

The perfect place for 50+

# LOOSE

707 N. Bridge St. • Linden, MI 48451  
www.loosecenter.org  
(810) 735-9406



JULY 2024

# Upcoming Events

## 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:

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.*



## 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.



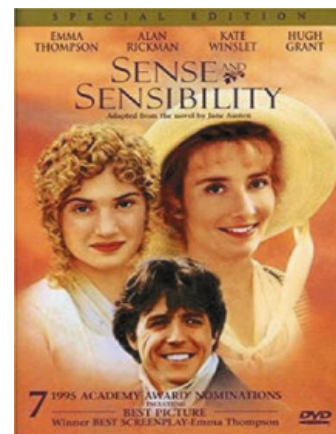
## MOVIE DAY



**Wednesday, July 3 • 1:00PM • FREE**

## Sense and Sensibility

A captivating romantic comedy that swept the Ten Best lists and won the Golden Globe Award as Best Picture of 1995. (Drama)



Starring: Emma Thompson, Alan Rickman, Kate Winslet and Hugh Grant

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 • 3:00PM - 5:00PM**

(rain or shine)

Come join us for free hot dogs and  
Uncle Ray's Ice Cream

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

Tie-Dye Station. Bring your own 100% cotton t-shirt.

Everyone is invited, young and old.

(while supplies last)



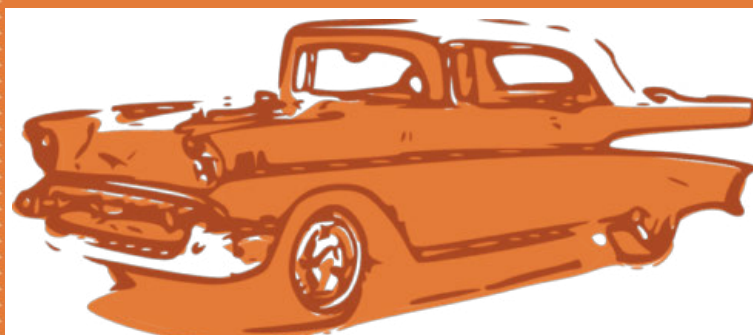
## Classic Car Show

**Friday, August 2 • 10AM to 3PM**  
**Come check out some cool rides!**

(rain or shine)



**Live 50's & 60's  
MUSIC**



**Coney Dogs  
Chips &  
Cookie  
\$5**

# 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 - **Pre-registration is required.**

**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

**\$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

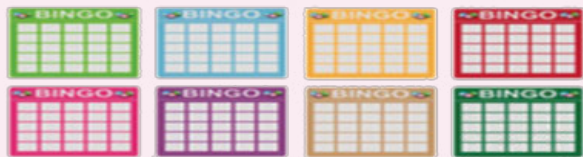
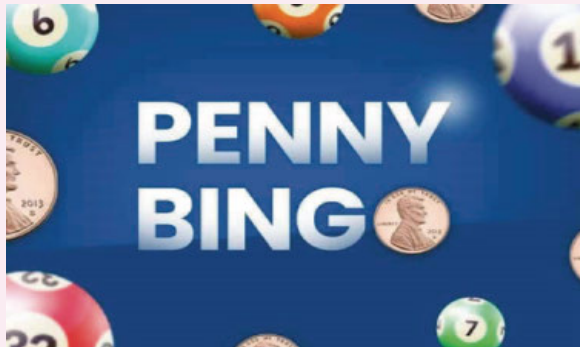
## PENNY BINGO

**Tuesday, July 2 • 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.



## EUCHRE TOURNAMENT

**Tuesday, July 9 • 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.**



## MAHJONG

**Tuesdays, 12:30PM - 3:30PM**

Welcome back old players and welcome in new ones!



## COMMON GROUNDS

**Tuesday, July 9 • 9:30AM**

Come in and enjoy community, connections and conversations.



