



LOOSE

November

2022

From the Executive Director

Loose Family,
November...Thanksgiving. A time to give thought of all we have in our lives to be thankful for. Thanksgiving is more than turkey, cranberry sauce, and pumpkin pie. It is a season to count our blessings and reflect on how rich we are. In your life it may be good health, to others it may be owning a classic car, a boat on a lake or a place up north to escape your daily routine. Some find physical activities a way to enjoy life which can include golf, pickleball, bowling, exercise, or just taking a leisurely walk.

The biggest blessing in life to me is family. I was raised by parents who taught me to respect everyone and everything. I was given the gift to see all possibilities and education to achieve them. I was surrounded by family and the love and care they had to share. My children have blessed me with wonderful grandchildren, three boys and a girl on the way. They fill my life with wonder and non-stop energy. They are a gift with no rival. This past month, my family members who had moved away, have now returned to Michigan. Our home is again filled with those we missed so much, and I am so thankful to have them back in my life.

As the season approaches, gather those you love and celebrate Thanksgiving and the holidays to come. Take time to realize and give thanks to all the blessings you have. Take time to hold dear those precious moments that you share with those you hold close to your heart. Be thankful for what you have...you'll be blessed with so much more.

All is well.
Carl Gabrielson
Executive Director

THANK YOU!!!
To our Dueling Piano Sponsors

**Fenton Winery & Brewery
Crust
Symphony of Linden
La Marsa
Fenton Hotel
Linden Hotel
Alpine Market
China Gardens (Linden)
Beale Street BBQ
VG's**

At the time of printing



DUELING PIANOS
Have your song requests ready!!

DID YOU KNOW?

Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!)



Current Loose Activities

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..

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.

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.

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.

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!

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!

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.

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.

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

If you like to sing, checkout our chorus

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.

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.

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 seniors to eat the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores. For more information or to schedule an appointment, contact the Center at 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.

Activities

Movie Day
November 2, 1:00PM

JOY

A story of a family across four generations, centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Facing betrayal, treachery, the loss of innocence and the scars of love, Joy becomes a true boss of family and enterprise in a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces.

Pizza, Popcorn, Water provided

**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!

PODIATRIST (by appointment) December 13th

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.

Thank You!!!

If it wasn't for all of our wonderful sponsors and participants in our Chili Cookoff we wouldn't have been able to bring it back this year!

Thank you again to all of our contestants!



BLOOD PRESSURE CHECK

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

3rd Tuesday of each month, 10:00am - 11:00am

Additional Cardio/Aerobics Classes



Starting in November
1:00PM \$7/class

Time to bust out the leg warmers!

STRENGTH AND BALANCING (Thursdays, 12:00pm)

Physical therapist helps strengthen the body to



HEALTHY EXERCISE

Wednesdays at 11:00am

Low impact exercise by the rehab tech from Symphony. Free class
Come join us!

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

Holiday Card Sale



Look for
the special
display in
the hall!

Begins in November!

All Seasonal Cards 10 for \$1

Loose Activities



Tuesday, November 8, 9:30am-10:30am
 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!



YOUR STORY
 MATTERS.
 WRITE IT DOWN.

WRITE YOUR LIFE STORY

Every 2nd & 4th Friday 10:00am



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.

Card Play 1:00pm-300pm

Mondays
Euchre and Mahjong
Wednesdays
Pinochle and Bridge



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.



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 & WELCOMING & ALL ARE WELCOME!**

10am - 12noon

November 9th and 23rd

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



IT'S TIME TO REVIEW YOUR MEDICARE PLAN!

MMAP Counselors Are Here For You--For Free!

Extra appointment dates are set to accommodate YOU!

October 15th—December 7th
Tuesdays (starting October 18), Thursdays and Fridays

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.

Upcoming Events



LINDEN HS DINNER

Tuesday, Nov. 8, 5:00pm - FREE

A generous gift from the Linden High School Student Council to **Loose Members**, this meal is an Italian Dinner of Mostaccioli, meatballs, salad and desserts. A tradition for many years, the students treat us like royalty.

