



*June 2021*

**25 Years!  
1996-2021**

*Happy*  
**Father's Day**

A large, black, stylized mustache graphic is positioned below the 'Father's Day' text.

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



# From the Executive Director

What is a Dad?

A dad is someone who  
wants to catch you before you fall  
but instead picks you up,  
brushes you off,  
and lets you try again.

A dad is someone who  
wants to keep you from making mistakes  
but instead lets you find your own way,  
even though his heart breaks in silence  
when you get hurt.

A dad is someone who  
holds you when you cry,  
scolds you when you break the rules,  
shines with pride when you succeed,  
and has faith in you even when you fail...

*-Unknown*

Father's Day. The one time that the perfect gifts are ties and socks. We find it hard to get the one thing dad does not have. The gift that never fails is the love that we have for the person who is always there, supporting us, giving the answer we do not want to hear and understands our feelings when we succeed and when we fail. Dad is that special person that we will always respect, honor and be thankful he was always there when we needed him the most. So, Happy Father's Day to all of you who stand tall in your children's lives and to those who have left our hearts but will never be forgotten.

All is Well  
Carl Gabrielson  
Executive Director  
Loose Senior Center

# Indoor Activities

- ◆ 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

## ATTN: Activity Participants

Make sure that when you sign up for an activity here at Loose, you keep your reservation you have made by arriving to the center at least fifteen minutes before the activity is scheduled to start, so that you are able to be checked in (temperature check as well as the health questions) and also be ready for the instructor to begin instructing on time.

This is not just for curtesy of your fellow attendees, but also the staff at Loose. If you are late arriving to the center, that cuts the time of the class/activity down. If you show up without pre-registering you may be taking another person's spot. Also if you don't let us know if you aren't able to make the class/activity and your name is on the list we wait the class five minutes for you to arrive.

So please make sure you are arriving on time for any class or activity you sign up for... we lock the door five minutes past start time.

It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$5 per lunch, quite the deal).



*Punch cards are \$50 a card*

## LOOSE STAFF

Carl Gabrielson (*Executive Director*), Brittany Hancock (*Executive Assistant*), Jaclyn von Linsowe (*Program Director*), Cheryl Rex (*Clerk*), Dotti Tynes (*Maintenance*)



**DO YOU NEED A RIDE TO LOOSE?** Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

*PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE*

## MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$40 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.

MOVIE DAY  
IS COMING  
SOON!!!

# Current Loose Activities

## **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.

## **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** (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.

## **FIT4EVER** (Thursday 11am Fee \$5)

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 DANCING** (Thursday, Beg. 12:30pm & Adv. 1:45pm) 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.

## **TAI CHI *modified Yang form*** (Wednesday 11am Fee \$5)

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, helps with pain management, Increasing flexibility...

## **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!

## **LITERARY STUDIES** (Second Monday 12-1pm)

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!

## **“ANYONE CAN PAINT”** (2nd Thursday 1-3pm) Fee \$25

Class Minimum: 6

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11”X14” acrylic painting. Please call and register.

## **PAINTING** (Monday 9:30am)

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.

## **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.

## **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.

### **GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES**

We welcome John Stilley and his many years of working for veterans and who is now available to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies. Make sure to call Loose for an appointment.

### **ASK THE LAWYER** (3rd Wed. of the month, 9:30 am-1:30 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.

### **CONSUMER FRAUD ASSISTANCE**

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sherriff at 810-341-5923.

### **LOAN CLOSET**

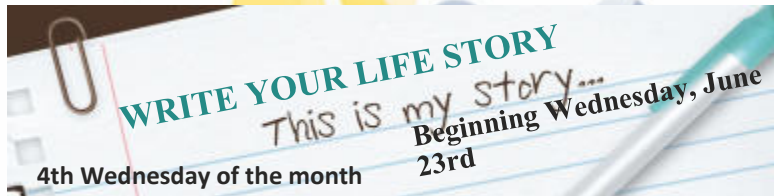
If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate in good condition, feel free to drop it off during business hours behind the building at the barn on the west end of the building.

### **COMMODITIES SUPPLEMENTAL FOOD PROGRAM**

**2nd Monday of each month, 9-10 am, East Door (Drive-up)**

Loose Center is a distribution site for emergency food assistance program.

# Loose Activities Returning



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 once 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.



## MASSAGE

*By appointment each Tuesday!*

Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a 15 minute chair massage for \$15 or 1/2 hour for \$25. Call Loose at 735.9406 for details or to schedule your appointment with Donna

**Keep Calm & Book a Massage**



## GRIEF SUPPORT GROUP

3rd Wednesday every month @ 2 pm

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.



