

OCTOBER 2020

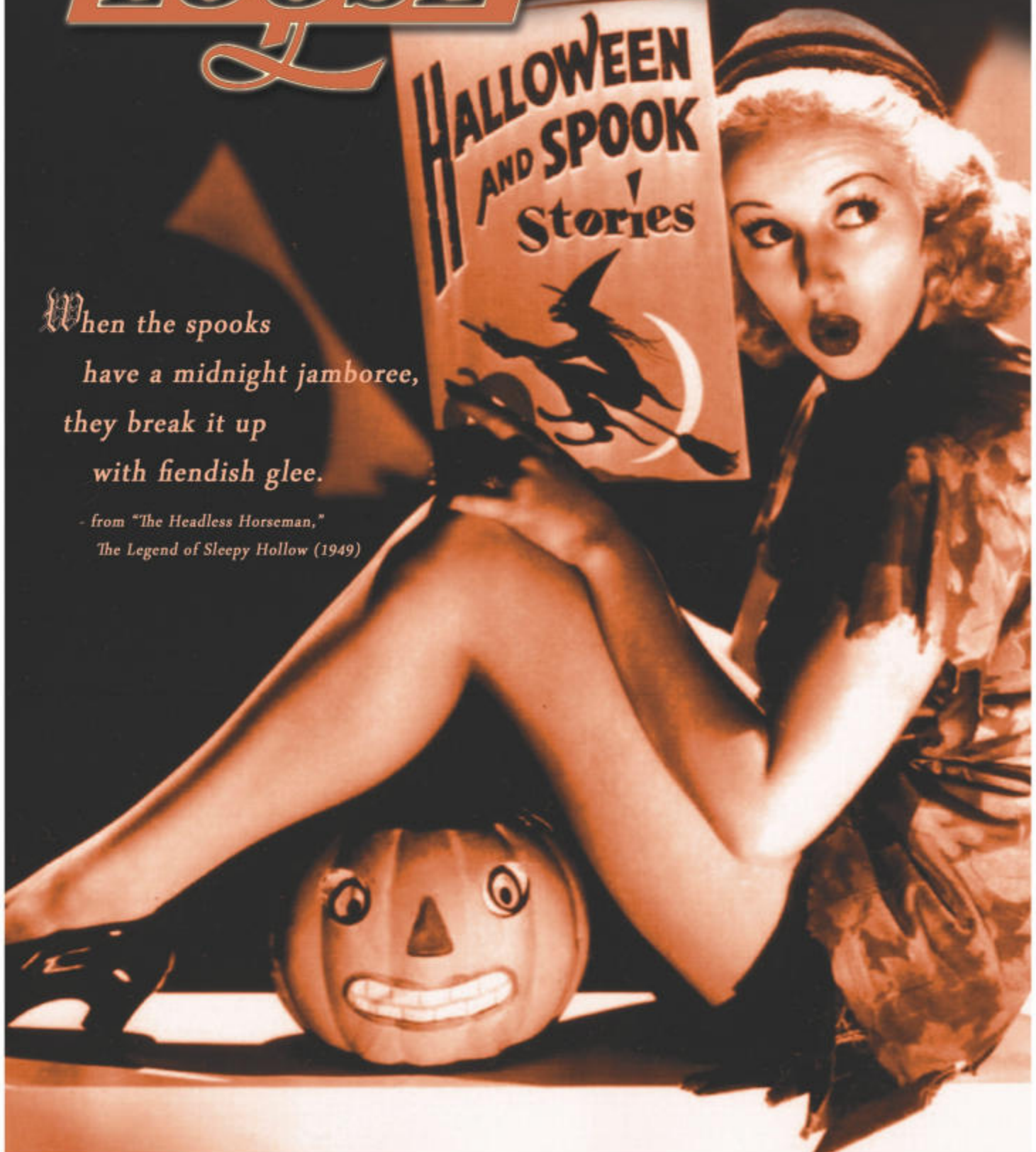
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LOOSE

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

When the spooks
have a midnight jamboree,
they break it up
with fiendish glee.

- from "The Headless Horseman,"
The Legend of Sleepy Hollow (1949)





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

Monday @2 pm FREE Via ZOOM

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.

*To receive an invite to the Zoom class,
email Abbie at marsa@valleyaaa.org*

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.

“GROOVE” \$5 fee

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. We are united in beat and rhythm. It is fun, simple and an exciting way to experience dance that nurtures your mind, body, heart, and soul. You can even do it from a chair. Best part, you add your own style and you can't do this wrong! Come check it out.

