

NOTE: This newsletter is in abbreviated form due to the times. Your full newsletter will be back soon!

MAY 2020

the perfect place for 50+

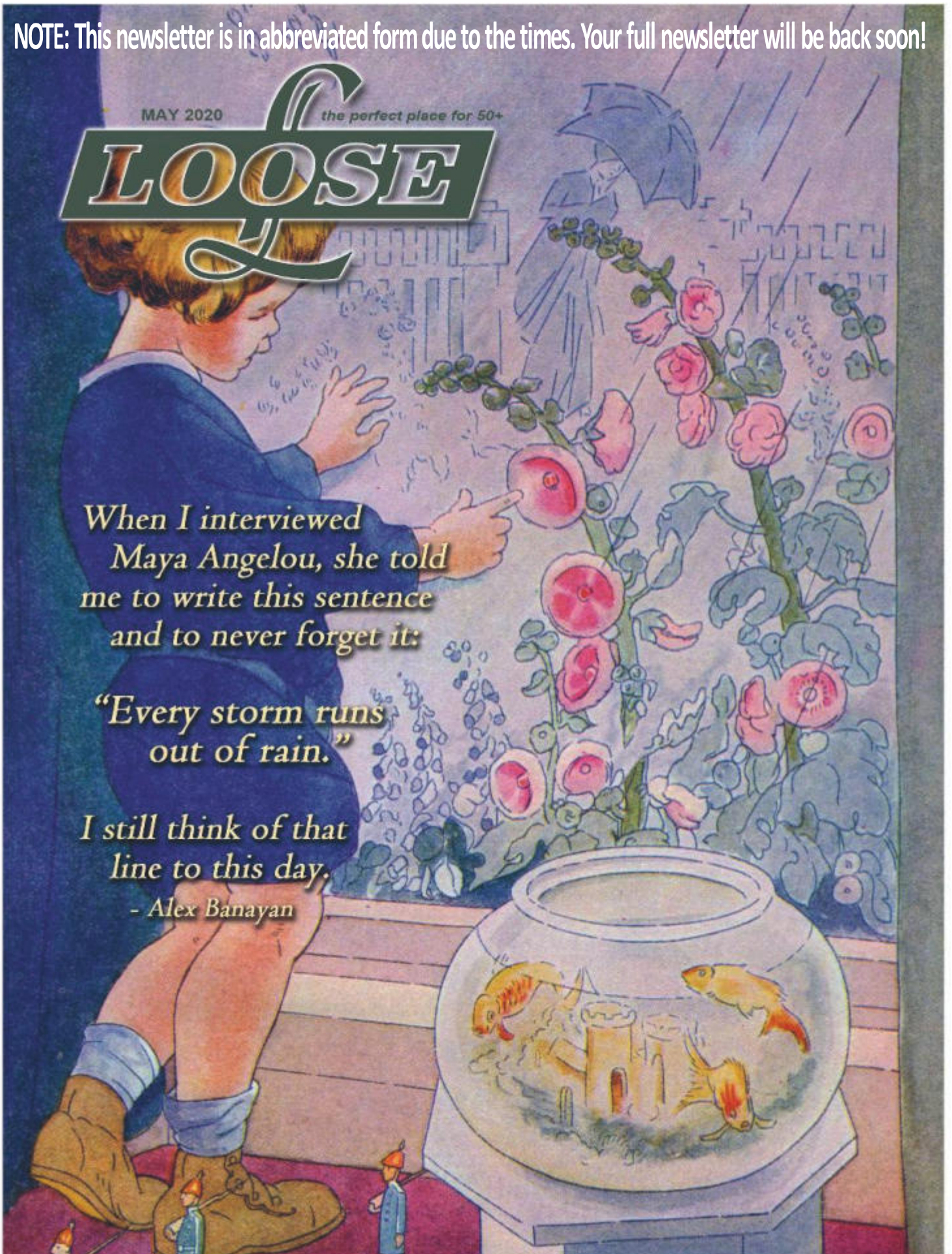
LOOSE

When I interviewed
Maya Angelou, she told
me to write this sentence
and to never forget it:

*“Every storm runs
out of rain.”*

I still think of that
line to this day.

- Alex Banayan



From the Director

Dear Friends,

It is a typical summer day in June and you look forward to getting outside to enjoy a game of golf, working in the yard or going to Frankenmuth to spend the day. Then out of nowhere you receive a severe weather warning of potential tornados, high winds and flooding. In a blink of an eye your world is turned upside down and all of your plans are cancelled. Your only thought process is to stay safe and seek refuge.