PLEASE NOTE: Tickets are available at Loose. Tickets are limited to 2/person (both must be members) and are distributed at Loose, during office hours, on a first come first served basis. **If you find you will not be able to attend this event, please call or return your ticket to Loose.** We do take a waiting list.



Fall Risk Assessments with Stephanie Jarrett, PT,DPT
November 14th, 9:30am—10:30am

Are you or someone you love at risk of falling? If the answer is YES to any of these questions, it is a real possibility and this event is for you!

- Have you fallen or developed a fear of falling?
- Are you taking smaller steps than before?
- Has going down stairs recently become frightening?
- Do you have pain in the knees, hips or feet that make it necessary to put more weight on one foot?

SENIOR WINTER GAMES



of Genesee County 2023
REGISTRATION NOVEMBER 7
THROUGH JANUARY 12
*(forms available at Loose,
 no late registrations)*



Cost \$12 includes, Opening Ceremony with entertainment, SWG T-shirt, unlimited events, Closing Ceremony Banquet

20203 EVENTS INCLUDE

Pie Eating, Bowling, Jigsaw Puzzle, Spades, Softball Toss, Bocce Ball, Soccer free Kick, Yahtzee, Hand, Knee and Foot, Shuffleboard, Senior Grand Prix, Recreational Ping Pong, Frisbee Toss, Ladder Golf, Fitness Walk, Pickleball, Euchre, Free Throw, Sudoku, Train Dominoes, Spelling Bee, Arts & Crafts, Name That Song, Darts, Bean Bag Toss, Competitive Table Tennis, & Miniature Golf.



CHRISTMAS LUNCHEON

With Elvis

Thursday December 15th

Lunch 12:00-1:00pm

Elvis performing 1:00-2:30pm

Lunch menu: Ham, mashed potatoes, green bean casserole, coleslaw, roll and a dessert



\$15
 Per person



Coming in December



Beginner Pickleball

Thursdays, 2:00PM—3:30PM
 Come and learn the game of Pickleball, one of the fastest



Adding another day of Euchre

Thursdays, 1:00PM—3:00PM
 Come enjoy the fun!



Come listen to the
Loose Chorus
Christmas Concert
Wednesday Dec 21st
1:00pm



Meditation Monthly

1st Tuesday, 1:30PM—2:00PM
 3rd Wednesday, 10:30AM—11:00AM

Is it time for an emotional calm? A healing slow down? Come join in on a guided meditation and experience the calm. Quiet the mind, relax the body and let go of things you don't need to carry around.

Got Your Ticket?

LOOSE
fundraiser

DUELING PIANOS

Thursday Nov 17 2022



\$25 TICKET
INCLUDES
5pm-6pm
Social Hour
one glass of wine and
hors d'oeuvres



6pm-8pm
Cool2Duel
Dueling Piano

OTHER
CASH BAR (*wine only*)
5pm-6:30pm (\$5.00 per glass)
50/50 Raffle

A SPECIAL THANKS
TO OUR FRIENDS FOR
THEIR GENEROUS SUPPORT

The Fenton Winery

Tickets are available @ LOOSE•707 North Bridge Street• Linden•810•735•9406

The Cool2Duel Dueling Pianos concept can be summed up in a single word: FUN! Combine two sharp-witted, incredibly talented musicians with two pianos on stage, and add a roomful of people: The result is an evening of fast, funny, unforgettable interactive entertainment. The musical repertoire ranges from classic rock to country, hard rock to R&B, oldies and show tunes to the newest Top 40 hits. Best of all, the audience is the star of the show - sending up requests, singing along to favorites, bantering with performers, and having the time of their lives.



Have you missed Cheryl's cooking?

Come to the Harvest Lunch

November 3rd 11:30am-12:30pm

Come join us inside and have lunch

Pick up will be available

Turkey, dressing, mashed potatoes, corn, dinner roll and a
dessert for \$10 per person

Seating limited so sign up soon



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 that's you so we have proper record of that.

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.

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)

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.

Thank you!



