

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

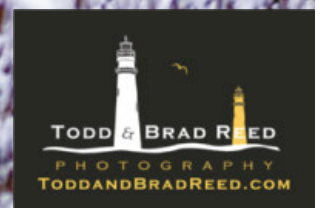
January 2025
Volume 15
Issue 1

Active for Life

Your life, Your Way, Your time over 50

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Free Soil Volunteer Wesley Smeltzer



Wesley Smeltzer is a blessing to the Free Soil Area Senior Center. He is at the Senior Center on Tuesdays and Thursdays to lend a hand wherever and when ever needed. He will also answer questions for our guests and find solutions when needed.

Wesley has been married to his wife Lori for 26 years, and has four children. He is self-employed and attended West Shore Community College and studied photography under professors Todd Reed and Ron Muszynski. Wesley has his own business, Smeltzer and Sons Photography.

Wesley loves working with people and giving back to the community. He is in tune with the community of Free Soil as he enjoys the friendliness and small-town feeling.

Not only is Wesley's volunteering at the center a wonderful thing, we also get a bonus of photos taken for our events. He promotes our Center wherever he goes! Wesley has taken pictures of our holiday events, and of the people who come to entertain us. The greatest of our events was the Tribute to the Troops dance that we had. Wesley was right there taking photos for us and supporting us.

Not only has Wesley taken photos for the Free Soil Area Senior Center, He has take photos and videos for demo-derbies. Then there are all the other volunteering things he has done for other entities in the Free Soil community.

Wesley has donated his time and expertise frequently for community events. Among his more unusual roles is taking photos for Cages of Carnage—the October haunted prison event that the Free Soil-Meade Fire Dept and other fire departments sponsor in October each year.

He has also used his skills to support “Christmas in the Village” every year since its inception. Wesley takes pictures of the children with Santa and Mrs. Claus and prints the photo out for the family as a keepsake—at no charge! This public-spirited photographer has also volunteered his photo skills at the Pig Roasts, as well as the Free Soil Community Schools all class reunions.

Mostly, it is Wesley's presence, and his support of the Free Soil Area Senior Center that endears him to us. Thank you, Wesley!



On the Cover: The beautiful image of a swan on Lincoln Lake, with Epworth in the background, was taken by Brad Reed and is used with permission of our friends at Todd and Brad Reed Photography.

Technology Resources for Older Adults

Connection with others is key to our wellbeing. According to the University of Michigan's National Poll on Healthy Aging*, in June of 2020 more than half (56%) of older adults reported feeling isolated from others, compared to just 27% in 2018. In the winter season, when Michigan weather strikes, there can be a large emphasis on taking these social interactions online. This can prove to be a bit of a barrier for older adults, and understandably so, there are many websites, devices, and applications to navigate when trying to use technology. We've put together a list of some of the top resources that can help.



Signs of Isolation Assessment

The AARP Foundation offers a free Connect 2 Affect online assessment to measure social isolation. This can be taken by or on behalf of an individual, it involves a series of 10 questions and offers resources depending on the answers provided. Visit www.connect2affect.org

GetSetUp Michigan

The Michigan Department of Health and Human Services partnered with GetSetUp, a digital education platform for older adults, to offer 150+ technology and enrichment classes. What is unique is that these classes are taught by their peers, retired educators, and in addition to how to use certain technology classes, Get-SetUp also offers interest groups and social hours for older adults. <https://www.getsetup.io/partner/michigan>

Older Adults Technology Services (OATS) and Senior Planet

Senior Planet is their flagship program, providing courses, programs, and activities to help seniors learn new skills, save money, get in shape, and make new friends. You sign up for their newsletter and participate in online offerings at <https://seniorplanet.org/>

AGING Connected

In this OATS and AARP partnership, their most important finding is the enormous number of American seniors – an estimated 21.8 million – who still do not have broadband access to the internet. They recognize the need for internet access across the US and sought to partner with telecommunications companies, nonprofits, and public entities to bring low-cost internet options to older adults nationwide. Call for support: 877-745-1930.