**BIKING BUNCH** (Wednesdays 9am) Meet in the Loose parking lot for an 8-10 mile ride around Linden. For more information about 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 Ann Walker will get in touch with you about riding events.

# 1st Annual



**\$30 per parking spot**

**June 10, 2021  
10am—4pm  
Register by June 7th**

**Cookout Lunch!  
Hot Dog or Burgers  
Chips and Drink  
\$5**

**Set Up Begins no earlier than 9:30am**

If you would like to participate in this event, please fill out the bottom portion of this page and return it to Loose Center at 707 N. Bridge St. Linden, MI 48451. Space is limited!

**“Junk in your Trunk” Garage Sale Registration Form  
\$30 per parking spot**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Check \_\_\_\_\_ Credit Card

*\*This will be destroyed after payment is processed*

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV \_\_\_\_\_



**"Award Winning BBQ"**  
www.BealeStSmokehouse.com

2461 North Rd.  
Fenton, MI  
(US-23, Exit 80)  
810-750-0507

Dine-In, To-Go, Catering, Full Bar and Live Music every Weekend!

**Mini-Lunch Specials**  
Daily 11:00am-4:00pm \$6.59



**PROTECTING SENIORS NATIONWIDE**  
MEDICAL ALERT SYSTEM



**\$29.95/MO**  
BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA



CALL NOW! 1.877.801.5055  
WWW.24-7MED.COM

# LINDEN'S COMPLETE AUTO REPAIR



417 W. Broad Street  
Linden, MI 48451  
**810-735-9911**  
lindenautorepair.com

**FREE** Loaners  
**FREE** Diagnosis  
**FREE** Shuttle Service

**\$34.99**

Expires 5/1/2021

**INCLUDES:**

- BASIC OIL CHANGE
- ALIGNMENT CHECK
- TIRE ROTATION
- 27 MULTI-POINT INSPECTION

RealLiving

Tremaine Real Estate  
John Tremaine.com  
**810-444-0495**



Trusted Advisor, Skilled Negotiator, Expert Facilitator



**"Live Here... for the Best of Your Life"®**  
Independent Senior Living with  
Personal Care Assistance Available  
3221 E Baldwin Rd • Grand Blanc  
(810) 606-1110 • [www.abbeypark.com](http://www.abbeypark.com)



Wills • Trusts • Probate • Elder Law

*Stacey N. Brancheau*  
Attorney at Law and Certified Financial Planner™

1100 Torrey Rd., Ste. 200, Fenton, MI 48430

**(810) 629-2222**

[www.BrancheauLaw.com](http://www.BrancheauLaw.com)

Find Your  
Better State.

800.535.0517  
[TheStateBank.com](http://TheStateBank.com)



Member FDIC  
Equal Housing Lender



People Helping  
People Thrive!

**Vibrant Life Senior Living** 8800 Monroe Rd.  
DURAND

THE LODGE OF DURAND

**(989) 288-6561**

[vibrantlifeseNIorliving.com](http://vibrantlifeseNIorliving.com)



Are you considering assisted living?  
We are here for you.

**Move-In Special**  
For our Loose Senior Center Friends  
\$3,000 total savings!

To help feel connected with loved ones, a complimentary Smart Device will also be given upon admission. Call Stephanie and mention this offer to receive the special and Smart Device at the time of move-in. Assisted Living and Memory Care suites available.



810.623.2075 | [symphonylinden.com](http://symphonylinden.com)



## Argentine Care Center

Specializing in short term rehabilitation & long term care  
Family Owned- Our Family Caring for Your Family

9051 Silver Lake Road • Linden, MI 48451

Tel: **(810) 735-9487**

[www.argentinecarecenter.com](http://www.argentinecarecenter.com)



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

15-0685

# Choose **EPIC** Rehabilitation after Surgery or Hospitalization!



Fresh  
**WBs Bistro**



**WELLBRIDGE  
OF FENTON**

YOUR BRIDGE TO RECOVERY AND WELLNESS

[www.thewellbridgegroup.com](http://www.thewellbridgegroup.com)

**EPIC**

Excellence · Passion · Innovation · Care

★ ★ ★ ★ ★  
PROUD TO BE FIVE STAR RATED BY CMS!