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 class — Beginner and Advanced

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...

BIKING BUNCH Wednesdays @ 9 am. Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810•735•9406, leave your name and contact information: phone number and/or email address. Ride leader Ann Walker will get in touch with you about riding events.

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!

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.

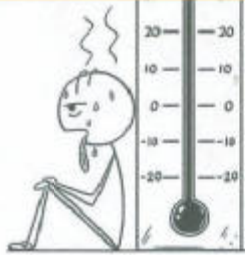
Participants **MUST** call and put their name on the roster in order to participate in a class .

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!.

Rib Dinner Fundraiser October 15th 12:30-2:30pm

*Drive up and pick up a full course meal
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-or-

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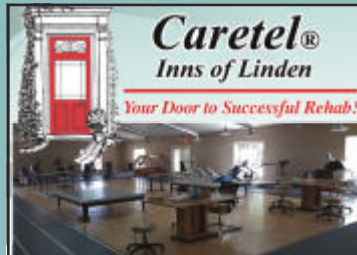
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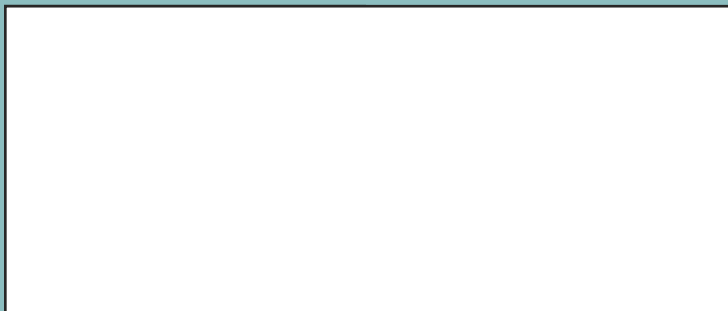
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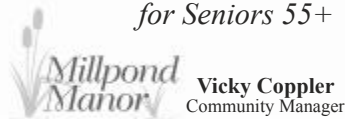
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GENESEE COUNTY
HEALTH DEPARTMENT

**YOU MUST WEAR A
CLOTH FACE
COVERING
OR
FACEMASK
TO ENTER
THIS FACILITY**

ONLY ENTER THIS BUILDING IF:

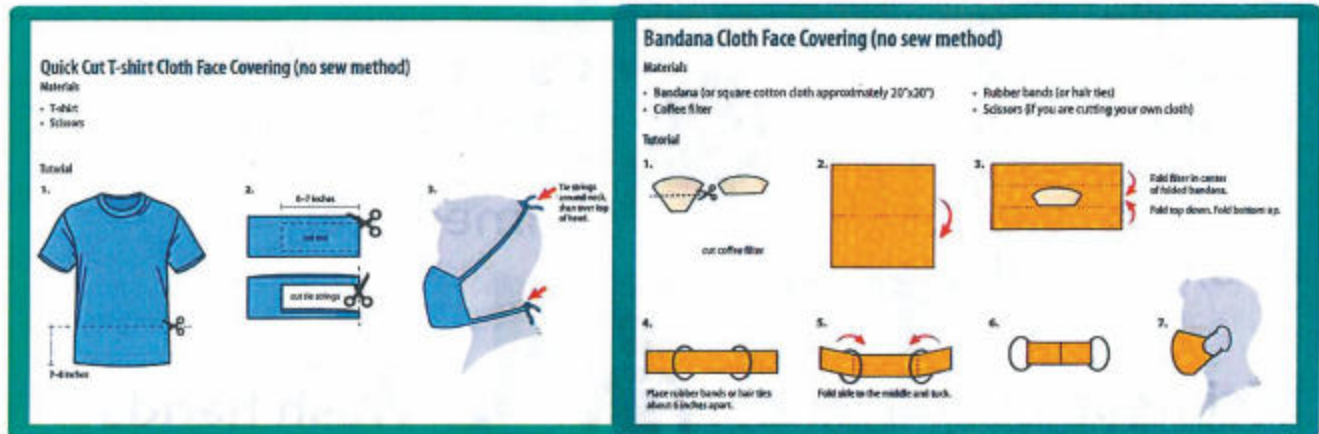
- You are NOT experiencing COVID-19 symptoms
- You are wearing a face covering or facemask

PROPER USE OF FACEMASKS & FACE COVERINGS IN THE WORKPLACE

COVID-19

CDC GUIDANCE ON CLOTH FACE COVERINGS:

