



JUNE 2024

Upcoming Events



Friday, June 21 • 10:00AM - 3:00PM

FREE hot dogs, everyone welcome!
Celebrate being a grandparent
with or without grandkids!
(rain or shine)



Board Meeting
4th Monday of the Month
6:30PM

Join us in Council Chambers
201 N. Main St., Linden

**MICHIGAN SECRETARY OF STATE
MOBILE OFFICE IS COMING BACK**

Tuesday, July 30 • 10:00AM - 3:00PM

Book a visit to complete your
transactions including:

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

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



MOVIE DAY



Wednesday, June 5 • 1:00PM • FREE
SECONDHAND LIONS

A coming-of-age story about a shy, young boy sent
by his irresponsible mother to spend the summer
with his wealthy, eccentric uncles in Texas.



Starring: Robert Duvall, Michael Caine
and Haley Joel Osment

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.

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.

Thank you!



Upcoming Events

Annual Community Picnic
Wednesday, July 17 • 3:00 - 5:00PM
(rain or shine)



All ages welcome, young and old
Come join us for free hot dogs and treats.

Bring your lawn chair and come listen to the oldies with
SPRING CHICKENS
Sponsored by Financial Plus Credit Union



Open Gate Garden Club 25th Garden Tour

Sunday, July 21 • 10:00AM - 5:00PM
(rain or shine)

Loose Community garden will be a part of the tour this year, plus 7 other unique and private gardens in the Linden area!

Get your \$15 tickets in advance at the following:
Bordine's of Grand Blanc • Carlson's Green House
Gerych's Flowers • Heavenly Scent Herb Farm
Linden Florist • Yard and Garden Center and Florist
Tickets day of tour at AJ Phillips Fenton Museum.



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

FREE - Pre-registration is required.

Tuesdays, 9:15AM and 10:15AM

Thursdays, 9:15AM and 10:15AM

A 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.



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 9:30AM **\$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, 1:00PM - 3:30PM - Beginner

Friday, 12:15PM - 3:00PM - 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

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

TUESDAY

9:15 am Arthritis Exercise
10:15 am Arthritis Exercise
11:00 am Line Dance (Beg.)
12:00 pm Line Dance (Int.)
2:00 pm Chair Yoga

WEDNESDAY

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

THURSDAY

9:15 am Arthritis Exercise
10:15 am Arthritis Exercise
10:00 am Chair Yoga
12 noon Strength & Balancing
1:00 pm Pickleball (Beg.)

FRIDAY

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 National Yoga Day—June 21

\$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

If you are new to this, please stop by the center for a detailed flyer of how this works.



Fun & Games

PENNY BINGO

+ White Elephant Exchange hosted by
Amani Grace Homecare

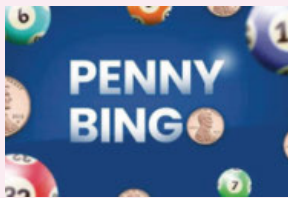
Tuesday, June 4 • 1:00PM - 2:30PM

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.

Bring in a wrapped White Elephant Gift for an exchange!



TOURNAMENT

Tuesday, June 11 • 12:30PM - 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**



LOOSE CHORUS

will be off for the
summer and resume in August.



MAHJONG

Tuesdays, 12:30PM - 3:30PM

Welcome back old players and welcome in new ones!



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

Stop by the Library, find a piece or two, or twenty. Stay for a minute or the afternoon. Donate and/or borrow!



Common Grounds

Tuesday, June 11 • 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.

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 group project to donate to local charities.

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.



BOOK CLUB

Monday, June 10 • 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.



MOTT COMMUNITY COLLEGE | LIFELONG LEARNING

Applewood Lecture Series

Friday, June 7 10:00AM - Noon

MCC Technology Division Past, Present, & Future

As time marches on, technology evolves at a dizzying pace, shaping the way we live and work. Come explore the fascinating history of the Regional Technology Center.

MCC Regional Technology Center

\$15 per person (includes breakfast).

Call 810-232-3285 to reserve your tickets at the door.

PAPER FLOWER WORKSHOP

Thursday, June 20 • 11:30AM - 1:00PM

FREE - everything you will need is supplied.

You must pre-register, seating is very limited.



Mother's Day Tea Recap

1ST PLACE WINNER - ABBY PARK



What a spectacular event this year!

THANK YOU • THANK YOU • THANK YOU

to all of our sponsors who far exceeded everyone's expectations

Abby Park • Argentine Care • DediCare Solutions

First Hospice Care • Hampton Manor • Heartland Hospice

Kristen Valade • Linden Hotel • Pay It Forward

The Medical Team Hospice

The Dibbleville Dolls for their wonderful entertainment

and our lovely resident volunteers who always do an amazing job.

We are already looking forward to next year!



