

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

October 2024
Volume 14
Issue 10

Active for Life

Your life, Your Way, Your time over 50

What's Inside:

- **Page 2 Ludington Karaoke volunteers Bonnie and Gary**
- **Page 4 Monthly senior meals menu**
- **Page 5 Bingo Fridays at Scottville Senior Center**
- **Page 6 Sweet Taste of Mason County at Ludington Senior Center**
- **Pages 10 and 15 Travel Opportunities**
- **Pages 16-18 Free Soil & Tallman Centers**
- **Page 18 Free Soil Trunk or Treat on Halloween**



Karaoke Volunteers



THANK YOU BONNIE AND GARY

Thank you Bonnie and Gary for volunteering your time, energy, and talent with Karaoke every 1st and 3rd Wednesday of each month at the Ludington Senior Center.

Home for the Holidays.

As we near the holiday season, it can be hard to focus on anything other than gift shopping, meal preparation, festive events, and the various other commitments that come with the time of year. However, take a moment. The holidays are an opportune time to check in with the older adults in your life to see that their needs are being met. You'll likely be seeing your parents, or older relatives for the first time in a while when visiting their home for a holiday meal. Additionally, being mindful of where they might need support and connecting them to resources can also relieve you of some of the caregiver responsibilities.



Ultimately older adults wish to remain in their own homes as they age, and this could mean requiring extra support to do so. Aging solutions are not “one-size-fits-all.” Everyone ages differently and has varying needs. When you visit your older loved one this holiday season, take note of the following:

Can they easily get around their house? There are some simple modifications that can be done to help them navigate their home, such as moving tripping hazards, installing grab bars, and adding adequate lighting. Mobility equipment, such as a walker, can also be an option.

Do they have some household chores they could use help with? Basic laundry, house cleaning, etc. can be difficult to stay up on, especially in a larger home. However, many in-home services are available to help with these chores.

Is their home in need of repairs? Ultimately, we want older adults to feel safe in their homes. Programs exist to aid vulnerable older adults with major repairs like roofs, the construction of wheelchair ramps, furnace replacement, plumbing repairs, and accessible doorways.

How are they eating? Do they require meals assistance? Older adults are more at risk of malnutrition. Eating a well-balanced diet can reduce their risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease* (MyPlate). If they are having trouble preparing meals, food assistance programs can help through weekly meal deliveries.

Do they have piles of unopened mail? Sometimes unopened mail or bills can be a sign of vision loss or cognitive decline. You can also look through to make sure they haven't recently been victim to a scam. Helping them tackle this pile and getting clarification on why things are piling up could help you get to the root of the problem.

How do they look? Are they taking care of themselves? You'll likely notice if they've lost or gained significant weight or have let go of their typical grooming. This could be attributed to a few of the topics above, like mobility or food preparation, so it is certainly worth noting as a sign of another change to keep an eye on.

In your holiday visit if you notice there are certain things they could use support on, reach out to your local Commission on Aging. This agency is able to connect older adults and caregivers to services and programs that can help them age at home. These include, but are not limited to, in-home care services, Care Management support, caregiver education, transportation, food resources, healthy aging classes, Medicaid and Medicare assistance, advocacy, and other programs throughout the community provided by an extensive partner network.

