

# Active for Life

## Your life, Your Way, Your time over 50



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# MASON COUNTY • MICHIGAN



## *Our Exercise Leaders..... Volunteer Instructors (plus one or two Professionals)*

*The Scottville Area Senior Center has several exercise volunteer leaders, a Cardio Drumming and a Zumba Gold instructor, and Ada's outdoor activities like walking and kayaking during warmer months.*

### Volunteers



**The chair exercise group** meets twice a week, Tuesday and Thursday, both at 10:30. The exercises can be done while sitting in a chair, or by standing by a chair, but either way, they provide balance and whole body workouts.

These are usually led by *Marie Stycos (at left in photo)*, but in her absence, *Missy Kissell, Ada Weier-Amor, Mary Reed, Dennis Martinchek, or Linda Lamire* can be found leading them.

The group members are heard laughing and telling stories, and have bonded as a group. However, we always have room for more....and January is a great time to begin some indoor exercise that we can all do.

The **hiking and kayaking** folk (right) are an adventuresome group. They hike various sections of the North Country Trail, and often go out for lunch upon completion of their "walk." Kayakers usually bring their own kayaks, but regulars can bring an extra one for novices on the various rivers and lakes.

Our Activities Director, *Ada Weier-Amor*, leads these hikes/kayak trips on her day off, which is Friday. She is one of those hikers who has actually earned a "100 miles" hiking certificate from the North Country Trail folk!

Ada also leads a **walking group** on Mondays, Wednesdays, and Fridays. They enjoy waving as they traverse Scottville, and once in a while hike from SASC all the way to the Pere Marquette River and back!



### Professionals

*In the spring of 2025, thanks to a grant received by the MSU Extension, Naomi Hyso will be offering Tai Chi again at SASC. It was a popular exercise, and we look forward to having that eight week class offered again!*



We also welcome the enthusiasm and energy of *Regina Young*, (center, rear, in the photo at left) who leads three high-energy classes here...two featuring *Cardio Drumming and one of Zumba Gold*.

*All of our exercise leaders bring a smile and a joy to their classes, and our seniors leave here smiling and more fit! Thank you so much for your dedication for keeping our seniors healthy!*

## Holiday Scams: Protecting Yourself This Winter Season

As the festive season approaches, many of us look forward to celebrating with family and friends, exchanging gifts, and enjoying holiday traditions. However, it's also a time when scammers ramp up their efforts, targeting vulnerable individuals, particularly older adults. Here's what you need to know about common holiday scams in Michigan, how to protect yourself, and what steps to take if you suspect you've fallen victim to a scam.



### Common Holiday Scams

**Charity Scams:** Many people feel generous during the holidays, but scammers exploit this goodwill by posing as fake charities. They may call, email, or even visit your home, claiming to collect donations for a worthy cause.

**Online Shopping Scams:** With an increase in online shopping, especially this time of year, scammers create fake websites or social media ads offering enticing deals that lead to counterfeit products or stolen credit card information.

**Gift Card Scams:** Scammers often request payment through gift cards, claiming they are needed to settle debts or avoid legal trouble. Once the card information is shared, it can't be recovered.

**Phishing Scams:** During the holidays, be wary of unsolicited emails or texts from businesses claiming to offer discounts or promotions. These messages may contain links that, if clicked, can install malware on your device or steal your personal information.

**Impersonation Scams:** Scammers might impersonate family members or friends in distress, claiming they need money for an emergency. They may use social media or even spoof phone numbers to appear legitimate.

### How to Prevent Being Scammed

**Research Charities:** Before donating, verify the charity through resources like Charity Navigator or the Better Business Bureau's Wise Giving Alliance to ensure they are legitimate.

**Shop Securely:** Stick to well-known websites for online shopping and look for secure payment options. Avoid deals that seem too good to be true and check for customer reviews before making purchases.

**Be Skeptical of Gift Cards:** Never pay for anything using gift cards, especially if someone you don't know well requests it. Legitimate businesses will offer various payment methods.

