

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

May 2024
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Active for Life

Your life, Your Way, Your time over 50

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MASON COUNTY • MICHIGAN

Julie Van Sickle:

Volunteer Book Club Leader at the Scottville Area Senior Center

Julie is a retired RN who retired as an infection control nurse at Oakview in Ludington, and now is a frequent visitor and volunteer at the Scottville Area Senior Center.

She's also a mother of two and a grandmother of seven; an avid **ukulele player**, a talented member of the monthly **Charity Sew** group, a weekly member of Sandy's Quilting Friends, an active member of her church who sings in the church choir, a fun gal who has a ready smile for us all.....and **the volunteer leader for the monthly Book Club** at the Scottville Area Senior Center.

Julie attributes her love of reading to her early childhood. When in second grade she completed the most book reports in her class! And when she was young, she and her four siblings would read books (early on, comic books; later on, library books) seated on limbs in an apple tree in their yard south of Custer. Her cousin, Rosie, sat UNDER the tree. One day, a storm was approaching, and they heard the lightning strike "the yellow apple tree!" Thank goodness, the kids had gone inside....and this event **only strengthened her resolve to read, and not deter it!**

Julie and the group have only one rule for the Book Club: if possible, please have read the chosen book prior to the **monthly 2nd Thursday** discussion. She also informs the Scottville library of the book title, so that they can have copies for those who wish to borrow them. **Other than that, new members are always welcome and the chosen book is announced in the senior center newsletter.**

When asked **how** the books are chosen, Julie defers to the group.....suggestions are made at the end of each monthly meeting, and voted upon. Since the group often numbers about 8 to 10, the book chosen is as varied as the members present that day.

Some of the books already chosen and discussed are:



Lessons in Chemistry by Bonnie Garmus

A Man Called Ove by Fredrick Backman

The Tortilla Curtain by T.C. Boyle

The Plot by Jean Hanff Korelitz



Come join the Scottville Area Senior Center Book Club the Second Thursday of every month....at 1:15! The book being discussed is listed in every newsletter! This month's pick is *Hello Beautiful*, by Ann Napolitano. WELCOME BOOK LOVERS!

COVER: This month's cover photo is by Todd Reed, from the book "365 - A Year in the Photographic Lives of Todd and Brad Reed."

MASON COUNTY • MICHIGAN

The Caregiver Journey: Resources Along the Way



For many caregivers, this is a role they were thrust into. Mom experienced a fall and needs some extra help. Your partner has surgery and recovery doesn't go as planned. Regardless of the reason, you are now responsible for someone else's well-being on top of your own. Research conducted by AARP and the National Alliance for Caregiving in 2020 showed that over 53 million American adults served in an unpaid caregiving role for someone aged 50 or older (relative, parent, parent-in-law)*. Caring for a loved one in your life can take on a variety of forms from quick trips to doctor's appointments to helping with daily household tasks and meal preparation. Whether you are new to your caregiving journey or established, you are likely to have moments that can be overwhelming. Here are a few things that can help:

Feel your feelings.

Caregiving is likely to bring out a variety of emotions. Many aspects of caregiving are rewarding and filled with joy. Lean into these. Additionally, some aspects are frustrating, so allow yourself to feel this way as well; giving yourself time to work through them can help.

Accept help.

The caregiver role is likely only one of your many roles; you're likely also an employee, spouse, or parent, and juggling these many tasks can be overwhelming. Recognize that you may not be able to do all tasks on your own and ask for help where you can. Learning to accept this help is also important, little things on a regular basis can make a big difference. More than likely people are willing to jump in to assist, they simply don't know you've been struggling.

Take care of yourself.

Burnout is common in caregiving. It is important that you carve out time for yourself, from going away for a weekend to having someone come by for a few hours, a little time "off" makes a big difference. Self-care can also mean smaller things too like taking a walk, eating healthy foods, reading a book, or calling a friend.

Connect with resources.