Community Food Share

Food Pantry now at Loose Center

In partnership with FARR

Let the front desk know when you need assistance

AVOID ZELLE SCAMS

Scammers are turning to Zelle, the peer-to-peer payment app, as a means to steal people's money. The scammer will email, text or call you pretending to work for your bank or credit union's fraud department. They'll claim that a thief was trying to steal your money through Zelle and that they have to walk you through "fixing" the issue. Then, they may instruct you to send the money to yourself, but the money will actually go to their account.

FREE WI-FI FROM THE LOOSE PARKING LOT

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



"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."

NOVEMBER

PHONE
810.735.9406
FAX
810.735.4255

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

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

<p>Mission Statement</p> <p><i>"The mission of the Loose Senior Citizens Center, Inc. (the Corporation) is to provide and coordinate responsive programs and services which enhance the dignity, support the independence, and offer stimulating and meaningful opportunities for adults age 50 and older living in the Southern Lakes region."</i></p>	<p>1</p> <p>MMAP Counselor 9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>2</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) 1:30 Meditation</p>	<p>3</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics</p>	<p>4</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>5/6</p>
<p>7</p> <p>9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>8</p> <p>Veteran Services (by appt.) MMAP Counselor 9:30 Arthritis Exercise 9:30 Cops & Coffee 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>9</p> <p>Shipshewana Christmas 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>10</p> <p>Caesars Windsor MMAP Counselor 8:00 Loose Board Mfg. 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Cardio/Aerobics</p>	<p>11</p> <p>CENTER CLOSED</p> 	<p>12/13</p>

<p>14</p> <p>9:30 CSFP 9:30 Painting 9:30 Fall Risk Assessment 11:30 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>15</p> <p>MMAP Counselor 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>16</p> <p>Hearing Screening (by appt.) 9:30 Yoga 9:30 Ask a Lawyer 10:30 Meditation 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>17</p> <p>MMAP Counselor 10:00 NO Chair Yoga 11:00 NO Arthritis Exer 11:30 Lunch 12:00 NO Strength & Balancing 1:00 NO Cardio 4:30 Dueling Pianos</p>	<p>18</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>19/20</p>
<p>21</p> <p>9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>22</p> <p>MMAP Counselor 9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 1:00 Alzheimer Support 2:00 Chair Yoga</p>	<p>23</p> <p>One-on-One Financial (by appt.) 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>24</p> <p>CENTER CLOSED HAPPY THANKSGIVING</p>	<p>25</p> 	<p>26/27</p>
<p>28</p> <p>9:30 Painting 11:30 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>29</p> <p>Zehnder's Frankenmuth MMAP Counselor 9:30 Arthritis Exercise 11:30 Lunch 12:00 Line Dancing 2:00 Chair Yoga</p>	<p>30</p> <p>9:30 Yoga 11:00 Healthy Exercise 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge)</p>	<p>BOARD OF DIRECTORS Frank Lukowski, President Ken Wensel, Vice President Roby Deese, Secretary Rod Martin, Treasurer Ray Culbert Pat Lockwood Joetta Pyles-Zalewski</p>	<p>LOOSE STAFF Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Dotti Tynes <i>Program Director</i> Cheryl Rex <i>Travel Coordinator</i> Carrie Shaulis <i>Administrative Service Specialist</i></p>	

