



**OCTOBER 2024**

# Special Events



Don't miss our most popular event of the year

## Dueling Pianos



**Thursday, November 7**

**5:00PM - 8:00PM**

\$35 per person

\$290 for 8 tickets and your own reserved table

Cash Wine Bar from Fenton Winery & Beer from Linden Brewing Co.

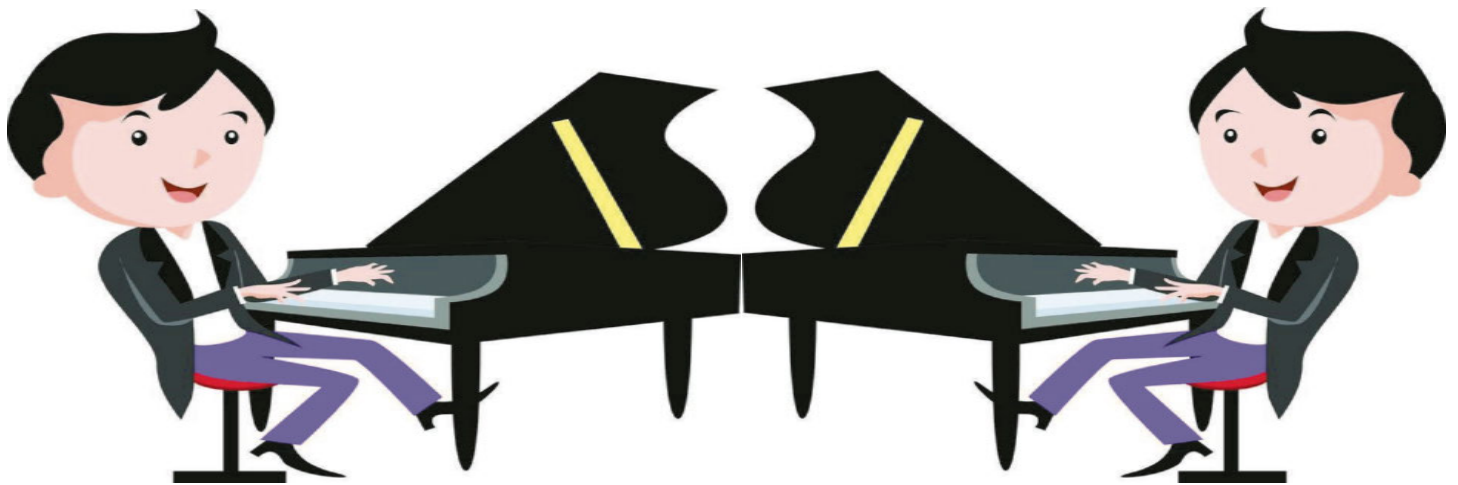
**INCLUDES:**

1 FREE glass of wine or beer.

A wide variety of appetizers served to your table throughout the evening.

2 hours with two sharp-witted, incredibly talented musicians.

An incredible time!



We will be honoring our Veterans for the week of Veteran's Day and at the Dueling Pianos Show with a Wall of Honor.

Everyone, please bring in a photo of a Veteran (*preferable in uniform*) you would like added to the wall before November 1.

# Special Events



## Join us for our annual **CHILI/DESSERT COOK-OFF**

Food • Live Music • Good Times

**October 17 • 4:00PM - 6:00PM • \$10**



Vendors from various assisted living and business from the area will be competing for your vote on the best chili and best dessert. You will be tasting several samples of chili and desserts and voting on the best.

Make a meal of it! Come listen to the live music of country singer Danny Paul.

Argentine Care • Charter • DediCare • Hampton Manor • Provisions Living • The Medical Team • Vicinia



## MOVIE DAY

**Wednesday, October 2 • 1:00PM • FREE**

Disney presents

### Something Wicked This Way Comes

(Fantasy/Mystery/Thriller)

One of Ray Bradbury's most popular and intriguing novels of good and evil comes to life in this spine-tingling motion picture. Rated PG. 1h 35m.

