

SEPTEMBER 2020

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LOOSE

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

*Use your fear.
It can take you
to the place
where you store
your courage.*


Amelia Earhart





from the Executive Director

Dear Friends,

Carl is taking a break (albeit well deserved) this month from his article in the newsletter. So I am happy to be able to share a few thoughts and insights with you. You may have noticed that the past few newsletters have been VERY small. The state of affairs puts us in limbo and we just don't know. So, we are working hard to communicate in other ways. Please check out our Loose Facebook Page  it is the easiest way to pass along info quickly. We also are keeping the Website updated www.loosecenter.org, so feel free to peruse that. There are some great pictures on the website that will send you down memory lane (a good place to go on many days).

Another key and effective way we are communicating is by doing mass calls. If you see a call from Massachusetts, it very likely could be us putting out an informational call to you. Why Massachusetts you ask, well that is just how some technology works...from afar. So please give the Massachusetts number a chance...you just might hear something really good on the other end.

In the meantime, check out the front cover of this newsletter... how fun, don't you think? All the images on the Loose Newsletter are very old images that are just so intriguing. This cover is from the 1933 era and is a picture of a painting of Amelia Earhart by Howard Chandler Christy. Earhart disappeared in 1937, but in this picture, she is just beautiful and her sitting next to the water reminds me of the joy that comes from being outside, near the water, in the woods, working in the garden, taking a walk, all the things that are healthy for us, especially in these days. My mother (who is 98 and still doing well) loves the woods. I remember a longtime ago when she was walking with me and my young daughters and she said to the girls, "Let's go walk in the woods and see if we can find some salamanders." Sure enough, the first log she kicked over there was a salamander. What fun and what a great memory. Let me ask you, "What are your wonderful outside memories?" ♥ How about this? Ponder your memories and then send them to us. We would all love to read and enjoy them and even share them if it is ok with you. Email them to us at lsc@loosecenter.org or snail mail them to Loose. In a time such as this, we can still find much joy in sharing with and reaching out to each other.

To all of you, I give my best to you and am thankful for the many memories we have shared together. May they continue as we trod through this time.

Much Peace,

Melinda

Melinda Elmore-Hajek
Loose Program Director



Current Loose Activities

You must call 810 735-9406 and pre-register for each class

ARTHRITIS FOUNDATION EXERCISE Free

Monday @2 pm FREE Via ZOOM

Tuesday @ 9:30 am Outside @ Loose (Call to Register)

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level all in the safety of your home.

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

TAI CHI *modified Yang form \$2 per class*

The Benefits of Tai Chi include but are not limited to:

Reducing anxiety and depression, Improving quality of sleep, Improving balance and hand/eye coordination, Increasing both upper and lower body strength, Increasing energy while calming the mind, Improving mental clarity and brain focus, Lowering blood pressure, helps with pain management, Increasing flexibility...

YOGA \$5 fee

Gentle Flow Yoga Strengthen your mind and body through yoga, helping with your balance while strengthening your back, abdominals and legs.

CHAIR YOGA Discover the health benefits of yoga while honoring your strengths and limitations. Strengthen your balance and increase your range of motion with the assistance of a chair, a wall or a block to learn a pose or to get deeper into one.

"GROOVE" \$5 fee

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

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

LOOSE BOOK CLUB This well-read and energetic group meets once per month to explore and discuss a variety of literature. New folks, visitors and guests are always welcome. Come and join us!

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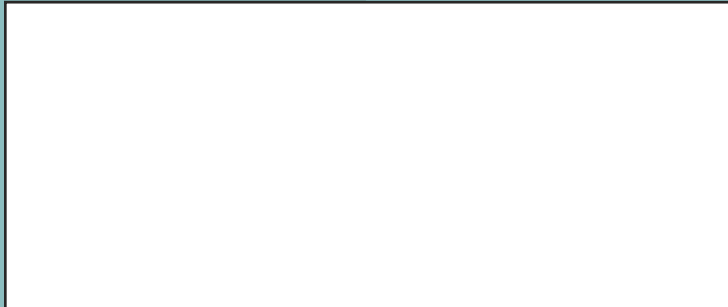
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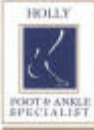
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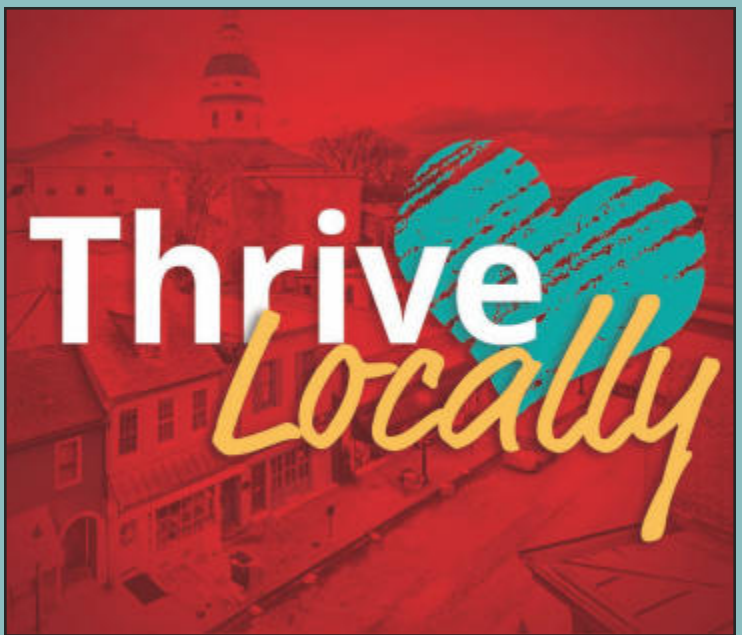
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at Loose Monthly!*



