

NOVEMBER 2020

the perfect place for 50+

LOOSE

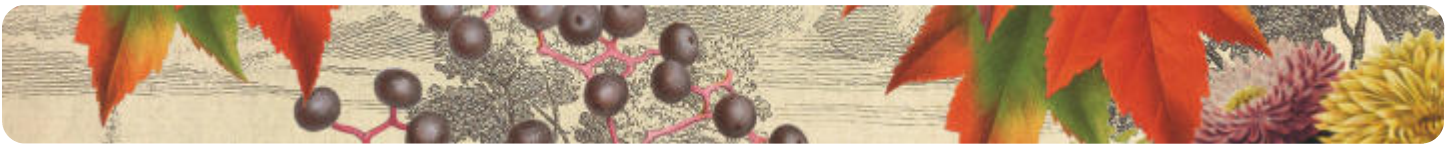
L

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



*"When I started counting
my blessings, my whole
life turned around."*

- Willie Nelson



Indoor Fitness is Back!

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

Current Loose Activities

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

ARTHRITIS FOUNDATION EXERCISE Free

Tuesday @ 9:30 (Call to Register)

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

YOGA \$5 fee

Gentle Flow Yoga Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

CHAIR YOGA Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

FIT⁴EVER \$5 fee

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

LINE DANCE \$5 each — Two Sessions 12:30 and 1:30

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 \$2 per class

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 \$5 fee

A 45 minute class beginning with 30 minutes of low impact dance/exercise cardio, balance, stretching, toning and brain/movement connection. Gold is a slower paced class that is a fun way for beginners to get moving and active adults to keep moving!

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

LOOSE BOOK CLUB 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!

MEMBERSHIP FEES

Starting January 2, 2021

Genesee County Resident \$25 per member

Non-Genesee County Resident \$30 per member

More information forthcoming

MORE SERVICES

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



let's talk.

change

Welcome Back!!!
Its So Good To See You!!!

RULES OF RE-ENTRY

Please read the following, tuck it away and know that, for a while, it will be part of our new normal.

Participants **MUST** call and put their name on the roster in order to participate in a class .

MASKS ARE REQUIRED!!
(please provide your own mask)
There will be masks on hand for a fee.

Plan on **SCREENINGS** before entering the building (for the **GOOD** health of all, please be **HONEST** with your answers during your screening.)



Strict Social Distancing



We will enter in one door and exit through another.

- THERE WILL BE NO DROP-IN VISITS AT LOOSE
- CERTAIN AREAS WILL BE OFF LIMITS
- IT IS LIKELY THAT LOOSE WILL BE OPEN IN THREE PHASES
- DUE TO SOCIAL DISTANCING GUIDELINES, SOME CLASSES CANNOT RESUME UNTIL ALL RESTRICTIONS ARE LIFTED

Everything will be ok



2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



IT'S TIME TO REVIEW YOUR MEDICARE PLAN!

Medicare plans change from year to year. Open Enrollment is an opportunity to review your current Medicare health or drug plan, compare your coverage with other plans, and make a decision for 2021

MMAP Counselors Are There For YOU—For Free!

All appointments will be by phone during 2020 because of COVID-19.

Counselors and days available are:

Dolores Coulter: Thursdays & Fridays, Oct 15-Dec 4 (except Thanksgiving week)

Ann Walker: Mondays & Fridays, Oct 16-Dec 7 (except Nov 27)

Call Loose, 810-735-9406, and make an appointment today!.

Turkey Dinner Fundraiser November 19th 12:30-2:30pm

Drive up and pick up a full course meal

for TWO... INCLUDES

Turkey and the Fixin's

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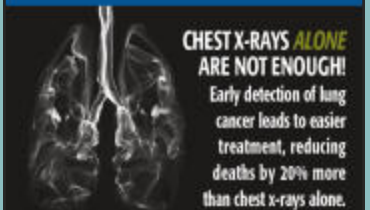
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15%



Survival Rates

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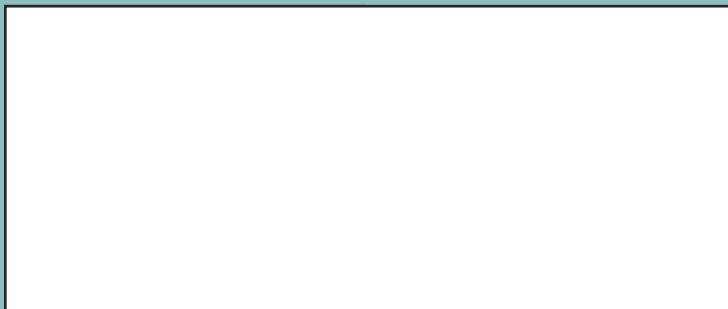
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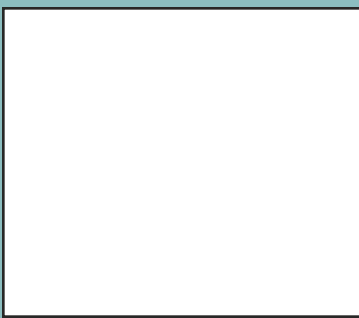


