

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

April 2024
Volume 13
Issue 4

Active for Life

Your life, Your Way, Your time over 50

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thank you

APRIL IS VOLUNTEER APPRECIATION MONTH

THE LUDINGTON SENIOR CENTER RUNS SMOOTHLY BECAUSE OF OUR VOLUNTEERS!

Kristen Adams
Darla Anderson
Lori Austin
Jon Austin
Mary Bedker
Randy Belair
Vickie Beck
Mary Bing
Lupe Collins
Mary Kay Dennis
Barb DeVries

Cindy Dorscher
Lenny Feldberg
Beth Freeby
William Fortier
Ashley Gutowski
Terry Hibschan
Joseph Hilyard
Vickie Houk
Ron Jabrocki
Stanley Kaplan
Jean Kobylecky

Liz Krupa
Linda Maddix
Gale Martin
Mary McDonald
Margaret Morkert
Sharon Morman
Judy Olson
Chuck Organ
Nancy Parker
Earl Parker
Annette Quillan
Terri Reimer

Susan Sasin
Nanette Kibbey-Scribner
Kerry Scrivens
Nancy Shriver
Paulette Smart
Rondi Torrey
Sharon Tushek
Michael Truax
John Walters
Brett Vanderwater
Jan Wood



"Volunteers do not necessarily have the time; they just have the heart."
-Elizabeth Andrew



Why It “Pays” to Volunteer

By Emily Armstrong, Director of Communications
Area Agency on Aging of Western Michigan



For me, the New Year always brings a slew of new goals; things I want to achieve that perhaps I've been putting off and the start of a new year is the perfect excuse to challenge myself to try something new. One goal on my list for 2024? I'd like to volunteer more often. It is easy to make excuses **not** to and usually, the main culprit is "I don't have enough time". Yet volunteering's numerous benefits should outweigh this, not to mention that you should always be able to take extra time to fit in things that matter to you and bring you joy.

Volunteering is one of the easiest and most effective ways to help others and can be extremely gratifying. Rather than donating your money or other resources, when you volunteer you are seeing the positive impact you are making first-hand for the people you are serving. The beauty of volunteering is that its benchmark qualification is the desire to help others. Otherwise, volunteering comes in so many different forms and involves a variety of tasks that you can pick the opportunity that best fits your abilities or what you have an interest in.

Choosing a cause that is close to your heart or that you feel invested in is one of the first steps to having a rewarding volunteer experience. When you choose to volunteer for an organization with a mission that you can get behind, you are more likely to feel gratified in the time that you give to them. Additionally, when you are volunteering it is typically for an organization that is directly within your community, therefore you feel more plugged into your neighborhood because you can see the long term impact.

Aside from feeling that you are part of something bigger, volunteering has been proven to have a number of health benefits as well. According to the Mayo Clinic*, volunteering reduces your risk of depression. The two main reasons? It increases your social interaction and helps build a support system with others based on common interest. Volunteering can also help keep you mentally and physically sharp. Often the duties you are performing when you volunteer have you moving in some capacity and they can also draw on your critical thinking skills as you may need to complete a complicated task or problem solve. These benefits all come together to provide those who volunteer a strong base foundation for their health. Helping others indirectly impacts you for the better.

If you are like me, and also want to make volunteering a goal, it can sometimes be overwhelming to navigate the many volunteer opportunities out there and pinpoint the best ways to get involved. Luckily, there are some great resources you can use to find the volunteer experience that will be the best fit. Let's face 2024 with not only a goal to help others, but also ourselves. Hope to see you out there!

Volunteer opportunities in Mason County.

There are volunteer opportunities with the senior centers of Mason County—featured in this monthly newsletter, along with contact information. There are also volunteer opportunities with other organizations providing services to seniors. Some of their numbers are on page 21 of this newsletter. You can find additional information about them on the county web site, at: masoncounty.net. Click on the tab for "Other Agencies," then "Senior Millage Services," and "Links."