**Verify Communications:** If you receive unexpected messages from someone claiming to be a relative or friend, reach out to them directly using known contact information to verify their situation. Ahead of the holidays, you might want to establish a family 'safe word' to verify identity in these situations.

**Educate Yourself:** Stay informed about the latest scams by visiting websites like the Federal Trade Commission (FTC) or the Michigan Department of Attorney General. Knowledge is your best defense.

### What to Do If You Think You've Been Scammed

**Stay Calm:** It can be alarming to realize you may have been scammed. Take a moment to collect your thoughts and avoid making any rash decisions.

**Report the Scam:** Contact your local police department and report the scam to the Michigan Attorney General's office. You can also report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud). Reporting helps authorities track and combat scams.

**Notify Your Bank:** If you've provided financial information, contact your bank or credit card company immediately to report the incident and discuss steps to protect your accounts.

**Change Your Passwords:** If you believe your online accounts may be compromised, change your passwords immediately. Use strong, unique passwords for each account and consider enabling two-factor authentication for added security.

**Monitor Your Accounts:** Keep a close eye on your bank and credit card statements for any unauthorized transactions. Report any suspicious activity right away.

### Conclusion

As you celebrate the holiday season, take a moment to be vigilant against potential scams. By staying informed and proactive, you can enjoy this joyful time with peace of mind. Remember, if something feels off, trust your instincts and take action to protect yourself. Happy holidays, and stay safe!



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

# December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Lasagna Broccoli Prince Charles Blend Diced Peaches 1% Milk	<b>3</b> Lois's Homemade Meatloaf Mashed Potatoes Corn Sliced Pears Dinner Roll 1% Milk	<b>4</b> Goulash Green Beans Fresh Melon Bread 1% Milk	<b>5</b> Spaghetti with Meat Sauce Cauliflower Mandarin Oranges Bread 1% Milk	<b>6</b> Spinach/Swiss Quiche Sausage Potato Cubes Banana 1% Milk
<b>9</b> Sloppy Joes Red Skin Potatoes Carrots Peaches Bun 1% Milk	<b>10</b> <b>Taco Tuesday</b> Lettuce/Tomato Black Beans & Corn Tropical Fruit Taco Shell 1% Milk	<b>11</b> Stuffed Green Pepper Carrots Fresh Grapes Sliced Bread 1% Milk	<b>12</b> Homemade Pizza Price Charles Blend Tossed Salad Fruit Salad 1% Milk	<b>13</b> Chop Suey Oriental Veggies Applesauce Rice 1% Milk
<b>16</b> Homemade Chili Baked Potato Peaches Cornbread 1% Milk	<b>17</b> Stuffed Cabbage Rolls California Blend Tropical Fruit Dinner Roll 1% Milk	<b>18</b> Chicken Tenders Baked Potato Corn Blushing Pears Whole Wheat Bread 1% Milk	<b>19</b> Liver and Onions Mashed Potatoes/Gravy Brussels Sprouts Diced Fruit Mix Dinner Roll 1% Milk	<b>20</b> Chicken Stew Green Beans Fresh Oranges Biscuit 1% Milk
<b>23</b> Baked Chicken Potato Wedges Carrots Applesauce Roll 1% Milk	<b>24</b> Christmas Ham Whipped Potatoes Creamy Green Beans Fruit Mix Christmas Cookie 1% Milk	<b>25</b> <b>Merry Christmas</b> No Meals Served  Have a Wonderful holiday!!!!	<b>26</b> Salisbury Steak Scalloped Potatoes Peas Banana Roll 1% Milk	<b>27</b> Spaghetti/Meat Sauce Caesar Salad Winter Blend Veg Chilled Apricots Garlic Toast 1% Milk
<b>30</b> Lasagna Broccoli Diced Peaches 1% Milk	<b>31</b> Roast Pork Green Beans Black Eyed Peas Fresh Fruit Hawaiian Roll 1% Milk	<b>Jan 1</b> New Year's Day No Meals Served Happy New Year!!!!		