A number of resources exist to provide support to older adults and caregivers:

- **Family Caregiver University:** monthly classes for anyone in a caregiving role. These topics range from community resources, self-care activities, and more.
- **Dementia Friends Program:** these one-hour informational sessions help organizations and individuals fully understand dementia and how to communicate effectively.
- **Caregiver Resource Network:** brings together caregiving resources within a nine-county region.
- **Respite:** This service provides companionship or assistance with activities of daily living for older adults when their primary caregiver is unavailable or looking for support.
- **Adult Day:** Adult Day Centers care for older adults for extended hours of a day. At an adult day center individuals can take part in activities, exercise, socialize with others, and receive personal care while their caregivers have respite.
- **Transportation:** transportation options for older adults exist to get them safely to medical appointments, grocery stores, and more, helping relieve some of the caregiver burden.
- **Grandparent Raising Grandchildren:** If the care provided is that of a grandparent looking after their grandchildren, then this program can provide intergenerational experiences and educational sessions. Other kinship caregivers who provide a loving home for young relatives are also welcome.
- **Home Delivered Meals:** for older adults who may not be able to get out to shop for their own groceries, home delivered meals can be a great option for regular deliveries of well-rounded meals.

If you have questions on further support that is available in your county, or would like to be set up with the resources mentioned above, you can call the Area Agency on Aging at (616) 456-5664 or (888) 456-5664.

Source: <https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html>

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



MENU



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Water/hydration: As you get older your sense of thirst decreases, making it harder to tell when your body is trying to tell you it needs water. This can quickly lead to your body not having enough water that is required for so many important body functions and you become dehydrated. Eight, 8-ounce glasses of water is ideal.</p>				
<p>6 Meatballs in Gravy Fancy Nancy's Mashed Potato Brussels Sprouts Grapes Biscuits 1% Milk</p>	<p>7 Taco Tuesday Beans & Rice Lettuce & Tomato Peaches Tortilla Shell 1% Milk</p>	<p>8 Chicken and Rice Bake Roasted Broccoli Carrots Melon 1% Milk</p>	<p>9 Thursday Pizza Day Green Beans Veggies on Pizza Tropical Fruit 1% Milk</p>	<p>3 Baked Pollock Baked Potato Corn Fresh Grapes Dinner Roll 1% Milk</p>
<p>13 Jessica's Famous Cheeseburger Corn Potato Salad Applesauce Bun 1% Milk</p>	<p>14 Chicken Pot Pie Veg in Entrée Carrots Fresh Pears Pie Crust 1% Milk</p>	<p>15 Goulash Tomatoes in Entrée Spinach Cantaloupe Breadsticks 1% Milk</p>	<p>16 Lois' Famous Meatloaf Mashed Potatoes Prince Charles Blend Pears Dinner Roll 1% Milk</p>	<p>10 Pancakes Hash Browns Sausage Melon Wedges 1% Milk</p>
<p>20 Jeannette's Spaghetti w/Meat Sauce Asparagus Diced Peaches Garlic Bread 1% Milk</p>	<p>21 BBQ Chicken Scalloped Potatoes Lima Beans Fruit Mix Dinner Roll 1% Milk</p>	<p>22 Lasagna Cauliflower Warm Spiced Peaches Garlic Bread 1% Milk</p>	<p>23 Tamale Pie Carrots Tossed Salad Red Grapes 1% Milk</p>	<p>17 Pork Cutlet Red Skin Potatoes California Blend Oranges Sliced Bread 1% Milk</p>
<p>27 Memorial Day Observed No Meals Served</p>	<p>28 Jumbo Hotdog Baked Beans Coleslaw Peaches Bun 1% Milk</p>	<p>29 Chicken Breast Carrots Tossed Salad Red Grapes Wild Rice 1% Milk</p>	<p>30 Karen's Favorite Roast Pork Corn Squash Apricots Dinner Roll 1% Milk</p>	<p>24 Salisbury Steak Red Skins Green Beans Pineapple Dinner Roll 1% Milk</p>

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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LUDINGTON SENIOR CENTER

CRAFT

MOTHER'S DAY TEA

TREATS



TEA

THURSDAY, MAY 9
2PM-4PM

LAUGHTER

CALL TO REGISTER 231-845-6841

SASC'S Kayaking and Walking Groups are Back for the Summer!



The Scottville Area Senior Center is going to try and kayak every other Friday, starting on May 10th at 10:00am. Please call the center (231-757-4705) to sign up so we know how many will be joining in.

On May 10th, we will be kayaking the Pere Marquette River just to get us back into the float of things! You will need to have your own kayak.

A few kayakers have mentioned they have an extra one if anyone needs to borrow one, but you will need to reach out ahead of time to make sure it's available.