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



APRIL MENU



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Green Peppers Corn Apple Crisp 1% Milk	2 Cheeseburger Potato Salad Carrots Peaches Bun 1% Milk	3 Pork Chop Suey Veg (in Entrée) Oriental Veggies Diced Fruit Mix Rice 1% Milk	4 Tator Tot Casserole Green Beans Banana Cinnamon Roll 1% Milk	5 Tuna Casserole Peas Broccoli Pineapple Milk
8 Lasagna Carrots Tossed Salad Oranges Garlic Bread 1% Milk	9 Chicken Fajita Peppers/Onions Lettuce/Tomato Pineapple Tortilla 1% Milk	10 Stuffed Baked Potato Broccoli, Cheese, Ham Peaches Bread 1% Milk	11 Thursday Pizza Day Green Beans Fresh Fruit 1% Milk	12 Breaded Fish Cauliflower Blend Carrots Pears Bun 1% Milk
15 Salisbury Steaks Au Gratin Potatoes Mixed Veg Pears Bakery Bun 1% Milk	16 Pulled Pork Baked Beans Coleslaw Applesauce Bun 1% Milk	17 Sloppy Joes Hash Brown Casserole Green Beans Apple slices Bun 1% Milk	18 Chicken ala King Mixed Veg (in Entrée) Peas Pears Rice 1% Milk	19 Jumbo Hotdogs Baked Beans Coleslaw Peaches Bun 1% Milk
22 Chicken Patty Crispy Cubes Peas Apple Slices Bun 1% Milk	23 Taco Tuesday Refried Beans Lettuce, Tomatoes Melon Wedges Taco Shell Milk	24 Creamy Chicken and Rice Broccoli Carrots Banana 1% Milk	25 Beef Stew Veggies in entrée Green Beans Grapes Biscuit 1% Milk	26 Spaghetti w/ Meat Sauce Carrots Peaches 1% Milk
29 Cabbage Rolls Corn Peach Crisp Wheat bread 1% Milk	30 Connecticut Beef Bake California Blend Pears Dinner Roll 1% Milk	<div style="border: 1px solid green; padding: 5px;"> Eat Your Breakfast: Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, lowfat cheese, salsa and a whole wheat tortilla or a parfait with lowfat plain yogurt, fruit and whole grain cereal. </div>		

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

**Note: Menus are
subject to change**

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MASON COUNTY • MICHIGAN

Coming Soon!

THE SECOND CHANCE SHOP

We are redesigning our shop at the center. It will no longer be a consignment shop but instead a second hand store. We are accepting donations of home décor, fashion accessories, and more. Donate your items to the senior center to help finance our center activities.

Please call Kayla with any donation questions. 231-845-6841



AARP Smart Driver Course Offered at Scottville Senior Center

Wednesday & Thursday, April 17 and 18 Both classroom sessions 1 pm to 5 pm

(Necessary to attend both sessions)

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course, you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. Some of the things you'll learn to increase your confidence and improve awareness of situations:

- Research-based safety strategies that can reduce the likelihood of having a crash
- Proper use of technology in the vehicle when linked with the driver and road environment
- How age-related changes, medications, alcohol, or health issues affect driving ability

The course costs \$20 for AARP members; \$25 for non-members (cash or check made out to AARP). Please bring a valid Michigan Driver's license and your AARP card, if you have one. *Completing the course may make you eligible for an auto insurance discount.*

Course Location:

**Scottville Area Senior Center
140 S Main St, Scottville, MI**

To reserve a seat today:

Please call 231-757-4705



One-half block south of the US 10 traffic light in Scottville. Parking and entrance at back of building.

MASON COUNTY • MICHIGAN



LET'S TALK MASON COUNTY HISTORY

Ludington Senior Center and the Mason County Historical Society are joining forces for one more discussion on the history of Mason County. Volunteers of the Mason County Historical Society will be on hand to discuss the rich and vast history of Mason County.

Join us on **April 10th, at 8:30am** for breakfast and a discussion about Lincoln Hills at the Mason County Historical Society (130 E Ludington Ave).

\$5 SUGGESTED DONATION FOR BREAKFAST
REGISTER NOW 231-845-6841



\$5.00 lunch donation

LIGHTHOUSE KEEPERS

It is the mission of the Sable Points Lighthouse Keepers Association to preserve, promote, and educate the public about our four lighthouses on the shore of Lake Michigan.

DATE May 1st, 2024 **TIME** At 12:00PM **LOCATION** Ludington Senior Center

Come out and enjoy lunch and a presentation from the Sable Points Lighthouse Keepers Association.

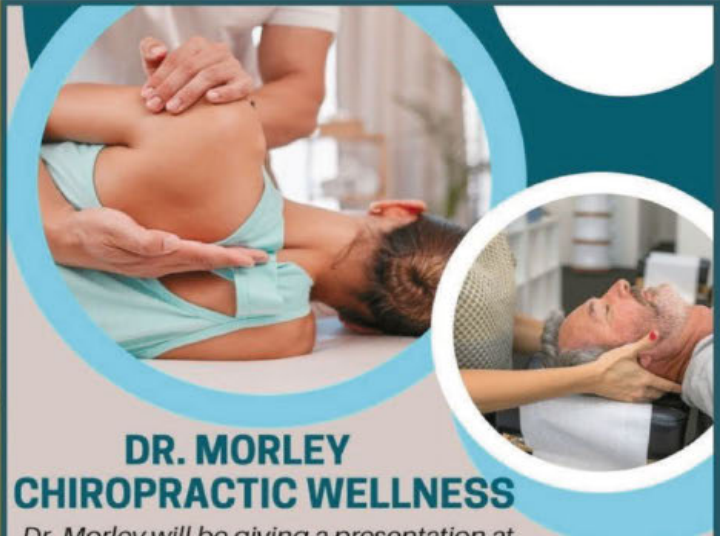
Call to register
 231-845-6841

LINE DANCING WARM-UP

Life is better when you can line dance.



