



**FIRST**

**2022**

**August**

# From the Executive Director

Loose Family,

A Ferris Wheel...A ride that you feel the anticipation of highs and lows. When you are at the bottom, what you can see is limited, but, when you reach the top, it's like you can touch the sky.

You can look at life as if you are living on a Ferris Wheel. We anticipate that everyday will be at the top of the wheel. Everything is perfect and all is well. Your life is simple, friends and family are close to you and you find that your days are full of fun and pleasure. It is that time when your life is an adventure and you want the day to last forever. All those pleasant memories are made at the top of the wheel.

Then you experience the wheel descending down as it makes its completion of the cycle. We find that it is a period when we may face pain and hardship, illness, loneliness, grief, separation, bad health and despair may enter our lives at the bottom of the wheel. We then find that in time the wheel will return to the top and we will survive the cycle of the "Ferris Wheel" and all will be well again.

Life is like a Ferris Wheel.  
Even when you are down,  
Just remember, there's always a way back up.

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 \$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** Fee \$5

(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 EXERCISE** Fee \$5

(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 \$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.

## **ZUMBA GOLD** (Friday 11am) Fee \$5

A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

## **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.***

## **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 (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.

### **MICAFAE**

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 Stille 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.**

# Activities

Movie Day  
August 3

## BELFAST

Chronicles the life of a working-class family from the perspective of their nine-year-old son Buddy during the troubles in Belfast, Northern Ireland. Buddy's father works overseas in England, while the family-Ma, elder brother Will, and paternal grandparents live in Belfast through times of protest.

## 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

## Time for some outdoor fun?

Tuesday and Thursday 10am - 2pm

Cornhole and Horseshoes

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



"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 August 9th (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.

Next Appointment date will be October 11

## 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.



REMINDER, Loose is NON SMOKING,  
both facility and grounds.

# Loose Activities



**Tues, August 9, 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!



## ALZHEIMER SUPPORT GROUP

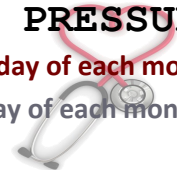
**Every 4th Tuesday, 1 pm**

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

**2<sup>nd</sup> Wednesday of each month, 10:30 - 11:30**

**3<sup>rd</sup> Tuesday of each month, 10:00 - 11:00**



## 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.

**WRITE YOUR LIFE STORY**  
This is my story...

**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.

## Card Play 1pm-3pm

**Mondays**  
*Euchre and Mahjong*  
**Wednesdays**  
*Pinochle and Bridge*

**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!



## 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....



# 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



### Community Food Share

Food Pantry now at Loose Center

In partnership with FARR

Let the front desk know when you need assistance



**Senior Project Fresh coupons are available for seniors 60 and over, living in Genesee County and based on 185% of Federal Poverty Income Guide Lines. Call Loose for an appointment.**

### 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.

# 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**

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.

(810)735-9406



**M**  
FLINT

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!**



Kat Wood DPT, OCS, ATC

Wednesday, August 31  
2:00 PM at Loose Center

About 80% of the population experiences low back pain at some point in their life. Come learn about low back pain, how to prevent it, when to know it is time to seek help from professionals and some simple effective exercises that can help you reduce your low back pain.

**CHILI** and *Dessert*

COOK  OFF

Thursday, October 20  
4:00pm—6:00pm

## Meditation

Thursday, August 25th, 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.

# Upcoming Events

**LOOSE**

Thursday, November 17, 2022

5pm



\$25 pp



## Dueling Pianos

(the Original Portable Dueling Show)  
since 1997

TICKET SALES START SEPTEMBER 1



# Important Information

**LUNCH Pick up at 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.

## **Lunch has changed here at Loose!**

After much debate and consideration we have gone to the congregate meals through the county.

**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  
**17** senior centers in the Genesee County and **7** additional  
senior service providers.



