



**LOOSE**

February  
2023

# From the Executive Director

Loose family,

To often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. These are the wise thoughts of Leo Buscaglia and how he believes a single person can make a difference. So, let's take some time and look at ourselves. Let us look in a mirror and see our reflection and how we relate to his views of how we can turn a life around.

Daily life can be daunting and is very stressful. A person feels that they can handle what is going on and deflect all concerns, problems and tragedies by filling their time with meaningless tasks and empty values. Eventually this overwhelms a person's ability to cope with and organize their routine and what is important to them. They become disconnected from reality and disinterested with life around them.

We all know people who are being challenged with internal issues that they find hard to share. We feel sorry for them and feel hopeless to reach out and connect with them to let them know that we are concerned and care about their well being. We need to reflect on the words of Mr. Buscaglia and find a way to:

- \*Touch
- \*Smile
- \*Listen
- \*Give an honest compliment
- \*Show the smallest act of caring

In our efforts we must be sincere and make the person aware that we truly care and are there for them, not just for that moment but as a constant friend to help get them through their trials and tribulations. We are a friend who sees the need to put aside our responsibilities and routines to be that individual who can turn a life around.

So, when you find yourself in a position to reach out and help a lost soul, look at the reflection in the mirror and ask yourself....."Am I that person who can make a difference, can I turn a life around?"

Happy Valentines Day!

All is well,  
Carl Gabrielson  
Executive Director  
Loose Senior Center

## **Mission Statement**

*"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region."*



# Current Loose Activities

## **CARDIO/AEROBICS EXERCISE** Fee \$7

(Mondays, 11:30am-12:30pm)

(Thursdays, 1:00pm-2:00pm)

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

## **CHAIR YOGA** Fee \$7

(Tuesdays, 2:00pm and Thursdays, 10:00am) Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion.

## **YOGA** Fee \$7

Gentle Flow Yoga (Mondays 2:00pm, Wednesdays and Fridays 9:30am) Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

## **LINE DANCING** (Tuesdays, 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** (Fridays, 11:00am) 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!

## **ARTHRITIS FOUNDATION EXERCISE**

(Tuesdays, 9:30am and Thursdays at 11:00am)

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

## **HEALTHY EXERCISE** (Wednesdays, 11:00am)

Low impact exercise by the rehab tech from Symphony

## **STRENGTH AND BALANCING** (Thursdays, 12:00pm)

Strengthen your body to help with balance.

## **One on One Physical Therapy**

(2nd & 4th Wednesday) by appointment

## **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!

## **HAPPY STAMPERS** (3rd Tuesday of each month, 1:00pm FREE)

Work on own projects and "show and tell" to motivate others.

## **KNITTING/CROCHETING** (Fridays, 9:30am)

Our knitting and crocheting group meets every Friday, to knit or crochet. Items can be donated to local charities. Please bring your own supplies.

## **LOOSE CHORUS** (Fridays, 1:00pm-3:00pm)

If you like to sing, checkout our chorus.

## **PAINTING** (Mondays, 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.*

## **QUILTING** (Fridays, 9:30am)

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.

## **WOOD CARVERS** (Wednesdays, 12:00pm-1:30pm)

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion.

## **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.

### **MICAFE**

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for low income seniors to buy and eat the foods they need to maintain healthy lives through the Food Assistance Program. 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 (810)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 (CSFP)**

**2nd Monday of each month, 9:00am-10:00am**

Loose is a distribution site for emergency food assistance program.

### **ONE-ON-ONE FINANCIAL HELP**

Last Wednesday of each month,  
call for an appointment 810-735-9406

# Activities



## Cardio/Aerobics Classes

Mondays, 11:30am  
Thursdays, 1:00pm  
\$7/class

## PODIATRIST (by appointment) February 14th

Next appointment date: April 18, 2023

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.



10am - 12noon

February 8th & 22nd

One on One advice for a personalized daily therapy 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.  
(810)735-9406



## HEARING SCREENINGS

3rd Wednesday of each month,

10:00am-12:00pm, 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

## STRENGTH AND BALANCING

(Thursdays, 12:00pm)

Physical therapist helps strengthen the body to help with balance.



Signs of Dementia  
Wednesday, February 15 2:00PM

Choices in Senior Living  
Wednesday, March 15 2:00PM

## SAVVY CAREGIVER Wednesdays, April 5—May 10 9:30am—11:30am

- Understand the impact of dementia on both you and your loved-one.
- Learn skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel Better about your caregiving.
- Take care of you!



