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MAY 2024

Upcoming Events

VAAA
Valley Area Agency On Aging
Answers, Action & Advocacy
for All Things Senior

Senior Power Day 2024

Wednesday, May 22 • 9:00AM - 2:00PM
Crossroads Village, Flint
\$5.00

Tickets includes lunch, train ride,
resources and legislative
updates that affect seniors and caregivers.



Wednesday, May 1 • 1:00PM • FREE
INTOLERABLE CRUELTY

A 2003 American romantic comedy starring
Catherine Zeta-Jones and George Clooney.

Provisions Living will be providing pizza.
Linden Pay It Forward & Kiwanis Club of Linden
will be providing popcorn.

A HUGE THANKS to John Strayer of
TANGLEWOOD ASSISTED LIVING
for his continuous and generous support of this
special event.

MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING BACK

Tuesday, July 30 • 10:00AM - 3:00PM

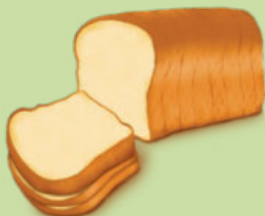
Book a visit to complete your transaction including:

- First-time Michigan ID
- Transfer title
- Renew driver's license or ID
- Disability placard

By appointment only, please call 810-735-9406.



Alpine
Marketplace



Thank you Alpine Marketplace!
Will we now have
unsold bakery items on
Tuesday mornings in addition
to Monday & Wednesday.
(per availability)



Each time you visit the
center, please sign in
with your membership
scan card at the kiosk
center.

If you don't have a
membership scan card,
see the front desk for
assistance.

Upcoming Events

Mother's Day Tea
featuring
The Dibbleville Dolls
Thursday, May 9 • 1:00PM



SHOP or SELL • Thursday, May 30 • 8:00AM - 4:00PM
\$30 per space • Call us to reserve your spot today.
Each space is room for your car and one parking spot next to it



Friday, June 21 • 10:00AM - 3:00PM
FREE hot dogs, everyone welcome!
Celebrate being a grandparent with or without grandkids!



Fitness & Wellness

AEROBICS/CARDO

Monday and Wednesday, 11:00am

\$7.00

A class focused on improving overall cardiovascular health. Working on improving activity tolerance, strength, and balance. It is low impact and offers modifications for people at different fitness levels.

ARTHRITIS FOUNDATION EXERCISE

Tuesdays, 9:30am and Thursdays, 9:30 & 10:30am **FREE**

A low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level.

Pre-registration is now required. Class is limited to 35.

Paid for with funding from VAAA & OSA.



STRENGTH AND BALANCING

Thursday, 12 noon

FREE from Advance Physical Therapy

Work out with a physical therapist and occupational therapist to increase your strength, endurance and balance with low impact workout.

GROOVE

Mondays at 9:30 am

\$7.00

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!

LINE DANCE

Tuesday, Beginning 11:00am, Intermediate, 12 noon

\$7.00

Exercise your mind & body 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.

PICKLEBALL **\$7.00**

Thursday, 1pm - 3:30 pm - Beginner/Instructional

Friday, 12:15pm - 3pm - Intermediate

Try out the fastest-growing sport around! Pickleball! Similar to ping pong, badminton, and tennis, *Pickleball* is a fun, active game that can be mastered by anyone. No partner necessary. Center has extra equipment if you do not have your own.

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

MONDAY

8:00 am Indoor Walking
9:30 am Groove
11:00 am Aerobics/Cardio
2:00 pm Yoga (Gentle Flow)

TUESDAY

8:00 am Indoor Walking
9:30 am Arthritis Exercise
11:00 am Line Dance (Beg.)
12:00 pm Line Dance (Int.)
2:00 pm Chair Yoga

WEDNESDAY

8:00 am Indoor Walking
9:30 am Yoga (Gentle Flow)
11:00 am Aerobics/Cardio

THURSDAY

8:00 am Indoor Walking
9:30 am Arthritis Exercise
10:00 am Chair Yoga
10:30 am Arthritis Exercise
12 noon Strength & Balancing
1:00 pm Pickleball (Beg.)

