

LOOSE

L

MARCH

2023



From the Executive Director

Loose Family,

There are days when we sit in silence and reminisce about the days gone by. We wish to relive those moments so dear to us. We think of our early life growing up in a family of love and all the friends we had. We reflect on our friends who we shared memorable moments. We dream of the days when life was good and everyday was special. We have a story inside us which we want to tell.

Our life is like a library full of adventures. There is a story of love, sadness, wonder and excitement. It is a story that we wish to share but no one to tell. As a person, we may have wonderful stories that others may want to hear. You never know what is in a book until you open the pages, or as the old saying put it. . . . *You can't tell the book by its' cover.* There are people all around you wanting to hear your life story.

We all want to tell our life story because we want others to know who we are. We have things to share, stories to tell and friendships to be made. We just have to take the time to sit with those around us and share our most treasured memories and special moments. Then we can truly relive the time in our lives that are hidden in our book of life.

I invite you to take on this challenge and become a member of the Loose "Write Your Life Story" group which meets the second and fourth Friday of every month at 2:00PM. This has been an ongoing program for many years and many people have shared many memorable moments and lasting friendships that have become stronger by sharing.

"When writing the story of our life, don't let anyone else hold the pen,"

- Rebel Thriver

All is well,
Carl Gabrielson
Executive Director
Loose Senior Center

YOUR STORY
MATTERS.
WRITE IT DOWN.



WRITE YOUR LIFE STORY

Every 2nd & 4th Friday 2:00pm

Join us on the 2nd and 4th Friday of each month as we share anecdotes and memories from our lives. There are plenty of helpful tips and class discussions that make the process of putting our memories into writing fun. Writing Your Life Story is not only a gift to yourself, but also a gift for family and friends, as well as generations of families not yet born.

"Loose programs and/or services are fully or partially funded by Genesee County Senior Millage funds. YOUR TAX DOLLARS ARE AT WORK."

Current Loose Activities

CARDIO/AEROBICS EXERCISE Fee \$7

(Mondays, 11:30am-12:30pm)

(Thursdays, 1:00pm-2:00pm)

Light cardio workout with stretching and breathing techniques, strengthening the body with the use of light weights.

CHAIR YOGA Fee \$7

(Tuesdays, 2:00pm and Thursdays, 10:00am) Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion.

YOGA Fee \$7

Gentle Flow Yoga (Mondays 2:00pm, Wednesdays and Fridays 9:30am) Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

LINE DANCING (Tuesdays, 12:00pm) Fee \$7

Exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Many dancing styles are covered and fun is had by all.

ZUMBA GOLD (Fridays, 11:00am) Fee \$7

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!

ARTHRITIS FOUNDATION EXERCISE

(Tuesdays, 9:30am and Thursdays at 11:00am)

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises..

HEALTHY EXERCISE (Wednesdays, 11:00am)

Low impact exercise by the rehab tech from Symphony

STRENGTH AND BALANCING (Thursdays, 12:00pm)

Strengthen your body to help with balance.

One on One Physical Therapy

(2nd & 4th) Wednesday) by appointment

LITERARY STUDIES - Book Club

(Second Monday 12:30pm)

This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors, and guests are always welcome. Come and join us!

HAPPY STAMPERS (3rd Tuesday of each month, 1:00pm FREE)

Work on own projects and "show and tell" to motivate others.

KNITTING/CROCHETING (Fridays, 9:30am)

Our knitting and crocheting group meets every Friday, to knit or crochet. Items can be donated to local charities. Please bring your own supplies.

LOOSE CHORUS (Fridays, 1:00pm-3:00pm)

If you like to sing, checkout our chorus.

PAINTING (Mondays, 9:30am)

We have a wonderful volunteer instructor available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center.

Must bring and use own materials.

QUILTING (Fridays, 9:30am)

Quilters are welcome to work on their own projects or stitch on our current quilt. Basic quilting supplies are available to use. Fabric for charity projects is available off site. Join us as we stitch away.

