

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

December 2023
Volume 12
Issue 12

Active for Life

Your life, Your Way, Your time over 50

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Thank you

We would like to thank Kerry Scrivens, Nancy Parker and Linda Cooper for their dedication and hard work in preparing for and teaching our fitness classes. These ladies volunteer their time to show us the importance of being active.

Stretch, Fit and Balance classes are our largest participating fitness classes averaging 20 participants at each class. This class is designed for all ages and exercise levels. This class features weights, bands, and small balls to maintain strength and balance while standing or sitting.

EnhanceFitness classes are also taught by these volunteers, who committed their time to become certified through an intense training program provided by Area Agency on Aging of Western Michigan. These exercises are modified so they can be done either standing or sitting.

This class will help participants be more active, prevent falls and improve endurance, balance, strength, and flexibility.



Ludington Senior Center

MASON COUNTY • MICHIGAN

Thankful for a Transition Home: Taylor's Story



Taylor suffered two strokes which resulted in his placement in a nursing facility. His guardian, Jim, was his friend first, taking on the role of legal guardian after his facility placement to help Taylor manage his affairs. *"He's the best friend I've ever had,"* is how Taylor described this relationship.



Jim recognized that Taylor could live more independently, but had no place to go, so he began with a call to the Area Agency on Aging of Western Michigan. *"Don't try to do it by yourself. Lean on others and have someone assist you with the finer points. Be sure to ask; is the place going to be a good fit? Do you have what you need to thrive?"*, Taylor recommends.

This is where Community Transition Services with the Area Agency on Aging of Western Michigan (AAAWM) comes in! The Transition Navigator, Taylor, and Jim worked together to come up with a plan. Taylor was able to receive assistance for housing, furniture, meals, the first month's cost of utilities, and more. Taylor also recently adopted a furry friend in his new home--a cat named Geno! Taylor is thankful for the friends he has made along the way and is especially thankful for the transition to his new home. Jim shares, *"As far as the transition, you all at (AAAWM) are angels. There were so many moving parts and complicated paperwork to fill out, it was so great to have support in making this move happen for Taylor while leaning on your agency's knowledge."*

About Community Transition Services:

Community Transition Services assist those wanting to return to the community by:

- securing housing and/or arranging equipment to make the current home more accessible.
- setting up groceries and other household goods.
- coordinate referrals for in-home services through programs such as MI Choice Waiver, Care Management, and more.

Qualifications for Community Transition Services:

- reside in a facility.
- currently on, or eligible for, Medicaid.
- desire to return home or secure other housing (i.e., Apartment or assisted living).
- has a barrier to discharging safely from a facility in one of our 12 CTS counties (Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Muskegon, Newaygo, Oceana, Osceola, Ottawa).

As a Local Contract Agency, AAWM can also meet with those residing in a facility who indicate an interest in learning about community resources. The **Area Agency on Aging of Western Michigan** helps older adults and individuals with disabilities remain independent and provides support and education to caregivers. You can reach out to learn more at (616) 456-5664 or visit www.aaawm.org.

MASON COUNTY SENIOR MEALS
300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



December 2023



**PLEASE CALL
MEALSITES
FOR LUNCH
RESERVATION
BY 9:00 AM.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vitamin D: Vitamin D works with calcium to help protect your bone strength. As you get older your body needs more vitamin D to maintain bone strength. Vitamin D is also beneficial for a healthy immune system. You can get vitamin D through sunshine, food, and supplements. Your skin makes vitamin D when exposed to sunlight. Some foods that contain vitamin D are dairy products, fish, and egg yolks.				1 Spinach/Swiss Quiche Sausage Potato Cubes Banana 1% Milk
4 Sloppy Joes Red Skin Potatoes Carrots Peaches Bun 1% Milk	5 Liver and Onions Mashed Potatoes/Gravy Brussels Sprouts Diced Fruit Mix Dinner Roll 1% Milk	6 Chicken Tender Baked Potato Corn Tropical Fruit Whole Wheat Bread 1% Milk	7 Homemade Pizza Prince Charles Blend Veggies Tossed Salad Fruit Salad 1% Milk	8 Roast Pork Au Gratin Potatoes Coleslaw Fresh Fruit Hawaiian Roll 1% Milk
11 Homemade Chili Baked Potato Peaches Cornbread 1% Milk	12 Taco Tuesday Lettuce/Tomato Black Beans & Corn Tropical Fruit Taco Shell 1% Milk	13 Stuffed Green Pepper Carrots Fresh Grapes Sliced Bread 1% Milk	14 Chicken Stew Green Beans Fresh Oranges Biscuit 1% Milk	15 Chop Suey Oriental Veggies Applesauce Rice 1% Milk
18 Baked Chicken Potato Wedges Carrots Applesauce Roll 1% Milk	19 Spaghetti/Meat Sauce Caesar Salad Winter Blend Veg Chilled Apricots Garlic Toast 1% Milk	20 Salisbury Steak Scalloped Potatoes Peas Banana Roll 1% Milk	21 Chicken Lasagna Broccoli Prince Charles Bled Diced Peaches Garlic Bread 1% Milk	22 Christmas Ham Whip. Potatoes Green Beans Fruit Mix Christmas Cookie 1% Milk
25 Merry Christmas! No Meals Served	26 Stuffed Cabbage Rolls California Blend Tropical Fruit Dinner Roll 1% Milk	27 Pulled Pork Sandwich Green Beans Coleslaw Fresh Fruit Bun 1% Milk	28 Lois's Homemade Meatloaf Mashed Potatoes Corn Sliced Pears Dinner Roll 1% Milk	29 Goulash Green Beans Fresh Melon Bread 1% Milk

PRICES
 Age 60 and up: \$3
 Under age 60: \$6

\$1 Lunch Days
Scottville & Tallman
Last Thurs. each month

Ludington Center
Serves Lunch on
Tuesdays &
Thursdays

Meals on Wheels

231-757-4831

Kitchen

231-757-5721

Meal Sites

Scottville 757-4705

Ludington 845-6841

Tallman 757-3306

**Note: Menus are
subject to change**

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HOLIDAY COOKIE WALK

cookies | pizza | hot cocoa

December 18th
12:30pm

Bring 3
dozen
cookies to
exchange.

