



LOOSE

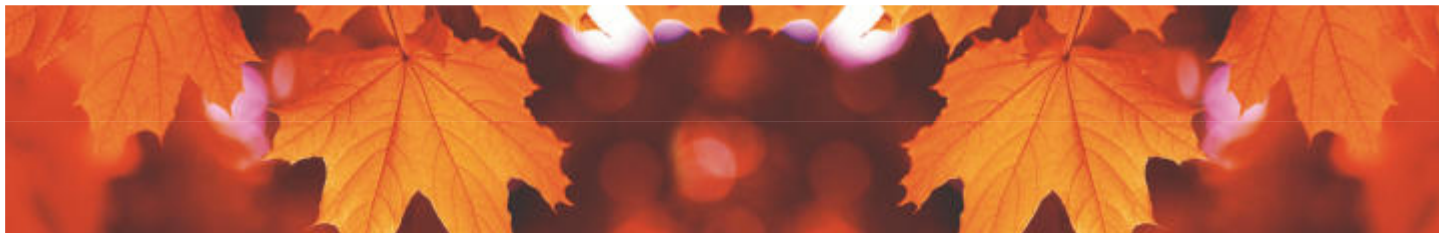
25 Years!
1996-2021

September 2021

*The change the leaves
display shows that change is
a beautiful, good thing*

Please be patient as we
bring activities and events
back to the center

The contents of this newsletter is
SUBJECT TO CHANGE without notification



From the Executive Director

September, a time of year when the seasons change. We have enjoyed long warm sunny days, beautiful gardens, green leaves, travel and vacations. We become accustomed to the fun and relaxation that is summer. We now must prepare for fall. We will experience shorter days, cool mornings, colorful leaves, yard work and harvesting of our gardens. Even though we will miss the pleasures of summer, we must now face the fact that those days have past and adjust to what stands before us.

The Loose Senior Center too is facing change. The days of extended hours and weekends are no longer possible. The enjoyment of coffee and snacks have been discontinued and socialization is not recommended in an indoor confined space. Masks and social distancing is encouraged when you have large groups indoors. During the pandemic there were many conditions that had to be followed. The staff was mandated to wear masks. The building needed to be cleaned after every use of space during the day. Lunches were required to be take out. Our biggest challenge was when Loose was in lockdown and all activities stopped.

Today, the staff working under exhausting conditions has the Loose Center operating at 85%. Many of the programs and popular events are now in place. Unfortunately not all of these could be scheduled on the same day and time. Changes had to be made to configure the overall planning of each day. As time goes by, programming will continue to expand, as more time becomes available.

The Loose Center will continue to be a place where people can come and enjoy its many possibilities. Travel, exercise, activities, gambling trips, services and lunch will always be part of the excellence that the center, volunteers and staff have always strived for to make the Loose Senior Center a Unicorn of all senior centers. So please be patient, and understanding. Everything is being done to make you, the community, happy with all Loose represents.

All is well
Carl Gabrielson
Executive Director
Loose Senior Center

Activities

MOVIE DAY

September 1st!

12 noon

Changes in September!

Happy Stampers
3rd Tuesday 1:00-2:30
Except in September - 2nd Tues. 9/14

Wii Bowling
Open Bowling - No Teams
Tuesday's 11:00-1:00

Podiatrist
1st Tuesday by Appointment Only



PROJECT FRESH COUPONS AVAILABLE NOW

Project FRESH provides participants with coupons to purchase fresh fruits and vegetables at local farmers' markets. Seniors 60 and older with incomes of 185% of poverty or less and living in Genesee County are eligible for Senior Project FRESH. Each eligible household will receive coupons to use throughout the summer to purchase fresh, nutritious, unprepared, locally grown produce from authorized Michigan farmers' markets and roadside stands.



"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."

COOKING FOR ONE

Thursday, October 7, 1pm
Cost: Free (Thank you to VAAA)

- ◆ Learn ways to make cooking for one simple and enjoyable.



- ◆ Learn helpful tips and tricks to making healthy choices, eating well and being active.
- ◆ Participate in cooking real recipes for one.

Call Loose and register for this class.

"ANYONE CAN PAINT" Class Minimum: 6
2nd Thursday of each month, 1-3 pm, \$25

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

PODIATRIST

Tuesday, September 7th (by appointment)

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

HAPPY STAMPERS

3rd Tuesday of each month, 1 pm, FREE

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



Do You Need A Ride To Loose???

