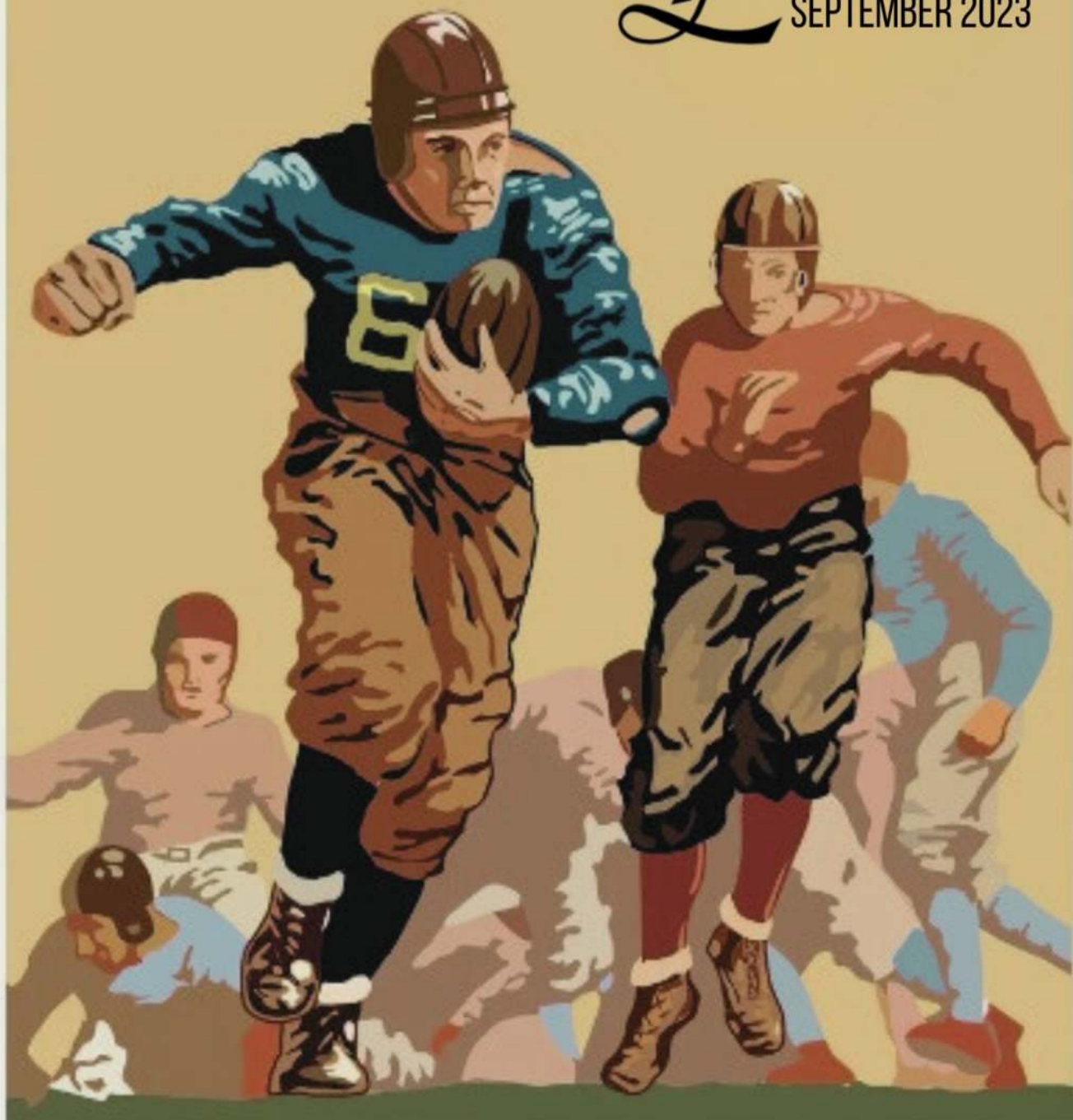


LOOSE
SEPTEMBER 2023



FOOTBALL
UNIVERSITY OF MICHIGAN

From the Director

Loose Family,

Crisp air, Pretty Leaves, Sweaters and Boots, Football, Pumpkins, Hot Chocolate and Coffee... Love Fall!.