CONGREGATE MEAL MENU - JUNE 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HM Goulash Spinach Baby Carrots Fresh Golden Apple Corn Bread Margarine Milk 	4 Chicken Tenderloins Creamy Cavatappi Pasta French-Style Green Beans Sliced Carrots Potato Roll w/Margarine Fresh Orange 100% Fruit Juice	5 Philly Steak w/Cheese Diced Potatoes Normandy Blend Vegetable Wheat Sub Bun Tropical Fruit Salad Margarine Milk	6 Sweet & Sour Meatballs w/ Stir fry Vegetables Peas and Carrots Brown Rice Potato Roll Mixed Fruit Cup Margarine 100% Fruit Juice	7 Oven Fried Fish Au Gratin Potatoes Cole Slaw Hawaiian Roll Diced Peaches Margarine & Tartar Sauce Milk
10 Italian Sub w/salami, ham red onion, banana peppers Potato salad Sub Bun Fresh Apple Dressing Packet Milk	11 Chicken Tacos w/HM Pico Mexican Rice Fiesta Corn Wheat Roll Sliced Peaches Taco Sauce 100% Fruit Juice <i>Congregate style</i>	12 Chef's Choice 	13 Boneless BBQ Rib Cole Slaw Riviera Blend Sliced Sub Bun Strawberry Applesauce 100% Fruit Juice Cookie of the Month	14 Creole Steak Glazed Carrots Sweet Peas Pineapple Tidbits Garlic Roll Margarine Milk
17 Breaded Chicken Breast Cauliflower Diced Potatoes Dinner Roll w/Margarine Applesauce Milk	18 Ravioli W/Beef Sauce Vegetable Blend Roasted Vegetables Potato Roll w/Margarine Fresh Orange 100% Fruit Juice	19 	20 Grilled Chicken Salad Romaine, tomatoes, cheese Cucumber Slices w/dip Mandarin Oranges Crunchy Bread Sticks Salad Dressing Milk & Birthday Brownie	21 LOOSE SENIOR CENTER GRANDPARENTS DAY FREE HOT DOGS!
24 HM Beef & Broccoli Lo Mein Oriental Veggie Blend Flatbread Pineapple Cup Milk 	25 Sloppy Joes Potato Puffs Veggie Blend Applesauce WG Bun Margarine 100% Fruit Juice	26 BBQ Pulled Pork Chuck Wagon Vegetables Green Beans Dinner Roll Diced Peaches Margarine Milk <i>Congregate style</i>	27 HM Spanish Rice w/Beef Broccoli Florets Sweet Corn Potato Roll Fresh Pear Margarine 100% Fruit Juice	28 White Cheddar Mac & Chees Zucchini & Tomatoes Mixed greens Corn Muffin Margarine Pineapple Tidbit 
				

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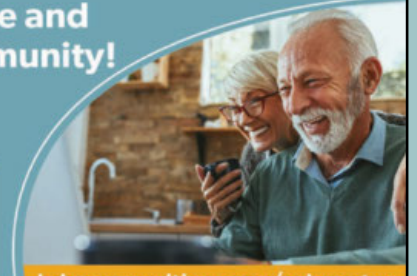
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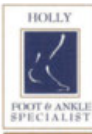
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MAY 1 - OCTOBER 31

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.



Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

OFFICE HOURS

Monday - Friday
8:00AM - 4:00PM

JUNE

EMAIL

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WEBSITE

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY/
SUNDAY**

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Please note all activities are subject to change.



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3
9:30 Painting
9:30 Groove
11:00 Cardio/Aerobics
11:30 Lunch
1:00 Card Play - Euchre
2:00 Gentle Flow Yoga

4
9:15 Arthritis Exercise
10:15 Arthritis Exercise
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>3 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>4 9:15 Arthritis Exercise 10:15 Arthritis Exercise 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>5 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 MOVIE DAY</p> 	<p>6 9:15 Arthritis Exercise 10:00 Chair Yoga 10:00 Blood Pressure 10:15 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play 1:00 Beg. Pickleball</p>	<p>7 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>1/2 8/9</p>
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<p>10</p> <p>9:30 Painting 9:30 Groove 10:00 CSFP Pickup 11:00 Cardio/Aerobics 11:30 Lunch 12:30 Book Club 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga</p> 	<p>11</p> <p>9:30 Common Ground 9:15 Arthritis Exercise 10:15 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch - Eat In Only 12:00 Intermediate Line Dance Dance 12:30 Mahjong 12:30 Euchre Tournament 2:00 Chair Yoga Vet's Services (appt. only)</p> 	<p>12</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 10:00 Blood Pressure 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinochle 2:00 Grief Support</p> <p>Ask the Lawyer (appt. only)</p>	<p>13</p> <p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p> 	<p>14</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>15/16</p> <p>Happy Father's Day</p> 
<p>17</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>18</p> <p>9:15 Arthritis Exercise 10:00 Blood Pressure Ck. 10:15 Arthritis Exercise 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>19</p> <p>CLOSED</p> 	<p>20</p> <p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise 11:30 Paper Flower 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p> 	<p>21</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/ Crocheting 11:00 Tai Chi 11:30 NO Lunch 12:15 Pickleball MMAP Counselor (appt. only)</p> 	<p>22/23</p>
<p>24</p> <p>9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Blood Pressure 11:30 Lunch 1:00 Card Play—Euchre 2:00 Gentle Flow Yoga</p>	<p>25</p> <p>9:15 Arthritis Exercise 10:15 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>26</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch - Eat In Only 12:00 Wood Carving 1:00 Card Play - Pinochle 2:00 Grief Support</p> 	<p>27</p> <p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p> 	<p>28</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>29/30</p>