NOVEMBER MENU

Congregate November Meal Menu 2022

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7 Cheese Ravioli w/ Sauce Italian Veggie Blend-4 oz Roasted Potatoes-4 oz Potato Roll-1 ea Margarine-1 ea Fresh Pear-1 ea Milk-8 oz	1 Philly Chicken w/Cheese Potato Wedges Veggie Blend Sub Bun Margarine-1 ea 100% Fruit Juice	2 Cobb Salad w/Turkey, Cheese, Egg, Bacon Pasta Salad Fruit Muffin-1 ea Mandarin Oranges-4 oz Salad Dressing Pkt-1 ea Milk-8 oz	3  HARVEST LUNCH	4 Honey Glazed Chicken Fillet Parsley Potatoes-4 oz California Vegetable Blend WG Sweet Roll-1 ea Margarine-1 ea Fruit Cocktail-4 oz Milk-8 oz
14 New Orleans Chicken Stir-fry Over Lo Mein Noodles Vegetable Blend-4 oz Hawaiian Roll Apricots-4oz Margarine-1 ea Milk-8 oz Fortune Cookie-1 ea	8 Fiesta Chicken w/onions & Peppe Roasted Corn & Black Beans WG Roll Pineapple Tidbits-4 oz Margarine-1 ea 100% Fruit Juice-4 oz	9 Salisbury Steak w/Gravy Parsley Mashed Potatoes-4 oz Mixed Vegetables-4 oz Biscuit Fruit Cocktail-4 oz Margarine-1 ea Milk-8 oz	10 Asian Chicken Burger Sweet Potato Wedges Steamed Cauliflower-4 oz WG Bun Cinnamon Applesauce-4 oz 100% Fruit Juice-4 oz	11 
21 Crispy Chicken Salad w/Apples & Cranberries Cole Slaw-4 oz Potato Roll Diced Pears Milk-8 oz	15 Pub Burger w/Cheese Potato Wedges Lettuce/Tomato/Onion Fruit Cocktail-4 oz WG Bun Ketchup/Mustard 100% Fruit Juice	16 Italian Wedding Soup Steamed Spinach Buttermilk Biscuit Honey Packet Margarine Fresh Pear Milk	17 Chicken Fajitas Chuck Wagon Veggie Blend-4 oz Black Beans-4 oz Flour Tortilla Shells Birthday Cake Pineapple Cup 100% Fruit Juice-4 oz	18 Glazed Citrus Salmon Rice Pilaf Mixed Veggies WG Roll Margarine Mixed Fruit Cup Milk-8 oz
28 Chili W/Ground Beef Veggie Blend Corn Bake Strawberry Applesauce Milk	23 THANKSGIVING DINNER Turkey Breast w/Gravy Mashed Potatoes Chef Garey's Famous Green Bean HM Mac & Cheese Cranberry Sauce Wheat Roll w/Margarine HM Holiday Cookie 100% Fruit Juice-4 oz	24 Swedish Meatballs Brown Rice-4 oz Green Beans-4 oz Mandarin Oranges-4 oz Crunchy Breadsticks-1 pkt Milk	25 	29 Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Fresh Apple 100% Fruit Juice
28 Chili W/Ground Beef Veggie Blend Corn Bake Strawberry Applesauce Milk	29 Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Fresh Apple 100% Fruit Juice	30 HM Beef & Bean Burrito-1 Sweet Corn w/Peppers-4oz Fresh Apple-1 Spanish Rice-4oz Margarine Milk	 	



REMINDER, Loose is NON SMOKING,
 both facility and grounds.
 Smoking in vehicles is acceptable.

Travel & Trips

TRIPS @ A GLANCE

Nov 9	Shipshewana Christmas	\$135/person
Nov 10	Caesars Windsor	\$45/person
Nov 29	Groove Marmalade (Frankenmuth)	\$95/person
Dec 7	Nite Lights at MIS	\$83/person
Sneak Peek for 2023		
Detroit Red Wings Games		
January 10	Soaring Eagle Casino	\$45/person
April 20	Ohio Wine Tour	
May 16	Historic Marshall	
May 21	Springtime in the SMOKIES	\$1140/Double
July 19	The Great American Trailer Park Musical (Turkeyville)	
August 14-21	Canadian Rockies , Glacier National Park and Yoho National Park	\$4,899./Double
August 16	Saugatuck, MI	
September 21	Ohio Wine Tour	
October 10	Autumn Adventure	
October 3-6	Agawa Canyon & Mackinac Island	\$1,299/Double
November 9	Tinsel and Turkey (Turkeyville)	
November 16	The Parade Company	
December 14	Holiday Church Tour	

(Please watch for flyers and prices)

Detailed flyers are available at the Loose Center.