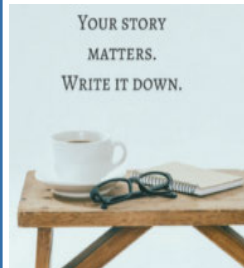
## HEALTHY EXERCISE

Wednesdays at 11:00am  
Low impact exercise by the tech from Symphony. Free class-Come join us!

# Loose Activities

## WRITE YOUR LIFE STORY

Every 2nd & 4th Friday 2:00pm



Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun. Writing your life story is not only a gift to yourself, but also a gift for family and friends, as well as generations of families not yet born.

## ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 1:00pm

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.



## LOOSE CHORUS

Fridays, 1:00PM

Don't miss out on the chance to be a part of this exceptional group of people who enjoy singing together. The chorus rehearses and works to prepare for many special events. They go into the community, sharing their talent locally with those who can use some good old-fashioned cheer. They also perform at Loose during special events and are a wonderful addition to any gathering.

**TALENTED GROUP & ALL ARE WELCOME!**

## Join Judy Lytle Fridays at 11:00am for: ZUMBA GOLD

**Perfect for:** Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

**Benefits:** Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!



Tuesday, February 14, 9:30am-10:30am

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.

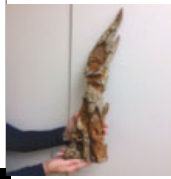


## PAINTING GROUP

Mondays, 9:30am

This group meets regularly, is excited to share ideas and talent with a wonderful, volunteer instructor available to help and guide. Bring your own project and painting supplies and join in!

## WOOD CARVING-Wednesdays 12:00pm



Do you like to create things from wood? Join our talented woodcarvers on Wednesdays as they share their talents and many ideas along with great conversations.



## ASK A LAWYER

3rd Wednesday of each month  
(9:30am – 11:30am)

Attorney Stacey N. Brancheau will be at the Center to offer free consultations on estate planning.

Call to schedule an appointment at 810-735-9406.

## Card Play 1:00pm-300pm

Mondays & Thursdays

*Euchre and Mahjong*

Wednesdays

*Pinochle and Bridge*

If interested in playing Bridge/Hand and Foot, please call the center, we have people waiting



## GRIEF SUPPORT GROUP

2nd & 4th Wednesday @ 2:00pm

We are thankful to Promedica 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.

# Events

## Movie Day February 1, 1:00PM

Movie Title TBD

Will be posted in the Center as soon as we know.

Pizza, popcorn and water



## Brunch & Learn Seminar

Tuesday  
May 2, 2023  
9:30am

Celebrating life fully means planning your final wishes so your loved ones don't have to. Let us help begin the process through our special "Peace of Mind" seminar. We promise it to be an educational, informative and enjoyable time for learning the full benefit of planning ahead for total "Peace of Mind", in an informal and relaxed setting.

Enjoy a free Brunch

Sponsored by Sharp Funeral

Please RSVP at 810-735-9406

Loose Center



Are you caring for a loved one with memory loss?  
We can help...



### Program Details

Wednesdays

Dates: April 5th – May 10th

Time: 9:30am – 11:30am

*Classes meet once per week for 6 weeks.*

Location: Loose Senior Center  
707 N. Bridge St. Linden, MI

Cost: No cost, donations are welcome for the class.

Registration is required.

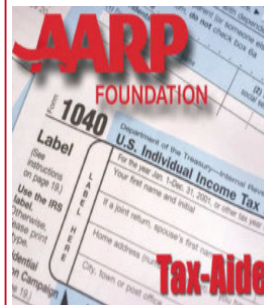
To register for the class please contact: Loose Senior Center  
810-735-9406

### Savvy Caregiver

If you are an active caregiver of a family member or friend with dementia living at home, this workshop will help you gain special skills and knowledge you will need to be successful.

The Savvy Caregiver will help you:

- Understand the impact of dementia on both you and your loved-one.
- Learn skills you need to manage daily life
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!



## FREE TAX FORM PREPARATION!

AARP Foundation Tax-Aide is available free to taxpayers with low to moderate income, with special attention for those ages 60 and older. Preparation is by certified AARP Foundation Tax Aides.