Starring Jason Robards and Diane Ladd.

Provisions Living will be providing pizza.

Linden Pay It Forward & Kiwanis

Club of Linden will be providing popcorn.



THANK YOU

John Strayer of Tanglewood Assisted Living  
for his contribution and generous support of this

# Fitness & Wellness

## 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

**NEW ENROLLMENT CURRENTLY ON HOLD.**

Thursday, 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.

## CARDIO

Monday and Wednesday at 11:00AM

**\$5.00**

A class focused on improving overall cardiovascular health.

You can expect a light cardio workout with stretching and breathing techniques. Includes body strengthening with the use of light weights. Offers modifications for people with different fitness levels.

## GROOVE

Mondays at 9:30AM

**\$5.00**

A simple method to movement, mindfulness and creativity that makes dance easy, fun and accessible to everyone. 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

**\$5.00**

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

Thursday, 1:00PM - 3:30PM - Beginner

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

**\$5.00**

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.

## TAI CHI

**\$5.00**

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.



## YOGA

**FREE**

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.

**FREE**

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.

**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  
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.)

# Fun & Games

## “WEAR IT PINK” Penny Bingo

Wear pink clothing or accessories to show support and respect for breast cancer survivors and the ones we lost.

**Penny  
BINGO**



**Tuesday, October 1 • 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.

**For those who wear pink, get into a chance to win a door prize sponsored by Symphony of Linden.**

## MAHJONG

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

Welcome back old players and welcome in new ones!



## EUCHRE

Mondays & Thursday – 1:00PM-3:00PM

## PINOCHLE

Wednesday – 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!



## EUCHRE TOURNAMENT

**Tuesday, Oct. 8 • 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 \$\$\$\$**

**EUCHRE  
TOURNAMENT**

**NEW!**

**STARTING IN  
NOVEMBER!**

**NEW!**



Lea from My Time Massage Wellness will be here 9:00AM - Noon on the 1st and 3rd Wednesday of the month for chair or table massage.

\$7 for 15 minutes

\$15 for 30 minutes

\$25 for hour

Call the center to book an appointment.

# Arts & Education

## ART STUDIO GROUP

**Mondays, 9:30AM, FREE**

The painting group has expanded into a group of like-minded senior artists coming to work on their art in an open environment. Whether you are painting, drawing, coloring etc., bring in your project, learn from others and offer your expertise. Let's get creative together!



## 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.

## 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 • FREE**

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.

• BOOK CLUB •



**Monday, October 14 • 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. Keep your mind sharp by reading and learning. Come in and join us!



**MOTT COMMUNITY COLLEGE** | LIFELONG LEARNING

## Applewood Lecture Series The G.H.O.S.T Program & Tips to Make you Safe

Come hear about how Sheriff Chris Swanson help create Genesee Human Oppression Strike Team (G.H.O.S.T.). Learn about scams faced by seniors everyday and get tips on how you can prevent them.

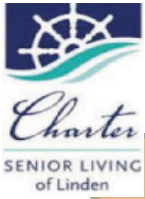
**Friday, October 18 • 10:00AM—NOON**

MCC Regional Technology Center

\$15 per person (*includes breakfast*)

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

# Enrichment



**Charter is back with a  
FALL CRAFT**  
Wednesday, October 16 • 2PM  
**FREE**  
Pre-registration required.



**Informative Seminar**  
Wednesday, October 23 • 1:00PM  
**FREE**



Do you suffer from joint discomfort, osteoarthritis and bone on bone knee pain?

Come hear about how Nu Life Medical Clinic in Flint specializes in **NONSURGICAL** options for you and improve the quality of your life. They aim to improve and strengthen joints (knees & shoulders), so that you can get back to doing the things you love - chasing grandchildren, playing pickleball, walking, traveling, etc.!