Our Walking Group is starting back up as well! We will be meeting at 9:00am Monday and Wednesday at the Center and walk around Scottville. The distance will vary each time depending on how far we want to go. Then, on Fridays, we will be hiking on some of the local trails around here.

Our first Hiking outing will be on Friday May 3rd, weather permitting. We will meet up at the Timbercreek Trailhead, off US 10, at 9:00am for an out-and-back hike. The distance will vary depending on how far everyone wants to hike. Please wear appropriate hiking footwear and clothing.

Call the Scottville Area Senior Center (231-757-4705) for details and to sign up.



MASON COUNTY • MICHIGAN



\$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 **🕒 TIME** **📍 LOCATION**
May 1st, 2024 At 12:00PM 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

Life is better when you can line dance.



LINE DANCING WILL RESUME WITH JEANNINE AND DENNIS MAY 7TH AT 2:00PM



COOKING WITH CATHY

Feel vibrant and energized through food

Learn how to eat healthier
📅 Monday May 20th, 2024
🕒 12:30pm
📍 Ludington Senior Center


What will you get?

- ✔ Cook and dine
- ✔ Tips to cook healthy
- ✔ Discussion Session
- ✔ Tips to gently detox your body of winter toxins

Seasonal Salad, Fresh Berries and Gluten Free Pumpkin-Cranberry Muffins

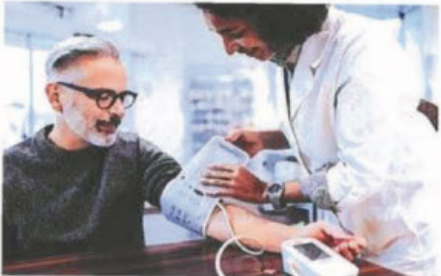
Each Person **\$10**

Call to register: 231-845-6841



Free Blood Pressure Clinic

Location: Ludington Senior Center
Date: Wednesday, May 8, 2024
Time: 10: 00 am – 11:00 am



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

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 May 24th at 1:00PM. \$6.00 class fee



PAINTING WITH JULIE

Sign up for Julie's May 24th class and paint these gorgeous nautical-themed paintings. Call to RSVP \$20 class fee including \$10 deposit upon sign-up



WATERCOLOR WITH MARY

This class will be held on May 10th at 1pm. Join us in painting this stunning bird. Call for the price of this class and sign up today.



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 and 4th 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
 <p>www.facebook.com/ludingtonareaseniorcenter</p>			1 9 Walking Club 9 Men's Billiards 10 Stretch & Balance 10 Quilting 11 Walk this Weigh 1 Ping Pong 1:15 Beltone Hearing 1:30 Karaoke 2 Lighthouse Keepers Pres. 4 Feldenkrais 5:30 Zumba Gold	2 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge	3 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games Open Billiards	4
5	6 9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards 5:30 Zumba Toning	7 9 Walking Club 9 Golf Club Lakeside Links 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards 2 Line Dancing	8 9 Walking Club 9 Men's Billiards 10 BP Clinic 10 Stretch & Balance 10 Quilting 11 Walk this Weigh 1 Ping Pong 3 TED Talks (ZOOM) 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	9 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch Open Billiards 1 Duplicate Bridge 1 Alz. Support Group 2 Mothers Day Tea	10 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games 1 Watercolor Class Open Billiards	11
12	13 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 Open Billiards 5:30 Zumba Toning	14 9 Walking Club 9 Golf Club Lakeside Links 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards 2 Line Dancing	15 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Walk this Weigh 1 Ping Pong 1 Cups of Cheer 1:30 Karaoke 4 Feldenkrais 5:30 Zumba Gold	16 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards	17 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games Open Billiards	18
19	20 9 Men's Billiards 9 Men's Breakfast 9:30 Yoga 10 Mahjong 9-12 Parmenter Law 11 Enhance Fitness 12:30 Cook with Cathy 1 Cards & Games Open Billiards 5:30 Zumba Toning	21 9 Walking Club 9 Golf Club Lakeside Links 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards 2 Line Dancing	22 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Walk this Weigh 1 Ping Pong 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	23 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch Open Billiards 1 Duplicate Bridge 1 Alz. Support Group	24 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games 1 Card making class 1 Painting with Julie Open Billiards	25
26	27 Center is closed in observance of Memorial Day 	28 9 Walking Club 9 Golf Club Lakeside Links 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards 2 Line Dancing	29 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Walk this Weigh 1 Ping Pong 4 Feldenkrais 5:30 Zumba Gold	30 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards	31 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games Open Billiards	