*“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.”*

# AUGUST



**PHONE**  
810.735.9406  
**FAX**  
810.735.4255

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

**OFFICE HOURS**  
Monday - Friday  
9:00 am- 4 pm

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/SUNDAY**

<p>1</p> <p>9:30 Painting 11:30 Cardio Exercise <b>11:30 Lunch</b> 1:00 Card Play <b>Euchre/Mahjong</b> 2:00 Yoga</p>	<p>2</p> <p>Outdoor Games 9:30 Arthritis Exercise 11:00 Wii Bowling <b>11:30 Lunch</b> 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>3</p> <p>9:00 Biking Bunch 9:00 One on One Therapy Exercise 9:30 Yoga <b>11:30 Lunch</b> <b>12:00 No Woodcarving</b> 1:00 Movie Day 1:00 Card Play (Pinochle/Bridge)</p>	<p>4</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 2:30 Healthy Exercise</p>	<p>5</p> <p>MMAP Counselor</p> <p><b>Car Show</b></p>	<p>6/7</p>
<p>8</p> <p>9:30 CSFP 9:30 Painting 11:30 Cardio Exercise <b>11:30 Lunch</b> 12:30 Book Club 1:00 Card Play <b>Euchre/Mahjong</b> 2:00 Yoga</p>	<p>9</p> <p>Veteran Services (by appt.) Podiatrist (by appointment) Outdoor Games 9:30 Arthritis Exercise 9:30 Cops &amp; Coffee <b>11:30 Lunch</b> 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>10</p> <p>9:00 Biking Bunch 9:30 Yoga 10:30 Blood Pressure <b>11:30 Lunch</b> 12:00 Woodcarving 1:00 Movie Day 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>11</p> <p>Outdoor Games MMAP Counselor 8:00 Loose Board Mtg 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 2:30 Healthy Exercise</p>	<p>12</p> <p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba <b>11:30 Lunch</b> 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>13/14</p>

<p>15</p> <p>9:30 Painting 10:00 Tai Chi for Arthritis 11:30 <b>NO Cardio Exercise</b> 11:30 <b>Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>16</p> <p>Outdoor Games 9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Wii Bowling 11:30 <b>Lunch</b> 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>17</p> <p>Hearing Screening (by appt.) 9:00 Biking Bunch 9:00 One on One Therapy Exercise 9:30 Yoga 11:30 <b>Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>18</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 <b>Lunch</b> 12:00 Strength &amp; Balancing 2:30 Healthy Exercise</p>	<p>19</p> <p>MMAP Counselor 9:30 Yoga 11:00 Zumba 11:30 <b>Lunch</b> 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>20/21</p>		
<p>22</p> <p>9:30 Painting 11:30 Cardio Exercise 11:30 <b>Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>23</p> <p>Firekeepers Casino Outdoor Games 9:30 <b>NO Arthritis Exercise</b> 11:00 Wii Bowling 11:30 <b>Lunch</b> 12:00 Line Dancing 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>24</p> <p>One-on-One Financial (by appt.) 9:00 Biking Bunch 9:30 Yoga 11:30 <b>Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>25</p> <p>Outdoor Games MMAP Counselor 10:00 Chair Yoga 11:00 <b>NO Arthritis Exercise</b> 11:30 <b>Lunch</b> 12:00 Strength &amp; Balancing 1:30 Meditation 2:30 Healthy Exercise</p>	<p>26</p> <p>MMAP Counselor 9:30 Yoga 9:30 Write your Life Story 11:00 Zumba 11:30 <b>Lunch</b> 12:30 Pickleball 12:30 Quilting/ knitting/Crocheting</p>	<p>27/28</p>		
<p>29</p> <p>9:30 Painting 11:30 Cardio Exercise 11:30 <b>Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>30</p> <p>Outdoor Games 9:30 Arthritis Exercise 11:00 Wii Bowling 11:30 <b>Lunch</b> 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>31</p> <p>One-on-One Financial (by appt.) 9:00 Biking Bunch 9:30 Yoga 11:30 <b>Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p><b>BOARD OF DIRECTORS</b></p> <p>Frank Lukowski, President Ken Wensel, Vice President Roby Deese, Secretary Rod Martin, Treasurer Ray Culbert Pat Lockwood Joetta Pyles-Zalewski</p>			<p><b>LOOSE STAFF</b></p> <p>Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Dotti Tynes <i>Program Director</i> Cheryl Rex <i>Travel Coordinator</i> <i>Director</i> Dottie Davis <i>Front Desk</i> <i>Maintenance</i></p>	

