

**LOOSE**  
L



# May

2023



# From the Executive Director

Loose family,

May is the month to honor our “Mother.” To each of us, this is the person who was there to give us love, wipe away our tears, and be our best friend. In my life my mother was there as father and mother. My dad worked second shift at GM so he was not available for many events in my life. My mom was my teacher, my coach and my counselor. We shared a love of sports. She was the biggest Tiger and Red Wing fan I knew. We spent a lifetime watching games together and I must admit she could be very outspoken about the officiating. My mother spent many a day in the yard playing catch or chasing balls. She never missed one of my games, be it baseball, football, basketball or hockey. She was my biggest fan and never hesitated to tell me of my mistakes when I made an error, threw an incompletion or let the other team score. She was gracious to me in victory and in defeat. She was always there for me and my brothers and sisters. My mother sacrificed her time and effort so that we had what we needed and got to every event we participated in. I could not count the cookies that woman baked. My mother was a person of giving and love. She celebrated in our success and comforted us in our failure.

Besides being a great mom, she also spent a good part of her time working at church with the ladies group. She was always cooking food for dinners or special events. When someone was ill or in need of help, she was there. She was active and loved traveling to different countries and going on gambling trips with family and Elsie and Art. What fun days.

My mom, to her family came first. She loved us equally, always there to listen and always encouraged us to be better. She along with my father made summers very special spending family time in Port Austin, Michigan. She celebrated all of the holidays, especially Christmas and made the house magical with all of her decorations and the smell of the seasonal meals. She was very special to me and I miss her very much.

I hope all of you had a mother like mine. The person in your life that made everything complete. Who was there for the successes and failures. The person who was your best friend and the one who left life lasting memories for you to remember and share with your family.

“A mother's love is something that no one can explain - It is made of deep devotion and of sacrifice and pain. It is endless and unselfish and enduring, come what may, for nothing can destroy it or take that love away.”  
- Helen Steiner Rice

All is well,  
Carl Gabrielson  
Executive Director  
Loose Senior Center

# Current Loose Activities

## **CARDIO/AEROBICS EXERCISE** Fee \$7

(Mondays and Wednesdays, 11:00am)

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.

## **BEGINNER LINE DANCING** (Tuesdays, 11:00am) Fee \$7

## **INTERMEDIATE 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 EXERCISE** (Tues. 9:30am and Thursdays 11:00am)

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

## **STRENGTH AND BALANCING** (Thursdays, 12:00pm)

Strengthen your body to help with balance.

## **BEGINNER PICKLEBALL** (Thursdays, 2:00pm) Fee \$7

## **PICKLEBALL** (Fridays, 12:30pm) Fee \$7

## **BIKING BUNCH** (Wednesdays, 9:00am)

## **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. 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**

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.

### **MICAFF**

The Michigan's Coordinated Access to Food for the Elderly (MiCAFFE) 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 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.

# Fitness Classes

## STRENGTH AND BALANCING

(Thursdays, 12:00pm) Free Class

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



## ARTHRITIS FOUNDATION EXERCISE

(Tuesdays, 9:30am and Thursdays at 11:00am) Free Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises..



Beginner Pickleball fee \$7

Thursdays, 1:00PM—3:00PM

one of the fastest growing sports.

Pickleball

Fridays, 12:30PM—3:00PM



## 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.



## Cardio/Aerobics Classes

Mondays, 11:00am

Wednesdays, 11:00am

\$7/class

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

### MONDAY

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

### TUESDAY

9:30am Arthritis Exercise  
11:00am Beginner Line Dancing  
12:00pm Intermediate Line Dancing  
2:00pm Chair Yoga

### WEDNESDAY

9:00am Biking Bunch  
9:30am Yoga (Gentle flow)  
11:00am Cardio/Aerobics

### THURSDAY

10:00am Chair Yoga  
11:00am Arthritis Exercise  
12:00pm Strength & Balancing  
1:00pm Beginner Pickleball

### FRIDAY

9:30am Yoga (Gentle flow)  
11:00am Zumba Gold  
12:00pm Pickleball

## GROOVE

*Inspired by passion*

Mondays—10:00am \$7

“Groove” a simple method of movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone, united in beat and rhythm.

