

The perfect place for 50+

LOOSE

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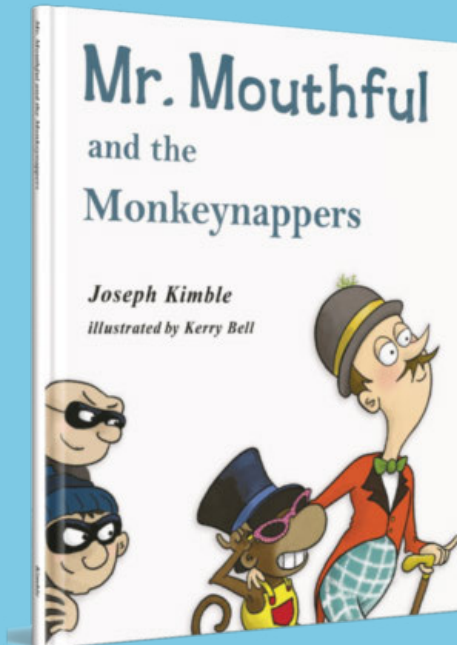
AUGUST 2024

Special Events

BOOK SIGNING & CHAT Tuesday, August 13 • 7:30PM

New second book!

Join the author Joe Kimble here at Loose Center.
All proceeds go to the Linden Historical Society.



About the Author

A teacher, a grandfather, and a collector of blues and rock art. He grew up here in Linden, Michigan, where he spent many hours in the public library over the fire station.

Then college (Amherst). Then law school (Michigan). And then he taught legal writing for 35 years at Cooley Law School. He's proud of having won several national and international awards for his work in promoting clarity in public communication. After publishing three law books on plain language, he decided to try his hand at a children's picture book—just for fun.

MICHIGAN SECRETARY OF STATE MOBILE OFFICE

Monday, October 14 • 10:00AM - 3:00PM

Now scheduling appointments for:

- First-time Michigan ID
- Renew Driver's License or ID
- Disability placard
- Title transfer

Please call 810-735-9406



MOVIE DAY



Wed. August 14 • 1:00PM • FREE

Driving Miss Daisy

An American comedy-drama that won Oscar for Best Picture and Best Actress in 1989. Starring: Morgan Freeman, Jessica Tandy and Dan Aykroyd.



Provisions Living will be providing pizza.
Linden Pay It Forward & Kiwanis Club of Linden
will be providing popcorn.

Do you remember at the drive-in theater
having the choice of sitting in your own car
or bringing your nice and comfy chairs?
We do, and we are thinking bring in your
comfy chairs! We will also be providing
nachos and
ice cream.



A HUGE THANKS
to John Strayer of TANGLEWOOD ASSISTED LIVING
for his continuous and generous support of this
special event.

Special Events

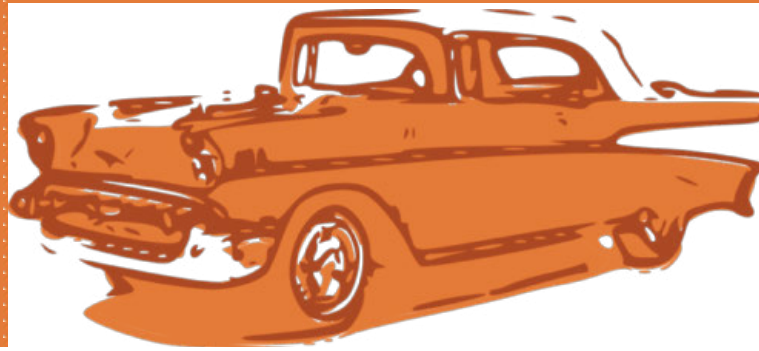


Live 50's & 60's
MUSIC by The
Fairlanes
&
DeVilles

Classic Car Show

Friday, August 2
10AM to 3PM

Come check out some cool rides!
(rain or shine)



2 Coney Dogs
Chips &
Cookie
\$5

LOOSE's GOT TALENT TALENT WANTED!

We are looking to showcase the extraordinary talent of the 55+ community in the area. If you can sing, dance, juggle, play an instrument, tell a joke or something totally different call Dotti before September 1 to get signed up to be part of the show in September! 810-735-9406



SAVE THE DATE
DUELING PIANOS
Thursday, Nov 7

Tickets on sale in September.