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

October 2024

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

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 Baked Chicken Scalloped Potatoes Peas Applesauce Rice Pilaf 1% Milk	2 Quarter Pound- er Baked Beans Tossed Salad Watermelon Hamburger Bun 1% Milk	3 Country Fried Steak Mashed Potatoes Green Beans Tropi- cal Fruit Bread 1 % Milk	4 Chicken Tetrzzini Broccoli Carrots Applesauce 1 % Milk	
7 Chicken Stir-Fry Stir -Fry Vegetables Peas Cantaloupe Rice 1% Milk	8 Ground beef w/ Spanish Rice Corn Orange Wedges 1% Milk	9 Stuffed Green Pepper Carrots Warm Peaches 1% Milk	10 Stuffed Baked Pota- to Ham and Cheese Sauce Broccoli Grapes Bread 1% Milk	11 Mac and Cheese Stewed Tomatoes Green Beans Bana- na 1% Milk
14 Ham, Potato and Cheese Casserole Peas Pears Dinner Roll 1 % Milk	15 Sloppy Joes Hash Brown Casserole Corn Applesauce Bun 1% Milk	16 Stuffed Cabbage Rolls Broccoli Warm Spiced Peaches 1% Milk	17 Pizza Day Thursday Tossed Salad Green Beans 1% Milk	18 Lasagna Broccoli Tossed Salad Peaches Bread- sticks 1% Milk
21 Stacked Pancakes Sausage Apple Juice Hash Browns 1% Milk	22 Taco Tuesday Taco Meat Flour Shell Lettuce, Tomato, Cheese Peaches 1% Milk	23 Jumbo frank Baked Beans Coleslaw Pears Bun 1% Milk	24 Chicken Noodle Bake Green Beans Carrots Apricots Sliced Bread 1% Milk	25 Roast Beef Mashed Potatoes Green Beans Diced Pears Dinner Roll 1% Milk
28 Lemon Baked Fish Au Gratin Potatoes Spinach Apricots Dinner Roll 1% Milk	29 Meatloaf Mashed Potatoes Carrots Fruit Mix Wheat Bread 1% Milk	30 Spaghetti w/ Meat Sauce Cali- fornia Blend Warm Ap- plesauce Garden Salad Garlic Toast 1% Milk	31 Lois's Witches Stew Beef, Carrots, Peas Spooky Salad Freaky Fruit mix Halloween Treat 1 % Milk	

MASON COUNTY • MICHIGAN

Ludington Senior Center's
- 9TH ANNUAL -

Holiday Arts and Craft Show

Saturday, November 2nd
10am to 2pm

A tablespace is available for interested vendors.
Please call the center for more information
231-845-6841

SCOTTVILLE AREA SENIOR CENTER

Friday Morning Bingo

Every Friday morning at 10:00 we have a long tradition of playing Bingo at the Scottville Senior Center.



Each player antes up \$1.25. All the proceeds are given back to the winners of the various games, called by Sharon Bailey. There are free snacks and coffee and a lot of fun. Where else can you get so much fun for so little?

You don't even have to sign up... just come in and join us. We play until 11:30. If you'd like to stay for lunch, served at 11:45, just call the day before or by 9:00 that morning.

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Mason County Bee Supplies & Demos

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JOIN US FOR THIS ANNUAL EVENT!

FREE for all ages!

Saturday, October 12 • 10 am to 3 pm

Ludington Senior Center • 308 S. Rowe

For information: candacecasados@gmail.com

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Everything you ever wanted to know about bees!

Catch the Buzz!

Meetings are the 3rd Thursday of the month
United Methodist Church
114 W. State, Scottville 6:30 to 8:30 pm.
Meetings are FREE!

Special thanks to ST. AMBROSE CELLARS, Beulah for the Mead!

CLASSES OFFERED THIS MONTH

Card Making with Sharon



Join us at the senior center on
October 4th at 1pm
\$6.00 class fee

Call to RSVP
845-6841

Paint with Julie



DATE & TIME 25 OCTOBER FROM 1 PM TO 4PM	LOCATION LUDINGTON SENIOR CENTER	CLASS FEE \$20 \$10.00 DEPOSIT
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CALL THE SENIOR CENTER TO REGISTER: 231-845-6841

Watercolors with Mary Is Back!

October 17th, 1pm
Call the senior center to sign up

Walk this Weigh



Weight-loss program

The Ludington Senior Center is excited to announce that our weight-loss program is back! Register with us to get a one-on-one private consultation with a certified health coach. Join our 4 week course starting Wednesday, October 23rd at 11:00am for only \$5.00 per class.

231-845-6841

MEDICARE OPEN ENROLLMENT
October 15th-December 7th

Call the Ludington Senior Center at 231-845-6841 to schedule an appointment with one of our MMAP volunteers.

Clients are asked to bring:
Medicare insurance card
Information on their current plan
Prescription list printout or bottles (Clients can get a copy of their prescription list from their doctor or pharmacist.)