## Join Judy Lytle Fridays at 11:00am for: ZUMBA GOLD \$7

**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!

**BEGINNER LINE DANCING** (Tuesdays, 11:00am) \$7  
**INTERMEDIATE** (Tuesdays, 12:00pm) \$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.



*“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.”*

# Loose Activities

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.



Tues, May 9th, 9:30-10:30

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!



## 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!**

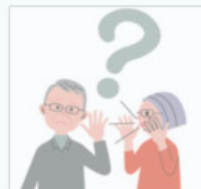
## WOOD CARVING-Wednesdays 12:00pm



Do you like to create things from wood? Join our talented wood-carvers on Wednesdays as they share their talents and many ideas along with great conversations.

## HEARING SCREENINGS

3rd Wednesday of each month,  
10:00am-12:00pm, FREE  
By Appointment



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Testing 1 hour, 20-30 minutes for cleaning and adjusting  
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Widex, Oticon, Hansaton



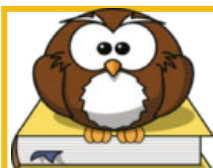
**PAINTING GROUP** Mondays, 9:30am  
This group meets regularly, is excited to share ideas and talent with a wonderful, volunteer instructor available to help guide. Bring your own project and painting supplies and join in!



**Card Play 1:00pm-3:00pm**  
Mondays & Thursdays  
*Euchre and Mahjong*  
Wednesdays  
*Pinochle and Bridge*



**LITERARY STUDIES (Book Club)**  
2nd Monday of each month 12:30PM  
If you like to read, come join us!



## 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.

## PODIATRIST 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. 810-735-9406



## BLOOD PRESSURE CHECK

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

3<sup>rd</sup> Tuesday of each month, 10:00am - 11:00am

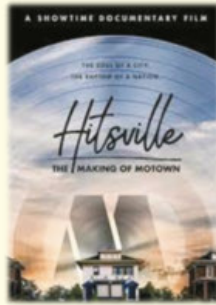
# Upcoming Events

**Movie Day May 3rd, 1:00PM**

## “Hitsville: The Making of Motown”

A look at the birth of Motown in Detroit in 1958 until its relocation to Los Angeles in the early 1970s.

Featuring rare performances, interviews and behind-the-scenes footage offer insight into the history and cultural impact of Motown Records.



**Refreshments Served**



**Dr Kaleb McElwee**

*From*

**HealthQuest**

*Will be here at the  
Loose Center*

**Tuesday  
May 16th  
10:00-11:00**

Dr McElwee will be discussing the benefits of a healthy spine and nervous system. Rewards of a holistic and natural alternative to compliment health care options.



## **Brunch & Learn Seminar**

**Tuesday  
May 2, 2023  
9:30am**

Celebrating life fully means planning your final wishes so your loved ones don't have to. Let us help begin the process through our special "Peace of Mind" seminar. We promise it to be an educational, informative and enjoyable time for learning the full benefit of planning ahead for total "Peace of Mind", in an informal and relaxed setting.

Enjoy a free Brunch  
Sponsored by Sharp Funeral  
Please RSVP at 810-735-9406  
Loose Center



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**TO-GO  
LUNCH  
PROVIDED**

## **Senior Power Day 2023**

Wednesday, May 24, 2023

9:00 a.m. - 2:00 p.m.