GET READY FOR LINE DANCING TO RETURN BY GOING THROUGH OUR STEP BY STEP INSTRUCTIONAL VIDEOS LED BY OUR LINE DANCING INSTRUCTOR JEANNINE.



DR. MORLEY CHIROPRACTIC WELLNESS

Dr. Morley will be giving a presentation at the Ludington Senior Center on April 4th at 1pm to discuss the benefits of chiropractic care.

OUR SERVICE HELPS WITH:

- ✓ Mobility
- ✓ Chronic Pain
- ✓ Arthritis and more

If you have any questions please call the senior center.

231-845-6841

LUDINGTON SENIOR CENTER

Happening this month

CARD MAKING WITH SHARON

Making your own greeting cards is fun and easy. In this class you will be making 4 beautiful greeting cards. Join us on April 26th at 1:00PM. \$6.00 class fee



PAINTING WITH JULIE

Sign up for Julie's April 26th class and paint this beautiful spring inspired sign. Call to RSVP \$10 deposit/ \$20 class fee



BLOOD PRESSURE CLINIC



FREE blood pressure clinic on April 10th. Take action to improve heart health.

Corewell Health

Free Blood Pressure Clinic

Location: Ludington Senior Center

Date: Wednesday, April 10, 2024

Time: 10:00 am – 11:00 am



Presented by Kelly Barnhardt, RN, TTS
Clinical Programs Specialist
Community Services Department
Corewell Health Ludington Hospital

THE LUDINGTON SENIOR CENTER RECEIVES A PORTION OF THEIR YEARLY BUDGET FUNDING FROM THE MASON COUNTY SENIOR MILLAGE. IN ORDER FOR US TO SHOW THE COUNTY HOW WE SERVE THE COMMUNITY, WE NEED FOR ALL OF YOU TO CHECK-IN AT OUR KIOSKS WHEN YOU ARRIVE SO THEY CAN SEE HOW IMPORTANT OUR CENTER IS TO OUR COMMUNITY.

231-845-6841

www.ludingtonseniorcenter.org

Services and Resources

Provided by Ludington Senior Center



30 minutes "FREE" consultation
By appointment only.
Call 231-845-6841



Foot Care

Keep your feet happy!
Call Tricia at 231-239-1951



Caregiver Support

Mason County Caregiver Support Group
2nd Thursday of the month
Call the helpline at 800-272-3900



Grief Support

Open Ended Grief Support & Education
Dennis B. Bromley, FLE.
2nd Monday of the month
"If I have loved, I will feel and will grieve.."



Medical Equipment Loan Closet

We have medical equipment for loan at the senior center for a small donation. Walkers, wheelchairs, crutches, shower benches, transfer benches, grabbers, commodes, toilet seat riser, bed rails, canes, incontinent supplies are available.



Facebook

Follow us on Facebook to stay informed on all of our activities, presentations, and special events.

LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	1 9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	2 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drumming 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge	3 9 Walking Club 9 Men's Billiards 10 Stretch & Balance 10 Quilting 1 Ping Pong 1:30 Karaoke 4 Feldenkrais 5:30 Zumba Gold	4 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Morley Chiropractic Presentation	5 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games Open Billiards	6
7	8 9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1:30 Grief Support 2 String A Long Jam 5:30 Zumba Toning	9 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge	10 8:30 Let's Talk Mason Co. History 9 Walking Club 9 Men's Billiards 10 BP Clinic 10 Stretch & Balance 10 Quilting 1 Ping Pong 3 TED Talks (ZOOM) 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	11 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	12 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games Open Billiards	13
14	15 9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 10-12:30 Parmenter Law 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	16 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge	17 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 1 Cups of Cheer 1:30 Karaoke 4 Feldenkrais 5:30 Zumba Gold	18 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge	19 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games Open Billiards	20
21	22 9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 String A Long Jam 5:30 Zumba Toning	23 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 Line Dancing	24 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	25 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	26 9 Men's Billiards 9:30 Yoga 10 Mahjong 10:30 Book Club 11 Enhance Fitness Footcare by appt. 1 Cards & Games 1 Card making class 1 Painting with Julie Open Billiards	27
28	29 9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	30 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 Line Dancing	<p>www.facebook.com/ludingtonareaseniorcenter</p>			



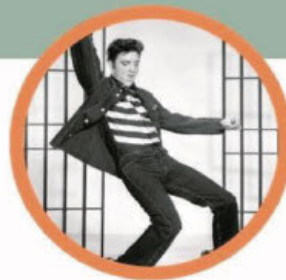
TRAVEL WITH US TO EXCITING PLACES!