**Pre-registration required.**

## MICHIGAN STATE UNIVERSITY Extension



### COOKING FOR ONE

Wednesdays, 9:30AM - 11:00AM

January 8 - February 12

**FREE**

Over the course of six lessons, you will:

- Learn ways to make cooking for one simple & affordable.
- Discuss helpful tips & tricks to making healthy choices.
- Watch cooking demonstrations & taste-test recipes in every class.

**Pre-registration for this series required.**

**Come learn about elderly fraud and senior scams with Genesee County Sheriff and Linden Police.**  
**Monday, October 28 • 1:00PM**



**Genesee County Congregate October Meal Menu 2024**

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Salad Sandwich 3 oz Italian pasta salad 4 oz Croissant-1 ea 3 Bean Salad-4 oz Fresh Banana-1 ct Milk 8 oz		Turkey & Cheese Sub-1 ea Lettuce, tomato, onion HM Cucumber Salad 4 oz Steak House Potato Salad-4 oz Diced Pears-4 oz Whole Wheat Bun-1 ea Mayo Mustard-1 ea 100% fruit juice	
7	8	9	10	11
	Grilled Chicken Breast-1 ct Chuck Wagon Vegetable Blend-4 oz Chopped Broccoli-4 oz Potato Roll-1 ct Mixed Fruit-1 ct Margarine-1 ct 100% Fruit Juice		HM Pork Chop w/Apples-1 ea Mixed Greens-4 oz Mashed Sweet Potatoes-4 oz Corn Bread & Margarine- 1 ea Pears-4 oz 100% Fruit Juice	
14	15	16	17	18
	Chicken Caesar Salad w/Romaine Cucumber Slices w/dip-4 oz Sugar Snap Peas Fruit Cocktail-4 oz Pita Half-1 ea Caesar Salad Dressing Pkt-1 ea Milk 8 oz		HM Chicken Parmesan Sandwich-1 ea Garlic Vegetable Blend-4 oz Whole Kernel Corn-4 oz WG Bun-1 ct Margarine-1 ct Diced Pears-4 oz 100% Fruit Juice Birthday Cake 	
21	22	23	24	25
	Beef Teriyaki w/Rice & Veggies Winter Blend Vegetables- 4 oz Dinner Roll-1 ct Apricots-4 oz Margarine 100% Fruit Juice		HM Chicken & Noodles Mixed Vegetables-4 oz Diced Pears-4 oz Biscuit-1 ea Margarine-1 ea 100% Fruit Juice Cookie of the Month 	
28	29	30	31	
	Oven Fried Chicken Southern Green Beans-4 oz Potato Salad-4 oz Hawaiian Roll Pineapple Tidbits-4 oz 100% Fruit Juice		Country Style Chicken w/gravy Steamed Broccoli-4 oz Roasted Vegetables-4 oz Honey Dew Fruit-4 oz Wheat Roll-1 ea Margarine-1 ea Milk 8 oz	

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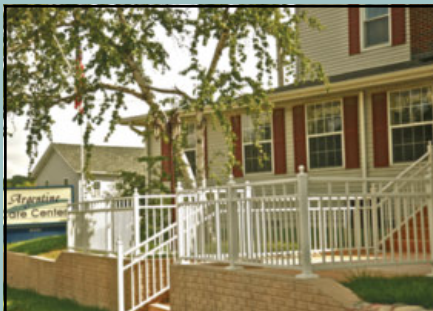
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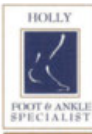
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**NEWS!**

# Lunch Program

**ALL MEAL ORDERS NEED TO BE PLACED THE WEEK BEFORE  
ON THURSDAY BEFORE 11:00AM.**

**THERE IS A MINIMUM OF 10 MEAL ORDERS FOR US TO HAVE A LUNCH FOR THAT DAY,  
IF MINIMUMS ARE NOT MET, YOU WILL BE NOTIFIED THE FRIDAY BEFORE THE WEEK OF  
YOUR ORDER REQUEST.**

**LUNCH TIME AT 11:30AM • LIMITED QUANTITIES ON NON-COUNTY LUNCHES. 1 PER PERSON**

## MONDAY

Loose Lunch - \$7.00 • Carry-out or Congregate style  
Includes veggie, fruit & drink.