Crossroads Village

6140 Bray Rd., Flint

**Tickets \$4.00**

Available at your local Senior Center in  
Genesee, Lapeer and Shiawassee Counties

**Ticket includes, Lunch and Train Ride**

**FREE ENTERTAINMENT**



**TRAIN  
RIDES**



**U of M Geriatric Students will be at  
Loose Center starting in June for a 5 week  
Wellness Program on  
Thursdays, June 1, 8, 15, 22, & 29.**

**Call Loose at 810-735-9406 to schedule your time!**

# Save the dates



**Travel Show**  
**May 10, 2023**  
**12:30 pm**

Come to the travel show  
 Find out what trips are coming up  
 A Bianco representative will be here to answer any questions you may have

Loose Center  
 707 N Bridge St  
 Linden MI  
 810-735-9406



## Thursday May 18th 1pm



This tradition is one of our loveliest, simple, yet elegant gatherings. All are welcome to come and enjoy an afternoon of tea, treats that equal a meal, great conversation and a time to feel special. Bring your mother, daughter, granddaughter, niece, good friend and your teacup and join us. Give yourself and/or someone special the time for this treat.

**SIGN UP TODAY!**

Entertainment by  
 The Dibbleville Dolls  
 This musical trio of three friends will entertain you with songs of country, Irish, traditional, fifties, Broadway, religious, folk and contemporary

A fun time to share with friends and family at the Loose Center



## Thursday May 25, 2023

**8:00am-3:00pm**

**\$30**  
 Per space

Each space is room for your car and one parking spot next to it

Loose Center  
 707 N Bridge St  
 Linden MI

**Sell Your Junk from your trunk**

Name \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Number of spots needed \_\_\_\_\_



Wednesday, May 17th, 2:00pm

TOPIC AND TREATS  
 "Downsizing"



# Spring Fling Concert



Come listen to our  
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sing their spring songs

**May 31st at 2:00pm**

Refreshments

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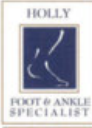
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15-0685

# Important Information

## SUPPORT GROUPS



### 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.

### 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.



### Community Food Share

Loose Center has a Food Pantry  
In partnership with FARR

Let the front desk know when you need assistance

### 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



### LUNCH Pick up

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

-or-

\$6 donation (out of county or under 60)

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

**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.

### 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. 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.**



### 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.

“I’ve got sunshine on a cloudy day. When it’s cold outside, I’ve got the month of May.”

– Smokey Robinson

**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 pm

# May

**EMAIL**

lsc@loosecenter.org

**WEBSITE**

www.loosecenter.org

**PHONE**

810.735.9406

**FAX**

810.735.4255

**MONDAY**


**TUESDAY**



**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/SUNDAY**

<p>1</p> <p>9:30 Painting 10:00 Groove 11:00 Cardio Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>2</p> <p>9:30 Brunch &amp; Learn 9:30 Arthritis Exercise 11:00 Beginner line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>	<p>3</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio Aerobics <b>11:30 Lunch</b> 12:00 <b>NO Wood Carving</b> 1:00 Movie Day 1:00 Card Play (Pinochle/ Bridge)</p>	<p>4</p> <p><b>MMAP Counselor</b> 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>5</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus</p>	<p>6/7</p>
<p>8</p> <p>9:30 CSFP 9:30 Painting 10:00 Groove 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>9</p> <p><b>Veteran Services (by appt)</b> 9:30 Arthritis Exercise 9:30 Cops and Conversation 11:00 Beginner line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>	<p>10</p> <p>9:00 Biking Bunch 9:30 Yoga 10:30 Blood Pressure 11:00 Cardio Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 12:30 Travel Show 1:00 Card Play (Pinochle/ Bridge) 2:00 Grief Support</p>	<p>11</p> <p><b>MMAP Counselor</b> 8:00 Loose Board Mtg. 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Card Play (Euchre) 2:00 Beginner Pickleball</p>	<p>12</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>13/14</p> <p><i>To all moms, step moms, fur baby moms</i></p> 