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

Please call (810) 780-8965.



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

Current Loose Activities

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.

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.

FIT4EVER (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 DANCING (Thursday, Beg. 12:30pm) Fee \$5

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

TAI CHI *modified Yang form* (Currently on Hold)

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!

LITERARY STUDIES (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!

"ANYONE CAN PAINT" (2nd Thursday 1-3pm) Fee \$25

Class Minimum: 6

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

PAINTING (Monday 9:30am)

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

Must bring and use own materials, there will be no sharing.

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, 1:00-3:00pm)

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.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

We welcome John Stilley and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Make sure to call Loose for an appointment.

ASK THE LAWYER (3rd Wed. of the month, 9:30 am-11:30 am)

Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

CONSUMER FRAUD ASSISTANCE

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sherriff at 810.341.5923.

LOAN CLOSET

If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate in good condition, feel free to drop it off during business hours behind the building at the barn on the west end of the building.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM

2nd Monday of each month, 9-10 am

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

Loose Activities



Tues, September 14th , 9:30-10:30
Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City Police

Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



Card Play 1pm-3pm

Mondays

Euchre and Mahjong

Wednesdays

Pinochle and Bridge

Thursdays

Open Card Play 9-11

(3rd Thursday NO cards)



MASSAGE

By appointment each Tuesday!

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a chair massage for as low as \$15. Call Loose at 735.9406 for details or to schedule your appointment with Donna Roberts, CMT.

WRITE YOUR LIFE STORY
This is my story...

2nd and 4th Friday's—9:30-11:00

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.

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

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 1 pm

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

ONE-ON-ONE FINANCIAL HELP

Last Wednesday of the month, 10:00 am

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 4th Wednesday of each month. This service is available by appointment only.

To schedule an appointment, call Loose Center at 735.9406.



GRIEF SUPPORT GROUP

2nd & 4th Wednesday every month @ 2

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

LOOSE FITNESS CLASS PUNCH CARD

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



OUTDOOR GAME PLAY

Daily 10am - 2pm

* Cornhole

* Horse Shoes

Please check-out bean bags from the front desk and check them back in when finished

September 2021

PHONE
810.735.9406
FAX
810.735.4255

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

OFFICE HOURS
Monday - Friday
9:00 am- 4 pm

MONDAY

TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

SATURDAY/SUNDAY

BOARD OF DIRECTORS

Frank Lukowski, President
Ken Wensel, Vice President
Ann Deemer, Secretary
Brad Dick, Treasurer
Mary Auge
Ray Culbert
Roby Deese
David Kincaid
Pat Lockwood
Joetta Pyles-Zalewski

<p>Center Closed</p> 	<p>6</p> <p>Podiatrist 9:00 Massage 9:00 Vet Services 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling 11:30 Lunch 2:00 Chair Yoga</p>	<p>7</p> <p>9:00 Biking Bunch 9:30 Yoga 10 - 2 Outdoor Games 11:30 Lunch 12:00 Woodcarving 1:00 Card Play (Pinochle & Bridge)</p>	<p>8</p> <p>9:00 Biking Bunch 9:30 Yoga 10 - 2 Outdoor Games 11:30 Lunch 12:00 Woodcarving 1:00 Card Play (Pinochle & Bridge) 2:00 Grief Support Group</p>	<p>9</p> <p>MIMAP Counselor 8:00 Board Meeting 9:00 Travel Show-Zoom 9:00 Open Card Play 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 Lunch 12:30 Line Dancing (Beg) 1:00 Anyone Can Paint</p>	<p>10</p> <p>MIMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 Lunch 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p>	<p>4/5</p>	<p>3</p> <p>MIMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p>	<p>2</p> <p>MIMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 11:00 FIT4EVER 11:30 Lunch 12:30 Line Dancing (Beg)</p>	<p>1</p> <p>Biking Bunch 9:00 Yoga 10 - 2 Outdoor Games 11:30 Lunch 12:00 Woodcarving 1:00 Card Play (Pinochle & Bridge)</p>	<p>1</p> <p>9:00 Biking Bunch 9:30 Yoga 10 - 2 Outdoor Games 11:30 Lunch 12:00 Woodcarving 1:00 Card Play (Pinochle & Bridge)</p>	<p>11/12</p>  <p>NEVER FORGET 9/11</p>
--	--	---	--	--	---	------------	---	--	--	---	--

BEALE ST. SMOKEHOUSE BBQ

"Award Winning BBQ"
www.BealeStSmokehouse.com

2461 North Rd.
Fenton, MI
(US-23, Exit 80)
810-750-0507

Dine-In, To-Go, Catering, Full Bar and Live Music every Weekend!