## 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

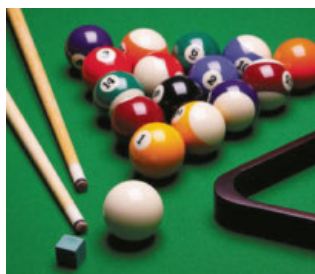
## PUZZLE PLAY

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!

Currently in need of 300 & 500 piece puzzles.



# 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.



**Monday, July 8 • 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  
will resume in September**

## LOOSE CHORUS

will be off for the summer and resume in August.



**Learn A Craft  
will resume  
in August**



# Important Info



## SENIOR MILLAGE RENEWAL INFO

**What:** The Senior Services Millage is up for a 10-year **renewal**. This is a **renewal** at the current rate (.6852), **not an increase**. The millage provides funds to Genesee County's 16 senior centers as well as a whole host of other services for seniors including:

- In-home personal care/ homemaking services
- Home-delivered meals
- Legal Services
- Adult Day Care
- Elder Abuse and Exploitation Prevention
- Medical Transportation with Liaison Services
- Lawn Care
- Visual and Hearing Impaired Services
- Ramp Construction

Vote  
August 6

**When:** August 6, 2024 (Primary Election)

*For the average homeowner in Genesee County, the cost of the **renewal** will remain at just \$4 per month.\**

**A 'Yes' Vote Means:** You want to continue funding the programs and services listed above using the Senior Services Millage.

**A 'No' Vote Means:** You do not want to continue funding the programs and services listed above using the Senior Services Millage.

**For more information, contact Lynn Radzilowski at (810) 424-4478 or by email at [AllSeniorServices@geneseecountymi.gov](mailto:AllSeniorServices@geneseecountymi.gov)**

\* Based on the average taxable value of properties in Genesee County in 2023.



For tax season 2024, the volunteer preparers electronically filed 235 federal and state returns in addition to quite a few paper returns.

They were to help almost twice as many people as last year!

**THANK YOU**

**Kelley D. Tony W. Ann W. Dick B. Rick H. Pat C. Al J. and Karen H.**

**CONGREGATE MEAL MENU - JULY 2024**


Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pub Burger w/Cheese Potato Salad Veggie Blend WW Bun, Mayo, Mustard Fruit Salad Lettuce, Tomato Milk 	2 Ravioli w/Chicken & Sauce Steamed Broccoli Roasted Veggies Garlic Roll Fruit Cocktail Margarine 100% Fruit Juice	3 Polish Sausage Battered Potatoes Sliced Carrots  WG Hotdog Bun Strawberry Applesauce Margarine & Mustard Milk	4 	5 
8 Meatball Sub w/cheese Sweet Peas Diced Potatoes Sub Bun Fruit Cup Margarine Milk	9 Chef Salad w/Romaine Turkey, Eggs & Cheese Carrots Sticks Diced Peas  Wheat Roll Salad Dressing 100% Fruit Juice	10 Tangerine Chicken w/Rice Green Beans Diced Carrots Hawaiian Roll Applesauce Fortune Cookie Milk	11 Stuffed Peppers Sliced Beets Cauliflower Pineapple T WW Roll Margarine 100% Fruit Juice 	12 Chinese Pepper Steak w/Rice Succotash Mixed Fruit Cup Potato Roll Margarine Milk
15 Honey Glazed Chicken Bre Lima Beans Rice Pilaf Corn Muffin Fresh Apple Margarine Milk	16 Turkey Tetrzzini Riviera Blend Veggies Steamed Broccoli Dinner Roll Pineapples Margarine 100% Fruit Juice	17 CHEF'S CHOICE 	18 Turkey & Cheese Sub Fresh Snap Peas Fresh Cauliflower WG Bun-Fresh Pear Birthday Cake Mayo, Mustard, Veggie Dip 100% Fruit Juice	19 Mac & Cheese French Cut Green Beans Corn Potato Roll  Margarine Fresh Banana Milk
22 HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Sliced Croissant Fruit Cockta Milk 	23 BBQ Pulled Pork Cole Slaw  Baked Bean Wheat Bun Peaches 100% Fruit Juice	24 Fiesta Lime Chicken Roasted Corn & Black Bean Brown Rice Peaches Flatbread Margarine Milk	25 Philly Chicken w/Cheese Diced Potatoes Normandy Blend Vegetable Wheat Sub Bun Tropical Fruit Sal Margarine-Cookie  100% Fruit Juice	26 Oven Fried Fish Baked Mac & Cheese Tomatoes & Zucchini Dinner Roll Diced Peaches Margarine Milk
29 HM Deluxe Fried Rice w/ Beef, Chicken, Ham & Peas and Carrots Steamed Broccoli Fresh Orange Breadsticks Margarine Milk	30 Steak Fajitas Spanish Rice Black Beans Mandarin Oranges Tortilla Shells-2 Sour Cream 100% Fruit Juice	31 BBQ Chicken Legs Potato Salad Baked Beans Fresh Pear Sweet Roll Margarine Milk	 	