Emotional Support for Older Adult and their Family Caregivers

The Area Agency on Aging of Western Michigan and the state of Michigan are offering virtual Family Caregiver Support Groups and skills classes throughout the winter season. You can learn more at www.aaawm.org/caregivers

*<https://www.healthypollingpoll.org/>



TECH HELP FOR SENIORS: Thursdays at Scottville Area Senior Center, starting at 12:15

Kristyn Norton (photo at left) takes time from her work at the Scottville Branch of the Mason County District Library—***Thursdays, between 12:15 and 2:00...***to assist any seniors at Scottville Area Senior Center (SASC) who need “tech support” help with their various digital devices. No appointment is necessary—but calls for information are welcome (231-757-4705).

Kristyn's background is in technology. She attended West Shore Community College, is adept with many tech devices, and is a ***Microsoft Publisher*** guru—among many other skills! She not only addresses tech issues for her “clients” at the senior center, but assists with producing this newsletter and other projects.

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

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <i>No Meals today... Happy New Year!!!</i>	2 Cabbage Rolls Carrots Tossed Salad Peach Cobbler 1% Milk	3 Lemon Baked Fish Mixed Veggies Broccoli Fruit Salad Whole Wheat Bread 1% Milk
6 Stuffed Green Peppers Rice in Entree Peas Apple Crisp 1% Milk	7 Baked Chicken Mashed Potatoes Green Beans Fruit Salad Bread 1% Milk	8 Jumbo Hotdog Crispy Cubes Creamy Cucumbers Fruited Jell-O Bun 1% Milk	9 Macaroni & Cheese w/ Pasta in Entree Stewed Tomatoes Carrots Peaches 1% Milk	10 Hawaiian Ham Carrots Broccoli Grapes Rice 1% Milk
13 Steak Bites Carrots Winter Blend Sliced Apples Dinner Roll 1% Milk	14 Creamy Chicken Broccoli & Rice Bake Carrots Pears Sliced Bread 1% Milk	15 Swiss Steak/ Gravy Scalloped Potatoes Green Beans Applesauce Biscuit/Honey 1% Milk	16 Homemade Pizza Green Beans Banana Tossed Salad 1% Milk	17 Baked Fish Red Skin Potato Mixed Veggies Peaches Dinner Roll 1% Milk
20 Chili Corn Applesauce Cornbread 1% Milk	21 Chicken Noodle Casserole Carrots Baby Peas Grapes 1% Milk	22 Roast Pork Sweet Potatoes Green Beans Diced Peaches Dinner Roll 1% Milk	23 Meatloaf Mashed Potatoes Wax Beans Melon Wedges Wheat Bread 1% Milk	24 1/4 Pounder w/ Cheese Seasoned Crispy Cubes Cucumber Slices Apricots Hamburger Bun 1% Milk
27 Connecticut Beef Bake Potatoes in Entree Peas Mixed Fruit Sliced Bread 1% Milk	28 Taco Tuesday Taco Meat Refried Beans Lettuce & Tomato Orange Wedges Taco Shell 1% Milk	29 Chicken Stir Fry Stir Fry Vegetables Snap Peas Mandarin Oranges Rice 1% Milk	30 Roast Turkey Mashed potato Green Beans Blushing Pear Dinner Roll 1% Milk	31 Breaded Chicken Patty Baked Beans Corn Pineapple Bun 1% Milk

PLEASE CALL
MEALSITES FOR
LUNCH
RESERVATION

PRICES

Age 60 and up: \$3
Under age 60: \$5

\$1 Lunch Days

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

**Ludington Center
Serves Lunch on
Tuesday's &
Thursday's**

**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



**CHARLES G.
WING:**
*Chronicler
Of
Mason County*

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 January 8th, at 8:30am for breakfast and a discussion about Charles G Wing 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

Tax Preparation for Seniors 2025 At Scottville Area Senior Center

Scottville Area Senior Center (SASC) is pleased to announce that Don Ferenz has offered to do tax returns at the senior center again this year for our seniors. In addition, for the 2025 tax season, John Herzog has offered to help Don.