- Face coverings should **fit snugly** against the face
- Coverings should be **secured with either ties or ear loops**
- These face coverings should be made with **multiple layers of fabric**
- Cloth face coverings should be **able to be laundered** and dried without changes or damage to fabric or shape



DONNING, REMOVAL, & STORAGE OF FACEMASKS + FACE COVERINGS:

- **Clean hands** with soap and water OR alcohol-based sanitizer **before and after** touching and adjusting the cloth face covering OR surgical mask for wear
- If contact with the facemask or cloth covering occurs, practice proper hand hygiene as described above
- Hang cloth face covering or facemask in a **designated storage space** OR **store them in a clean and breathable container** (such as a paper bag) between uses
 - Cloth coverings and facemasks should be stored so they do not touch frequently touched surfaces or items
 - Storage containers should be cleaned regularly or disposed of
- Face coverings and facemasks should have **ONLY ONE WEARER**
- If you choose not to wear your cloth face covering when in your personal work-space or office:
 - Remove the cloth face covering fully, and
 - Follow the above removal, storage, and donning guidelines
- **Wash cloth face coverings often**, daily if possible

WASHING & DRYING YOUR CLOTH FACE COVERING:

- **Include your face covering with your regular laundry**
 - Use regular detergent and the warmest water setting for the specific cloth
- **You may also wash your face covering by hand** using a bleach solution (4 tsp. bleach per quart of room temperature water)
- **To dry:** use the highest heat setting on your dryer until completely dry OR lay flat (in direct sunlight, if possible) until completely dry



GENESEE COUNTY
HEALTH DEPARTMENT

@GeneseeCountyHealthDepartment

October 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
<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> When arriving at Loose, please pay special attention to signs directing you to the lunch pickup point.</p>			<p>1 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Mac & Cheese 12:30 Line Dancing</p>	<p>2 9:30 Yoga 11:30 Lunch Sloppy Joe</p>
<p>5 9:30 Groove 11:30 Lunch Turkey Sandwich 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>6 9:30 Arthritis Exercise 11:30 Lunch Swedish Meatballs 2:00 Chair Yoga</p>	<p>7 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Chicken Cordon Bleu</p>	<p>8 8:00 Board Meeting (Zoom) 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Baked Spaghetti 12:30 Line Dancing</p>	<p>9 9:30 Yoga 11:30 Lunch Hot Dog</p>
<p>12 9:30 Groove 11:30 Lunch Tacos 12:00 Book Club (Outside) 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>13 9:30 Arthritis Exercise 11:30 Lunch Chicken Strips 2:00 Chair Yoga</p>	<p>14 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Ham Sandwich</p>	<p>15 9:30 Chair Yoga 11:00 Fit 4 Ever 12:30—2:30 Rib Lunch Fundraiser 12:30 Line Dancing</p>	<p>16 9:30 Yoga 11:30 Lunch Chipped Beef over biscuit</p>
<p>19 9:30 Groove 11:30 Lunch Fish Sandwich 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>20 9:30 Arthritis Exercise 11:30 Lunch Mac & Cheese 2:00 Chair Yoga</p>	<p>21 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Chicken Cordon Bleu</p>	<p>22 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Pulled Pork 12:30 Line Dancing</p>	<p>23 9:30 Yoga 11:30 Lunch Chili</p>
<p>26 9:30 Groove 11:30 Lunch Chicken Strips 2:00 Yoga 2:00 Arthritis Exercise via ZOOM</p>	<p>27 9:30 Arthritis Exercise 11:30 Lunch Chili 2:00 Chair Yoga</p>	<p>28 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Pulled Pork</p>	<p>29 9:30 Chair Yoga 11:00 Fit 4 Ever 11:30 Lunch Hot Dog 12:30 Line Dancing</p>	<p>30 9:30 Yoga 11:30 Lunch Goulash</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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- October 19, 1 pm - Finland
- October 19, 2 pm - Croatia Yacht Cruise
- October 19, 3 pm - Scotland
- October 19, 4 pm - Iceland's Northern Lights

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**and come & learn about our future trips to
FINLAND, ICELAND, CROATIA, SCOTLAND**

Zoom is a free video conferencing tool. It allows multiple people to come together online and has become very popular during this time of quarantine. To use Zoom, you would need a computer, iPad or a smart phone. The device should have a camera if you intend to do video conferencing.

Please call or email for more information about registering for these zoom events.

Or check the Loose website at
www.loosecenter.org,
and click the travel link to register.

FREE WI-FI FROM THE LOOSE PARKING LOT

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