

LOOSE

March 2021

25 Years!
1996-2021



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



From the Executive Director

"PANDEMIC" It has now been one year since Covid-19 entered our lives. We have experienced fear, confusion, isolation, anger, sickness, death, and the loss of our normal way of life. We feel helpless in this time when no one person seems to have an understanding of what it is and how it affects us. We were first told that it would only last a short time and when summer came, it would go away. We then were told that it was very contagious and that we should practice social distancing and stay in our house. Then came the mandate to wear masks. We looked to the people who represent us for leadership and guidance, doctors, scientists, and politicians but all we got was confusion and baseless directions. They closed our schools, shut down our economy and locked us in our homes. They made misguided decisions that cost lives and peoples livelihood. Our only hope was frontline workers who served in hospitals, first responders, retail workers, teachers and those who serve the general public. We now have gained some of our freedom. We can go out to eat, travel, visit family and friends using social guidelines of social distancing, wearing masks and washing our hands. Our hope today lies in the Covid-19 vaccine. This too is not going smoothly. There is no clear plan to roll it out to get it to the population who need it most. The first task was to vaccinate front line workers, essential service workers, teachers and people over 85 with underlining conditions. This task seems to be completed. The next phase is to vaccinate people 65 and older. This also has become confusing on when, where and how you receive it.

So, where do we go from here. Your goal at 65 or any age is to get the vaccine as soon as you can. More places will be used to give out the shots so that the population can be served quicker. Hopefully in time, this will give us back a normal life as we knew it. We will have the freedom to do as we wish and not be dictated by those who have no true answers and show little care for our best interest.

To you our members and our community...take care of yourself and those you love. Practice social distancing, wear your mask, wash your hands and receive your Covid-19 shots. Most of all, reach out to those you know and let them know you are thinking of them and "It is OK not to be OK".

All is Well
Carl Gabrielson
Executive Director
Loose Senior Center



Indoor Fitness

- ◆ PARTICIPANTS MUST CALL AND PUT THEIR NAME ON THE ROSTER IN ORDER TO PARTICIPATE IN A CLASS .
- ◆ MASKS ARE REQUIRED AND MUST BE WORN AT ALL TIMES!!! (PLEASE PROVIDE YOUR OWN MASK)
- ◆ THERE IS A CHECK-IN SCREENING 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 ACTIVITIES CANNOT RESUME UNTIL ALL RESTRICTIONS ARE LIFTED

Current Loose Activities

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

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 all in the safety of your home.

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 9:30am) 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 DANCE Two Sessions Thursday 12:30 and 1:45 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.

LOOSE BOOK CLUB Second Monday 12pm 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!

TAI CHI *modified Yang form* Wednesday 11am Fee \$5

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,

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!

Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.

PAINTING GROUP - Monday 9:30am - 11am

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. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

KNITTING/CROCHETING Fridays, 12:30-1:30pm

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.

FOOD PANTRY (located at North Door) 9am—2:30pm

Day old bread and other treats are picked up from VG's (per availability) This generous Loose privilege is on a first come first serve basis and distribution is on the honor system.

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.

Loose Membership Information

Last Name _____ First Name _____ Birthday _____

Last Name _____ First Name _____ Birthday _____

Street _____ City/State/Zip _____

Home Phone _____ Cell Phone _____

Email _____

City or Township _____ County _____

Emergency Contact _____ Relationship _____

Home Phone _____ Cell Phone _____

Ethnicity (for office use only) African American Asian American Hispanic Native American Caucasian

LOOSE CENTER - LIABILITY WAIVER

I understand that there are risks of injury involved in participating in any Loose Senior Citizen Center exercise class or other exercise program or activity. I voluntarily assume the risk for any harm, injuries, or damages that I may sustain as a result of my participation in any exercise class, program, or activity. I certify that I am in good physical condition and that I am able to safely participate in the exercise class, program, or activity and to safely utilize any of the exercise equipment at the Loose Senior Citizen Center.

I am aware that none of the instructors at the Loose Senior Citizen Center maintain liability insurance coverage for any claims that might be asserted by participants against an instructor for injuries received in participating in a Loose Senior Citizen Center exercise class, program or activity.

I release the Loose Senior Citizen Center, its instructors, officers, directors, employees, volunteers, agents, representatives, successors, and assigns, from any and all liability for injuries, damages, or expenses resulting from my participation in any Loose Senior Citizen Center exercise class, program, or activity. This release is binding on my heirs, assigns, executors, administrators, and representatives.