Services and Resources

Provided by Ludington Senior Center



30 minute 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.



Chair Massage

Jane Robinson, LMT is a licensed massage therapist. Jane is available for appointments or walk-ins on Monday's from 9am to 1pm. Check or Cash is accepted. \$15.00 per session.



Facebook

www.facebook.com/ludingtonareaseniorcenter

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

LUDINGTON AREA SENIOR CENTER

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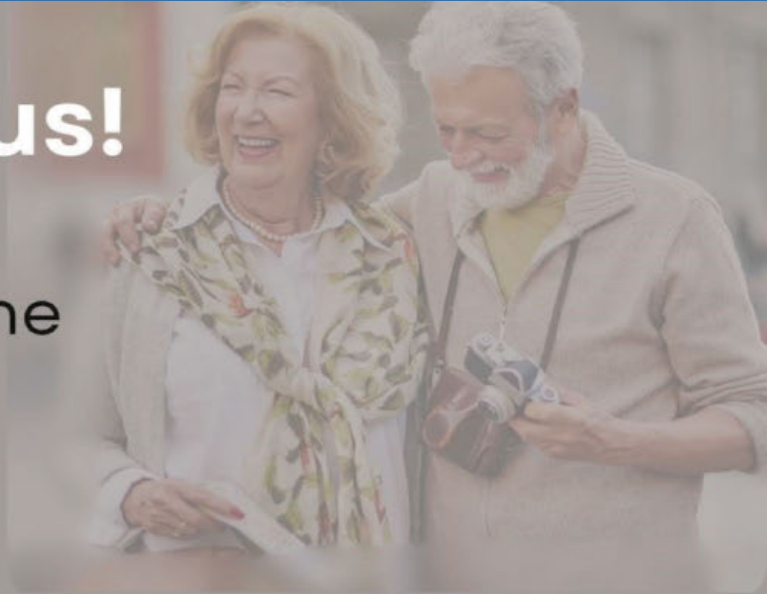


Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
		1 9 Walking Club 9 Golf Club Lakeside Links 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Matter of Balance 2 Line Dancing	2 9 Walking Club 9 Men's Billiards 10 Stretch & Balance 10 Quilting 10:30 BP Clinic 1 Ping Pong 1:30 Karaoke 4 Feldenkrais 5:30 Zumba Gold	3 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Matter of Balance	4 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Card Making 1 Cards & Games Open Billiards	5
		6 	7 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	8 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 1 Matter of Balance 2 Line Dancing	9 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	10 9 Walking Club 9:30-11:30 Flu Clinic 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 Matter of Balance
13 	14 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1:30 Grief Support 2 String A Long Jam 5:30 Zumba Toning	15 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 1 Matter of Balance 2 Line Dancing	16 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	17 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Watercolors with Mary 1 Matter of Balance Open Billiards	18 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games Open Billiards	19
20 	21 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 10-1 Parmenter Law 11 Enhance Fitness 12:30 Cook with Cathy 1 Cards & Games 5:30 Zumba Toning	22 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	23 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 11 Walk this Weigh 1 Ping Pong 1 Obituary Workshop 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	24 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	25 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness Footcare by appt. 1 Cards & Games 1 Paint with Julie Open Billiards	26
27 	28 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 String A Long Jam 5:30 Zumba Toning	29 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	30 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	31 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 Halloween Family Feud 		

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“Life is short and the world is wide.”

Unknown



Hawaii
Jan. 19-28
2025



San Antonio
Feb. 22- Mar. 2
2025



Australia/New Zealand
Feb. 26- Mar. 12
2025



Savannah
March 29-April 6
2025

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



Niagara Falls/Toronto
June 2-6
2025



Alaska
August 21-28
2025



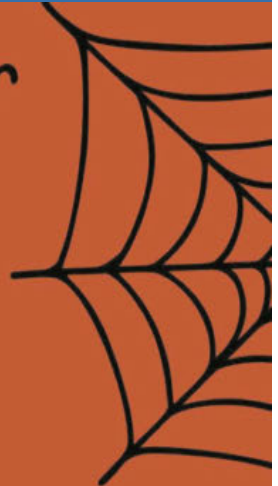
Biltmore Estate
Sept. 14-19
2025



Rhine and Moselle
Sept. 21-29
2025

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

Join the Ludington Senior Center for Halloween



FAMILY FEUD



October 31st at 2pm
Call 231-845-6841 to sign up
Snack and light refreshments will be provided.

