

AUGUST 2020

the perfect place for 50+

LOOSE

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



*Live in the sunshine.
Swim in the sea.
Drink in the wild air.*

- Ralph Waldo Emerson

Important Information from the Executive Director



Dear Friends,

You've been a big part of our organization's fabric over the years. We can't thank you enough for your support as a member, volunteer and supporter of the Loose Center.

It has been with a sense of pride and privilege for the Loose staff to be able to provide important essential services during this unprecedented time. Since the start of the Stay Home Stay Safe order, staff has prepared take out lunches daily. They have been available to connect those in need with MMAP Counselors, helped with loaning out medical equipment, connected Good Samaritans to those in need, delivered lunches when needed, distribute food commodities, check in on folks, enjoy seeing the Biking Bunch return, have books and jigsaw puzzles available daily for pick up, promote ZOOM Arthritis exercise class and more. In the beginning it was necessary to lay off four staff members who were brought back four weeks later when Loose was accepted to receive the SBA loan that helps businesses keep their workforce employed during the Coronavirus (COVID-19) crisis. We have persevered and continue to look ahead and plan in spite of so much unknown.

Most Loose programs, including those strong revenue producing programs, travel and special events are on hold with an unknown startup date. Revenue producing programs are vital to the success of what we are able to do at Loose. We are thankful for the County Millage and Southern Lakes Millage funds, but the three go together to make what we do here at Loose happen and are all key to the success of day to day operations.

These times have impacted many small business and non-profits and we are not exempt. When this pandemic is part of the history books, Loose will be back offering top notch programming and opportunities which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older. We have learned to be creative and will be expanding opportunities through technology and out of the box thinking.

However, ***we need your help***. We are asking you to please consider a monetary donation to help sustain Loose during this time and move us to the post pandemic time. We know there will be changes, but the heart of this Center will always be to have a friendly, safe and caring place that works to provide an exceptional service atmosphere for the membership.

Every little bit will help and there are numerous ways to donate which include, a check made to Loose and sent to **Loose-707 North Bridge Street-Linden-MI-48451** or of course cash or credit card.

Thank you again, for caring about this vital, extraordinary place. What happens at Loose changes lives, offers hope, new friendships and an opportunity for growth and continued good health. With your help, we look forward to a time when we will gather in mass and celebrate with food, laughter and good fun.

All is Well,
Carl Gabrielson, Loose Executive Director



Current Loose Activities

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

TAI CHI *modified Yang form \$2 per class*

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...

YOGA \$5 fee

Gentle Flow Yoga Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

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.

"GROOVE" \$5 fee

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.

GOLF AT SHIAWASEE SHORES Loose members can golf for \$100 for the season, \$5 for individual rounds or for guests. Loose members **MUST** sign in at Clubhouse each and every time they golf.

LOOSE BOOK CLUB 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!

GRIEF SUPPORT GROUP

We are thankful to McLaren 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.

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 Ann Walker will get in touch with you about riding events.

**ARTHRITIS FOUNDATION EXERCISE Free
Monday @2 pm FREE Via ZOOM**

Tuesday @ 9:30 am Outside @ Loose (Call to Register)

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

**To receive an invite to the Zoom class,
email Abbie at marsa@valleyaaa.org**



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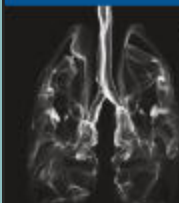
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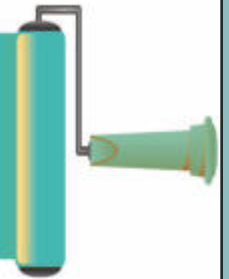
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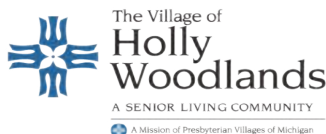
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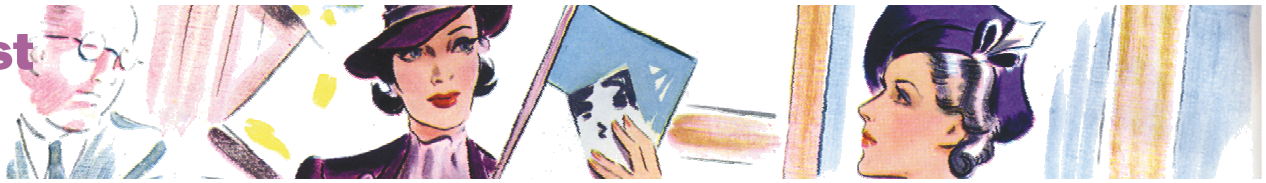