WOOD CARVERS (Wednesdays, 12:00pm-1:30pm)

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion.

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.

MICAFE

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for low income seniors to buy and eat the foods they need to maintain healthy lives through the Food Assistance Program. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 810-735-9406

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

We welcome John 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. Call Loose for an appointment— 2nd Tuesday of each month.

ASK THE LAWYER (3rd Wed. of the month, 9:30 am-11:30 am)

Attorney Stacey N. Brancheau will be at the Loose Center to offer free consultations on estate planning. This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406.

LOAN CLOSET

If you have need for some medical equipment, please contact Loose at (810)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 (CSFP)

2nd Monday of each month, 9:00am-10:00am

Loose is a distribution site for emergency food assistance program.

ONE-ON-ONE FINANCIAL HELP

Last Wednesday of each month,
call for an appointment 810-735-9406

Health and Fitness



Cardio/Aerobics Classes

Mondays, 11:30am
Thursdays, 1:00pm
\$7/class



10am - 12noon
March 8th & 22nd

One on One advice for a personalized daily therapy program both sitting and standing activity.

Will also offer proper sleeping positions to help alleviate back pain.

Call the center today to schedule your 15 minute session with Carrie.
(810)735-9406



STRENGTH AND BALANCING

(Thursdays, 12:00pm)

Physical therapist (from Advance Physical Therapy) helps strengthen the body to help with balance.



Indoor Walking (ending in April)

Mondays, 9 - 11am
Wednesdays, 12 - 1:30pm



HEALTHY EXERCISE

Wednesdays at 11:00am
Low impact exercise by the tech from Symphony. Free class-Come join us!

Join Judy Lytle Fridays at 11:00am for: ZUMBA GOLD

Perfect for: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

ARTHRITIS FOUNDATION EXERCISE

(Tuesdays, 9:30am and Thursdays at 11:00am)

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises..



BLOOD PRESSURE CHECK

2nd Wednesday of each month, 10:30 - 11:30am
3rd Tuesday of each month, 10:00am - 11:00am

CHAIR YOGA Fee \$7

(Tuesdays, 2:00pm and Thursdays, 10:00am) Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion.

YOGA Fee \$7

Gentle Flow Yoga (Mondays 2:00pm, Wednesdays and Fridays 9:30am) Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

LINE DANCING (Tuesdays, 12:00pm) Fee \$7

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



Beginner Pickleball (\$7)

Thursdays, 2:00PM—3:30PM

Pickleball, one of the fastest growing sports.

Pickleball

Fridays, 12:30PM—3:00PM

HEARING SCREENINGS

3rd Wednesday of each month,

10:00am-12:00pm, FREE

By Appointment

Provided by: Your Hearing Solution



Testing 1 hour, 20-30 minutes for cleaning and adjusting
Phonak, Signa, Sonic, Unitron, Starkey,
Widex, Oticon, Hansaton

PODIATRIST (by appointment) April 18th

Next appointment date: June 20th

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.

Loose Activities

Mark your calendars:

April 12th
Senior Spring Fling
Dance to a Live Band
"Living Notes"

Refreshments Available
6:00PM—9:00PM
\$15.00 single person/\$25.00 couple

ALZHEIMER SUPPORT GROUP

Every 4th Tuesday, 1:00pm

The Loose Senior Center is home to an Alzheimer's Support Group. Support Groups are the heart of the Alzheimer's Association and are attended by families, caregivers and friends of persons with Alzheimer's disease, as well as other related dementia disorders. The group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Assisted Living.



LOOSE CHORUS

Fridays, 1:00PM

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!



Tues, March 14th, 9:30-10:30 (Library)

Coffee, **COPS** & Conversation will be a monthly opportunity at Loose. Come enjoy a cup of BREW while chatting with those in BLUE! We are excited to welcome our Linden City

Police Officers who will join us for an opportunity to discuss issues important to this community and to encourage a continued growing of relationship between our membership. Coffee is FREE, Conversation is FREE and the building of relationships is PRICELESS. Join us!