<p>15</p> <p>9:30 Painting 10:00 Groove 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>16</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure 10:00 Healthquest 11:00 Beginner line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 1:00 Happy Stempers 2:00 Chair Yoga</p>	<p>17</p> <p><b>Hearing Screening (by appt.)</b> 9:00 Biking Bunch 9:30 Yoga 9:30 Ask a Lawyer 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Downsizing</p>	<p>18</p> <p><b>MMAP Counselor</b> <b>11:30 Lunch</b> 1:00 <b>Mother's Tea</b> 1:00 Card Play (Euchre)</p>	<p>19</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus</p>	<p>20/21</p>
<p>22</p> <p>9:30 Painting 10:00 Groove 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>23</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Beginner line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>	<p>24</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support <b>SENIOR POWER DAY (CROSSROADS VILLAGE)</b></p>	<p>25</p>  <p><b>Come shop!</b></p>	<p>26</p> <p><b>MMAP Counselor</b> 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold <b>11:30 Lunch</b> 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>27/28</p> <p>PLEASE REMEMBER TO ALWAYS <b>SCAN IN</b> OR MANUALLY <b>SIGN IN AT</b> EITHER OF OUR CHECK - IN STATIONS.</p>
<p>29</p> <p><b>Center Closed in observance of</b></p> 	<p>30</p> <p>9:30 Arthritis Exercise 11:00 Beginner Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>	<p>31</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Spring Concert</p>	<p><b>BOARD OF DIRECTORS</b> <b>Rod Martin</b> President <b>Ken Wensel</b> Vice President <b>Roby Deese</b> Secretary <b>Pam Boegler</b> Treasurer <b>Ray Culbert</b> <b>Pat Lockwood</b> <b>Frank Lukowski</b></p>	<p><b>LOOSE STAFF</b> <b>Carl Gabrielson</b> <i>Executive Director</i> <b>Jaclyn von Linsowe</b> <i>Executive Assistant</i> <b>Dotti Tynes</b> <i>Program Director</i> <b>Cheryl Rex</b> <i>Travel Coordinator</i> <b>Carrie Shaulis</b> <i>Administrative Service Specialist</i> <b>Carrie Kolar</b> Maintenance</p>	

**CONGREGATE MEAL MENU - MAY 2023**

Menu Subject to Change Based on Product Availability and Quality Standards

<p><b>1</b></p> <p>Tangerine Chicken Shrimp Fried Rice Winter Blend Veggies Pineapple Cup Margarine Flatbread Milk</p>	<p><b>2</b></p> <p>HM Meatloaf w/Gravy Mashed Potatoes Sweet Peas Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice</p>	<p><b>3</b></p> <p>Pub Burger w/Cheese Leaf Lettuce &amp; Sliced Tomato Cole Slaw Ranch Potato Wedges Fruit Salad Whole Wheat Bun Margarine Milk</p>	<p><b>4</b></p> <p>Chef Salad w/Cheese, Tomatoes Ham &amp; Turkey Cole Slaw Fruit Salad Flatbread Dressing 100% Fruit Juice</p>	<p><b>5</b></p> <p>Beef Tacos w/HM Pico Vegetable Blend Corn &amp; Black Beans Diced Peaches Corn Muffin Margarine 100% Fruit Juice</p> 
<p><b>8</b></p> <p>Chinese Pepper Steak Sicilian Veggie Blend Succotash Fruit Cocktail Brown Rice Wheat Roll Margarine Milk</p>	<p><b>9</b></p> <p>Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine 100% Fruit Juice</p> 	<p><b>10</b></p> <p>Baked Herb Pork Chop Green Bean Casserole Sweet Corn Potato Roll Mixed Fruit Cup Margarine Milk</p>	<p><b>11</b></p> <p align="center">Chef's Choice</p> 	<p><b>12</b></p> <p>Ravioli W/Beef &amp; Sauce Roasted Brussel Sprouts Steamed Cauliflower Potato Roll Margarine Fresh Pear Milk</p>
<p><b>15</b></p> <p>Maple-Glazed Chicken w/ Roasted Sweet Potatoes &amp; Broccoli Blend Garlic Bread Mandarin Orange Cup Margarine Milk</p>	<p><b>16</b></p> <p>HM Beef Chili Chuck Wagon Blend Italian Vegetables Peach Cup Corn Muffin Margarine 100% Fruit Juice</p>	<p><b>17</b></p> <p>Chicken &amp; Penne Alfredo French Cut Green Beans Diced Carrots Crunchy Breadsticks Fresh Apple Margarine Milk</p>	<p><b>18</b></p> <p>Beef Pot Roast Mixed Greens Mashed Sweet Corn Bread Fruit Salad Margarine 100% Fruit Juice Birthday Cake</p> 	<p><b>19</b></p> <p>Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets Crunchy Bread Stick Fresh Pear Margarine Milk</p>
<p><b>22</b></p> <p>Roast Beef Slice Veggie Blend Roasted Potatoes Wheat Roll Pear Cup Margarine Milk</p>	<p><b>23</b></p> <p>HM Beef Stroganoff Egg Noodles Garlic Veggie Blend Fresh Orange Wheat Roll Margarine 100% Fruit Juice</p>	<p><b>24</b></p> <p>Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Spinach Tortilla Shell Fruit Cocktail Caesar Salad Dressing Milk</p> 	<p><b>25</b></p> <p>HM Spaghetti &amp; Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine 100% Fruit Juice Cookie of the Month</p>	<p><b>26</b></p> <p>Baked BBQ Chicken Wings French Cut Green Beans Diced Carrots Fresh Pear Bread Stick Margarine Milk</p>
<p><b>31</b></p> 	<p><b>30</b></p> <p>HM Sloppy Joes Garden Pasta Veggie Blend Cauliflower Fresh Apple WG Bun Margarine 100% Fruit Juice</p>	<p><b>31</b></p> <p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chunks WG Bun Ketchup &amp; Mustard Milk</p> 	  	