**PLEASE CALL  
MEALSITES FOR  
LUNCH  
RESERVATION**

**PRICES**

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

**\$1 Lunch Days**

**Scottville & Tallman  
Centers  
Last Thursday each  
month**

**Ludington Center  
Serves Lunch on  
Tuesdays &  
Thursdays**

**Meals on Wheels  
231-757-4831**

**Kitchen**

**231-757-5721**

**Meal Sites**

**Scottville 757-4705**

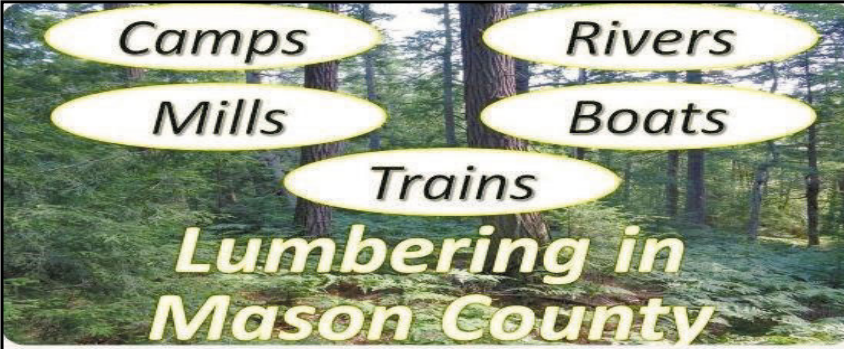
**Ludington 845-6841**

**Tallman 757-3306**

Note: Menus are subject to change.

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# MASON COUNTY • MICHIGAN



## LET'S TALK MASON COUNTY HISTORY

Ludington Senior Center and the Mason County Historical Society are joining forces for a discussion on the history of Mason County. James Jensen from the Mason County Historical Society will be leading a presentation on the rich and vast history of Mason County.

Join us on December 11th, at 8:30am for breakfast and a discussion about Lumbering in Mason County at the Ludington Senior Center.

Come for breakfast, socializations, and discussions about Mason County history and how that history affects its people today and tomorrow. Open to all residents of Mason County.



**\$5 DONATION FOR BREAKFAST**

**REGISTER NOW: 231-845-6841**

## New Organic Gardening Group at Scottville Center



Several of the Scottville Area Senior Center's (SASC) regular participants, encouraged by Jack Quillan, have begun an organic gardening group. Some are Master Gardeners, some are novice gardeners, and some are just curious.

Lisa Rokosky and Deb DeJong are the co-chairs of the new group. They emphasized that seniors who typically participate at the other Mason County senior centers and most welcome to join.

The group plans to meet once every month on the 4<sup>th</sup> Thursday, with the initial meeting on *January 23<sup>rd</sup>*

at 12:30 to 2:00 at SASC. Suggestions as to future meetings/programs are welcome.

At that meeting it will be decided as to future speakers, or topics, and how often the group would enjoy a meeting. The speaker for January will be someone from the MSU Extension who is familiar with organic gardening.

Christmas Scrambler Answers: 1. Wreath; 2. Greetings; 3. Merry; 4. Frosty; 5. Party; 6. Poinsettia; 7. Celebrate; 8. Season; 9. Family; 10. Jolly; 11. Spirit; 12. Mistletoe; 13. Tree; 14. Holiday; 15. Reindeer; 16. Chimney; 17. Elves; 18. Santa; 19. Stocking; 20. Sled



MASON COUNTY • MICHIGAN

Ludington Senior Center

# NAME THAT CHRISTMAS CAROL

DEC 5  
2024

1:30PM

308 S Rowe Street  
Ludington, MI 49431

REFRESHMENTS PROVIDED

HOSTED BY

Elara Caring  
We care where you are.



Ludington Senior Center

DEC  
13

12:30  
PM



# CHRISTMAS PARTY

Join us for a game of Jeopardy, lunch, and an ornament exchange.

