25 Years! 1996-2021

# October 2021 HAPPY HALLOWEEN

Always remember that your present situation is not your final destination. The best is yet to come.













The contents of this newsletter is SUBJECT TO CHANGE without notification

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



## From the Executive Director

The senior population of the Loose Senior Center has been on quite a journey. We have faced many challenges that have changed our lifestyle. We faced a health crisis that was mysterious called Covid-19. Many people from health experts to physicians tried to study the science to find a cause and cure. The science told us to distance ourselves from family and friends. We were instructed to isolate ourselves and wear a mask. We were obligated to monitor our health and answer many questions to participate in an enclosed structure. We learned what social distancing really meant (six feet). We tolerated masks. We also faced many shortages of food and product (toilet paper) that we learned to live without.

We now hope that there are better days ahead. We are free to roam around the country. I will tell you that I have had the opportunity to spend a weekend with each of my three grandsons. I cherished every minute catching up with their lives. It involved cutting down and trimming trees. Fishing for two days non stop. and the best, keeping up with a 3 year old. They really wore me out but I loved every minute. We have had many gatherings with family and friends, graduations, retirements, 50th anniversary and a college going away party that brought back a feeling of family. And the best of the best, I am back working at the University of Michigan as part of the event staff. It is a wonderful feeling to watch college football with 108,000 fans.

So, I hope your life is getting back to normal and you are out enjoying family, friends and life in general as I am. I hope you will find comfort doing the things you missed. I hope you have a feeling of confidence that you are ok. Be cautious and safe but take time to relive those moments you remember so much.

Always remember that your present situation is not your final destination. The best is yet to come.

All is well Carl Gabrielson Executive Director Loose Senior Center





## October 6th! 1pm

## Queen Bees



While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls."

Slice of Pizza/Popcorn/Water provided





### **IT'S TIME TO REVIEW YOUR MEDICARE PLAN!**

MMAP Counselors Are There For You--For Free!

Extra appointment dates are set to accommodate YOU!

#### October 15th—December7th Wednesdays (starting in Nov), Thursdays and Fridays

Call Loose at (810) 735-9406 and make an appointment today!



"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."

### PODIATRIST

Tuesday, October 5th (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.

**COOKING FOR ONE** 

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

• Learn ways to make cooking for one simple and en-



• 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.



### **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 10:000am) 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, 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/ **ASK THE LAWYER** (3rd Wed. of the month, 9:30 am-11:30 am) 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, 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.

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 enjoyable experience for beginning to intermediate painters. By the 735.9406. Equipment is loaned without conditions. If you have equipment to end of class, participants will have completed an 11"X14" acrylic 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

http://www.loosecenter.org 810.735.9406 Loose Center Loose Center is a distribution site for emergency food assistance program.





Tues, October 12th , 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!



#### 2nd and 4th Friday's-9:30-11:00

ur 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.

#### **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.

#### 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!**



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.

#### 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.



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.



OFFICE HOURS Monday - Friday 9:00 am- 4 pm	1 2/3	8
	MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Knitting/ Crocheting & Quilting 12:30 Pickleball	MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball
406 Iscc@loosecenter.org WEBSITE www.loosecenter.org	STAFF STAFF rielson Director Linsowe lasistant ynes Director Rex avel Director Davis Desk alerno tance	MMAP Counselor 9:00 Open Card Play 10:00 Chair Yoga 11:00 FIT4EVER 11:30 Line Dancing 1:00 Cooking For One 2:30 Dementia
<b>PHONE</b> 810.735.9406 <b>FAX</b> 810.735.4255	LOOSE STAFF Carl Gabrielson Executive Director Jaclyn von Linsowe Executive Assistant Dotti Tynes Program Director Cheryl Rex Cheryl Rex Churk Rex Dottie Davis Front Desk Chuck Salerno Maintenance	9:00 Biking Bunch 9:30 Yoga 11:30 Lunch 12:00 NO Woodcarving 1:00 Movie Day 1:00 Card Play (Pinochle & Bridge)
olber 20	BOARD OF DIRECTORS Frank Lukowski, President Ken Wensel, Vice President Ann Deemer, Secretary Brad Dick, Treasurer Mary Auge Ray Culbert Ray Culbert Ray Culbert Ray Deese David Kincaid Pat Lockwood Joetta Pyles-Zalewski	4 Podiatrist 9:00 Massage 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 2:00 Chair Yoga
Oct Ct	Bran Ken Br	9:00 Chorus 9:30 Painting <b>11:30 Lunch</b> 1:00 Card Play (Euchre & Mahjong 2:00 Yoga