901 Pine Creek Drive, Fenton, MI 48430 • PHONE: 810.616.4100

**AVAILABLE FOR  
A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact **Terry Sweeney**  
to place an ad today!  
[tsweeney@4LPi.com](mailto:tsweeney@4LPi.com) or  
**(800) 477-4574 x6407**

## BARTLETT LAWN, LANDSCAPING & SNOW SERVICE

*We do it All!*

Spring & Fall Clean-up  
Mowing • Trimming • Edging  
Lawn Aeration • Dethatching  
Lawn Rolling • Landscaping  
Mulch • Stone & Brick Pavers  
Rototilling • Retaining Walls  
Experienced Tree Climber  
Tree Removal/Trimming  
Brush Hogging • Stump Grinding  
Land Clearing • Field Mowing  
Driveway & Road Grading  
Snow Plowing • Shoveling • Salting

★ ★ ★  
**Senior & Veteran Discounts**  
★ ★ ★

Residential / Commercial  
Free Estimates  
Fully Insured • Licensed  
40 Years Experience  
All Local Workers

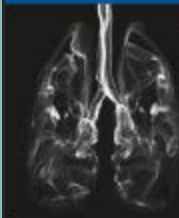
**Duane | 810-275-4241**

*Where public transportation  
goes, community grows!*



Customer Service  
**(810) 767-0100**  
[www.mtaflint.org](http://www.mtaflint.org)

## CAN YOU SEE HOW SMOKING HAS AFFECTED YOUR LUNGS?



**CHEST X-RAYS ALONE  
ARE NOT ENOUGH!**  
Early detection of lung  
cancer leads to easier  
treatment, reducing  
deaths by 20% more  
than chest x-rays alone.

TALK TO YOUR DOCTOR & GET AN ORDER FOR

## CT LUNG SCREENING

UTILIZING A SPECIFIC LOW-DOSE (LDCT) PROTOCOL

**92%** **CT Lung Screening:**  
Fast, Affordable, Safe

- Choose the **ONLY** imaging center in Fenton. Convenient & Comfortable
- Cash pay option costs less than a month of smoking
- Covered by most insurances - visit [rmipc.net/ctlung](http://rmipc.net/ctlung) to see if you qualify



**15%**



Survival Rates

**810-732-1919**

Fenton • Lennon Rd, Flint • Grand Blanc • Novi

*"Outpatient  
physical therapy that  
comes to you!"*

TREATING: POST-SURGICAL,  
ORTHOPEDIC INJURIES,  
BALANCE, CONCUSSION,  
VERTIGO/DIZZINESS

Dr. AnnMarie Blankertz, PT, DPT  
**810-215-9222**  
[info@gomobiletherapy.com](mailto:info@gomobiletherapy.com)



*I participate  
with Medicare  
(Part B)*

Serving Linden  
& surrounding  
areas



4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicomunities.com](http://www.lpicomunities.com)

15-0685





Harold M. Koehler, DPM  
Medicine & Surgery  
of the Foot & Ankle

4038 Grange Hall Road, Holly, MI 48442  
248 / 634-6200

*Come See Us, We're  
at Loose Monthly!*

**Senior Living Community**

*Fenton's Best Kept Secret  
for Seniors 55+*



**Vicky Coppler**  
Community Manager

201 E. Elizabeth • Downtown Fenton  
(810) 629-1179  
millpond@kmgprestige.com

Find us on

5111 Woodlands Ct.  
Flint, Michigan 48532  
(810) 230-1070 • Fax (810) 230-9488

[www.woodhavensenior.com](http://www.woodhavensenior.com)

**Thrive  
Locally**

**MANNORLAWGROUP**  
Excellence in Estate Planning and Elder Care

**We help families plan for all stages of life**

- ♦ Update Your Will & Trust
- ♦ Protect Assets From Nursing Home
- ♦ Power of Attorney & Living Will

**Now Offering Phone, Video Conference & In-Person Meetings - Call Now To Get Started**

	<b>CALL US</b> M-F 9AM-5PM	<b>VISIT US ONLINE</b> WWW.MANNORLAW.COM SERVING TWO LOCATIONS
	GRAND BLANC (810) 694-9000 ROCHESTER (248) 605-5908	
		805 OAKWOOD DR. SUITE 125 ROCHESTER, MI 48307

**support our  
ADVERTISERS**

**Generations of Service  
to the Community**

[sharpfuneralhomes.com](http://sharpfuneralhomes.com)

