



September

LOOSE

L

2022



From the Executive Director

Loose Family,

Autumn, the time of the year when the long days of summer come to an end. We look back on those very warm days we enjoyed playing golf and outdoor activities. We think about the wonderful vacations that we took with family and loved ones and the memories that will live on forever. We admire the last of our flower gardens that we spent so much time in to develop a palate of color. We take those last walks amongst the trees of green and wild flowers still in bloom.

Autumn, brings back fond memories of our lives. We think of growing up running through the fallen leaves and jumping into piles of leaves we built. We remember our moms yelling...did you put your jacket on as we left the house. As time went by we knew it was time to go back to school. This brought the memories of going to the orchard, taking wagon rides and picking apples. What was better than apple cider and who could resist a caramel covered apple? We remember the cool evenings and shorter days of sunlight. We look forward to fall events. We attend the many sports that have now begun. We go to support our local football team and the excitement we share with our friends.

As we become older we find something incredibly nostalgic about the season. We take time to look back and relive those amazing memories and pass them on to our children so that they too can realize and experience those many gifts that are there to enjoy, damp mornings, cool evenings, the changing of the leaves, the freshness of the air and the fresh air we breath at night while we sleep with every window open in the house.

So this autumn I suggest you take time to again spend time with family and loved ones. Get out and take full advantage of what fall has to offer. Go to the county fair, rake leaves and even jump into a pile you create. Take long walks in the woods to enjoy the spectacular colors. Attend a game of your local high school or favorite college team. Go to your local orchard and pick your own apples. Buy that bottle of apple cider and pick up a bag of fresh fried cakes. And for that special treat...get yourself a caramel apple with nuts or sprinkles. Autumn is a special time and a special season. Go out and enjoy it to the fullest.

“There is something incredibly nostalgic and significant about the annual cascade of autumn leaves.”

All is well.

Carl Gabrielson

Executive Director

Loose Senior Center

Current Loose Activities

ARTHRITIS FOUNDATION EXERCISE (Tuesday 9:30am and Thursday at 11am)

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

YOGA Fee \$7

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 Fee \$7

(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.

CARDIO/AEROBICS EXERCISE Fee \$7

(Monday 11:30am-12:30pm)

Light cardio workout with stretching and breathing techniques, strengthening the body with the use of light weights.

LINE DANCING (Tuesday, 12:00pm) Fee \$7

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.

ZUMBA GOLD (Friday 11am) Fee \$7

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!

HEALTHY EXERCISE (Thursday 2:30pm)

(By Symphony physical therapist)

STRENGTH AND BALANCING (Thursday 12:00pm)

LITERARY STUDIES - Book Club (Second Monday 12:30pm)

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!

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.

PAINTING (Monday 9:30am)

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.

LOOSE CHORUS (Fridays, 1-3pm)

KNITTING/CROCHETING (Fridays, 12:30 - 2:30pm)

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.

QUILTING (Fridays, 12:30 - 2:30pm)

Quilters are welcome to work on their own projects or stitch on our current quilt. Basic quilting supplies are available to use. Fabric for charity projects is available off site. Join us as we stitch away in community.

ADDITIONAL SERVICES

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAF)

Our MMAF 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. MMAF'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.

MICAFE

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to eat the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 810.735.9406

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. Call Loose for an appointment— 2nd Tuesday of each month.

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.

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 is a distribution site for emergency food assistance program.

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

Activities

Movie Day
September 7
1:00 PM

Movie to be announced!
Please stay posted on the title. As soon as we get a title we will post it at the center!

HOT DOGS & CHIPS

A Big Thank You to:

Comfort Keepers ELGA Credit Union
Uncle Rays Bristol Hospice
Symphony Promedica
Argentine Care Center

For helping make Loose's CAR Show a success

PODIATRIST (by appointment)

Next date is October 11

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.