Print Name: _____ Signature: _____

PHOTO RELEASE

I grant to *Loose Senior Center*, the right to take photographs of me and my family in connection with any Loose event. I authorize the *Loose Center* its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that *Loose Senior Center* may use photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

I have read and understand the above:

Signature _____

Membership Donation Payment Form

_____ Check _____ Credit Card

**This will be destroyed after payment is processed*

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4-D-5-5

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15-0685

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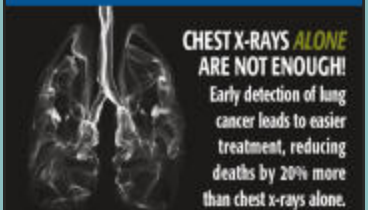
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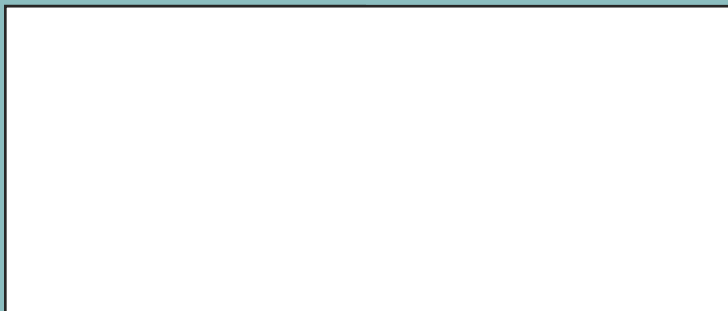
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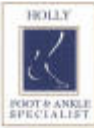
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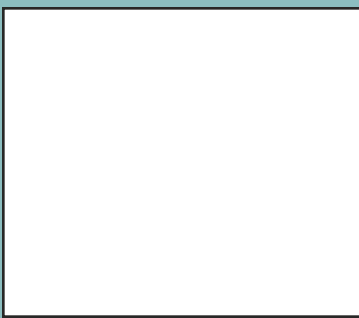


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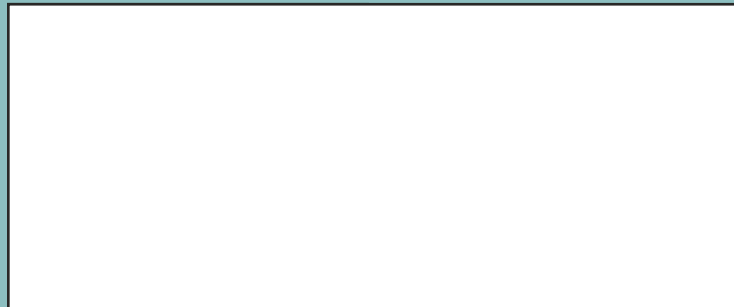
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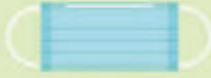
Mask Up, Mask Right

✓ Right

What to wear



Three-layered washable cloth mask



Three-layered medical-grade disposable mask



Approved KN95

✓ Right

How to wear



Secured over the nose and mouth



Tightly fitting without gaping

✗ Not right



Neck gaiter or loosely tied bandana



Mask with vents



N95 masks intended for healthcare workers



Face shield worn without a mask (except for individuals who cannot medically tolerate a face covering)



Noticeable gaps, holes or vents

Need help getting a mask?

Residents can pick up a free mask from partner sites across the state, including most local DHHS offices and Community Action Agencies. Find a distribution site at Michigan.gov/MaskUpMichigan or call the COVID-19 hotline at 888-535-6136.



Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136, 7 days a week from 8 a.m. to 5 p.m.



Email COVID19@michigan.gov 24/7. Emails will be answered 7 days a week, 8 a.m. to 5 p.m.



Subscribe to e-newsletter updates at Michigan.gov/Coronavirus.



