

LOOSE

January 2021

The contents
of this newsletter is
SUBJECT TO CHANGE
without notification.





From the Executive Director

Dear Friends,

January 1996, the Loose Senior Citizen Center opened for business. 139 people, and five municipalities joined together to make this possible. It started with the Free Methodist Church and three buildings. Our first board headed by Jack Weingarten, the first president hired Coralee Hendrickson as our first director. The day was filled with card players, knitters and exercise programs. As time went by activities and events were added. Our next Director, Marjie Hodges came with endless ideas on how to expand our services and create fun things to do. She always had a smile on her face and reached out to the community. There was never a time where she was not making Loose a central location for people over 50. She loved our members and was loved by everyone in return.

The Loose Center has survived the good, the bad and the ugly. There were times when money was tight and the doors were opened only three days a week. Two millages supported by the community made it possible to fill our financial obligation and grow. We experienced a loss of our beloved Marjie. After her memorial services we then faced our biggest tragedy, the fire that destroyed the church and the life of our center. This was the biggest challenge facing our community and all who called Loose their second home. Facing the possibility of closure, the people stepped up to again find a way to raise the funds to build a new and better senior social center. Through countless and tireless hours, the staff and volunteers found places to house programming and exercise classes. The Linden Schools and the Hope church made it possible to continue our services to the membership. On January 31, 2014 a ribbon cutting ceremony was held in the new and beautiful Loose Senior Center that saw over 600 people attend.

Today as we approach our celebration of 25 years, we look back and realize the love and passion people have for this special place. We look to the present and understand that the "new normal" does not allow us to offer the wonderful programs, classes and events that happen each and everyday. We look to the future with the hope that our lives will return to the "old normal" and we will once again be with family, friends and enjoy the special days that we long for at the Loose Senior Citizen Center.

All is well.

May you have a blessed and loving New Year.

Carl Gabrielson

Executive Director – Loose Senior Center



Indoor Fitness is Back!

- ◆ PARTICIPANTS MUST CALL AND PUT THEIR NAME ON THE ROSTER IN ORDER TO PARTICIPATE IN A CLASS .
- ◆ MASKS ARE REQUIRED AND MUST BE WORN AT ALL TIMES!!! (PLEASE PROVIDE YOUR OWN MASK)
- ◆ THERE IS A CHECK-IN SCREENING BEFORE ENTERING THE BUILDING
(FOR THE GOOD HEALTH OF ALL, PLEASE BE HONEST WITH YOUR ANSWERS DURING YOUR SCREENING.)
- ◆ STRICT SOCIAL DISTANCING WILL BE ENFORCED
- ◆ THERE WILL BE NO DROP-IN VISITS AT LOOSE
- ◆ IT IS LIKELY THAT LOOSE WILL BE OPEN IN THREE PHASES
- ◆ DUE TO SOCIAL DISTANCING GUIDELINES, SOME ACTIVITIES CANNOT RESUME UNTIL ALL RESTRICTIONS ARE LIFTED

Current Loose Activities

You must call 810 735-9406 and pre-register for each class

ARTHRITIS FOUNDATION EXERCISE Tuesday 9:30am

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

YOGA \$5 fee

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

CHAIR YOGA (Tuesday 2pm and Thursday 9:30am) Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

FIT⁴EVER Thursday 11am \$5 fee

A fitness program of gentle exercise and movement that improves strength and balance while increasing energy and stamina. Men and women are invited to attend.

LINE DANCE Two Sessions Thursday 12:30 and 1:45 \$5 fee

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.

LOOSE BOOK CLUB Second Monday 12pm

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!

TAI CHI *modified Yang form* Wednesday 11am \$5 fee

The Benefits of Tai Chi include but are not limited to:

Reducing anxiety and depression, Improving quality of sleep, Improving balance and hand/eye coordination, Increasing both upper and lower body strength, Increasing energy while calming the mind, Improving mental clarity and brain focus, Lowering blood pressure,

ZUMBA GOLD Friday 11am \$5 fee

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!

Wear smooth soled athletic shoes, bring a water bottle and exercise bands if you have them. Men and women are invited to attend, all fitness levels are welcome.

PAINTING GROUP - Monday 9:30am - 11am

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

Must bring and use own materials, there will be no sharing.