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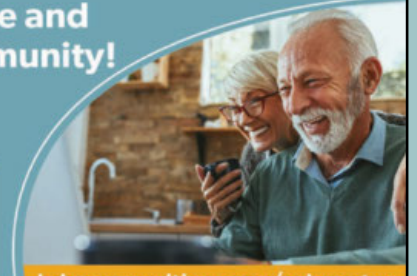
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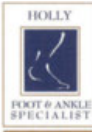
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[info@shslivingston.com](mailto:info@shslivingston.com)



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- Working in Fenton/Linden area group home.

#### Direct Support Professional responsibilities:

- Serving and Caring for developmentally disabled adults in a home setting, provide a clean, safe and comfortable environment. Must have a valid Drivers license (clean driving record and background check).
- Be available for training if not fully trained. Training is provided and paid for by company.
- Work well with others
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# Health

## WHAT IS SENIOR PROJECT FRESH?

Senior Project FRESH/Market FRESH provides coupon vouchers to eligible older adults to get Michigan-grown fruit, vegetables, herbs, spices, and honey from farmers' markets and roadside stands.

Qualifications to receive coupons:

- Be at least 60 years old
- Live in Genesee County
- Total household gross income 185% of poverty or less.



GENESEE COUNTY  
MICHIGAN

## GENESEE COUNTY SENIOR PROJECT FRESH/MARKET FRESH FOR 2024



BENEFITING MICHIGAN'S  
FARMERS AND OLDER  
ADULTS

Coupons are available on a first come, first serve basis June 1 through September 30. If you think you are eligible and would like to participate please visit the center for an application.

**Participating Farmers Markets**  
Davison  
Flint  
Richs Greenhouse

Supported by Genesee County Senior Millage and sponsored by the US Department of Agriculture, Food and Nutrition Services (USDA-FNS)

This program is funded by the Genesee County Senior Millage. "Your tax dollars are at work."

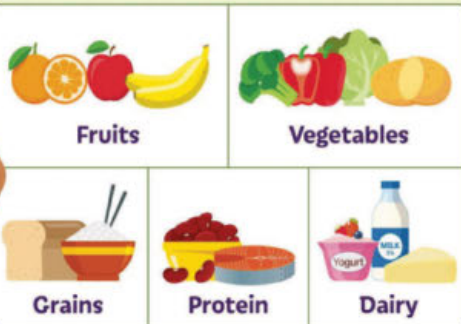


## 5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.



Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at [www.nia.nih.gov/healthy-eating](http://www.nia.nih.gov/healthy-eating).



