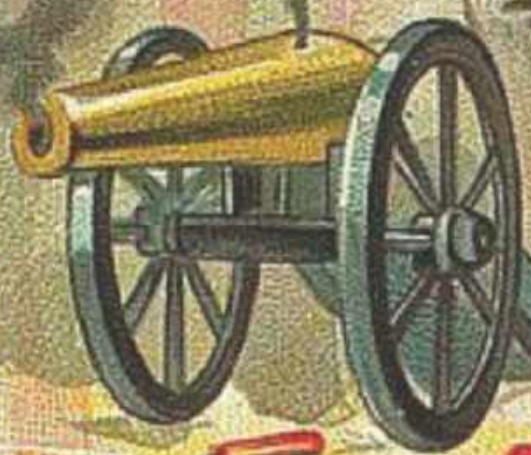


LOOSE

JULY 2023

Oh,
where treads
the foot

that
would
falter
for thee!



From the Director

Loose Family.

The Fourth of July.....Independences Day. A day when our fragile country gained it's freedom from those who repressed our way of life. It set the standard to which the United States of America would defend this freedom and independence. Over time the U.S.A. has fought many wars and sent it's citizens into battle. We all know someone, family, friends, or even ourselves who have serve in the military to protect our homeland. Many sacrifices were made, lives were lost and our way of life was changed. Through it all the citizens of this country stood up to be counted, and defend our God given rights.

So, take time on this day and reflect back to July 4, 1776 and walk through history and remember all the generations of people who fought to keep this land free. When there was a challenge to independence, mankind stood up to save our freedom. This country has been through a lot, some good and some not so good. We understand that there are many obstacles that threatens our life as we know it. The one thing that is pure and true, the citizens of the United States of America will always be there to defend and protect our Nations freedom.

So, have family and friends over for a cookout. Take a trip up north or just spend a leisurely day taking a walk or working in the yard. Enjoy this special day and remember all of those who made it possible.

Patriotism is not just about feeling a sense of belonging, it's about taking responsibility for the well-being of one's country.

"HAPPY FOURTH of JULY!"

All is well.
Carl Gabrielson
Executive Director, Loose Senior Center

MOVIE DAY

Wed., July 5th, 1:00 pm



The film follows four lifelong friends (Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field) who travel to watch Brady and his New England Patriots play in Super Bowl LI in 2017.

Billy Porter, Rob Corddry, Alex Moffat, and Guy Fieri also star.

Admission for Movie Day at Loose is free thanks to our generous sponsors-Tanglewood Home Care & Provision Living.

Refreshments will be served! Donations to Loose, to defray facility usage cost, will be much appreciated.

A BIG THANKS to JOHN STRAYER of TANGLEWOOD ASSISTED LIVING for his continuous GENEROUS support of this special program.



OUTDOOR GAMES ARE BACK!!!

Join us Monday thru Friday 10am - 2pm

Bring a friend!

Bags and shoes can be signed out at the front desk.



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."

July Happenings



**It's an old fashion
Community Picnic
Wednesday July 19, 2023
2:00-6:00 PM**

**Free
Hot Dogs**



**New
Date**

**Cornhole tournament
No registration required
Everyone welcome
To participate**



Treats

**Come
Have Fun**

**Tuesday July 11th
1:00-2:30pm**



**Sponsored by
Wellbridge of Fenton
1St Tuesday of each month
All are welcomed to come
Door prizes**



Do you have computer questions ?
Just need a few hints on what to do?
Got that cell phone figured out?

Nathan will be here during the summer
to help you
2nd & 4th Monday 9:30-11:30
No appointment necessary

**Pain Management
With
PROMEDICA
Monday July 10
9:30-10:30**



Join us for a discussion about pain management, ways
to reduce your pain and have all of your questions
answered

Would you like to participate in more
than 10 classes a month?

Ask about our new gold fitness card
\$90 for 30 days as many classes as you
wish to take.

Come try out a class you haven't
taken before

**The Mattila Group
Will be here
Wednesday July 26th
9:30-10:30**

Find out about long term care insurance, Medicaid,
transitioning out of your home and much more. Ask
any questions you may have to experts who will be
here to answer them.



BODY, MIND & SPIRIT

AEROBICS/CARDIO

Monday, 11:30am and Thursday, 1pm

\$7 drop in fee or punch card

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**

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*



BIKING BUNCH

Wednesdays @ 9 am.

Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810•735•9406, leave your name and contact information: phone number and/or email address. Ride leader will get in touch with you about riding events.

GROOVE

Mondays at 10 am

\$7 drop in fee or punch card

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! Come check it out.

LINE DANCE

Tuesday, Beginning 11, Intermediate, 12 noon

\$7 drop in fee or punch card

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 drop in fee or punch card

Thursday, 2pm - 3:30 pm - Beginner/Instructional

Friday, 12:30pm - 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. We have a wonderful and welcoming group. Stop in, watch and give it a try.

STRENGTH AND BALANCING

Thursday, 12 noon **Free (Advance Physical Therapy)**

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



PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

MONDAY

10:00 am Groove
11:30 am Aerobics/Cardio
2:00 pm Yoga (Gentle Flow)

TUESDAY

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

WEDNESDAY

9:00 am Biking Bunch
9:30 am Yoga (Gentle Flow)

THURSDAY

10:00 am Chair Yoga
11:00 am Arthritis Exercise
12 noon Strength & Balancing
2:00 pm Pickleball (Beg.)

FRIDAY

9:30 am Yoga (Gentle Flow)
11:00 am Zumba Gold
12:30 pm Pickleball (Int.)

YOGA \$7 drop in fee or punch card

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.

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.

ZUMBA GOLD

Friday 11am **\$7 drop in fee or punch card**

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 Men and women are invited to attend, all fitness levels are welcome.



LOOSE FITNESS GOLD CARD

Wanting to take more than 10 classes a month?

Try our NEW Gold Card. For just \$90 a month you can attend as many classes as you'd like at one flat rate.

Great way to try classes you haven't before, you never know you may just find a new class you love!

LOOSE FITNESS CLASS PUNCH CARD

Available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$7 or participants can purchase a 10 punch card for \$70. (10 classes with 11th class free).

Cards can be purchased at the Reception Desk. A deal and also a GREAT GIFT!



Socialization

Arts and Crafts

HAPPY STAMPERS

2nd 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.

WOOD CARVERS Wednesdays, 12 - 1:30 pm, FREE

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.

PAINTING GROUP Mondays, 10 am, FREE

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

QUILTING Friday, 9:30 am, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

KNITTING/CROCHETING Fridays, 9:30 am, FREE

The Knitting/Crocheting group meets to work on a variety of projects, some of which are donated to local charities. Come and join in on the current project or bring your own. Stuck on a project? Stop by! Someone will help you to get going again.

Games

All Loose groups are very welcoming and always open to new friends joining in on the fun.

OPEN GAME PLAY Thursday, 1:00-3:00 pm (bring a friend)

CHICAGO BRIDGE Wednesday, 1:00 - 3:00 pm

MAH JONGG Monday, 1:00 - 3:00 pm

PINOCHLE Wednesday, 1:00 - 3:00 pm

EUCHRE Monday, 1:00 - 3:00pm

POOL Monday - Friday, 9:00am - 3:30pm

CORNHOLE Monday - Friday, 10:00am - 2:00pm

HORSESHOES Monday - Friday, 10:00am - 2:00pm



Creative

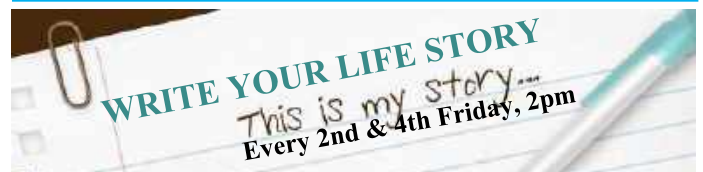


LOOSE CHORUS

**Fridays, 1:00PM
Back on August 4th**

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!



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. **ALL ARE WELCOME**

Educational

Tues, June 13th, 9:30-10:30

Coffee 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!

Coffee
COPS and
Conversation



BOOKCLUB

2nd Monday, 12:30 pm

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!