So, when I see the seasons changing and summer turns to fall, these are the topics I think of most.

My biggest love for fall is football. I was raised in a Michigan family where weekends met the Big House. Wearing maize and blue, tail gating and yelling... "Go Blue"! Oh, and beating up on those teams from East Lansing and down south.

Fall means many things to people. The crisp clean air brings an end to those hot days of summer. It is opening the windows and letting in the fresh air. Snuggling down in bed and adding that extra blanket. It is the time to dig out those cozy sweaters and jackets and find those warm boots. Who can resist a walk in the country marveling at the colors of fall with the changing of the leaves. We head out to the farm to pick that perfect pumpkin to carve for Halloween. And one of my families favorite traditions is building a camp fire, fixing hot dogs, roasting marshmallows and enjoying a cup of coffee or hot chocolate. Fall is a time when you feel anew. It is a time to get out of the house and enjoy what the season has to offer.

So, take a weekend and attend a youth, high school or college football game. Feel the energy of competition and excitement that is the game. Head out to the orchards that are bursting with apples, pumpkins and the late abundance of foods that have been harvested for you to enjoy. Nothing is better than a fresh baked apple pie with ice cream and that hot cup of coffee. Take that trip to Traverse City to visit the wineries, the arts and a color tour. Just take time to sit on your porch, let the world pass you by and simple enjoy "Fall".

Fall is crisp air, pretty leaves, sweaters and boots, football, pumpkins, hot chocolate and coffee and much more.

I love fall.

All is well.
Carl Gabrielson



MOVIE DAY
Wed., September 6, 1:00 pm

Little Women

The 2019 version of the 1868 novel "Little Women" In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.

Admission for Movie Day at Loose is free thanks to our generous sponsors-Tanglewood Home Care Provision Living. & Linden Pay it forward

Refreshments will be served! Donations to Loose, to defray facility usage cost, will be much appreciated.

A BIG THANKS to JOHN STRAYER of TANGLEWOOD ASSISTED LIVING for his continuous GENEROUS support of this special program.



Join us Monday thru Friday 10am - 2pm

Bring a friend!
Bags and shoes can be signed out at the front desk.



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."

July Happenings

TOURNAMENT



Euchre

**Tuesday
September 12th
12:30-3:30pm**

Sign in will start at 12:00
Must be registered by 12:25
Can register ahead of time by
Calling 810-735-9406

Entry Fee
\$7
Euchres
\$.25

Space is
Limited
Sign up
early

**Cash
Prizes**

Would like to give a special thank you to all our volunteers that have helped us throughout the year. Whether it is helping with an event, keeping our center organized, caring for our health or offering your services in legal issues, your are greatly appreciated. We could not do what we do here if it wasn't for all your help and support

THANK YOU



Tuesday, Sept 5th 1:00 pm

Use your pennies for markers. Winner wins everyone's markers. Cards cost \$.25 or 6 for \$1. 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



Brookstone Realtors

Penwell/Redmond Team
Tuesday, Sept 5, 2023 1:00pm
Discussing State Planning & Lady Bird deeds. Purging items that have been held onto way too long. Getting your affairs and home in order so your loved ones don't have to worry about it when the time comes

Thank you Nathan for helping our seniors with their computer questions this summer
You were a joy to have in our center and hope to have you back when your schedule permits
Have a good year in school



BEING A
CAREGIVER
IS A WORK OF
heart



POWERFUL TOOLS FOR Caregivers

Thurs Oct 19-Nov 16
9:30-11:00 am

Meetings are once a week, for 6 weeks. There is no cost for the class, donations are welcome for the class materials

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially, Joining our Powerful Tools For Caregivers will help you: Reduce stress, improve self-confidence, balance your life



BODY, MIND & SPIRIT

AEROBICS/CARDIO

Monday, 11:30am and Thursday, 1pm

\$7 drop in fee or punch card

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, 11am **FREE**

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*



BIKING BUNCH

Wednesdays @ 9 am.