LITERARY STUDIES (Book Club)

2nd Monday of each month
 12:30PM

If you like to read, come join us!



PAINTING GROUP

Mondays, 9:30am

This group meets regularly, is excited to share ideas and talent with a wonderful, volunteer instructor available to help and guide. Bring your own project and painting supplies and join in!

ONE-ON-ONE FINANCIAL HELP

Last Wednesday of the month, 10:00 am

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 4th Wednesday of each month. This service is available by appointment only.

To schedule an appointment, call Loose Center at 735.9406.

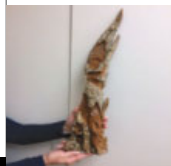
Card Play 1:00pm-3:00pm

Mondays & Thursdays
Euchre and Mahjong
 Wednesdays
Pinochle and Bridge



WOOD CARVING-Wednesdays

Do you like to create things from wood? Join our talented woodcarvers on Wednesdays as they share their talents and many ideas along

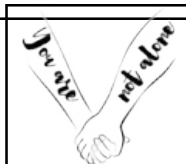
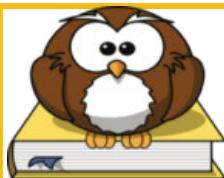


ASK A LAWYER

3rd Wednesday of each month
 (9:30am -11:30am)

Attorney Stacey N. Brancheau will be at the Center to offer free consultations on estate planning.

Call to schedule an appointment at 810-735-9406.



GRIEF SUPPORT GROUP

2nd & 4th Wednesday @ 2:00pm

We are thankful to Promedica 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.

Upcoming Events

Movie Day
MARCH 1, 1:00PM

Movie Title TBD

Will be posted in the Center as soon as we know.

Pizza, popcorn and water

SAVVY CAREGIVER

Wednesdays, April 5—May 10
9:30am—11:30am

- Understand the impact of dementia on both you and your loved-one.
- Learn skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel Better about your caregiving.
- Take care of you!



Pelvic Health
March 23rd, 9:30am-10:30am

Are you experiencing urinary leakage, urgency, incontinence, or constipation? These issues are more commonly developed as we age but are not a normal part of aging. There are many things that can be done to address these symptoms including pelvic floor exercise, urge suppression techniques, and behavioral changes.

Come join pelvic floor physical therapist, Bri-
anne Benko PT-DPT for an informational
presentation on what you can do to treat pelvic
floor dysfunction.



Charter
SENIOR LIVING
of Linden

Choices in Senior Living
Wednesday, March 15 2:00PM

Journey Toward Healing: Hope for the Grieving (April 13th at 10:30 am)

Death is never convenient! It disrupts our life, activities and our plans.

If you've recently lost a loved one, come to this 1-hour workshop and learn how to:

- Understand your grief and move forward
- Enjoy anniversaries and holidays (again)

Register for this workshop by emailing: sgonzales@harmonycare.com & dotti@looseniorcenter.org and indicate "Loose Journey"



Senior
Spring
Fling

Live band
"Living Notes"

Wednesday
April 12
6:00pm
\$15 Single
\$25 Couple

Living Notes plays music
From the
60's 70's & 80's
Country, boogie &
Rock & Roll

Refreshments
Provided by
Symphony

Loose Center
707 N Bridge St
Linden MI
810-735-9604

Have
Fun

Loose's Annual Corned Beef & Cabbage



March 16th at
12:00

\$18.00

Enjoy a lunch of corned beef, cabbage, carrots,
roasted potatoes, roll and a dessert

Entertainment by



Fiddle and Strum are back. With
a combination of stringed instru-
ments and vocals, Fiddle and
Strum bring Celtic, Light Classical,
Country, Jazz and Original tunes
to life.