October 7  
Lasagna



October 14  
Fettuccini Alfredo



October 21  
Pulled Pork



October 28  
Mac & Cheese



## TUESDAY

Genesee County Lunch Provided by GCCARD & VAAA  
Donation of \$3 in county - \$6 out of county  
Congregate style (*eat in*) ONLY. See page 8 for county menu.



## WEDNESDAY

Lunch brought in by partnering agencies - \$4.00 • Carry-out or Congregate style  
Includes veggie, fruit & drink. Thank you partners!

October 2

**No Lunch**  
Movie Day

October 9

Argentine Care  
Soup & Dessert

October 16

Symphony  
Tuna Noodle  
Casserole

October 23

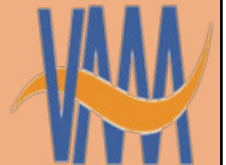
To Be  
Determined

October 30

To Be  
Determined

## THURSDAY

Genesee County Lunch Provided by GCCARD & VAAA  
Donation of \$3 in county - \$6 out of county  
Congregate style (*eat in*) ONLY. See page 8 for county menu.



## FRIDAY

TEXAS ROADHOUSE LOADED BAKED POTATO  
\$4.00 • Carry-out or Congregate style  
Includes all the fixins' and a drink.



**THANK YOU**  
**Texas Roadhouse of Fenton**



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# OCTOBER

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/  
SUNDAY**

<p><b>Please note all activities are subject to change.</b></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>9:15 Arthritis Exercise 10:15 Arthritis Exercise 11:00 Beginner line Dance 11:30 <b>County Lunch</b> 12:00 Intermediate Line Dance 12:30 Mahjong <b>1:00 PENNY BINGO</b> 2:00 Chair Yoga</p>  	<p>9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics 11:30 <b>NO Lunch</b> 12:00 <b>NO Wood Carving</b> 1:00 Card Play - Pinochle <b>1:00 MOVIE DAY</b></p> 	<p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:00 Blood Pressure 10:15 Arthritis Exercise 11:30 <b>County Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play - Euchre 1:00 Beginner Pickleball</p> <p>MMAP Counselor (appt. only)</p>	<p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting Crocheting 11:00 Tai Chi 11:30 <b>Potato Lunch</b> 12:15 Pickleball 1:00 Chorus</p> <p>MMAP Counselor (appt. only)</p>	<p>5/6</p>
<p>9:30 Art Group Studio 9:30 Groove 11:00 Cardio/Aerobics 11:30 <b>Loose Lunch</b> 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 <b>County Lunch</b> 12:00 Intermediate Line Dance <b>12:25 Euchre Tournament</b> 12:30 Mahjong 2:00 Chair Yoga</p> <p>Vet's Services (appt. only)</p> 	<p>9:30 Gentle Flow Yoga 10:30 Blood Pressure 11:00 Cardio/Aerobics 11:30 <b>Partner Lunch</b> 12:00 Wood Carving 1:00 Card Play - Pinochle <b>2:00 Grief Support</b></p> <p><b>Day Trip Lansing</b></p>  	<p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise 11:30 <b>County Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play - Euchre 1:00 Beginner Pickleball</p> <p>MMAP Counselor (appt. Only)</p>	<p>9:30 Gentle Flow Yoga Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi 11:30 <b>Potato Lunch</b> 12:15 Pickleball 1:00 Chorus</p> <p>MMAP Counselor (appt. only)</p>	<p>12/13</p>