Upcoming Events

Car Show

Friday August 4, 2023

9:30-2:30pm

Fairlanes & Davilles

11:00-2:00pm

Coney Dog Lunch \$7



The Divine Dixie Deva
Thursday August 17th
1:00-3:00pm

This former TV chef loves to talk about how food brings families together. Listen to her hilarious stories, taste some of her tasty treats and learn a few simple recipes. Her Southern Charm is adorable. To make sure we have enough treats for everyone, please register ahead of time

Mark your calendars
Euchre Tournament
Coming this fall

2nd Tuesday of the month

1:00-3:00pm

\$7



Space will be limited



Chili Cook Off

Just before the big game
Cheer on your team

University of Michigan
Or
Michigan State



October 19, 2023
4:00-6:00pm

Coming in October
Flu Shots

Here at Loose

Date to be announced closer
To time of clinic

Sponsored by Leroy Pharmacy

of Fenton

Available now at their pharmacy at
1280 N Leroy is the new COVID
booster



Upcoming Events

POWERFUL TOOLS FOR CAREGIVERS

Thursday September 7 – October 5, 2021

Meetings are once a week, for 6 weeks. There is no cost for the class, donations are welcome for the class

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially. Join our **Powerful Tools For Caregivers** will help you: Reduce stress, Improve self-confidence, Balance your life, Better communicate your feelings, Increase ability to tackle rough decisions, and locate helpful resources



LIVING WITH ALZHEIMER'S

Coming in September

An education program by the Alzheimer's association. When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be Made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skill, programs and services. This program will help provide answers to the questions that arise in the early, middle and late stages of the disease.. Find out what you need to plan and what you can do at each point along the way

24/7 Helpline: 800-272-3900 helplinegmc@alz.org

Thank you to those who helped with our
Grandparents Day
Symphony of Linden
Charter Senior Living
Argentine Care Center
The Mattila group
Promedica
Deleone Medicare
Construction Solutions

GET READY TO DANCE

Another Dance in the Fall
The spring dance was Fun
Watch the newsletter for details on
A Fall Dance
Food Dance and Fun

The community garden is in full bloom
As the summer progresses, watch for fresh veggies on the donation table at the side of the building. We appreciate the donations left for others to enjoy.
Please remember this is for everyone
Take no more than what you need at the time



THEY ARE COMING BACK

Dueling Pianos
November 16, 2023

Tickets will go on sale Sept 1st

More details

To come later



Food
Wine
Music

CONGREGATE MEAL MENU - JULY 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Peppers Sliced Beets Diced Carrots Pineapple Tidbits WW Roll Margarine Milk 	4 	5 Grilled Chicken Sandwich Chuck Wagon Vegetables Chopped Broccoli WG Bun Mixed Fruit Cup Margarine/Mayo Milk	6 Polish Sausage Battered Potatoes Sliced Carrots WG Hotdog Bun Strawberry Applesauce Margarine 100% Fruit Juice 	7 Ravioli w/ Shrimp & Sauce Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine Milk
10 Meatball Sub w/ cheese Sweet Peas Diced Potatoes Sub Bun Fruit Cup Margarine Milk	11 Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Peas Wheat Roll Salad Dressing 100% Fruit Juice 	12 Tangerine Chicken w/ Rice Green Beans Diced Carrots Hawaiian Roll Applesauce Fortune Cookie Milk	13 HM Sloppy Joes Garden Blend Veggie Pasta Cauliflower WG Bun Golden Apple Margarine 100% Fruit Juice	14 Chinese Pepper Steak w/ Rice Succotash Mixed Fruit Cup Potato Roll Margarine Milk
17 Honey Glazed Chicken Breast Lima Beans Scalloped Potatoes Corn Muffin Fresh Apple Margarine Milk	18 Turkey Tetrazzini Riviera Blend Veggies Steamed Cauliflower Dinner Roll Pineapples Margarine 100% Fruit Juice	19 Pub Burger w/ Cheese Potato Salad Veggic Blend WW Bun, Mayo, Mustard Fruit Salad Lettuce, Tomato Milk 	20 Turkey & Cheese Sub Fresh Snap Peas Fresh Cauliflower WG Bun-Fresh Pear Birthday Cake Mayo, Mustard, Veggie Dip 100% Fruit Juice	21 Mac & Cheese French Cut Green Beans Corn Potato Roll Margarine Fresh Banana Milk 
24 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cockta Milk 	25 BBQ Pulled Pork Cole Slaw Baked Beans Wheat Bun Peaches Milk	26 Fiesta Lime Chicken Roasted Corn & Black Beans Brown Rice Peaches Flatbread Margarine Milk	27 Philly Chicken w/Cheese Diced Potatoes Normandy Blend Vegetables Wheat Sub Bun Tropical Fruit Sal Margarine-Cookie 100% Fruit Juice 	28 Oven Fried Fish Au Gratin Potatoes Tomatoes & Zucchini Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk
31 HM Deluxe Fried Rice w/ Beef, Chicken, Ham & Peas and Carrots Steamed Broccoli Fresh Orange Breadsticks Margarine Milk				

Advertisement

Important Information

LOOSE DID YOU KNOW???