Ludington Senior Center

OH
WHAT
FUN

Christmas
party

December 8th,
12:30pm

Please join the Ludington Senior Center in celebrating another great year. Wear your favorite festive sweater and enjoy some homemade soup with salad. Don't forget a wrapped ornament for a game exchange.

Thanksgiving Dinner for Seniors

Scottville Area Senior Center hosted the annual Thanksgiving for Seniors last month. After years of drive-up, take-home events, we moved back indoors this year, thanks to Mason County Central Schools. We served about 170 turkey dinners to guests, and a terrific group of volunteers, in the high school cafeteria. Music was provided by John Marek and friends.



Thanks to the team that prepared and served all those dinners: (L to R) Jeannette Sloan, Scottville acting Police Chief Katrina Skinner, Senior Meals Program leader Lois Cole, Kayla Baron.



National Honor Society students from MCC High were outstanding volunteers: Riley Mast, Mallory Miller and Madi Sherretz.



Seniors enjoying turkey dinners, music & camaraderie.



Area Girl Scouts were amazing volunteers. Between duties, some of them entertained us with humorous songs.

LUDINGTON SENIOR CENTER

*is now offering
day trips*

EASTERN MARKET'S ANNUAL HOLIDAY MARKET

DECEMBER 3RD, 2023

\$45 PER PERSON

Join Beyond Horizons Tour & Travel as we head down to Detroit's Eastern Market for their annual Holiday Market. Shop around for your holiday needs and find some great Michigan made products! This trip will also include a stop at Horrocks

Leaving the center at 7am

Ludington Senior Center
231-845-6841



TRIP OPPORTUNITIES

✦ Join us as we travel to Detroit for their Holiday Market on December 3rd which features plenty of Michigan-made gift options including clothing, art, jewelry, beauty products and more.

✦ Don't miss out on the Wild Lights at the Detroit Zoo on December 14th. Guests will enjoy nearly 500 festive displays featuring millions of twinkling LED lights illuminating buildings, trees, sculptures and a walk-through light tunnel!



WILD LIGHTS AT THE DETROIT ZOO & BRONNER'S CHRISTMAS WONDERLAND

DECEMBER 14, 2023
\$35 PER PERSON

JOIN US FOR WILD LIGHTS AT THE DETROIT ZOO. THIS ANNUAL HOLIDAY LIGHT SHOW FEATURES NEARLY 500 FESTIVE DISPLAYS FEATURING MILLIONS OF TWINKLING LED LIGHTS ILLUMINATING BUILDINGS, TREES, SCULPTURES AND A WALK-THROUGH LIGHT TUNNEL. ALSO VISIT BRONNER'S, WHICH FEATURES A FANTASTIC SELECTION OF CHRISTMAS ORNAMENTS, TRIMS, TREES, CHRISTMAS LIGHTS, NATIVITIES, AND COLLECTIBLES. WE WILL BE LEAVING THE CENTER AT 9AM

Indoor Winter Safety Tips

Winter weather injuries and health problems are challenging. One slip on an icy sidewalk can cause a hip or wrist fracture, a head trauma or major lacerations which heal much slower as you get older. So what can be done to help with the challenges that winter brings? There are some things you can do to make surviving a bad winter a little easier; here are some suggestions to help:

- **Make sure your cupboard is well stocked with staples and non-perishables.**
- **Never use electric blankets; you may have trouble adjusting the controls in the middle of the night. This can cause burns or raise your body temperature to an unsafe level. Instead use an extra blanket.**
- **Dress in layers to keep warmer.**
- **Keep doors closed to rooms which aren't being used and close your curtains at night to conserve heat.**

LET'S TALK MASON COUNTY HISTORY

Ludington Senior Center and the Mason County Historical Society are joining forces to share history. Volunteers of the Mason County Historical Society will be on hand to discuss the rich and vast history of Mason County. Come learn about the history of Mason County from lumbering era to today's bustling tourism industry. Collections of artifacts will also be available for viewing.

Join us on December 13th, at 8:30am for breakfast and a discussion about the mythical state of Jefferson and the Ludington connection.

Come for breakfast, socializations, and discussions about Mason County history and how that history affects its people today and tomorrow. Open to all residents of Mason County. Call the Ludington Senior Center for more information and to RSVP 231-845-6841.



LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841 9AM-4:30PM

Open Ended Grief Support & Education -Dennis B. Bromley, FLE.

2nd Monday of the month
December 11th, 1:30pm
308 S Rowe Street, Ludington
*If I have loved, I will feel
and will grieve...*



Mason County Caregiver Support Group
2nd Thursday of the month 1pm-2:30pm
Call the Helpline at 800-272-3900

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and then click on

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we have to offer!

Medicare Part D Open Enrollment Period

Open enrollment is from October 15 to
December 7.

You must call to make an appointment with our
MMAP counselors. We will be offering in person
appointments with one of our MMAP counselors.

Call 231-845-6841.

During this annual enrollment period you can make
changes to various aspects of your
coverage.

- You can switch from original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another or from one Medicare Part D (prescription drug) plan to another.

If you did not enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.



Inclement Weather Closing

When Ludington Area Schools
close for inclement weather,
the Ludington Senior Center
will also close.

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30 minutes "FREE" consultation.

Monday, December 18th
from 10am - 12:30pm.

By appointments only. Call 231.845.6841

Medical Equipment Loan Closet Available at the Ludington Senior Center

Walkers, wheelchairs, crutches, shower benches, transfer benches, grabbers, commodes, toilet seat riser, bed rails, canes, incontinent supplies.

LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841 9AM-4:30PM

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
						<p>1</p> <p>9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness <i>Footcare by appt.</i> 1 Cards & Games 1 Grandparents mtg Open Billiards</p>
3	<p>4</p> <p>9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 11 Enhance Fitness 12 Ladies Lunch Bunch 1 Cards & Games 5:30 Zumba Toning</p>	<p>5</p> <p>9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drumming 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge</p>	<p>6</p> <p>9 Walking Club 9 Men's Billiards 10 Stretch & Balance 10 Quilting 1 Ping Pong 1:30 Karaoke 4 Feldenkrais 5:30 Zumba Gold</p>	<p>7</p> <p>9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge</p>	<p>8</p> <p>9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness <i>Footcare by appt.</i> 12 Christmas party 1 Cards & Games Open Billiards</p>	9
10	<p>11</p> <p>9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10-12:30 Parmenter Law 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 String A Long Jam 1:30 Grief Support 5:30 Zumba Toning</p>	<p>12</p> <p>9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drumming 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Fraud Education</p>	<p>13</p> <p>8:30 Let's Talk Mason Co. History 9 Walking Club 9 Men's Billiards 9:30 Blood Pressure 10 Stretch & Balance 10 Quilting 1 Ping Pong 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club</p>	<p>14</p> <p>9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group 1 Watercolor class</p>	<p>15</p> <p>9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness <i>Footcare by appt.</i> 1 Cards & Games 1 Painting with Julie 1 Card making class Open Billiards</p>	16
17	<p>18</p> <p>9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 10 Parmenter Law 11 Enhance Fitness 12 Ladies Lunch Bunch 12:30 Cookie Walk 1 Cards & Games 5:30 Zumba Toning</p>	<p>19</p> <p>9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge</p>	<p>20</p> <p>9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 1:30 Karaoke 4 Feldenkrais 5:30 Zumba Gold</p>	<p>21</p> <p>9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Cups of Cheer</p>	<p>22</p> <p>9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness <i>Footcare by appt.</i> 1 Cards & Games Open Billiards</p>	23
24/ 31	 <p>www.facebook.com/ludingtonareaseniorcenter</p>		<p>27</p> <p>9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold</p>	<p>28</p> <p>9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge</p>	<p>29</p> <p>9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness <i>Footcare by appt.</i> 1 Cards & Games Open Billiards</p>	30

TRAVEL WITH US TO EXCITING PLACES

Paint with Julie

12x12 canvas
Winter Scene

Friday, December 15th,
from 1pm-4pm

Cost: \$20.00

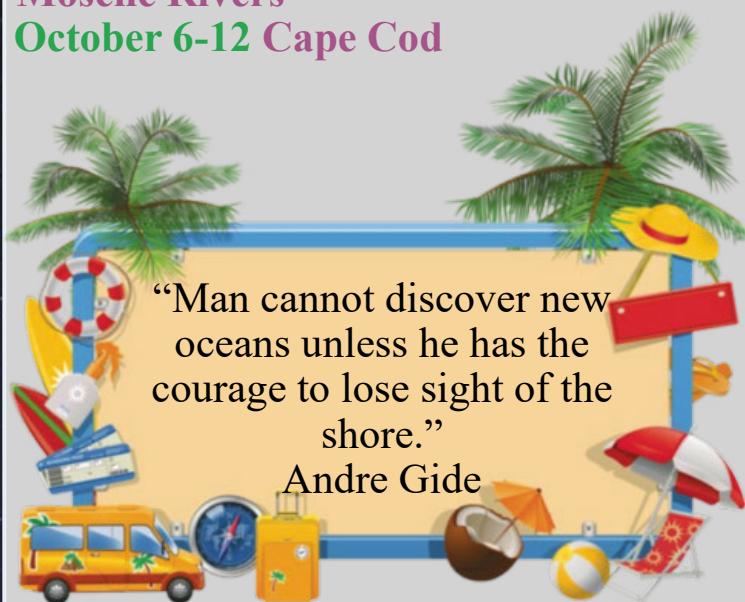
\$10 Non-refundable Deposit



due at sign up.

Trips scheduled in 2024
include:

April 4-10 Washington DC
May 31-June 9 Mediterranean Cruise
June 16-30 Exploring Britain & Ireland
September 9-13 The Ark Encounter
September 12-20 Magical Rhine and Moselle Rivers
October 6-12 Cape Cod



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\$75 due upon signing
Call the Ludington Senior Center,
231-845-6841, for more
information and to sign up.

LUDINGTON AREA SENIOR CENTER

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Help Support the Ludington Senior Center by making a donation for our activities.

STRETCH, FIT & BALANCE

This class is designed for all ages and exercise levels. Every Wednesday at 10 AM



YOGA

Mondays & Fridays at 9:30 AM

Zumba Gold (cost \$6.00)

Tuesdays at 9:30 AM at the center
Wednesday evenings at 5:30 at the center

Zumba Toning (cost \$6.00)

Monday evenings at 5:30 at the center
Thursdays at 9:30 AM at the center

Cardio Drumming (cost \$5.00)

Tuesday and Thursday at 10:30 at the center



BILLIARDS

Men– Monday, Wed. Friday at 9 AM

Women– Tuesday and Thursdays at 10 AM

Open Play– Monday thru Friday 1-3 PM

Join Gene Kyle the
2nd and 4th Wednesdays
of the month at 3pm

TED Talks



Cards and Games

Every Monday and Friday at 1 PM
Euchre, Pinochle, Hand and Foot and more!



WALKING CLUB

Join the walking club & walk various routes.