<p>14</p> <p>9:30 Art Group Studio 9:30 Groove <b>10:00 CSFP Pickup</b> 11:00 Cardio/Aerobics <b>11:30 Loose Lunch</b> <b>12:30 Book Club</b> 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga <b>Secretary of State</b> (appointment only)</p> 	<p>15</p> <p>9:15 Arthritis Exercise 10:00 Blood Pressure 10:15 Arthritis Exercise 11:00 Beginner Line Dance <b>11:30 County Lunch</b> 12:00 Intermediate Line Dance 12:30 Mahjong <b>1:00 Happy Stamps</b> 2:00 Chair Yoga</p> 	<p>16</p> <p>9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics <b>11:30 Partner Lunch</b> 12:00 Wood Carving 1:00 Card Play - Pinochle <b>2:00 Learn a Craft</b></p>  	<p>17</p> <p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise <b>11:30 County Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play - Euchre 1:00 Beginner Pickleball <b>4:00 Chili/Dessert</b> <b>Cook-off. YUM</b></p> 	<p>18</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/ Crocheting 11:00 Tai Chi <b>11:30 Potato Lunch</b> 12:15 Pickleball 1:00 Chorus  MMAP Counselor (appt. only)</p>	<p>21</p> <p>9:30 Art Group Studio 9:30 Groove 11:00 Cardio/Aerobics <b>11:30 Loose Lunch</b> 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga</p>	<p>22</p> <p>9:15 Arthritis Exercise 10:15 Arthritis Exercise 11:00 Beginner Line Dance <b>11:30 County Lunch</b> 12:00 Intermediate Line Dance 12:30 Mahjong <b>1:00 Alzheimer Support</b> 2:00 Chair Yoga</p> 	<p>23</p> <p>9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics <b>11:30 Partner Lunch</b> 12:00 Wood Carving <b>1:00 Nu Life Medical</b> 1:00 Card Play - Pinochle <b>2:00 Grief Support</b></p>  <p>Ask a Lawyer (appt. only)</p>	<p>24</p> <p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise <b>11:30 County Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play - Euchre 1:00 Beginner Pickleball  MMAP Counselor (appt. Only)</p>	<p>25</p> <p>9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/ Crocheting 11:00 Tai Chi <b>11:30 Potato Lunch</b> 12:15 Pickleball 1:00 Chorus  MMAP Counselor (appt. only)</p>	<p>28</p> <p>9:30 Art Group Studio 9:30 Groove 11:00 Cardio/Aerobics 11:30 Blood Pressure <b>11:30 Loose Lunch</b> 1:00 Card Play—Euchre <b>1:00 Senior Scams</b> 2:00 Gentle Flow Yoga <b>6:30 Board Meeting</b></p> 	<p>30</p> <p>9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics <b>11:30 Partner Lunch</b> 12:00 Wood Carving 1:00 Card Play - Pinochle</p>	<p>31</p> <p>9:15 Arthritis Exercise 10:00 Chair Yoga 10:15 Arthritis Exercise <b>11:30 County Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play—Euchre 1:00 Beginner Pickleball  MMAP Counselor (appt. only)</p> 	<p>26/27</p>	<p>19/20</p>
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# Senior Support

**MEDICAL EQUIPMENT LOAN CLOSET** inventories wheelchairs, walkers, shower chairs, commodes, canes and crutches for those age 50 and over. 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 for those 50 and over.. Currently NOT accepting donations of tabbed adult diapers. 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.

**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. Books donations are currently on hold. Thank you.

**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.

**COUNTY LUNCH provided by GCCARD & VAAA** Tuesday & Thursday 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. Must order a week in advance the Thursday before, by 11AM. Please visit [loosecenter.org](http://loosecenter.org) to order online.

## **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

## **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.



GENESEE COUNTY  
MICHIGAN

**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.**

**SLPR**  
SOUTHERN LAKES  
PARKS & RECREATION



# Senior Support

## ASK THE LAWYER

**2nd Wed. of the month, 9:30AM - 2:00PM**  
**NOW SCHEDULING FOR FEBRUARY 2025**

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, 10:30AM - 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 December 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

