



MARCH 2024

# Upcoming Events

Wednesday, March 20 • 10:00AM  
**PAINT A BIRD HOUSE**

**FREE**

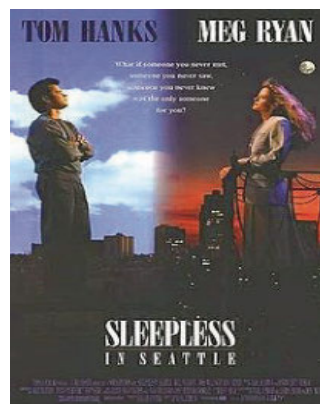
Join Seniors Helping Seniors for a craft day and learn how to paint bird houses, taught by one of their senior caregivers.

**You must pre-register, seating is very limited!**



Wednesday, March 6 • 1:00PM  
**Sleepless In Seattle**

A 1993 romantic comedy-drama starring Tom Hanks and Meg Ryan.



Provisions Living will be providing pizza.  
Starrs Lakeview Farms will be providing popcorn.

Admission—**FREE!**

*Donations to Loose to defray the facility usage cost will be much appreciated.*

**A HUGE THANKS** to John Strayer of TANGLEWOOD ASSISTED LIVING for his continuous and generous support of this special event.

**VG's**  
grocery



VG's Grocery Stores partners with us to provide you with donations of unsold bakery items.  
Monday & Wednesday Mornings  
(per availability)



Each time you visit the center, please sign in with your membership scan card at the kiosk center.

If you don't have a membership scan card, see the front desk for assistance.

Thank you!

## WEATHER-RELATED CLOSURES & CANCELLATION

In the event of inclement weather, please tune into ABC 12, check Loose Facebook page or call Loose at 810.735.9406 for updated closing information. Our senior center does not always go with the Linden school closing decisions.

# Upcoming Events

## Spring Dance

Friday, April 26 • 6:00 - 8:00PM

\$10 Single/\$15 Couple

Living Notes Band - 60's & 70's Music  
Some Line Dancing and Refreshments



## The Secretary of State Mobile Office

Monday, April 8

10:00AM - 1:00PM

You can renew your driver's license and update state ID, update address, register to vote, transfer vehicle titles, apply for/renew disability placard and more.

By appointment only, please call  
810-735-9406 to schedule.



## Annual St. Patrick's Day Corned Beef & Cabbage

Thursday, March 14 • \$18

Dinner 5:00PM (corned beef, cabbage, carrots, salad, roll & dessert)

Flint Arrowhead Barbershop Chorus 6:00PM

**Come enjoy Cheryl's cooking again!**





# Fitness & Wellness

## AEROBICS/CARDO

Monday and Wednesday, 11:00am  
\$7.00

A class focused on improving overall cardiovascular health. Working on improving activity tolerance, strength, and balance. It is low impact and offers modifications for people at different fitness levels.

## ARTHRITIS FOUNDATION EXERCISE

Tuesdays, 9:30am and Thursdays, 11am **FREE**

A low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*



## STRENGTH AND BALANCING

Thursday, 12 noon

**FREE from Advance Physical Therapy**

Work out with a physical therapist and occupational therapist to increase your strength, endurance and balance with low impact workout.

## GROOVE

Mondays at 9:30 am  
\$7.00

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. We are united in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body, heart, and soul. You can even do it from a chair. Best part, you add your own style and you can't do this wrong!

## LINE DANCE

Tuesday, Beginning 11:00am, Intermediate, 12 noon  
\$7.00

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. Drop-ins welcome!



## PICKLEBALL \$7.00

Thursday, 1pm - 3:30 pm - Beginner/Instructional  
Friday, 12:15pm - 3pm - Intermediate

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, *Pickleball* is a fun, active game that can be mastered by anyone. No partner necessary. Center has extra equipment if you do not have your own.

## PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

### MONDAY

8:00 am Indoor Walking  
9:30 am Groove  
11:00 am Aerobics/Cardio  
2:00 pm Yoga (Gentle Flow)

### TUESDAY

8:00 am Indoor Walking  
9:30 am Arthritis Exercise  
11:00 am Line Dance (Beg.)  
12:00 pm Line Dance (Int.)  
2:00 pm Chair Yoga

### WEDNESDAY

8:00 am Indoor Walking  
9:30 am Yoga (Gentle Flow)  
11:00 am Aerobics/Cardio

### THURSDAY

8:00 am Indoor Walking  
10:00 am Chair Yoga  
11:00 am Arthritis Exercise  
12 noon Strength & Balancing  
1:00 pm Pickleball (Beg.)

### FRIDAY

8:00 am Indoor Walking  
9:30 am Yoga (Gentle Flow)  
11:00 am Tai Chi  
12:15 pm Pickleball (Int.)

## YOGA

\$7.00

Mondays, 2:00pm, Weds 9:30am and Fridays, 9:30am  
**Gentle Flow Yoga**

Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep. Bring Yoga Mat.

\$7.00

Tuesdays, 2:00pm and Thursdays, 10:00am

**CHAIR YOGA** 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.

## TAI CHI

\$7.00

Friday at 11:00am

Slow, intentional movements makes it a form of gentle exercise. Directed towards keep moving, to help with arthritis and fall prevention.



NEW  
INDOOR WALKING  
Monday - Friday 8:00 - 9:00AM  
**FREE**  
Come walk  
Marjie Hodges Hall



# Fun & Games

## PENNY BINGO

Tuesday, March 5 1:00 - 2:30PM

Cards cost 25¢ or 6 for \$1  
Use pennies for markers. Winner wins everyone's markers. A variety of Bingo patterns played to keep it interesting. Money collected for cards is the prize at the end when playing a cover all.



## EUCHRE TOURNAMENT

Will return Tuesday, April 9.

Entry fee is \$7. And Euchres are 25¢  
Sign in starts at noon and you must be signed in before 12:25.

Call 810-735-9406 to pre-register.

\$\$\$\$ CASH PRIZES \$\$\$\$



## EUCHRE

Mondays & Thursday – 1:00PM-3:00PM

## PINOCHLE

Wednesday & Thursday – 1:00PM-3:00PM

## BILLARDS

Monday/Tuesday – 11:00AM – 2:00PM

Wed/Thurs/Fri – 11:00AM – 3:30PM

## PUZZLE PLAY – Monday - Friday

8:00AM - 3:00PM

Have you seen our puzzle table? Stop by the Library, find a piece or two, or twenty. Stay for a minute or the afternoon. Donate and/or borrow!



STOP BY FOR FRESH COFFEE & A SMILE!





# Arts & Education

## HAPPY STAMPERS

**3rd Tuesday of each month, 1:00PM FREE**

If you like to use rubber stamps to make greeting cards, this group is for you. You will learn new ideas for card making and scrapbooking. Bring your own supplies and project. The group will teach you how to put it all together. Be inspired by those who have been creating for years.

## WOOD CARVERS

**Wednesdays, 12 - 1:30PM, FREE**

Loose wood carvers have an immeasurable amount of knowledge for their craft. Have you ever thought about taking up this craft? Our wood carving group can teach you how to start or how to improve a skill you already have.



## PAINTING GROUP

**Mondays, 9:30AM, FREE**

The Loose Center is the perfect place to enhance that painting project you are working on. Come in, bring your project, learn from others in an open and offer your knowledge.

## QUILTING

**Fridays, 9:30AM, FREE**

Connect with this talented group of members sharing skills, providing support, fostering friendships, and creating beautiful quilts.



Pros and beginners welcomed.

Come help cut/sew stockings for our troops this month for The Desert Angel.

Now accepting donations of Military and Christmas themed material.

## KNITTING/CROCHETING

**Fridays, 9:30AM, FREE**

Join this like-minded group of artisans to sharpen your skills, provide motivation to others and improve cognitive function. So come on in and chit-chat while working on a project of your own or sometimes on a group project to donate to local charities.