Tuesdays, Wednesdays, and Thursdays at 9:00 AM

“Walking is the best possible exercise.”– Thomas Jefferson



EnhanceFitness

Mondays and Fridays at 11:00am

Feldenkrais

Wednesdays 4-5pm

Call the Ludington Senior Center for more

Ping Pong

Every Wednesday at 1 PM



~HANDMADE CARD MAKING WITH SHARON TUSHEK~

You will have the opportunity to make four unique hand-made cards. All the materials for the cards are cut and ready for you to create.



Karaoke

Every 1st and 3rd Wednesday at 1:30pm

Duplicate Bridge

Every Tuesday and Thursday at 1 PM

Mahjong

Every Monday and Friday at 10 AM

Quilting/Sewing

Every Wednesday at 10 AM

Crafts and Giggles

Every Thursday at 10 AM

String A Long Community Jam

2nd and 4th Monday of the month

2p.m.to 4p.m.

Grab your string instruments and join us for an acoustic music jam including easy two-chord songs to intermedi-



Ladies Lunch Bunch

Bring your lunch and join our women's group every first and third Monday of the month for a variety of activities that change every week.



Men's Breakfast Club

Join us for breakfast every Monday at 9am.

Call ahead for location

NEW

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name
on the
lakeshore



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PARMENTER
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An Elder Law Paralegal for Attorney Anna Urick Duggins, of Parmenter Law, will offer half hour no-charge introductory meetings every third Monday of the month, from 9am to 12pm at Ludington Senior Center. Topics to discuss include Elder Law services such as Estate Planning, Long Term Care Planning, Medicaid Planning, and VA Aid & Attendance. Please call the Senior Center at (231) 845-6841 for an appointment.

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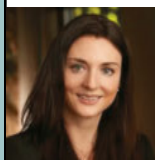
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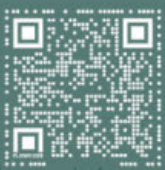
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Green - Exercise Purple - Social Activity Red - Craft Black - Service Blue - Speaker Orange - Community Event</p>	<p>JOIN US FOR THE BIG CRAFT FAIR SATURDAY, DEC. 2 FROM 9:00-4:00. MANY VENDORS!</p>			<p>1 Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4</p>	<p>2 SASC Craft Fair 9:00 - 4:00 3</p>
<p>4 Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 Cardio Drum 12:30 - 1 Cardboard Loom Weaving 2-4 Quilter's Guild 2:00 Angel Tree Gifts Due Thank you, Angels!</p>	<p>5 Exercise 10:30 Lunch 11:45 Sunset Carvers 1-3 Euchre 1:00 Cardio Drum 5-5:30</p>	<p>6 National Microwave Day Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Blood Pressure Clinic 12 - 1:00 Zumba Gold 12:30 - 1:15 Pinocle 1:00 Chef Barry Sherlock (How to cook with a microwave) 1:00</p>	<p>7 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back Cards 6:00</p>	<p>8 Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 New Advances In Alzheimer's Treatments with Susan Evans 12:15 My Life, My Story 1:15 Making Christmas Card Day 1-4</p>	<p>9 National Christmas Card Day Scottville Santa Parade 6:00pm 10 PM Motor-ing Club Christmas Party (Noon)</p>
<p>11 Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 B'day Celebration Root Beer Floats 12:15 - 12:45 Cardio Drum. 12:30 - 1 Board Games 1:00 Movie (Call the Senior Center for details)</p>	<p>12 Exercise: 10:30 Lunch 11:45 Euchre: 1:00 Sunset Carvers 1 - 3 Painting with Katie 2 - 3:30 Jewelry Class 2:00 Cardio Drum 5-5:30</p>	<p>13 Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Christmas Pot Luck (Wear Your Ugly Sweater) 11:45 Zumba 12:30-1:15 Pinocle 1:00 Grandparents Raising Grandchildren 5:30</p>	<p>14 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Book Club 1:15 Lessons in Chemistry By Bonnie Garmus Set Back 6:00</p>	<p>15 National Ugly Sweater Day Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4</p>	<p>16 17</p>

Continues on Next page...

SCOTTVILLE AREA SENIOR CENTER

140 S. MAIN ST. • SCOTTVILLE, MI 49454 • 231-757-4705

18	Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 Lane Plamendaal Estate Planning Att. 10-3 (by Appt.) 12:30 - 1 Cardio Drum 3:00 Card Making	3rd Grade Christmas Parade 10:00 Charity Sew 9:00 Exercise: 10:30 Lunch 11:45 Euchre: 1:00 Sunset Carvers 1-3 Cardio Drum 5-5:30	Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30 - 1:15 Pinochle 1:00 Parkinson's Support Group 1:30	20 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back Cards 6:00	22 CLOSED 	23 24 CHRIST-MAS EVE
25	CLOSED 	26 Ladies Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5-5:30	27 Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10 Lunch 11:45 Zumba Gold 12:30 - 1:15 Pinochle 1:00 Jeannette's Craft 2:00	28 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Crafting with Chris 3:00 Set Back Cards 6:00	29 CLOSED 	30 31 NEW YEARS EVE



During the SASC 50th Anniversary Celebration we unveiled a new plaque in memory of Ron Townsend, long-time guest and great friend of the center. At left is Ron's step-daughter, Rhonda Hildebrandt. At right, staff and volunteers gather to admire the sign, from left: Marie-Stycos, Lisa Rokosky, Ada Weier-Amor, Dottie Reed, Sharon Bailey, Ellen Kerans, Bill Kerans.



SCOTTVILLE AREA SENIOR CENTER

140 S. MAIN ST. • SCOTTVILLE, MI 49454 • 231-757-4705

CRAFTS



Ada's Happy Scrappers We will not be meeting in December so we can do Christmas things with our family and friends. Our next Crop is scheduled for January 13, 2024 from 9:00am to 10:00pm. Call the Center for details and/or to sign up!

The Sunset Carvers meet every Tuesday during December, from 1:00pm to 3:00pm. Whether you are an experienced carver or a beginner—all are welcome. There may be a small fee for supplies to start with, if you don't have yours already. Stop by and check them out.