As with the storm, we now face a situation that puts us, our family and friends at risk. The coronavirus (COVID-19) has stopped life as we know it. Our freedom of life has now become that of sheltering in place and government shutdown. As with the storm, we look for answers on how to cope and survive under these conditions. We now live in a world of where there is a shortage of materials, food and other essentials that make our life what it is. We look to the doctors and nurses who man the hospitals to treat are illness. We thank those who continue to work so that we can receive those things to maintain our life and family needs. We bless all who are responsible for making this possible. Through all of this we know that we must follow the direction of the medical experts, professional and government officials. You turn on your TV or check Facebook to receive instructions on what to do. Your whole existence relies on another person to give you guidance to survive the virus.

The good news is that every storm runs out of rain. The sun comes out. In time life returns to normal and we again enjoy the wonderful life we knew. It is the same with the COVID-19 virus. We will find the we have faced the storm head on and we have lived a life that was different and far from normal. We had to create a new way of living to survive. We again will find that life will return to what we know as routine. Churches, movie theaters , dentist offices, bars, schools and the Loose Center. will again be open. Food supplies and materials will become available (yes, even toilet paper) will not be rationed. Families will again gather. Grandparent's will be free to see their grandchildren, You will be able to congregate with others and kids can go back to school and parents will go back to work. As with the storm we faced uncertainty. We learned a new way to live life and survived the virus only for our lives to become better for the experience.

I look forward to that time when the storm has passed and the threat of the virus is gone so that we as a community can resume the love which was taken from us and reconnect with those who make our life special.

"Every storm runs out of rain."

All is well,
Carl Gabrielson
Executive Director Loose Center

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

COVID-19

Coronavirus

All is contingent on the
direction of the Governor.

For updated info, call, check the
website or Loose facebook page.

REAL ID ACT

EVERYTHING YOU NEED TO KNOW
Monday, June 8, 1 pm- 1:30pm



Real ID Deadline 10/1/20

YOU WILL LEARN:

- ◆ Is the Michigan REAL ID-compliant driver's license or ID card right for you?
- ◆ How to renew your license or State ID card
- ◆ Veterans Designation on Licenses and ID cards

By Valley Area Agency on Aging & Aging & Adult Services Agency

Summer Cook-Outs



Tuesday, June 16, August 18
4:30 pm, \$6 pp (a deal folks)

Fresh off the grill dogs & burgers,
baked beans, salad, chips,
dessert & beverage

Classic & Muscle Car Show



Sponsored by
Comfort Keepers.
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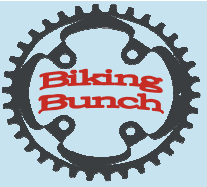
Fri., June 19, 2020
11am-2pm

FREE for participants
and spectators!

LOOSE

707 North Bridge St.
Linden, MI
810 735-9406

BODY, MIND & SPIRIT



Begin riding May 13. Grab your helmet, dust off the bike and meet in the Loose parking lot Wednesday's at 9 am for an hour-long ride (8-10 miles) in and around Linden (it is easier than it sounds!). If you are new to the group, please leave your contact information (email & phone) with the Loose office (810.735.9406). Ride leader Ann Walker will email about special riding events.

TAI CHI Wednesday, 10:45 am

Upcoming classes will meet **May 13, 20, 27, June 3**

In 2020, you can purchase your Tai Chi Ticket for \$20 (good for 10 classes)

Instructor-Grand Master Dr. Ibrahim is a Registered Nurse, Naturopathic Doctor and one of the highest ranking Martial Artists in the World! He will be teaching a healthy modified Yang form.

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...

YOGA \$5 drop in fee or discounted punch card available

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.

Yoga Fit Keep the flow going and get a good workout with your yoga. Balance poses to strengthen the body, cardio for the heart and concentration for the mind.

"GROOVE" Mon. at 9:30 am

\$5 drop in fee or discounted punch card available

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.

All Classes - \$5 drop in fee or discounted punch card available

ZUMBA & TOTAL FIT® A 45 minute class beginning with 30 minutes of dance/exercise cardio, balance, stretching, toning and brain/movement connection. Easy steps and a fun way to get moving!

ZUMBA GOLD TOTAL FIT®

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

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

PLEASE CHECK THE MONTHLY CALENDAR FOR SPECIAL CLOSINGS.

MONDAY

9:30 am **GROOVE**
2:00 pm Arthritis Exercise
4:00 pm **Yoga (gentle flow)**
6:15 pm Pickleball

TUESDAY

9:30 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
12 & 1 pm **Line Dance** (9/10)
1:00 pm Exercise @ Caretel
4:00 pm **Chair Yoga**
5:00 pm **Yoga (gentle flow)**

WEDNESDAY

9:30 am **Yoga (gentle flow)**
10:45 am **TAI CHI**
6:15 pm Pickleball

THURSDAY

9:30 am **Chair Yoga**
10:15 am **Zumba Gold/Total Fit**
10:30 am **FIT⁴EVER**
11:30 am **Wii Bowling**
5:00 pm **Yoga Fit**

FRIDAY

9:30 am **Yoga (gentle flow)**
10:30 am Healthy Aging Exercise
11:45 am Pickleball

SATURDAY

9:00 am **Yoga**
10:15 am **Zumba/Total Fit**

SUNDAY

2:00 pm Pickleball

FIT⁴EVER \$5 drop in fee or discounted punch card available

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.