The Loose Senior Center started out with 135 members and roughly 5 set programs/events. The center was for coffee, cards and socialization! Today we have 5,052 members with 3,720 programs/events scheduled!

The times have changed, but one thing remains the same.... Enrichment for the senior community!

What kind of tea did the American colonists thirst for?



Liber-tea

GOOD TO KNOW FACTS:

- * The best exercises for the over-65 crowd should include walking (strength and endurance), water aerobics (strength, flexibility, balance), yoga for balance and flexibility (but not that crazy power-yoga stuff) and strength training with resistance bands.
- * Seventy-six million Baby Boomers account for 23 percent of the total U.S. population.
- * The ratio of women to men over 85 years old is 100 to 49, offering a veritable bonanza of opportunity for old single gentlemen.
- * Fifteen million older adults are recognized as volunteers.

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.



Land of the free, Because of the Brave

KNOW YOUR NUTRITION!

Watermelons, hence their name, are made up of 92% water



LOOSE DID YOU KNOW???

That 62% of activities here at Loose Center are free?

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)



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



Do You Need A Ride To Loose??
Call Fenton MTA at least 24 hours in advance to schedule your ride.
Please call : (810) 780-8965.



Community Food Share

Loose Center has a Food Pantry
In partnership with FARR

Let the front desk know when you need assistance

FREE WI-FI FROM THE LOOSE PARKING LOT

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

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

July

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

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY/
SUNDAY**

<p>BOARD OF DIRECTORS R.M. Martin <i>President</i> Ken Wensel <i>Vice President</i> Roby Deese <i>Secretary</i> Pam Boegler <i>Treasurer</i> Ray Culbert Pat Lockwood Frank Lukowski</p>	<p>LOOSE STAFF Carl Gabrielson <i>Executive Director</i> Jaelyn von Linsowe <i>Executive Assistant</i> Dotti Tynes <i>Program Director</i> Cheryl Rex <i>Travel Coordinator</i> Carrie Shaulis <i>Administrative Service Specialist</i> Carrie Kolar <i>Maintenance</i></p>				1/2	
<p>11:30 Lunch <i>To Go Style</i></p>	<p>CENTER CLOSED</p> 	<p>4</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 NO Wood Carving 1:00 Movie Day 1:00 Card Play (Pinochle/ Bridge)</p>	<p>5</p> <p>MMAP Counselor 8:00 Loose Board Mtg. 10:00 Chair Yoga 11:00 NO Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play (Euchre) 1:00 Beginner Pickleball</p>	<p>6</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 2:00 Life Story</p>	7	8/9

<p>10</p> <p>9:30 CSFP 9:30 Painting 9:30 Computer Help 9:30 Pain Management 10:00 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>11</p> <p>Veteran Services (by appt) 9:30 Arthritis Exercise 9:30 Cops and Conversation 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Bingo 2:00 Chair Yoga</p>	<p>12</p> <p>9:00 Biking Bunch 9:30 Yoga 10:30 Blood Pressure 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>13</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play (Euchre)</p>	<p>14</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball</p>	<p>15/16</p>
<p>17</p> <p>9:30 Painting 10:00 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>18</p> <p>Podiatrist (by appt) 9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Beginner line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>19</p> <p>Hearing Screening (by appt.) 9:00 Biking Bunch 9:30 Yoga 9:30 Ask a Lawyer 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 12:30 Travel Show 1:00 Card Play (Pinochle/Bridge) 2:00 Community Picnic</p>	<p>20</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play (Euchre)</p>	<p>21</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 2:00 Life Story</p>	<p>22/23</p>
<p>24/31</p> <p>9:30 Painting 9:30 Computer Help 10:00 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>25</p> <p>9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Alzheimer's Support 2:00 Chair Yoga</p>	<p>26</p> <p>9:00 Biking Bunch 9:30 Yoga 9:30 Mattila Group Insurance info 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>27</p> <p>MMAP Counselor Veteran Services (by appt) 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play (Euchre)</p>	<p>28</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball</p>	<p>29/30</p>

MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday, Tuesday, Wednesday and Friday after 10 am. This generous Loose privilege is on a first come first serve basis and distribution is on the honor system. We just ask, so all can enjoy, you limit your choices to two items per family. Thank you!

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 2023. 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.

WE SAVE... YOU CAN HELP

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.

