  
24/7 Helpline: 800-272-3900 [helplinegmc@alz.org](mailto:helplinegmc@alz.org)

## Calming Clay Workshop

Sponsored by Fenton Arts Council

Wednesday Oct 4th & 11th

9:30-11:00am

Attend one or both

Create a small dish using air dry clay and learn about various hand building clay techniques including coil, pinch and slab construction. Benefits of the calming nature of clay and creativity. A one day option will be taught if you are unable to attend both .



This program is sponsored by the Greater Flint Arts Council  
Share Art Genee See Program made possible by the  
Genesee County Arts Education and Cultural Enrichment Millage Fund.  
Your tax dollars are at work!



## Fall Fling Dance

Wednesday Oct 25th

5:00-7:00 PM

\$15 single \$25 couple

**Put on your dancing shoes Come dance, eat and have fun**

**Let the DJ know what you want to dance to. Enjoy a slow dance with that special someone or line dance with a group of friend. Keep the music and dance going**



Coming Back in the Fall

Tai Chi \$7 starting

Thursday Oct 5th at 2:30pm

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



Returning in November \$7

Groove on Mondays at 9:30am

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

## Harvest Dinner

Thursday, Nov 9th

5:00-7:00 pm

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

**For only \$15**

Listen to come country music  
Enjoy time with friends and family

 PROMEDICA | Your Health. Our Mission.

Learn about Diet & Disease

Tuesday October 24th

10:30 am

A nurse from ProMedica Senior Care will be here to talk about the importance of a healthy diet. What it can mean to eat healthy to stay healthy



# Upcoming Events



## 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**



Do you know someone in the community who wants to meet other people, playing cards, joining in on a fitness class or learning a craft? Maybe they need help with veteran services or Medicare. Have them stop by and pick up an application to join the center. Invite them to join the 50+ group and have some fun!

Would like to give a special thank you to all our volunteers that have helped us throughout the year. Whether it is helping with an event, keeping our center organized, caring for our health or offering your services in legal issues, you are greatly appreciated. We could not do what we do here if it wasn't for all your help and support

**THANK YOU**



**MOTT COMMUNITY COLLEGE** | LIFELONG LEARNING

The Applewood Lecture Series is starting up again for the 2023-2024 season

October 20, 2023

Chairlady of the Genesee Co.  
Commissioners

\$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

**Congregate October Meal Menu 2023**

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz</p>	<p>Chicken Salad Sandwich Croissant carrot sticks 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz</p>	<p>Salisbury Steak Redskin Mashed Potatoes Cauliflower-4 oz Strawberry Applesauce-4 oz Dinner Roll w/Margarine-1 ea 100% Fruit Juice</p>	<p>Turkey &amp; Cheese Sub-1 ea Lettuce, tomato, onion Steak House Potato Salad-4 oz Diced Pears Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice</p>	<p>Santa Fe Salad w/ Chicken w/HM Corn &amp; Black Bean Salsa Tortilla Strips-1 oz Fruit Cocktail-4 oz Pasta Salad-4 oz Salad Dressing Milk 8 oz</p> 
<p>BBQ Pulled Pork-3 oz Diced Potatoes-1 ct Vegetable Blend-4 oz Mandarin Orange Cup-1 ct Mini Sub Bun-1 ct Margarine-1 ea Milk 8 oz</p>	<p>Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice</p>	<p>Creole Steak In Sauce-1 ea European Vegetables-4 oz Sliced Beets-4 oz Potato Roll-1 ct Margarine-1 ct Tropical Fruit Salad-4 oz Milk 8 oz</p>	<p>HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread &amp; Margarine- 1 ea Pears-4 oz 100% Fruit Juice</p>	<p>Sweet and Sour Meatballs- 6 ea Brown Rice Green Beans-4 oz Pineapple Tidbits-4 oz Flatbread-1 ea Margarine-1 ea Milk 8 oz</p>
<p>Meatloaf w/gravy-3 oz Mashed Potatoes Sweet Peas-4 oz Wheat Roll- 1ct Margarine-1 ct Cinnamon Applesauce 100% Fruit Juice</p> 	<p>Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz</p>	<p>Chef's Choice</p> 	<p>HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake</p> 	<p>Crusted Fish-1 ea Au Gratin Potatoes-4 oz Cole Slaw-4 oz Pineapples-4 oz Potato Roll-1 ea Margarine-1 ea Milk 8 oz</p>
<p>HM Bean Soup w/ Turkey Ham Baby Carrots-4 oz Warm Apples-4 oz Corn Muffin &amp; Margarine-1 ea Milk 8 oz</p>	<p>Beef Teriyaki w/Rice &amp; Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice</p>	<p>HM Sloppy Joes-3 oz Garden Pasta Veggie Blend-4 oz Cauliflower-4 oz Fresh Apple-1 ea WG Bun-1 ea Margarine-1 ea Milk 8 oz</p>	<p>HM Chicken &amp; Noodles Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit Margarine-1 ea 100% Fruit Juice Cookie of the Month</p> 	<p>Breaded Turkey Sandwich Ranch Potato Wedges macaroni Salad Whole Wheat Bun Fresh Apple Milk 8 oz mayo pkt</p>
<p>HM Beef Goulash-8 oz Carrots-4 oz Spinach-4 oz Corn Bread-1 ct Peach Cup-4 oz Margarine-1 ct milk</p> 	<p>Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice</p>			