Mini-Lunch Specials
Daily 11:00 a.m. - 4:00 p.m. \$7.69
Dine-In Only

LINDEN'S COMPLETE AUTO REPAIR



417 W. Broad Street
Linden, MI 48451
810-735-9911
lindenautorepair.com

FREE Loaners
FREE Diagnosis
FREE Shuttle Service

\$34.99
Expires 5/1/2021

INCLUDES:

- BASIC OIL CHANGE
- ALIGNMENT CHECK
- TIRE ROTATION
- 27 MULTI-POINT INSPECTION

Real Living

Tremaine Real Estate
John Tremaine.com
810-444-0495



Trusted Advisor, Skilled Negotiator, Expert Facilitator

Abbey Park
INDEPENDENT SENIOR LIVING



"Live Here... for the Best of Your Life"®
Independent Senior Living with
Personal Care Assistance Available
3221 E Baldwin Rd • Grand Blanc
(810) 606-1110 • www.abbeypark.com

THE BRANCHEAU LAW FIRM
FAMILY LEGACY PLANNING

Wills • Trusts • Probate • Elder Law

Stacey N. Brancheau
Attorney at Law and Certified Financial Planner™

1100 Torrey Rd., Ste. 200, Fenton, MI 48430
(810) 629-2222
www.BrancheauLaw.com

Find Your Better State.

800.535.0517
TheStateBank.com

THE STATE BANK

Member FDIC
Equal Housing Lender

Vibrant Life Senior Living


People Helping People Thrive!

8800 Monroe Rd.
DURAND

THE LODGE OF DURAND
(989) 288-6561
vibrantlifeseniorliving.com

Are you considering assisted living?
We are here for you.
Move-In Special
For our Loose Senior Center Friends
\$3,000 total savings!

To help feel connected with loved ones, a complimentary Smart Device will also be given upon admission.
Call Stephanie and mention this offer to receive the special and Smart Device at the time of move-in.
Assisted Living and Memory Care suites available.



Symphony
LINDEN

810.623.2075 | symphonylinden.com



Argentine Care Center

Specializing in short term rehabilitation & long term care
Family Owned- Our Family Caring for Your Family
9051 Silver Lake Road • Linden, MI 48451
Tel: **(810) 735-9487**
www.argentinecarecenter.com



Choose **EPIC** Rehabilitation after Surgery or Hospitalization!



Fresh
WBs Bistro



**WELLBRIDGE
OF FENTON**

YOUR BRIDGE TO RECOVERY AND WELLNESS

www.thewellbridgegroup.com

EPIC

Excellence · Passion · Innovation · Care

★ ★ ★ ★ ★
PROUD TO BE FIVE STAR RATED BY CMS!

901 Pine Creek Drive, Fenton, MI 48430 • PHONE: 810.616.4100

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Terry Sweeney**
to place an ad today!
tsweeney@4LPi.com or
(800) 477-4574 x6407

BARTLETT LAWN, LANDSCAPING & SNOW SERVICE

We do it All!

Spring & Fall Clean-up
Mowing • Trimming • Edging
Lawn Aeration • Dethatching
Lawn Rolling • Landscaping
Mulch • Stone & Brick Pavers
Rototilling • Retaining Walls
Experienced Tree Climber
Tree Removal/Trimming
Brush Hogging • Stump Grinding
Land Clearing • Field Mowing
Driveway & Road Grading
Snow Plowing • Shoveling • Salting

★ ★ ★
Senior & Veteran Discounts
★ ★ ★

Residential / Commercial
Free Estimates
Fully Insured • Licensed
40 Years Experience
All Local Workers

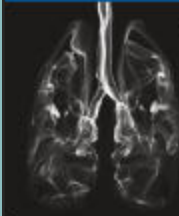
Duane | 810-275-4241

*Where public transportation
goes, community grows!*



Customer Service
(810) 767-0100
www.mtaflint.org

CAN YOU SEE HOW SMOKING HAS AFFECTED YOUR LUNGS?