FRIDAY

8:00 am Indoor Walking
9:30 am Yoga (Gentle Flow)
11:00 am Tai Chi
12:15 pm Pickleball (Int.)

Classes that are \$7 you can pay in cash each time or you can open a "wallet" on your membership account. This can be done with cash, credit or check at the front office.

YOGA

\$7.00

Mondays, 2:00pm, Weds 9:30am and Fridays, 9:30am
Gentle Flow Yoga

Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs. Afternoon classes help take the stress out of the day for a peaceful nights sleep. Bring Yoga Mat.

\$7.00

Tuesdays, 2:00pm and Thursdays, 10:00am

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.

TAI CHI

\$7.00

Friday at 11:00am

Slow, intentional movements makes it a form of gentle exercise. Directed towards keep moving, to help with arthritis and fall prevention.

Biking Bunch

Wednesdays • 9:00AM

Meet here and join the
10 Mile OR 15 Mile Group



Fun & Games



PENNY BINGO

**Tuesday, May 7
1:00 - 2:30PM**

Cards cost 25¢
or 6 for \$1

Use pennies for markers. Winner wins everyone's markers. A variety of Bingo patterns played to keep it interesting.

Money collected for cards is the prize at the end when playing a cover all.

EUCHRE

Mondays & Thursday – 1:00PM-3:00PM

PINOCHLE

Wednesday & Thursday – 1:00PM-3:00PM

POOL TABLE PLAY

Monday/Tuesday – 11:00AM – 2:00PM

Wed/Thurs/Fri – 11:00AM – 3:30PM

PUZZLE PLAY – Monday - Friday

8:00AM - 3:00PM

Have you seen our puzzle table?

Stop by the Library, find a piece or two, or twenty.

Stay for a minute or the afternoon.

Donate and/or borrow!



TOURNAMENT

Tuesday, May 14 • 12:30 - 3:30PM

Entry fee is \$7. And Euchres are 25¢

Sign in starts at noon and you must be signed in before 12:25PM



Call 810-735-9406
to pre-register.

**CASH
PRIZES**



MAHJONG

Tuesdays, 12:30PM - 3:30PM

Welcome back old players and welcome in new ones!



LOOSE Choir

Spring Concert

Thursday, May 23 • 1:00PM

This Spring you will be entertained with a special

Patriotic Program

featuring songs ranging from the Civil War era to God Bless America

Common Grounds

Tuesday, May 14 • 9:30AM

Come in and enjoy community, connections and conversations.



Arts & Education

HAPPY STAMPERS

3rd Tuesday of each month, 1:00PM FREE

If you like to use rubber stamps to make greeting cards, this group is for you. You will learn new ideas for card making and scrapbooking. Bring your own supplies and project. The group will teach you how to put it all together. Be inspired by those who have been creating for years.

WOOD CARVERS

Wednesdays, 12 - 1:30PM, FREE

Loose wood carvers have an immeasurable amount of knowledge for their craft. Have you ever thought about taking up this craft? Our wood carving group can teach you how to start or how to improve a skill you already have.



PAINTING GROUP

Mondays, 9:30AM, FREE

The Loose Center is the perfect place to enhance that painting project you are working on. Come in, bring your project, learn from others in an open environment and offer your knowledge.



QUILTING

Fridays, 9:30AM, FREE

Connect with this talented group of members sharing skills, providing support, fostering friendships, and creating beautiful quilts.

Pros and beginners welcomed.

Come help cut/sew stockings for our troops this month for The Desert Angel.

Now accepting donations of Military and Christmas themed material.

KNITTING/CROCHETING

Fridays, 9:30AM, FREE

Join this like-minded group of artisans to sharpen your skills, provide motivation to others and improve cognitive function. So come on in and chit-chat while working on a project of your own or sometimes on a



LEARN A CRAFT
Wednesday, May 15 at 2:00PM
FREE

Everything you will need is supplied.
You must pre-register,
seating is very limited!



LOOSE CHORUS

No rehearsals on Fridays in May due to performing in May.
Chorus will be off for the summer and resume in August.