**OFFICE HOURS**  
Monday - Friday  
8:00AM - 4:00PM

# JULY

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/  
SUNDAY**

1	<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>	2	<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 <b>PENNY BINGO</b> 2:00 Chair Yoga</p> 	3	<p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 <b>NO</b> Wood Carving 1:00 Card Play - Pinochle 1:00 <b>MOVIE DAY</b></p> 	4	<p><b>CLOSED</b></p> 	5	<p><b>CLOSED</b></p> 	6/7	
8	<p>9:30 Painting 9:30 Groove 10:00 GSFP Pickup 11:00 Cardio/Aerobics 11:30 Lunch 12:30 <b>Book Club</b> 1:00 Card Play - Euchre 2:00 <b>NO</b> Gentle Flow Yoga</p> 	9	<p>9:15 <b>NO</b> Arthritis Exercise 9:30 <b>Common Ground</b> 10:15 <b>NO</b> Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 12:25 <b>Euchre Tournament</b> 12:30 Mahjong 2:00 Chair Yoga Vet Services (appt. only)</p> 	10	<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 <b>Grief Support</b></p> <p>Ask A Lawyer (appt. only)</p>	11	<p>9:15 <b>NO</b> Arthritis Ex. 10:00 Chair Yoga 10:15 <b>NO</b> Arthritis Ex. 11:30 Lunch 12:00 Strength &amp; Balancing 1:00 Card Play 1:00 Beginner Pickleball <b>DAY TRIP</b></p> 	12	<p>9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball</p> <p>MMAP Counselor (appt. only)</p>	13/14	

<p>15</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>16</p> <p>9:15 <b>NO</b> Arthritis Ex 10:15 <b>NO</b> Arthritis Ex 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 12:30 Mahjong 1:00 Happy Stamper 2:00 Chair Yoga</p>	<p>17</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinochle <b>3:00 - 5:00</b></p> 	<p>18</p> <p>9:15 <b>NO</b> Arthritis Ex 10:00 Chair Yoga 10:15 <b>NO</b> Arthritis Ex 11:30 Lunch 12:00 Strength &amp; Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>19</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>20/21</p>
<p>22</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>23</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 <b>1:00 Alzheimer Support Group</b> 2:00 Chair Yoga</p>	<p>24</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play <b>2:00 Grief Support</b></p>	<p>25</p> <p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise 11:30 Lunch 12:00 Strength &amp; Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>26</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) <b>DAY TRIP</b></p> 	<p>27/28</p>
<p>29</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>30</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 2:00 Chair Yoga</p>  <p><b>Secretary of State</b></p>	<p>31</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio Aerobics 11:30 Lunch 12:00 Wood Carving 1:00 Card Play - Pinochle</p>	<p>Call us during business hours 810-735-9406 Monday - Friday 8:00AM - 4:00PM</p> <p>Check out our website <a href="http://www.loosecenter.org">www.loosecenter.org</a></p> <p><b>Please note all activities are subject to change.</b></p> 	<p>Join us for lunch M - F 11:30 - Noon Must order 24 hours in advance Meals provided by GCCARD <b>\$3 in Genesee County</b> \$6 outside Genesee County</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**  
**NOW SCHEDULING FOR OCTOBER 2024**

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 (MMA)

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

## MICAFAE

The Michigan's Coordinated Access to Food for the Elderly (MiCAFE) project makes it easier for seniors to get the food they need to live healthy lives through the Food Assistance Program. This program helps low-income households buy the food they need to maintain their health and independence. Assistance is provided through a Bridge Card that can be used just like cash at most grocery stores.