Senior Support

MEDICAL EQUIPMENT LOAN CLOSET inventories wheelchairs, walkers, shower chairs, commodes, canes and more. We also accept sanitized functional equipment during business hours only. 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 (MMAAP)

Our MMAAP 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. MMAAP'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 MMAAP at 1.800.803.7174, ext. 247.

MiCAFE

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 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, June 11, 10:00AM - 2:30PM

Tuesday, July 9, 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	SOLD OUT
Aug 29	Detroit vs. Los Angeles Angels	\$90/person

Gambling Excursions:

July 11	Gun Lake Casino	\$50/person
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Sights & Sounds:

June 13	Roger & Hammerstein's OKLAHOMA!	\$100/person
June 7-9	Mackinac Island Lilac Festival (<i>Bianco Tour</i>)	SOLD OUT
June 27	Frederik Meijer Gardens and Sculpture Park	SOLD OUT
July 26	Elvis & The Detroit Symphony Orchestra	\$125/person
Aug 8	Pewabic Pottery in Detroit	\$115/person
Aug 26-27	Skybridge & Sunflowers in Up North Michigan (<i>Bianco Tour</i>)	\$490/person
Sept 12	Gilmore Car Museum in Hickory Corners Michigan	\$73/person
Sept 25	The Whitney & Detroit Institute of Arts	\$125/person
Oct 9	Fun Filled Day in Lansing	SOLD OUT
Oct 14-18	Horsin' Around in Lexington Kentucky (<i>Bianco Tour</i>)	\$1720/person
Nov 10-15	Great Trains & Grand Canyons (<i>Premier Travel</i>)	Call for rates.
Dec 3 - 7	New York Holiday (<i>Bianco Tour</i>)	\$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.

TIGERS GAME
Wednesday, June 26
Tigers VS Phillies
Bus leaves at 10:30AM
SOLD OUT



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



GUN LAKE CASINO
Thursday, July 11
Bus leaves at 10:00AM
\$50 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!

Thursday, June 13 • \$100



The Music of Elvis with Frankie Moreno & The Detroit Symphony Orchestra

NEW!

Friday, July 26 • \$125



Pewabic Pottery in Detroit

Thursday, August 8 • \$115



Gilmore Car Museum

Thursday, Sept 12 • \$73



NEW!

The Whitney & DIA

Wednesday, September 25
\$125



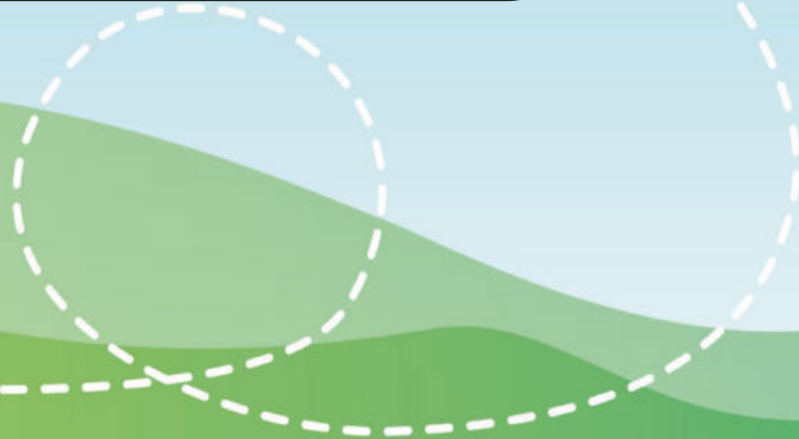
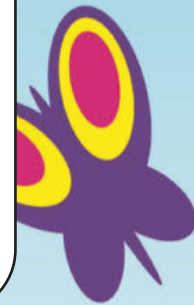
Great Trains & Grand Canyons

November 10 - 15
Call for tour rates.





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Flint, MI
Permit No. 6



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.”