All appointments will be on Tuesdays through April 4th.

This service begins on Tuesday, February 7 (by appointment ONLY).

Please call the Loose Center at 810.735.9406 to schedule an appointment

Mark your calendars: **April 12th**  
**Senior Spring Fling**  
**Dance to a Live Band "Living Notes"**  
**Refreshments Available**  
**6:00PM—9:00PM**  
**\$15.00 single person/\$25.00 couple**

# Red Wings Hockey



**Thursday**  
**Feb 9, 2023**

**Round trip**

**Bus ride**

**Bottom bowl seats**

**\$100**

**Red Wings vs Calgary**



**Win a free ticket for our  
spaghetti dinner & Show**

**3 lucky winners**



**Bus leaves at 5:00pm**

**Leaving from Loose**

**Lets have some fun**

**810-735-9406**



# Loose's Annual Corned Beef & Cabbage



**March 16th at  
12:00  
\$18**

Enjoy a lunch of corned beef, cabbage, carrots, roasted potatoes, roll and a dessert

Entertainment by



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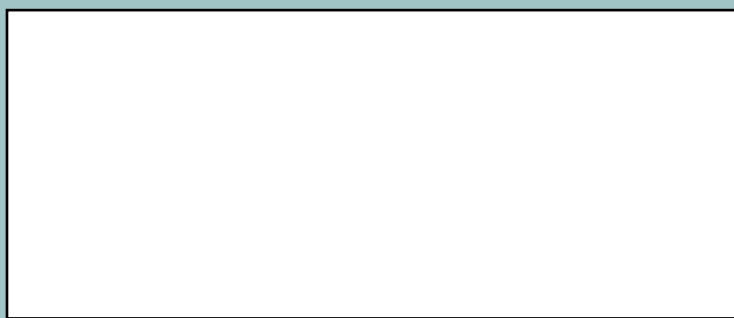


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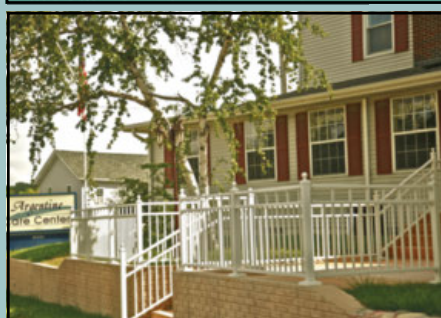
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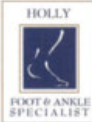
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# Important Information

## 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.

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.

**MEMBERSHIP** Loose Senior Citizen Center is open to anyone 50 years of age and older. Anyone participating in Loose Center activities, programs or services is considered a member. *There is no annual membership fee for Genesee County residents.* Members living outside of Genesee County pay an annual fee of \$35.

**A REMINDER TO OUR OUT-OF-COUNTY MEMBERS.**  
The annual membership fee of \$35 per person is due for 2023. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person.

## 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



*“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.”*

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

**-or-**

**\$6 donation (out of county)**

Please call the day before by 1pm to reserve your lunch.



## Community Food Share

Loose Center has a Food Pantry  
In partnership with FARR

Let the front desk know when you need assistance

**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.**

## WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

In the event of inclement weather, please tune into **ABC 12**, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.



# FEBRUARY

**MONDAY**

**TUESDAY**

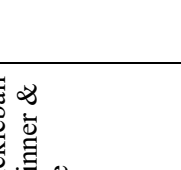
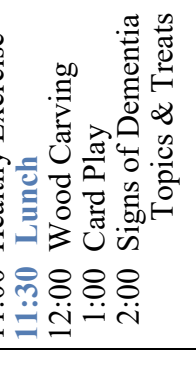
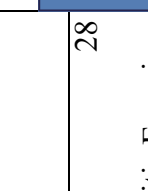
**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/SUNDAY**