Arts & Education

Michigan Notary Association Legacy Panel

Senior Seminar

Wednesday, May 8th • 9:30 - 11:00AM

The seminar will feature speakers from various fields: Estate Planning, Senior Real Estate Specialist, Senior Placement Advisor, Financial Advisor, Long-term Health Care Insurance Agent, Medicare Insurance Agent, and Medicaid Planning.

Estate Planning Seminar

with Seth Neblock, Senior Law Advocate
Legal Services of Eastern Michigan

Monday, May 13 • 10:00AM

- Wills VS Trusts
- Power of Attorney
- Lady Bird Deeds
- Potential Elder Abuse
 - Scams

Light refreshments. **Call to pre-register.**

Bluebirds & Nesting Birds Chat

Wednesday, May 15 • 1:00PM

Mary Mason will be here with slides of bluebirds and other native nesting birds. Learn how to prepare a nest for your own viewing at home.

Bring your friends and enjoy this FREE presentation.



**COMMUNITY
HOSPICE CARE**

Monday, May 20 • 9:30AM

Do you have a loved one or know someone who needs special attention? Hospice care is helping with quality of life, not ending a life. You can get 24 hours service, 7 days a week assistance.

Come find out what services are available.
You may be surprised what all is out there.
Come ask any questions you may have.

Tech Assistance

FREE

Wednesday, May 8 & 22 • 1:00PM - 3:00PM

Having issues with your phone, tablet or laptop?
Help with Apple, Android and PC.
Call to schedule your 30 minute appointment.



MOTT COMMUNITY COLLEGE | LIFELONG LEARNING

Applewood Lecture Series

Wings of Mercy to the Rescue

Learn about the Michigan native and pilot who found the non-profit, the volunteer pilots and the miracle they provide to those in need.

Friday, May 17 10:00AM—Noon

MCC Regional Technology Center

\$15 per person (*includes breakfast*).

Call 810-735-9406 to reserve your tickets at the door.



BOOK CLUB

Monday, May 13 • 12:30PM

This well-read and energetic group meets once per month to discuss a chosen book. New folks, visitors and guests are always welcome.

Call to find out what they are reading.

Come and join us!

Keep your mind sharp by reading and learning.

CONGREGATE MEAL MENU - MAY 2024

Menu Subject to Change Based on Product Availability and Quality Standards

		<p>Tangerine Chicken Shrimp Fried Rice Winter Blend Veggies Pineapple Cup Margarine Flatbread Milk</p>	<p>Meatloaf w/Gravy Mashed Potatoes Sweet Peas Cinnamon Applesauce Wheat Roll Margarine 100% Fruit Juice</p>	<p>Pub Burger w/Cheese Leaf Lettuce & Sliced Tomato Cole Slaw Ranch Potato Wedges Fruit Salad Whole Wheat Bun Margarine Milk</p>
<p>Beef Tacos w/HM Pico Vegetable Blend Corn & Black Beans Diced Peaches Margarine Milk</p> 	<p>Chef Salad w/Cheese, Tomatoes Ham & Turkey Cole Slaw Fruit Salad Flatbread Dressing 100% Fruit Juice</p>	<p>Chinese Pepper Steak Sicilian Veggie Blend Succotash Fruit Cocktail Brown Rice Wheat Roll Margarine Milk</p>	<p>Breaded Chicken Sandwich Diced Potatoes Winter Blend Veggies Wheat Bun Margarine 100% Fruit Juice</p> 	<p>Baked Herb Pork Chop Green Bean Casserole Sweet Corn Potato Roll Mixed Fruit Cup Margarine Milk</p>
<p>Ravioli W/Beef & Sauce Roasted Brussel Sprouts Steamed Cauliflower Potato Roll Margarine Fresh Pear Milk</p>	<p>Maple-Glazed Chicken w/ Roasted Sweet Potatoes & Broccoli Blend Garlic Bread Mandarin Orange Cup Margarine 100% Fruit Juice</p>	<p>HM Beef Chili Chuck Wagon Blend Italian Vegetables Peach Cup Corn Muffin Margarine Milk</p>	<p>Chicken & Penne Alfredo French Cut Green Beans Diced Carrots Crunchy Breadsticks Fresh Apple Margarine 100% Fruit Juice Birthday Cake</p> 	<p>Glazed Ham Steak Mixed Greens Mashed Sweet Corn Bread Fruit Salad Margarine Milk</p>
<p>Citrus Teriyaki Salmon Bowl Lo Mein Noodles Onions, Peppers, Pineapples Broccoli Florets Crunchy Bread Stick Fresh Pear Margarine Milk</p>	<p>Roast Beef Slice Veggie Blend Roasted Potatoes Wheat Roll Pear Cup Margarine 100% Fruit Juice</p>	<p>Chef's Choice</p> 	<p>Chicken Caesar Wrap Romaine Lettuce Cucumber Slices Spinach Tortilla Shell Fruit Cocktail Caesar Salad Dressing 100% Fruit Juice Cookie of the Month</p> 	<p>HM Spaghetti & Meatballs Steamed Broccoli Italian Veggie Blend Garlic Bread Cinnamon Applesauce Margarine Milk</p>
	<p>Sweet & Sour Chicken Wings French Cut Green Beans Diced Carrots Fresh Pear Bread Stick Margarine Milk</p>	<p>HM Sloppy Joes Garden Pasta Veggie Blend Cauliflower Fresh Apple WG Bun Margarine 100% Fruit Juice</p>	<p>Sloppy Joe Lunch at LOOSE for Junk in the Trunk Sale Day</p>	<p>Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantaloupe Chunks WG Bun Ketchup & Mustard 100% Fruit Juice</p> 