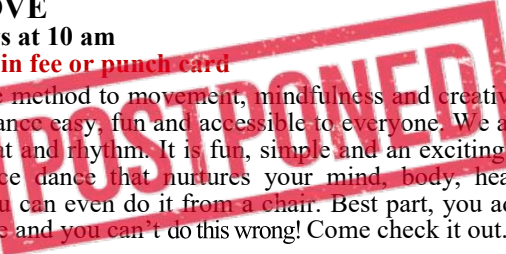
Meet in the Loose parking lot for an 8-10 mile ride around Linden. If you are interested in the Biking Bunch, please contact the Loose Center at 810-735-9406, leave your name and contact information: phone number and/or email address. Ride leader will get in touch with you about riding events.

GROOVE

Mondays at 10 am

\$7 drop in fee or punch card

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.



LINE DANCE

Tuesday, Beginning 11, Intermediate, 12 noon

\$7 drop in fee or punch card

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. Drop-ins welcome!



PICKLEBALL \$7 drop in fee or punch card

Thursday, 2pm - 3:30 pm - Beginner/Instructional

Friday, 12:30pm - 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. We have a wonderful and welcoming group. Stop in, watch and give it a try.

STRENGTH AND BALANCING

Thursday, 12 noon **Free (Advance Physical Therapy)**

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



PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS

MONDAY

~~10:00 am Groove~~
11:30 am Aerobics/Cardio
2:00 pm Yoga (Gentle Flow)

TUESDAY

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

WEDNESDAY

9:00 am Biking Bunch
9:30 am Yoga (Gentle Flow)

THURSDAY

10:00 am Chair Yoga
11:00 am Arthritis Exercise
12 noon Strength & Balancing
2:00 pm Pickleball (Beg.)

FRIDAY

9:30 am Yoga (Gentle Flow)
11:00 am Zumba Gold
12:30 pm Pickleball (Int.)

YOGA \$7 drop in fee or punch card

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.

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.

ZUMBA GOLD

Friday 11am **\$7 drop in fee or punch card**

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 Men and women are invited to attend, all fitness levels are welcome.



LOOSE FITNESS GOLD CARD

Wanting to take more than 10 classes a month?

Try our NEW Gold Card. For just \$90 a month you can attend as many classes as you'd like at one flat rate.

Great way to try classes you haven't before, you never know you may just find a new class you love!

LOOSE FITNESS CLASS PUNCH CARD

Available as an economic alternative to paying for most Loose Fitness classes. The drop in fee for classes is \$7 or participants can purchase a 10 punch card for \$70.

(10 classes with 11th class free).

Cards can be purchased at the Reception Desk. A deal and also a GREAT GIFT!



Socialization

Arts and Crafts

Creative

HAPPY STAMPERS

3rd Tuesday of each month, 1 pm, FREE

If you like to use rubber stamps to make greeting cards, this group is for you. We can always use new ideas, so come, bring your supplies and ideas. Spend time with those who share your interest and be inspired. You will work on your own projects and "show and tell" to motivate and encourage others.

WOOD CARVERS Wednesdays, 12 - 1:30 pm, FREE

Loose wood carvers have an immeasurable amount of knowledge for their craft/hobby and they LOVE to share their knowledge and passion. If you have thought about taking up this craft, please feel free to stop by and learn from the best.

PAINTING GROUP Mondays, 10 am, FREE

The Loose Center is the perfect place for painters of all levels to meet and work on their projects. We have a wonderful volunteer available to help. The group which meets regularly, is very excited to share, so pack up your project and bring it to the Center!

QUILTING Friday, 9:30 am, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. Feel free to come and work on your own projects in the company of people who are willing to share their time and talent with others.

KNITTING/CROCHETING Fridays, 9:30 am, FREE

The Knitting/Crocheting group meets to work on a variety of projects, some of which are donated to local charities. Come and join in on the current project or bring your own. Stuck on a project? Stop by! Someone will help you to get going again.

Games

All Loose groups are very welcoming and always open to new friends joining in on the fun.