*Coming back
In May
Mondays at 10:00
\$7*

Groove a simple method of movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. United in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body and soul. Anyone can do this, you add your own style and you can't go wrong! Come check it out



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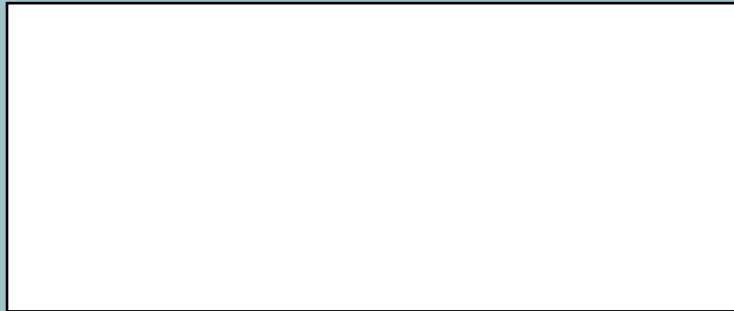


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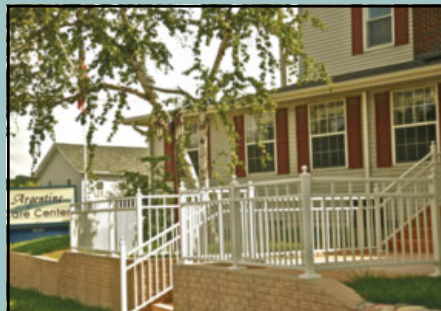
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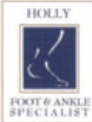
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Direct Support Professional responsibilities:

- Serving and Caring for developmentally disabled adults in a home setting, provide a clean, safe and comfortable environment. Must have a valid Drivers license (clean driving record and background check).
- Be available for training if not fully trained. Training is provided and paid for by company.
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Important Information

Newsletter Mailings

If you would like to come into the center to pick up your newsletter please let us know. We know there are many of you that like coming in to see us and grabbing a newsletter instead of it being mailed to you. Just let us know.

If you have suddenly stopped receiving the newsletter in the mail let us know, there may be a reason you stopped receiving it, i.e. address change.

Please make sure our records are up to date with current phone number and address.

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.

KISS—Keeping Independent Seniors Safe

A program for seniors 62 and older. The KISS program is a telephonic reassurance system that keeps seniors and their loved ones worry-free. Participants in the KISS program can call the KISS office or receive a telephone call every Monday through Friday between the hours of 8:00 a.m. and 12:00 p.m. to make sure that the participant is alright. Special arrangements can be made for participants that need weekend coverage. For more information on the KISS program please call (810) 239-7671
Host Agency: VAAA



The KISS program is sponsored by the VAAA. The KISS program is funded in part by grants from United Way



“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.”

LUNCH Pick up
11:30 am - 12 noon,
\$3 donation (in county)

-or-

\$6 donation (out of county)

Please call the day before by 1pm to reserve your lunch.



Community Food Share

Loose Center has a Food Pantry
In partnership with FARR

Let the front desk know when you need assistance

If you would like to be a part of the team here at Loose and volunteer at any of the number of activities going on here or even behind the scene, help is always appreciated.

Opportunities:

- Blood Pressure Checks
- Help with set up and tear down for special events
- Help with our Fundraiser Lunches
- Daily Lunches
- And so many more.....

WEATHER-RELATED CLOSURE & CANCELLATION PROCEDURE

In the event of inclement weather, please tune into **ABC 12**, check the Loose website, Loose Facebook page or call Loose at 810 735-9406 for updated closing information.



OFFICE HOURS

Monday - Friday
8:00 am- 4 pm

MARCH

PHONE

810.735.9406

FAX

810.735.4255

EMAIL

lsc@loosecenter.org

WEBSITE

www.loosecenter.org



BEWARE OF THE IDES OF MARCH

MONDAY

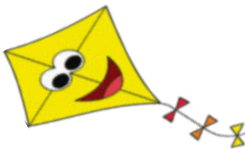
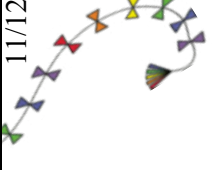
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY/
SUNDAY**