## LOOSE CHORUS

**Fridays 1:00PM**

This group is more than a group of people who enjoy singing together. The chorus director teaches musical terms, breathing exercises and note counting. With this knowledge the chorus goes out into the community to share their talent with those who can use some cheer. Come be a part of this learning group. All are welcome.



*Charter*  
SENIOR LIVING  
of Linden

## LEARN A CRAFT

**Wednesday, March 20 at 2:00PM**

**FREE**

Everything you will need is supplied.

**You must pre-register,  
seating is very limited!**



# Arts & Education



**How to Handle Your Final Expenses**  
**Wednesday, March 13 10:00AM**  
Coffee & treats will be served.



## Tech Assistance

**FREE**

**Wednesday, March 13 & 27 • 1:00PM - 3:00PM**  
Having issues with your phone, tablet or laptop?  
Help with Apple, Android and PC.  
Call to schedule your 30 minute appointment.



## Sharps Funeral Homes Presents Peace of Mind Brunch and Learn

**Wednesday, April 24 9:00AM – 10:30AM**

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 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.

**Call to pre-register.**



**MOTT COMMUNITY COLLEGE** | LIFELONG LEARNING

## Applewood Lecture Series

**Protecting our Elders:  
Understanding Elder Abuse and the  
Importance of Elder Law**

**Friday, March 15 10:00AM—Noon**

MCC Regional Technology Center  
(Off of Robert T. Longway Blvd.)

\$15 per person (includes breakfast).

Call 810-735-9406 to reserve your tickets at the door.

## Valley Area on Aging Presents Dementia Caregivers Workshop Series

March 7, 14, 21 - 9:30am - 11:00am

This three-week class is designed for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information. There is no cost to this class, VAAA will provide all materials. Call for more info.

**You must pre-register for this series.**



## BOOK CLUB

**Monday, March 18 12:30PM**

This well-read and energetic group meets once per month to discuss a chosen book. New folks, visitors and guests are always welcome.

Call to find out what they are reading.

Come and join us! Keep your mind sharp by reading and learning.




Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pub Burger w/Cheese Potato Salad Peas & Carrots Fruit Cocktail WG Bun Mayo & Mustard Milk 
4	5	6	7	8
Smothered Pork Chop Mashed Sweet Potatoes Mixed Greens Honey Wheat Roll Pears Margarine Milk	Spaghetti & Meatballs Sweet Peas Italian Veggie Blend Fresh Pear Garlic Bread Margarine 100% Fruit Juice	Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk 	Miss Donna's Oven Fried Chicken Chuck Wagon Blend Oven Roasted Potatoes Fresh Orange WG Roll Margarine 100% Fruit Juice	Korean Beef Bowl w/Rice w/Snap Peas, Peppers, Onions & Broccoli Peas & Carrots Pineapples Hawaiian Roll Fortune Cookie Milk, margarine 
11	12	13	14	15
Roasted Turkey & Gravy w/ Mashed Potatoes Southern Green Beans Warm Peaches Biscuit Milk	Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine 100% Fruit Juice	Chicken Alfredo Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk	BBQ Pulled Pork Potato Wedges Mixed Vegetables Fresh Orange Mini Sub Bun Margarine Milk Birthday Cake	Pecan Crusted Tilapia Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk
18	19	20	21	22
Western Frittata W/ Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk	Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice 	Boneless BBQ Riblet Mixed Vegetables Redskin Potato Wedges Fruit Cup Sliced Sub Bun Diced Peaches Milk	Chicken Salad Sandwich Pasta Salad Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month 	Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine Milk
25	26	27	28	29
Beef Goulash Lima Beans Cauliflower Golden Apple Potato Roll Margarine Milk	White Chicken Chili Whole Kernel Corn Mixed Greens Mango & Papaya Fruit Cup Corn muffin 100% Fruit Juice	Salisbury Steak w/Gravy Mashed Potatoes Sliced Carrots Tropical Fruit Salad WG Roll Margarine Milk	Beef Fajitas w/ Peppers/Onions Mexican Rice Black Beans Fruit Cocktail Tortilla Shell Sour Cream 100% Fruit Juice 	BBQ Chicken Tenders Mixed Veggies Potato Wedges Pineapples Hawaiian Roll Margarine Milk

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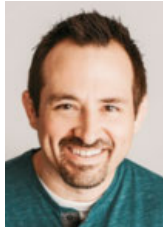
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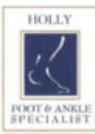
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# Health & Appreciation

## 4 Things To Know About Depression & Older Adults

Depression is a common problem among older adults, but it is not a normal part of aging. It can affect the way you feel, act, and think.