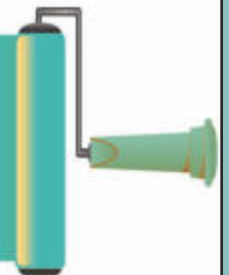
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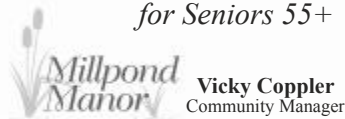
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September 2020

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Although if you forget, call the day of, often lunches are available.
When arriving at Loose, please pay special attention to signs directing you to the lunch pickup point.

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Monday	Tuesday	Wednesday	Thursday	Friday
31 9:30 Groove 11:30 Lunch Egg Salad 2:00 Yoga 2:00 Arthritis Exercise via ZOOM	1 9:30 Arthritis Exercise 11:30 Lunch BBQ Chicken 2:00 Chair Yoga	2 9:00 Biking Bunch 9:30 Yoga 11:00 NO Tai Chi 11:30 Lunch Chicken Noodle Soup	3 9:30 Chair Yoga 11:30 Lunch Tacos	4 Have a wonderful LABOR DAY weekend!
7 	8 9:30 Arthritis Exercise 11:30 Lunch Hamburgers 2:00 Chair Yoga	9 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Spaghetti w/Meatballs	10 8:00 Board Meeting 9:30 Chair Yoga 11:30 Lunch Ham & Swiss Sandwich	11 9:30 Yoga 11:30 Lunch Baked Fish
14 9:30 Groove 11:30 Lunch Brats 12:30 Book Club 2:00 Yoga 2:00 Arthritis Exercise via ZOOM	15 9:30 Arthritis Exercise 11:30 Lunch Lasagna 2:00 Chair Yoga	16 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch BBQ Chicken	17 9:30 Chair Yoga 11:30 Lunch Tacos	18 9:30 Yoga 11:30 Lunch Sweet & Sour Meatballs
21 9:30 Groove 11:30 Lunch Bean Soup & Ham Slider 2:00 Yoga 2:00 Arthritis Exercise via ZOOM	22 9:30 Arthritis Exercise 11:30 Lunch Spaghetti w/Meatballs 2:00 Chair Yoga	23 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Hot Dogs	24 9:30 Chair Yoga 11:30 Lunch Baked Fish	25 9:30 Yoga 11:30 Lunch Ham & Swiss Sandwich
28 9:30 NO Groove 11:30 Lunch BBQ Chicken 2:00 Yoga 2:00 Arthritis Exercise via ZOOM	29 9:30 Arthritis Exercise 11:30 Lunch Tacos 2:00 Chair Yoga	30 9:00 Biking Bunch 9:30 Yoga 11:00 Tai Chi 11:30 Lunch Cabbage Rolls	A variety of Jigsaw Puzzles and Books are available from 10 am - 1 pm outside the east door at Loose. Please feel free to stop by and see what we have. Please do NOT return the puzzles or books back to the bin. Available as long as supplies last.	

Friends, when Loose officially opens, we ask that you wait 30 days before you drop off ANY donations. This will include magazines, books, bags, loan closet equipment etc.

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- October 19, 1 pm - Finland
- October 19, 2 pm - Croatia Yacht Cruise
- October 19, 3 pm - Scotland
- October 19, 4 pm - Iceland's Northern Lights

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

Please call or email for more information about registering for these zoom events.
Or check the Loose website at
www.loosecenter.org,
and click the travel link to register.

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