RSVP by December 9th

231-845-6841



LUDINGTON SENIOR CENTER



Card Making with Sharon

Sharon is now offering 2 dates for card class. December 6th or 9th at 1pm \$6.00 class fee Call to RSVP 845-6841

Ludington Senior Center Solo Adventures

December 10th, 7:30pm- Christmas concert at WSCC- Free

Call the center to sign up 231-845-6841



Cathy is offering another craft for Christmas. These polymer clay candy canes are so versatile. You can use them as ornaments, wreath accents or décor.

Limited space is available. Please call ahead to reserve your seat. 231-845-6841

CHRISTMAS CRAFT WITH CATHY



Crafts with Carole December 17th 2:00pm

Join us for this free ornament-making class. Use your imagination and skills to make your ornament unique.

Provided by Ludington Woods A Ludington Living Community

Limited space available. Please RSVP 231-845-6841

HEALTH, HAPPINESS AND THE HOLIDAYS
SIMPLE STEPS FOR RESILIENCE FOR THE HOLIDAY SEASON
SIMPLE THINGS ANYONE CAN DO TO REDUCE STRESS, IMPROVE HEALTH, MEET THE CHALLENGES, AND ENJOY THE HOLIDAY SEASON.
TUESDAY, DECEMBER 3RD AT 1:30PM





# Services and Resources

Provided by Ludington Senior Center



30 minute FREE consultation  
by appointment only.  
Call 231-845-6841



All brands of hearing aids  
cleaned and checked for  
FREE! Call 231-845-6841 to  
make an appointment



**Caregiver Support**  
Mason County Caregiver Support  
Group  
2nd and 4th  
Thursday of the month  
Call the helpline at 800-272-3900



**Inclement Weather Closing**  
When Ludington Area Schools  
close for inclement weather, the  
Ludington Senior Center will also  
close.



**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 Mondays  
from 9am to 1pm. Check or cash is  
accepted. \$15.00 per session.

## Speaker Series at Ludington Woods

3pm-4pm

- December 4th- Organizing Documents and Avoiding Probate
- January 8th 10am-11am- Sense of Aging Event/A Dining Experience
- February 5th- Understanding Dementia



# LUDINGTON AREA SENIOR CENTER

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



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
1	<b>2</b> 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	<b>3</b> 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1:30 Health, Happiness and the Holidays	<b>4</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	<b>5</b> 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1:30 Name that Christmas Carol	<b>6</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Card Making 1 Cards & Games Open Billiards	7
8	<b>9</b> 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Card Making 1 Cards & Games 1:30 Grief Support 2 String A Long Jam 5:30 Zumba Toning	<b>10</b> 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards 7:30 Solo Adventures: Christmas Concert WSCC	<b>11</b> 8:30 Lets Talk 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 10:30 BP Clinic 1 Ping Pong 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	<b>12</b> 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 2 Candy Cane Craft Open Billiards	<b>13</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 12:30pm Christmas Party 1 Cards & Games Open Billiards	14
15	<b>16</b> 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	<b>17</b> 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 Crafts with Carole	<b>18</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Cups of Cheer 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	<b>19</b> 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge	<b>20</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	21
22	<b>23</b> 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	<p><b>Closed for the holidays</b>  <i>Merry Christmas!</i></p>		<b>26</b> 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge	<b>27</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	28
29	<b>30</b> 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	<b>31</b> CENTER CLOSED HAVE A SAFE NEW YEARS EVE	<p><i>December</i></p>			



Travel with us and embrace your wanderlust



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



**San Antonio**  
Feb. 22- Mar. 2  
2025



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



**Philadelphia Flower Show**  
March 4-8  
2025



**Detroit Red Wings**  
March 4-5  
2025

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



**Savannah**  
March 29-April 6  
2025



**Niagara Falls/Toronto**  
June 2-6  
2025



**Alaska**  
August 21-28  
2025



**Rhine and Moselle**  
Sept 11-Sept 22  
2025

If you are interested in more Diamond Tour trips visit [www.grouptrips.com/LudingtonSeniorCenter](http://www.grouptrips.com/LudingtonSeniorCenter)