<p>BOARD OF DIRECTORS</p> <p>Rod Martin, President Ken Wensel, Vice President Roby Deese, Secretary Pam Boegler, Treasurer Ray Culbert Pat Lockwood Frank Lukowski</p>	<p>LOOSE STAFF</p> <p>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> <i>Director</i> Carrie Shaulis <i>Administrative Service Specialist</i> Carrie Kolar Maintenance</p>	<p>1</p> <p>9:30 Yoga 11:00 Healthy Exercise 11:30 Lunch 12:00 NO Wood Carving 1:00 Movie Day 1:00 Card Play (Pinochle/Bridge)</p>	<p>2</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>3</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p>	<p>4/5</p> <p>Let's go Fly a kite</p> 
<p>6</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 NO Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>7</p> <p>9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Make a Friend Day 2:00 Chair Yoga</p>	<p>8</p> <p>9:30 Yoga 10:00 One on One Physical therapy 10:30 Blood Pressure 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>9</p> <p>MMAP Counselor 8:00 Loose Board Mtg. 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>10</p> <p>MMAP Counselor 9:30 NO Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 NO Zumba Gold 11:30 Lunch 12:30 NO Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>11/12</p>  <p>Don't forget to Spring Forward</p>

<p>13</p> <p>9:00 Indoor Walking 9:30 CSFP 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>14</p> <p>Veteran Services (by appt) 9:30 NO Arthritis Exercise 9:30 Cops and Conversation 11:30 Lunch 12:00 NO Line Dancing 2:00 NO Chair Yoga</p>	<p>15</p> <p>Hearing Screening (by appt.) 9:30 Yoga 9:30 Ask a Lawyer 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play 2:00 Signs of Dementia Choices in Senior Living</p>	<p>16</p> <p>MMAP Counselor 10:00 NO Chair Yoga 11:00 NO Arthritis Exercise 12:00 Corned Beef Lunch 12:00 NO Strength & Balancing 1:00 NO Cardio/Aerobics 1:00 NO Card Play (Euchre) 2:00 NO Beginner Pickleball</p>	<p>17</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus Happy St. Patrick's Day </p>	<p>18/19</p> 
<p>20</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>21</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure 11:30 Lunch 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>22</p> <p>9:30 Yoga 10:00 One on One Physical therapy 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>23</p> <p>MMAP Counselor 9:30 Pelvic Health 10:00 NO Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>24</p> <p>MMAP Counselor 9:30 NO Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>25/26</p>
<p>27</p> <p>9:00 Indoor Walking 9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 NO Yoga</p>	<p>28</p> <p>9:30 NO Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Alzheimer Support 2:00 NO Chair Yoga</p>	<p>29</p> <p>One-on-One Financial (by appt.) 9:30 NO Yoga 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>30</p> <p>MMAP Counselor 10:00 NO Chair Yoga 11:00 NO Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>31</p> <p>MMAP Counselor 9:30 NO Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p>	<p>31</p> <p> Do You Need A Ride To Lose?? Call Fenton MTA at least 24 hours in advance to schedule your</p> 

