



APRIL 2024

# Upcoming Events



## Senior Power Day 2024

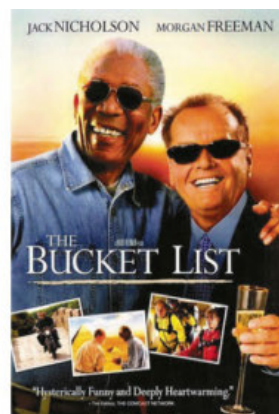
Wednesday, May 22 • 9:00AM - 2:00PM  
 Crossroads Village, Flint  
 \$5.00

Tickets includes lunch, train ride, resources and legislative updates that affect seniors and caregivers.



Wednesday, April 3 • 1:00PM  
**The Bucket List**

A 2007 comedy-drama film starring Jack Nicholson & Morgan Freeman.



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

Admission—**FREE!**

*Donations to Loose to defray the facility usage cost will be much appreciated.*

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

Donations are kindly appreciated and only accepted during business hours. Please do not leave anything outside the building. Accepted donations include:

- Sanitized/Functional Medical Equipment
- Adult Incontinence Supplies
- Hard Cover Novels
- Puzzles
- Yarn
- Fabric
- Greeting Cards
- Calendars



Each time you visit the center, please sign in with your membership scan card at the kiosk center.

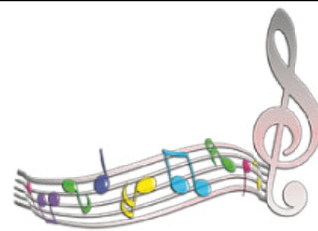
If you don't have a membership scan card, see the front desk for assistance.



# Upcoming Events

## Spring Dance

Friday, April 26 • 6:00 - 8:00PM  
\$10 Single/\$15 Couple ticket in advance  
Living Notes Band - 60's & 70's Music  
Some Line Dancing and Refreshments



## Mother's Day Tea featuring The Dibbleville Dolls

Thursday, May 9 • 1:00PM

\$10 ticket in advance

All are welcome to come and enjoy an afternoon of tea and treats. Tables are being decorated by different organizations. Voting will be held for best decoration and food. Feel free to wear your tea hats! The Dibbleville Dolls will entertain you with songs of county, Irish, traditional, fifties, Broadway, religious, folk & contemporary.

A large graphic for a 'Junk in your trunk sale'. The text 'JUNK IN YOUR TRUNK SALE' is written in large, bold, stylized letters. 'JUNK' and 'TRUNK' are in green, 'IN YOUR' is in black, and 'SALE' is in red. The graphic includes illustrations of a red car, a fork, a green lime, sunglasses, a camera, a white shirt, a bicycle, and a pair of glasses.

**JUNK IN YOUR TRUNK SALE**

**Thursday, May 30 • 8:00AM - 4:00PM**

**\$30 per space • Call us to reserve your spot today.**

**Each space is room for your car and one parking spot next to it**

# 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

Tuesdays, 9:30am and Thursdays, 11am **FREE**

A low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range-of-motion exercises for every fitness level. *Paid for with funding from VAAA & OSA*



## STRENGTH AND BALANCING

Thursday, 12 noon

**FREE from Advance Physical Therapy**

Work out with a physical therapist and occupational therapist to increase your strength, endurance and balance with low impact workout.

## GROOVE

Mondays at 9:30 am

**\$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 body & mind 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. Drop-ins welcome!



## PICKLEBALL **\$7.00**

Thursday, 1pm - 3:30 pm - Beginner/Instructional

Friday, 12:15pm - 3pm - 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

8:00 am Indoor Walking  
9:30 am Groove  
11:00 am Aerobics/Cardio  
2:00 pm Yoga (Gentle Flow)

#### TUESDAY

8:00 am Indoor Walking  
9:30 am Arthritis Exercise  
11:00 am Line Dance (Beg.)  
12:00 pm Line Dance (Int.)  
2:00 pm Chair Yoga

#### WEDNESDAY

8:00 am Indoor Walking  
9:30 am Yoga (Gentle Flow)  
11:00 am Aerobics/Cardio

#### THURSDAY

8:00 am Indoor Walking  
10:00 am Chair Yoga  
11:00 am Arthritis Exercise  
12 noon Strength & Balancing  
1:00 pm Pickleball (Beg.)