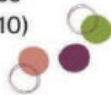
## **WEEKLY SCHEDULE OF EVENTS**

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 (Hold)
- Walk this Weigh



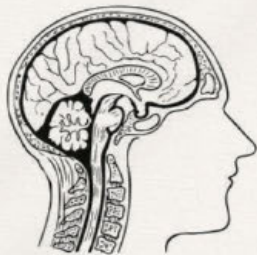
### **Social Activities**

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



### **Activities Offered Throughout The Month**

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



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!

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

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

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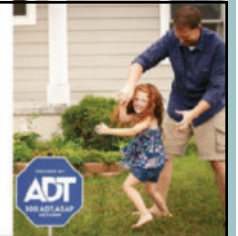
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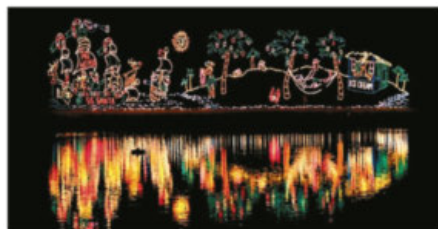
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## December Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<b>2</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Quilters Guild Christmas Party 2:00	<b>3</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drumming 5-5:30	<b>4</b> Painting Group 9:00 Walking Group 9:00 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	<b>5</b> Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	<b>6</b> Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	<b>7</b> Holiday Craft Show at SASC Open to all 10-3:00  8
<b>9</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 December Birthday Celebration (Root Beer Floats) Cardio Drumming 12:30 Movie outing (call center for details)	<b>10</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Jewelry Class 2:00 (see pg. 14) Painting with Katie (see pg. 14) 3-4:30 Cardio Drumming 5-5:30	<b>11</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00	<b>12</b> Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Alzheimer's Support Group 11:00 Holiday Pot Luck Meal at 12 Noon! Tech Help 12:15 Book Club 1:15 (see pg. 13) Set Back 6:00	<b>13</b> 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	<b>14</b> Happy Scrapers Crop—All day (see pg. 14)  15
<b>16</b> Quilting 9:00 Walking Group 9:00 Estate Planning Attorney (by Appt.) 10-3 Lunch 11:45 Cardio Drumming 12:30 Card-Making Class 2:00 (see pg. 14)	<b>17</b> Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5-5:30	<b>18</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00 Parkinson's Support Group 1:30 Grandparents Raising 5:30 Grandchildren (see pg. 13)	<b>19</b> Wii Bowling 10:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Crafting with Chris (see pg. 14) 3:00 Set Back 6:00	<b>20</b> Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	<b>21</b>          22
<b>23</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30	<b>24 Closed in observance of Christmas</b>  	<b>25 Closed We Wish You a Very Merry Christmas</b>	<b>26</b> Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	<b>27</b> Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	<b>28</b>          29
<b>30</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30	<b>31</b> Closed in observance of the New Year	Welcome 2025! We Wish You a Healthy and Happy New Year	Holiday Pot Luck Thursday, Dec. 12 at 12 Noon (Please note special time!)	Green - Exercise Purple - Social Activity Red - Craft Black - Service Blue - Speaker Orange - Community Event	



**Merry Christmas to ALL...**

*We wish you all a very, merry holiday! Our center will be closed December 24th and 25th AND December 30 and January 1st in observation of the holiday and New Year.*

**December/Holiday Events at the Scottville Area Senior Center:**

**Christmas Craft Fair on December 7<sup>th</sup>, from 10:00 a.m. until 3 p.m.** *Clever crafters have a variety of wares to sell.....and the rooms are filled with laughter. Come see the items with which you can fill stockings or use in your homes.*

**December 12<sup>th</sup> is the annual Christmas Buffet:** *being a dish to pass, and the Scottville Area Senior Center will provide the main course. Wear an ugly Christmas sweater....and we will have prizes!!!!*