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

HEARING SCREENINGS

3rd Wednesday of each month,
10am-12pm, FREE
By Appointment
Provided by: Your Hearing Solution

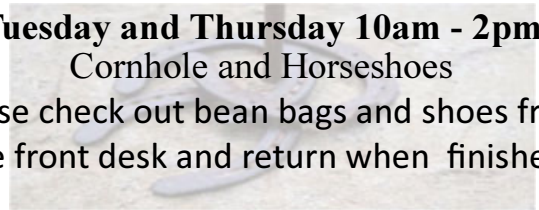


Testing 1 hour, 20-30 minutes for cleaning and adjusting

Phonak, Signa, Sonic, Unitron, Starkey,
Widex, Oticon, Hansaton

Tuesday and Thursday 10am - 2pm
Cornhole and Horseshoes

Please check out bean bags and shoes from the front desk and return when finished



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.

Loose Activities



Tues, September 13, 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,



ALZHEIMER SUPPORT GROUP

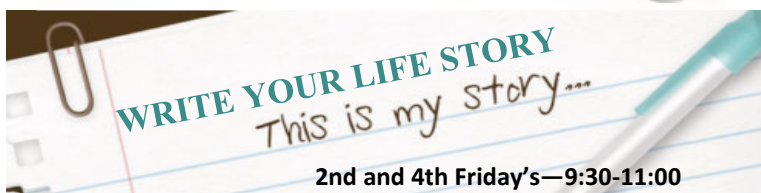
Every 4th Tuesday, 1 pm

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.

BLOOD PRESSURE CHECK

2nd Wednesday of each month, 10:30 - 11:30

3rd Tuesday of each month, 10:00 - 11:00



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 twice 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.

Card Play 1pm-3pm

Mondays

Euchre and Mahjong

Wednesdays

Pinochle and Bridge



GRIEF SUPPORT GROUP

2nd & 4th Wednesday @ 2pm

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.

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
- And so many more.....



"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."

Important Information

Newsletter Mailings

If you would like to come into the center to pick up your newsletter please let us know. We know there are many of you that like coming in to see us and grabbing a newsletter instead of it being mailed to you. Just let us know if that's you so we have proper record of that.

Also if you have suddenly stopped receiving the newsletter in the mail let us know, there may be a reason you stopped receiving it, i.e. address change.

If you are an out of county member and would like to continue to receive the newsletter make sure you pay your membership as that helps pay for the postage of the newsletter, where as the county members have their tax dollars at work.



Community Food Share

Food Pantry now at Loose Center

In partnership with FARR

Let the front desk know when you need assistance

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries by appointment only. 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, or call MMAP at 1.800.803.7174, ext. 247.*

KISS—Keeping Independent Seniors Safe

A program for seniors 62 and older. The KISS program is a telephonic reassurance system that keeps seniors and their loved ones worry-free. Participants in the KISS program can call the KISS office or receive a telephone call every Monday through Friday between the hours of 8:00 a.m. and 12:00 p.m. to make sure that the participant is alright. Special arrangements can be made for participants that need weekend coverage. For more information on the KISS program please call (810) 239-7671 Host Agency: VAAA

The KISS program is sponsored by the VAAA

The KISS program is funded in part by grants from United Way



AVOID COVID-19 SCAMS

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare number? Be careful! Scammers are selling fake & unauthorized at-home COVID-19 test kits in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits! If you suspect fraud, call 1-800-MEDICARE to report it.

FREE WI-FI FROM THE LOOSE PARKING LOT

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

Upcoming Events

Tai Chi for Arthritis Classes resume

Tai Chi is a gentle exercise combining slow movement, deep breathing and focused intention.

Modifications will be provided for those who want to attend seated or standing.



Monday August 15, 10-11am
Monday September 26, 10-11am
Monday October 31, 10-11am
Monday November 14, 10-11am
Monday December 12, 10-11am

9am - 12noon
September 14 & 28

One on One advice for a personalized daily exercise program

Both sitting and standing activity.

Will also offer proper sleeping positions to help alleviate back pain.

Call the center today to schedule your 15 minute session with Carrie.



Coming September 21
3:00PM—5:00PM

U of M PT students will be doing balance screening event. One day event.