**CHEST X-RAYS ALONE
ARE NOT ENOUGH!**
Early detection of lung
cancer leads to easier
treatment, reducing
deaths by 20% more
than chest x-rays alone.

TALK TO YOUR DOCTOR & GET AN ORDER FOR

CT LUNG SCREENING

UTILIZING A SPECIFIC LOW-DOSE (LDCT) PROTOCOL

92%

CT Lung Screening:
Fast, Affordable, Safe

- Choose the **ONLY** imaging center in Fenton. Convenient & Comfortable
- Cash pay option costs less than a month of smoking
- Covered by most insurances - visit rmpc.net/ctlung to see if you qualify

Early Detection



15%

Late Stages



Survival Rates

810-732-1919

Fenton • Lennon Rd, Flint • Grand Blanc • Novi

*"Outpatient
physical therapy that
comes to you!"*

TREATING: POST-SURGICAL,
ORTHOPEDIC INJURIES,
BALANCE, CONCUSSION,
VERTIGO/DIZZINESS

Dr. AnnMarie Blankertz, PT, DPT
810-215-9222
info@gomobiletherapy.com



*I participate
with Medicare
(Part B)*

Serving Linden
& surrounding
areas



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicomunities.com

15-0685



Harold M. Koehler, DPM
Medicine & Surgery
of the Foot & Ankle

4038 Grange Hall Road, Holly, MI 48442
248 / 634-6200

*Come See Us, We're
at Loose Monthly!*

Find us on

5111 Woodlands Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-9488

www.woodhavensenior.com

health markets

**Overwhelmed by Medicare options?
I can help make it simple**

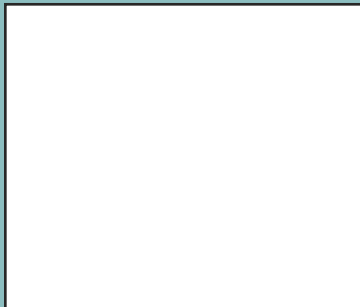
Will Weaver | (248) 985-4860
Licensed Insurance Agent | will.weaver@healthmarkets.com

Senior Living Community

*Fenton's Best Kept Secret
for Seniors 55+*

Vicky Coppler
Community Manager

201 E. Elizabeth • Downtown Fenton
(810) 629-1179
millpond@kmgprestige.com



**THIS SPACE IS
AVAILABLE**

MANNOR LAW GROUP
Excellence in Estate Planning and Elder Care

We help families plan for all stages of life

- ◆ Update Your Will & Trust
- ◆ Protect Assets From Nursing Home
- ◆ Power of Attorney & Living Will

Now Offering Phone, Video Conference & In-Person Meetings - Call Now To Get Started

	CALL US M-F 9AM-5PM	VISIT US ONLINE WWW.MANNORLAW.COM SERVING TWO LOCATIONS
	GRAND BLANC (810) 694-9000 ROCHESTER (248) 605-3908	

**support our
ADVERTISERS**

**Generations of Service
to the Community**

sharpfuneralhomes.com



<p>Miller Road Chapel Roger L. Sharp, Founder & Manager 8138 Miller Road • Swartz Creek (810) 635-4411</p> <p>Fenton Chapel Michael T. Scully, Manager 1000 Silver Lake Rd • Fenton (810) 629-9321</p>	<p>Linden Chapel Stephanie Sharp Foster, Manager 209 E. Broad St. • Linden (810) 735-7833</p> <p>Funeral Home & Cremation Center Jennifer Sharp Scully, Manager 6063 Fenton Road • Grand Blanc (810) 694-4900</p>
--	---

- COMPASSION. DIGNITY. RESPECT. -

ivyrehab
PHYSICAL THERAPY
LINDEN

319 South Bridge Street
Linden, MI 48451
(810) 735-0010
www.ivyrehab.com/location/linden-mi/

*Specialized individual treatment in
orthopedics, geriatrics, vestibular
problems, balance training and
post-surgical rehabilitation*