Ludington Senior Center

OBITUARY WORKSHOP

Don't leave your obituary up to someone else, ensure that your legacy is celebrated in a way that reflects your unique life story. On **October 23rd at 1:00pm**, Stephanie from Oakgrove will walk you through step by step in gathering the necessary information about your life, family and history to build your own obituary.

Call to register: 231-845-6841



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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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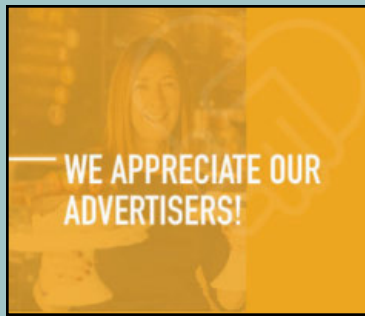
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October Activities

*Loving Life
at Every Age*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Exercise 10:30 Lunch 11:45 Chronic Disease (PATH) Workshop 12:15 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5:00-5:30	2 Painting Group 9:00 Walking Group 9:00 A Matter of Balance 9:15 Cribbage 9:30-11:30 Ladies' Billiards 10:00 Lunch 11:45 Blood Pressure Clinic 12-1 Zumba Gold 12:30-1:15 Pinochle 1:00	3 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Fraud Prevention Workshop 12:30 Set Back 6:00	4 Hiking 10:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	5 Happy Scrapppers Cromptober-fest 6
	7 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Quilters Guild 6:30	8 Exercise 10:30 Lunch 11:45 Chronic Disease (PATH) Workshop 12:15 Euchre 1:00 Sunset Carvers 1-3 Painting with Katie 3:00 - 4:30 Cardio Drum 5:00-5:30	9 Painting Group 9:00 Walking Group 9:00 A Matter of Balance 9:15 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00 Jewelry Making 2:00	10 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Alzheimer's Support Group 11:00 Lunch 11:45 Tech Help 12:15 Book Club 1:15 Set Back 6:00	11 Hiking 10:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 My Story, My life 1:15 Ping Pong 1-4
14 (Columbus Day) Quilting 9:00 Walking Group 9:00 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drumming 12:30 Board Games 1:00	15 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5:00	16 Painting Group 9:00 Walking Group 9:00 A Matter of Balance 9:15 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00 Parkinson's Group 1:30 Speaker Stephanie Woziak Grandparents Raising Grandchildren 5:30 (Meet the authors)	17 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	18 Wii Bowling 9:30 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	19 20
21 Quilting 9:00 Walking Group 9:00 Estate Planning Attorney (Appt. only) 10-3 Lunch 11:45 Cardio Drumming 12:30	22 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drumming 5:00	23 Painting Group 9:00 Walking Group 9:00 A Matter of Balance: 9:15 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00	24 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Card Making 2:00 Set Back 6:00	25 Hiking 10:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	26 27
28 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30	29 Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drumming 5:00	30 Painting Group 9:00 Walking Group 9:00 A Matter of Balance: 9:15 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00	31 Halloween Flu Clinic 9:30-11:30 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Potluck Lunch 11:45 (Costumes & Prizes) Tech Help 12:15 Craft with Chris 3:00 Set Back 6:00	Green - Exercise Purple - Social Activity Red - Craft Black - Service Blue - Speaker Orange - Community Event	

SCOTTVILLE AREA SENIOR CENTER

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

Happening this month!



Enjoy the fall, the harvest of delicious vegetables, the gorgeous moon.....

All leading up to Halloween.

Grandparents Raising Grandchildren: October 16th at 5:30.