OPEN GAME PLAY Thursday, 1:00-3:00 pm (bring a friend)

CHICAGO BRIDGE Wednesday, 1:00 - 3:00 pm

MAH JONGG Monday, 1:00 - 3:00 pm

PINOCHLE Wednesday, 1:00 - 3:00 pm

EUCHRE Monday, 1:00 - 3:00pm

POOL Mon./Tues., 11 - 2 Wed./Thurs./Fri., 11 - 3:30

CORNHOLE Monday - Friday, 10:00am - 2:00pm

HORSESHOES Monday - Friday, 10:00am - 2:00pm

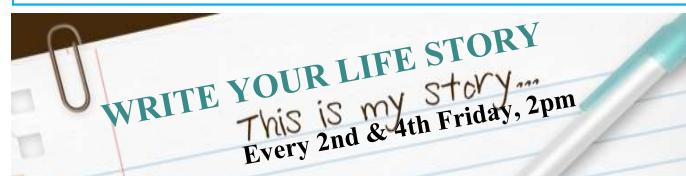


LOOSE CHORUS

**Fridays, 1:00PM
Back on August 11th**

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!



Our stories are the unique tapestry of our lives. Our stories tell who we are, what we believe and how we live. **WRITING THOSE STORIES WILL LEAVE A TREASURED LEGACY FOR OUR FAMILIES.**

This group meets twice a month to share written stories, often inspired by a "writing challenge", such as *An Unforgettable Experience*, *My Proudest Moment*, *My First Job* and many, many more. There is no critiquing, just pure enjoyment in hearing the interesting stories. **ALL ARE WELCOME**

Educational

Tues, August 8th, 9:30-10:30

Coffee 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!



BOOKCLUB

2nd Monday, 12:30 pm

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!

Upcoming Events

Flu Shots

Tuesday Sept 19th
10:00am-12:00pm



Keep healthy for the year. Time to get a flu shot . Leroy Pharmacy from Fenton will be here to administer your flu shot for this year

No appointment necessary
Just bring in you insurance card and roll up your sleeve



Meet the Manager of Now+Clinic
Tuesday Sept 19th at 10:00am

This new clinic is appointment-based that can assist you with many minor urgent care needs. Come on in and talk to Heidi and see what they have to offer

Would like to thank everyone who helped out with our annual car show last month.

Comfort Keepers for getting the cars
ELGA Credit Union for sponsoring our band

Fairlanes & Devilles
Argentine Care Center
Seniors helping Seniors



Thank you to all who came to support this event. It was a great day



Next Bingo
Tuesday Oct. 3rd
1:00pm

Bring your pennies and have a good time
Win some pennies for next time

Mark your calendar the first Tuesday of the month to meet at the Loose Center with pennies in hand to join your friends for BINGO

alzheimer's association

LIVING WITH ALZHEIMER'S

Coming in October

An education program by the Alzheimer's association When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be Made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skill, programs and services. This program will help provide answers to the questions that arise in the early, middle and late stages of the disease.. Find out what you need to plan and what you can do at each point along the way
24/7 Helpline: 800-272-3900 helplinegmc@alz.org

Euchre Tournament Tuesday, Oct 10th

12:30-3:30

Sign in will start at 12:00

Must be registered by 12:25

Entry Fee \$7, \$.25 euchres

Cash Prizes

Space will be limited

Get ready to dance

Another Dance in the Fall
The spring dance was Fun
Watch the newsletter for details on
A Fall Dance
Food Dance and Fun



Would you like to participate in more than 10 classes a month?

Ask about our new gold fitness card \$90 for 30 days as many classes as you wish to take.
Come try out a class you haven't taken before

Upcoming Events



Chili/Dessert Cook Off

\$10pp

Just before the big game
Let's tailgate and root on your team
University of Michigan vs Michigan State
Thursday, October 19th
4:00-6:00pm



Vendors from various assisted living and business from the area will be competing for your vote on the best chili and best dessert. Come enjoy the many samples of chili and check out all the desserts and make a meal of it. Wear your favorite team shirt if you have one. Bring your friends along with you and make a party of it.