It's all about the people®

ivyrehab
PHYSICAL THERAPY
FENTON

400 Rounds Drive
Fenton, MI 48430
(810) 750-1996
www.ivyrehab.com/location/fenton-mi/

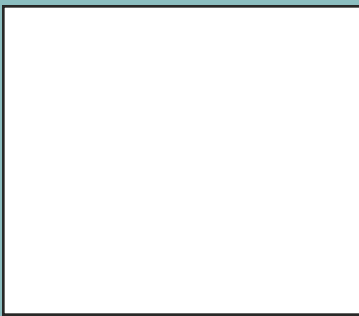


4-D-5-5

For ad info. call 1-800-477-4574 • www.lpcommunities.com

15-0685

Patricia McGarry, DDS
Justin Schultz, DDS
 Accepting New Patients
 20% Discount for Senior Citizens
New Patient Special
 Cleaning, X-rays, & Exam Only \$85.00
 (No Discounts Apply)
 200 Lindenwood Dr. • Linden, MI
810-735-9426
 www.drmcgarry.com



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

Contact us at careers@4lpi.com
www.4lpi.com/careers

FENTON
 HEALTHCARE CENTER

512 BEACH ST., FENTON, MI 48430
 PHONE 810.629.4117
 CIENAHEALTHCARE.COM

Medicare, Medicaid, and most Private Insurances accepted.

- 24-Hour Nursing Care
- Comprehensive Rehabilitation
 - Physical Therapy
 - Occupational Therapy
 - Speech Language Pathology
 - Respiratory Therapy
- Advanced Wound Care
- Hospice and Respite Care
- Long Term Care

CIENA
 HEALTHCARE
 Community

Redefining Excellence IN REHABILITATION AND SKILLED CARE

Courtyard
 Manor Assisted Living; Memory Care

Our Home is Your Home, Your Family is Our Family

- Specializing in Memory Care
- Risk Free Deposit
- Transportation Provided for Activities Outside the Community

Jackie Casemore, Manager • cymcasemore@yahoo.com
810-630-1063
 8240 Miller Rd. • Swartz Creek • www.courtyardmanor.com

THIS SPACE IS AVAILABLE

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

Team Steibel

Mike Steibel
 Realtor
810-610-7412

2359 W. Shiawassee Ave
 Fenton

Let us help you find that perfect home!

THE INDEPENDENT

SPEND YOUR GOLDEN YEARS IN LUXURY

COME HOME TO A DREAM

MODERN & LUXURIOUS. THE INDEPENDENT IS A 55+ ACTIVE SENIOR LIVING COMMUNITY IN THE HEART OF FENTON!

4031 VICINIA WAY
 FENTON, MI 48430
 ALL-INCLUSIVE STARTING RATES \$2,500 A MONTH

810-577-2353

Enjoy maintenance free living at an affordable senior community.

The Village of **Holly Woodlands**
 A SENIOR LIVING COMMUNITY
 A Mission of Presbyterian Villages of Michigan

248.634.0592
www.pvm.org

Call for details on how to qualify or to schedule a tour!

3325 Grange Hall Rd. • Holly
 TTY: 800-649-3777

Dave Lamb HEATING & COOLING INC.
 Fenton, MI

Dave Lamb Elite Furnace

409 E. Caroline
 Fenton, MI 48430
800.454.4946
810.629.4946

- Air Conditioning Service
- Furnace Tune-Up
- Water Heaters

www.davelambheating.com

<p>13</p> <p>9:00 Chorus 9:30 Painting 10 - 2 Outdoor Games 11:30 Lunch 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>14</p> <p>9:00 Massage 9:30 Coffee & Cops 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling 11:30 Lunch 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>15</p> <p>9:00 Biking Bunch 9:30 Yoga 10:00 Ask A Lawyer 10 - 2 Outdoor Games 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge)</p>	<p>16</p> <p>MMAP Counselor 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 Lunch 12:30 Line Dancing (Beg)</p>	<p>17</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Crocheting & Knitting/ Quilting 12:30 Pickleball</p>	<p>18/19</p>
<p>20</p> <p>9:00 Chorus 9:30 Painting 10 - 2 Outdoor Games 11:30 Lunch 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>21</p> <p>9:00 Massage 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling 11-2 Flu Shots 11:30 Lunch 1:00 Alzheimer's Support 1:00 Advance Care 2:00 Planning 2:00 Chair Yoga</p>	<p>22</p> <p>9:00 Biking Bunch 9:30 Yoga 10:00 Financial One-on-One 10 - 2 Outdoor Games 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Greif Support Group</p>	<p>23</p> <p>MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 Lunch 12:30 Line Dancing (Beg) 1:00 Shopping for a Funeral Home</p>	<p>24</p> <p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 Lunch 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball</p>	<p>25/26</p>
<p>27</p> <p>9:00 Chorus 9:30 Painting 10 - 2 Outdoor Games 11:30 Lunch 1:00 Card Play (Euchre & Mahjong) 2:00 Yoga</p>	<p>28</p> <p>9:00 Massage 9:30 Arthritis Exercise 10 - 2 Outdoor Games 11:00 Wii Bowling 11-2 Flu Shots 11:30 Lunch 2:00 Chair Yoga</p>	<p>29</p> <p>9:00 Biking Bunch 9:30 Yoga 10 - 2 Outdoor Games 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge)</p>	<p>30</p> <p>MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 10 - 2 Outdoor Games 11:00 FIT4EVER 11:30 Lunch 12:30 Line Dancing (Beg) 1:00 Shopping for a Funeral Home</p>	<p>LOOSE STAFF</p> <p>Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Dotti Tynes <i>Program Director</i> Cheryl Rex <i>Culinary and Travel Director</i> Dottie Davis <i>Front Desk</i> Chuck Salerno <i>Maintenance</i></p>	