WOOD CARVERS - Wednesdays, 12-1:30pm

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

KNITTING/CROCHETING Fridays, 12:30-1:30pm

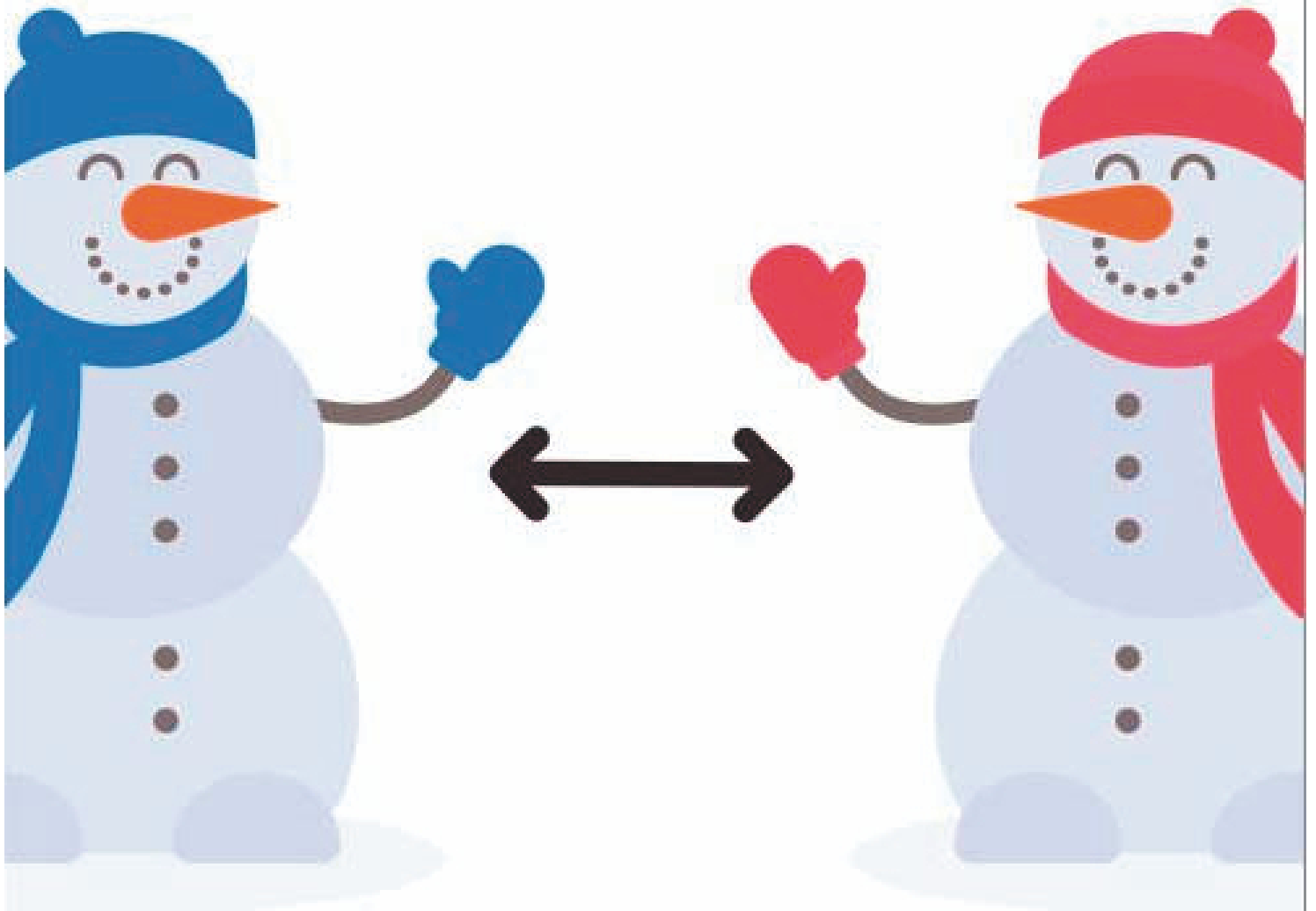
Our knitting and crocheting group meets every Friday to knit or crochet needed items to donate to local charities. Please bring your own supplies, as there will be no sharing of items.

FOOD PANTRY (located at North Door) 9am—2:30pm

Day old bread and other treats are picked up from VG's (per availability) This generous Loose privilege is on a first come first serve basis and distribution is on the honor system.

MORE SERVICES

Veteran Assistance, Medicare & Food Assistance **Counselors are available via PHONE or VIRTUAL ASSISTANCE.** Call Loose at (810) 735-9406, leave a message and a counselor will contact you.



**Please keep
6 feet apart.**

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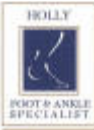
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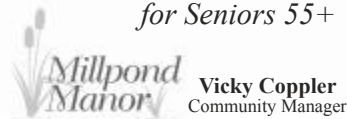
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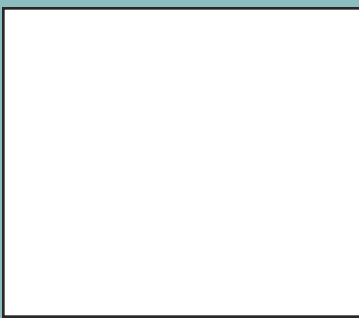


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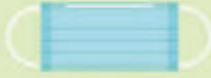
Mask Up, Mask Right

✓ **Right**

What to wear



Three-layered washable cloth mask



Three-layered medical-grade disposable mask



Approved KN95

✓ **Right**

How to wear



Secured over the nose and mouth



Tightly fitting without gaping

✗ **Not right**



Neck gaiter or loosely tied bandana



Mask with vents



N95 masks intended for healthcare workers



Face shield worn without a mask (except for individuals who cannot medically tolerate a face covering)



Noticeable gaps, holes or vents

Need help getting a mask?