#### FRIDAY

8:00 am Indoor Walking  
9:30 am Yoga (Gentle Flow)  
11:00 am Tai Chi  
12:15 pm Pickleball (Int.)

## 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.



## INDOOR WALKING

Monday - Friday

8:00 - 9:00AM

**FREE**

Come walk  
Marjie Hodges Hall





# Fun & Games

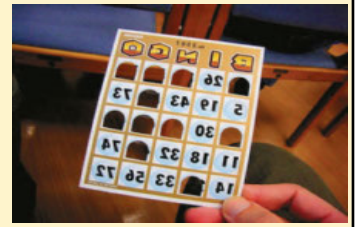


## PENNY BINGO

Tuesday, April 2 • 1:00 - 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

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

Have you seen our puzzle table? Stop by the Library, find a piece or two, or twenty. Stay for a minute or the afternoon. Donate and/or borrow!

## Common Grounds

Wednesday, April 10 • 9:30AM

Come in and enjoy community connections and conversations.

This month will feature Linden's Police Chief, Fire Chief, Treasurer, Clerk and DPW Director



## EUCHRE TOURNAMENT

Tuesday, April 9 • 12:30 - 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  
\$\$\$\$



# 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.

## 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.



## 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



## 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.

All are welcome.



*Charter*  
SENIOR LIVING  
of Linden

**LEARN A CRAFT**  
**Wednesday, April 17 at 2:00PM**

**FREE**

Everything you will need is supplied.

**You must pre-register,  
seating is very limited!**





# Arts & Education

## Musical Therapy

**Monday, April 22 • NOON**

Come join Rachael from The Medical Group and learn the benefits of musical therapy.

The use of music or elements of music to accomplish goals, reduce stress and improving quality of life.



## Tech Assistance

**FREE**

**Wednesday, April 10 & 24 • 1:00PM - 3:00PM**

Having issues with your phone, tablet or laptop?

Help with Apple, Android and PC.

Call to schedule your 30 minute appointment.



## Sharps Funeral Homes Presents

**Peace of Mind**

**Brunch and Learn**

**Wednesday, April 24 • 9:30AM – 10:30AM**

Celebrating life fully means planning your final wishes so your loved ones don't have to. Let us help begin the process through our special seminar. We promise it to be an educational,

informative and enjoyable time for learning the full benefit of planning ahead for total "Peace of Mind, in an informal and relaxed setting.

**Call to pre-register.**



**MOTT** COMMUNITY COLLEGE | LIFELONG LEARNING

## Applewood Lecture Series

**Honoring Our War Dogs**

Hear about conflicts, the disciplines the dogs were trained in, and how many lives they saved.

**Friday, April 19 10:00AM—Noon**

MCC Regional Technology Center

(Off of Robert T. Longway Blvd.)

\$15 per person (*includes breakfast*).

Call 810-735-9406 to reserve your tickets at the door.