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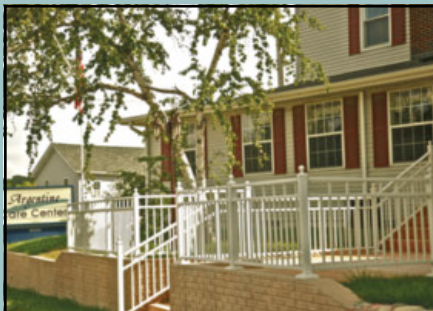


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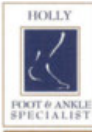
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Health

Senior Project FRESH

Market Fresh Food

MAY 1 - OCTOBER 31

This program provides eligible seniors free nutrition education and \$25 in coupons that can be exchanged for fresh fruits, vegetable, and other healthy foods sold at local Michigan authorized farmers' markets and roadside stands.

Seniors 60 and older with incomes of 185% of poverty or less OR age 55 and older who belong to a Michigan federally recognized tribe or urban tribal group and living in Genesee county are eligible.

If you think you are eligible and would like to participate please visit the center for an application.



MSU EXTENSION

Healthy Hydration

Tuesday, May 7 • 10:00AM

- Why hydration is important?
 - Know how much water to drink daily.
 - Know how much sugar is in beverages.
 - Ways to drink more water.
 - Know signs of dehydration.
- Please call to pre-register.



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UM-Flint Physical Therapy students and faculty are offering a free, individualized, 4-week health and wellness program to help you achieve your health, exercise & wellness goals.

All sessions will be held on Thursdays from 9:00-10:30AM beginning June 6th and ending on June 27th. You must commit to all 4 weeks.

REGISTRATION IS LIMITED

Please call 810-735-9406 to register.