Residents can pick up a free mask from partner sites across the state, including most local DHHS offices and Community Action Agencies. Find a distribution site at [Michigan.gov/MaskUpMichigan](https://www.michigan.gov/MaskUpMichigan) or call the COVID-19 hotline at 888-535-6136.



Please
wear a mask.

Stay Safe. Stay Healthy.

LUNCH Pick up at 11:30 am, only \$5

Please call the day before to reserve your lunch.

*Although if you forget, call the day of,
often lunches are available.*

January 2021 Menu

				1 Center Closed New Years Day
4 Chipped Beef Biscuit Vegetable Fruit/Dessert	5 Polish Sausage Roasted Potatoes Vegetable Fruit/Dessert	6 Chicken Noodle Soup Tossed Salad Roll Fruit/Dessert	7 Hot Turkey Sandwich Mashed Potatoes Vegetable Fruit/Dessert	8 Chicken Stir Fry Rice Egg Roll Fruit/Dessert
11 BBQ Chicken Cheesy Potatoes Vegetable Fruit/Dessert	12 Goulash Salad Roll Fruit/Dessert	13 Chicken Salad Sandwich Chips Salad/Fruit/Dessert	14 Turkey Pot Pie Salad Fruit Dessert	15 Hamburgers Baked Beans Salad Fruit/Dessert
18 Center Closed MLK Day	19 Pulled Pork Chips Salad Fruit/Dessert	20 Meatball Tortellini Soup Vegetable Sticks Roll/Fruit/Dessert	21 Fundraiser Lunch	22 Chicken Cordon Bleu Rice Pilaf Vegetable Roll/Juice/Dessert
25 Polish Sausage Roasted Potatoes Vegetable Fruit/Dessert	26 Chicken Stir Fry Rice Egg Roll Fruit/Dessert	27 Egg Casserole Sausage Biscuit Fruit/Yogurt	28 Goulash Salad Roll Fruit/Dessert	29 Chicken Salad Sandwich Chips Salad/Fruit/Dessert

New Years Fundraiser January 21st 12:30-2:30pm

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January 2021



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WEBSITE
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A variety of Books are available from 10 am - 1 pm outside the east door at Loose. Please feel free to stop by and see what we have. Please do NOT return the puzzles or books back to the bin.

PHONE
810.735.9406

FAX
810.735.4255

Monday	Tuesday	Wednesday	Thursday	Friday
				1 
4 9:30 Painting 11:30 Lunch Chipped Beef 2:00 Yoga	5 9:30 Arthritis Exercise 11:30 Lunch Polish Sausage 2:00 Chair Yoga	6 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Chicken Noodle Soup 12:00 Woodcarving	7 8:00 Board Meeting 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Hot Turkey 12:30 Line Dancing 1:45 Line Dancing	8 9:30 Yoga 11:00 Zumba 11:30 Lunch Chicken Stir Fry 12:30 Knitting
11 9:30 CSFP 9:30 Painting 11:30 Lunch BBQ Chicken 12:00 Book Club 2:00 Yoga	12 9:30 Arthritis Exercise 11:30 Lunch Goulash 2:00 Chair Yoga	13 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Chicken Salad Sandwich 12:00 Woodcarving	14 8:00 Board Meeting 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Pot Pie 12:30 Line Dancing 1:45 Line Dancing	15 9:30 Yoga 11:00 Zumba 11:30 Lunch Hamburger 12:30 Knitting
18 CENTER CLOSED 	19 9:30 Arthritis Exercise 11:30 Lunch Pulled Pork 2:00 Chair Yoga	20 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Meatball Tortellini Soup 12:00 Woodcarving	21 9:30 Chair Yoga 11:00 Fit 4 Ever 12:30—2:30 Fundraiser 12:30 Line Dancing 1:45 Line Dancing	22 9:30 Yoga 11:00 Zumba 11:30 Lunch Chicken Cordon Bleu 12:30 Knitting
25 9:30 Painting 11:30 Lunch Polish Sausage 2:00 Yoga	26 9:30 Arthritis Exercise 11:30 Lunch Chicken Stir Fry 2:00 Chair Yoga	27 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Egg Casserole 12:00 Woodcarving	28 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Goulash 12:30 Line Dancing 1:45 Line Dancing	29 9:30 Yoga 11:00 Zumba 11:30 Lunch Chicken Salad Sandwich 12:30 Knitting

Friends, when Loose officially opens, we ask that you wait 30 days before you drop off ANY donations. This will include magazines, books, loan closet equipment etc.

“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.”





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