## COMMODITIES SUPPLEMENTAL FOOD PROGRAM (CSFP & TEFAP)

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

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

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



## BLOOD PRESSURE CHECK

**1st Thursday of each month, 10:00AM - 11:00AM**  
**2nd Wednesday of each month, 10:00AM - 11:00AM**  
**4th Monday of each month, 11:30 AM- 12:30PM**

## 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, July 9, 10:00AM - 2:30PM**

**Tuesday, August 13, 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.**



**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:

Aug 29 Detroit vs. Los Angeles Angels \$90/person

### Gambling Excursions:

July 11 Gun Lake Casino **SOLD OUT**

### Sights & Sounds:

July 26 Elvis & The Detroit Symphony Orchestra with lunch at Presley's Kitchen \$125/person  
 Aug 8 Pewabic Pottery in Detroit **SOLD OUT**  
 Aug 26-27 Skybridge & Sunflowers in Up North Michigan (*Bianco Tour*) **SOLD OUT**  
 Sept 12 Gilmore Car Museum in Hickory Corners Michigan \$73/person  
 Sept 25 The Whitney & Detroit Institute of Arts **SOLD OUT**  
 Oct 9 Fun Filled Day in Lansing **SOLD OUT**  
 Oct 14-18 Horsin' Around in Lexington Kentucky (*Bianco Tour*) \$1720/person  
 Nov 10-15 Great Trains & Grand Canyons (*Premier Travel*) Call for rates.  
 Nov 13 The Parade Company/Polish Village Café/Fisher Building \$93/person  
 Dec 3 - 7 New York Holiday (*Bianco Tour*) \$2220/person  
 Dec 4 The Meadowbrook Holiday Tour w/ Lunch & A Christmas Carol \$135/person

**THANK YOU ALPINE MARKETPLACE** for supplying a fantastic snack box for our bus travelers to see **OKLAHOMA!** We appreciate you.

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

**Gambling trips must be 21 years of age.**

**A reservation is made only when full payment has been received.**

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](http://loosecenter.org) for the most current information and trip specific detailed flyers.**

### 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.

### GUN LAKE CASINO

Thursday, July 11  
Bus leaves at 10:00AM  
\$50 per person



### TIGERS GAME

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



### Cancellations

Please inform the center as soon as possible if you are unable to attend your trip. Cancellation policies will differ depending on the trip you are attending. For any trips that are booked as a day trip put on by Loose, a refund will only be issued if your spot on the trip can be sold to someone else or cancelled with the destination at no cost to the center. For trips offered through Bianco and Premier World Discovery please see flyers per trip. There will be no refund due to inclement weather if the bus tour company and the venue are in operation.

# Travel

**The Music of Elvis with Frankie Moreno  
& The Detroit Symphony Orchestra  
+ Lunch at Presley's Kitchen & Bar**  
Friday, July 26 • \$125

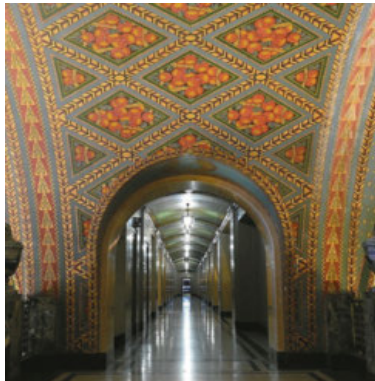


**Gilmore Car  
Museum**  
Thursday, Sept 12 • \$73



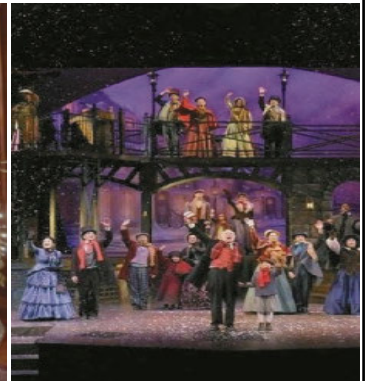
**NEW!**

**The Parade Company  
Studio, Polish Village Café  
& Fisher Building Tour**  
Wednesday, November 13 • \$93



**NEW!**

**Meadowbrook Hall Holiday  
Tour with Lunch &  
A Christmas Carol**  
Wednesday, December 4 • \$135



**Great Trains & Grand Canyons**  
November 10 - 15  
Call for tour rates.



**England, Scotland & Wales**  
April 23 - May 1, 2025  
Call for tour rates.





PRSR STD  
U.S. Postage  
**PAID**  
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.”