Upcoming Events

An Afternoon of Remembrance and Celebration

Friday, October 15th, 12:30 - 3:00

A special Memorial Open House to honor the one who left us during the pandemic.

If you have lost someone special during that time, we will have tables set up around the big hall to display pictures, posters and collages.

So many we didn't get to say goodbye to, that meant so much to us.

Let us take this time to honor them and visit with the ones still with us.

Let's fill the hall with happy memories and laughter!

Call us and let us know if you would like a table set up for your loved one
(810)735-9406

Advance Care Planning September 21st - 1:00pm

- What if you become seriously ill or were injured?
- What if you could not speak for yourself?
- Do you know who would be making decisions regarding your healthcare?

Practical Approaches to Dementia Three Parts - 10/7, 10/14, 10/21 at 2:30pm

Three part, 90 minute sessions held once a week and lead by dementia care specialists. This program provides participants with information, skills, and attitudes to manage stress and increase effective caregiving skills.

Thanks to VAAA there is no cost to you, please call and register

Pickleball is Back!

Friday's 12:30 - 3:30
Cost \$5

Pre-registration is required to play!
Registration will open the Wednesday before the Friday of play.

Time slots are one(1) hour blocks and you are allowed to sign up for one, one hour block.

There will be no more than six(6) participants per hour.

Flu Shots

Clinic Coming
Soon

Call for Details

Travel & Trips

TRIPS @ A GLANCE

September 9	TRAVEL SHOW 9:00 am	
October 19	Harvest Adventure	\$92
October 19	Soaring Eagle	\$32
November 16	The Parade Company	\$90
November 18	Firekeepers	\$32
December 8-9	Oglebay Festival of Lights	Price Varies
December 14	Sagening Eagles Landing	\$32
2022		
Mar.27 - Apr. 22	Southern Charm	Price Varies
Apr. 16 - Apr. 22	The Old South	Price Varies
May 2 - May 5	Kentucky's Bourbon Trail	Price Varies
May 18 - May 19	Cruisin' Kentucky	Price Varies
July 3 - July 8	New York City	Price Varies
July 16 - July 22	National Parks of America	Price Varies
Aug 12 - Aug 20	Colorado Rockies	Price Varies
Sept 18 - Sept 25	Pacific Northwest	Price Varies

Detailed flyers are available at the Loose Center.

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



Lifelong Learning - Friday's at Applewood is returning September 17th.

Contact Loose Center for more information



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.



Travel & Trips

Lifelong Learning - Applewood 10:00 - 12:00



September 17	Weathering the Financial Storms
October 15	What The Eyes Don't See
November 19	How I Survived the Holocaust
December 10	Everyone Deserves A Decent Home
January 14	World War II: D-Day
February 18	The Whaley Historic Home, "Up From the Ashes"
March 18	Th Pros and Cons of Renewable Energy
April 15	Great Shipwrecks of the World
May 20	The Amazing Nethercutt Museum of California



**Call and Reserve your spot today!
Buses fill up fast!**

Remember payment is required to reserve your seat!



Thursday, November 18, 2021

\$32

DEPARTS
Loose Senior Center
DEPARTURE TIME
10 AM
APPROXIMATE RETURN
7 PM

INCLUDES

- Round Trip Motor Coach Transportation to FireKeepers Casino
- \$15. Free Slot Play
- Water & snacks on the bus

Please note: Loose assumes no responsibility for changes in the incentive package.