OFFICE HOURS

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/
SUNDAY

<p>Call us during business hours 810-735-9406 Monday - Friday 8:00AM - 4:00PM</p> <p>Check out our website www.loosecenter.org</p> <p>Please note all activities are subject to change.</p> 	<p>Join us for lunch M - F 11:30 - Noon Must order 24 hrs In advance. Meals provided by GCCARD \$3 in Genesee County \$6 outside Genesee County</p> 	<p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 NO Wood Carving 1:00 Card Play - Pinochle 1:00 MOVIE DAY</p> 	<p>9:30 Arthritis Exercise 10:00 Chair Yoga 10:00 Blood Pressure Ck. 10:30 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball 1:00 Premier Travel</p>	<p>9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball MMAP Counselor (appt. only)</p>	<p>4/5</p>
<p>9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga</p>	<p>9:30 Arthritis Exercise 10:00 Healthy Hydration 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 12:30 Mahjong 1:00 PENNY BINGO 2:00 Chair Yoga</p> 	<p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 9:30 Senior Seminar 10:00 Blood Pressure Ck. 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinochle 2:00 Grief Support Ask the Lawyer (appt. only) Tech Support (appt. only)</p>  <p>Holland Trip</p>	<p>9:30 NO Arthritis Ex. 10:00 Chair Yoga 10:30 NO Arthritis Ex. 11:30 Lunch 12:00 NO Strength & Balancing 1:00 NO Card Play 1:00 NO Beg. Pickleball 1:00 Mother's Day Tea</p> 	<p>9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball MMAP Counselor (appt. only)</p>	<p>11/12</p> 

<p>13</p> <p>9:30 Painting 9:30 Groove 10:00 CSFP Pickup 10:00 Estate Planning Seminar 11:00 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga</p>	<p>14</p> <p>9:30 Common Ground 9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 12:30 Mahjong 12:30 Euchre Tournament 2:00 Chair Yoga Vet's Services (appt. only)</p> 	<p>15</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinochle 1:00 Bluebird Chat 2:00 Charter Learn A Craft</p> 	<p>16</p> <p>9:30 Arthritis Exercise 10:00 Chair Yoga 10:30 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p> 	<p>17</p> <p>9:30 Gentle Flow Yoga 9:30 Knitting/Crocheting 11:00 NO Tai Chi 11:30 Lunch 12:15 Pickleball MMAP Counselor (appt. only)</p>	<p>18/19</p>
<p>20</p> <p>9:30 Painting 9:30 Groove 9:30 Community Care Hospice 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga</p>	<p>21</p> <p>9:30 NO Arthritis Ex. 10:00 Blood Pressure Ck. 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 12:30 Mahjong 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>22</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinochle 2:00 Grief Support Tech Support (appt. only)</p>	<p>23</p> <p>9:30 NO Arthritis Ex. 10:00 Chair Yoga 10:30 NO Arthritis Ex. 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 NO Beg. Pickleball 1:00 Loose Chorus Spring Concert</p> 	<p>24</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball MMAP Counselor (appt. only)</p>	<p>25/26</p>
<p>27</p> <p>CLOSED</p> 	<p>28</p> <p>9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 12:30 Mahjong 1:00 Alzheimer Support Group 2:00 Chair Yoga</p>	<p>29</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinochle</p>	<p>30</p> <p>9:30 Arthritis Exercise 10:00 Chair Yoga 10:30 Arthritis Exercise 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball \$5 Sloppy Joe Lunch</p> 	<p>31</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball MMAP Counselor (appt only)</p>	<p>Light green background</p>

Senior Support

MEDICAL EQUIPMENT LOAN CLOSET inventories wheelchairs, walkers, shower chairs, commodes, canes and more. We also accept sanitized functional equipment. Please call to see what we have available.

INCONTINENCE SUPPLIES are available free of charge. Visit the center to select what fits your needs.

ALPINE MARKETPLACE & VG's GROCERY partners with us to provide you with donations of unsold bakery items.
Monday, Tuesday & Wednesday mornings (per availability)

ALPINE will also donate 1% of the total of any cash register receipts turned in to our office. Please note we need the entire receipt for redemption. Thank you.

FREE LENDING LIBRARY The library is located in the new Library/Pool Room. Come and take a book home with you. Donated, gently-used hard cover books are always welcome; drop them off in the drop box at the check-in desk.

JIGSAW PUZZLES Browse through our puzzle selection located in the new Library/Pool room, take them out on loan, or if you have puzzles that you would like to donate, they can find a home at Loose.

GREETING CARDS

If you have **new** greeting cards that you are not going to use, help us rebuild our selection and drop them off at the Loose Office. Our volunteer will recreate a sales area, and cards will be sold for .25 or 5/\$1.\

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.