According to the CDC, over 25% of older individuals fall each year. The most effective way to prevent falls is to promote self-awareness of balance problems and address them. During this screening, students will use different tests and exercises. Register at the front desk to reserve your spot today!

Chili Cook Off Tailgate Party

\$10 per person

Thursday

October 20th

4:00pm-6:00pm

Dress in your favorite team jersey and join in on the fun

Sample and help judge the many different Chilis and Desserts presented by local Chefs who care for our aging population. They will be competing for BEST CHILI and BEST DESSERT



Meditation

Thursday, September 22, 1:30pm—2:00

Is it time for an emotional calm? A healing slow down? Come join in on a guided meditation and experience the calm. Quiet the mind, relax the body and let go of things you don't need to carry around.

Chili Cook Off Tailgate Party

\$10 per
person

Thursday
October 20th
4:00pm-6:00pm

Dress in your favorite team jersey and join in on the fun

Sample and help judge the many different Chilis and Desserts presented by local Chefs who care for our aging population. They will be competing for **BEST CHILI** and **BEST DESSERT**



Find Your Better State.

800.535.0517
TheStateBank.com

**THE
ST>TE
BANK**

Member FDIC
Equal Housing Lender



- 24-Hour Nursing Care
- Short Term Rehabilitation and Long Term Care
- Spacious Private & Semi-Private Rooms with Personal Televisions
- Onsite Physician Services
- Telehealth Services
- Activities Seven Days a Week

FENTON
HEALTHCARE CENTER

Ciena Healthcare Managed Facility
512 Beach Street, Fenton, MI 48430
P 810.629.4117
fentonhealthcarecenter.com

We accept Medicare, Medicaid, Medicaid Pending and most commercial insurance

Lockwood Senior Living

Supportive • Caring • Independent Living
Senior Living at its **BEST**
That is the Lockwood Lifestyle!

CALL NOW ONLY A FEW LEFT!!

Burton Fenton Genesee
810.744.9400 810.714.3340 810.733.8900



Abbey Park

INDEPENDENT SENIOR LIVING



INDEPENDENT SENIOR LIVING COMMUNITY
PERSONAL CARE ASSISTANCE AVAILABLE

RENT INCLUDES:

- Daily Continental Breakfast
- Daily Light Housekeeping
- Weekly Cleaning Service

- All Utilities (excluding phone & cable)
- Full Activities Program
- Linen Service
- Emergency Help Button

3221 E. Baldwin Rd., GRAND BLANC
(810) 606-1110
28413 Abbey Lane, NEW HUDSON
(248) 437-6550
ABBEYPARK.COM

AMENITIES INCLUDE:

- Beauty & Barber Shop
- Ice Cream Parlor
- Movie Theater

- Convenience Store
- Coffee Shop
- Scenic Courtyard
- Chapel • Exercise Room • Library

Live Here, FOR THE BEST OF
YOUR LIFE[®]

INQUIRE ABOUT OUR
MONTHLY SPECIALS



4-D-5-5

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

15-0685

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

Professional Hearing Clinic Here today, so you can HEAR tomorrow!

FREE HEARING CONSULTATION WITH APPOINTMENT

UAW Retirees may qualify for rechargeable hearing aids. Visit us at a location near you: 2545 W Silver Lake Rd., Suite 5, Fenton

810-433-4575 • PROFESSIONALHEARINGCLINIC.COM

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

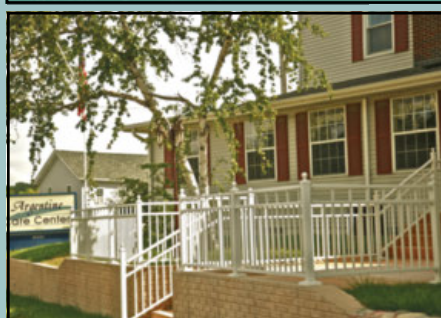
Are you considering assisted living? We are here for you.

Move-In Special
For our Loose Senior Center Friends
\$3,000 total savings!