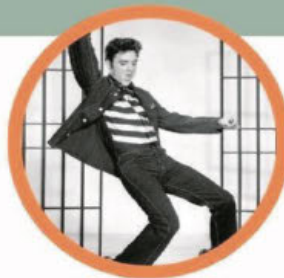
Ludington Senior Center

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



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 are interested in more Diamond Tour trips visit www.grouptrips.com/LudingtonSeniorCenter



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
- Zumba Gold (\$6)
- Zumba Toning (\$6)
- Cardio Drumming (\$5)
- Walking Club
- Enhance Fitness
- Feldenkrais (\$10)
- Ping Pong
- Line Dancing
- Matter of Balance
- Golf



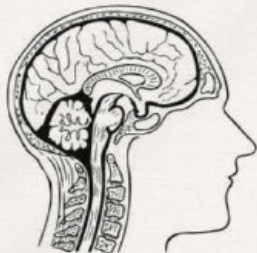
Weekly Activities

- 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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ToddandBradReed.com



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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Attorney Courtney J. Marshall

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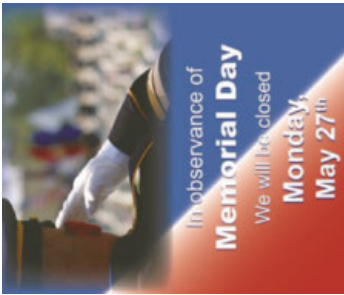
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Green - Exercise Purple - Social Activity Red - Craft Black - Service Blue - Speaker Orange - Community Event</p>		<p>1 Walking Group 9-11 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Blood Pressure 12-1 Clinic 12-1 Zumba 12:30 - 1:15 Pinochle 1:00 Grandparents Raising Grandchildren (Nutrition, Rescheduled From April) 5:30</p>	<p>2 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back Cards 6:00 Sunset Carvers 7-9p</p>	<p>3 Hiking 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 Happy Scrappers Weekend (Fri-Sun) 9:00am - 4:00pm Friday 6-10 pm</p>	<p>4 Happy Scrappers 9:00am - 10:00pm</p> <p>5 Happy Scrappers 9:00am - 4:00pm</p>
<p>6 Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 Cardio 12:30 - 1 Quilters Guild 1:30 Class 1:30 Quilters Guild 6:30 Mo. Meeting. 6:30</p>	<p>7 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1 - 3 Cardio 5-5:30 Drumming 5-5:30</p>	<p>8 Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30 - 1:15 Gold 12:30 - 1:15 Pinochle 1:00 Beltone 1:30 - 2:30 Hearing 1:30 - 2:30 Jewelry Class 2:00</p>	<p>9 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Alzheimer's Series Part 3 (below) 11:00 Lunch 11:45 Tech Help 12:15 Book Club 1:15 Set Back Cards 6:00 Sunset Carvers 7-9p</p>	<p>10 Kayaking 10:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4 My Life, My Story will resume in the fall</p>	<p>11 </p> <p>12</p>
<p>13 Walking Group 9:00 Quilting Group 9:00 Lunch 11:45 May. B'day Root Beer Floats 12:15 - 12:45 Cardio 12:30 - 1 Drumming 1:00 Board Games 1:00 Speak Up, Speak Out - Durable Power of Atty for Health Care 2-4 Movie Night (Call for details)</p>	<p>14 Exercise: 10:30 Lunch 11:45 Euchre: 1:00 Sunset Carvers 1 - 3 Beginning Painting with Katie 3:00 - 4:30 Cardio 5-5:30 Drumming 5-5:30</p>	<p>15 Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30 Pinochle 1:00 Parkinson's Support Group 1:30 Grandparents Raising Grandchildren (CPR) 5:30</p>	<p>16 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back Cards 6:00 Sunset Carvers 7-9p</p>	<p>17 Hiking Group 9:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Cardboard Loom Weaving 12:30 - 2:30 Ping Pong 1-4</p>	<p>18</p> <p>19</p>

Continues on Next page...