OUT OF COUNTY MEMBERSHIP REMINDER

The annual membership fee of \$35 per person is due for 2024. If you have not paid your membership, please mail your payment or stop by the Loose Office to pay in person. Thank you!

FREE WiFi We have secured wireless Internet available for member use. Stop by the office for information.

LUNCH AT LOOSE—Provided by GCCARD

Mon – Fri 11:30am – Noon.

Available to Genesee County residents who are 60 and older are eligible for a free meal, although donations are appreciated. \$3.00 each or \$6.00 each for person under 60 and/or a Non-Genesee County residents. Reservations for Tuesday-Friday must be made by 1PM the day before. Reservations for Mondays must be made by 1PM

DISPOSAL OF AMERICAN FLAG

American flags that are tattered or torn can be placed in a plastic bag and dropped off at the Senior Center. We will make sure they are disposed of properly.

UPS STORE DISCOUNT CARD

Receive a 10% discount on UPS shipping, copies, signs, banners, rubber address stamps and more. Pick one up at the front desk.

KROGER If you are a Kroger rewards customer, each time you input your info, Loose can benefit. If you are not a Kroger reward card holder, stop by the Kroger service desk and ask to sign up. After you receive your card, stop by the Loose office and pick up directions to designate Loose as the recipient of the Kroger rewards.

RECYCLING Drop your newspapers, magazines, office paper, school paper, catalogs and junk mail in the green and yellow bins in the parking lot.

EYE GLASSES Deposit your used glasses in the Lions box, located in Annex.

PLEASE HELP US KEEP OUR FILES UP-TO-DATE

Make sure we have updated contact information including cell phone # and emergency contact information.

DONATIONS are kindly appreciated and only accepted during business hours. Please do not leave anything outside the building. Accepted clean donations of medical equipment, adult incontinence supplies, hard cover novels, puzzle with all the pieces, yarn, fabric, greeting cards and calendars.

GIFTS AND MONETARY DONATIONS

Gifts qualify for income tax deductions to the full extent of the law.

A memorial or honorary gift for LSCC is a meaningful way to remember a special person in your life. Your expression of thoughtfulness and generosity is acknowledged to the person or family designated.



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.



Senior Support

ASK THE LAWYER

2nd Wed. of the month, 9:30AM - 2:00PM

Attorney Seth Neblock offers FREE legal services to Seniors over the age of 60, regardless of income who are residents of Genesee County. Helps with elder law, wills, power-of-attorney, patient advocate, estate planning, Medicaid planning, housing complaints, public benefits, domestic violence, Social Security assistance, consumer/bankruptcy and employment issues. LSEM DOES NOT assist with trusts or criminal cases. 30 minute appointments. Please call to schedule.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries on Thursday and Friday by appointment only. 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 to schedule an appointment, or call MMAP at 1.800.803.7174, ext. 247.

MICAFAE

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get 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.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 10:00AM - NOON

Loose Center is a distribution site for emergency food assistance program.

BLOOD PRESSURE CHECK

1st Thursday of each month, 10 - 11 am
2nd Wednesday of each month, 10 - 11 am
3rd Tuesday of each month, 10 - 11 am
4th Monday of each month, 11:30 - 12:30 pm

PODIATRIST

Now scheduling for June & August 2024

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 to schedule an appointment.

GRIEF SUPPORT

2nd and 4th Wednesdays, 2:00pm

We are thankful to Jessica from The Medical Team 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 group welcomes new people at all times and is facilitated by John Strayer of Tanglewood Assisted Living. 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.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

Tuesday, May 14, 10:00AM - 2:30PM
Tuesday, June 11, 10:00AM - 2:30PM

We will have a volunteer here working to assist local veterans and their families in obtaining veteran benefits from Federal, State and County agencies.

By appointment only, please call to schedule.

Need a Ride? Call MTA Customer Service about scheduling a ride at 810-767-0100. MTA provides transportation throughout Genesee County.



We would love to hear from you!
Have a comment or a suggestion for us?
Please drop them off in our comment box!