1

### Depression can be treated.

It's important to seek help early on.

2

### Signs and symptoms of depression vary.

For some older adults with depression, sadness may not be their main symptom.

3

### Friends and family can help offer support.

They can help watch for symptoms and encourage treatment.

4

### Living a healthy lifestyle can help reduce feelings of depression.

This may include eating a balanced diet and being physically active.

To learn more, visit [www.nia.nih.gov/depression](http://www.nia.nih.gov/depression).



thank you!

To the people who brought in their memories to share!  
Special thanks to our Volunteers who made it a success!

Thank you  
Matt King  
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# March

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/  
SUNDAY

<p>Call us anytime 810-735-9406</p> <p>Check out our website www.loosecenter.org</p>  <p>LIKE US ON <b>facebook</b></p> <p>Please note all activities Are subject to change.</p>	 <p>Tuesdays are Tax Days All appointments have been pre-booked.</p> 	<p><b>Join us for lunch M - F</b> <b>11:30 - NOON</b> Must pre-order 24hrs in advance. Meals provided by GCCARD \$3 in Genesee County \$6 outside Genesee County</p> 	<p><b>LOOSE STAFF</b></p> <p><b>Dotti Tynes</b> <i>Program Director</i></p> <p><b>Gwen Fannon</b> <i>Office Coordinator</i></p> <p><b>Jennifer Boley</b> <i>Operations Assistant</i></p> 	<p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi <b>11:30 Lunch</b> 12:15 Pickleball 1:00 Chorus</p> <p>MMAP Counselor (appt. only)</p>	<p>1</p> <p>2/3</p>
<p>8:00 Indoor Walk 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre 2:00 Gentle Flow Yoga</p>	<p>8:00 Indoor Walk 9:30 Arthritis Class 11:00 Beginner Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance <b>1:00 Penny Bingo</b> 2:00 Chair Yoga</p> 	<p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:00 <b>NO</b> Wood Carving 1:00 Card Play - Pinochle <b>1:00 Movie Day</b></p> 	<p>8:00 Indoor Walk 9:30 Caregiver Wksp. 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi <b>11:30 Lunch</b> 12:15 Pickleball 1:00 Chorus</p> <p>MMAP Counselor (appt. only)</p>	<p>8</p> <p>9/10</p> <p><b>Spring Forward Daylight Savings Time</b></p> 