<p><b>PHONE</b> 810.735.9406</p> <p><b>FAX</b> 810.735.4255</p> <p><b>EMAIL</b> lsc@loosecenter.org</p> <p><b>WEBSITE</b> www.loosecenter.org</p>	<p><b>OFFICE HOURS</b> Monday - Friday 8:00 am- 4 pm</p>	<p>9:30 Yoga 11:00 Healthy Exercise <b>11:30 Lunch</b> 12:00 <b>NO Wood Carving</b> 1:00 Movie Day 1:00 Card Play (Pinochle/ Bridge)</p>	<p>1</p> <p><b>MMAP Counselor</b> 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>2</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus</p>	<p>3</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus</p>	<p>6</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>7</p> <p>9:30 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Line Dancing 1:00 Make a Friend Day 2:00 Chair Yoga</p>	<p>8</p> <p>9:30 Yoga 10:00 One on One Physical therapy 10:30 Blood Pressure 11:00 Healthy Exercise <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>9</p> <p><b>MMAP Counselor</b> 8:00 Loose Board Mfg. 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>10</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>11/12</p> <p>4/5</p>
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<p>13</p> <p>9:00 Indoor Walking 9:30 CSFP 9:30 Painting 11:30 Cardio/Aerobics <b>11:30 Lunch</b> 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>14</p> <p>Veteran Services (by appt) <b>Podiatrist (by appt)</b> 9:30 Arthritis Exercise 9:30 Cops and Coffee <b>11:30 Lunch</b> 12:00 Line Dancing 2:00 Chair Yoga</p> <p><b>Happy Valentine's Day</b></p> 	<p>15</p> <p><b>Hearing Screening</b> (by appt.) 9:30 Yoga 9:30 Ask a Lawyer 11:00 Healthy Exercise <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play 2:00 Signs of Dementia Topics &amp; Treats</p>	<p>16</p> <p><b>MMAP Counselor</b> 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Cardio/ Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball 4:00 Spaghetti Dinner &amp; A Movie</p>	<p>17</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus</p>	<p>18/19</p>
<p>20</p> <p><b>Center Closed in Observance of</b></p>  <p><b>PRESIDENTS DAY</b></p>	<p>21</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure <b>11:30 Lunch</b> 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>22</p> <p><b>One-on-One Financial</b> (by appt.) 9:30 Yoga 10:00 One on One Physical therapy 11:00 Healthy Exercise <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>23</p> <p><b>MMAP Counselor</b> 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>24</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>25/26</p>
<p>27</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>28</p> <p>9:30 Arthritis Exercise 11:30 <b>Lunch</b> 12:00 Line Dancing 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p><b>BOARD OF DIRECTORS</b> R.M. Martin, President Ken Wensel, Vice President Roby Deese, Secretary Pam Boegler, Treasurer Ray Culbert Pat Lockwood Frank Lukowski</p>	<p><b>LOOSE STAFF</b> Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Doti Tynes <i>Program Director</i> Cheryl Rex <i>Travel Coordinator</i> Director Carrie Shaulis <i>Administrative Service Specialist</i></p>	<p><b>Do You Need A Ride To Lose??</b> Call Fenton MTA at least 24 hours in advance to schedule your ride. Please call <b>(810) 780-8965.</b></p> 	