SCOTTVILLE AREA SENIOR CENTER

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

20	Walking Group 9:00 Quilting Group 9:00 Estate Planning (by appt only) 10-3 Lunch 11:45 Cardio 12:30 – 1 Card Making Class 2:00	21	Charity Sew 9:00 Exercise: 10:30 Lunch 11:45 Euchre: 1:00 Sunset Carvers 1 – 3 Cardio 5-5:30 Drumming 5-5:30	22	Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30 – 1:15 Gold 1:00 Pinochle	23	Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back Cards 6:00 Sunset Carvers 7-9p	24	Kayaking 10:00 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	25	
27	 In observance of Memorial Day We will be closed Monday, May 27 th	28	Ladies Coffee Klatch with Mayor Marcy Spencer and city commissioners Spore and Copenhaver 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5-5:30	29	National Senior Health and Fitness Day Walking Group 9:00 Painting Group 9-11 Ladies' Billiards 10:00 Buffet Lunch 11:45 Zumba 12:30 – 1:15 Gold 1:00 Pinochle Jeannette's Craft 1:00	30	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 Sunset Carvers 7-9p	31	Hiking 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		

SASC Alzheimer's Association Caregiver Series continues in May

Thursday, May 9 at 11 am: *Understanding and Responding to Dementia-Related Behavior.* Tips for effectively interacting with those affected by dementia in its many forms. Please call the senior center (231-757-4705) to reserve a spot for the May meeting.



This meeting concludes our introductory three-part series for Alzheimer's caregivers. If there is sufficient interest, these meetings will continue monthly as a Caregiver Support Group, with others invited to join

Questions: call Susan Evans: 231.267-6119

SCOTTVILLE AREA SENIOR CENTER

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

CRAFTS - MAY 2024

The Sunset Carvers meet every Tuesday in the afternoon and now, starting in May, also every Thursday evening. Tuesdays, they meet from 1:00pm to 3:00pm; and on Thursdays, they meet 7:00pm to 9:00pm. Whether you are an experienced carver or a beginner...all are welcome. There may be a small fee for supplies from time to time. Come join in!

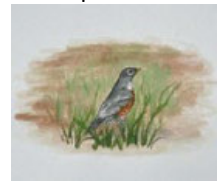


The Painting Group continues to meet at the Scottville Area Senior Center on Wednesdays, from 9:00am to 11:00am. Bring your paint supplies and canvases and join in for a couple hours visiting and painting.

Ada's Happy Scrappers plan a special weekend event. Friday, May 3, 6:00pm to 10:00 pm (\$5.00 fee), Saturday, May 4, 9:00 am to 10:00 pm (\$20.00 fee) and Sunday May 5, 2024 from 9:00 am to 4:00 pm (\$5.00 fee) at the Scottville Senior Center. Come to one, two or all three days. Bring your scrappin' stuff or any other craft you may do and enjoy a day of friendship, scrappin' and crafting! Portions of the fees will be donated to the Scottville Senior Center. Please bring a dish to pass on Saturday and Sunday. Ada will also host a Card Class as well as a Project Recipe during the Crop. Pre-registration is required. Call the center (231-757-4705) for more information or to register for this fun, creative weekend!



Jewelry Making - Wednesday, May 8th, at 2:00pm – We will be creating some Hot Glue Jewelry! 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.



Beginning Painting with Katie – Resumes this month! Katie is back at the Scottville Senior Center. The group will meet on the 2nd Tuesday of each month from 3:00pm to 4:30pm. This month being Tuesday, May 14th. Katie will be teaching how to paint a Robin. Class fee is \$20.00. Please call the Center at 231-757-4705 or Katie at 231-388-3411.

Cardboard Loom Weaving on Friday, May 17th at 12:30pm – 2:30pm. During this class, we will be creating a bracelet. The fee for the class is \$1.00. Please call the Center to reserve your spot.



Card Making

Monday, May 20th at 2:00pm – We will be creating two Father's Day 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, May 29th, 2024 at 1:00pm –In this class, you will be able to create a Butterfly House. Call the Center for more details. The fee is by donation only. There is a limit of 5 people for this class. Please call to reserve your spot! 231-757-4705

Crafting with Chris

Thursday, May 30th at 3:00pm – During Chris' class, you will be creating a Beaded Garden Sparkler. The cost for the class is \$15.00. All materials will be provided. Pre-registration as well as pre-payment is required. Deadline to register and pre-pay is May 10th.



SCOTTVILLE AREA SENIOR CENTER

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

May Special Events:



Blood Pressure Clinic (Kelly Barnhardt, Corewell Health): **Wednesday, May 1, 12 – 1**

Beltone Hearing: **May 8; 1:30 – 2:30** (call for appt.)

