

JULY 2020

the perfect place for 60+

LOOSE

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



One flag,
one land,
one heart,
one hand,
one nation
evermore!

- Oliver Wendell Holmes

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From the Executive Director

Dear Friends,

As I write this story I find that our country, the United States of America, is living in very uneasy times. For the last three months we have experienced seclusion, fear, sickness and death in the new normal life of the Covid-19 virus. We have learned to live by ourselves without the comfort of family and friends. We have experienced the shortage of luxury items that we took for granted. We suffered loss without the chance to grieve. We now find ways to cope and survive in a society that has no clear direction.

Today we face an identity crisis to clearly define who we are as a culture and human beings. We search the past to find what people feel are wrongs cast upon others less fortunate and set out to change and correct behavioral policies used against them. People find it difficult to take sides on this issue. They find it confusing to totally understand all the issues and what needs to be done to stabilize our treatment for one another.

We, as a society have to come together to find ways to make our society a society equal for all. We all live in a country with unlimited opportunities. We have the freedom to accomplish our dreams and goals through education and choice. We give this chance to all, for this is a democracy under one flag. We inherit civil rights under one flag that deserves our respect. We should as people living in this great society find love for all our fellow Americans. We should live under one hand of guidance of respect and understanding for all.

For we are "One Nation." It is the responsibility of all people to believe that we stand as one. We must find a solution to understand one another and reach out to bring rest and peace to a hurting society. We will get through these times together. Life will find a new normal after we survive the Covid-19 virus. Most importantly we must find a way to heal our society and find love and a passion for each other to create a society that can be equal and fair for all.

We the United States of America live under
**"One Flag, One Land, One Heart, One Hand,
One Nation Evermore"** –Oliver Wendell Holmes

All is well,
Carl Gabrielson, Executive Director Loose Center

"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."



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.



Symphony LINDEN sponsored event.

THANK YOU!



**Tuesday, August 18
4:30 pm, \$7 pp (a deal folks)**

Fresh off the grill dogs & burgers, baked beans, salad, chips, dessert & beverage

This Loose tradition is an easy going nice summer dinner for a great price. No hidden agendas. This year, we will have take out, eat outside and if restrictions are eased, we can enjoy dinner inside. So...put this one on your calendar and drive up and pick up dinner or come, socially distance, enjoy dinner, chat with friends and have a nice peace filled summer night.

Please give us a call and let us know you are coming!!



A variety of **JIGSAW PUZZLES & BOOKS**



A variety of

are available
10 am - 1 pm

outside the north door

Please do **NOT** return the
puzzles or books back to the bin.

As long as supplies last.



Take out Lunch available Monday thru Friday

Pick up at 11:30 am, only \$4

Please call the day before to reserve your lunch.

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

When entering Loose, please pay special attention
to signs directing you to the lunch pickup point.

Menu on page 9, subject to change.

ASK ABOUT OUR LUNCH DISCOUNT PUNCH CARDS

Practice **SOCIAL DISTANCING** in the
warmth of your vehicle. Connect with...

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Choose **loose public**.

When prompted for the password,
type **BeHappy!**



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PHONE or

VIRTUAL ASSISTANCE

Call Loose at (810)735-9406, leave a
message and a counselor will contact



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www.loosecenter.org





Please read the following, tuck it away and know that, for a while, it will be part of our new normal.

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**
- ◆ **WE WILL ENTER IN ONE DOOR AND OUT THE OTHER**
- ◆ **THERE WILL BE NO DROP-IN VISITS AT LOOSE**
- ◆ **CERTAIN AREAS WILL BE OFF LIMITS**
- ◆ **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**

PHONE
810.735.9406
FAX
810.735.4255

Current Loose Activities

see page 9 for days & times

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

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.



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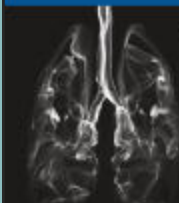
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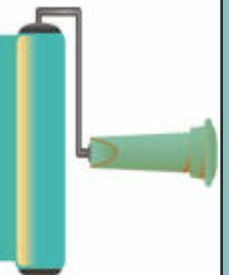
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15-0685



July 2020

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.