Congregate March Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p>  <p>Smothered Pork Chop Mashed Sweet Potatoes Mixed Greens Honey Wheat Roll Pears Margarine Milk</p>	<p>7</p>  <p>Beef Gouliash Lima Beans Cauliflower Golden Apple Potato Roll Margarine 100% Fruit Juice</p> 	<p>8</p> <p>Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Peaches Breadstick Salad Dressing Milk</p>	<p>9</p> <p>Miss Donna's Oven Fried Chicken Chuck Wagon Blend Oven Roasted Potatoes Fresh Orange WG Roll Margarine 100% Fruit Juice</p>	<p>10</p> <p>Korean Beef Bowl w/Rice w/Snap Peas, Peppers, Onions & Broccoli Peas & Carrots Pineapples Hawaiian Roll Fortune Cookie Milk, margarine</p> 
<p>13</p> <p>Roasted Turkey & Gravy w/ Mashed Potatoes Southern Green Beans Warm Peaches Biscuit Milk</p>	<p>14</p> <p>Meatball Sub Potato Wedges Sweet Peas Pineapple Tidbits Sub Bun Margarine 100% Fruit Juice</p>	<p>15</p> <p>Chicken Fried Steak w/gravy Steamed Broccoli Roasted Veggies Mixed Fruit Wheat Roll Margarine Milk</p>	<p>16</p> <p>Stuffed Peppers Steamed Beets Cauliflower Applesauce Dinner Roll Margarine 100% Fruit Juice Birthday Cake</p> 	<p>17</p> <p>Pecan Crusted Tilapia Au Gratin Potatoes Corn Pineapples Hawaiian Roll Margarine Milk</p> 
<p>20</p> <p>Western Frittata w/ Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk 8 oz</p>	<p>21</p> <p>Beef Stew Spinach Fresh Orange Corn Bread Muffin Margarine 100% Fruit Juice</p> 	<p>22</p> <p>Boneless BBQ Riblet Mixed Vegetables Redskin Potato Wedges Fruit Cup Sliced Sub Bun Diced Peaches Milk</p>	<p>23</p> <p>Chicken Salad Sandwich Pasta Salad Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month</p> 	<p>24</p> <p>Artisan Mac & Cheese French Cut Green Beans Sliced Carrots Fruit Cocktail Crunchy Breadsticks Margarine Milk</p>
<p>27</p> <p>Spaghetti & Meatballs Sweet Peas Italian Veggie Blend Fresh Pear Garlic Bread Margarine Milk</p>	<p>28</p> <p>White Chicken Chili Whole Kernel Corn Mixed Greens Mango & Papaya Fruit Cup Corn muffin Salad Dressing 100% Fruit Juice</p>	<p>29</p> <p>Salisbury Steak w/gravy Mashed Potatoes Sliced Carrots Tropical Fruit Salad WG Roll Margarine Milk</p>	<p>30</p> <p>Beef Fajitas w/ Peppers/Onions Mexican Rice w/Corn & Tomatoes Black Beans Fruit Cocktail Tortilla Shell 100% Fruit Juice</p>	<p>31</p> <p>BBQ Chicken Tenders Mixed Veggies Potato Wedges Pineapples Hawaiian Roll Margarine Milk</p>

Travel & Trips

TRIPS @ A GLANCE

March 16	Firekeepers Casino	\$45/person
March 28	Red Wings vs Pittsburgh Penguins	\$100/person
April 27	Soaring Eagle Casino	\$45/person
May 21	Springtime in the SMOKIES	\$1140/pp Double
May 25	Historic Marshall	\$108/person
June 14	Detroit Tigers vs. Atlanta Braves	\$85/person
June 16	A Day in the Detroit	\$114/person
July 19	The Great American Trailer Park Musical	\$99 per person
August 14-21	Canadian Rockies , Glacier National Park and Yoho National Park	\$4,899/pp Double
August 17	Saugatuck, MI	\$161.00/person
September 12-20	South Dakota's National Parks	\$2,799/pp Double
September 17-23	New England	\$1,844/pp Double
September 21-22	ARK Encounter (new date)	\$414/pp Double
September 28	Ohio Wine Tour	\$120/person
October 10-13	Agawa Canyon & Mackinac Island	\$1,299/pp Double

Detailed flyers are available at the Loose Center.

Please note: A reservation is made only when a deposit has been received.

Detroit Tigers June 14th

Through Collette World Wide Travel

September 16-29, 2023 ~ **Portugal and Its Islands** - \$4,999.00 per person based on double occupancy and bookings by March 17, 2023

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

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

*These rates are per person and subject to change, if booked after above dates, based on air inclusive packages from Detroit Metro Airport

Travel & Participant Statement

**RESERVATIONS ARE NOT GUARANTEED
UNTIL PAYMENT IS RECEIVED**

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

Travel & Trips

SOUTH DAKOTA'S NATIONAL PARKS September 12—20, 2023

Black Hills - Badlands - Mt. Rushmore - Crazy Horse Memorial
-Custer State Park - Deadwood