The Painting Group is back meeting at the Scottville Area Senior Center on Wednesdays, from 9:00am to 11:00am. Bring your paint supplies and canvases and join them for a couple hours visiting and painting.

Cardboard Loom Weaving

This month the Cardboard Loom Weaving Group will be meeting on December 4, from 2:00–4:00pm. And back by popular request, the group will be creating pot holders again. There is a fee of \$3.00 per pot holder or two for \$5.00. Marie will provide the looms.



Painting with Katie

In December, Beginning Painting with Katie will be held on Tuesday, December 12th from 2:00pm – 3:30pm at the Scottville Senior Center. Class fee is \$20.00. Katie will be teaching ghost painting. Please call the Senior Center (231-757-4705) or Katie (231-388-3411) to register for the class.

Jewelry Making

Tuesday, December 12, at 2:00pm – For the month of December, we will be creating some jewelry using recycled wine corks. The photo is a sample of what we can make. The fee for this class will be \$5.00. All supplies will be provided. Call the Senior Center (231-757-4705) to reserve your spot at the table.



Card Making

Monday, December 18th at 3:00pm – We will be creating two Winter Thank You cards. Class fee is \$5.00. Here is a photo of one of them. All supplies will be provided. Please call the Senior Center to reserve your spot.

Jeannette's Craft

Wednesday, September 27, 2023 at 2:00pm – Jeannette will be showing us how to create this really cute puppy made with Craft Fur. We'll each walk out with an adorable furry friend. The fee for the class is \$3.00. Please call the Center to register for the class.



Crafting with Chris

Thursday, December 28, 2023 at 3:00pm - \$12.00 Chris will be teaching us how to create this adorable Snowman Hot Chocolate Canister. Hot cocoa mix and marshmallows will be included. Please call the Scottville Area Senior Center by December 15 to register so she will have ample supplies for everyone!

Events for the Joyous Holidays

Happy Holidays! Scottville Area Senior Center will be CLOSED from December 22 – 25 and December 29 – January 2.

Please check our calendar for classes and activities.....

Christmas Craft Fair is on **December 2, 2023**. Come one, come all...from 9:00 – 4:00 at the Scottville Area Senior Center! **Ada Weir-Amor** is in charge, and there will be a variety of items with which you can fill stockings or cherish for your homes. Please plan to peruse what our many vendors have made!

December 8 at 12:15, Susan Evans: Advances in Alzheimer's Treatments
Susan will update all of us on the latest advances in the treatment of this disease.

December 9 is the annual Scottville Christmas parade. A group of our seniors volunteer to wave from our “float” and wish everyone a happy, happy Holiday time, complete with music and laughter. Parade starts at **6:00!**

Christmas Pot Luck: December 13, 2023 at 11:45.
Bring a dish to pass, and the Scottville Senior Center will provide the main course! Wear an ugly Christmas sweater....and we will have prizes!!!! Happy Holidays!

Grandparents Raising Grandchildren met **on November 15**, and while the grandparents had a program, **the kiddos made clay mugs. They'll be glazed and ready for pick-up at our December 13**, meeting. After our 5:30 dinner, **we will make Christmas ornaments together**, and sing holiday songs with **Julie Sherlock**, a multi-talented former music teacher! A fun evening, filled with joyous music, and many take home projects!



December 20, 2023 is the Parkinson's Support Group's Christmas party. Bring a dish to pass, and enjoy each other's company. The Parkinson's Groups does not meet from January – March, 2024. Meetings begin again the 3rd Wednesday of April (April 17, 2024), and the third Wednesday of each month thereafter.

Our entire team wishes you all a Merry Christmas and a Happy New Year!

Bill Kerans Dottie Reed Ada Weir-Amor Brenda Britton Jeannette Harris
Ellen Kerans Sharon Bailey Crystal Tyler Kristyn Norton All of our homemaker aides
All of our volunteer medical drivers All of our respite aides All of our amazing volunteers

TALLMAN LAKE SENIOR CENTER

6765 EAST MARSHALL ROAD • FOUNTAIN, MI 49410 • 231-757-3306

NOON LUNCH MON-FRI

Please call the day
before to order lunch!



HOURS
9 AM TO 3 PM
MON-FRI

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Potluck and Party

December 18 at Noon



Gifts! Guests! Galas! Grandchildren! Keep
calm and carry on. Check your BP with Kelly
from Corewell December 18, 9:30-10:30 a.m.

See more
Tallman Lake
Senior Center
event details
on our
half page!

1

10:00 Put-N-Take
10-2 Open Billiards
11:00 Yarn Therapy
w/Tunisian Crochet

1-3 Outreach
(center open)

4

9:00 Crochet Class
10:30 Safe & Sane
Exercise

1:00 Wii Games

5

10:00 Art with Ardah
(supplies furnished)
10-2 Open Billiards

1:00 Table Games

6

10:00 Auxiliary Mtg.
All Welcome!
10-2 Open Billiards
11:00 Checkers

1:00 Show-and-Tell

7

10-2 Open Billiards

1:00 Euchre

8

10:00 Put-N-Take
10-2 Open Billiards
11:00 Yarn Therapy
w/Tunisian Crochet

1-3 Outreach
(center open)

11

9:00 Crochet Class
10:30 Safe & Sane
Exercise

1:00 Wii Games

12

10:00 **CRAZY** Bingo
10-2 Open Billiards

1:00 Table Games

13

10:00 Board Meeting
10-2 Open Billiards
11:00 Checkers
1:00 **Craft Creation**
*Our supplies, your
imagination! Make
sale items for center.*

14

10-2 Open Billiards
1:00 Euchre
1:00 Grief Support
(and on an as-needed
basis privately)

15

10:00 Put-N-Take
10-2 Open Billiards
11:00 Yarn Therapy
w/Tunisian Crochet

1-3 Outreach
(center open)