## GENESEE COUNTY DEPARTMENT OF VETERANS SERVICES

**Tuesday, October 8, 10:00AM - 2:30PM**

**Tuesday, November 12, 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

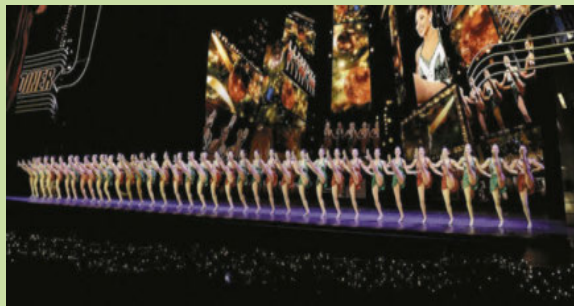


## UPCOMING TRAVEL EXPERIENCES

Oct 9	Fun Filled Day in Lansing	<b>SOLD OUT</b>
Nov 13	The Parade Company/Polish Village Café/Fisher Building	<b>SOLD OUT</b>
Nov 21	Soaring Eagle Casino	\$50/person
Dec 3 - 7	New York Holiday ( <i>Bianco Tour</i> )	\$2220/person
Dec 4	The Meadowbrook Holiday Tour w/ Lunch & A Christmas Carol	<b>SOLD OUT</b>
Jan 14	Detroit Red Wings vs. San Jose Sharks	\$130/person

### NEW YORK HOLIDAY

Tuesday, Dec 3 - Saturday, Dec 7  
\$2,220 per person/double occupancy



#### Features of the trip:

- Grand Central Station
- Empire State Building
- Holiday Lights Guided Tour
- Tour of St. Patrick's Cathedral
- Rockefeller Center
- Radio City Music Hall Rockettes
- NBC Studios
- Winter Village Holiday Market
- USS Intrepid

Escorted by a Bianco Tour Director



### SOARING EAGLE CASINO

Thursday, November 21  
\$50 Per person



### DETROIT RED WINGS

vs  
SAN JOSE SHARKS  
Tuesday, January 14  
\$130 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.

### 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



## Medicare

### OPEN ENROLLMENT • Oct 15 - Dec 7

Open enrollment is your once-a-year opportunity to make change to your Medicare benefit choices. Our MMAP Counselors will be volunteering their time to assist you during open enrollment on Tuesdays, Thursdays and Fridays by appointment only. Call 810-735-9406 to schedule today.

TELL US  
WHAT YOU  
THINK!

Is there a new activity  
or program you'd like to  
see offered at the  
center?

Add your response to our comment box at the center or email us at [lsc@looseseniorcenter.org](mailto:lsc@looseseniorcenter.org)

## 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



## Alpine Marketplace



### Round • It • Up at the Register in October

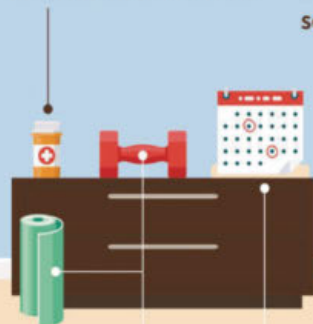
Make sure you shop at Alpine this month and round it up at the register. They will be presenting a check to Loose with the proceeds at the Dueling Pianos event.

## Loose Board Meeting • Monday, October 28 • 6:30PM

## Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects



Do strength and balance exercises

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors



Get your vision and hearing checked regularly

Stand up slowly to avoid dizziness



Use a cane or walker if you need more stability



Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



PRSRT STD  
U.S. Postage  
**PAID**  
Flint, MI  
Permit No. 6



For an additional \$10 donation you will get a campfire mug sponsored by Sawyer Jewelers!



# ALL-YOU-CAN-EAT Pancake Breakfast FUNDRAISER

HELP PUT THE PATHWAY ON THE GROUND!

GRAND RAFFLE  
SWAG BAGS



SUNDAY  
OCT 13 2024



LIVE MUSIC WITH DRIVEN  
SILENT AUCTION

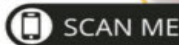
11 AM - 2 PM  
Serendipity Spa of Linden  
129 E. Broad Street, Linden, MI



**Buy Tickets Online**  
[www.laffpathways.com](http://www.laffpathways.com)



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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