Travel

UPCOMING TRAVEL EXPERIENCES

Professional Sporting Events:

June 26	Detroit Tigers vs. Philadelphia Phillies	\$90/person
Aug 29	Detroit vs. Los Angeles Angels	\$90/person

Sights & Sounds:

May 8	Holland Tulip Time Adventure	SOLD OUT
June 13	Roger & Hammerstein's OKLAHOMA!	\$100/person
June 7-9	Mackinac Island Lilac Festival	SOLD OUT
June 27	Frederik Meijer Gardens and Sculpture Park	SOLD OUT
Aug 8	Pewabic Pottery in Detroit	\$115/person
Aug 26-27	Skybridge & Sunflowers in Up North Michigan	\$490/person
Sept 12	Gilmore Car Museum in Hickory Corners Michigan	\$73/person
Oct 9	Fun Filled Day in Lansing	SOLD OUT
Oct 14-18	Horsin' Around in Lexington Kentucky	\$1720/person
Nov 10-15	Great Trains & Grand Canyons	Call for rates.
Dec 3 - 7	New York Holiday	\$2220/person

Loose travel is open to the public. All ages welcome!

Gambling trips must be 21 years of age.

If you are thinking about booking a trip, do it today! Trips sell out quick!

adventure
AWAITS

Make sure to visit the Center regularly to check out our travel board or visit loosecenter.org for the most current information and trip specific detailed flyers. Travel Club will start back up in September. Have your ideas ready for 2025!



**Thursday, May 2
1:00PM**

Please join us for our introduction to Premier World Discovery Travel with Tracey Schenk

TIGERS GAME
Wednesday, June 26
Tigers VS Phillies
Bus leaves at 10:30AM
\$90 per person



TIGERS GAME
Thursday, August 29
Tigers VS Angels
Bus leaves at 10:30AM
\$90 per person



Travel & Participant Statement

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.

Please note: A reservation is made only when full payment has been received.

Travel



Rodger & Hammerstein's **OKLAHOMA!**

NEW!

Thursday, June 13
\$100 per person

A Tony Award winning musical that first debuted on Broadway in 1943. With its timeless story and iconic music, Oklahoma! Is a must-see that continues to captivate audiences of all ages.

Pewabic Pottery in Detroit

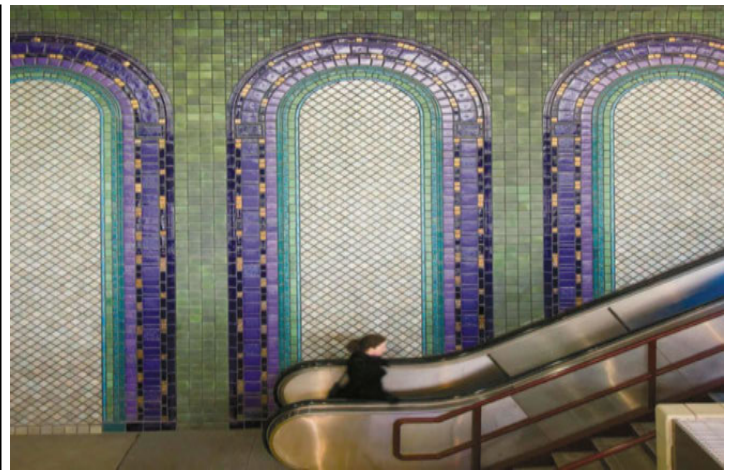
Thursday, August 8
\$115 per person

We will tour Pewabic Pottery and create your own tile.

We will also ride the
People Mover and discover Pewabic
Installations throughout the city.

Lunch at Buddy's Pizza.

Please note this tour requires a lot of
walking and stair climbing.



Gilmore Car Museum

Thursday, Sept 12
\$73 per person

North America's Largest Auto Museum
Explore the 90 acre historic campus with
more than 400 vehicles on display!

Great Trains & Grand Canyons

November 10 - 15
Call for tour rates.