<p><b>Miller Road Chapel</b> Roger L. Sharp, Founder &amp; Manager 8138 Miller Road • Swartz Creek <b>(810) 635-4411</b></p>	<p><b>Linden Chapel</b> Stephanie Sharp Foster, Manager 209 E. Broad St. • Linden <b>(810) 735-7833</b></p>
<p><b>Fenton Chapel</b> Michael T. Scully, Manager 1000 Silver Lake Rd • Fenton <b>(810) 629-9321</b></p>	<p><b>Funeral Home &amp; Cremation Center</b> Jennifer Sharp Scully, Manager 6063 Fenton Road • Grand Blanc <b>(810) 694-4900</b></p>

**- COMPASSION. DIGNITY. RESPECT. -**

**Ivyrehab**  
PHYSICAL THERAPY  
**LINDEN**

319 South Bridge Street  
Linden, MI 48451  
**(810) 735-0010**  
[www.ivyrehab.com/location/linden-mi/](http://www.ivyrehab.com/location/linden-mi/)

*Specialized individual treatment in  
orthopedics, geriatrics, vestibular  
problems, balance training and  
post-surgical rehabilitation*

**It's all about the people®**

**Ivyrehab**  
PHYSICAL THERAPY  
**FENTON**

400 Rounds Drive  
Fenton, MI 48430  
**(810) 750-1996**  
[www.ivyrehab.com/location/fenton-mi/](http://www.ivyrehab.com/location/fenton-mi/)

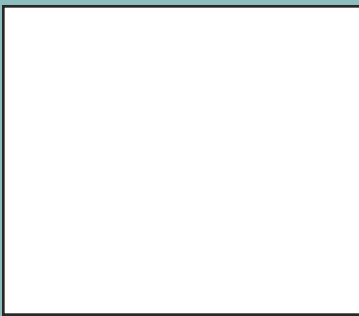


4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0685

*Patricia McGarry, DDS*  
*Justin Schultz, DDS*  
 Accepting New Patients  
 20% Discount for Senior Citizens  
*New Patient Special*  
 Cleaning, X-rays, & Exam Only \$85.00  
 (No Discounts Apply)  
 200 Lindenwood Dr. • Linden, MI  
**810-735-9426**  
 www.drmcgarry.com



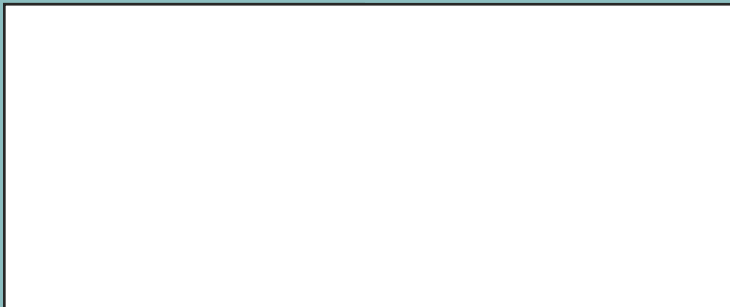
**FENTON**  
 HEALTHCARE CENTER  
 512 BEACH ST., FENTON, MI 48430  
 PHONE 810.629.4117  
 CIENAHEALTHCARE.COM  
 Medicare, Medicaid, and most  
 Private Insurances accepted.

- 24-Hour Nursing Care
- Comprehensive Rehabilitation
  - Physical Therapy
  - Occupational Therapy
  - Speech Language Pathology
  - Respiratory Therapy
- Advanced Wound Care
- Hospice and Respite Care
- Long Term Care

A CIENA HEALTHCARE Community

*Redefining Excellence* IN REHABILITATION AND SKILLED CARE

**THIS SPACE IS AVAILABLE**



**THE INDEPENDENT**  
 SPEND YOUR GOLDEN YEARS IN LUXURY

**COME HOME TO A DREAM**  
 MODERN & LUXURIOUS. THE INDEPENDENT IS A 55+ ACTIVE SENIOR LIVING COMMUNITY IN THE HEART OF FENTON!

4031 VICINIA WAY  
 FENTON, MI 48430  
 ALL-INCLUSIVE STARTING RATES  
 \$2,500 A MONTH

(810)-577-2353

**BE YOURSELF.  
 BRING YOUR PASSION.  
 WORK WITH PURPOSE.**

**LPI is Hiring Ad Sales Executives**

Full-Time with Benefits | Paid Training  
 Expense Reimbursement | Travel Required

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

**FREE AD DESIGN**

WITH PURCHASE OF THIS SPACE

**CALL 800.477.4574**

**Team Steibel**

Mike Steibel  
 Realtor  
**810-610-7412**

2359 W. Shiawassee Ave  
 Fenton

*Let us help you find that perfect home!*

Enjoy maintenance free living at an affordable senior community.