Monday	Tuesday	Wednesday	Thursday	Friday
EMAIL lsc@loosecenter.org WEBSITE www.loosecenter.org		1	2	3
		9:00 Biking Bunch 9:30 Yoga 11:30 Lunch <i>Chicken Caesar Wrap</i>	9:30 Chair Yoga 11:30 Lunch <i>Fish Sandwich</i>	
6	7	8	9	10
9:30 Groove 11:30 Lunch <i>Sweet & Sour Meatballs</i> 1:00 Yoga 2:00 Arthritis Exercise <i>via ZOOM</i>	9:30 Arthritis Exercise 11:30 Lunch <i>Brats</i> 1:00 Chair Yoga	9:00 Biking Bunch 9:30 Yoga 11:30 Lunch <i>BBQ Chicken</i> 2:00 Tai Chi	8:00 Board Meeting 9:30 Chair Yoga 11:30 Lunch <i>Turkey Sandwich</i> 1:00 Grief Support	9:30 Yoga 11:30 Lunch <i>Cabbage Rolls</i>
13	14	15	16	17
9:00 CSFP 9:30 Groove 11:30 Lunch <i>Chicken Caesar Wrap</i> 1:00 Yoga 1:30 Book Club 2:00 Arthritis Exercise <i>via ZOOM</i>	9:30 Arthritis Exercise 11:30 Lunch <i>Lasagna</i> 1:00 Chair Yoga	9:00 Biking Bunch 9:30 Yoga 11:30 Lunch <i>Hamburger</i> 2:00 Tai Chi	9:30 Chair Yoga 11:30 Lunch <i>Brats</i>	3:00-5:00 pm SAINT PATRICKS IN JULY FUNDRAISER Corn Beef, Cabbage, Potatoes, Carrots, Salad, Roll, Dessert & Beverage \$8 PP (call & order yours)
20	21	22	23	24
9:30 Groove 11:30 Lunch <i>Hamburger</i> 1:00 Yoga 2:00 Arthritis Exercise <i>via ZOOM</i>	9:30 Arthritis Exercise 11:30 Lunch <i>Turkey Sandwich</i> 1:00 Chair Yoga	9:00 Biking Bunch 9:30 Yoga 11:30 Lunch <i>Sweet & Sour Meatballs</i> 2:00 Tai Chi	9:30 Chair Yoga 11:30 Lunch <i>Lasagna</i>	9:30 Yoga 11:30 Lunch <i>Brats</i>
27	28	29	30	31
9:30 Groove 11:30 Lunch <i>Cabbage Rolls</i> 1:00 Yoga 2:00 Arthritis Exercise <i>via ZOOM</i>	9:30 Arthritis Exercise 11:30 Lunch <i>Hamburger</i> 1:00 Chair Yoga	9:00 Biking Bunch 9:30 Yoga 11:30 Lunch <i>Chicken Caesar Wrap</i>	9:30 Chair Yoga 11:30 Lunch <i>Brats</i>	9:30 Yoga 11:30 Lunch <i>Lasagna</i>

Please remember to call and register and then sign in for all Loose events. THANK YOU!

Visit Our Website
www.loosecenter.org

JUST FOR FUN



Did you hear the one about the Liberty Bell?

Yeah, it cracked me up!

What did one flag say to the other flag?

Nothing. It just waved!

Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, "What's the word on the street?"



Amelia Earhart and Eleanor Roosevelt once went on a joyride?

In 1933, **Eleanor Roosevelt** and **Amelia Earhart** ditched a fancy dinner in Washington, D.C., and hopped into an Eastern Air Transport Curtis Condor for a quick trip to Baltimore and back, according to *The Baltimore Sun*. Earhart, who was wearing a white silk gown, piloted the plane for most of the flight.