Stay Strong
Stay Safe
STAY IRISH



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.*

March 2021 Menu

1 Chicken Bites Sweet Potato Tots Coleslaw Fruit/Dessert	2 Potato Soup Ham Slider Veggie Sticks Fruit/Dessert	3 Tacos Chips Fruit Dessert	4 Pulled Pork Baked Beans Potato Salad Fruit/Dessert	5 Pierogis Polish Sausage Vegetable Fruit/Dessert
8 Chicken Caesar Wrap Chips Fruit Dessert	9 Chili Grilled Cheese Fruit Dessert	10 Egg Casserole Sausage Biscuit Fruit/Yogurt	11 Baked Fish Rice Pilaf Vegetable/ Dinner Roll Fruit/Dessert	12 Pepperoni French Bread Pizza Tossed Salad Fruit/Dessert
15 Mashed Potato Bowl Biscuit Fruit Dessert	16 Broccoli Cheese Soup Ham Slider Veggie Sticks Fruit/Dessert	17 Chicken Salad Sandwich Salad/Chips Fruit/Dessert	18 St. Patty Day Dinner Fundraiser	19 Cheese Ravioli Garlic Bread Salad Fruit/Dessert
22 Chipped Beef/Biscuit Vegetable Fruit Dessert	23 Stuffed Pepper Soup Tossed Salad Corn Bread Fruit/Dessert	24 Mac & Cheese Vegetable Dinner Roll Fruit/Dessert	25 Meatloaf Mashed Potatoes Vegetable/Roll Juice/Dessert	26 Mystery Lunch!
29 Hamburger Baked Beans Potato Salad Juice/Dessert	30 Chicken Noodle Soup Tossed Salad Dinner Roll Fruit/Dessert	31 Baked Potato topped with Chili Vegetable/ Roll Fruit/Dessert		

St. Patty's Fundraiser March 18th 12:30-2:30pm

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March 2020

EMAIL
lsc@loosecenter.org

WEBSITE
www.loosecenter.org

A variety of Books/Puzzles and Food Pantry items are available from 9 am - 2:30 pm just inside the North door at Loose. Please feel free to stop by and see what we have. Available as long as supplies last.

PHONE
810.735.9406

FAX
810.735.4255

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Painting 11:30 Lunch Chicken Bites and Tots 2:00 Yoga	2 9:30 Arthritis Exercise 11:30 Lunch Potato Soup and Ham Slider 2:00 Chair Yoga	3 9:30 Yoga 11:30 Lunch Tacos 12:00 Woodcarving	4 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Pulled Pork and Baked Beans 12:30 Line Dancing 1:45 Line Dancing	5 9:30 Yoga 11:00 Zumba 11:30 Lunch Pierogis and Polish Sausage 12:00 Knitting
8 9:30 CSFP 9:30 Painting 11:30 Lunch Chicken Caesar Wrap 12:00 Book Club 2:00 Yoga	9 9:30 Arthritis Exercise 11:30 Lunch Chili 2:00 Chair Yoga	10 9:30 Yoga 11:30 Lunch Egg Casserole 12:00 Woodcarving	11 8:00 Board Meeting 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Baked Fish 12:30 Line Dancing 1:45 Line Dancing	12 9:30 Yoga 11:00 Zumba 11:30 Lunch Pepperoni French Bread Pizza 12:00 Knitting
15 9:30 Painting 11:30 Lunch Mashed Potato Bowl 2:00 Yoga	16 9:30 Arthritis Exercise 11:30 Lunch Broccoli Cheese Soup 2:00 Chair Yoga	17 9:30 Yoga 11:30 Lunch Chicken Salad Sandwich 12:00 Woodcarving	18 9:30 Chair Yoga 11:00 Fit 4 Ever 12:30—2:30 Fundraiser 12:30 Line Dancing 1:45 Line Dancing	19 9:30 Yoga 11:00 Zumba 11:30 Lunch Cheese Ravioli 12:00 Knitting
22 9:30 Painting 11:30 Lunch Chipped Beef over Biscuit 2:00 Yoga	23 9:30 Arthritis Exercise 11:30 Lunch Stuffed Pepper Soup 2:00 Chair Yoga	24 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Mac & Cheese 12:00 Woodcarving	25 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Meatloaf 12:30 Line Dancing 1:45 Line Dancing	26 9:30 Yoga 11:00 Zumba 11:30 Lunch Mystery Lunch! 12:00 Knitting
29 9:30 Painting 11:30 Lunch Hamburger 2:00 Yoga	30 9:30 Arthritis Exercise 11:30 Lunch Chicken Noodle Soup 2:00 Chair Yoga	31 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Baked Potato topped w/ Chili 12:00 Woodcarving	All Activities are subject to change or be cancelled. Operation of the center's activities are based on the orders set forth by the Health Department and Governor's Office.	

Friends, when Loose officially opens, we ask that you wait 30 days before you drop off ANY donations. This will include magazines, books, 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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**Easter Fundraiser
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