The Village of **Holly Woodlands**  
 A SENIOR LIVING COMMUNITY  
 A Mission of Presbyterian Villages of Michigan

**248.634.0592**  
**www.pvm.org**

Call for details on how to qualify or to schedule a tour!

3325 Grange Hall Rd. • Holly  
 TTY: 800-649-3777

**Dave Lamb HEATING & COOLING INC.**  
 Fenton, MI

*Dave Lamb Elite Furnace*

409 E. Caroline  
 Fenton, MI 48430  
**800.454.4946**  
**810.629.4946**

- Air Conditioning Service
- Furnace Tune-Up
- Water Heaters

[www.davelambheating.com](http://www.davelambheating.com)



It has now been 14 months since the Loose Senior Center has been required to shut its doors. All activities, events and gatherings were cancelled. We have since been able to hold certain classes and activities in our building again, but in a new way that isn't the "normal" Loose way! We have been brainstorming and getting extremely creative to bring some of what was, back to Loose as the weather begins to change for the better. Being closed down to activities and limited for so long has put a major strain on the ability to raise revenue to support the annual budget. This has caused limited income to pay staff, utilities and the general maintenance to comply with health department rules. Every effort has been made to minimize expenses.

It has been determined by the Loose Executive Board that in order for Loose to continue the excellence we all expect, Loose will be making financial changes to the community. Loose will begin collecting membership donations from all who wish to be a part of the Loose center.

1. Donations will be \$25 per Genesee county resident and \$30 per non-Genesee county resident
2. Lunches will be \$5.00. Punch cards will be \$50.00 for 11 lunches with the 11<sup>th</sup> being free.
3. Trips, events, lunch and special dinners require "NO" membership.
4. Membership donations are good for one calendar year (January 1 to December 31).
5. Sign in to My Senior Center is required for all activities and events.
6. All fitness classes are \$5.00

For 25 years The Loose Senior Center has been a place for the community to come and enjoy the excellence given through passion, love and understanding to the needs of the senior population. We now reach out to you to help continue the services given by this special place. It will take time for Loose to recover and return to the glory days we all remember and cherish. But with your understanding and financial help, we will overcome this setback. It will once again be the Loose Senior Center, a place for all to come and enjoy. A Unicorn of all centers.



# Travel & Trips

## Soaring Eagle

Thursday, July 22, 2021

**\$32**

**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 Voucher
- Receive an additional entry into hourly drawings for every 100 points earned between 7AM - 2:59PM.

### *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.

**NOTE:** All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions. To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.

**More Trips Coming Soon!!!**

**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.*

# June 2021 Menu

	<b>1</b> Antipasto Salad Bread Fruit Dessert	<b>2</b> Teriyaki Chicken Bowl Egg Roll Fruit Dessert	<b>3</b> Grilled Pork Chops Potato Salad Green Beans Juice/Dessert	<b>4</b> Coney Dog Salad Chips Fruit/Dessert
<b>7</b> Fish Sandwich Cole Slaw Chips Fruit/Dessert	<b>8</b> Stuffed Pepper Soup Tossed Salad Fruit Dessert	<b>9</b> Mashed Potato Bowl Cole Slaw Dinner Roll Fruit/Dessert	<b>10</b> Junk in Your Trunk Sale	<b>11</b> Mystery Lunch!
<b>14</b> Swedish Meatballs Over Noodles Vegetable Fruit/Dessert	<b>15</b> Broccoli Cheese Soup Ham Slider Fruit Dessert	<b>16</b> Chicken Salad Chips Vegetable Sticks Fruit/Dessert	<b>17</b> Fundraiser Lunch!	<b>18</b> Spaghetti Tossed Salad Garlic Bread Fruit/Dessert
<b>21</b> Beef Enchiladas Mexican Rice Fruit Dessert	<b>22</b> Pizza Grilled Cheese Chips Vegetable Sticks Fruit/Dessert	<b>23</b> Pancakes Sausage Yogurt Fruit	<b>24</b> Beef Stew Biscuit Salad Juice/Dessert	<b>25</b> Mystery Lunch!
<b>28</b> Chicken Caesar Wrap Chips Yogurt Fruit/Dessert	<b>29</b> Corned Beef & Potato Soup Tossed Salad Fruit/Dessert	<b>30</b> Meatloaf Mashed Potatoes Vegetable Fruit/Dessert		

## Rib Dinner Fundraiser June 17th 11:30-1:00pm

Drive up and pick up  
a full course meal for TWO...