MAMMALS OF MICHIGAN WORD SEARCH

R B R E G D A B U J E W E R H S F X
W U V A Q B X Q F Q N R N X P D K I
Y O J A S K C I P L E A W T O C B R
M B I O Q L R S U A T V E S R O G E
P I D Q U E H R V R R N A T C U N T
A R N D I W D M K T A B S I U G I T
I A G K R F O D U C M Y E B P A M O
C C X E R B L L W S U M L B I R M Z
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Y M R V L Q G E J B C R C R E L L F
O O A V M V O L E A O N A D S O R O
T L C S I D S G B K F B D T O P X R
E E C K C H I P M U N K C R S O R X
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- BEAVER
- BOBCAT
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- CHIPMUNK
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- COYOTE
- DEER
- ELK
- FISHER
- FOX
- SQUIRREL
- LEMMING
- MARTEN
- MINK
- MOLE
- MOOSE
- MUSKRAT
- OPPOSSUM
- OTTER
- PORCUPINE
- RABBIT
- RACCOON
- SHREW
- SKUK
- VOLE
- WEASEL
- WOLF
- WOLVERINE
- WOODCHUCK



Travel
Fun

Loose travel opportunities are subject to change or cancellations.

TRAVEL SHOW
September 14, 1 pm
Those interested in a Zoom travel show presentation, give us a call.

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Join Ed McKenna (from Collette Travel),
and come & learn about our trips to
FINLAND, ICELAND, CROATIA, SCOTLAND

TRIPS @ A GLANCE

August 17	Hollywood Casino	\$32
August 24	Mississippi Cruise	\$999
September 2-4	Untouchable Chicago	\$600
September 14	TRAVEL SHOW 1 pm	
September 10-18	British Landscapes	\$\$\$\$
September 20-27	Cape Cod	\$1,999
September 22	Magnificent Mid Michigan	\$81
September 24-25	Ark Encounter	\$334
October 5-6	Little River Casino	\$143
October 9-12	Rails of West Virginia	\$999
October 15	Haunted Detroit	\$86
October 19-28	Reflections of Italy	\$\$\$\$
November 11-16	Branson	\$1,299
April 8, 2021	Finland	\$\$\$\$
May 21, 2021	Croatia	\$\$\$\$
August 2021	Scotland	\$\$\$\$
Oct. 11, 2021	Iceland	\$\$\$\$

Detailed flyers are available at the Loose Center.

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

INCLUDES: Round Trip Transportation
 Brookshire Inn Golf Club (lunch), Turner
 Dodge Home (tour), Country Mill (tour)

Magnificent MID MICHIGAN Tuesday, Sept. 22, \$81

Sept 24-25 **ARK ENCOUNTER®** \$334

INCLUDES: Round Trip Transportation
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Little River CASINO RESORT **Soaring Eagle**

Monday October 5-6, 2020 \$143 Single Rate \$158.00

TOUR INCLUDES Round Trip Motor coach Transportation, 1 nights Lodging tax & tips included on hotel accommodations), Little River Casino, Gaming Session at Little River Casino and Soaring Eagle Casino, **Day 1 Little River Casino pk.** Receive \$20 casino play after \$20 is played on Casino card.

Day 2 Little River Casino pk. Receive \$20 casino play after \$20 is played on Casino card. Day 2 Soaring Eagle Casino pk. = \$20 + 5 food voucher, Voucher and earn 600 points and get a Bonus \$10 in Premium Play.

Drivers tip not included. Casino package are subject to change without notice. Stop by Loose for a detailed flyer.



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Saint Paddy's in July?



There's Christmas in July, so why not Saint Paddy's in July? We are excited to throw caution to the wind and try something new. Soooo here's the scoop...

Friday, July 17
between 3 pm ~ 5 pm

Drive up and pick up a full course meal

INCLUDING

Corn Beef, Cabbage, Potatoes,
Carrots, Salad, Roll,
Dessert & Beverage

All for \$8 per meal

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