Cornwell's Turkeyville
May 14



Ark Encounter
September 9-13



Memphis, Graceland and the Elvis Experience
October 1-5



Cape Cod
October 6-12

Trips scheduled for 2025



Hawaii
January 19-28



San Antonio
February 22-March 2



Australia/New Zealand
February 26-March 12



Savannah
March 29-April 6

If you would like more information or to book now please call Barb at 231-845-6841



WEEKLY SCHEDULE OF EVENTS

Staying mentally and physically active is one of the best ways to keep your body healthy. It can also improve your overall well-being and quality of life by relieving stress, anxiety, depression, and anger.

Ludington Senior Center

Weekly Exercises

- Stretch, Fit & Balance- This class is designed for all ages and exercise levels.
- Yoga (\$6)
- Zumba Gold (\$6)
- Zumba Toning (\$6)
- Cardio Drumming (\$5)
- Walking Club
- Enhance Fitness
- Feldenkrais (\$10)
- Ping Pong
- Line Dancing
- Matter of Balance
- Golf



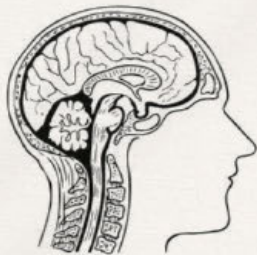
Weekly Activities

- Cards and Games
- Duplicate Bridge
- Mahjong
- Quilting/Sewing
- Crafts and Giggles
- Men's Breakfast Club
- Billiards



Activities Offered Throughout The Month

- Painting with Julie
- Card Making with Sharon
- Watercolors with Mary
- Let's Talk Mason County History
- String A Long Community Jam
- Ladies Lunch Bunch
- TED Talks
- Karaoke
- Grief Support
- Educational Presentations
- Alzheimer's Support Group



A healthy brain is just as important as a healthy body.

Stay Active

We are open Monday through Friday 9am to 4:30pm.

Help support our center by making a donation for our activities.

LET'S WORK TOGETHER TO STAY ACTIVE!

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Wheeler's
Home Delivery from Mason County District Library



If you like to read or watch movies, but are unable to come to the library to select items, maybe our FREE Wheelers program is for you. For more information, email Robin at rseymour@mcclibrary.org, or call the library at (231) 843-8465.

www.masoncounty.lib.mi.us/

Visit Our Memorial Gift Shop

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Ludington, MI 49431
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PARMENTER LAW

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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Lake Michigan SENIOR LIVING



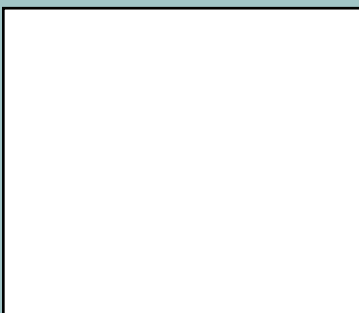
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 We welcome Attorney Lane T. Plamondon to our firm