# Travel & Trips

## TRIPS @ A GLANCE

May 25	Historic Marshall	\$108/person
June 8	Firekeepers Casino	\$45/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/person
July 20	Soaring Eagle Casino	\$45/person
August 14-21	Canadian Rockies , Glacier National Park and Yoho National Park	\$4,899/pp Double
August 17	Saugatuck, MI	\$161.00/person
August 23	Detroit Tigers vs. Chicago White Sox	\$85/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 5	Autumn Adventure	\$107/person
October 10-13	Agawa Canyon & Mackinac Island (first one sold out, added a second)	\$1,299/pp Double
November 9	Turkeyville "Tinsel and Turkey"	\$106/person

***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 & August 23rd**

## Through Collette World Wide Travel

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

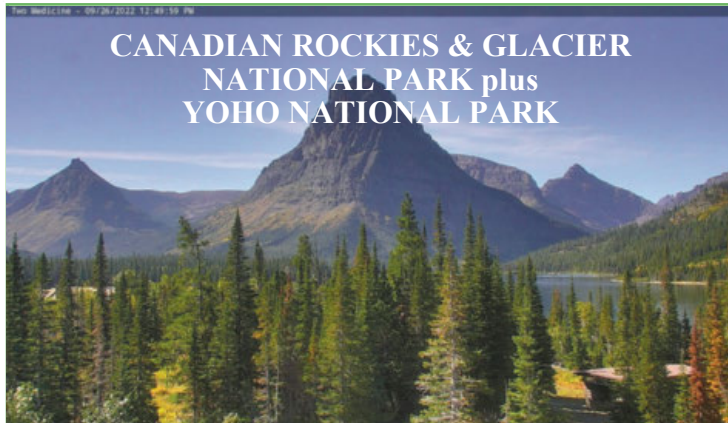
Reservations are not guaranteed until down payment is received.

### *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



## CANADIAN ROCKIES & GLACIER NATIONAL PARK plus YOHO NATIONAL PARK

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



### 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.

**Yates Cider Mill - Rochester Hills** - Visitors to Yates feel like they are stepping back into a simpler time of history. Visit the main mill store for apple purchases and other items. Shop for jams, and trinkets at the Apple Tent, and don't forget to pick up your homemade fudge or donuts.

**Lunch (11:30am)** - Included at Rochester Mills Beer Company, opened in 1998 in the former Western Knitting Mill. The original character of this historic building has been preserved with the brewery featuring the original hardwood floors, columns, beams and exposed brick walls.