Wii BOWLING Organized Wii play is held on Thursdays and open play is available when there is no schedule conflict. **If you are interested in Wii bowling, please contact the Loose Office. New league play begins .**

PICKLEBALL Mon. & Wed., 6:15 - 9 pm, Sunday, 2pm

\$5 drop in fee or discounted punch card available

Friday, 11:45 am - 3 pm (reservation required)

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.



ARTHRITIS FOUNDATION EXERCISE

Monday, 2 pm, 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*

HEALTHY AGING EXERCISE Friday, 10:30 am or

Tuesday @ Caretel, 1 pm FREE

Maintain good health with movement & strengthening that will enhance balance & increase your tolerance for a healthy active lifestyle. This program will be led by a Physical & Occupational Therapist from Caretel Inns. Do not miss this chance to add movement to your life.

LINE DANCE Tuesday, Beginning 12 noon, Advanced, 1 pm

\$5 drop in fee or discounted punch card available

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!

Find Your Creative Side

"ANYONE CAN PAINT" Class Minimum: 6

2nd Monday of each month, 12-2 pm, \$20

Award-winning artist Steve Wood combines painting tips and techniques with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11"X14" acrylic painting. Please call and register.

HAPPY STAMPERS

3rd Monday of each month, 1 pm, Sunroom, 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 - 2 pm, Sunroom, 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, Hall A, 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 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!

YARN RECYCLERS Fridays, 10 am, FREE

We are always in need of volunteers who would like to help with lap robes, which are donated to local vets, nursing homes and others with special needs. Our knitting and crocheting group meets every Friday to knit or crochet needed items.

LOOSE THREADS Tuesdays, 10 am, Sunroom, FREE

Anyone is welcome to join this talented and dedicated group that is currently working on a quilting project. This group gives of their time and donates the quilts back to Loose to raffle off. 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.

FIBRE FRIENDS Fridays, 1 pm, FREE

The Lapghan group meets to work on a variety of projects, many 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.

"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."



WATERCOLOR CLASSES

Monday, May 4 & May 18

1 pm, \$15

Instructor, Peggy Mattson

This class is for all who have a desire to try something new or for those who are experienced and want to try something different. Class size is limited, so register early and at registration time be sure to pick up the supply list and additional information for the class.

SLEEP MATS & OPEN KNITTING/CROCHET

Mondays, 10:00-11:30 am, SUNROOM

The 2nd Monday of each month, this activity begins at 10:15 am

Join a wonderful group of friendly people who enjoy helping and creating. Stop in and learn about Sleep Mats, the wonderful mats being made and donated to those in need. **Or bring in your own project and give yourself some time to do what you love.**



Project Linus

4th Wednesday of each month, 9:30 to 11:30 am

This special group that has been making and donating blankets to local shelters and outreach of many kinds (over 27,000 blankets donated since 1999) with a goal to provide comfort for any vulnerable child.

Each time they gather, some of "blanketeers" bring machines and supplies and work on blankets, others make blankets at home and drop in to deliver blankets, get pattern ideas, and pick up supplies and laugh.

QUILLING THURSDAYS @ 2 PM

PAPER-ROLLING, PAPER-SCROLLING, FILIGREE, MOSAIC and **QUILLING** are all names which have been given to our



art during its long history. Some sources suggest that many of the techniques we use today were originally practiced in Ancient Egypt. Loose has an award winning instructor who is talented and very kind. All are welcome to give this a try, beginners included. *Please note: there is a \$15 drop in fee for this class.*

Visit Our Website

www.loosecenter.org

CLASSES, MUSICAL OPPORTUNITIES & MORE



LOOSE CHORUS

MONDAY @ 3 PM

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!**

ONE-ON-ONE FINANCIAL HELP

First Wednesday of the month, by appointment

Financial Advisor Chad Robinson is available for free financial consultations at Loose Center the 1st Wednesday of each month. This service is available by appointment only. Specific information is available upon request.

To schedule an appointment, call Loose Center at 735.9406.

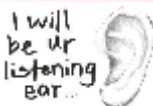
LOOSE BOOK CLUB Every 2nd Monday, 1 pm This well-

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!