\$35
Includes one glass of wine

Dueling Pianos
November 16, 2023
5:00-8:00pm

**FOOD
FUN**

Tickets will go on sale Sept 1st

**Music
Dance**



**Wine from the Fenton Winery
One glass with your ticket of admission
Extra glasses are \$7
Bottle price also available**

Congregate September Meal Menu 2023

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Meatball Sub-5 ea Vegetable Blend-4oz potato wedges WW Sub Bun Fresh Apple milk
4 	5 Pork Chop w/gravy-3oz Roasted Sweet Potatoes-4oz Steamed Cauliflower-4oz Corn Bread w/Margarine Fresh Banana-1 Milk	6 Oven Fried Chicken Southern Green Beans Potato Salad Hawaiian Roll Pineapple Tidbits 100% Fruit Juice	7 Peppered Beef Steak w/gravy-1 Mashed Potatoes-4oz Chopped Broccoli-4oz Potato Roll w/Margarine mango & papaya fruit mix 100% Fruit Juice	8 Chicken Marsala-1 Chopped Spinach-4oz Glazed Carrots-4oz WG Roll Fruit Cocktail-4oz Margarine Milk
11 Pulled BBQ Sandwich (3 oz) Baked Beans (4 oz) Green Beans (4 oz) Whole Grain Bun (1 ct) Diced Pears (4 oz) Milk	12 HM White Chicken Chili-8oz Steamed Baby Carrots-4oz Corn Bake w/Margarine Mixed Fruit Salad-4oz Salad Dressing Pk 100% Fruit juice	13 Pub Burger w/Cheese (1 ea) Cauliflower Florets (4 oz) Mixed Vegetables (4 oz) Whole Wheat Bun (1 ct) Fresh Apple milk	14 Chicken Breast Sliced Marinated Beets-4oz Far East Veggie Blend-4oz Dinner Roll HM Birthday Cake 100% Fruit Juice margarine 	15 Baked Fish w/Sauce-3oz Tuscan Asiago Vegetables Blend Sweet Peas Dinner Roll w/Margarine Strawberry Applesauce milk
18 Beef Fajitas Sweet Corn w/Peppers-4oz Spanish Rice-4oz Soft tortilla shells Fresh Apple-1 Margarine milk	19 Creamy Turkey & Wild Rice Soup Sliced Potatoes-4oz Sweet Peas Wheat Roll w/Margarine Applesauce Cup-1 100% Fruit Juice	20 Chicken & Dumplings-8oz W/Stewed Vegetables Cut Green Beans-4oz Potato Roll w/Margarine Peaches -4oz Milk	21 Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes Fresh Snap Peas Flatbread Fresh Fruit 100% fruit juice Cookie of the month 	22 Artisan Macaroni & Cheese-8oz Zucchini & Tomatoes-4oz Steamed Broccoli-4oz Corn Muffin w/Margarine Mixed Fruit-4oz Milk
25 Chicken Parmesan w/Spaghetti Vegetable Blend-4oz Garlic Roll Margarine Warm Peaches Milk	26 <i>Chef's Choice</i> 	27 Turkey Tetrazzini 8 oz Winter Blend-4oz Crinkle Cut Carrots-4 oz Corn Muffin-1 ct Margarine-1 ct Berry Blend Applesauce-1 ct Milk	28 Sloppy Joe (3 oz) Diced Potatoes (4 oz) Lima Beans (4 oz) Wheat Bun (1 ct) Golden Apple (1 ct) Margarine (1 ct) 100% Fruit Juice	29 Sweet & Sour Chicken-6oz Peas & Carrots-4oz Brown Rice-4oz Mixed Fruit Cup-4oz Potato Roll Fortune Cookie Margarine milk 

Advertisement

Important Information

LOOSE DID YOU KNOW???

The Loose Senior Center receives a portion of their yearly budget funding from the Genesee County Senior Millage? For us here at the center to show the county how we serve the community we need for all of you who visit to check-in at our kiosks so they can see you came to our center!

Please Remember to Check-In

Why did the football coach go to the bank?



To get his quarter-back

GOOD TO KNOW FACTS:

- * Seventy-six million Baby Boomers account for 23 percent of the total U.S. population.
- * The ratio of women to men over 85 years old is 100 to 49, offering a veritable bonanza of opportunity for old single gentlemen.
- * Fifteen million older adults are recognized as volunteers.

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.

KNOW YOUR NUTRITION!

You may not give pumpkins much thought, but the orange globes offer a multitude of health benefits. The beta-carotene that gives pumpkin its signature hue also serves as an antioxidant. Pumpkin is also a great source of fiber. Try sneaking it into chocolate brownies, overnight oats, pancake batter, and muffins for added nutrition and a moisture boost.