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 OR 10:15AM

Thursdays, 9:15AM OR 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

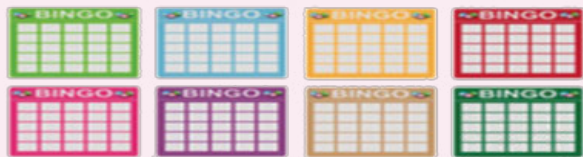
PENNY BINGO

Tuesday, August 6 • 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, Aug 13 • 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

MAHJONG

Tuesdays, 12:30PM - 3:30PM

Welcome back old players and welcome in new ones!



COMMON GROUNDS

Tuesday, August 13 • 9:30AM

Come in and enjoy community, connections and conversations.



BACK TO THE BRICKS

“TUNE UP” PARTY

Wednesday, August 7 • 5:00PM - 9:00PM

Downtown Linden

(rain or shine)

Come see us, we will be there!



EUCHRE

Mondays & Thursday – 1:00PM-3:00PM

PINOCHLE

Wednesday & Thursday – 1:00PM-3:00PM

POOL TABLE PLAY

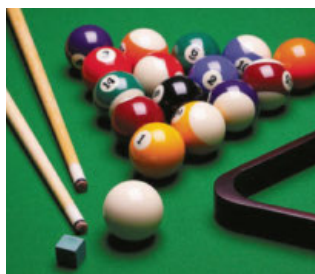
Monday/Tuesday – 11:00AM – 2:00PM

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.



LOOSE CHORUS

Fridays 1:00PM

This group is more than a group of people who enjoy singing together. The chorus director teaches musical terms, breathing exercises and note counting. With this knowledge, the chorus goes out into the community to share their talent with those who can use some cheer. Come be a part of this learning group.



Learn A Craft

Wednesday, August 21

2:00PM • FREE

Everything you will need to create luminaries will be provided.

Pre-registration required.



Monday, August 12 • 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**

Enrichment



ICE CREAM & PRE-PLANNING SEMINAR

Tuesday, August 13 • 2:00PM - 3:00PM

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden.

Join us for ice cream and learn more about pre-arrangements, veteran benefits, cremation, burial and more.

RSVP by Friday, August 9th



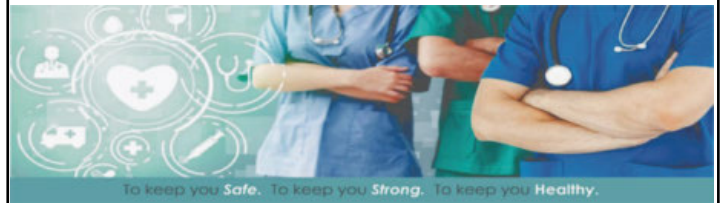
HOME HEALTH SERVICES

Wednesday, August 14 • 10:00AM

Do you or someone you know need a little help in caring for a loved one in your home?

Sandra Ackerman from Guardian Angel will be here to inform you on what Home Health Care & Hospice can offer. Also information on medical equipment. What to use for your particular issue, how to determine the right fit and how long should you use it.

Refreshments provided.



Consumers Energy

Wednesday, September 11 • 12:30PM

Consumers Energy will be here for a presentation on energy efficiency tips and safety. The presentation will include adjusting the thermostat, using smart/programmable thermostats, adjusting the water heater temperature, insulating the water heater, washing clothes with cold water, etc.

Each household attending will receive a **FREE** Energy Efficiency Kit while supplies last.



ALZHEIMER'S ASSOCIATION®

HEALTHY HABITS for BRAIN & BODY

Wednesday, September 4 • 10:00AM

Come see Douglas and learn how healthier habits can lower your risk of cognitive decline and possibly dementia.

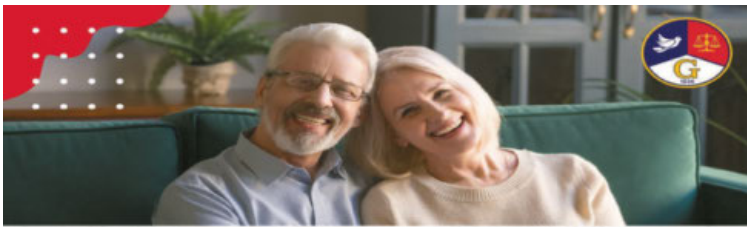


Dementia Caregivers Workshop Series

September 12, 19, 26 - 11:30AM - 1:00PM

This three-week class is designed for those caring for a person with dementia or Alzheimer's. It assists with reducing stress by providing useful tools. There is no cost to this class, all materials will be provided.