Don will have appointments on Tuesday mornings, beginning January 28th, at 9:15, 10:00, 10:45 and 11:30. John will have appointments on Wednesday afternoons, beginning January 29th, at 12:30, 1:15, 2:00 and 2:45. Both will continue appointments through the end of March.

Don and John will assist those with the most limited incomes at no charge, and with extremely reasonable fees for others who seek their help.

Don has sent a letter to all the seniors who previously had their tax returns done at SASC in 2024. He asks that everyone return the clip-off form in the stamped envelope he provided, indicating whether or not they want help again this year. Those who had tax returns done through SASC last year will have first crack at 2025 appointments.

New clients are also invited to call the senior center (231-757-4705) and request an appointment. They will be offered appointments not taken by returning clients on a "first come" basis.

It's also possible to arrange to drop off information for tax return preparation without scheduling an appointment-- by calling the senior center.



Thank you to our volunteer MMAP Counselors

Our volunteers have spent over 70 hours helping individuals with Medicare enrollment this year saving them over \$60,000.



MMAP
PROGRAMA DE ASISTENCIA
MEDICARE DE MICHIGAN
Navegando Medicare

We would like to extend a big thank you to our wonderful team of MMAP volunteers. Without their knowledge, time, and expertise, we would not be able to serve individuals in understanding, accessing, and applying for Medicare A and B, Part D, Medigap, Medicare Advantage, and Medicaid.

how to CREATE A LEGACY TO SHARE

The workshop will be a time to begin writing a life story to pass on to children and grandchildren. Participants will write about birth events, childhood, teen years, adult years, and speculate on the future through prompts each week, sharing these memories with loved ones and sometimes with each other. The workshop will cost \$20.00 for the attractive journal to write down the thoughts and feelings of a lifetime.



Tuesday, January 7th, 14th
and 21st @10am

Call to sign up for this workshop
231-845-6841.



Crafts with Carole & Cathy January 21st 2PM

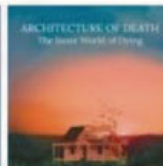
Is there anything more romantic than a good love song? Join us in making this love song Valentine display. This class is free.

Provided by
Ludington Woods
A Leisure Living Community

Limited space available. Please RSVP 231-845-6841

When You Die Documentary Trilogy

This series seeks to foster good conversations around death by demystifying the dying process by reducing our fear of death through knowledge and humor.



JANUARY 21ST
2PM

JANUARY 28TH
2PM

FEBRUARY 4TH
2PM

LUDINGTON SENIOR CENTER
231-845-6841 CALL TO REGISTER

Chili
COOK OFF FUNDRAISER

\$5.00 DONATION

WEDNESDAY, JANUARY 29TH

NOON AT THE LUDINGTON SENIOR CENTER

Make the best chili to win a prize

Please RSVP by January 23rd
231-845-6841

CHAIR VOLLEYBALL

EVERY THURSDAY STARTING JANUARY 30TH @ 3PM

All Fitness Levels Welcome
A fun active game where you never leave your chair.

Please call to sign up 231-845-6841

LUDINGTON SENIOR CENTER

CARD MAKING WITH SHARON

January 3rd and January 6th

Join us as Sharon and Kristy show us how to make 4 beautiful greeting cards.

Please call us to sign up so we can save your seat. 231-845-6841





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 Thursday of every 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

January 8th 10am-11am- Sense of Aging Event/A Dining Experience

February 5th- Understanding Dementia

March 5th- Living A Simplified Life, Downsizing

LUDINGTON AREA SENIOR CENTER

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



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
			1 CENTER CLOSED WE HOPE YOU HAVE A SAFE NEW YEARS DAY	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 1 Card Making 1 Cards & Games Open Billiards	4
			5	6 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 Card Making 5:30 Zumba Toning	7 9 Walking Club 9:30 Zumba Gold 10 Create A Legacy 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards	8 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 (ZOOM) 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club
12	13 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	14 9 Walking Club 9:30 Zumba Gold 10 Create A Legacy 10 Ladies' Billiards 10:30 Cardio Drum 11:45 Lunch 1 Duplicate Bridge Open Billiards	15 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	16 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge	17 9 Men's Billiards 9:30 Yoga 10 Mahjong 10:30 Book Club 11 Enhance Fitness 1 Cards & Games Open Billiards	18
19	20 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	21 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Create A Legacy 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 Crafts with Carole 2 When You Die Series	22 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 3 TED Talks (ZOOM) 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 1 Duplicate Bridge 1 Watercolor with Mary	24 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	25
26	27 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 1 Cards & Games 2 String A Long Jam 5:30 Zumba Toning	28 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 When You Die Series	29 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 12 Chili Cookoff 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 2 Chair Volleyball	31 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	