A complimentary 32" HDTV will also be given upon admission.

Call Stephanie and mention this offer to receive the special and TV at the time of move-in.
Recently renovated 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



LINDEN'S COMPLETE AUTO REPAIR

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

FREE Loaners
FREE Diagnosis
FREE Shuttle Service

\$44.99 INCLUDES:

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

Expires 5/1/2023

VIP Medicare Choices
Educating You on ALL of Your Options

We specialize in being a resource that guides when/how to enroll in Medicare, clarifies available options, submits your direct enrollment and completes annual reviews.

Talk with Vyte today in a no-cost, no-obligation, no-pressure consultation!

Call/Text Vyte I. Paquette: 313.909.1979
Visit our website: **VIPMedicareChoices.com**

Personalized Service and Support for Insurance Solutions You can Trust

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

Where public transportation goes, community grows!



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

We Bring Care Home to You

- Since 1973



FREE CARE
ASSESSMENT
by a Licensed Nurse

Home Health Aide and Nursing Care
AVAILABLE 24/7

www.helpinghandhealthcare.com
G-8305 S. Saginaw St., Ste. 1, Grand Blanc, MI 48439
800.304.0254

SUPPORT OUR
ADVERTISERS!



Dave Lamb
HEATING & COOLING INC.



409 E. Caroline
Fenton, MI 48430

800.454.4946

810.629.4946

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

www.davelambheating.com

**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

VICINIA GARDENS
**NEW LUXURY
SENIOR LIVING**

The Independent is an all-inclusive retirement community in the heart of Fenton, meant for 55 & wiser seniors looking for luxury living!

- ✓ 1 & 2 Bedroom Options
- ✓ Utilities, Basic Cable & Wi-Fi
- ✓ Dining, Housekeeping & Transportation
- ✓ Outdoor Recreation, Fitness Center & More!

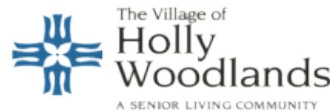
CALL TODAY!

810-354-7080

VICINIAGARDENS.COM



Enjoy maintenance
free living at
an affordable
senior community.



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

★ ★ ★
Senior & Veteran Discounts
★ ★ ★

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

Duane | 810-275-4241



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

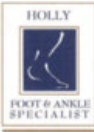
www.BrancheauLaw.com



4-D-5-5

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



Woodhaven
Senior Community


"Where Seniors Love to Live"

5201 Woodhaven Ct.
Flint, Michigan 48532
(810) 230-1070 • Fax (810) 230-2505

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

FULL AND PART TIME POSITIONS AVAILABLE
- Working in Fenton/Linden area group home.

Direct Support Professional responsibilities:

- Serving and Caring for developmentally disabled adults in a home setting, provide a clean, safe and comfortable environment. Must have a valid Drivers license (clean driving record and background check).
- Be available for training if not fully trained. Training is provided and paid for by company.
- Work well with others
- Benefits offered to those seeking full time employment

**• If interested please call -
(810) 750-0382**

- Volunteering with a paycheck
- **Sign on Bonus**



WE'RE HIRING
AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

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

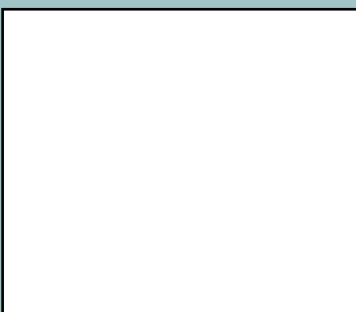


Contact us at: careers@4lpi.com | www.4lpi.com/careers

**Urgent Repair Program for
Genesee County Homeowners!**

Roof / Well / Septic / Furnace Only

Call (810) 257-3010 or online
at www.gcmpc.org

SOTERIA

**Get the Support You Need to Get
Back to Living Life**

Call 810-603-7235 to speak with an
in-home care professional today.