Attorney
 Courtney J. Marshall

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 April Fool's Day Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 Cardio Drumming 12:30 - 1 Quilter's Guild 6:30	2 Tax Assistance (by appt only) 9 - 11:15 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1 - 3 Cardio Drumming 5-5:30	3 Painting Group 9-11 Tax Assistance (by appt only) 9 - 11:15 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30 - 1:15 Pinochle 1:00	4 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Blood Pressure Clinic 12-1 Tech Help 12:15 Set Back Cards 6:00	5 Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12 - 4 Music Jam 12 - 4 Ping Pong 1-4	6 7
8 Solar Eclipse Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 Apr. B'day Celebration Root Beer Floats 12:15 - 12:45 Cardio Drumming 12:30 - 1 Board Games 1:00 Movie - Call for details	9 Tax Assistance (by appt only) 9 - 11:15 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1 - 3 Cardio Drumming 5-5:30	10 Tax Assistance (by appt only) 9 - 11:15 Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30 - 1:15 Pinochle 1:00 Jewelry Class 2:00	11 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Alzheimers Dementia Conversations 11:00 Lunch 11:45 Tech Help 12:15 Book Club 1:15 Day Trip— Lantern Festival 5:00 Set Back Cards 6:00	12 National Grilled Cheese Day Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12 - 4 Music Jam 12 - 4 My Life, My Story 1:15 Ping Pong 1-4	13 Happy Scrappers 9:00am - 10:00pm 14
15 Walking Group 9:00 Quilting Group 9:00 Estate Planning (by appt only) 9-3 Lunch 11:45 Cardio Drumming 12:30 - 1 Card Making Class 2:00	16 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Speak Up, Speak Out Joe Knowles, DDA 12:15 Euchre 1:00 Sunset Carvers 1 - 3 Cardio Drumming 5-5:30	17 Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30 Pinochle 1:00 AARP Driver Safety Course 1-5 Parkinson's Support Group 1:30 Grandparents Raising Grandchildren 5:30	18 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 AARP Driver Safety Course 1-5 Set Back Cards 6:00	19 Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Speak Up, Speak Out, Curt Vanderwall 12:15 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	20 21

SCOTTVILLE AREA SENIOR CENTER

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

22	Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 Cardio 12:30 – 1 Card Making 3:00	23	Exercise: 10:30 Lunch 11:45 Euchre: 1:00 Sunset Carvers 1 – 3 Cardio 5-5:30 Drumming	24	Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30 – 1:15 Gold Pinochle 1:00 Jeannette's Craft 1:00	25	Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 NO Tech Help Crafting with Chris 3:00 Set Back Cards 6:00 Paint Party At Faire Heart 6:00	26	Walking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	27	28
29	Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 Cardio 12:30 – 1 Drumming	30	Ladies Coffee 9:00 Klatch 10:30 Exercise 11:45 Lunch 1:00 Euchre 1-3 Sunset Carvers 5-5:30 Cardio Drum								

Alzheimer's Association Caregiver Series continues in April at SASC...

Thursday, April 11 at 11 a.m.: Understanding and Responding to Dementia-Related Behavior and Enjoying Family Celebrations. Tips for effectively interacting with those affected by dementia in its many forms.



This meeting will be followed on May 9 by the final monthly meeting in this three-part series. Please call the senior center (231-757-4705) to reserve a spot.

If there is sufficient interest, these meetings will continue monthly as a Caregiver Support Group.

Questions: call Susan Evans: 231.267-6119

SCOTTVILLE AREA SENIOR CENTER

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

CRAFTS - APRIL 2024



The Sunset Carvers meet every Tuesday, the month of April from 1:00pm to 3:00pm, whether you are a longtime carver or a beginner. There may be a small fee for supplies to start with if you don't have supplies to get started. Come join in!

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



Ada's Happy Scrappers will be meeting on Saturday, April 13th from 9:00am to 10:00pm at the Scottville Senior Center. Bring your scrappin' stuff or any other craft you may do and enjoy a day of friendship, scrappin' and crafting! The fee is \$5.00 for the day which will be donated to the Scottville Area Senior Center. In order to keep the registration fee low, please bring a dish to pass. Call SASC if you have any questions or you would like to register. *Ada will also host a Card Class as well as a Project Recipe during the Crop. Pre-registration is required, so please call the SASC to sign up for the Crop (\$5.00), the Card Class (\$6.00), and or the Project Recipe (\$5.00). 757-4705*

Jewelry Making -Wednesday, April 10, at 2:00pm – We will be creating some Spring themed jewelry, a Bee themed pair of earrings as well as a Bee pendant. The photo is a sample of one of the pieces we will be creating. 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, April 15th at 2:00pm – We will be creating two Spring Themed cards. Class fee is \$5.00. Here is a photo of one similar to the one we will be creating. All supplies will be provided. Please call the Senior Center to reserve your spot.

Jeannette's Craft Wednesday, April 24, 2024 at 1:00pm – Please call Jeannette at the Senior Center for more info.

Spring Signs!
PAINT PARTY
with the Scottville Senior Center
hosted AT Faire Heart Centre
3408 W US-10, Ludington

PICK YOUR DESIGN!

Thursday, April 25th 6-8pm
Faire Heart

Pre-Registration required. Stop in at Faire Heart Centre, or Pre-register online:

Seniors get \$5 off!

\$30 - 10" tall
\$35 - 15" tall
\$45 - 18" tall

Crafting with Chris

Thursday, April 25th at 3:00pm – During Chris' class, you will be creating a Rain Chain. The cost for the class is \$20.00. All materials will be provided. Pre-registration as well as pre-payment is required. Deadline to register and pre-pay is April 12th.