You must pre-register for this series.



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



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

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



GENESEE COUNTY SENIOR PROJECT FRESH/MARKET FRESH FOR 2024



BENEFITING MICHIGAN'S FARMERS AND OLDER ADULTS

\$25 coupon books available to Genesee County residents over 60 with a total household gross income 185% of poverty or less. If you think you are eligible and would like to participate please visit the center for and application.

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."



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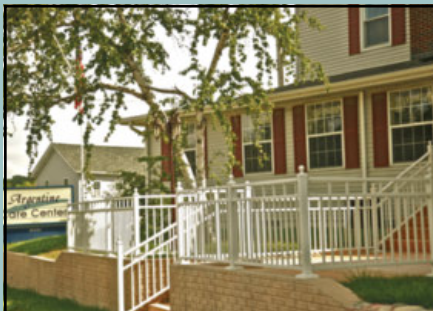
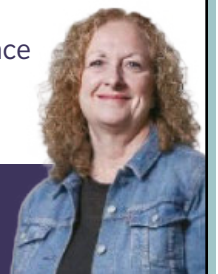
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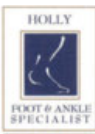
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Health & Safety

CONGREGATE MEAL MENU - AUGUST 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>HM Beef Stroganoff Sicilian Veggie Blend Succotash Wheat Roll Fresh Pear Margarine 100% Fruit Juice</p>	<p>2</p> <p>Chicken Caesar Salad w/Romaine Cucumber Slices Pita Pocket Half Caesar Dressing Pkt. Fruit Cocktail Milk</p>
<p>7</p> <p>BBO Pulled Chicken Sandwich Italian Blend Vegetables Scalloped Potatoes Diced pears Burger Bun Margarine Milk</p>	<p>8</p> <p>CONGREGATE STYLE HM Mini Beef Tacos Mexican Rice Chuck Wagon Pineapple Tidbits Tortilla Shell (2) 100% Fruit Juice</p> 	<p>9</p> <p>Turkey Polish Sausage Veggie Blend Potatoe Wedges Tropical Fruit Salad Whole Wheat Bun Margarine & Mustard Milk</p> 	<p>10</p> <p>BBO Chicken Thighs Southern Style Green Beans Key West veggie Blend Strawberry Applesauce Wheat Roll Margarine 100% Fruit Juice</p>	<p>11</p> <p>Turkey Burger w/Cheese Broccoli Florets Mixed Vegetables Whole Wheat Bun Tropical Fruit Salad Milk</p> 
<p>14</p> <p>Boneless Rib in sauce Baked Beans Peas & Carrots Whole Grain Bun Diced Peaches Milk</p>	<p>15</p> <p>HM Spaghetti & Meatballs Steamed Cauliflower Hawaiian Dinner Roll Apple Margarine 100% Fruit Juice</p> 	<p>16</p> <p>Smothered Fried Chicken Really!?! Green Beans Mashed Potatoes Corn Muffin Mandarin Orange Margarine Milk</p>	<p>17</p> <p>Sloppy Joe Rosemary Potatoes Winter Blend Vegetables Wheat Bun Golden Apple Margarine 100% Fruit Juice Birthday Cake</p>	<p>18</p> <p>Macaroni & Cheese Lima Beans Broccoli Florets Pineapple Tidbits Dinner Roll Margarine Milk</p> 
<p>21</p> <p>BBO Boneless Chicken Wings Whole Kernel Corn Roasted Sweet Potatoes Potato Roll Sliced Peaches Margarine Milk</p>	<p>22</p> <p>HM Chicken & Cheese Fajitas Refried Beans Spanish Rice with Corn Tortilla Shell Mango & Papaya 100% Fruit Juice Taco Sauce pkt</p> 	<p>23</p> <p>Chef's ice</p> 	<p>24</p> <p>CONGREGATE STYLE Pepper Steak w/Midori blend Veg Asian Rice Blend Succotash Veggie Blend Wheat Roll Tropical Fruit Salad Margarine 100% Fruit Juice Cookie of The Month</p>	<p>25</p> <p>Fish Taco w/Roasted Corn Salsa Scalloped Potatoes Cole Slaw Mixed Fruit Salad Tortilla shell Lemon Juice pk Milk</p> 
<p>28</p> <p>Meatloaf w/gravy Rice Pilaf Sweet Peas Tropical Fruit Potato Roll Margarine Milk</p>	<p>29</p> <p>Chicken Tenders Potato Wedges Green Beans Pineapple Chunks Potato Roll Ketchup 100% Fruit Juice</p>	<p>30</p> <p>HM Beef Goulash Cauliflower Scandinavian Blend Veggies Garlic Roll Fresh Orange Margarine Milk</p>	<p>31</p> <p>Open Face Turkey Sandwich Mashed Potatoes Northwest Blend Veggies Mixed Fruit Cup Half-Slice Texas Toast Margarine 100% Fruit Juice</p>	<p>HM Chicken & Penne Alfredo French Green Beans Diced Carrots Fruit Cocktail Baked Bread Stick Margarine Milk</p>