Alzheimer's and Dementia Caregiver Series:

"Understanding & Responding to Dementia-Related Behavior and Enjoying Family Celebrations": **Thursday, May 9 at 11 a.m.** Led by Susan Evans

Book Club: **May 9, 1:15.** Led by Julie Van Sickle (**Book: "Hello Beautiful" by Ann Napolitano**)

My Story, My Life: Led by Karen Rogers is on summer break and resumes in the fall.

Birthday Celebration (May): **May 13, 12:15 – 12:45** (Root Beer Floats)

Parkinson's Group: **May 15, 1:30.** Led by Shirley Chancellor

Grandparents Raising Grandchildren:

May 1, 5:30 (rescheduled from April). Topic: **nutrition**, led by Kendra Gibson

May 15, 5:30. **Topic: CPR** Led by Kelly Barnhart, R.N., Corewell Health; for anyone over 10

Estate Planning: **May 20, 10 – 3** (appointment only) Please call the center for an appointment.

Ladies' Coffee Klatch: **May 28, 9:00:** led by Scottville Mayor Marcy Spencer, and City Commissioners Darcy Copenhaver and Dixie Spore.

NATIONAL SENIOR HEALTH and FITNESS DAY: MAY 29 (Wednesday)

Delicious, nutritious buffet lunch provided by the staff for all to share.

Followed by an exercise demonstration

Looking ahead to June: Organization meeting for new Caregiver Support Group. Monday, June 24 at 1:30

Durable Power of Attorney for Health Care: Who, What, Why, and When **Monday, May 13 from 2 to 4 p.m. at SASC—Led by Marie Stycos of Mindful Passages**

At any time in our lives we can experience an accident or illness that incapacitates us for a time or permanently. Who will guide your care providers when you are unable to? To help assure that your desires are followed in such a time, you need to legally designate your medical decision maker. Who should that be? Why is this important? When should it be in place? The answers may surprise you!

You are invited to learn this information and be introduced to the necessary forms in the first hour of our gathering. Those that desire to may stay for all or part of the second hour, to have questions answered and for assistance in beginning to fill out the form.

This knowledge and its implementation may increase your peace of mind in the realization of inevitable mortality.