We are inviting local book authors to tell about their methods of writing: Brad Reed & Rachel Gaudette use photos; Debbie Nellis uses Mackinac Island as her venue; Joan Young writes mysteries using some historical facts.....all very clever! Please join us to welcome them and have them encourage us all to begin to write a story ourselves! A representative of the PoWer Book Bag Group will also have a table.....

Kiddos, in addition to writing books to decorate, will receive pillows and pillow cases to encourage curling up while doing creative thinking, thanks to the Scottville Area Senior Center Quilting Group! And John Marek will be blowing up balloon animals!!!!!!

POTLUCK LUNCH: Happy Halloween!

Bring a dish to pass, and dress in a scary costume.....prizes will be awarded, and everyone will have a great time!!!

Check Out all of our amazing ongoing classes (***Matter of Balance and Chronic Disease***) continue through October, for example), and attend our nutritious lunches complimented by a salad bar (call before 9 a.m. on the day you wish to attend).



Crafting with Chris on October 31st (Yes, ON Halloween!), will feature creating a glowing glass pumpkin! The cost is \$15, with all materials provided!

Now, put on your favorite hoodie or sweatshirt, and check out Michigan's colorful parade of trees as they change their colors throughout the glorious month of October!

The map may not be totally accurate as to the arrival of the reds and golds, but it is close!

Enjoy October!



SCOTTVILLE AREA SENIOR CENTER

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CRAFTS - October 2024

The Sunset Carvers continue to meet every Tuesday in the afternoon from 1:00pm to 3:00pm. If you are a great 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 meets 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.



Beginning Painting with Katie – The October class will be meeting on Tuesday, October 8th from 3:00pm until 4:30pm. During the class, Katie will be teaching how to paint a group of trees in the fall by a pond. Class fee is \$20.00. Please call the Center at 231-757-4705 or Katie at 231-388-3411 to register or for questions.



Card Making

Thursday, October 24th at 2:00pm – We will be creating two Fall themed cards. Class fee is \$5.00 for both cards. All supplies will be provided. Please call the Senior Center to reserve your spot.



Jewelry Making - Wednesday, October 9th, at 2:00pm – We will be creating two Fall themed earrings. A sample of one pair we'll be making is shown. 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.



Crafting with Chris

Thursday, October 31st at 3:00pm – During Chris' class, you will be creating this a Lighted Glass Pumpkin! The cost for the class is \$15.00. All materials will be provided. Deadline to register is September 15th.



It's Croptoberfest Time for the Happy Scrappers!

Join Ada at the Scottville Senior Center for some scrappin' time on Saturday, October 5th from 9:00am to 10:00pm. We'll scrap, craft, eat, and catch up. The fee for the Crop is \$35.00. This \$35.00 will get you a space to crop, and a fun filled goodie bag. \$5.00 of this fee will go to the Scottville Area Senior Center. Call the Center and ask for Ada for more details and to sign up. Sign up and pay before September 16th and you will be able to come on Friday, October 4th at 6:00pm and crop until 11:00pm as well! Hope you can join in!

Watch for details on Cardboard Loom Weaving Classes in the future. At this time, all the Cardboard Loom Weaving classes are cancelled.