LISTENING EAR

Every 1st Monday, by appointment

Are you working to navigate rough waters in your life? Could you benefit from some one-on-one sharing time? Would you like to talk to someone who will listen and help you calm your waters? Call Loose and sign up for share time with Peggy Fulcher. Peggy is trained in counseling with a certificate in Gerontology, and has also been through the extensive Stephen Minister Program. Take time for yourself, and share in this safe space to calm the rough waters of your life.



WRITE YOUR LIFE STORY Every 2nd & 4th Friday

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!**

Euchre Tournament

\$7 Entry Fee
25¢/Euchres

All are WELCOME!

GREAT Prizes
Food & Drink
& more!

Friday, May 22, 5 pm

BOARD & CARD GAMES

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

HAND & FOOT Wednesday, 6:30pm

OPEN GAME PLAY Friday, 1:00 - 3:30 pm (bring a friend)

CHICAGO BRIDGE Tuesday, 1:00 pm

CHESS Wednesday, 1:00 pm

CARDS & MORE Thursday, 9:30 am

MAH JONGG Tuesday, 1 pm

PINOCHLE Monday & Wednesday, 1:00 pm

EUCHRE Tues. & Thurs., 1:00 pm



DO YOU NEED A RIDE TO LOOSE?

Let us help you get a ride scheduled. Call Loose, ask for Cheryl and she will be happy to schedule a ride for you with our local Fenton Your Ride. If cost is a factor, please let Cheryl know and, if applicable, arrangements can be made to help you with a Loose scholarship.

PLEASE CALL 24 HOURS IN ADVANCE TO SCHEDULE A RIDE

MTA/LOOSE TRANSPORTATION

Our partnership with the MTA allows us to offer transportation services to you at a discounted senior rate. If you need a ride to any Loose event, please call the office at 735.9406. Roundtrip transportation costs \$4.50. A monthly pass is available for \$45 and can be purchased through the MTA. The pass provides unlimited access to MTA services, 7 days a week. Please call Loose if you have any questions regarding the MTA/Loose transportation program.



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

May 2020

OFFICE HOURS
Monday - Thursday
9 am-5 pm
Friday
9 am-4 pm

PHONE
810.735.9406
FAX
810.735.4255

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY

<p>9:30 GROOVE</p> <p>10:00 Painting</p> <p>10:00 Open Knitting/Crochet</p> <p>11:30 Lunch Sloppy Joe</p> <p>1:00 Watercolor Class</p> <p>1:00 Pinochle</p> <p>1:00 Listening Ear</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>5</p> <p>Message (by Apt)</p> <p>9:00 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH</p> <p>12:00 Line Dance</p> <p>1:00 Euchre</p> <p>1:00 Chicago Bridge</p> <p>1:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>6</p> <p>One on One Financial (by apt)</p> <p>9:30 Yoga</p> <p>10:00 Manicures</p> <p>10:45 NO Tai Chi</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Pot Pie</p> <p>12:00 Wood Carving</p> <p>1:00 Pinochle/Chess</p> <p>2:00 Grief Support</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>7</p> <p>MMAP Counselor</p> <p>9:00 Massage (by Apt)</p> <p>9:30 Chair Yoga</p> <p>10:00 AMVET Rep.</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold</p> <p>10:30 FIT4EVER</p> <p>11:30 Wii Bowling</p> <p>11:30 Lunch Taco Bar</p> <p>1:00 Euchre</p> <p>2:00 Creative Quilling</p> <p>5:00 Yoga Fit</p>	<p>8</p> <p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:30 Lunch</p> <p><i>Chef's Choice</i></p> <p>11:45 Pickleball</p> <p>1:00 Open Game Play</p> <p>1:00 Fibre Friends</p> <p>"</p>	<p>9</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p>
<p>9:00 CSFP</p> <p>9:30 GROOVE</p> <p>10:00 Painting</p> <p>10:00 Open Knitting/Crochet</p> <p>11:30 Lunch Sloppy Joe</p> <p>12:00 Anyone Can Paint</p> <p>1:00 Pinochle</p> <p>1:00 Book Club</p> <p>2:00 Arthritis Exercise</p> <p>3:00 Chorus</p> <p>4:00 Yoga</p> <p>5:30 TOPS Weigh-in</p> <p>6:15 Pickleball</p>	<p>12</p> <p>Veteran Service</p> <p>9:00 Massage</p> <p>9:30 Coffee & Cops</p> <p>9:30 Zumba Gold</p> <p>10:00 Loose Threads</p> <p>10:30 Blood Pressure ✓</p> <p>10:30 FIT4EVER</p> <p>11:30 LUNCH</p> <p><i>Chick & Dumpling Soup</i></p> <p>12:00 Line Dance</p> <p>1:00 Euchre</p> <p>1:00 Chicago Bridge</p> <p>1:00 Mah jongg</p> <p>4:00 Chair Yoga</p> <p>5:00 Yoga</p>	<p>13</p> <p>Biking Bunch</p> <p>9:00 Yoga</p> <p>10:00 Manicures</p> <p>10:30 Blood Pressure ✓</p> <p>10:45 Tai Chi</p> <p>10:45 Paint Night</p> <p>10:45 Art à la Carte</p> <p>11:30 Lunch Ham Dinner</p> <p>12:00 Wood Carving</p> <p>1:00 Pinochle/Chess</p> <p>2:00 Grief Support</p> <p>6:15 Pickleball</p> <p>6:30 Hand & Foot</p>	<p>14</p> <p>MMAP Counselor</p> <p>8:00 Board Meeting</p> <p>9:30 Chair Yoga</p> <p>10:00 Cards & More</p> <p>10:15 Zumba Gold/Total Fit</p> <p>10:30 FIT4EVER</p> <p>11:30 Lunch</p> <p><i>Chef's Choice</i></p> <p>11:30 Wii Bowling</p> <p>1:00 Euchre</p> <p>2:30 Bingo @ Caretel</p> <p>2:00 Quilling Class</p> <p>5:00 Yoga Fit</p>	<p>15</p> <p>MMAP Counselor</p> <p>9:30 Yoga</p> <p>10:00 Write Life Story</p> <p>10:00 Yarn Recyclers</p> <p>10:30 Healthy Exercise</p> <p>11:30 Lunch</p> <p><i>Chef's Choice</i></p> <p>11:45 Pickleball</p> <p>1:00 Open Game Play</p>	<p>16</p> <p>9:00 Yoga</p> <p>10:15 Zumba</p>