## BOOK CLUB

**Monday, April 15 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.



**Congregate April Menu 2024**


Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Burger w/Cheese Potato Wedges Key West Veggie Blend Cantelope Chunks WG Bun Ketchup & Mustard Milk 	Antipasto Salad w/Pepperoni Salami, Ham & Cheese Carrot Sticks Pineapple Tidbits Crunchy Bread Sticks Salad Dressing 100% Fruit Juice 	Country Style Chicken Italian Green Beans Mashed Potatoes Pear Cup Potato Roll Margarine Milk	HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	Chef's Choice 
Asian Chicken Bowl Vegetable Fried Rice Winter Blend Veggies Hawaiian Roll Margarine Mango & Papaya Milk Fortune Cookie 	HM Chicken Parmesan w/Spaghetti Steamed Broccoli Sliced Pears Mixed Vegetables Wheat Roll Margarine 100% Fruit Juice	Ham & Turkey Sub Lettuce, Tomato, Red Onion HM Pasta Salad Peaches WG Sub Bun Dressing Packet Milk	BBQ Chicken Wings Loaded Potato Salad Green Beans Fresh Orange WW Roll Margarine 100% Fruit Juice	HM Mac & Cheese French Cut Green Beans Tomatoes & Zucchini Fruit Salad WG Roll Margarine Milk
Italian Breaded Chicken Breast Veggie Blend Rice Pilaf Mixed Fruit Potato Roll Margarine Milk	Turkey Tetrazzini Sweet Peas Sliced Carrots Fresh Pear Sliced Bread Margarine 100% Fruit Juice	Swedish Meatballs Brown Rice Steamed Cauliflower Applesauce Garlic Breadstick Margarine Milk	HM Chicken Salad Sandwich Cucumber Salad Baked Beans Fresh Banana Sliced Croissant 100% Fruit Juice Cookie of the Month 	Fish Taco w/Fresh Corn Salsa Au Gratin Potatoes Cole Slaw Pineapple Cup Tortilla Shell Lemon Juice Packet Milk
Ham & Cheese Frittata Roasted Redskin Potatoes Baked Apples Mini Muffins Milk 	Salisbury Steak California Veggie Blend Sweet Peas Tropical Fruit Salad WG Dinner Roll Margarine 100% Fruit Juice	Turkey Polish Dog Potato Wedges Mixed Veggies Diced Pears Hotdog Bun Mustard Packet Milk 	Bon appetit Chef's Choice 	Chipotle Bowl w/Beef & Beans Mexican Rice Chuck Wagon Blend Fruit Cocktail Tortilla Shell Mild Salsa Cup Milk 
HM Sloppy Joes Veggie Blend Cauliflower Fresh Apple WG Bun Margarine Milk	Italian Grinder Wrap w/Pepperoni, Salami & Ham Lettuce, tomatoes, onions Pasta Salad Diced Pineapples Tomato & Basil Tortilla Italian Dressing Packet 100% Fruit Juice			

**Find Your Better State.**

800.535.0517  
TheStateBank.com

Member FDIC  
Equal Housing Lender




- 24-Hour Nursing Care
- Short Term Rehabilitation and Long Term Care
- Spacious Private & Semi-Private Rooms with Personal Televisions
- Onsite Physician Services
- Telehealth Services
- Activities Seven Days a Week

**FENTON HEALTHCARE CENTER**  
Ciena Healthcare Managed Facility  
512 Beach Street, Fenton, MI 48430  
P 810.629.4117  
fentonhealthcarecenter.com

We accept Medicare, Medicaid, Medicaid Pending and most commercial insurance

**EZ Mobile Notary Services**


**Mobile Notary Services EZiraldo LLC**  
Emma Ziraldo  
(810) 626-8323  
notaryserviceeziraldo.com

**Temrowski Family Funeral Home & Cremation Services**

500 Main St. Fenton, MI 48430  
**(810) 629-2533**

- Low Cost Cremation
- Free Urn with this ad

temrowskifamilyfuneralhome.com



**Woodhaven Senior Community**

“Where Seniors Love to Live”

5201 Woodhaven Ct.  
Flint, Michigan 48532  
(810) 230-1070 • Fax (810) 230-2505

www.woodhavensenior.com

**Abbey Park GRAND BLANC**

3221 East Baldwin Rd., Grand Blanc, MI | **810-606-1110** | www.abbeypark.com

*Live here... for the best of your life.*

Independent Senior Living with Personal Care Assistance Available









"Award Winning BBQ"  
www.BealeStSmokehouse.com

1492 N. Leroy  
Fenton, MI  
810-750-0507

Dine-In, To-Go, Catering, Full Bar and Live Music every Weekend!