info@soteriahhc.com | soteriahhc.com




**Generations of Service
to the Community**

sharpfuneralhomes.com



Miller Road Chapel
Roger L. Sharp, Founder & Manager
8138 Miller Road • Swartz Creek
(810) 635-4411

Linden Chapel
Stephanie Sharp Foster, Manager
209 E. Broad St. • Linden
(810) 735-7833

Fenton Chapel
Michael T. Scully, Manager
1000 Silver Lake Rd • Fenton
(810) 629-9321

Funeral Home & Cremation Center
Jennifer Sharp Scully, Manager
6063 Fenton Road • Grand Blanc
(810) 694-4900

- COMPASSION. DIGNITY. RESPECT. -



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®



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

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com



Important Information

**LUNCH Pick up at 11:30 am - 12 noon,
\$3 donation (in county) or \$6 donation (out of county)**

Lunch has changed here at Loose!

After much debate and consideration we have gone to the congregate meals through the Genesee County Action Resource Department (GCCARD)

**Meals are available for pick-up Monday - Friday
11:30am - 12 noon here at the center**

Reservations for Tuesday-Friday must be made by **1pm** the day before. Reservations for Mondays must be made by 1pm the prior Friday. Call the center at 810-735-9406.
(Note: meals for special occasions may require up to two weeks advance reservations.)

Persons residing in Genesee County who are 60 and older and their spouses regardless of age are eligible for a free meal, although donations are appreciated.

- Requested Donation is \$3.00
- Persons under age 60: \$6.00
- Persons of all ages who reside outside Genesee County: \$6



**The Senior Millage is divided among
16 senior centers in the Genesee County and 14 additional
senior service agencies.**



“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.”

For non-county residents, a membership fee of \$30.00 annually is requested to help fund newsletter mailings and the many activities we offer.

SEPTEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

BOARD OF DIRECTORS

Frank Lukowski, President
 Ken Wensel, Vice President
 Roby Deese, Secretary
 Rod Martin, Treasurer
 Ray Culbert
 Pat Lockwood
 Joetta Pyles-Zalewski

LOOSE STAFF

Carl Gabrielson
Executive Director
 Jaelyn von Linsowe
Executive Assistant
 Dotti Tynes
Program Director
 Cheryl Rex
Travel Coordinator
 Dottie Davis
Front Desk
 Maintenance

5

6

7

8

9

10/11

Outdoor Games
 9:30 Arthritis Exercise
11:30 Lunch
 12:00 **NO Line**
 Dancing
 2:00 Chair Yoga

Outdoor Games
 9:30 Arthritis Exercise
11:30 Lunch
 12:00 **NO Line**
 Dancing
 2:00 Chair Yoga

9:00 Biking Bunch
 9:30 Yoga
11:30 Lunch
 12:00 **NO Woodcarving**
 1:00 Movie Day
 1:00 Card Play
 (Pinochle/Bridge)

Outdoor Games
 MMAP Counselor
 8:00 Loose Board Mtg
 10:00 Chair Yoga
 11:00 Arthritis Exercise
11:30 Lunch
 12:00 Strength &
 Balancing
 2:30 Healthy Exercise

MMAP Counselor
 9:30 Yoga
 9:30 Write your
 Life Story
 11:00 Zumba
11:30 Lunch
 12:30 Pickleball
 12:30 Quilting/
 Knitting/Crocheting
 1:00 Chorus

1

2

3/4

Outdoor Games
 MMAP Counselor
 10:00 Chair Yoga
 11:00 Arthritis Exercise
11:30 Lunch
 12:00 Strength &
 Balancing
 2:30 Healthy Exercise

MMAP Counselor
 9:30 Yoga
 11:00 **NO Zumba**
11:30 Lunch
 12:30 Pickleball
 12:30 Quilting/
 Knitting/Crocheting
 1:00 Chorus