LOOSE DID YOU KNOW???

That 62% of activities here at Loose Center are free?

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)



Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.



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.



Community Food Share

Loose Center has a Food Pantry
In partnership with FARR

Let the front desk know when you need assistance

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- 4:00 pm

September

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

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY/
SUNDAY**

<p>BOARD OF DIRECTORS R.M. Martin <i>President</i> Ken Wensel <i>Vice President</i> Roby Deese <i>Secretary</i> Pam Boegler <i>Treasurer</i> Ray Culbert Pat Lockwood Frank Lukowski</p>	<p>LOOSE STAFF Carl Gabrielson <i>Executive Director</i> Jaclyn von Linsowe <i>Executive Assistant</i> Doti Tynes <i>Program Director</i> Cheryl Rex <i>Travel Coordinator</i> <i>Specialist</i> Carrie Kolar <i>Maintenance</i></p>			<p>MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:30 Lunch 12:15 Pickleball 1:00 Chorus</p>	
<p>4 Closed HAPPY LABOR DAY </p>	<p>5 9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Bingo 1:00 Penwell/Redmond 2:00 Chair Yog</p>	<p>6 9:00 Biking Bunch 9:30 Yoga 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Movie Day 1:00 Card Play (Pinochle/ Bridge)</p>	<p>7 MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>8 MMAP Counselor 9:30 Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Zumba Gold 11:30 Lunch 12:30 Pickleball 1:00 Chorus 2:00 Life Story</p>	<p>9/10</p>

<p>11</p> <p>9:30 CSFP 9:30 Painting 11:00 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>12</p> <p>Veterans Services State Training 9:30 Cops & Conversation 11:30 Lunch 1:00 Euchre Tournament</p>	<p>13</p> <p>9:00 Biking Bunch 9:30 Yoga 10:30 Blood Pressure 11:00 Cardio/ Aerobics 11:30 Lunch 12:00 Wood Carving 12:30 Travel Club 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>14</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 NO Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play</p>	<p>15</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>16/17</p>
<p>18</p> <p>9:30 Painting 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>19</p> <p>9:30 Arthritis Exercise 10:00 Blood Pressure 11:00 Beginner line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>20</p> <p>9:00 Biking Bunch 9:30 Ask A Lawyer9by appt) 9:30 Yoga 11:30 Lunch 1:00 Special Event</p>	<p>21</p> <p>MMAP Counselor 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play</p>	<p>22</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 2:00 Life Story</p>	<p>22/23</p>
<p>24</p> <p>9:30 Painting 11:00 Cardio/Aerobics 11:30 Lunch 1:00 Card Play Euchre/Mahjong 2:00 Yoga</p>	<p>25</p> <p>9:30 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 1:00 Alzheimer's Support 2:00 Chair Yoga</p>	<p>26</p> <p>9:00 Biking Bunch 9:30 Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play (Pinochle/Bridge) 2:00 Grief Support</p>	<p>27</p> <p>MMAP Counselor Vet Services (by Appt) 10:00 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Beginner Pickleball 1:00 Card Play</p>	<p>28</p> <p>MMAP Counselor 9:30 Yoga 9:30 Quilting Knitting/Crocheting 11:30 Lunch 12:30 Pickleball 1:00 Chorus</p>	<p>29/30</p>

MEMBER PRIVILEGES & FUNDRAISING

FREE BREAD

Day old bread and other treats are picked up from VG's (per availability) and available on Monday, Tuesday, Wednesday and Friday after 10 am. This generous Loose privilege is on a first come first serve basis and distribution is on the honor system. We just ask, so all can enjoy, you limit your choices to two items per family. 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.

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!

UPS STORE DISCOUNT CARD

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.



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

GIFTS AND 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.

WE SAVE...YOU CAN HELP

ALPINE will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

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 REMEMBER...We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

PLEASE HELP US KEEP OUR FILES UP-TO-DATE

Stop by and get your picture taken, make sure we have updated contact information including cell phone # and emergency contact information.



DISPOSAL OF THE 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.