18

9:00 Crochet Class
9:30-10:30 **Blood-
pressure checks**
10:30 Safe & Sane
Exercise

NOON POTLUCK

19

10:00 Art with Ardah
(supplies furnished)
10-2 Open Billiards

1:00 Table Games

20

10-2 Open Billiards
11:00 Checkers
1:00 **Craft Creation**
*Our supplies, your
imagination! Make
sale items for center.*

21

10-2 Open Billiards

1:00 Euchre

22

CLOSED
for the
**HOLIDAY
WEEKEND**

25

CLOSED
in observance of
**CHRISTMAS
DAY**

26

10:00 **CRAZY** Bingo
10-2 Open Billiards

1:00 Table Games

27

10 Kings in Corners
10-2 Open Billiards
11:00 Checkers
1:00 **Craft Creation**
*Our supplies, your
imagination! Make
sale items for center.*

28

10-2 Open Billiards
12:00 **Dollar Lunch!**

1:00 Euchre
1:00 Grief Support
(and on an as-needed
basis privately)

29

CLOSED
for the
**HOLIDAY
WEEKEND**

**Meals are served at
NOON**

**Please call 464-6789
by noon the DAY BE-**

FORE

to reserve a meal.

Thank you!

**The Free Soil Area
Senior Center**

The Center is open
from
9:00 am until 2:00 pm
on Tuesday and
Thursday each week.

Delicious
made-from-scratch
meals cooked on site.
Served at NOON.

**JOIN US FOR A
MEAL**
**WALK LAPS IN THE
GYM**
**PLAY A GAME OF
POOL**
ENJOY
ENTERTAINMENT
**VISIT WITH NEW
& OLD FRIENDS**



December Menu

<p><u><i>Tuesday, December 5</i></u> Macaroni & Cheese Stewed Tomatoes Tossed Salad Pears Roll & Butter Cookie Cold Stream Farms Speaker: Mike Hradel Soup: Vegetable Beef</p>	<p><u><i>Thursday, December 7</i></u> Salisbury Steak Mashed Potatoes & Gravy Carrots Fruit Cocktail Roll & Butter Brownie Soup: Broccoli Cheese</p>
<p><u><i>Tuesday, December 12</i></u> Pulled Pork on Bun Cole Slaw Chips Applesauce Ice Cream Soup: Roasted Red Pepper Tomato</p>	<p><u><i>Thursday, December 14</i></u> Christmas Dinner Appetizers @ 11:30 Dinner @ 1:00</p>
<p><u><i>Tuesday, December 19</i></u> Breakfast Bake Eggs Fresh Fruit Breakfast Cookies Soup: Cabbage & Rice</p>	<p>Please make your Christmas Dinner Reservation by <u>Monday, December 11th</u>. There will be <u>no</u> meeting in December</p>
<p>Thank you for supporting the Free Soil Area Senior Center</p>	<p>The Center will be closed from Wednesday Dec 20th through Wednesday, Jan 8th. We will re-open Tuesday, Jan 9, 2024</p>

TALLMAN LAKE SENIOR CENTER

6765 E MARSHALL RD • FOUNTAIN, MI 49410 • 231-757-3306 • tallmanseniorcenter.org



Photo by Bill Kerans, Scottville Area Senior Center Director

Holiday Potluck and Party

**MONDAY, DECEMBER 18,
AT 12:00 NOON**

Join us for food and fun festivities!

Bring your choice of a dish to pass and, if you wish to participate in a gift exchange, a new or like-new item suitable to regift or rehome, valued at \$10 or less.

Turkey, plates, plasticware, water, coffee, and door-prize surprises provided.



Craft Creation Dec. 13, 20, and 27. Use our *supplies* and *supply* your imagination to create clever crafts for sale to benefit center. See our creations at SASC Dec. 2.

Art with Ardah Dec. 5 and 19. *Supplies* and ideas *supplied*.

Stop by to make some magic!

FREE SOIL AREA SENIOR CENTER

8480 N. DEMOCRAT • FREE SOIL, MI 49411 • 231.464.6789

Christmas in the Village

Date: Sunday, December 3, 2023

Time: 1:30 pm to 4:30 pm

Location: Free Soil Community Center, 8480
N Democrat St.
Free Soil, Michigan

Bring the family for snacks, crafts and fun
Get your picture taken with Santa & Mrs. Claus
Goodie bags for the kids
And much more!

Everyone welcome! This is a FREE event!



Christmas Dinner

Thursday Dec. 14th

**Appetizers @ 11:30
Dinner @ 1:00**

Please make your
Christmas Dinner
Reservation
by Monday, December 11th



MASON COUNTY • MICHIGAN

Ask Sharon

By Sharon Bailey, Medicare Counselor at SASC

By the time this newsletter is published, Medicare Open Enrollment will almost be over. If you are reading this before Dec. 7, let me know if you want to check your Medicare Advantage or Drug plans. I have seen quite a few of you and have enjoyed the interactions with you.

There are a few changes to original Medicare that may affect you even if you have a Medicare Advantage plan. If you read the inside of your cover page of the "Medicare & You" book you will find them. From January 1 to March 31 you can switch Medicare Advantage plans.

Q: I heard that there is a new Medicare Advantage enrollment in January.

A: Yes, there is open enrollment for Medicare Advantage from January 1 through March 31, with your new plan going into effect on the first of the following month after you enroll.

Q: What can you do during this time?

A: 1. You can change from your old Medicare Advantage plan to a new plan. If you want to make sure you have the best plan for your needs, I can compare plans for you.

2. You can drop your Medicare Advantage plan and return to original Medicare and a drug plan.

3. You cannot switch from Original Medicare to a Medicare Advantage plan.

4. You also cannot change your drug plan or join a drug plan for the first time, at this time.
Drug plans can only change during drug plan open enrollment in the fall.

If you are reading this column, you are holding a copy of our newsletter or reading it online. Please check our what's going on at a center near you and come in and enjoy any of the activities, or just some conversation.