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



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



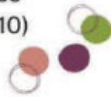
WEEKLY SCHEDULE OF EVENTS

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

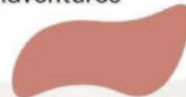
Weekly Exercises

- 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



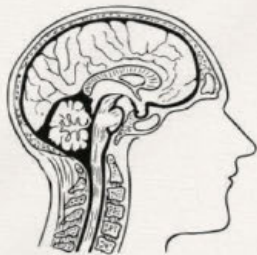
Social Activities

- 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.

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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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www.lakemiseniorliving.com



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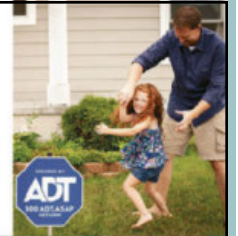
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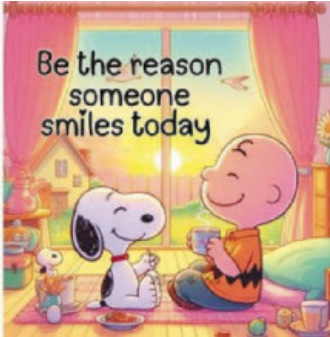
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January Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Green - Exercise Purple - Social Activity Red - Craft Black - Service Blue - Speaker Orange - Community Event	Welcome 2025! We Wish You a Healthy and Happy New Year	1 Closed today in observance Of the New Year Holiday	2 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	3 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	4 5
6 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Quilters' Guild monthly meeting 2:00	7 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio 5-5:30 Drumming 5-5:30	8 Painting Group 9:00 Walking Group 9:00 Cribbage 9:30-11:30 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00 Jewelry Class 2:00 (see pg. 14)	9 National Law Enforcement Day 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	10 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	11 Happy Scrap-pers Crop, 9 am—10 pm (see pg. 14) 12
13 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 January Birthday 12:15 Celebration (Root Beer Floats)	14 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Painting with Katie (see pg. 14) 3-4:30 Cardio Drum 5-5:30	15 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Blood Pressure Clinic 12-1 Zumba Gold 12:30-1:15 Pinochle 1:00 Parkinson's and Grandparents Raising Grandchildren groups will not meet this month. See pg. 13)	16 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	17 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	18 19
20 Martin Luther King Day Observance Quilting 9:00 Walking Group 9:00 Estate Planning Attorney (by Appt.) 10-3 Lunch 11:45 Cardio Drumming 12:30 Card Class (see pg., 14) 2:00	21 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5-5:30	22 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Pinochle 1:00	23 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Organic Gardening Group 12:30-2:00 Set Back 6:00	24 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	25 26
27 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30	28 Tax help (app't only) 9:15-11:30 Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5-5:30	29 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba Gold 12:30-1:15 Tax help (app't Only) 12:30-2:45 Pinochle 1:00	30 Wii Bowling 9:30 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	31 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	

JANUARY, 2025



The snow and ice might try to dampen our spirits.....but we Michiganders are a tough crew...

And a cup of tea or coffee, along with someone to share a smile, will help make January a special time.

Come join us in our "living room" for laughter and shared stories and memories...we'd love to welcome you during these cold January days.....and know that the coffee is always brewing!

Temporary Winter Changes:

-Parkinson's Group is not meeting from January through March. They will resume in April.

-Grandparents Raising Grandchildren will not meet in January, but we will have our annual event at the Spartan Bowling Alley on February 19th at 5:30.