### Mini-Lunch Specials

11:00 a.m. - 4:00 p.m.  
Monday-Friday, Dine-in Only 9.99



## LINDEN'S COMPLETE AUTO REPAIR



417 W. Broad Street  
Linden, MI 48451  
**810-735-9911**  
lindenautorepair.com

**FREE** Loaners  
**FREE** Diagnosis  
**FREE** Shuttle Service



**Here today, so you can HEAR tomorrow!**

**FREE HEARING CONSULTATION WITH APPOINTMENT**



UAW Retirees may qualify for rechargeable hearing aids. *191910*  
Visit us at a location near you: 2545 W Silver Lake Rd., Suite 5, Fenton

**810-433-4575 • PROFESSIONALHEARINGCLINIC.COM**

**\$49.99**

Expires 5/1/2023 Plus Tax

### INCLUDES:

- BASIC OIL CHANGE
- ALIGNMENT CHECK
- TIRE ROTATION
- 27 MULTI-POINT INSPECTION

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit [lpicommunities.com](http://lpicommunities.com)



**ADVERTISE HERE**  
to reach your community



Call 800-477-4574

**SUPPORT OUR ADVERTISERS!**



## Argentine Care Center

Specializing in short term rehabilitation & long term care  
Family Owned- Our Family Caring for Your Family

9051 Silver Lake Road • Linden, MI 48451

Tel: (810) 735-9487

[www.argentinecarecenter.com](http://www.argentinecarecenter.com)





# Choose EPIC Rehabilitation after Surgery or Hospitalization!



Fresh  
WBs Bistro



**WELLBRIDGE  
OF FENTON**

YOUR BRIDGE TO RECOVERY AND WELLNESS

[www.thewellbridgegroup.com](http://www.thewellbridgegroup.com)

**EPIC**

Excellence · Passion · Innovation · Care

901 Pine Creek Drive, Fenton, MI 48430 • PHONE: 810.616.4100



Micah Widder Group  
**Jason Moore**  
Individual Sales Agent

Office: 810-230-1266  
Cell: 810-771-8171 • Fax: 810-230-1276  
jasonm@teamsfbc.com • www.teamsfbc.com  
Life, Health, Group, Individual, & Senior Benefits



**Dave Lamb**

HEATING & COOLING INC.

Dave Lamb Elite Furnace Fenton, MI



409 E. Caroline  
Fenton, MI 48430

**810.629.4946**

- Air Conditioning Service
- Furnace Tune-Up
- Water Heaters

[www.davelambheating.com](http://www.davelambheating.com)

SUPPORT OUR  
ADVERTISERS!

**We Bring Care Home to You**

- Since 1973



FREE CARE  
ASSESSMENT  
by a Licensed Nurse

Home Health Aide and Nursing Care  
AVAILABLE 24/7

[www.helpinghandhealthcare.com](http://www.helpinghandhealthcare.com)

G-8305 S. Saginaw St., Ste. 1, Grand Blanc, MI 48439

**800.304.0254**

Your  
transportation  
— TO EXPLORE —  
Genesee County



MASS TRANSPORTATION AUTHORITY

[www.mtaflint.org](http://www.mtaflint.org)

Enjoy maintenance  
free living at  
an affordable  
senior community.



The Village of

**Holly  
Woodlands**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

**248.634.0592**  
**www.pvm.org**

Call for details on how to qualify  
or to schedule a tour!