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



WHITE CHRISTMAS



Wednesday, December 8, 2022

Springtime
IN THE SMOKIES

May 21-24, 2023

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

CANADIAN ROCKIES & GLACIER NATIONAL PARK



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

\$95



GROOVE MARMALADE HOLIDAY SHOW
NOVEMBER 29, 2022
ZEHNDER'S FRANKENMUTH

May 7—16, 2023 ~ Discover Scotland - \$4,299.00 per person based on double occupancy and bookings by November 8, 2022

August 2-10, 2023 ~ London & Paris—\$4,449.00 per person based on double occupancy and bookings by February 3, 2023

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 12 –21, 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 & Trips

NITE LITES AT MICHIGAN

INTERNATIONAL SPEEDWAY

\$83.00

Wednesday, December 7, 2022
 Trip includes dinner at Jerry's Pub (buffet)

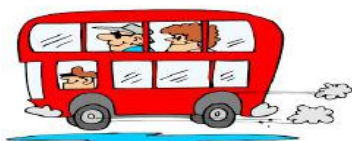
**MCC Continuing Education
 (Friday's @ Applewood)
 2022/2023 SERIES**

**\$10.00 with/or without transportation
 Must book and pay by
 Wednesday before event**

- Friday, November 18 Bottled Goodbyes
- Friday, December 9 America's Most Deadly
 Pandemics
 (Spanish Flu and COVID-19)
- Friday, January 20 Possible Options For Us
 As We Age
- Friday, February 17 Senior Health and
 Wellness
- Friday, March 17 Bringing Historical
 Cemeteries to Life
- Friday, April 21 MTA Flint-Your Lifeline
 Transportation System
- Friday, May 19 The Markets Today
- Friday, June 2 Police Evolution



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.



Join Loose Center for a day of FUN!!!

\$45 **CAESARS** **\$15**
 Per Person Reward Play
 WINDSOR

PROUD that we are a
NON-SMOKING
 Facility.



Thursday, November 10, 2022

DEPARTS: Loose Center, 707 North Bridge Street
 Depart Time: 10:30 am Approx. Return: 7:00 pm

- This casino package is subject to change at any time.
- **You must bring PROOF - Of Citizenship (IE., Enhanced Drivers License (EDL) or a Pass-port)**
- This trip requires a minimum of 30 passengers to operate.
- Please make sure you bring two (2) pieces of I.D. so you can claim any jackpot prizes
- The casino reserves the right to change or discontinue this package at any time.
- Blue Lakes Charter & Tours and its affiliates act solely as your agent in arranging accommodations for your tour. No liability is assumed in connection with any negligence of any restaurants, lodging or other properties used for this tour.
- This price does not include tips to your motor coach driver and any other incidental expenses.
- Loose Travel is open to those 21 or older.

No longer need the Arrive.CAN app. or paperwork



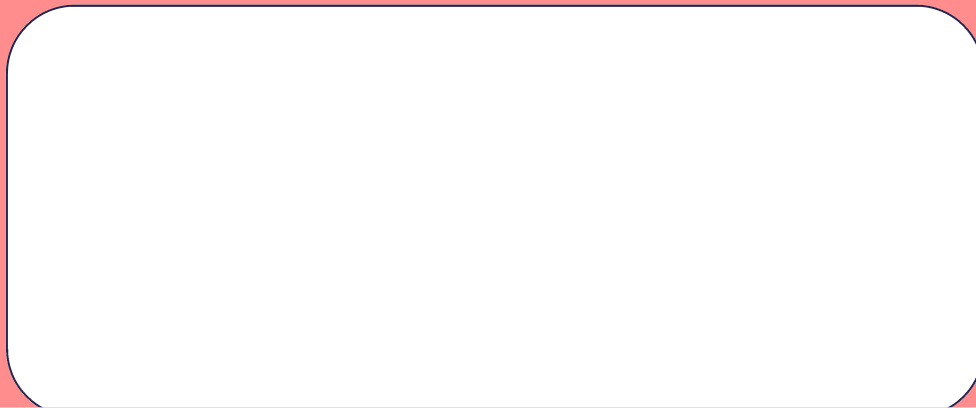
Soaring Eagle Casino

Tuesday, January 10, 2023

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



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Flint, MI
Permit No. 6



Please make sure our records are up to date with current phone numbers. We cannot notify you of any changes in programs or trips if we do not have an accurate phone number.



CHRISTMAS LUNCHEON

With Elvis

Thursday December 15th

Lunch 12:00-1:00pm

Elvis performing 1:00-2:30pm

Lunch menu: Ham, mashed potatoes, green bean casserole, coleslaw, roll and a dessert



\$15
Per person