3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



Take care of your vision and hearing:
Schedule routine eye and ear exams.



Know your limits:
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



Exercise:
Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit:
www.nia.nih.gov/health/older-drivers.

OFFICE HOURS

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

AUGUST

EMAIL

lsc@loosecenter.org

WEBSITE

www.loosecenter.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*SATURDAY/
SUNDAY*

<p>STAFF</p> <p>Director of Senior Services & Community Engagement <i>Tessa Sweeney</i></p> <p>Program Director <i>Dotti Tynes</i></p> <p>Office Coordinator <i>Gwen Fannon</i></p> <p>Operations Assistant <i>Jen Boley</i></p>	<p>Call us during business Hours 810-735-9406 Monday - Friday 8:00AM - 4:00PM</p> <p>Check out our website www.loosecenter.org</p> <p>Please note all activities are subject to change.</p> 	<p>Join us for lunch M - F 11:30 - NOON Must order 24 hours In advance Meals Provided by GCCARD \$3 in Genesee County \$6 outside Genesee County</p> 	<p>9:15 NO Arthritis Ex. 10:00 Chair Yoga 10:00 Blood Pressure 10:15 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus MMAP Counselor (appt. only) 10:00AM - 3:00PM Classic Car Show</p> 	<p>2</p> <p>3/4</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>9:15 Arthritis Exercise 10:15 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch - Dine in only 12:00 Intermediate Line Dance 12:30 Mahjong 1:00 PENNY BINGO 2:00 Chair Yoga</p>  	<p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 Lunch 12:00 NO Wood Carving 1:00 NO Card Play CLOSING AT 2:00PM 5:00 Back to the Bricks Downtown Linden</p> 	<p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise 11:30 Lunch 12:00 Strength & Balancing 1:00 Card Play 1:00 Beginner Pickleball</p> <p>DAY TRIP</p>  <p>PEWABIC POTTERY</p>	<p>9:30 Gentle Flow Yoga 9:30 Quilting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus MMAP Counselor (appt. only)</p>	<p>6</p> <p>10/11</p>

<p>12</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>13</p> <p>9:15 Arthritis Exercise 9:30 Common Ground 10:15 Arthritis Exercise 11:00 Beginner Line Dance 11:30 Lunch 12:00 Intermediate Line Dance 12:30 Mahjong 12:30 Euchre Tournament 2:00 Chair Yoga 2:00 Pre-Plan Seminar Vet Services (appt. only) 7:30 Book Signing</p>	<p>14</p> <p>9:00 Biking Bunch 9:30 Gentle Flow Yoga 10:00 Home Health Care & Hospice 10:30 Blood Pressure 11:00 Cardio/Aerobics 11:30 Lunch 12:00 NO Wood Carving 1:00 Card Play - Pinochle 1:00 MOVIE DAY 2:00 NO Grief Support Ask A Lawyer (appt. only)</p> 	<p>15</p> <p>9:15 NO Arthritis Ex 10:00 Chair Yoga 10:15 NO Arthritis Ex 11:30 Lunch 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>16</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus MMAP Counselor (appt. only)</p>	<p>17/18</p>
<p>19</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>20</p> <p>9:15 Arthritis Exercise 10:00 Blood Pressure 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 Podiatrist (appt. only)</p>	<p>21</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 2:00 Learn A Craft (must pre-register)</p> 	<p>22</p> <p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise 11:30 Lunch - Dine in only 12:00 Strength & Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>23</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus MMAP Counselor (appt. only)</p>	<p>24/25</p>
<p>26</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>27</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 2:00 Chair Yoga</p>	<p>28</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 2:00 Grief Support</p>	<p>29</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 TIGER'S GAME</p> 	<p>30</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/knitting/Crocheting 11:00 Tai Chi 11:30 Lunch 12:15 Pickleball 1:00 Chorus MMAP Counselors (appt. only)</p>	<p>31</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 NOVEMBER 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 (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.