## Congregate February Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HM Beef Stew w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk</p>	<p>HM White Chicken Chili Whole Kernel Corn Mini Muffin Pear Cup Margarine Milk</p>	<p>Turkey Tetrazzini Chuck Wagon Veggies Key West Vegetable Blend Strawberry Applesauce Potato roll Milk</p>	<p>Asian Chicken Bowl Brown Cilantro Rice w/Peppers,Onions &amp; Pineapples Apricots Veggie Blend Hawaiian Roll 100% Fruit Juice</p>	<p>Open Face Pot Roast Sandwich Mashed Potatoes Sliced Carrots Tropical Fruit Salad Sliced Texas Toast Half Margarine Milk</p>
<p>6 HM Beef Stew w/ Stewed Vegetables Green Beans Warm Peaches Biscuit Milk</p>	<p>7 HM White Chicken Chili Whole Kernel Corn Mini Muffin Pear Cup Margarine Milk</p>	<p>8 Pub Burger w/ Cheese Leaf Lettuce/Sliced Tomato Potato Salad Peas &amp; Carrots Fruit Salad Whole Wheat Bun Mayo &amp; Mustard Milk</p>	<p>9 Beef Lasagna Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice</p>	<p>10 Chef G's Choice</p>
<p>13 Cheese Ravioli w/Meat Sauce Italian Veggie Blend Roasted Potatoes Fresh Pear Potato Roll Margarine Milk</p>	<p>14 HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine Milk</p>	<p>15 Chicken Parm Sandwich Potato wedges Mixed Veggies Diced Peas WG Bun Margarine 100% Fruit Juice</p>	<p>16 HM Potato Soup Sweet Corn Croissant Fresh Apple Margarine 100% Fruit Juice Cookie of the Month</p>	<p>17 Baked Salmon w/Cream Sauce Veggie Blend Roasted Brussel Sprouts Mixed Fruit Salad Wheat Grain Roll Margarine Lemon Juice Milk</p>
<p>20 Meatloaf w/Gravy Redskin Mashed Potatoes Sweet Green Peas Fresh Apple Multi-Grain Roll Margarine Milk</p>	<p>21 HM Goulash Spinach Baby Carrots Fresh Apple Corn Bread Margarine 100% Fruit Juice</p>	<p>22 Tangerine Chicken in Stir fry Vegetables Peas &amp; Carrots Brown Rice Diced Pineapples Potato Roll Margarine Milk</p>	<p>23 Baked BBQ Chicken Loaded Potato Salad Southern Green Beans Whole Wheat Roll Fresh Orange Margarine 100% Fruit Juice Birthday Cake</p>	<p>24 Artisan Mac &amp; Cheese Stewed Tomatoes Steamed Broccoli Potato Roll Margarine Diced Peas Milk</p>
<p>27 Meatloaf w/Gravy Redskin Mashed Potatoes Sweet Green Peas Fresh Apple Multi-Grain Roll Margarine Milk</p>	<p>28 Chef Salad w/Turkey, Cheese &amp; Eggs Romaine Lettuce Tomato Soup Fresh Broccoli Florets Fruit Cocktail Flatbread Half 100% Fruit Juice</p>	<p>Genesee County <b>CARD</b> Community Action Resource Department</p>	<p>Genesee County <b>G</b> Office of Senior Services</p>	<p>VAMM Valley Area Agency On Aging Answers, Action &amp; Advocacy for All Things Senior</p>



# Travel & Trips

## TRIPS @ A GLANCE

February 9	Red Wings vs Calgary Flames	\$100/person
February 13	Saganing Eagles Landing Casino	\$45/person
March 16	Firekeepers Casino	\$45/person
March 28	Red Wings vs Pittsburgh Penguins	\$100/person
April 27	Soaring Eagle Casino	\$45/person
May 21	Springtime in the SMOKIES	\$1140/Double
May 25	Historic Marshall	\$108/person
June 16	A Day in the Detroit	\$114/person
July 19	The Great American Trailer Park Musical	\$99 per person
August 14-21	Canadian Rockies , Glacier National Park and Yoho National Park	\$4,899/Double
September 12-20	South Dakota's National Parks	\$2,799/Double
September 17-23	New England	\$1,844/Double
September 21-22	ARK Encounter (new date)	\$414/Double
September 28	Ohio Wine Tour	\$120/person
October 10-13	Agawa Canyon & Mackinac Island	\$1,299/Double

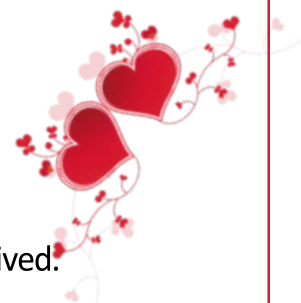
Watch for flyers to come

**(2) Detroit Tiger Games**

August 16	Saugatuck, MI
October 10	Autumn Adventure
November 9	Tinsel and Turkey (Turkeyville)
December 14	Holiday Church Tour

***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

# Travel & Trips

## SOUTH DAKOTA'S NATIONAL PARKS

September 12—20, 2023

Black Hills - Badlands - Mt. Rushmore - Crazy Horse Memorial  
-Custer State Park - Deadwood

PLUS



**CELEBRATION BELLE**  
Mississippi River  
Entertainment Cruise



**\$2,799.00** pp/Double

*Springtime*

## IN THE SMOKIES

May 21-24, 2023

4 days / 3 nights    \$1,140.00 pp/Double

## AGAWA CANYON & MACKINAC ISLAND

October 10-13, 2023  
\$1,299.00 pp/Double

## CANADIAN ROCKIES & GLACIER NATIONAL PARK plus YOHO NATIONAL PARK



August 14-21, 2023  
\$4,899. per person/Double



### Through Collette World Wide Travel

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

January 15-23, 2024 ~ Tropical Costa Rica - \$2,899.00 per person based on double occupancy and bookings by July 8, 2023

May 19 -28, 2024 ~ Countryside of the Emerald Isle - \$4,349.00 per person based on double occupancy and bookings by October 13, 2023

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

Reservations are not guaranteed until down payment is received.