If you are in need of help or just want to be a part of a fun group, you will find our senior center very welcoming. We look forward to seeing you!

Community Needs Assessment

The Area Agency on Aging of Western Michigan is asking seniors in Mason County to participate in a Community Needs Assessment to help define needs for programs in our region.

The survey can be filled out online, by using the QR code in this article, or by going to www.aaawm.org/survey2024. You can also download and print a paper copy, then mail it to: AAAWM, 3215 Eaglecrest Dr., Grand Rapids, MI 49505.

A chance to win a \$20 gift card!

www.aaawm.org/survey2024

DEADLINE: December 22, 2023



Christmas Words Scramble Game

leslb _____
sdlneac _____
snergtgei _____
lahyido _____
sksgocint _____
aydcn ncea _____
ttisomeel _____
tawerh _____
nreaocotids _____
seelv _____
ntaas _____
tsgfi _____
trfso _____
mshtiscar rete _____



Bells, Candles, Greetings, Holiday, Stocking, Candy Cane, Mistletoe, Wreath, Decorations, Elves, Santa, Gifts, Frost, Christmas tree

Word Scramble
Answer Key:

MASON COUNTY • MICHIGAN

LOCAL SUPPORT GROUPS

Support groups help people realize that they are not alone – that others share similar challenges.

Talking through your situation with other participants can be a huge relief and help point you in the right direction toward addressing your issue.

Yes, you may be uncomfortable at first discussing personal issues and your feelings, but you will quickly learn that talking with others in a supportive and confidential setting is often helpful. Being in a support group can also help you develop new skills in relating to others.

Please consider giving it a try - call today for assistance!

**Mason County Caregiver
Support Group—
Alzheimer's Association**

Ludington Senior Center
308 S. Rowe Street,
Ludington, MI 49431
2nd Thursdays, 1:00 pm



**Parkinson's Support Group
*April thru December***

Scottville Senior Center
140 S. Main Street,
Scottville, 49454
Third Wednesdays, 1:00 pm
231-757-4705



**Kinship Care
Support Group**

(Grandparents & others
raising young relatives)
Scottville Senior Center
3rd Wednesdays, 5:30
140 S. Main, Scottville
231-757-4705



Mental Health Crisis Line



Grief Support Group

Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431
2nd Monday of the month at
1:30 pm
231-845-6841

Grief Support Group

Hospice of Michigan
5177 W. US 10, Suite #2
Ludington, MI 49431
4th Mondays 12:00pm
231.845.3423

Grief Support Group

Tallman Senior Center
6765 East Marshall Road
Fountain, MI 49410
2nd and 4th Thursday of each
month 1:00pm - 3:00pm
231-757-3306

ACTIVE for LIFE Newsletter

GET IT THREE WAYS! — The Active for Life newsletter is available:

- 1. In print** - for free - at MANY locations throughout Mason County, including all senior centers
- 2. Online** - for free - using one of these links: [ourseniorcenter.com/find/Scottville-area-senior-center](https://www.ourseniorcenter.com/find/Scottville-area-senior-center) or <https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431>, www.ludingtonseniorcenter.org
- 3. By mail** - contact Scottville Area Senior Center, 757-4705. \$21.00 per year, paid by check or cash.

USEFUL NUMBERS FOR SENIORS

General Senior Services

Meals on Wheels.....	231-757-4831
Free Soil Area Senior Center.....	231-464-6789
Ludington Area Senior Center.....	231-845-6841
Scottville Area Senior Center.....	231-757-4705
Tallman Lake Area Senior Center.....	231-757-3306
Area Agency on Aging of Western Michigan.....	888-456-5664
Call 211 (24/7): General information, local services	
Elders' Helpers	616-454-8305
(Personal Emergency Response Systems)	

Emergency Assistance

Ambulance, Police, Fire.....	911
Mental Health Crisis Line.....	988
Suicide Prevention Lifeline.....	800-273-8255
Community Mental Health—Emergency.....	231-845-6294
Domestic violence (C.O.V.E.).....	231-845-5808

Public Safety

Mason County Sheriff.....	231-843-3475
Ludington Police.....	231-843-3425
Scottville Police.....	231-757-4729

Health

Health Dept.-District #10.....	231-845-7381
Corewell Health Ludington Hospital.....	231-843-2591
Mercy Health Ludington Urgent Care.....	231-843-2543
Community Mental Health	231-845-6294
Alzheimer's Helpline.....	800-272-3900

Mich. Dept. of Health & Human Services

Adult Protective Services (24/7).....	855-444-3911
Child Protective Services.....	855-444-3911
Mason County MDHHS office.....	231-845-7391

Food resources

Lakeshore Food Club.....	231-480-4334
Caritas Food Pantry (Custer).....	231-690-9642
FiveCap, Inc, Scottville.....	231-757-3785
Senior Meals-on-Wheels.....	231-757-4831
Congregate meals: all Mason County senior centers	

Legal Assistance

Lakeshore Legal Aid	888.783-8190
Estate Planning	
Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705

Heating/Utilities Assistance

Mich. Dept. Health/Human Services.....	231-845-7391
Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
THAW-The Heat & Warmth Fund.....	800-866-8429
HELP Ministry.....	231-843-6811

Furniture, Appliances, Wheelchair Ramps

HELP Ministry.....	231-843-6811
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Grandparents Raising Grandchildren/Kinship Caregivers

Scottville Area Senior Center.....	231-757-4705
Kinship Care Resource Center, MSU... ..	800-535-1218

Medical Transportation

Scottville Area Senior Center.....	231-757-4705
(Doctor appointments-up to 100 miles away)	
Rides to Wellness (within Mason County).....	1-844-532-7433

Other Transportation

Ludington Area Mass Transit.....	231-845-6218
Ludington Taxi.....	231-845-9693

Mason County Veterans Affairs.....	231-583-2028
John Cotten, Director (jcotten@masoncounty.net)	

Education

West Shore Community College.....	231-845-6211
Tuition free classes for those 60+	
Recreation, wellness center: \$5 per day.....	231-843-5543
Michigan State U. Extension.....	231-845-3361

Housing and Shelter Assistance

Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
Habitat for Humanity.....	231-843-7888
Red Cross.....	800-733-2767
Senior living options—Oasis Senior Advisors.....	616-675-0006

In-home services- Scottville Senior Center.....