3325 Grange Hall Rd. • Holly  
TTY: 800-649-3777



ADVERTISE HERE  
to reach your community



Call 800-477-4574

SENIOR  
LIVING  
COMMUNITY  
ALL INCLUSIVE SENIOR LIVING



10 YEARS OF  
EXCELLENCE

ASSISTED LIVING  
INTERMEDIATE CARE  
MEMORY CARE  
THE INDEPENDENT

TOUR TODAY! ☎ 810-354-7080  
✉ [VICINIAGARDENS.COM](mailto:VICINIAGARDENS.COM)



Wills • Trusts • Probate • Elder Law

Stacey M. Brancheau

Attorney at Law and Certified Financial Planner™

1100 Torrey Rd., Ste. 200, Fenton, MI 48430

(810) 629-2222

[www.BrancheauLaw.com](http://www.BrancheauLaw.com)



For ad info. call 1-800-477-4574 • [www.lpicomunities.com](http://www.lpicomunities.com)

15-0685



HURLEY MEDICAL CENTER

# VIRTUAL URGENT CARE



Hurley Virtual Urgent Care

Video chat with a care provider when you're home, at work, or on the go. This service is for patients who have minor medical conditions.

**OPEN 7 DAYS A WEEK**  
**M-F: 10AM-8PM, SAT & SUN: 10AM-6PM**

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



# Seniors Helping Seniors®

## Need Help or Want to Help?

Now Serving Seniors & Hiring Caregivers in the Greater Livingston Area

*Let's connect!*

- [shslivingston.com](http://shslivingston.com)
- 810 • 412 • 7270
- [info@shslivingston.com](mailto:info@shslivingston.com)



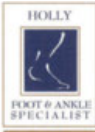
## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME  
**Eileen Frazier**

[efrazier@lpicommunities.com](mailto:efrazier@lpicommunities.com) • (800) 477-4574 x6309

# THRIVE LOCALLY



Harold M. Koehler, DPM  
*Medicine & Surgery of the Foot & Ankle*

4038 Grange Hall Road, Holly, MI 48442  
248 / 634-6200

*Come See Us, We're at Loose Monthly!*



Generations of Service to the Community

[sharpfuneralhomes.com](http://sharpfuneralhomes.com)



### Miller Road Chapel

Roger L. Sharp, Founder & Manager  
8138 Miller Road • Swartz Creek  
**(810) 635-4411**

### Fenton Chapel

Michael T. Scully, Manager  
1000 Silver Lake Rd • Fenton  
**(810) 629-9321**

### Linden Chapel

Stephanie Sharp Foster, Manager  
209 E. Broad St. • Linden  
**(810) 735-7833**

### Funeral Home & Cremation Center

Jennifer Sharp Scully, Manager  
6063 Fenton Road • Grand Blanc  
**(810) 694-4900**

- COMPASSION. DIGNITY. RESPECT. -



319 South Bridge Street  
Linden, MI 48451  
**(810) 735-0010**

[www.ivyrehab.com/location/linden-mi/](http://www.ivyrehab.com/location/linden-mi/)

Specialized individual treatment in orthopedics, geriatrics, vestibular problems, balance training and post-surgical rehabilitation

**It's all about the people®**



400 Rounds Drive  
Fenton, MI 48430  
**(810) 750-1996**

[www.ivyrehab.com/location/fenton-mi/](http://www.ivyrehab.com/location/fenton-mi/)



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0685

- Elder Law Services • Estate Planning • Wills & Trusts
- Probate & Estates • Powers of Attorney

FREE INITIAL CONSULTATION **Matthew J. Abraham**

**810-750-0440** AbrahamPC.com

# ABRAHAM | LAW

Professional • Trustworthy • Efficient

Providing large firm services with personal hometown attention

## ADVANCED MEDICAID PLANNING SERVICES

Protect Your Financial Legacy, get the expertise and service from a team you can trust.

**Create, preserve & protect your legacy -Leave the planning to us!**

**810-243-4478**

Visit our new location: 503 Leroy Street, Fenton

*We're the right fit for your legal needs.*



### FULL AND PART TIME POSITIONS AVAILABLE

- 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
- Benefits offered to those seeking full time employment
- **If interested please call - (810) 750-0382**
- Volunteering with a paycheck
- **Sign on Bonus**



*"Helping you navigate through lifes transitions"*

We specialize in helping seniors prepare their home for maximum resale value. Senior Residential Specialist and Probate Certified! Call me for a FREE consultation!