Paint Party – Faire Heart Center – Thursday, April 25th at 6:00pm at the Faire Heart Center. You'll have your choice of one of these three projects. Please let the Senior Center know if you're attending, and which size project you'll be doing.

Painting with Katie: will resume in May. Watch for details!

Come and enjoy our crafts, our conversations, and our sense of community!

SCOTTVILLE AREA SENIOR CENTER

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

April Showers....Bring May Flowers....

April Factoids:



April is derived from the Latin word “aperit,” which means “to open.” It is the time of year when the sun warms the earth, and leaves and blossoms “open.”

April’s full moon is called the Pink Moon and represents the pink phlox flower that blooms in April. It is the month when baseball begins, golf gets into the “swing” of things, and professional soccer is in its season finales.

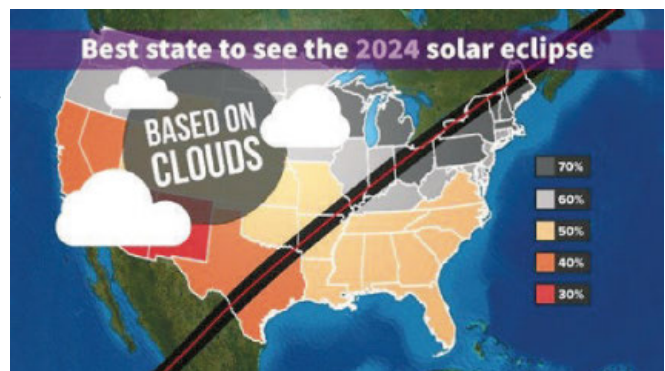
Spring cleaning often occurs in April, and in the United States, April is the 453rd most common name. In England, April is the 278th most common name!

April Happenings:

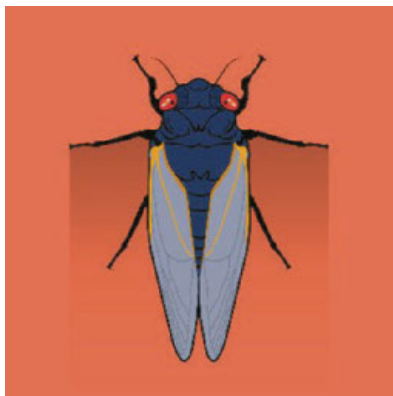
Eclipse on April 8th

On **April 8, 2024**, a total solar eclipse will cross North America, passing over Mexico, the USA, and Canada. It will be visible in the mid afternoon... mostly as it goes by Erie, Pennsylvania. Hopefully, we will be able to view it as well.

A solar eclipse occurs when the moon passes between the sun and Earth, blocking the sun’s light. The next solar eclipse, which will be visible from the United States, will occur on **August 23, 2044!**



Cicadas.....



In late April of 2024 through early May, 2024, the 13 year cicadas (named Brood XIX) will co-emerge with the 17 year cicadas (named Brood XIII). It is the first time since 1803 that these two Broods have co-emerged.....and Thomas Jefferson was President. And it will be 221 years before this buzzing occurs again!

The 17 year group will emerge in northern Illinois region and the 13 year old group in Southeastern United States, but much of the country will be affected.

States affected are Alabama, Arkansas, Georgia, Illinois, Indiana, Iowa, Kentucky, Louisiana, **Michigan**, Mississippi, Missouri, N. Carolina, S. Carolina, Oklahoma, Tennessee, Wisconsin, and Virginia!

Please join us at the Scottville Area Senior Center for classes, a daily lunch (and salad bar), and friendship galore! And discussions about facts like this page!