**Outdoor Seating Available**  
Weather Permitting

**INCLUDES**  
Ribs, Baked Beans, Cole Slaw, Corn  
Bread, Dessert & Beverage  
Full Slab for \$25

-or-

\$15 for a Half Slab

**Call and Order yours today!**  
810-735-9406

# June 2021

**EMAIL**  
lsc@loosecenter.org

**WEBSITE**  
www.loosecenter.org

*A variety of Books/Puzzles and Food Pantry items are available from 10 am - 1:30 pm just inside the North door at Loose. Please feel free to stop by and see what we have. Available as long as supplies last.*

**PHONE**  
810.735.9406

**FAX**  
810.735.4255

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30 Lunch <b>Antipasto Salad</b> 2:00 Chair Yoga	2 9:00 Biking Bunch 9:30 Yoga 11:30 Lunch <b>Teriyaki Chicken Bow</b> 12:00 Woodcarving	3 10:00 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch <b>Pork Chops</b> 12:30 Line Dancing (Beg) 1:45 Line Dancing (Adv)	4 9:30 Yoga 11:00 Zumba 11:30 Lunch <b>Coney Dog</b> 12:00 Knitting
7 9:30 Painting 11:30 Lunch <b>Fish Sandwich</b> 2:00 Yoga	8 9:30 Arthritis Exercise 11:30 Lunch <b>Stuffed Pepper Soup</b> 2:00 Chair Yoga	9 9:00 Biking Bunch 9:30 Yoga 11:30 Lunch <b>Mashed Potato Bowl</b> 12:00 Woodcarving	10 8:00 Board Meeting <b>10:00 Junk In Your Trunk Sale</b> 1:00 Anyone Can Paint	11 9:30 Yoga 11:00 Zumba 11:30 Lunch <b>Mystery Lunch</b> 12:00 Knitting
14 9:30 CSFP 9:30 Painting 11:30 Lunch <b>Swedish Meatballs</b> 12:00 Literary Studies 2:00 Yoga	15 9:30 Arthritis Exercise 11:30 Lunch <b>Broccoli Cheese Soup</b> 2:00 Chair Yoga	16 9:00 Biking Bunch 9:30 Ask a Lawyer 9:30 Yoga 11:30 Lunch <b>Chicken Salad</b> 12:00 Woodcarving 2:00 Greif Support	17 10:00 Chair Yoga 11:00 Fit 4 Ever <b>11:30—1:00 Fundraiser</b> 12:30 Line Dancing (Beg) 1:45 Line Dancing (Adv)	18 9:30 Yoga 11:00 Zumba 11:30 Lunch <b>Spaghetti</b> 12:00 Knitting
21 9:30 Painting 11:30 Lunch <b>Beef Enchiladas</b> 2:00 Yoga	22 9:30 Arthritis Exercise 11:30 Lunch <b>Pizza Grilled Cheese</b> 2:00 Chair Yoga	23 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch <b>Pancakes</b> 12:00 Woodcarving 2:00 Write your Life Story	24 10:00 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch <b>Beef Stew</b> 12:30 Line Dancing (Beg) 1:45 Line Dancing (Adv)	25 9:30 Yoga 11:00 Zumba 11:30 Lunch <b>Mystery Lunch!</b> 12:00 Knitting
28 9:30 Painting 11:30 Lunch <b>Chicken Caesar Wrap</b> 2:00 Yoga	29 9:30 Arthritis Exercise 11:30 Lunch <b>Corn Beef &amp; Potato Soup</b> 2:00 Chair Yoga	30 9:00 Biking Bunch 9:30 Yoga 10:00 Financial Advice 11:00 Tai Chi 11:30 Lunch <b>Meatloaf</b> 12:00 Woodcarving	<p><b>All Activities are subject to change or be cancelled. Operation of the center's activities are based on the orders set forth by the Health Department and Governor's Office.</b></p>	

Friends, when Loose officially opens, we ask that you wait 30 days before you drop off ANY donations.

*"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."*





**MASK UP**



**SPREAD OUT**



**WASH HANDS**

## 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://Michigan.gov/MaskUpMichigan) or call the COVID-19 hotline at 888-535-6136.



Stay Safe,  
Stay Healthy



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



**July Cook-Out  
Fundraiser  
coming July 15th**

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

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