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.

## Sweet Potato & Black Bean Chili

### Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2 ½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

### Directions

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

### LOOSE DID YOU KNOW???

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



**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

# October

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/  
SUNDAY**

<p>2</p> <p>9:30 Painting 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>3</p> <p>9:30 Arthritis Exercise 11:00 Beg Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 1:00 Bingo 2:00 Yoga</p>	<p>4</p> <p>9:30 Calming Clay 9:30 Yoga 11:00 Cardio Aerobics <b>11:30 Lunch</b> Movie Day 1:00 Card Play Pinochle/Bridge</p>	<p>5</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play 1:00 Beg Pickleball 2:30 Tai Chi</p>	<p>6</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:15 Pickleball 1:00 Chorus</p>	<p>7/8</p>
<p>9</p> <p><b>9:30 CSFP</b> 9:30 Painting 11:00 Cardio/ Aerobics <b>11:30 Lunch</b> 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>10</p> <p><b>Vet Services (by appt)</b> 9:30 Arthritis Exercise 9:30 Cops &amp; Conversation 11:00 Beg Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 12:30 Euchre Tournament 2:00 Chair Yoga</p>	<p>11</p> <p>9:30 Calming Clay 9:30 Yoga 10:30 Blood Pressure 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 12:30 Travel Club Meet 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>12</p> <p><b>MMAP Counselor</b> 8:00 Board Meeting 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Card Play 1:00 Beginner Pickleball 2:30 Tai Chi</p>	<p>13</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:15 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>14/15</p>

<p>16</p> <p>9:30 Painting 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>17</p> <p><b>No</b> Arthritis Exercise 10:00 Blood Pressure 10:30 Spinal Health 11:00 Beg Line Dance <b>11:30 Lunch</b> 12:30 Intermediate Line Dance 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>18</p> <p>9:00 Ask a Lawyer 9:30 Yoga 9:30 Living with Alzheimer's 11:00 Cardio/ Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 12:30 Travel Club 1:00 Card Play (Pinochle/Bridge)</p>	<p>19</p> <p><b>MMAP Counselor</b> 9:30 Tools for Caregivers 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Beginner Pickleball 1:00 Card Play 2:30 <b>NO TAI CHI</b> <b>4:00 Chili Cookoff</b></p>	<p>20</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus</p> <p>21/22</p>
<p>23</p> <p>9:30 Painting 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>24</p> <p><b>Podiatrist (By appt.)</b> 9:30 Arthritis Exercise 10:30 Diet &amp; Disease 11:00 Beginner line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 1:00 Alzheimer's Support 2:00 Chair Yoga</p>	<p>25</p> <p>9:30 Yoga 11:00 Cardio Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 12:30 Travel Club 1:00 Card Play 2:00 Grief Support <b>5:00-7:00 Fall Dance</b></p> 	<p>26</p> <p><b>MMAP Counselor</b> <b>Vet Service (by appt)</b> 9:30 Tools for Caregivers 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Beginner Pickleball 1:00 Card Play 2:30 Tai Chi</p>	<p>27</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p> <p>28/29</p>
<p>30</p> <p>9:30 Painting 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>31</p> <p>9:30 Arthritis Exercise 11:00 Beginner Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>		<p><b>BOARD OF DIRECTORS</b></p> <p>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><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>Travel Coordinator</i> Specialist Gwen Fannon <i>Office Coordinator</i> Tracy Gabrielson <i>Maintenance</i></p>