**Shopping on Main St. - Downtown Rochester**

**Filipo Mare Winery** - Filipo Mare Winery boasts over 70 varieties of wine consisting of many of the standard wine lovers selections, along with many more exciting wines from grapes of other countries and blends to make exciting variations of the traditional wines. *Everyone can taste up to 3 wines!*

Presented by:  
**Loose**

Tour date:  
**Thursday, October 5, 2023**  
Departs 8:15AM - Returns 6:15PM

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

**\$107.00**

Please make checks payable to: **Loose Senior Center**  
& mail to: 707 N. Bridge St. • Linden, MI 48451.  
No refunds within 1 week prior to departure.

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



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 negligent or willful act or failure to act of any such supplier or of any third party over whom Bianco Tours has no control.



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PLEASE FILL OUT COUPON COMPLETELY AND TURN IN WITH PAYMENT.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Group: Loose Tour: Autumn Adventure Date: 10/5/23 Code: 10D96151.2  
PLEASE SELECT A MEAL CHOICE:  Fish & Chips  Hungarian Goulash  Sesame Chicken



## A Day in the D

GUIDED CITY TOUR OF DETROIT & DIAMOND JACK'S RIVER CRUISE

### 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.

**Guided City Tour of Detroit (2 hours)** - What's new in Detroit? On this on-and-off bus tour, we'll travel to Belle Isle, our lovely island park, and sneak a peek at what's blooming at the new Oudolf Garden Detroit, a naturalistic public garden designed by the internationally acclaimed Dutch garden designer and horticulturist Piet Oudolf, filled with perennials, grasses, shrubs, and trees to be enjoyed all year round and check out a few other island favorites. We'll take a walk down Parker's Alley, a fairly new activated alley adjacent to the Shinola Hotel where we'll get a close up look at the construction rising up from the former J.L. Hudson site. Tour will include some other new sites, quirky outdoor art installations and a few familiar favorites.

**Lunch - Amore de Roma Café** Detroit's oldest restaurant has been serving classic Italian cuisine since 1890. Continuing the tradition is third generation owner Janet Sossi Belcoure whose frequent tasting trips to Italy are reflected in the menu's signature veal and pasta delicacies, prepared with the freshest ingredients hand selected from nearby Eastern Market.

**Free Time at Detroit's River Walk** - Located at Rivard Plaza, it is home to many Riverfront Highlights, including the Cullen Family Carousel, an in-laid granite map of the Detroit River, a standing glass sculptured map of the St. Lawrence Seaway, fountains and gardens.

\* **Diamond Jack's River Cruise** - Enjoy a 1-hour narrated cruise of the Detroit river aboard the Diamond Jack river vessel. Relax as you cruise along the sparkling waters of the Detroit River, the world's busiest waterway. View the powerful skylines of Detroit and Windsor and the historical sights along the shores of the Detroit River.

\* Ship sails at captain's discretion.



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 negligent or willful act or failure to act of any such supplier or of any third party over whom Bianco Tours has no control.



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MEAL CHOICE:  Broiled Whitefish  Chicken Parmigiana

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Group: Loose Senior Center Tour: A Day in the D Date: 6/16/23 Code: 6D95277.1

Presented by:  
**Loose**

Tour date:  
**Friday, June 16, 2023**

Departs 7:00 AM - Returns 6:00 PM



For reservations and information please contact:

**Cheryl**  
**(810) 735-9406**

**\$114.00**

Please make checks payable to: **Loose Senior Center**  
& mail to: 707 N. Bridge St. • Linden, MI 48451.

No refunds within 72 hours of departure.



## SAUGATUCK, MI

### YOUR BIANCO TOUR INCLUDES:

**Round Trip Transportation**—Via deluxe highway motorcoach, equipped with reclining seats, overhead storage, and a restroom for your convenience.