PHONE
 810.735.9406
 FAX
 810.735.4255

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

OFFICE HOURS
 Monday - Friday
 8:00 am- 4 pm

<p>12</p> <p>9:30 CSFP 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>13</p> <p>Veteran Services (by appt.) Outdoor Games 9:30 Arthritis Exercise 9:30 Cops & Coffee 11:00 Wii Bowling 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>14</p> <p>9:00 Biking Bunch 9:00 One on One Exercise 9:30 Yoga 10:30 Blood Pressure 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>15</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 2:30 Healthy Exercise</p>	<p>16</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Pickleball 12:30 Quilting/ Knitting/Crocheting 1:00 Chorus</p>	<p>17/18</p>
<p>19</p> <p>9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>20</p> <p>Outdoor Games 9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Wii Bowling 11:30 Lunch 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>21</p> <p>Hearing Screening (by appt.) 9:00 Biking Bunch 9:30 Yoga 9:30 Ask a Lawyer 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 3:00 UofM PT screening</p>	<p>22</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:30 Meditation 2:30 Healthy Exercise</p>	<p>23</p> <p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 Lunch 12:30 Pickleball 12:30 Quilting/ Knitting/Crocheting 1:00 Chorus</p>	<p>24/25</p>
<p>26</p> <p>9:30 Painting 10:00 Tai Chi 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>27</p> <p>Outdoor Games 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 Lunch 12:00 Line Dancing 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>28</p> <p>One-on-One Financial (by appt.) 9:00 Biking Bunch 9:00 One on One Exercise 9:30 Yoga 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>29</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 2:30 Healthy Exercise</p>	<p>30</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 Lunch 12:30 Pickleball 12:30 Quilting/ Knitting/Crocheting 1:00 Chorus</p>	

Congregate September Meal Menu 2022

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5	 6	 7	1 Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 100% Fruit Juice	2 Meatball Sub-5 ea Vegetable Blend-4oz WW Sub Bun Fresh Apple Show milk 50's Drive in Eats \$5/lunch 
12 Pulled BBQ Chicken (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk	13 Pork Chop w/gravy-3oz Roasted Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Banana-1 Milk 	14 HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Tossed Salad w/Tomatoes-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz Salad Dressing Pk Milk	8 Peppered Beef Steak w/gravy-1 Mashed Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine Honey Dew Fruit Chunks-4oz 100% Fruit Juice	9 Chicken Marsala-1 Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
19 Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit Milk	20 Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple 100% Fruit Juice	21 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	15 Chicken Breast-1 Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Oven Brown Rolls w/Margarine HM Birthday Cake 100% Fruit Juice 	16 Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk
26 HM Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	27 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Berry Blend Applesauce-1 ct Milk 	28 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Fresh Apple-1 Margarine 100% Fruit Juice Cookie of the Month 	22 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Fresh Apple-1 Margarine 100% Fruit Juice Cookie of the Month	23 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
26 HM Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	27 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Berry Blend Applesauce-1 ct Milk 	29 Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice	29 Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice	30 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine 100% Fruit Juice 

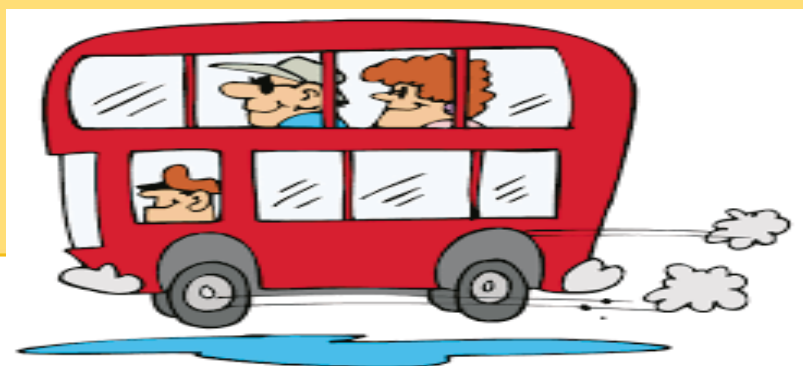
Travel & Trips

TRIPS @ A GLANCE

Sept 20	Church Basement Ladies (Turkeyville)	\$91/person
Sept 28	Gun Lake Casino	\$45/person
Oct 13	Soaring Eagle	\$45/person
Nov 9	Shipshewana Christmas	\$135/person
Nov 10	Caesars Windsor	\$45/person
Nov 27 - Dec 2	NYC Holiday Extravaganza	\$2,349./Double
Dec 2 - Dec 5	Lancaster Christmas	\$1,099./Double
Dec 7	Nite Lights at MIS	\$83/person
Dec 8	White Christmas (Turkeyville)	\$91/person

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.