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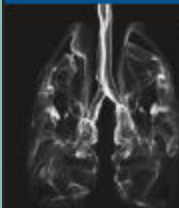
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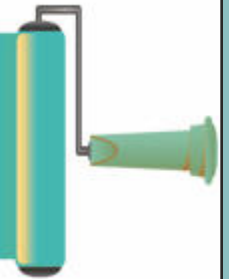


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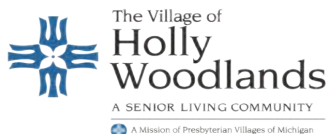
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<p>18</p> <p>GROOVE 10:15 Open Knitting/Crochet 10:00 Painting 11:30 Lunch Sweet & Sour Meatballs 1:00 Watercolor Class 1:00 Pinochle 2:00 Arthritis Exercise 3:00 Chorus 4:00 Yoga 5:30 TOPS Weigh-in 6:15 Pickleball</p>	<p>19</p> <p>Zumba Gold 9:30 Loose Threads 10:00 FIT4EVER 11:30 Lunch Chili 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 4:00 Chair Yoga 5:00 Yoga</p>	<p>20</p> <p>Biking Bunch 9:00 Yoga 9:30 Manicures 10:00 Ask A Lawyer 10:00 Tai Chi 10:45 Art à la Carte 11:30 Lunch Pork Loin 11:30 Greektown Casino 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p>	<p>21</p> <p>MMAP Counselor 9:00 Massage (by Apt) 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold 10:30 FIT4EVER 11:30 Lunch Coney Day! 11:30 Wii Bowling 1:00 Euchre 2:00 Quilling Class 5:00 Yoga Fit</p>	<p>22</p> <p>MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:30 Lunch Chef's Choice 11:45 Pickleball 1:00 Open Game Play 1:00 Fibre Friends 5:00 EUCHRE TOURNAMENT</p>	<p>23</p> <p>9:00 NO Yoga 10:15 NO Zumba</p> <p>BOARD OF DIRECTORS Frank Lukowski, President Ken Wensel, Vice President Ann Deemer, Secretary Ray Culbert, Treasurer Mary Auge Roby Deese Brad Dick David Kincaid Pat Lockwood Joetta Pyles-Zalewski</p>
<p>25</p> <p>CLOSED Memorial Day ★ ★ “No duty is more urgent than that of returning thanks.” “May we never forget freedom isn't free.” A hero is someone who has given his or her life to something bigger than oneself.” Franklin D. Roosevelt</p>	<p>26</p> <p>Podiatrist 8:00 Massage 9:00 Zumba Gold 10:00 Loose Threads 10:30 FIT4EVER 11:30 Lunch Meatball Soup 12:00 Line Dance 1:00 Euchre 1:00 Chicago Bridge 1:00 Mah jongg 2:00 Alzheimer Support 4:00 NO Chair Yoga 5:00 NO Yoga</p>	<p>27</p> <p>Biking Bunch 9:00 Yoga 9:30 Manicures 10:00 Tai Chi 10:45 Art à la Carte 11:30 Lunch Goulash 12:00 Wood Carving 1:00 Pinochle/Chess 2:00 Grief Support 6:15 Pickleball 6:30 Hand & Foot</p>	<p>28</p> <p>MMAP Counselor 9:30 Chair Yoga 10:00 Cards & More 10:15 Zumba Gold 10:30 FIT4EVER 11:30 Lunch Baked Potato Bar 11:30 Wii Bowling 1:00 Euchre 2:00 Dining with Diabetes 2:00 Creative Quilling 5:00 Yoga Fit</p>	<p>29</p> <p>MMAP Counselor 9:30 Yoga 10:00 Yarn Recyclers 10:30 Healthy Exercise 11:30 Lunch Chef's Choice 11:45 Pickleball 1:00 Open Game Play 1:00 Fibre Friends</p>	<p>30</p> <p>9:00 Yoga 10:15 Zumba</p> <p>LOOSE STAFF Carl Gabrielson <i>Executive Director</i> Melinda Elmore-Hajek <i>Program Director</i> Brittany Hancock <i>Executive Assistant</i> Cheryl Rex, <i>Clerk</i> Jackie von Linsowe <i>Admin. Assistant</i> Kathy Metivier <i>Receptionist</i> Dotti Tynes Chuck Salerno <i>Maintenance</i></p>