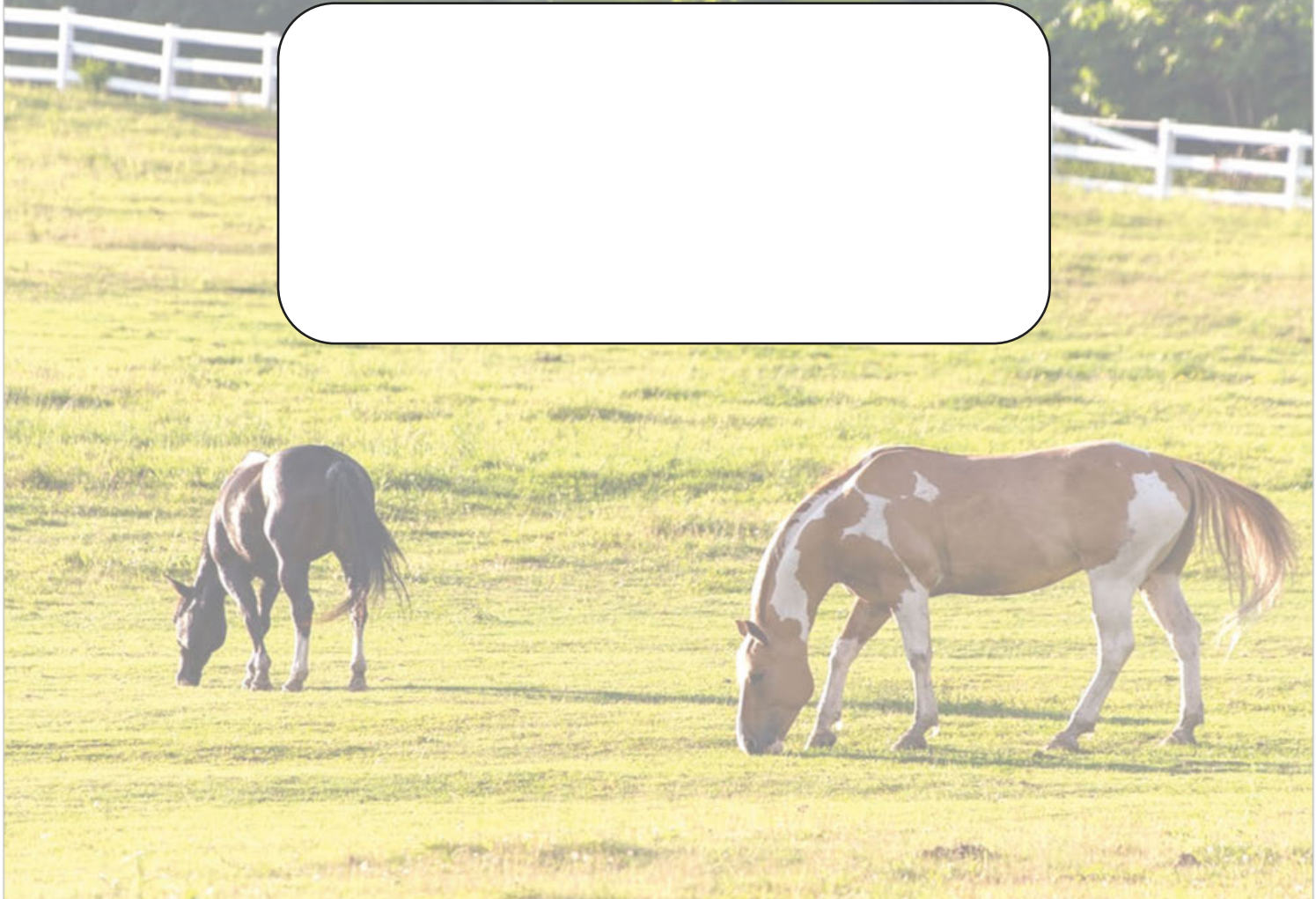
NEW!

Two Rail Journeys • Grand Canyon • Oak
Creek Canyon • Sedona Trolley Tour • Chapel
of the Holy Cross • Tlaquepaque & Uptown
Sedona • Montezuma Castle • Jerome
Chuckwagon Supper & Show





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Mission Statement

"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."