- You must present your Players Card to receive the above package.
- This trip requires a minimum of 30 passengers to operate.
- Please make sure you bring two (2) pieces of I.D. so you can claim any jackpot prizes.
- The casino reserves the right to change or discontinue this package at any time.
- Loose Senior Center has arranged this tour. All other services provided in connection with this tour are provided by independent suppliers. Loose Senior Center assumes no liability for any injury, damages or losses of any kind sustained by any person as a result of participation in the tour.
- This price does not include tips to your motor coach driver and any other incidental expenses.
- Loose Travel is open to those 21 or older.
- No Refunds will be given after November 15, 2021 unless a replacement is found.

FULL PAYMENT DUE TO CONFIRM YOUR RESERVATION

JOIN LOOSE SENIOR CENTER



Saganing Eagle's Landing Casino

Tuesday, December 14, 2021

\$32

DEPARTS
Loose Senior Center
DEPARTURE TIME
10:30 AM
APPROXIMATE RETURN
5:00 pm

INCLUDES

- Round Trip Motor Coach Transportation to Saganing Eagle Casino
- \$10 on Players Card
- \$5.00 Dining Credit for SELC
- PLUS earn 100 points & receive \$10 in Premium Play
- Water & Snacks

- You must present your Players Card to receive the above package.
- This trip requires a minimum of 30 passengers to operate.
- Please make sure you bring two (2) pieces of I.D. so you can claim any jackpot prizes.
- The Casino reserves the right to change or discontinue this package at any time.
- Loose Senior Center has arranged this tour. All other services provided in connection with this tour are provided by independent suppliers. Loose Senior Center assumes no liability for any injury, damages or losses of any kind sustained by any person as a result of participation in the tour.
- This price does not include tips to your motor coach driver and any other incidental expenses.
- Loose Travel is open to those 21 or older.
- No Refunds will be given after December 10, 2021 unless a replacement is found.

FULL PAYMENT DUE TO CONFIRM YOUR RESERVATION

MAKE CHECK PAYABLE TO: Loose Senior Center
MAIL CHECKS TO: Loose Senior Center, 707 North Bridge St. Linden, MI 48451
FOR MORE INFORMATION CALL: 810.735.9406

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.*

September 2021 Menu

		1 Hamburger Gravy w/ Noodles Corn Fruit/Dessert	2 Chicken Nuggets Mac and Cheese Roll Juice/Dessert	3 Sausage Egg Cheese Biscuit Hashbrowns Fruit/Dessert
6 	7 Chipped Beef over Biscuit Vegetable Fruit/Dessert	8 Spaghetti Tossed Salad Garlic Bread Fruit/Dessert	9 BBQ Chicken Thighs Potato Salad Veggie Sticks Juice/Dessert	10 Hot Dog Chips Potato Salad Fruit/Dessert
13 Chicken Stir Fry w/Rice Egg Roll Veggie Sticks Fruit/Dessert	14 Kielbasa Mac and Cheese Vegetable Fruit/Dessert	15 Hamburger Chips Pasta Salad Fruit/Dessert	16 Harvest Dinner Call and Reserve	17 Tacos Chips and Cheese Fruit/Dessert
20 Ham & Swiss Sandwich Potato Salad Veggie Sticks Fruit/Dessert	21 Pulled Pork Sandwich Baked Beans Chips Fruit/Dessert	22 Meatloaf Mashed Potatoes Vegetable Fruit/Dessert	23 Fish Sandwich Tater Tots Cole Slaw Fruit/Dessert	24 Chicken Casserole Veggie Sticks Roll Fruit/Dessert
27 Mashed Potato Bowl Roll Fruit/Dessert	28 Chili Cornbread Salad Fruit/Dessert	29 Baked Potato w/Chili & Cheese Veggie Sticks Fruit/Dessert	30 Shepherds Pie Bread Roll Tossed Salad Fruit/Dessert	

Harvest Dinner September 16th 11:00-1:00pm

Glazed Pork Loin,
Baked Potato, Spiced Squash,
Apple Crisp and a drink

\$15 for a Meal

Outdoor Seating Available

Call and Order yours today!
810-735-9406





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



FREE WI-FI FROM THE LOOSE PARKING LOT

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