# August 2022

## CONGREGATE MEAL MENU - AUGUST 2022

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Open Face Turkey Sandwich Mashed Potatoes Sweet Peas Mixed Fruit Cup Half-Slice Texas Toast 1% Milk</p>	<p>2</p> <p>HM Mini Beef Tacos Mexican Rice Chuck Wagon Blend Veggies Pineapple Tidbits (4 oz) Sub Bun (1 ct) 100% Fruit Juice</p>	<p>3</p> <p>Turkey Polish Sausage (1 ct) Normandy Blend Vegetables (4 oz) Potatoe Wedges Tropical Fruit Salad (4 oz) Whole Wheat Bun (1 ct) Margarine &amp; Mustard Milk (1 ct)</p> 	<p>4</p> <p>BBQ Chicken Thighs Creamed Style Corn Key West veggie Blend Strawberry Applesauce (1 ct) Wheat Roll (1 ct) Margarine (1 ct) 100% Fruit Juice</p>	<p>5</p> <p>Car Show 50's Drive in Eats \$5/lunch</p> 
<p>8</p> <p>Boneless Rib in sauce (1 ct) Baked Beans Peas &amp; Carrots (4 oz) Whole Grain Bun (1 ct) Diced Peaches (4 oz) Milk (1ct)</p>	<p>9</p> <p>HM Chicken &amp; Penne Alfredo French Green Beans (4 oz) Diced Carrots (4 oz) Fresh Pear 1 ct) Bread Stick(1 ct) Margarine (1 ct) 100% Fruit Juice</p>	<p>10</p> <p>Meatloaf w/gravy Mashed Potatoes Sweet Corn (4 oz) Deluxe Fruit Salad (1 ct) Potato Roll (1 ct) Margarine (1 ct) Milk (1 ct)</p>	<p>11</p> <p>HM Beef Stroganoff Sicilian Veggie Blend (4 oz) Succotash (4 oz) Wheat Roll (1 ct) Fruit Cocktail (1 ct) Margarine (1 ct) 100% Fruit Juice</p> 	<p>12</p> <p>Chicken Caesar Salad w/Romaine Cucumber Slices (4 oz) Pita Half (1 ct) Caesar Dressing Pkt. (1 ct) Fruit Cocktail (1 ct) Milk (1 ct)</p>
<p>15</p> <p>BBQ Pulled Chicken Sandwich Italian Blend Vegetables (4 oz) Sliced Potatoes Diced pears (4 oz) Mini Sub Bun (1 ct) Margarine (1 ct) Milk</p>	<p>16</p> <p>Spaghetti &amp; Meatballs Steamed Cauliflower Hawaiian Dinner Roll (1 ct) Apple (1 ct) Margarine (1 ct) 100% Fruit Juice</p> 	<p>17</p> <p>Smothered Fried Chicken French-Style Green Beans (4 oz) Brown Rice Corn Muffin Mandarin Orange (4z) Margarine (1 ct) Milk (1 ct)</p>	<p>18</p> <p>Sloppy Joe (3 oz) Diced Potatoes (4 oz) Winter Blend Vegetables (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice Birthday Cake</p> 	<p>19</p> <p>Macaroni &amp; Cheese (8 oz) Lima Beans Broccoli Florets Cantalope (4 oz) Dinner Roll (1 ct) Margarine (1 ct) Milk (1ct)</p>
<p>22</p> <p>BBQ Boneless Chicken Wings Whole Kennel Corn (4 oz) Green Beans (4 oz) Potato Roll (1 ct) Sliced Peaches (4 oz) Margarine (1 ct) Milk (1ct)</p>	<p>23</p> <p>HM Chicken &amp; Cheese Fajitas Refried Beans Spanish Rice with Corn Tortilla Shell (1 ct) Pineapple Tidbits (4 oz) 100% Fruit Juice Taco Sauce pkt (1 ct)</p> 	<p>24</p> <p>Pork Chop w/Gravy Sweet Potatoes (4 oz) Sliced Beets (4 oz) Corn Bread (1 ct) Fruit Cup (1 ct) Margarine (1 ct) Milk (1ct)</p>	<p>25</p> <p>Pepper Steak w/Asian blend Veg California Blend veggies Succotash Veggie Blend (4 oz) Wheat Sub Bun (1 ct) Tropical Fruit Salad (4 oz) Margarine (1 ct) 100% Fruit Juice Cookie of The Month (1 ct)</p>	<p>26</p> <p>Fish Taco w/ Pico Scalloped Potatoes (4 oz) Tossed Salad w/Tomato Mixed Fruit Salad (4 oz) Wheat Roll w/Margarine (1 ct) Salad Dressing (1 ct) Lemon Juice pk (1 ct) Milk (1ct)</p> 
<p>29</p> <p>Turkey Burger w/Cheese (1 ea) Broccoli Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Tropical Fruit Salad (4 oz) Milk (1ct)</p> 	<p>30</p> <p>HM Beef Goulash Sweet Peas Steamed Beets Garlic Roll Fresh Orange Margarine (1 ct) 100% Fruit Juice</p>	<p>31</p> <p>Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Milk</p>		