# Travel & Trips



## MCC Continuing Education (Friday's @ Applewood) 2022/2023 SERIES

**\$10.00 without transportation**  
**Must book and pay by Wednesday before event or register online.**

- Friday, February 17      **Senior Health and Wellness**
- Friday, March 17        **Bringing Historical Cemeteries to Life**
- Friday, April 21        **MTA Flint-Your Life-line Transportation System**
- Friday, May 19         **The Markets Today**
- Friday, June 2         **Police Evolution**



**\$45**

**Monday, February 13, 2023**

Round Trip Motor Coach \$10 on Players Card  
\$5.00 Dining Credit for SELC  
PLUS, earn 100 points on slots and receive  
\$10 in Premium Play

**Pickup at Loose Center, no other stops**

Snacks and water on bus



**\$45**

**Thursday, March 16, 2023**

- Round Trip Motor Coach Transportation to FireKeepers Casino
- **\$30 in Free Play**
- **\$5 in points** (food & beverage)
- Water & snacks on the bus

**Pickup at Loose Center, no other stops**



### YOUR BIANCO TOUR INCLUDES:

**Round Trip Transportation** - Via deluxe highway motorcoach. Equipped with reclining seats, overhead storage, and a restroom for your comfort and convenience.

**Knotty Vines Winery - Wauseon, OH** (wine tasting) - In 2008 a local Ohio couple decided to buy 3.3 acres of farmland in Wauseon, OH. The winery now has over 1,000 vines and produces over 6 tons of grapes annually. In 2012 they opened a tasting room to share their delicious wines with the rest of the world. They now make over a dozen kinds of wines, including wines made from other fruits, including cherries and blueberries, which they have become famous for.

**The Barn - Archbold, OH** (included lunch) - For more than 45 years families have gathered to enjoy home-style food and welcoming hospitality under the hand-hewn timbers of a barn built in 1861. Located in Archbold, OH, the Barn Restaurant continues to be a favorite spot to dine with family and friends.

**Majestic Oak Winery & Neon Grounding Brewery - Grand Rapids, OH** (wine tasting) - This rapidly growing vineyard is located 6 miles north of Grand Rapids, OH and offers nearly 18 different kinds of wine on site. Recent expansion has now allowed them to add the new Neon Grounding Brewery on site.

**Chateau Tebeau - Helena, OH** (wine tasting and light buffet) - When the Tebeaus purchased their 36-acre farm in 1996, they had no idea at the time what fate had in store for this limestone soil. They realized that this was not prime farmland, but that was not why they bought it. It was a love of nature and the rural lifestyle that made this property a great match. Knowing that grapes love limestone based soil, it didn't take long for Bob & Mary to start the research to turn this barren land into a productive vineyard and winery.

Tour price includes gratuities for above trip inclusions. **BIANCO DRIVER GRATUITY IS NOT INCLUDED.**



Bianco Tours does not own or operate any of the suppliers of services or accommodations for your trip. As a result, it is not responsible for any negligence or willful act or failure to act of any such supplier or of any third party over whom Bianco Tours has no control.

Presented by:  
**Loose Senior Center**

Tour date:  
**Thursday, September 28, 2023**

Departs 6:30AM - Returns 9:00PM

For reservations and information please contact:  
**Cheryl**  
**(810) 735-9406**

**\$120.00**

Please make checks payable to: Loose Senior Center & mail to: 707 N. Bridge St. • Loudon, MI 48451.

No refunds within 72 hours of departure.

(734) 946-7021  
[www.biancotours.com](http://www.biancotours.com)  
Find us on Facebook



**Are You Feeling a Little Blue?  
Tired of Winter already?**

Check out our day Casino trips or a Friday morning at Mott Continued Learning (Lifelong Learning) and get out of the house for a day.

## ARE YOU READY FOR SOME BASEBALL???????

**JUNE 14—Detroit Tigers vs Atlanta Braves**

**AUGUST 23—Detroit Tigers vs Chicago White Sox**

**\$90.00 per person each**



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



Coming in  
February

“UNDER THE TUSCAN SUN”

*Spaghetti Dinner*

&

**Thursday  
February 16th  
4:00-6:30pm**

*A Movie \$15*

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

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