4-D-5-5 For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0685





16/17	23/24	30/31
MMAP Counselor 9:30 Yoga 9:30 Write your Life 9:30 Write your Life Story 11:00 NO Zumba 11:30 NO Knitting/ 12:30 NO Knitting/ Crocheting & Quilting 12:30 NO Pickleball	MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Knitting / Crocheting & Quilting 12:30 Pickleball	MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 Lunch 12:30 Rititing & Quilting & 12:30 Pickleball
MMAP Counselor 8:00 Board Meeting 9:30 Open Card Play 10:00 Chair Yoga 11:00 FIT4EVER 11:30 Lunch 11:00 Anyone Can Paint 1:00 Anyone Can Paint 1:2:30 Dementia	21 Counselor Open Card Play Chair Yoga FIT4E VER Lunch Line Dancing Dementia	28 Counselor Open Card Play Chair Yoga FIT4EVER Lunch Line Dancing
	MMAP 9:00 10:00 11:00 11:30 2:30 2:30	MMAP 9:00 10:00 11:00 12:30
13 Yoga Blood Pressure Checks Lunch Wood Carving Card Play (Pinochle/ Bridge) Grief Support	Yoga Ask a Lawyer Lunch Wood Carving Card Play (Pinochle/ Bridge)	Yoga Financial One-on-One Lunch Wood Carving Card Play (Pinochle/ Bridge) Grief Support
9:30 10:30 11:30 12:00 1:00 2:00	9:30 10:00 11:30 1:00	9:30 10:00 11:30 1:00 2:00
Massage Vet Services Coffee & Cops Arthritis Exercise Wii Bowling Lunch Chair Yoga	Massage Arthritis Exercise Wii Bowling Lunch Happy Stampers Chair Yoga	Massage Arthritis Exercise Wii Bowling Lunch Alzheimer Support Chair Yoga
9:00 9:30 111:00 2:00 2:00	9:00 9:30 11:00 2:00 2:00	9:00 9:30 11:00 1:00 2:00
11 CSFP Chorus Painting Lunch Literary Studies & Mahjong Yoga	I8 Painting Lunch Card Play (Euchre & Mahjong Yoga	25 Chorus Painting Lunch Card Play (Euchre & Mahjong Yoga
9:00 9:00 11:30 1:2:00 1:00 2:00	9:00 9:30 11:30 2:00 2:00	9:00 9:30 11:30 2:00 2:00



An Afternoon of Remembrance and Celebration Friday, October 15th, 12:30 - 3:00

A special Memorial Open House to honor the ones 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 Light Refresh

ight Refreshed So many we didn't get to say goodbye to, that meant so much to us. Inents Provided Let us take this time to honor the 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

### **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 -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.

As more activities are added to our calendar here at Loose we are looking for volunteers to help out with these activities.

If you would like to be a part of the team here at Loose and volunteer at any of the number of activities going on here or even behind the scene help is always appreciated.

**Opportunities:** 

- **Blood Pressure Checks**
- Help with set up and tear • down for special events
- Help with our Fundraiser Lunches
- Daily Lunches
- Organizing Books, puzzles, greeting cards
- And so many more.....

Call and ask for Dotti if you are interested. (810) 735-9406



## **TRIPS @ A GLANCE**

October 19	Harvest Adventure	Sold Out
October 19	Soaring Eagle	Sold Out
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
January 20	Firekeepers	\$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.

#### 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.

## The Whiting Departs at 7pm

November 26th	Fiddler on the Roof <b>2022</b>	w/trans. \$57.00	w/o trans \$52.00
March 25th	Waitress	\$53.50	\$48.50
April 20th	Jersey Boys	\$53.00	\$48.00
May 6th	South Pacific	\$57.50	\$52.50

**Detailed flyers are available at the Loose Center. Please note:** A reservation is made only when a deposit has been received. Travel & Trips

## Lifelong Learning - Applewood 10:00 - 12:00

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!







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.