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, 10:30AM - 11:30AM
3rd Tuesday of each month, 10:00AM - 11:00AM
4th Monday of each month, 11:30 AM- 12:30PM

PODIATRIST

Now scheduling for October 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, August 13, 10:00AM - 2:30PM

Tuesday, September 10, 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

Aug 8	Pewabic Pottery in Detroit	SOLD OUT
Aug 26-27	Skybridge & Sunflowers in Up North Michigan (<i>Bianco Tour</i>)	SOLD OUT
Aug 29	Detroit Tigers VS Angels	\$90/person
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 (<i>Bianco Tour</i>)	\$1720/person
Nov 10-15	Great Trains & Grand Canyons (<i>Premier Travel</i>)	Call for rates.
Nov 13	The Parade Company/Polish Village Café/Fisher Building	SOLD OUT
Dec 3 - 7	New York Holiday (<i>Bianco Tour</i>)	\$2220/person
Dec 4	The Meadowbrook Holiday Tour w/ Lunch & A Christmas Carol	SOLD OUT

TIGERS GAME

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



adventure
AWAITS



GILMORE CAR MUSEUM

Thursday, September 12
Bus leaves at 8:00AM
\$73 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.

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.

Travel Club will start back up September 16 at 12:30PM Have your ideas ready for 2025!

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.

Important Info



On behalf of the Genesee County Board of Commissioners, it is my honor to reaffirm our commitment to the senior citizen community of Genesee County. We are dedicated to not only maintaining but also enhancing the quality of programs and services tailored specifically to senior residents.

We recognize the invaluable contributions that our seniors have made and continue to make in our communities. In gratitude and respect, we consider it our responsibility to ensure that you have access to high-level services that support your health and happiness. From healthcare assistance and nutritional programs to recreational activities and community engagement opportunities, we are fully committed to ensuring healthy, safe and livable communities.

Through our Department of Senior Services, we are always exploring new and creative ways to improve and expand the services we offer. To achieve this, we need your invaluable insight to guide our efforts in creating a dynamic and supportive environment for all seniors.

The Board was excited to support the Metropolitan Planning Commission's role in providing \$1.6 million in ARPA funds aimed at significant improvements at all 16 senior centers in Genesee County, bringing much-needed facility upgrades, accessibility improvements and beautification.

We invite you to reach out to us with your thoughts, suggestions, and concerns. Your voice is crucial in shaping the future of the programs and services we provide. Together, we can ensure that Genesee County remains a place where seniors can live their lives to the fullest, surrounded by a supportive and caring community.

Thank you for your continued trust in us. We look forward to serving you and making Genesee County an even better place for our senior citizens.

Regards,

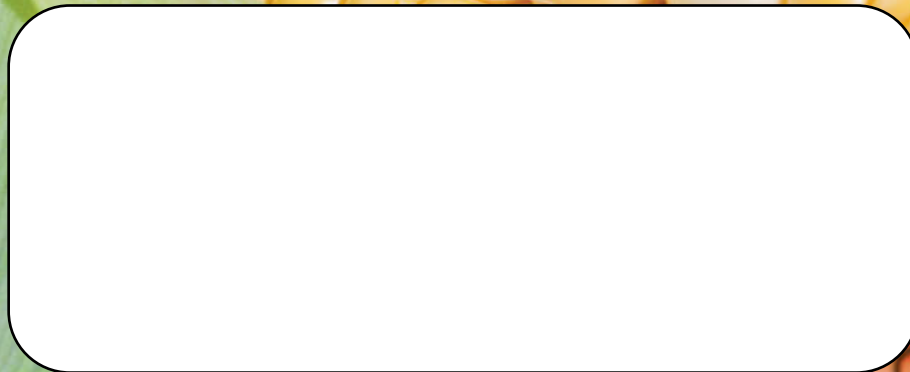
James Avery
Chair
Board of Commissioners



GENESEE COUNTY
BOARD OF COMMISSIONERS



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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.”