SUNSHINE GREETINGS

Our Sunshine Team, Janet Green would like everyone to know she is ready and willing to share greetings from Loose with those folks who might need a pick-me-up, are facing surgery, are suffering a loss, are homebound, are recovering from surgery or need cheering up for any number of other reasons. If you know someone who would benefit from a card, please contact Loose at 735.9406 or email lsc@loosescenter.org so we can spread the sunshine.



"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."

Special Services & Support

BLOOD PRESSURE CHECK

2nd Wednesday of each month, 10:30 - 11:30 am
3rd Tuesday of each month, 10 - 11 am

Seeking volunteers to help with Blood Pressure checks, if interested, please contact Loose.

HEARING SCREENINGS

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



Provided by: Your Hearing Solution

PODIATRIST Next appointment date: August 15th

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



GRIEF SUPPORT GROUP

2nd and 4th Wednesdays @ 2 pm

We are thankful to Jennifer 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.

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. For more information on the KISS program please call (810) 239-7671.

GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday and 4th Thursday of each month

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. Although walk-ins will be seen, to avoid a wait, it is best to call Loose for an appointment.

LEGAL SERVICES OF EASTERN MICHIGAN

This service is available by appointment only. To schedule an appointment, call the Loose Center at 735.9406 for more information.

ASK THE LAWYER

3rd Wed. of the month, 9:30 am -12:30 pm, Annex

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.

MEDICARE/MEDICAID/FOOD STAMP ASSISTANCE (MMAP)

Our MMAP Counselors, Ann Walker & Dolores Coulter will be available to see Medicare beneficiaries 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 at 735.9406** 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. For more information or to schedule an appointment, contact the Center at 735.9406.

COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

2nd Monday of each month, 9-10 am

Loose Center is a distribution site for emergency food assistance program. For more information, please call Loose at 735.9406.

Travel & Trips

DAY TRIPS @ A GLANCE

Sept 28	Ohio Wine Tour	\$120/person <i>(wine tasting at 3 different wineries)</i>
Oct 5	Autumn Adventure	\$107/person
Nov 6	Saganing Eagle's Landing	\$50/person
Nov 9	Turkeyville	\$106/person
Dec 5	Holiday Church Tour	\$109/person

Detailed flyers are available at the Loose Center.

**Loose travel is open to public,
gambling trips must be 21 years of age.**



OVERNIGHT TRIPS @ A GLANCE

September 17-23	New England	\$1,844/pp Double
September 21-22	ARK Encounter	\$414/pp Double
October 11-12	Kewadin Casino	\$175/pp Double



Travel Policy Change

When signing up for a trip, you will not be asked to fill out a form so that we have your emergency contact information.

If you are already a member we will be asking for you to just confirm the information we have or update the information.

Non-members we will ask for this form so that we do have the information to relay to our escort on the trip.

adventure
AWAITS



October 11-12, 2023
\$175.00

Stops at St. Ignace and overnight Sault Ste. Marie

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 a deposit has been received.

Travel & Trips



Want to get in on the planning of the trips Loose Takes???
Join our Travel Club and help plan the trips you want to take!!!
Next meeting September 13th @ 12:30PM



Some current ideas for 2024:

Lilac Festival on Mackinac Island - June
Color Wine Tour in Traverse City - October
Holiday Nights at Greenfield Village/Henry Ford - December



ROYAL CARIBBEAN CRUISE LINE—GRAND AMERICAN TOURS

April 4—12, 2024 Southwest Coast & Bahamas Starting at \$1,916. per person/ inside cabin
Final payment would be due by December 5, 2023

May 30—June 8, 2024 Bermuda Perfect Day Starting at \$1861. per person/inside cabin
Final payment would be due by February 1, 2024



Pricing includes flight from Detroit Metro Airport



INTERNATIONAL TRIPS @ A GLANCE

May 19-28, 2024 **Countryside of the Emerald Isle** \$4,349.00/person based on double occupancy
and bookings by October 13, 2023

May 10-18, 2024 **Highlights of Norway** \$4,749.00/person based on double occupancy
and bookings by November 11, 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.
Passport required!





707 N Bridge St. Linden, MI 48451

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Come be a part of
The Travel Club
Let us know where
You want to go
Help plan what we do
when we get there
Next gathering is
Wednesday Sept 13th
12:30