<p>11</p> <p>8:00 Indoor Walk  9:00 CSFP Pickup  9:30 Painting  9:30 Groove  11:00 Cardio/Aerobics  <b>11:30 Lunch</b>  1:00 Card Play - Euchre  2:00 Gentle Flow Yoga</p>	<p>12</p> <p>8:00 Indoor Walk  9:30 Arthritis Exercise  11:00 Beginner Line Dance  <b>11:30 Lunch</b>  12:00 Intermediate Line Dance  2:00 Chair Yoga  Vet's Services (appt. only)</p>	<p>13</p> <p>8:00 Indoor Walk  9:30 Gentle Flow Yoga  10:00 Final Expenses  10:30 Blood Pressure Ck.  11:00 Cardio/Aerobics  <b>11:30 Lunch</b>  12:00 Wood Carving  12:30 Travel Club  1:00 Card Play  2:00 Grief Support  Tech Support (appt. only)</p> <p><b>On Your Feet - Jukebox Musical at The Whiting!</b></p>	<p>14</p> <p>8:00 Indoor Walk  9:30 Caregiver Wksp.  10:00 Chair Yoga  11:00 Arthritis Exercise  <b>11:30 Lunch</b>  12:00 Strength &amp; Balance  1:00 Card Play  1:00 <b>NO</b> Beg. Pickleball  <b>St. Patrick's Day Dinner 5:00 \$18 per person</b></p> 	<p>15</p> <p>8:00 <b>NO</b> Indoor Walk  9:30 Gentle Flow Yoga  9:30 Knitting/Crocheting  11:00 Tai Chi  <b>11:30 Lunch</b>  12:15 Pickleball  1:00 Chorus  MMAP Counselor (appt. only)</p>	<p>16/17</p> <p><b>St. Patrick's Day</b></p> 
<p>18</p> <p>8:00 Indoor Walk  9:30 Painting  9:30 Groove  11:00 Cardio/Aerobics  <b>11:30 Lunch</b>  12:30 Book Club  1:00 Card Play - Euchre  2:00 Gentle Flow Yoga</p>	<p>19</p> <p>8:00 Indoor Walk  9:30 Arthritis Exercise  10:00 Blood Pressure Ck/  11:00 Beginner Line Dance  <b>11:30 Lunch</b>  12:00 Intermediate Line Dance  1:00 Happy Stampers  2:00 Chair Yoga</p>	<p>20</p> <p>8:00 Indoor Walk  9:30 Gentle Flow Yoga  10:00 Paint a Bird House  11:00 Cardio Aerobics  <b>11:30 Lunch</b>  12:00 Wood Carving  1:00 Card Play - Pinocle  2:00 Charter Craft  Ask a Lawyer (appt. only)</p>	<p>21</p> <p>8:00 Indoor Walk  9:30 Caregiver Wksp.  10:00 Chair Yoga  11:00 Arthritis Exercise  <b>11:30 Lunch</b>  12:00 Strength &amp; Balance  1:00 Card Play  1:00 Beginner Pickleball</p>	<p>22</p> <p>8:00 Indoor Walk  9:30 Gentle Flow Yoga  9:30 Quilting/Knitting/  Crocheting  11:00 Tai Chi  <b>11:30 Lunch</b>  12:15 Pickleball  1:00 Chorus  MMAP Counselor (appt. only)</p>	<p>23/24</p>
<p>25</p> <p>8:00 Indoor Walk  9:30 Painting  9:30 Groove  11:00 Cardio/Aerobics  <b>11:30 Lunch</b>  1:00 Card Play-Euchre  2:00 Gentle Flow Yoga</p>	<p>26</p> <p>8:00 Indoor Walk  9:30 <b>NO</b> Arthritis Exercise  11:00 Beginner Line Dance  <b>11:30 Lunch</b>  12:00 Intermediate Line Dance  1:00 Alzheimer Support Group  2:00 Chair Yoga</p>	<p>27</p> <p>8:00 Indoor Walk  9:30 Gentle Flow Yoga  11:00 Cardio Aerobics  <b>11:30 Lunch</b>  12:00 Wood Carving  1:00 Card Play-Pinocle  2:00 Grief Support  Tech Support (appt. only)</p>	<p>28</p> <p>8:00 Indoor Walk  10:00 Chair Yoga  11:00 <b>NO</b> Arthritis Exercise  <b>11:30 Lunch</b>  12:00 Strength &amp; Balance  1:00 Card Play  1:00 Beginner Pickleball</p>	<p>29</p> <p><b>CLOSED</b></p> 	<p>30/31</p> <p><b>Easter</b></p> 

# Senior Support

**FREE LENDING LIBRARY** The library is located in the new Library/Pool Room. Come and take a book home with you. Donated, gently-used hard cover books are always welcome; drop them off in the drop box at the check-in desk.

**JIGSAW PUZZLES** Browse through our puzzle selection located in the new Library/Pool room, take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.

## **GREETING CARDS**

If you have **new** greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.

**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 2024. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

## **UPS STORE DISCOUNT CARD**

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

**FREE WiFi** We have secured wireless Internet available for member use. Stop by the office for information.

## **GIFTS AND DONATIONS**

Gifts qualify for income tax deductions to the full extent of the law.