AMAZON SMILE Do you shop Amazon? If so, there is a very simple way your purchases can benefit Loose. Search for Amazon Smile or go to, <https://smile.amazon.com/ch/38-3266054>, sign in and designate Loose as your charity. Each time you make a purchase, a portion will be donated back to Loose.

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.**

PLEASE HELP US KEEP OUR FILES UP-TO-DATE

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.



DISPOSAL OF THE 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.

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 homebound, 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 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."

Special Services & Support

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday and 4th Thursday of each month

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. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

LEGAL SERVICES OF EASTERN MICHIGAN

This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406 for more information.

ASK THE LAWYER

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

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.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries by appointment only. The Michigan Medicare/Medicaid Assistance Program is a free service that can help you make health insurance decisions. MMAP's mission is to educate, counsel and empower Medicare beneficiaries and their service providers so they are able to make informed health choices. **If you need assistance, call the Center at 735.9406** to schedule an appointment, or call MMAP at 1.800.803.7174, ext. 247.

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.

BLOOD PRESSURE CHECK

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

3rd Tuesday of each month, 10 - 11 am

Seeking volunteers to help with Blood Pressure checks, if interested, please contact Loose.

HEARING SCREENINGS

3rd Wednesday of each month,

10:00am-12:00pm, FREE

By Appointment



Provided by: Your Hearing Solution

PODIATRIST **Next appointment date: August 15th**

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



GRIEF SUPPORT GROUP

2nd and 4th Wednesdays @ 2 pm

We are thankful to Jennifer 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.

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 & Trips



DAY TRIPS @ A GLANCE

July 19	Turkeyville	\$99/person
July 20	Soaring Eagle Casino	\$45/person
Aug 17	Saugatuck, MI (40 minute dune ride included)	\$161.00/person
Aug 22	Firekeepers Casino	\$45/person
Aug 23	Tigers vs. White Sox	\$85/person
Sept 28	Ohio Wine Tour (wine tasting at 3 different wineries)	\$120/person
Oct 5	Autumn Adventure	\$107/person
Nov 9	Turkeyville	\$106/person
Dec 5	Holiday Church Tour	\$109/person

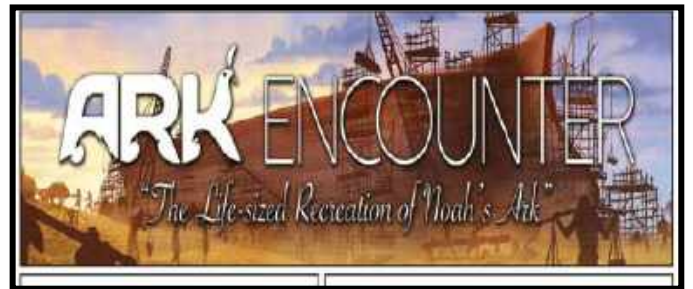
Detailed flyers are available at the Loose Center.

Loose travel is open to public, gambling trips must be 21 years of age.



OVERNIGHT TRIPS @ A GLANCE

September 17-23	New England	\$1,844/pp Double
September 21-22	ARK Encounter	\$414/pp Double
October 11-12	Kewadin Casino	\$175/pp Double



October 11-12, 2023
\$175.00

A Great Way To See The Fall Colors!!!!!!

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 a deposit has been received.



Travel & Trips

TAKE ME OUT TO THE BALLGAME TAKE ME OUT WITH THE CROWD



Peanuts, Popcorn,

Get your hotdog

**This trip is open to the public
Bring a grandchild, son or daughter!**

**August 23rd
Bus Departs 10:30am!**



INTERNATIONAL TRIPS @ A GLANCE



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

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

May 10-18, 2024 **Highlights of Norway** \$4,749.00/person based on double occupancy and bookings by November 11, 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.

ROYAL CARIBBEAN CRUISE LINE—GRAND AMERICAN TOURS

April 4—12, 2024 **Southwest Coast & Bahamas** Starting at \$1,916. per person/ inside cabin
Final payment would be due by December 5, 2023

May 30—June 8, 2024 **Bermuda Perfect Day** Starting at \$1861. per person/inside cabin
Final payment would be due by February 1, 2024

Pricing includes flight from Detroit Metro Airport
Passport required

Want to get in on the planning of the trips Loose takes???

Join our Travel Club and help plan the trips you want to take!!!

Next meeting July 12th @ 12:30PM

LOOSE
707 N Bridge St. Linden, MI 48451

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