Friends, Please note, when Loose does finally open, we ask that you wait 30 days before you drop off ANY donations. This will include magazines, books, bags, loan closet equipment etc.

HEALTHY LIVING

POTLUCK

2nd Friday of each month, 5 pm
It's a great night of good fun. Bring your favorite dish to share, along with your own place setting and enjoy the fun and fellowship that goes along with sharing dinner together and then playing euchre, dominos and more. It's a fun Friday night GIG. If you have questions, please call Loose at 810 735-9406.

Coffee COPS and Conversation

Tues., May 12, 9:30-10:30 am
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!



Plan on joining us for

LUNCH AT LOOSE on Tuesday, May 12@ 11:30 am for a real TREAT.

Argentine Care Center's award winning Chefs, Leandra McClure & Kassie Miller, will be here with their Chili (2nd place at the Chili Cook-off) and their Peanut Butter Dessert (1st Place). **DELICIOUS!!**

Be sure to sign up early. \$4 will get you a feast and you will go away FULL and satisfied.

THANK YOU ARGENTINE Care Center for all you do for Loose!

Argentine Care Center
A Small Home with a Big Heart



AARP SMART DRIVER COURSE

June 17 & 18 (Wednesday & Thursday) 12 noon - 4 pm

\$15 for AARP members/\$20 for non members

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. In class there will be discussion, laughter and sharing on Road Rules, Safe Driving, and talking to a friend or relative about their driving. You must be on time and in attendance both days in order to receive your certificate. Please call or stop by the Loose office to register for this class. (Please make checks payable to AARP, check or cash only)

May 2020 Lunch @ Loose Menu

Call (810) 735-9406 one day prior to Reserve your spot.

Monday	Tuesday Soup Day	Wednesday	Thursday	Friday
BENEFITS OF EATING WITH OTHERS... • Improve your physical health • Create meaningful social connections • Improve mental and emotional wellbeing		GOOD FOOD is all the sweeter when shared with GOOD FRIENDS	Get your Loose Lunch Loyalty Card, good for 10 meals, then get the eleventh for free.	Lunch is served at 11:30 am PLEASE NOTE: The cost of the second helping is \$1.00
4 Sloppy Joe Baked Beans Salad	5 Chicken & Dumpling Salad Fresh Fruit	6 Hot Beef Sandwich Mashed Potatoes Vegetable	7 TACO TACO BAR	8 CHEF'S CHOICE
11 Chicken Pot Pie Salad Roll	12 ARGENTINE CARE CENTER AWARD WINNING Chili & Dessert	13 Carl Cooks Pork Loins Mashed Potatoes Veggie Roll	14 Coney's (Flint or Detroit Style) Salad Chips	15 CHEF'S CHOICE
18 DELICIOUS BREAKFAST SERVED HERE Blueberry Breakfast Bake Canadian Bacon Fruit	19 Meatball Tortellini Soup Hearty Roll Salad	20 Baked Cod Cheesy Potatoes Vegetable	21 Baked Spaghetti Salad Garlic Bread	22 CHEF'S CHOICE
23 CLOSED Memorial Day	24 Potato Soup Ham Slider	27 Shepherds Pie Salad Roll	28 Baked Potato Bar and all the fixins	29 CHEF'S CHOICE

LOOSE LUNCH (all meals are prepared in house) Each hearty meal includes, fruit, beverage (including milk) & dessert.

HEALTH SERVICES

MASSAGE

By appointment each Tuesday or 1st & 3rd Thursday
 Massage increases circulation, reduces inflammation and renews your mind, body and spirit. Enjoy a fifteen minute chair massage for \$10. Call Loose at 735.9406 for details or to schedule your appointment with Donna Roberts, LMT.