Homemaker, Respite services;	
Home injury control device installation	

Employment and Training

AARP Foundation-Senior Employment Pgm.....	231-252-4544
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Medical Equipment Loans (free)

American Legion Post 76, Ludington.....	231-845-7094
Custer VFW Gold Bar Post, Custer.....	231-757-9665
Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705
Tallman Senior Center	231-757-3306

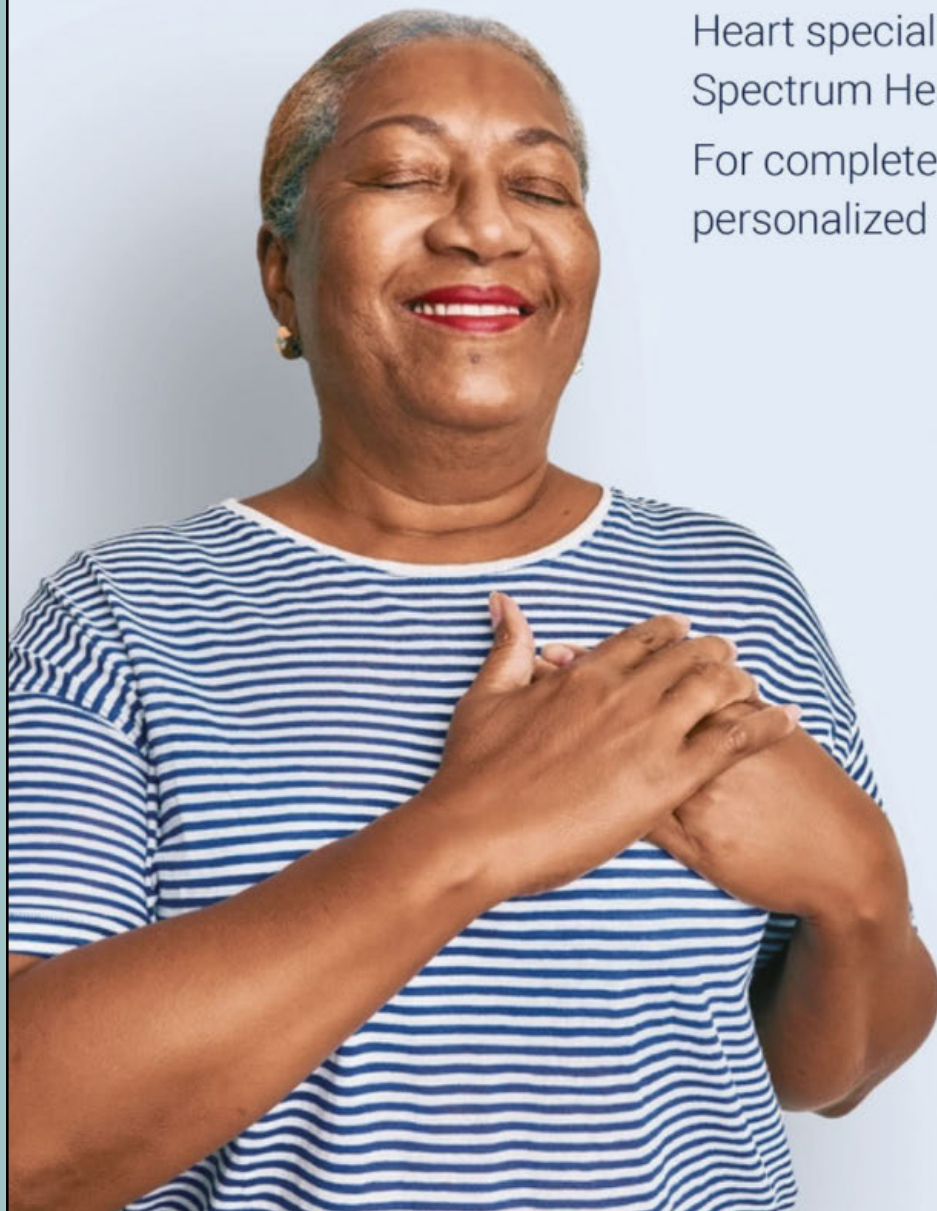
Volunteer opportunities

All Mason County senior centers	
Corewell Health Ludington Hospital.....	231-843-2591
Hospice of Michigan.....	888-247-5701

Other useful numbers/services

AARP—NW Michigan office.....	231-252-4544
Alzheimer's Association.....	800-272-3900
Disability Connection/W. Mich.....	231-722-0088; 866-322-4501
Mason County District Library.	
Ludington.....	231-843-8465
Scottville.....	231-757-2588
Mason County Prosecuting Attorney.....	231-845-7377
Medicare/Medicaid Assistance	
Scottville Senior Center.....	231-757-4705
Ludington Senior Center.....	231-845-6841
Red Cross.....	800-733-2767
ReStore (Habitat for Humanity).....	231-843-7888
Salvation Army.....	231-843-3711
Social Security Administration.....	800-772-1213
United Way.....	231-843-8593

Here. For your heart.



Heart specialists are now available at
Spectrum Health Ludington Hospital.
For complete cardiology care,
personalized for you, right here.

**SHMG Cardiovascular
Medicine - Ludington**

7 Atkinson Drive, Suite 302
Ludington, MI 49431

Learn More.

Visit spectrumhealth.org/heart
Call **855.7.MYHEART**



**Spectrum
Health**