**December 14<sup>th</sup> is the annual Scottville Christmas parade.** *SASC has a float filled with senior volunteers who wave and wish everyone a Merry Christmas, filled with love and laughter, family and friends. Starts at 6:00.*

**December 18<sup>th</sup> is the Parkinson's Group Christmas Party.** *Bring a dish to pass and wish each other joyous holidays..... The group does not meet January, February, or March. Meetings begin again the 3<sup>rd</sup> Wednesday of April (April 16<sup>th</sup> at 1:15).*

**December 18<sup>th</sup> is the December Grandparents Raising Grandchildren meeting** *when we make Christmas ornaments together! There is laughter and a bit of chaos, as we trim tiny trees, make and decorate wreaths, paint Christmas balls with paint and sparkles, and sing carols. Let SASC know if you plan to attend (dinner at 5:30; ornament making at 6:00).*



**Book Club—Dec. 12 at 1:15.** Book to read and discuss:  
*The Magnificent Lives of Marjorie Post* by Allison Pataki

*The Scottville Area Senior Center wishes you a very Merry Christmas and a Happy New Year!*

*Happy Holidays from our staff, all our medical transportation drivers, all our in-home aides*

***AND from ALL of our VOLUNTEERS, without whom the center couldn't offer so many classes, projects, exercises and other programs...***



# SCOTTVILLE AREA SENIOR CENTER

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

## CRAFTS - December 2024



**The Sunset Carvers** 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**

Interested in learning how to paint with acrylics? Join us on Tuesday, December 10 at 3:00pm until 4:00pm, Katie will be teaching how to paint this beautiful Cardinal. There is a class fee of \$20.00. All supplies are provided. Please call the Scottville Area Senior Center to register.

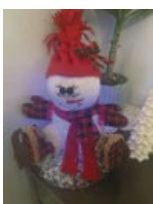
**Scrapbooking** Come Crop with us on December 14<sup>th</sup> from 9:00am to 10:00pm. The fee is \$5.00 each which will be donated to the Scottville Area Senior Center. Bring your scrappin' stuff (or any other craft you are working on) and let's get some photos preserved or a craft completed! Bring a dish to share for either brunch or dinner. We'll put together a Card Kit (\$5.50 plus tax) as well as a Project Recipe (\$5.00) if you'd like. Call or stop by for more details. Hope you can join us!



**Jewelry Making** Tuesday, December 10<sup>th</sup>, at 2:00pm – We will be creating two Beaded Key Chains. Similar ones are shown here. These will make the perfect stocking stuffer! The fee for this class will be \$5.00. All supplies will be provided. Call the Senior Center (231-757-4705) to reserve your spot at the table.

### **Card Making**

Monday, December 16<sup>th</sup> at 2:00pm – We will be creating two winter themed thank you cards. We will be making two cards like the ones shown in the photo. Class fee is \$5.00 for both cards. All supplies will be provided. Please call the Senior Center to reserve your spot.



### **Crafting with Chris**

Thursday, December 19<sup>th</sup> at 3:00pm – During Chris' class, you will be creating this adorable snowman. The cost for the class is \$15.00. All materials will be provided. Deadline to register is December 5<sup>th</sup>. Please call or stop by the Senior Center to register!





# SCOTTVILLE AREA SENIOR CENTER

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

## Travel With Us

	<b>Biloxi and New Orleans</b>	<b>January 18-26 2025</b>
	<b>Aruba, Curacao &amp; Cayman Cruise</b>	<b>March 15-23 2025</b>
	<b>Biltmore Estate and Asheville, NC</b>	<b>May 11-16 2025</b>
	<b>Boston, Salem, and Cape Ann</b>	<b>July 16-22 2025</b>
	<b>Explore Tuscany</b>	<b>September 9-17 2025</b>
	<b>Branson Show Extravaganza</b>	<b>November 3-8 2025</b>
	<b>Sunny Portugal Lisbon, Alentejo, Algarve &amp; Portuguese Riviera</b>	<b>April 2-11 2026</b>

Please contact Ada with any questions.