**kw** REAL ESTATE PLANNER

**Lynn Mattila,**  
Real Estate Planner

**810-348-7512**

132 N Leroy St., Fenton MI 48430



**Get the Support You Need to Get Back to Living Life**

Call 810-603-7235 to speak with an in-home care professional today.

info@soteriahhc.com | soteriahhc.com



**Are you tired of long lines and poor service? Give us a chance to earn your business.**

**We are open and ready to take great care of your prescription needs!**

**FREE DELIVERY AVAILABLE!**

**IMMUNIZATION - NO APPOINTMENT NEEDED - COMPLIANCE PACKAGING**

Call today to transfer your prescriptions

and start experiencing "A Pharmacy That Truly Cares!"



1280 N LEROY ST, FENTON | [leroypharmacyllc@gmail.com](mailto:leroypharmacyllc@gmail.com) | 810-373-5808





# Health & Wealth

## Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).



## Senior Seminar

May 8th

9:30 - 11:00AM

The seminar will feature speakers from various fields, including Estate Planning, Senior Real Estate Specialist, Senior Placement Advisor, Financial Advisor, Long-term Health Care Insurance Agent, Medicare Insurance Agent, and Medicaid Planning. Brought to you by Michigan Notary Association Legacy Panel.



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

# April

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY/  
SUNDAY**

<p>1</p> <p>8:00 Indoor Walk 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre 2:00 Gentle Flow Yoga</p>	<p>2</p> <p>8:00 Indoor Walk 9:30 Arthritis Class 11:00 Beginner Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance <b>1:00 Penny Bingo</b> 2:00 Chair Yoga</p>  	<p>3</p> <p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:00 <b>NO</b> Wood Carving 1:00 Card Play - Pinochle <b>1:00 Movie Day</b></p> 	<p>4</p> <p>8:00 Indoor Walk 10:00 Chair Yoga 10:00 Blood Pressure Ck. 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>5</p> <p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi <b>11:30 Lunch</b> 12:15 Pickleball 1:00 Chorus</p> <p>MMAP Counselor (appt. only)</p>	<p>6/7</p>
<p>8</p> <p>8:00 Indoor Walk 9:00 CSF Pickup 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play Euchre 2:00 Gentle Flow Yoga</p> <p><b>Secretary of State Mobil Office by appt.</b></p>	<p>9</p> <p>8:00 Indoor Walk 9:30 Arthritis Class 11:00 Beginner Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance <b>12:25 Euchre Tournament</b> 2:00 Chair Yoga Vet's Services (appt only)</p>  	<p>10</p> <p>8:00 Indoor Walk 9:30 Common Ground 9:30 Gentle Flow Yoga 10:00 Blood Pressure Ck. 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play - Pinochle 2:00 Grief Support</p> <p>Ask the Lawyer (appt. only) Tech Support ( appt. only)</p>	<p>11</p> <p>8:00 Indoor Walk 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balancing 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>12</p> <p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 9:30 Quilting/ Knitting/Crocheting 11:00 Tai Chi <b>11:30 Lunch</b> 12:15 Pickleball 1:00 Chorus</p> <p>MMAP Counselor (appt. only)</p> <p><b>DIA &amp; Whitney Trip SOLD OUT</b></p>	<p>13/14</p>