**Coral Gables (11:00am included lunch)** - The building that Coral Gables has occupied for almost 50 years, was built in 1906. Although the inside has undergone numerous changes, the basic structure is the same the Leindecker boys from Chicago designed and built 100 years ago. The Coral Gables Complex in Saugatuck, Michigan is one of the oldest family owned restaurant and bar sites in the state. Mike Johnson is the current owner, and sole surviving son of the founder, Tom Johnson.

**Shopping in downtown Saugatuck** - Shopping takes on a whole new meaning in Saugatuck, the Art Coast of Michigan. Here you peruse. You don't "shop" here. You savor. You wander along on a sensory journey through a mélange of cultures, life styles and tastes. In a retail world increasingly dominated by bigness and sameness, the shops of Saugatuck are almost audacious in their individuality.

**Saugatuck Dune Ride** - One of West Michigan's premier attractions!! Our knowledgeable guides will provide us with 40 minutes of entertainment, fun and excitement, while we tour one of Michigan's treasures. We'll learn of the lost town of Singapore and check out the local vegetation and wildlife.

Presented by:

**Loose**

Tour date:  
**Thursday, August 17, 2023**  
Departs 8:00 AM—Returns 8:15PM

**\$161.00**

No refunds within 1 week of departure

**Choice of lunch:**  
**Potato Encrusted Cod**  
**Chicken Marsala**

# Travel & Trips



**ARK ENCOUNTER**  
*"The Life-sized Recreation of Noah's Ark"*

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

PACE OF TOUR: ① ● ③ ④ ⑤

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




Presented by:  
**Loose**

Tour date:  
September 21 - 22, 2023

Thursday - Friday

**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*



**TIGER BASEBALL**

**Detroit Tigers vs Atlanta Braves**

**June 14, 2023**

**\$85.00 a person for each**

**Section 114 Rows 40-43**

**Departure from Loose Center 10:30am**



**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 - Wauson, OH (wine tasting)** - In 2008 a local Ohio couple decided to buy 3.3 acres of farmland in Wauson, 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 Tebeau's 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 laced 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.*



**\$45**      **Thursday, June 8, 2023**

- Round Trip Motor Coach Transportation to FireKeepers Casino
- **\$20 in Free Play**
- **\$5 in points** (food & beverage)
- Water & snacks on the bus

**Pickup at Loose Center, no other stops**

**MCC Continuing Education (Friday's @ Applewood) 2022/2023 SERIES**

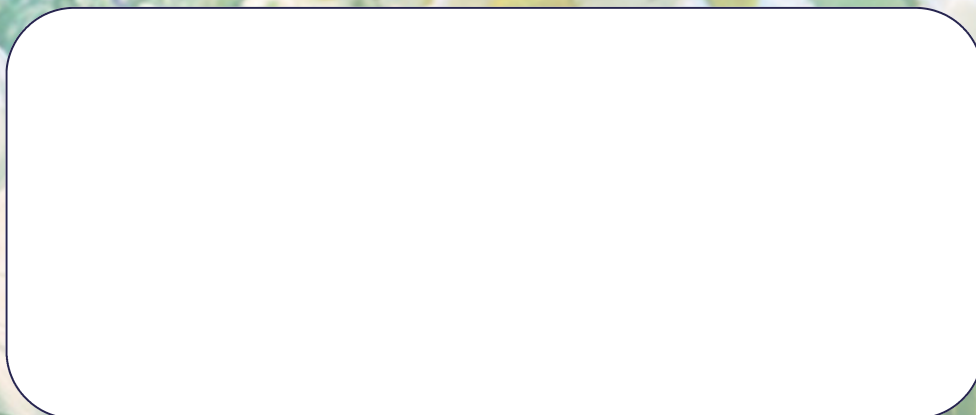
**Must book and pay by Wednesday before event or register online. \$10.00 without transportation**

**Friday, May 19    The Markets Today**      **Friday, June 2    Police Evolution**



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

Games

**Friday June 16th**  
**10:00-2:00pm**

**Come celebrate**  
**Being a**  
**grandparent**

Food

Fun

*Grandchildren*  
*Encouraged to come*  
*But not required*