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
<p>MAY HIGHLIGHTS</p> <ul style="list-style-type: none"> • Darts Thursdays at 10:00 • Cardmaking 1st and 3rd Tuesday at 10:00 (free) • Potluck May 8 at noon • Diamond Art Wednesday, May 15 & 29, at 1:00 (\$5) 		<p>1</p> <p>10:00 Auxiliary Mtg. All Welcome!</p> <p>10-2 Open Billiards</p> <p>11:00 Checkers</p> <p>1:00 Show-and-Tell</p>	<p>2</p> <p>10-2 Open Billiards</p> <p>10-12 Darts</p> <p>1:00 Euchre</p>	<p>3</p> <p>10:00 Put-N-Take</p> <p>10-2 Open Billiards</p> <p>11:00 Yarn Therapy w/Tunisian Crochet</p> <p>1-3 Outreach (center open)</p>
<p>6</p> <p>9:00 Crochet Class</p> <p>11:00 Safe & Sane Exercise</p> <p>1:00 Wii Games</p>	<p>7</p> <p>10:00 Cardmaking</p> <p>10-2 Open Billiards</p> <p>1:00 Table Games</p>	<p>8</p> <p>10:00 Board Meeting</p> <p>10-2 Open Billiards</p> <p>11:00 Checkers</p> <p>Noon Potluck</p>	<p>9</p> <p>10-2 Open Billiards</p> <p>10-12 Darts</p> <p>1:00 Euchre</p> <p>1:00 Grief Support (and on an as-needed basis privately)</p>	<p>10</p> <p>10:00 Put-N-Take</p> <p>10-2 Open Billiards</p> <p>11:00 Yarn Therapy w/Tunisian Crochet</p> <p>1-3 Outreach (center open)</p>
<p>13</p> <p>9:00 Crochet Class</p> <p>11:00 Safe & Sane Exercise</p> <p>1:00 Wii Games</p>	<p>14</p> <p>10:00 Art with Ardah (supplies furnished)</p> <p>10-2 Open Billiards</p> <p>1:00 Table Games</p>	<p>15</p> <p>10-2 Open Billiards</p> <p>11:00 Checkers</p> <p>1:00 Diamond Art \$5 for kit</p>	<p>16</p> <p>10-2 Open Billiards</p> <p>10-12 Darts</p> <p>1:00 Euchre</p>	<p>17</p> <p>10:00 Put-N-Take</p> <p>10-2 Open Billiards</p> <p>11:00 Yarn Therapy w/Tunisian Crochet</p> <p>1-3 Outreach (center open)</p>
<p>20</p> <p>9:00 Crochet Class</p> <p>10:30-11:30 BLOOD-PRESSURE CHECKS</p> <p>11:00 Safe & Sane Exercise</p> <p>1:00 Focus on Food</p>	<p>21</p> <p>10:00 Cardmaking</p> <p>10-2 Open Billiards</p> <p>1:00 Table Games</p>	<p>22</p> <p>10-2 Open Billiards</p> <p>11:00 Checkers</p> <p>1:00 Craft Creation <i>Our supplies, your imagination!</i> Make sale items for center.</p>	<p>23</p> <p>10-2 Open Billiards</p> <p>10-12 Darts</p> <p>1:00 Euchre</p> <p>1:00 Grief Support (and on an as-needed basis privately)</p>	<p>24</p> <p>CRAFT AND FLEA MARKET SALE</p> <p>Friday and Saturday May 24-25, 2024 9:00 a.m. to 3:00 p.m.</p> <p>SEE OUR HALF PAGE OR CALL 231-757-3306 FOR DETAILS!</p>
<p>27</p> <p></p> <p>CLOSED</p> <p>in observance of MEMORIAL DAY</p>	<p>28</p> <p>10-2 Open Billiards</p> <p>1:00 Table Games</p>	<p>29</p> <p>10 Kings in Corners</p> <p>10-2 Open Billiards</p> <p>11:00 Checkers</p> <p>1:00 Diamond Art \$5 for kit</p>	<p>30</p> <p>10-2 Open Billiards</p> <p>10-12 Darts</p> <p>12:00  Dollar Lunch</p> <p>1:00 Euchre</p>	<p>31</p> <p>10:00 Put-N-Take</p> <p>10-2 Open Billiards</p> <p>11:00 Yarn Therapy w/Tunisian Crochet</p> <p>1-3 Outreach (center open)</p>

FREE SOIL AREA SENIOR CENTER

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

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

MAY MENU

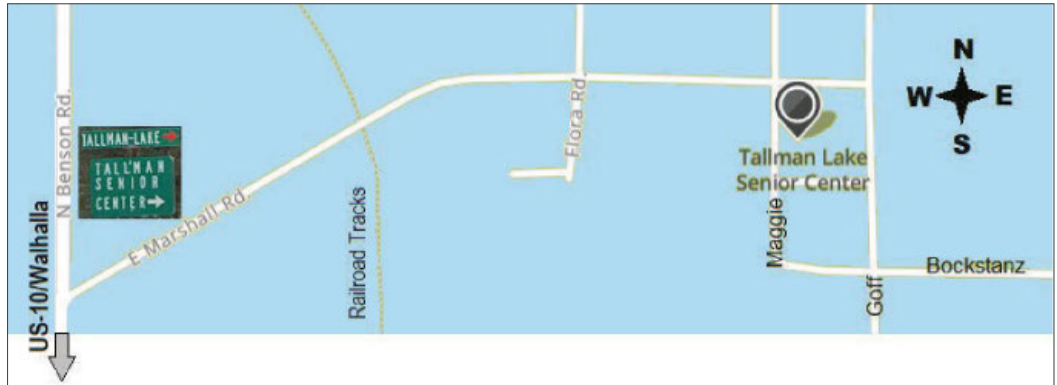
	<p><u>Thursday, May 2</u></p> <p>BBQ Chicken Macaroni Salad Roll & Butter Mixed Fruit Birthday Cake & Ice Cream</p>
<p><u>Tuesday, May 7</u></p> <p>Pork Roast Stuffing Green Beans Roll & Butter Applesauce</p>	<p><u>Thursday, May 9</u></p> <p>Breakfast Bake Banana Sausage Links Mini Danish</p>
<p><u>Tuesday, May 14</u></p> <p>Chili Corn Bread Salad Diced Peaches Cottage Cheese</p>	<p><u>Thursday, May 16</u></p> <p>Beef Roast Mashed Potatoes & Gravy Cream Corn Roll & Butter Jello Cake</p>
<p><u>Tuesday, May 21</u></p> <p>Baked Chicken Cheesy Potatoes Salad Roll & Butter Pudding</p>	<p><u>Thursday, May 23</u></p> <p>Burgers Tater Tots Vegetable Tray Mixed Fruit Triple Chocolate Cake</p>
<p><u>Tuesday, May 28</u></p> <p>Biscuits & Sausage Gravy Scrambled Eggs Cottage Cheese Pineapple</p>	<p><u>Thursday, May 30</u></p> <p>Beef Stew Sourdough Bread & Butter Garden Salad Fruited Jello</p>