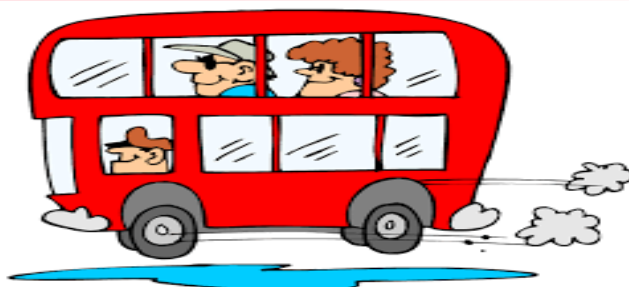
# Travel & Trips

## TRIPS @ A GLANCE

August 10	The Odd Couple (Turkeyville)	\$91/person
August 11	Detroit Tigers Game vs. Indians	\$75/person
August 15 - August 16	Cleveland Rocks	\$400./Double
August 23	Firekeepers	\$35/person
Sept 18 - Sept 25	Pacific Northwest	Price Varies
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 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



**Play Ball!**

Tiger Baseball is Back

August 11th - Cleveland Indians

\$75/person



GUN LAKE CASINO

**Wednesday, Sept. 28**

**\$45**



August 23rd - \$35/person



August 15th thru 16th - \$400/person  
for Double Occupancy

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, based on air inclusive packages from Detroit Metro Airport



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

# Travel & Trips

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  
 DEPARTS: Loose Center, 707 North Bridge Street  
 Depart Time: 10:30 am Approx. Return: 7:00 pm

You must bring **PROOF - Of Citizenship (IE., Enhanced Drivers License (EDL) or a Passport)**  
 Proof of vaccination is required to enter Canada. Vaccinated guests entering Canada are required to download and complete the: **ArriveCAN App.**  
 Bring total rewards card and show to greeter or complete the **TOTAL REWARDS APPLICATION** available at the Loose Center



## JOIN LOOSE SENIOR CENTER



Wednesday, Sept. 28

**\$45**

Gun Lake Casino is located in Wayland, Michigan

- INCLUDES**
- Round Trip Motor Coach Transportation to Gun Lake Casino
  - \$10 in FREE Slot Play
  - \$10 Food Coupon
  - Water & snacks on the bus.

DEPARTS Loose Center  
 DEPARTURE TIME 9 AM  
 APPROXIMATE RETURN 6:30 pm

## JOIN LOOSE SENIOR CENTER

# Soaring Eagle

Thursday, October 13, 2022

**\$45**

DEPARTS Loose Center  
 DEPARTURE TIME 10 AM  
 APPROXIMATE RETURN 6:30 pm

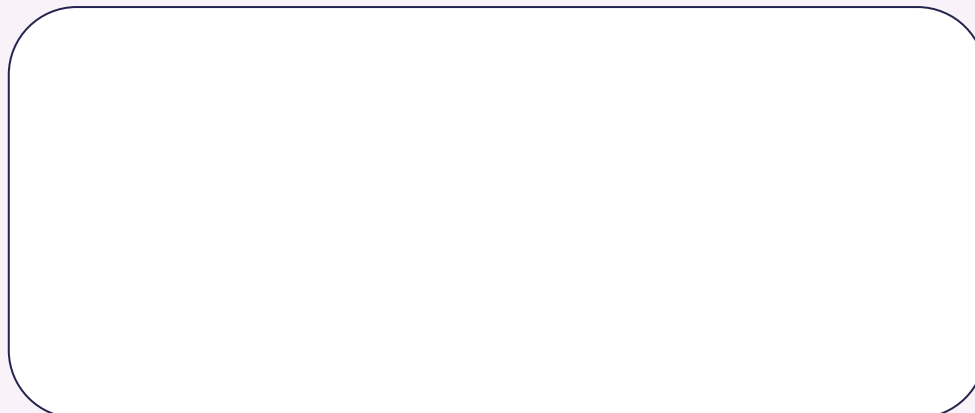
- INCLUDES**
- Round Trip Motor Coach Transportation
  - \$20 on Players Card
  - *PLUS, earn 600 points on slots and receive a bonus \$10 in premium play.*
  - \$10 Food Voucher
  - \$10 BINGO Bucks



AUGUST 22-28



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



Please make sure our records are up to date with current phone

# Classic Car Show

## Take a Stroll Down Memory Lane

August 5, 9:30am to 3:00PM



Fairlanes & Devilles will be performing 50's & 60's Music

10:30am—1:30pm

Group sponsored by ELGA Credit Union

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

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