Travel & Trips



WHITE CHRISTMAS



Wednesday, December 8, 2022
\$91.00



November 27—December 2, 2022
\$2,349.00/pp double occupancy



Shipshewana Christmas
Wednesday, November 9
\$135.00

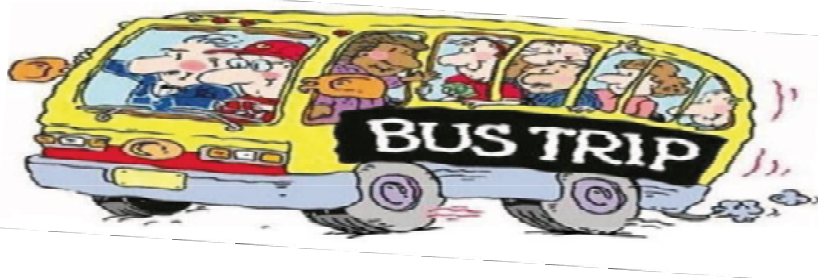
May 20—31, 2023 ~ Netherlands, Belgium & France - \$5,749.00 based on double occupancy and bookings by October 21, 2022

May 7—16, 2023 ~ Discover Scotland - \$4,299.00 based on double occupancy and bookings by November 8, 2022

September 16-29, 2023 ~ Portugal and Its Islands - \$4,999.00 base on double occupancy and bookings by March 17, 2023

If interested please call the Loose Center for information on a Zoom presentation regarding the forementioned trips.

*These rates are per person and subject to change, if booked after above dates, based on air inclusive packages from Detroit Metro Airport



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

Travel & Trips



NITE LITES AT MICHIGAN INTERNATIONAL SPEEDWAY

Wednesday, December 7, 2022
 Trip includes dinner at Jerry's Pub (buffet)



Wednesday, Sept. 28
\$45

JOIN LOOSE SENIOR CENTER



Thursday, October 13, 2022
\$45

LANCASTER CHRISTMAS



@ Sight & Sound Theatre

3 Nights Lancaster, PA
 3 Breakfasts - 1 Lunch - 3 Dinners

Sightseeing tour of Amish Country
 Kitchen Kettle Village
 Julius Sturgis Pretzel Bakery
 KOZIAR'S CHRISTMAS VILLAGE

December 2-5, 2022 \$1099./Double

Join Loose Center for a day of FUN!!!

\$45 **CAESARS** **\$15**
 Per Person WINDSOR Reward Play

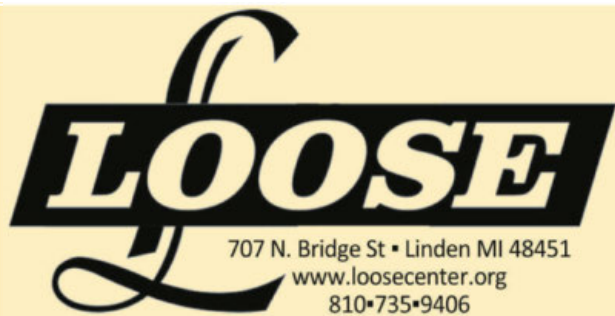
PROUD that we are a
NON-SMOKING
 Facility.



Thursday, November 10, 2022

You must bring PROOF - Of Citizenship (IE., Enhanced Drivers License (EDL) or a Passport





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



Please make sure our records are up to date with current phone numbers. We cannot notify you of any changes in programs or trips if we do not have an accurate phone number.

5pm

\$25 pp



Thursday, November 17, 2022