- Von ranst present your Players Daril to receive the above parkage. This it's requires a minimum of 00 percenter: it overvie. Pareo make sure you bring that (2) bloces or LD is you can dain any fackoot prices. The casine reserves the right to change an discontinue this backage at any time. To be derive the right to change and loce intrust provided in ranning and with this back are provided by incependent suppliers, pooce Sertial Center assumes he liability that any injery, dem-ages or leaves to any full substitute by any person as a result or per tightform the tour. This price data nut include the to your motor back cities and any other inclidential expenses.
- Loose Travel is open to these 2.1 or one : Skuftefunds will be given after Newcolker 15, 2021 millions a replacement, iv Sund

FULL PAYMENT DUE TO CONFIRM YOUR RESERVATION

#### JOIN LOOSE SENIOR CENTER Saganing Eagle's Saganing Fagles Landing Landing Casino Casino

Tuesday, December 14, 2021



DEPARTS

DEPARTURE TIME

10:30 AM APPROXIMATE RETURN 5:00 pm

0064

Senior Center

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
- u must present your Players Card to receive the above package.

- You must present your Hayers can be notice the above package. This tip regulates a minimum of 20 parsenges to operate. Please make sure you bring two (2) pieces of 1.0, so you can claim any jackpat prices The claim inserve the right to change or discontinue this package at any time. Loose Same Come has a managed this tour, all other services provided in connection with this tour are provided by independent suppliers. Loose Same Claims and Labelity for any injury, diam-age or base of any lond sublanded by any perior as a massion of participation in the tour. This price does not include itse to your motor coach driver and any other incidental expenses.
- ravel 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

MARE CHECK PAYABLE TO: Loose Senior Center MAIL CHECKS TO: Loose Senior Center, 707 North Bridge St. Linden, MI 48451 FOR MORE INFORMATION CALL: \$10,755 9405

#### 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.

## **October 2021 Menu**

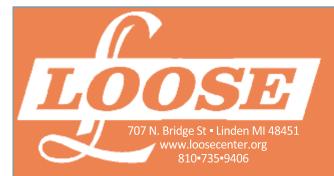
				1 Tacos Chips & Cheese Fruit Dessert
4	5	6	7	8
Mac & Cheese	Chicken Ceasar Wrap	Swedish Meatballs	Smoked Sausage	Hamburger
Ham Slider	Veggie Sticks	over Noodles	Roasted Potato	Potato Salad
Vegetable	Chips	Veggie Sticks	Vegetable	Veggie Sticks
Juice/Dessert	Fruit/Dessert	Roll/Fruit/Dessert	Fruit/Dessert	Juice/Dessert
11	12	13	14	15
Chicken Salad Sammie	Bakes Spaghetti	Chipped Beef on	Vegetable Soup	Sloppy Joe
Chips	Garlic Bread	Biscuit	Cornbread	Chips
Salad	Tossed Salad	Vegetable	Chips	Coleslaw
Fruit/Dessert	Fruit/Dessert	Fruit/Dessert	Fruit/Dessert	Fruit/Dessert
18	19	20	21	22
Pulled Pork Sammie	Meatloaf	Cabbage Rolls	<b>BBQ</b> Chicken Thighs	<b>Fish Sandwich</b>
Baked Beans	<b>Mashed Potatoes</b>	Mashed Potatoes	Potato Salad	Cole Slaw
Salad	Vegetable	Rolls	Vegetable	Chips
Fruit/Dessert	Fruit/Dessert	Fruit/Dessert	Fruit/Dessert	Fruit/Dessert
25	26	27	28	29
Chicken Pot Pie	Chili Dog	<b>Roasted Potatoes</b>	Sweet&Sour Meatballs	Goulash
Bread Roll	Chips	Kielbasa	Over Rice	Deviled Eggs
Fruit	Pasta Salad	Vegetable	Egg Roll	Rolls
Dessert	Fruit/Dessert	Fruit/Dessert	Fruit/Dessert	Fruit/Dessert

## **Turkey Dinner Fundraiser November 18th 11:30-1:00pm**

Drive up and pick up a full course meal

Turkey and the Fixin's Dessert & Beverage All for \$15

Call and Order yours today! 810-735-9406





### FREE WI-FI FROM THE LOOSE PARKING LOT

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