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August 2020



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YOU MIGHT HAVE NOTICED THERE IS NO TRAVEL INFORMATION IN THIS NEWSLETTER. THIS IS TEMPORARY. TRAVEL INFORMATION WILL BE BACK IN SEPTEMBER (all travel is subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Groove 11:30 Lunch <i>Egg Salad</i> 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>4</p> <p>9:30 Arthritis Exercise 11:30 Lunch <i>Baked Spaghetti</i> 2:00 Chair Yoga</p>	<p>5</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <i>Pulled Pork</i></p>	<p>6</p> <p>9:30 Chair Yoga 11:30 Lunch <i>Chicken Caesar Wrap</i> 12 NOON-1 PM ROOT BEER FLOATS 1:00 Grief Support</p>	<p>7</p> <p>9:30 Yoga 11:30 Lunch <i>Brats</i></p> <p style="background-color: #c8e6c9; padding: 5px; text-align: center;">Please call ahead for all Loose activities</p>
<p>10</p> <p>9:00 CSFP 9:30 Groove 11:30 Lunch <i>Hot Dogs</i> 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>11</p> <p>9:30 Arthritis Exercise 11:30 Lunch <i>Mac & Cheese</i> 2:00 Chair Yoga</p>	<p>12</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <i>Chicken Cordon Bleu</i></p>	<p>13</p> <p>8:00 Board Meeting 9:30 Chair Yoga 11:30 Lunch <i>Chicken Noodle Soup</i> 1:00 Grief Support</p>	<p>14</p> <p>9:30 Yoga 11:30 Lunch <i>Sloppy Joes</i></p>
<p>17</p> <p>9:30 Groove 11:30 Lunch <i>Cabbage Rolls</i> 12:30 Book Club 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>18</p> <p>9:30 Arthritis Exercise 11:30 Lunch <i>Egg Salad</i> 2:00 Chair Yoga</p>	<p>19</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <i>Baked Spaghetti</i></p>	<p>20</p> <p>9:30 Chair Yoga 11:30 Lunch <i>Pulled Pork</i> 1:00 Grief Support</p>	<p>21</p> <p>9:30 Yoga 11:30 Lunch <i>Swedish Meatballs</i></p>
<p>24</p> <p>9:30 Groove 11:30 Lunch <i>Sloppy Joes</i> 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>25</p> <p>9:30 Arthritis Exercise 11:30 Lunch <i>Mac & Cheese</i> 2:00 Chair Yoga</p>	<p>26</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <i>Fish Sandwich</i></p>	<p>27</p> <p>9:30 Chair Yoga 11:30 Lunch <i>Chicken Cordon Bleu</i> 1:00 Grief Support</p>	<p>28</p> <p>9:30 Yoga 11:30 Lunch <i>Hot Dogs</i></p>
<p>31</p> <p>9:30 Groove 11:30 Lunch <i>Egg Salad</i> 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>Take out Lunch Monday - Friday</p> <p>Pick up at 11:30 am, only \$4</p> <p>Please call the day before to reserve your lunch. <i>Although if you forget, call the day of, often lunches are available.</i></p> <p>When arriving at Loose, please pay special attention to signs directing you to the lunch pickup point.</p>			

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

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





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PARTICIPANTS MUST CALL AND PUT THEIR NAME ON THE ROSTER IN ORDER TO PARTICIPATE IN A CLASS .

MASKS ARE REQUIRED!! (PLEASE PROVIDE YOUR OWN MASK)

THERE WILL BE MASKS ON HAND FOR A FEE.

PLAN ON SCREENINGS BEFORE ENTERING THE BUILDING

(FOR THE GOOD HEALTH OF ALL, PLEASE BE HONEST WITH YOUR ANSWERS DURING YOUR SCREENING.)

- ◆ **STRICT SOCIAL DISTANCING WILL BE ENFORCED**
- ◆ **THERE WILL BE NO DROP-IN VISITS AT LOOSE**
- ◆ **IT IS LIKELY THAT LOOSE WILL BE OPEN IN THREE PHASES**
- ◆ **DUE TO SOCIAL DISTANCING GUIDELINES, SOME CLASSES CANNOT RESUME UNTIL ALL RESTRICTIONS ARE LIFTED**



COUPONS AVAILABLE NOW

Call Loose @ 810-735-9406

to schedule a time to pick up your coupons.

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.

MORE SERVICES

Veteran Assistance, Medicare & Food Assistance

Counselors are available via PHONE or VIRTUAL ASSISTANCE. Call Loose at (810) 735-9406, leave a message and a counselor will contact you.

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