# MEMBER PRIVILEGES & FUNDRAISING



## FREE BREAD

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

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

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



### GREETING CARDS

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

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

### A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.

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

### UPS STORE DISCOUNT CARD

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



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

### GIFTS AND DONATIONS

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

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

## WE SAVE...YOU CAN HELP

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

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

**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](mailto:lsccl@loosescenter.org) so we can spread the sunshine.



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

# Special Services & Support

## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

This service is available by appointment only. To schedule an appointment, call the Department of Veterans Services at 810.257.3068 for more information and to schedule an appointment.

## 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

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

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

## HEARING SCREENINGS

**3rd Wednesday of each month, 10:00am-12:00pm, FREE By Appointment**



**Provided by: Your Hearing Solution**

## PODIATRIST **Next appointment: October 24th**

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

Oct 5	Autumn Adventure	\$107/person
Nov 6	Saganing Eagle's Landing	\$50/person
Nov 9	Turkeyville	\$106/person
Dec 1	Holiday Church Tour	\$109/person
<b>2024</b>		
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.



### Travel Policy Change

When signing up for a trip, you will be asked to fill out a form so that we have your emergency contact information.

If you are already a member we will be asking for you to just confirm the information we have or update the information.

Non-members we will ask for this form so that we do have the information to relay to our escort on the trip.

*adventure*  
AWAITS



*Autumn Adventure*

August 5th  
\$107/person



**October 11-12, 2023**  
**\$175.00**

Stops at St. Ignace and overnight  
Sault Ste. Marie



November 9th  
\$106/person



*Holiday Church Tour*

December 1st  
\$109/person

### 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 Club

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 once a month on the 2nd Wednesday at 12:30pm here at the Center.

If your interest has been peaked... Fill the form out below and return it to Loose to be added to the club's mailing list for more information.

## Loose Travel Club - Sign Up

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

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

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Types of Travel you are interested in:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

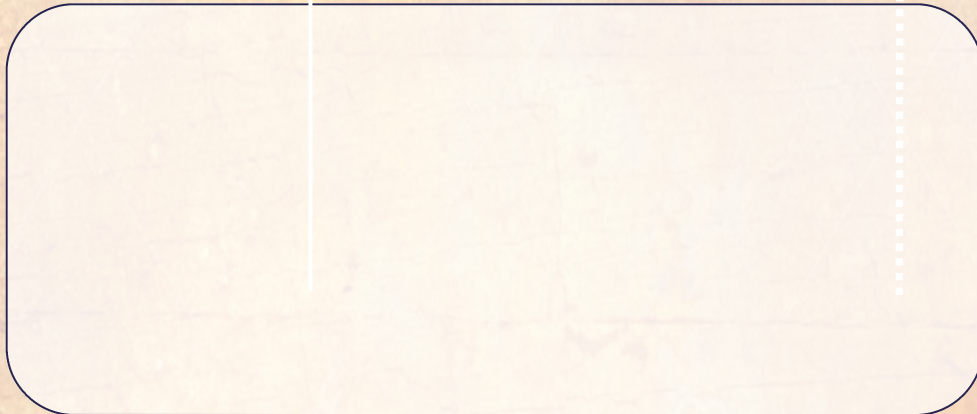
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A LOOSE FUNDRAISER



Tickets on sale now!

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

**November 16th**

**5pm - 8pm**