Keep Calm & Book a Massage

PODIATRIST

Tuesday, May 26 (by appointment)

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.

MANICURES

Wednesday, by appointment, beginning at 10 am, \$10,
 MANICURE WILL INCLUDE:

- Polish removal
- Filing and shaping of nails
- Cuticle maintenance
- Refreshing fingertip soak
- Hand massage with lotion
- Polish application



Plan on a 1/2 hour manicure.

Please call Loose to set up your appointment.

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.

NOTE: All persons traveling to Canada must have a passport or an enhanced driver's license. All casino packages are subject to change without notice. Proper identification and Social Security Card required to collect prizes over the amount of \$1,199. Call for information about travel insurance or any other questions. To avoid waiting lists or finding out that a trip has been canceled, sign up early. Travel programs have registration deadlines. At deadline time, the trip will be canceled if we do not have enough committed travelers.

BLOOD PRESSURE CHECK

1st Tuesday of each month, 10:30 - 11:30am

1st Thursday of each month, 10:30 - 11:30 noon

2nd Wednesday of each month, 10:30 - 12 noon

Thank you Caretel Inns of Linden

4th Monday of each month, 11 - 12 pm

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



GRIEF SUPPORT GROUP

Wednesdays @ 2 pm

We are thankful to McLaren 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, 2 pm 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 Homecare and Assisted Living.

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.

"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."

It's simple, eat lunch at Loose, buy a Loose Lunch Loyalty Card, good for 10 meals, and get one lunch free (that's less than \$4 per lunch, quite the deal).



OR maybe you are interested in a TAKE OUT LUNCH? Just call a day ahead and we will have it ready for you to pick up at the reception desk.



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

Special Services & Support

SUNSHINE GREETINGS

Our Sunshine Greeter, Janet Green, would like you 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.



GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

2nd Tuesday of each month, 8:30 am, Annex

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.

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.

CONSUMER FRAUD ASSISTANCE

This service is no longer available in one on one form, here at Loose. If you feel as if you have been or are being scammed, please feel free to call Loose and we can get you in touch with the folks who can help or call the Genesee County Sherriff at 810-341-5923.

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.

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.

TOPS (*Take Off Pounds Sensibly*)

Mondays, 5:30 pm, Annex For information, please contact the Loose Center at 735.9406.

AMVETS

1st Thursday of each month, 10 am - 12 noon, Annex
Nathan Pierpont is here to meet with veterans and/or their families to answer questions about compensation, pension, widows' pension, education, burial, medical needs or any other VA-related matter. Drop-ins are welcome!

LOAN CLOSET If you have need for some medical equipment, please contact Loose at 735.9406. Equipment is loaned without conditions. If you have equipment to donate, feel free to drop it off during business hours.

MICAPE 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, Annex

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

Do you qualify for one of these MONEY SAVING Medicare Benefits

MEDICARE SAVINGS PROGRAM: The State of MI pays your Part B premium, which is worth \$144.60 to you each month. To qualify there is an income and asset test. Income: less than \$1,456/month for single or \$1,960 for a couple (gross before any deductions). Assets: less than \$7,860 for single or \$11,800 for a couple (in bank accounts, 401K, IRAs, etc.)

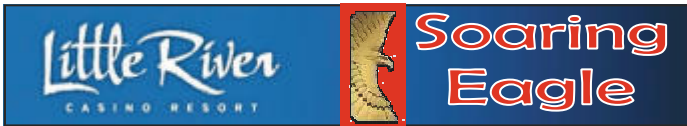
EXTRA HELP FOR PRESCRIPTION DRUGS FROM SOCIAL SECURITY: The Social Security Administration pays all or part of your Part D prescriptions drug plan premium, and lowers your copays and deductible. This benefit also eliminates the "donut hole" in Rx coverage. Income: less than \$1,615/month single or \$2,175/month for a couple. Assets: less than \$14,610 for single or \$29,160 for a couple.

MICHIGAN MEDIGAP SUBSIDY: If you have a medigap plan from McLaren Health Plan, BCBS, AARP or Priority, in addition to your Medicare, this subsidy pays part of your premium: \$35/month if you are 65-74 years old, \$110/month if you are under 65 with a disability and \$56 or less for those 75 and over. There is only an income requirement for this benefit. You can have any amount in assets. Income: less than \$28,710/year single or \$38,790/year for a couple...Assets: any amount is OK.

MMAP (Michigan Medicare/Medicaid Assistance Program) can help you apply for any of these benefits. Call Loose Senior Center, 810-735-9406 for an appointment with a MMAP counselor.

TRIPS

In order to secure a spot, all travel reservations must be accompanied with a payment.