<p>15</p> <p>8:00 Indoor Walk 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:30 Book Club 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga</p>	<p>16</p> <p>8:00 Indoor Walk 9:30 Arthritis Exercise 10:00 Blood Pressure Ck. 11:00 Beginner Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 1:00 Happy Stampers 2:00 Chair Yoga</p>	<p>17</p> <p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play 2:00 Charter Learn A Craft</p>	<p>18</p> <p>8:00 Indoor Walk 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>19</p> <p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 9:30 Knitting/Crocheting 11:00 Tai Chi <b>11:30 Lunch</b> 12:15 Pickleball 1:00 Chorus  MMAP Counselor (appt. only)</p>	<p>20/21</p>
<p>22</p> <p>8:00 Indoor Walk 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics 11:30 Blood Pressure Ck <b>11:30 Lunch</b> 12:00 Musical Therapy 1:00 Card Play - Euchre 2:00 Gentle Flow Yoga</p>	<p>23</p> <p>8:00 Indoor Walk 9:30 Arthritis Exercise 11:00 Beginner Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 1:00 Alzheimer Support Group 2:00 Chair Yoga  <b>Soaring Eagle Casino Trip</b></p> 	<p>24</p> <p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 9:30 Peace of Mind Brunch 11:00 Cardio Aerobics <b>11:30 Lunch</b> 12:00 Wood Carving 1:00 Card Play - Pinocle 2:00 Grief Support  Tech Support (appt. only)</p>	<p>25</p> <p>8:00 Indoor Walk 10:00 Chair Yoga 11:00 Arthritis Exercise <b>11:30 Lunch</b> 12:00 Strength &amp; Balance 1:00 Card Play 1:00 Beginner Pickleball</p>	<p>26</p> <p>8:00 Indoor Walk 9:30 Gentle Flow Yoga 9:30 Quilting/Knitting/Crocheting 11:00 Tai Chi <b>11:30 Lunch</b> 12:15 Pickleball 1:00 Chorus  MMAP Counselor (appt. only)  <b>6:00 Spring Dance</b></p>	<p>27/28</p>
<p>29</p> <p>8:00 Indoor Walk 9:30 Painting 9:30 Groove 11:00 Cardio/Aerobics <b>11:30 Lunch</b> 1:00 Card Play-Euchre 2:00 Gentle Flow Yoga</p>	<p>30</p> <p>8:00 Indoor Walk 9:30 Arthritis Exercise 11:00 Beginner Line Dance <b>11:30 Lunch</b> 12:00 Intermediate Line Dance 2:00 Chair Yoga</p>	<p>Call us during business hours 810-735-9406 Monday - Friday 8:00AM - 4:00PM  Check out our website <a href="http://www.loosecenter.org">www.loosecenter.org</a>  Please note all activities are subject to change.</p> 	<p>Join us for lunch M - F 11:30 - Noon Must order 24hrs in advance Meals provided by GCCARD \$3 in Genesee County \$6 outside Genesee County</p> 	<p><b>LOOSE STAFF</b>  Dotti Tynes <i>Program Director</i>  Gwen Fannon <i>Office Coordinator</i>  Jen Boley <i>Operations Assistant</i></p> 	

# Senior Support



**VG's Grocery Stores** partners with us to provide you with donations of unsold bakery items. Monday & Wednesday Mornings (per availability)

**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!

#### **UPS STORE DISCOUNT CARD**

Receive 10% discount on UPS Shipping, Copies, Color Copies, Signs and Banners, Rubber Address Stamps and more. Stop by the Loose office for a discount card.

**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.

**ALPINE** will donate 1% of the total of any cash register receipts turned in to our office. Please remember to turn in the whole receipt. Partial receipts often have vital information torn or cut off, making them useless. Thank you!

**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 REMEMBER...**We welcome you to call in your reservation for any of our activities, **but until payment is received, we cannot guarantee your spot.**

#### **PLEASE HELP US KEEP OUR FILES UP-TO-DATE**

Make sure we have updated contact information including cell phone # and emergency contact information.