Travel With Us



Vermont

*FULL
October
13-19*



*Biloxi and
New Orleans*

*January
18-26
2025*



*Aruba, Curacao &
Cayman Cruise*

*March
15-23
2025*



*Biltmore Estate and
Asheville, NC*

*May
11-16
2025*



*Boston, Salem, and
Cape Ann*

*July
16-22
2025*



Tuscany

*September
9-17
2025*



*Branson Show
Extravaganza*

*November
3-8
2025*

<https://scottvilleareaseniorcenter.com/trips>

TALLMAN LAKE SENIOR CENTER

6765 E MARSHALL RD • FOUNTAIN, MI 49410 • 231-757-3306 • Find Us on Facebook!

**NOON LUNCH
MON-FRI**
Please call the day
before to order lunch!

OCTOBER

**HOURS
9 AM TO 3 PM
MON-FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Craft and Bake Sale Saturday, Oct. 26 9 am — 2 pm</p>	<p>1 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee</p>	<p>2 10:00 Auxiliary Mtg. All Welcome! 10:00 Alzheimer's Support Group Committee mtg. 10-2 Open Billiards</p>	<p>3 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre</p>	<p>4 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)</p>
<p>7 9:00 Crochet Class 11:00 Shuffleboard 1:00 Wii Games</p>	<p>8 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee</p>	<p>9 10:00 Board Mtg. All Welcome! 10-2 Open Billiards 11:00 Safe & Sane Exercise</p>	<p>10 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre</p>	<p>11 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)</p>
<p>14 9:00 Crochet Class 11:00 Shuffleboard 1:00 Wii Games</p>	<p>15 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee</p>	<p>16 10-2 Open Billiards 11:00 Safe & Sane Exercise</p>	<p>17 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre</p>	<p>18 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)</p>
<p>21 9:00 Crochet Class 11:00 Shuffleboard 12:00 Pot Luck 12:00 Speaker-Susan Evans: Alzheimer's Assn. 1:00 Wii Games</p>	<p>22 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee</p>	<p>23 10-2 Open Billiards 11:00 Safe & Sane Exercise 1:00 Craft Creation <i>Our supplies, your imagination!</i> Make sale items for center.</p>	<p>24 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre</p>	<p>25 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)</p>
<p>28 9:00 Crochet Class 9:30-11:30 Flu and COVID vaccine clinic 10:30-11:30 CHECK YOUR BP WITH KELLY! 11:00 Shuffleboard</p>	<p>29 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee</p>	<p>30 10-2 Open Billiards 11:00 Safe & Sane Exercise 1:00 Craft Creation</p>	<p>31 Halloween 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre</p>	<p>NOON POTLUCK & HALLOWEEN PARTY MONDAY, OCT. 21 Chili, Door Prize Bring your favorite dish to share!</p>

Free Soil Area Senior Center

September Menu

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 sign in or 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

<p align="center"><u>Tuesday, Oct. 1, 2024</u></p> <p align="center">Chili & Cornbread Salad Apples Cake & Ice Cream</p>	<p align="center"><u>Thursday, Oct. 3, 2024</u></p> <p align="center">Buttermilk Chicken Mashed Potatoes & Gravy Corn, Pears Roll & Butter</p>
<p align="center"><u>Tuesday, Oct. 8, 2024</u></p> <p align="center">Tater Tot Casserole Green Beans Roll & Butter Mixed Fruit</p>	<p align="center"><u>Thursday, Oct. 10, 2024</u></p> <p align="center">Chicken Tetrazzini Garlic Toast Garden Salad Bananas Ice Cream</p>
<p align="center"><u>Tuesday, Oct. 15, 2024</u></p> <p align="center">Hungarian Haluska Mixed Vegetables Roll & Butter Cottage Cheese Peaches</p>	<p align="center"><u>Thursday, Oct. 17, 2024</u></p> <p align="center">Burrito Spanish Rice Pineapple Mexican Wedding Cake</p>
<p align="center"><u>Tuesday, Oct. 22, 2024</u></p> <p align="center">Lemon Pepper Chicken Baked Potato Broccoli Roll & Buttermilk Tangerine + Cookie</p>	<p align="center"><u>Thursday, Sept. 26, 2024</u></p> <p align="center">Beef Stew Biscuits Applesauce Brownie</p>
<p align="center"><u>Tuesday, Oct. 15, 2024</u></p> <p align="center">Chicken Gravy w/Meat & Vegetables over a Biscuit Peaches Éclair Cake</p>	<p align="center"><u>Thursday, Oct. 31, 2024</u></p> <p align="center">PIZZA DAY</p> <p align="center">Happy Halloween! Trunk or Treat (see page 18 for details)</p>

Thank you for supporting the Free Soil Area Senior Center

FREE SOIL AREA SENIOR CENTER

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

October Events

at Free Soil Area Senior Center

Trunk or Treat--- October 31, 6-8 pm
@ the Free Soil Senior Center.

This year the event will be held indoors.