PLUS



CELEBRATION BELLE
Mississippi River
Entertainment Cruise



\$2,799.00 pp/Double

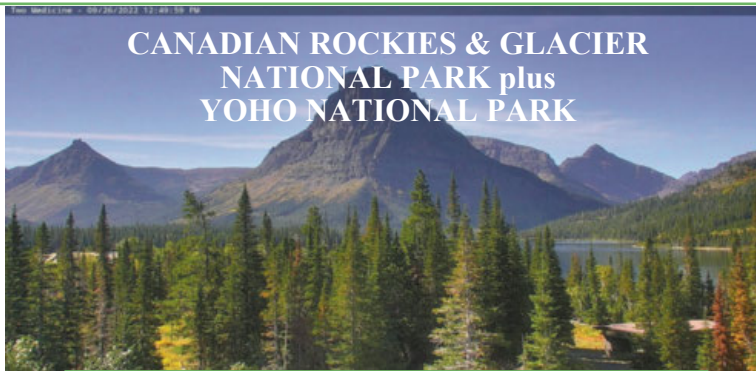
AGAWA CANYON & MACKINAC ISLAND October 10-13, 2023 \$1,299.00 pp/Double



Soaring Eagle Casino Thursday, April 27

Round Trip Motor Coach **\$45**
\$20 on Players Card
Plus, 600 points on slots and receive
\$10 in Premium Play
\$10 Food Voucher
Snacks and water on bus

CANADIAN ROCKIES & GLACIER NATIONAL PARK plus YOHO NATIONAL PARK



August 14-21, 2023
\$4,899. per person/Double

MCC Continuing Education (Friday's @ Applewood) 2022/2023 SERIES \$10.00 without transportation

Must book and pay by Wednesday before event or register online.

- Friday, March 17 **Bringing Historical Cemeteries to Life**
- Friday, April 21 **MTA Flint-Your Life line Transportation System**
- Friday, May 19 **The Markets Today**
- Friday, June 2 **Police Evolution**

Springtime **IN THE SMOKIES**

May 21-24, 2023

4 days / 3 nights \$1,140.00 pp/Double

Travel & Trips



2 days / 1 night
\$414.00
per person/double occupancy

Presented by:
Loose

Tour date:
September 21 - 22, 2023

Thursday - Friday

PACE OF TOUR: ① ② ③ ④ ⑤

For reservations and information please contact:
Cheryl
(810) 735-9406




BIGGER THAN YOUR IMAGINATION!

YOUR BIANCO TOUR INCLUDES:

Round Trip Transportation
Via deluxe highway motorcoach. Equipped with reclining seats, overhead storage, & restroom for your comfort and convenience.

Accommodations:
• 1 Night at Hampton Inn by Hilton (Florence, KY)

Included Meals:
• 1 Breakfast & 1 Dinner

Featuring:

- **Creation Museum** (Petersburg, KY)
The state of the art 70,000 square foot museum brings the pages of the Bible to life, creating its characters and animals in dynamic form and placing them in familiar settings.
- **Greyhound Tavern** (included dinner)
An award-winning restaurant and Northern Kentucky landmark.
- **Ark Encounter** (Williamstown, KY)
From the moment you turn the corner and the towering Ark comes into view, the friendly animals in the zoo, to the jaw-dropping exhibits inside the Ark, you'll experience the pages of the Bible like never before.

Tour price includes gratuities for above trip inclusions. BIANCO TOUR DIRECTOR & DRIVER GRATUITIES ARE NOT INCLUDED.

Escorted by a professional Bianco Tour Director

Bianco Tours does not own or operate any of the suppliers of services or accommodations for your trip. As a result, it is not responsible for any negligence or willful acts or failures to act of any such supplier or of any third party over whom Bianco Tours has no control.

Bianco (734) 946-7021
www.biancotours.com
Facebook



YOUR BIANCO TOUR INCLUDES:

Round Trip Transportation - Via deluxe highway motorcoach. Equipped with reclining seats, overhead storage, and a restroom for your comfort and convenience.