Email: [aamor@mysasc.org](mailto:aamor@mysasc.org)

Phone: [231-757-4705](tel:231-757-4705)

<https://scottvilleareaseniorcenter.com/trips>



# TALLMAN SENIOR CENTER

6765 E. MARSHALL ROAD • FOUNTAIN, MI 49410 • 231.757.3306

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

# December

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>1:00</b> Wii Games	<b>3</b> <b>9:00</b> Hand-making Greeting Cards <i>(supplies furnished)</i> <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>4</b> <b>9:00</b> Alzheimer's Support Group <b>10:00</b> Auxiliary Mtg. All Welcome! <b>10-2</b> Open Billiards	<b>5</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>6</b> <b>9:00</b> Chair Yoga <b>10:00</b> Put-N-Take <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy  <b>1-3</b> Outreach (center open)
<b>9</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>1:00</b> Wii Games	<b>10</b> <b>9:00</b> Hand-making Greeting Cards <i>(supplies furnished)</i> <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>11</b> <b>10:00</b> Board Mtg. All Welcome! <b>10-2</b> Open Billiards	<b>12</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>13</b> <b>9:00</b> Chair Yoga <b>10:00</b> Put-N-Take <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy  <b>1-3</b> Outreach (center open)
<b>16</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:00</b> Pot Luck <b>1:00</b> Wii Games	<b>17</b> <b>9:00</b> Hand-making Greeting Cards <i>(supplies furnished)</i> <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>18</b> <b>10-2</b> Open Billiards	<b>19</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>20</b> <b>9:00</b> Chair Yoga <b>10:00</b> Put-N-Take <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy  <b>1-3</b> Outreach (center open)
<b>23</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>1:00</b> Wii Games	<b>24 CLOSED</b>  <b>IN OBSERVANCE OF THE HOLIDAYS</b>	<b>25 CLOSED</b>  <b>MERRY CHRISTMAS TO ALL !</b>	<b>26</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>27</b> <b>9:00</b> Chair Yoga <b>10:00</b> Put-N-Take <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy  <b>1-3</b> Outreach (center open)
<b>30</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>1:00</b> Wii Games	<b>31 CLOSED</b>  <b>IN OBSERVANCE OF THE NEW YEAR</b>	<b>1 CLOSED</b>  <b>HAPPY NEW YEAR EVERYONE !</b>		<b>NOON POTLUCK</b>  <b>MONDAY, DEC. 16</b> <b>HAM PROVIDED</b> Bring your favorite dish to share!



# FREE SOIL AREA SENIOR CENTER

8480 N. DEMOCRAT • FREESOIL, 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 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**

# DECEMBER

<p><u>Tuesday, Dec. 3, 2024</u></p> <p>Chicken Noodle Casserole Green Beans Roll &amp; Butter Mixed Fruit Cake &amp; Ice Cream</p> <p><u>Bean Soup</u></p>	<p><u>Thursday, Dec. 5, 2024</u></p> <p>Biscuits &amp; Gravy Scrambled Eggs Bananas Cookie</p> <p><u>Tomato Soup</u></p>
<p><u>Tuesday, Dec. 10, 2024</u></p> <p>Tater Tot Casserole Salad Roll &amp; Butter Pudding Peaches</p> <p><u>Vegetable Soup</u></p>	<p><u>Thursday, Dec. 12, 2024</u></p> <p>Goulash Mixed Vegetables Roll &amp; Butter Pears Pineapple Upside Down Cake</p> <p><u>Beef Barley Soup</u></p>
<p><u>Tuesday, Dec. 17, 2024</u></p> <p><b>CHRISTMAS DINNER</b> <b>RESERVATIONS FOR DINNER</b> <b>MUST BE IN BY DEC 10</b> <b>THANK YOU!</b></p>	<p><u>Thursday, Dec. 19, 2024</u></p> <p>Pizza and Chicken Salad Pineapple Dessert</p> <p>Secret Santa Gifting</p>
<p><u>Tuesday, Dec. 24, 2024</u></p> 	<p><u>Thursday, Dec. 26, 2024</u></p> <p>The Free Soil Center will be closed from Friday, December 20 until Tuesday, January 7, 2025</p> <p>Wishing All A Very Merry Christmas And A Blessed New Year!</p>
<p><u>Thank you for supporting the Free Soil Area Senior Center</u></p>	