TALLMAN LAKE SENIOR CENTER

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

**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
1 9:00 Crochet Class 11:00 Safe & Sane Exercise 1:00 Wii Games	2 10:00 Art with Ardah (supplies furnished) 10-2 Open Billiards 1:00 Table Games	3 10:00 Auxiliary Mtg. All Welcome! 10-2 Open Billiards 11:00 Checkers 1:00 Show-and-Tell	4 10-2 Open Billiards 1:00 Euchre	5 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy w/Tunisian Crochet 1-3 Outreach (center open)
8 9:00 Crochet Class 11:00 Safe & Sane Exercise 1:00 Wii Games	9 10:00 CRAZY Bingo 10-2 Open Billiards 1:00 Table Games	10 10:00 Board Meeting 10-2 Open Billiards 11:00 Checkers 1:00 Craft Creation <i>Our supplies, your imagination!</i> Make sale items for center.	11 10-2 Open Billiards 1:00 Euchre 1:00 Grief Support (and on an as-needed basis privately)	12 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy w/Tunisian Crochet 1-3 Outreach (center open)
15 9:00 Crochet Class 11:00 Safe & Sane Exercise 1:00 Wii Games	16 10:00 Art with Ardah (supplies furnished) 10-2 Open Billiards 1:00 Table Games	17 10-2 Open Billiards 11:00 Checkers 1:00 Craft Creation <i>Our supplies, your imagination!</i> Make sale items for center.	18 10-2 Open Billiards 1:00 Euchre	19 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy w/Tunisian Crochet 1-3 Outreach (center open)
22 9:00 Crochet Class 9:30-10:30 BLOOD-PRESSURE CHECKS 11:00 Safe & Sane Exercise 1:00 Focus on Food	23 10:00 CRAZY Bingo 10-2 Open Billiards 1:00 Table Games	24 10 Kings in Corners 10-2 Open Billiards 11:00 Checkers 1:00 Craft Creation <i>Our supplies, your imagination!</i> Make sale items for center.	25 10-2 Open Billiards 12:00  Dollar Lunch 1:00 Euchre 1:00 Grief Support (and on an as-needed basis privately)	26 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy w/Tunisian Crochet 1-3 Outreach (center open)
29 9:00 Crochet Class 11:00 Safe & Sane Exercise 1:00 Wii Games	30 10-2 Open Billiards 1:00 Table Games	 <p>Check your BP with Kelly from Corewell Health Mon., Apr. 22, 9:30-10:30 a.m.</p>	Stop by to meet the newest member of our team! SASC director Bill Kerans facilitated the hiring of Maggie Holey , by AARP, to be an aide at TLSC.	<p>See more Tallman Lake Senior Center event details on our half page!</p>

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.

Please call 464-6789 by noon the DAY BEFORE to reserve a meal. Thank you!

JOIN US FOR A MEAL


WALK LAPS IN THE GYM

PLAY A GAME OF POOL

ENJOY ENTERTAINMENT

VISIT WITH NEW & OLD FRIENDS

APRIL MENU

<p><u>Tuesday, April 2</u></p> <p>Goulash Green Beans Roll & Butter Mixed Fruit Cake & Ice Cream</p>	<p><u>Thursday, April 4</u></p> <p>Oven Fried Chicken Mashed Potatoes & Gravy Corn Corn Bread Peaches Brownies</p>
<p><u>Tuesday, April 9</u></p> <p>Parmesan Pork Chops Pasta w/ marinara Carrots Roll & Butter Applesauce Pudding</p>	<p><u>Thursday, April 11</u></p> <p>Wet Burrito Mexican Rice Pineapple Mexican Wedding Cake</p>
<p><u>Tuesday, April 16</u></p> <p>Chichen & Gravy With Vegetables Buttermilk Biscuit Pears Fluff</p>	<p><u>Thursday, April 18</u></p> <p>Ham Baked Beans Potato Salad Fresh Vegetables Pie</p>
<p><u>Tuesday, April 23</u></p> <p>Beef Roast Mashed Potatoes Asparagus Roll & Butter Fresh fruit Dessert</p>	<p><u>Thursday, April 25</u></p> <p>Sausage & Kraut Garlic Mashed Potatoes Mixed Vegetables Rye Bread & Butter Mixed Fruit German Chocolate Cake</p>
<p><u>Tuesday, April 30</u></p> <p>Sloppy Joe w/ Bun Chips Fresh Fruit Fresh Vegetables Assorted Desserts</p>	

TALLMAN LAKE SENIOR CENTER

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

ATTENTION: SELLERS AND SHOPPERS!

FLEA MARKET SALE AT TALLMAN LAKE SENIOR CENTER SPONSORED BY THE TLSC AUXILIARY BOARD

Friday, May 24, and Saturday, May 25
9:00 a.m. to 5:00 p.m.

Sellers find new homes for items they've made or no longer want, need, or use while shoppers hunt for the find of a lifetime, and all enjoy the prospect of new projects and possibilities!

- ⇒ 10' x 12' spaces separated by 4-foot walkways and two tickets redeemable for pop or water for a single, nonrefundable \$5 fee per space for both days.
- ⇒ Spaces will be on the east side of the building. Come to the center to choose and reserve your space starting May 21.
- ⇒ All items must be removed from the premises no later than 6:00 p.m., Saturday, May 25, 2024.

Supply your own chairs and tables or other displays to showcase your wares. Sale items must be clean and in good reusable condition. Arts and crafts, cottage-foods products, clothes, trinkets, and treasures welcome. No firearms, fireworks, contraband, or related items allowed.

PLEASE NOTE: NO ALCOHOL ALLOWED ON PROPERTY.