Knotty Vines Winery - Wauwon, OH (wine tasting) - In 2008 a local Ohio couple decided to buy 3.3 acres of farmland in Wauwon, OH. The winery now has over 1,000 vines and produces over 6 tons of grapes annually. In 2012 they opened a tasting room to share their delicious wines with the rest of the world. They now make over a dozen kinds of wines, including wines made from other fruits, including cherries and blueberries, which they have become famous for.

The Barn - Archbold, OH (included lunch) - For more than 45 years families have gathered to enjoy home-style food and welcoming hospitality under the hand-hewn timbers of a barn built in 1861. Located in Archbold, OH, the Barn Restaurant continues to be a favorite spot to dine with family and friends.

Majestic Oak Winery & Neon Groundhog Brewery - Grand Rapids, OH (wine tasting) - This rapidly growing vineyard is located 6 miles north of Grand Rapids, OH and offers nearly 18 different kinds of wine on site. Recent expansion has now allowed them to add the new Neon Groundhog Brewery on site.

Chateau Tebeau - Helena, OH (wine tasting and light buffet) - When the Tebeaus purchased their 36-acre farm in 1996, they had no idea at the time what fate had in store for this limestone soil. They realized that this was not prime farmland, but that was not why they bought it. It was a love of nature and the rural lifestyle that made this property a great match. Knowing that grapes love limestone loaced soil, it didn't take long for Bob & Mary to start the research to turn this barren land into a productive vineyard and winery.

Presented by:
Loose Senior Center

Tour date:
Thursday, September 28, 2023

Departs 6:30AM - Returns 9:00PM

For reservations and information please contact:
Cheryl
(810) 735-9406

\$120.00

Please make checks payable to: Loose Senior Center & mail to: 707 N. Bridge St. • Linden, MI 48451. No refunds within 72 hours of departure.

Tour price includes gratuities for above trip inclusions. BIANCO DRIVER GRATUITY IS NOT INCLUDED.

Bianco (734) 946-7021
www.biancotours.com
Facebook



\$45 Thursday, March 16, 2023

- Round Trip Motor Coach Transportation to FireKeepers Casino
- **\$30 in Free Play**
- **\$5 in points** (food & beverage)
- Water & snacks on the bus

Pickup at Loose Center, no other stops

Join the Loose Center

Tuesday, March 28, 2023



VS



\$100 INCLUDES

Round Trip Motor Coach Transportation
Ticket to the Game 7:00 pm
Detroit Red Wings vs the Pittsburgh Penguins
Water and Snacks on the Bus
Easily accessible seats in lower bowl

DEPARTURE TIME FROM LOOSE

5:00 PM

APPROXIMATE RETURN

11:00 PM Depending on game



- Loose Senior Center has arranged this tour. All other services provided in connection with this tour are provided by independent suppliers. Loose Senior Center assumes no liability for any injury, damages or losses of any kind sustained by any person as a result of participation in the tour.
- This price does not include tips to your motor coach driver and any other incidental expenses.

FULL PAYMENT DUE TO CONFIRM YOUR RESERVATION

MAKE CHECK PAYABLE TO: Loose Senior Center

MAIL CHECKS TO: Loose Senior Center, 707 North Bridge St. Linden, MI 48451

FOR MORE INFORMATION CALL: 810 735 9406



707 N. Bridge St □
Linden MI 48451
www.loosecenter.org

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LOOSE CENTER DONATION FORM

(Return Form with Donation)

Donations are tax deductible and gladly accepted to include cash and checks.

Return this form with your donation to LOOSE CENTER 707 N. Bridge Street Linden, Michigan 48451

Enclosed donation made payable to LOOSE CENTER

Amount: \$ _____

Name: _____

Address: _____

Phone Number of Donor: _____

Email: _____

SPECIAL RECOGNITION: I would like my gift to be in honor or memory of someone special.

THANK YOU FOR YOUR CONTINUED SUPPORT

FREE WI-FI FROM THE LOOSE PARKING LOT

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