There will be space for those who wish to be outside. For those wishing to give out candy at the event please call the office at: 231-464-6789 and leave a message. We will get back to you and set up space in the gymnasium for you. There is no charge for the space and a light dinner will be available.

Flu Shot Clinic

Wednesday, October 30 9:30 – 11:30

Regular Meeting of the Free Soil Board

Thursday, October 10 @ 3:00 pm



Trunk or Treat
Join us for the fun of it
Thursday, October 31, 6-8 pm

TALLMAN LAKE SENIOR CENTER

Noon Pot Luck Monday, Oct, 21

This month the senior center will supply chili as the main course. Everyone please bring a dish to pass.

Craft and Bake Sale

Tallman Lake Senior Center will hold a craft and bake sale Saturday, Oct. 26 from 9 am to 2 pm.

Please call the center at the number above if you would like to participate.

Alzheimer's Support Group Committee—First Meeting Oct. 2,

10 am. The senior center is starting an Alzheimer's Support Group and invites you to join the committee to plan the monthly meetings.

Alzheimer's Caregiving presentation with Susan Evans, Alzheimer's Association Program Manager Monday, Oct. 21 at noon

Susan will help us understand how we can support the independence of those living with Alzheimer's and other forms of dementia, and prepare for future decisions by learning about care and support services.

Supporting Independence. Learn how to best help the person living with dementia take part in daily activities. How to provide the right amount of support and balance safety and independence while managing expectations.

Exploring Care & Support Services. Learn about how best to prepare for future care decisions and changes—including such topics as respite care, residential care, and end-of-life care

Ask Sharon

By Sharon Bailey, Medicare Counselor at SASC

I can hardly believe October is here and it is almost time for Open Enrollment for Medicare. If you have a Medicare Advantage plan or a stand alone drug plan this is the time to see if the cost has gone up on your plan. There are a few changes this year, but I only have seen the new figures for applying for extra help with prescription drugs. I will be making appointments starting now and going into the first week of December. Open enrollment begins on October 15 and goes through December 5.

Q. How much income can you have to get extra help in 2021?

A. An individual can earn \$22,590. A married couple can earn \$30,660. These amounts have gone up quite a bit in the last couple of years, so be sure and look over your records to see how much you made this year.

Q. Can I have savings?

A. A single person can have \$17,220, And a married couple can have \$34,360.

Q. How do I know if I qualify for extra help?

A. I know many seniors do not know how much money they receive from Social Security and pensions, or the amount of money in their bank accounts. If you don't remember just bring your bank statement in so I can see if you are eligible for extra help.

Q. What if I own property?

A. You can own your home, furnishings and your car. If you own land on separate acreage from your home you do not qualify for extra help.

If you are not sure if you qualify, call 757-4052 and make an appointment, you can also make an appointment to check out new plans for 2024. Even if you do not qualify for extra help, you may be paying too much for prescriptions in the drug plan you have now. Remember my phone number is 757-4052.

Cards at Scottville Senior Center

Join us for a variety of card games.

Euchre: Weekly, Tuesdays at 1:00 pm

Pinochle: Weekly, Wednesdays at 1:00 pm

**Setback: Weekly, Thursdays at 6:00
(although many players arrive earlier and start playing!)**

Cribbage: New! Monthly, first Wednesday of the month from 9:30-11:30

**Deal `em out! Please call Ada at the Scottville Senior Center for details -
231-757-4705!**

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, 1:30 pm
231-757-4705



**Grandparents Raising
Grandchildren/Kinship
Care Support Group**

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

Alzheimer's Support Group

Scottville Senior Center
140 S. Main Street,
Scottville, 49454
Second Thursdays, 11:00 am
231-757-4705



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

Alzheimer's Support Group

Tallman Lake Senior Center
6765 East Marshall Road
Fountain, MI 49410
1st Wednesday of each month
10:00 - 11:00am
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



hearing care professionals

We Work Hard To Make Hearing Easy

Located at 80 N Jebavy Dr in Ludington

231-843-7915

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HEARING TEST
AVAILABLE



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Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407

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OCTOBER EDITION



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