Monday October 5-6, 2020 \$143 Single Rate \$158.00

TOUR INCLUDES Round Trip Motor coach Transportation, 1 nights Lodging tax & tips included on hotel accommodations), Little River Casino, Gaming Session at Little River Casino and Soaring Eagle Casino, **Day 1 Little River Casino pk.** Receive \$20 casino play after \$20 is played on Casino card.

Day 2 Little River Casino pk. Receive \$20 casino play after \$20 is played on Casino card. Day 2 Soaring Eagle Casino pk. = \$20 + 5 food voucher, Voucher and earn 600 points and get a Bonus \$10 in Premium Play.

Drivers tip not included. Casino package are subject to change without notice. Stop by Loose for a detailed flyer.



Clinton River Cruise

Thursday, July 16, \$78

INCLUDES Round Trip Transportation
Lunch & 3 hour cruise aboard the Clinton Friendship



Historic Marshall

Wednesday, July 29 \$90

INCLUDES: Round Trip Transportation, Honolulu House, Tour of Historic Marshall, US Postal Museum, Governor's Mansion Museum, Lunch @ Schuler's' Rest. Ice Cream @ The Parlour of Jackson



INCLUDES: Round Trip Transportation
Brookshire Inn Golf Club (lunch), Turner Dodge Home (tour), Country Mill (tour)

Magnificent MID MICHIGAN

Tuesday, Sept. 22, \$81

TRIPS @ A GLANCE

May 27	Gun Lake Casino	\$35
June 15	FireKeepers Casino	\$32
June 17	Meadow Brook Theatre "Fancy"	\$101
June 25	A Day at our Capital	\$82
July 1	Soaring Eagle Casino	\$32
July 3-8	New York City	\$1,999
July 14	Saganing Eagles Landing	\$30
July 16	Clinton River Cruise	\$78
July 22-24	Sault St. Marie	\$404
July 29	Historic Marshall	\$90
July 30	FireKeepers Casino	\$30
August 17	Hollywood Casino	\$32
August 24	Mississippi Cruise	\$999
September 2-4	Untouchable Chicago	\$600
September 14	TRAVEL SHOW 1 pm	
September 10-18	British Landscapes	\$\$\$\$
September 20-27	Cape Cod	\$1,999
September 22	Magnificent Mid Michigan	\$81
September 24-25	Ark Encounter	\$334
October 5-6	Little River Casino	\$143
October 9-12	Rails of West Virginia	\$999
October 15	Haunted Detroit	\$86
October 19-28	Reflections of Italy	\$\$\$\$
November 11-16	Branson	\$1,299
April 8, 2020	Finland	\$\$\$\$
May 21, 2020	Croatia	\$\$\$\$
August 2020	Scotland	\$\$\$\$
Oct. 11, 2020	Iceland	\$\$\$\$

Detailed flyers are available at the Loose Center.

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



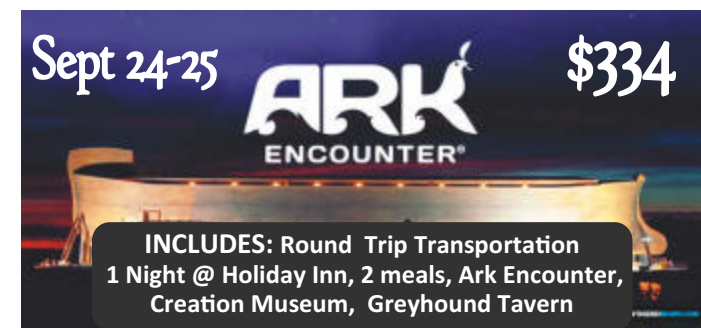
Sept. 20-27 \$1,999

Cape Cod

MARTHA'S VINEYARD PLUS NANTUCKET ISLAND

Tour of Cape Cod, Martha's Vineyard & Nantucket, JFK Memorial, Whale Watch Cruise, Leisure Time, Museums & MUCH MORE

TOUR INCLUDES
Transportation, 5 nights @ Red Jacket Beach Resort, 7 Breakfasts, 4 Dinners



Sept 24-25 \$334

ARK ENCOUNTER

INCLUDES: Round Trip Transportation
1 Night @ Holiday Inn, 2 meals, Ark Encounter, Creation Museum, Greyhound Tavern



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LOOSE PRESENTS



RESCHEDULED
NEW DATE ANNOUNCED

TUESDAY SEPTEMBER 8
5 pm \$25 pp

TICKET INCLUDES
Enjoy heavy hors d'oeuvres followed by 2 hours of crazy fun and music by Cool2Duel Dueling Pianos and a 50/50 Raffle

THANK YOU!
CARETEL INNS of Linden
WELLBRIDGE of Fenton
VICINIA GARDENS
DORT FEDERAL CREDIT UNION
For your faithful support.