A memorial or honorary gift for LSCC is a meaningful way to remember a special person in your life. Your expression of thoughtfulness and generosity is acknowledged to the person or family designated.

## **LUNCH AT LOOSE**

Mon – Fri 11:30am – Noon.

Available to Genesee County residents who are 60 and older are eligible for a free meal, although donations are appreciated. \$3.00 each or \$6.00 each for person under 60 and/or a Non-Genesee County residents. Reservations for Tuesday-Friday must be made by 1PM the day before. Reservations for Mondays must be made by 1PM

## **DISPOSAL OF AMERICAN FLAG**

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure they are disposed of properly.

**ALPINE** will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

**KROGER** If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

**RECYCLING** Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow bins in the parking lot.

**EYE GLASSES** Deposit your used glasses in the Lions box, located in Annex.

**PLEASE REMEMBER...**We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

## **SUNSHINE GREETINGS**

Our Sunshine Team, Janet Green would like everyone to know she is ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are home-bound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email [lsc@loosescenter.org](mailto:lsc@loosescenter.org) so we can spread the sunshine.



**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.**



# Senior Support

## ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm

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. 20 minute appointments.

## MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries on Thursday and Friday 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.

## MICAFAE

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get 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 735.9406.

## COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

**Need a Ride?** Call MTA Customer Service about scheduling a ride at 810-767-0100. MTA provides transportation throughout Genesee County.



## BLOOD PRESSURE CHECK

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

3<sup>rd</sup> Tuesday of each month, 10 - 11 am

Walk-Ins welcome!

## PODIATRIST

Now scheduling for April 2024

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. 810-735-9406. Fills up quick!

## GRIEF SUPPORT

2nd and 4th Wednesdays, 2:00pm

We are thankful to Jessica from The Medical Team 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.

## ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 1:00pm

The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Assisted Living. 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.

## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

Tuesday, March 12, 10:00AM - 2:30PM

Tuesday, April 9, 10:00AM - 2:30PM

We will have a volunteer here working to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies.

**By appointment only, please call to schedule.**

## 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. For more information on the KISS program please call (810) 239-7671.

# Travel

Please join the Loose Travel Club the 2nd Wednesday of the month at 12:30 to discuss travel opportunities, meet new travel companions and have a great time!

## UPCOMING TRAVEL EXPERIENCES

### Professional Sporting Events:

June 26	Detroit Tigers vs. Philadelphia Phillies	\$90/person
Aug 29	Detroit vs. Los Angeles Angels	\$90/person

### Sights & Sounds:

March 13	Get On Your Feet—Jukebox Musical	\$89/person
April 12	The Whitney & DIA	\$125/person
May 8	Holland Tulip Time Adventure	\$110/person
June 7-9	Mackinac Island Lilac Festival	\$1009.00/per
June 27	Frederik Meijer Gardens and Sculpture Park	\$77/person
Oct 9	Fun Filled Day in Lansing	\$120/person



Loose travel is open to the public. All ages welcome!  
Gambling trips must be 21 years of age.

*adventure*  
AWAITS

**TIGERS GAME**  
Wednesday, June 26  
Tigers VS Phillies  
Bus leaves at 10:30AM  
\$90



Make sure to visit the Center regularly to check out our travel board or visit [loosecenter.org](http://loosecenter.org) for the most current information and trip specific detailed flyers.

**TIGERS GAME**  
Thursday, August 29  
Tigers VS Angels  
Bus leaves at 10:30AM  
\$90



### Travel & Participant Statement

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.

**Please note:** A reservation is made only when full payment has been received.



# Travel

On Your Feet—Jukebox Musical  
Wednesday, March 13  
\$89 per person



The Whitney & DIA  
Friday, April 12  
\$125 per person



Holland Tulip Time Adventure  
Wednesday, May 8  
\$110 per person



Mackinac Island Lilac Festival  
June 7—9  
\$1009 per person



Frederik Meijer Gardens &  
Sculpture Park  
Thursday, June 27 - \$77 Per Person



Fun Filled Day In Lansing  
Wednesday, October 9  
\$120 per person





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



### ***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.”*