#### **GIFTS AND 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, 9:30 am -12:30 pm

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 (MMAP)

Our MMAP 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. MMAP'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 MMAP 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, 9:00 - 10:00 am

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 - 11 am  
2<sup>nd</sup> Wednesday of each month, 10 - 11 am  
3<sup>rd</sup> Tuesday of each month, 10 - 11 am  
4th Monday of each month, 11:30 - 12:30 pm

## PODIATRIST

Now scheduling for June 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, April 9, 10:00AM - 2:30PM

Tuesday, May 14, 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:

June 26	Detroit Tigers vs. Philadelphia Phillies	\$90/person
Aug 29	Detroit vs. Los Angeles Angels	\$90/person

### Gambling Excursions:

April 23	Soaring Eagle Casino	\$50/person
----------	----------------------	-------------

### Sights & Sounds:

April 12	The Whitney & DIA	<b>SOLD OUT</b>
May 8	Holland Tulip Time Adventure	<b>SOLD OUT</b>
June 7-9	Mackinac Island Lilac Festival	<b>SOLD OUT</b>
June 27	Frederik Meijer Gardens and Sculpture Park	<b>SOLD OUT</b>
Aug 26-27	Skybridge & Sunflowers in Up North Michigan	\$490/person
Sept 12	Gilmore Car Museum in Hickory Corners Michigan	\$73/person
Oct 9	Fun Filled Day in Lansing	\$120/person
Oct 14-18	Horsin' Around in Lexington Kentucky	\$1720/person

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

Gambling trips must be 21 years of age.

If you are thinking about booking a trip, do it today! Trips sell out quick!

*adventure*  
**AWAITS**

**Make sure to visit the Center regularly to check out our travel board or visit [loosecenter.org](http://loosecenter.org) for the most current information and trip specific detailed flyers. Travel Club will start back up in September. Have your ideas ready for 2025!**

### **SOARING EAGLE CASINO**

Tuesday, April 23  
Bus leaves at 10:00AM  
\$50 per person



### **TIGERS GAME**

Wednesday, June 26  
Tigers VS Phillies  
Bus leaves at 10:30AM  
\$90 per person



### **TIGERS GAME**

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



## **Travel & Participant Statement**

Loose Senior Citizens Center acts only as an agent for the independent suppliers that provide hotel accommodations, transportation, sightseeing activities, or other services connected with these tours. All such services are subject to the terms and conditions of those suppliers. LSCC, its employees, agents, directors, representatives, and assigns are not responsible for any injury, damages, expenses, or losses of any kind sustained by any person as a result of participation in these tours.

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



# Travel



**NEW!**

## **Gilmore Car Museum**

**Thursday, Sept 12**

**\$73 per person**

North America's Largest Auto Museum  
Explore the 90 acre historic campus with more than 400 vehicles on display!



**NEW!**

## **Pewabic Pottery in Detroit**

**Thursday, August 8**

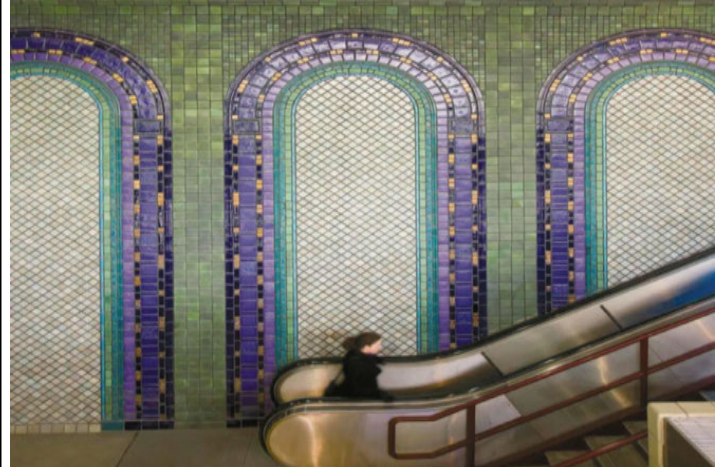
**\$115 per person**

We will tour Pewabic Pottery and create your own tile.

We will also ride the People Mover and discover Pewabic Installations throughout the city.

Lunch at Buddy's Pizza.

Please note this tour requires a lot of walking and stair climbing.



## **Fun Filled Day in Lansing**

**Wednesday, October 9**

**\$120 per person**

We will tour the capitol building, cruise down the Grand River and stop to shop at Harrocks Farm Market.



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***