## FREE SOIL AREA SENIOR CENTER

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

### December

at Free Soil Area Senior Center

**Free Soil Center will be closed:**  
**Friday, December 20 until Tues-**  
**day, January 7, 2025**

**Thanks to our whole Senior Cen-**  
**ter family for your support and**  
**friendship throughout 2025**

**Wishing All A Very**  
**Merry Christmas**  
**And A Blessed,**  
**Healthy and Happy**  
**New Year!**



**Join us at the**  
**Free Soil Area Senior Center**  
**for a special**  
**Christmas Dinner**  
**Thursday, December 19**  
**Doors Open at 11:00 am**  
**Dinner Served at 1:00 pm**

## TALLMAN LAKE SENIOR CENTER

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

### Noon Pot Luck

**Monday, December 16**

In addition to enjoying ham and other dishes, we'll have a gift exchange. Please bring a wrapped gift (\$10 or less) both women and men could use. Then, when your number is called—pick a gift.

**Tallman Lake will be closed**  
**Tue., Dec. 24 & Wed., Dec. 25**  
**Tue., Dec. 31 & Wed., Jan. 1**  
**Happy Holidays to all!**

### Alzheimer's Support Group

The senior center has started an Alzheimer's Support Group and invites you to join the group's monthly meetings on the first Wednesday of the month at 9:00 am. December's meeting is on the 4th.



**Join us at the Tallman Lake Senior Center**  
**Thank you to our great volunteers for help all year!**



# MASON COUNTY • MICHIGAN

## Ask Sharon

By Sharon Bailey, Medicare Counselor at SASC

The Government, in all their wisdom, is capping the yearly cost of prescriptions at \$2000. This is great for people who have high cost medicine, but has made the cost of generics go up. You may also pay for your drugs in even monthly payments. You could pay directly to Medicare by the month. Plans are being dropped, deductibles added, and some benefits dropped or lowered to help offset the cap.

Q. Is there a way to save money on prescriptions?

A. If you qualify, you could apply for Extra Help. You qualify by having a gross annual income of less than \$22,590 for a single person or \$30,660 for a married couple. I can help you apply for it. You can also ask your pharmacist if you would save money using a Good RX discount.

Q. What happens if my health\drug plan is discontinued?

A. I can help you choose a new plan. I will compare alternative plans to the plan you now have, and try to find one that is around the same price or less.

Q. How much are the part A/B Medicare deductibles?

A. Your deductible this year for part A is \$1,676. The deductible for part B is \$185. There is no cap on original Medicare so it is a good idea to enroll in a Medicare Plan.

Q. Will the weight loss injectable drugs be covered?

A. It looks like they will not be covered by Medicare unless prescribed for diabetes or Heart problems. I haven't heard anything for sure.



## CHRISTMAS SCRAMBLER

UNSCRAMBLE THE WORDS BELOW.



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2. tnigergse

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19. cngtkoiss

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20. sdel

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Your next puzzle is to find the answers elsewhere in this edition of "Active for Life"



# 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 *March 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

### Alzheimer's Support Group

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



### 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**

### Grief Support Group

Hospice of Michigan  
5177 W. US 10, Suite 3B  
Ludington, MI 49431  
2nd Thursdays 6-7:15 pm  
Loss of spouse or partner  
**231.527.0913**

### 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**

## 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](http://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 .....	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



hearing care professionals

*We Work Hard To Make Hearing Easy*

Located at 80 N Jebavy Dr in Ludington

**231-843-7915**

FREE  
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