TALLMAN LAKE SENIOR CENTER

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

ROAD TRIP!

Kick off the yard-sale season with a road trip to eastern Mason County and beyond! On your way to the **Lake County Historical Society's Antiques and Collectibles Sale** in Baldwin (find it on Facebook) Friday and Saturday of Memorial Day weekend, take a side trip a couple miles north off US-10, on Benson Road at Walhalla, and turn right on East Marshall to see TLSC's!



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 3:00 p.m.

- * 10' x 12' spaces on the east side of the building, separated by 4-foot walkways, and two tickets redeemable for pop or water for a single, nonrefundable \$5 fee per space for both days.
- * Come to the center starting May 21 to choose and reserve your space.
- * All items must be removed from the premises no later than 4:00 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 alcohol, firearms, fireworks, contraband, or related items allowed on the premises.

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 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 Lunch Crowd

MASON COUNTY • MICHIGAN

Ask Sharon

By Sharon Bailey, Medicare Counselor at SASC

Focus on Finances

May? I thought it was just February and here it is May already! We are almost halfway through 2024 and I'm looking forward to warm, but not too warm, weather. We had another nice winter with not much snow and I am sure you enjoyed it as much as I did. I think climate change is affecting Michigan in a good way. Just don't complain when we have April (and later) showers our farmers need.

Q. I didn't realize how important it is to know about my finances. My husband always handled our money. I thought that as long as I don't bounce checks, I made enough. Why is it important to know?

A. If you are living on Social Security, you may qualify for extra help or help from the state for your Medicare. Even if you have a small pension you could qualify for help paying for medications. You should know what your income is so that you get the help for which you qualify.

Q. Where can I find out how much money I receive from Social Security?

A. Most of our government checks go directly into our checking accounts. The amount of SS will be on your bank account statement listed as "US Treasury." You can also ask for a copy of your statement at the bank. If you make around \$1,900 or less, you should come to see me at the Scottville Area Senior Center or a MMAP counselor at the Ludington Senior Center.

Everyone, man or woman, should know about their finances. If your children manage them, ask them to keep you informed of how much money you have available. Also know if you have health insurance above what Medicare pays and if you have a paid for burial plan. If you handle your own accounts, please have one of your children's names on the accounts. If you should become ill or incapacitated in some way, that cosigner can access your money. They do not have to have their name on your checks, but they do have to sign a signature card at the bank or credit union.

SASC SCHEDULED TRIPS FOR 2024

Mt. Rushmore, the Badlands and Black Hills of South Dakota: June 1-9

New York City – August 22 – 28

**These tours still have room for you!
Please call 231-757-4705
Payment due when you sign up**

**Vermont – October 13 – 19
Deposits due by June 10**

Dandelion Facts

- The name dandelion is taken from the French word "dent de lion" meaning lion's tooth, referring to the coarsely-toothed leaves.
- Dandelion seeds travel like tiny parachutes, often as far as five miles from their origin.
- Every part of the dandelion is useful: root, leaves, flower. It can be used for food, medicine and dye for coloring. The dandelion also opens in the morning and closes in the evening.
- In fact, up until the 1800s, people would pull grass out of their lawns to make room for dandelions! They have been used in Chinese traditional medicine for over 1,000 years and are also used in folk medicine to treat infections.

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!

Coming soon to Scottville Area Senior Center: New support groups for Alzheimers Caregivers and for Caregivers of all kinds. Please call the center (231-757-4705) if interested

Mason County Caregiver Support Group— Alzheimer's Association

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



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

Parkinson's Support Group

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



Mental Health Crisis Line

Grief Support Group

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

Kinship Care Support Group

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



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.....

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	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

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