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HEALTH DEPARTMENT

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OR
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TO ENTER
THIS FACILITY**

ONLY ENTER THIS BUILDING IF:

- You are NOT experiencing COVID-19 symptoms
- You are wearing a face covering or facemask



Thanksgiving Word Search

Challenging



H L E A V E S O X A W T L I O X N Z P K
 V J W L F E A S T M C E D Q T L A E F L
 Y H O O E Z N P Z E D T N I H Y C I E Y
 C A N K D D N Z L N R K Y I A E E P S C
 L S D S Z Q U E J A H Y C E N X P J R X
 S O B I D F B T D W V L I Y K T R X E Q
 I Q T W L R A I I V O Y M R F R B U B V
 K R E H A O T L N T Y B H O U C U Y M M
 D E I T A I H O L U A G T F L Y I T E Y
 S W I B O N Q V E P G R V K N N J S V C
 A O H N R Y K N R H E Y G E E D U V O Q
 N L W Z S J O S E P L O M A S S T R N Y
 K F T E F B G L G I M J Y I S I N V F M
 P Y G F H Y B N M I N Q Y H O M E U O M
 L A N S I B I A S T V O R A C L D Y E I
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 Z C T E L I S E I R R E B N A R C R M I
 R S L W V T H G D X U A N I K P M U P P

CELEBRATION
 FALL
 GOBBLE
 HOME
 NOVEMBER
 PILGRIM
 STUFFING
 TRADITION
 WISHBONE

CORN
 FAMILY
 GRATITUDE
 LEAVES
 PECAN
 PLYMOUTH
 THANKFULNESS
 TURKEY

CRANBERRIES
 FEAST
 HOLIDAY
 MAYFLOWER
 PIE
 PUMPKIN
 THANKSGIVING
 VOYAGE



November 2020

EMAIL
lsc@loosecenter.org

WEBSITE
www.loosecenter.org

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

PHONE
810.735.9406

FAX
810.735.4255

Monday	Tuesday	Wednesday	Thursday	Friday
2 11:30 Lunch Tacos 2:00 Yoga	3 9:30 Arthritis Exercise 11:30 Lunch Bean Soup and Ham Slider 2:00 Chair Yoga	4 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Lasagna	5 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Brats 12:30 Line Dancing 1:30 Line Dancing	6 9:30 Yoga 11:00 Zumba 11:30 Lunch Sweet & Sour Meatballs
9 11:30 Lunch Chipped Beef over biscuit 2:00 Yoga	10 9:30 Arthritis Exercise 11:30 Lunch BBQ Chicken 2:00 Chair Yoga	11 Center Closed 	12 8:00 Board Meeting 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Chicken Stir Fry 12:30 Line Dancing 1:30 Line Dancing	13 9:30 Yoga 11:00 Zumba 11:30 Lunch Goulash
16 11:30 Lunch Pulled Pork 12:00 Book Club 2:00 Yoga	17 9:30 Arthritis Exercise 11:30 Lunch Cabbage Rolls 2:00 Chair Yoga	18 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Hot Dogs	19 9:30 Chair Yoga 11:00 Fit 4 Ever 12:30—2:30 Turkey Dinner Fundraiser 12:30 Line Dancing 1:30 Line Dancing	20 9:30 Yoga 11:00 Zumba 11:30 Lunch Baked Fish
23 11:30 Lunch Chicken Stir Fry over Rice 2:00 Yoga	24 9:30 Arthritis Exercise 11:30 Lunch Lasagna 2:00 Chair Yoga	25 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Baked Fish	26 	27 "Gratitude unlocks The fullness of life" - Melody Beattie
30 11:30 Lunch Cabbage Rolls 2:00 Yoga			<p>LUNCH Pick up at 11:30 am, only \$4 Please call the day before to reserve your lunch. <i>Although if you forget, call the day of, often lunches are available.</i></p> <p>Beginning January 2, 2021 lunches will be \$5</p>	

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

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





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