You will notice on our monthly calendar biweekly support services for grief and also weekly "outreach." Many senior centers have specially trained counseling staff to assist you. At TLSC, there is no credentialed professional on site, but director Sandy Varnes is an insightful and empathetic listener who has the life experience to help you find your way through difficult times, and she can also connect you with other helpful resources.

I wonder how the outreach program at TLSC can help me.

Sandy's outreach program mainly serves seniors who were formerly active participants at our center and have transitioned to a slower pace. Sandy's regular calls, cards, and newsletters, along with her periodic errand services and in-home visits, help to keep them informed and engaged.



Center Director
Sandy Varnes

Sandy is intuitive, but she is not a mind reader! So if you or someone you know is in need of some assistance or a shoulder to lean on, call the center at 231-757-3306, and every effort will be made to help make your life easier.

Stop by to chat with Sandy and to meet our new aide, Maggie Holey!



Center Aide
Maggie Holey

FREE SOIL AREA SENIOR CENTER

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

The Free Soil Senior Center is open Tuesdays and Thursdays from 9:00 to 2:00. They have a large gym, good for indoor walking and other activities on snowy or rainy days. Their lunches are made on-site and served at noon. Call 231-464-6789 to reserve a spot for lunch.



Free Soil Senior Center's Reading Room



Free Soil Senior Center's Entrance

MASON COUNTY • MICHIGAN

Ask Sharon

By Sharon Bailey, Medicare Counselor at SASC

I find that some people are confused when they have employer health insurance or retiree insurance plus Medicare.

I will try to make it less confusing.

Q. If I have retiree health and Medicare, how do I know which insurance will pay first.

A. In this case Medicare will pay first, then retirement insurance will pay remainder (20%).

Q. Who pays first if my spouse is still working and I have Medicare?

A. If your spouse's company has more than 20 employees then his insurance pays first and Medicare pays remainder of cost.

Q. My Employer has fewer than 20 employees, so who pays first?

A. Medicare will pay first your employer will pick up remainder.

Q. If you are on disability and under 65 and you have Medicare and employer health coverage, who would pay first?

A. If employer has 100 or more employees, your group health plan pays first.

Q. What if my employer has less than 100 employees?

A. In that case Medicare will Pay first.

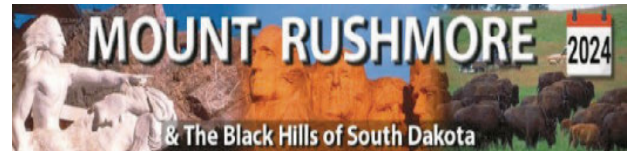
Q. I have Tricare from the Military, who pays first?

A. If you are not on active duty, or you get services or medical items from a military facility, Medicare will pay first. If you get Medicaid, Medicare pays first.

After writing this I can see why you'd be confused by this information. All I can say is I didn't make the rules. I'm not sure if this will things easier to understand, but I can say I tried.

SCOTTVILLE AREA SENIOR CENTER SCHEDULED TRIPS FOR 2024

**Mt. Rushmore, the Badlands and
Black Hills of South Dakota**
June 1 – 9, 2024 -Still room for you!
Please call 231-757-4705
Payment due when you sign up.



New York – August 22 – 28, 2024
Deposits due by April 19, 2024



Vermont – October 13 – 19, 2024
Deposits due by June 10, 2024



**Please call the Scottville
Area Senior Center or go to our
Group Trip website**
grouptrips.com/Scottvilleseniorcenter
for more information.

Lantern Festival at John Ball Zoo

Grand Rapids Day Trip: Thur., April 11

The Scottville Area Senior Center is happy to announce an exciting addition to our travel schedule: the beautiful lantern festival. Walk through the Festival with us and see all the amazing light displays!

We depart at 5:00 p.m. for this evening adventure. Dinner at a Grand Rapids restaurant (on your own). Festival tour appx. 1 ½ hours. Estimated return: 11:30.

Space limited. Early sign-up encouraged. 231-757-4705
Tickets \$45. (includes transportation and festival entry fee)

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



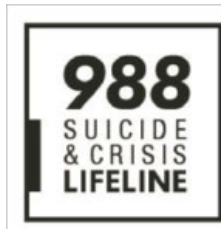
Parkinson's Support Group *April thru December*

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 FOUR 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.
- 4. By email**—for free - contact Bill at Scottville Area Senior Center, bkerans@mysasc.org or 757-4705.

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.....

John Cotten, Director (jcotten@masoncounty.net)	231-583-2028
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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	231757-3306

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

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newsletter
emailed
to you.



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For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0696