Exciting NEW Changes and Programs

Organic Gardening Club

Would you like to learn how to grow your own pesticide-free vegetables, fruits and herbs from experienced organic gardeners? If so, check out the ***Organic Gardening Club*** forming at the Scottville Area Senior Center. ***Join us for our kick-off meeting on Thursday, January 23, 2025, at 12:30!***

Become part of a caring community of gardeners willing to share their growing tips, excess seeds and plants, ideas for preserving the harvest, and so much more.

Organic Gardening has so many benefits! Here are a few:

- Nutrient-dense produce to nourish your body
- Incredible tasting food harvested minutes from your dinner table
- Less money spent at the grocery store
- Health benefits that come from connecting with nature
- Protecting the planet by using easy, affordable, organic growing techniques

January Reminders:

It's 2025.....remember the new year when you write the date on a check!

January 6th: monthly Quilter's Guild: 2:00

January 9th: Alzheimer's Support Group: 11:00.....AND

SASC Book Club: 1:15

January 13th: Monthly Birthday Celebrations: 12:15 (root beer floats!)

January 15th: Blood Pressure Clinic from 12 – 1 (Kelly Barnhardt)

January 20th: Estate Planning Attorney (appointments from 10 – 3)

January 21st: Charity Sew: 9:00

Check the page showing all the crafts and other special events at the Scottville Area Senior Center on page 14.

And check out our exciting travel schedule on page 19.

SCOTTVILLE AREA SENIOR CENTER

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

CRAFTS - January 2025



The Sunset Side Wood Carvers meet every Tuesday in the afternoon from 1:00pm to 3:00pm. If you are a master 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, January 14th at 3:00pm until 4:00pm, Katie will be teaching how to paint this beautiful Winter Scene. There is a class fee of \$20.00. All supplies are provided. Please call the Scottville Area Senior Center to register.

Jewelry Making

Wednesday, January 8th, at 2:00pm – We will be creating a Heart Beaded Bracelet. A similar one is shown here. This bracelet will be perfect for Valentine's Day. 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.



Scrapbooking

Come Crop with us on Saturday, January 11th 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!

Card Making

Monday, January 20th at 2:00pm – We will be creating two Valentine's Day Cards. One of the cards is shown here. 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, January 30th at 3:00pm – During Chris' class, you will be creating this Floating Tea Cup. The photo shown is an idea of what the finished product will look like. The cost for the class is \$15.00. All materials will be provided. Deadline to register is January 15th. Please call or stop by the Senior Center to register!

DECEMBER HIGHLIGHTS

Third Graders Annual Christmas Visit

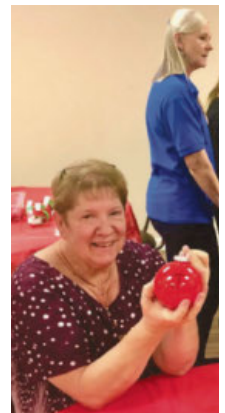


Third grade students from Mason County Central Schools filled the Scottville Area Senior Center with holiday cheer when they came for their annual Christmas visit. Since the senior center is also part of MCCS, it's the day we look forward to perhaps more than any other. The kids brought hand-made Christmas cards they'd made, as well as many gifts to share with our seniors—coffee, tea, sugar and many other items we'll use for months to come. In return, each student received a stocking made by the SASC Charity Sew group—some of whom were there to greet the kids and share in the fun. Each stocking had school supplies, toys, cookies and other goodies as a "thank you" to the students and their parents for their thoughtfulness.



Grandparents and Grandchildren make Christmas ornaments

Another holiday tradition at SASC is when the "grandfamilies" in our Grandparents Raising Grandchildren program make Christmas ornaments together. We used our instant camera to take pictures of the kids that were made into ornaments for their tree, painted clear glass ball ornaments inside and out, used stamp pads to decorate various items, and painted wooden ornaments and even bird feeders



Annual Holiday Pot Luck

And, of course, we ate. And had an "Ugly Sweater" contest as part of our holiday enjoyment of the season and each other.

And now we wish everyone a very happy and healthy New Year!



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!

January

HOURS
9 AM TO 3 PM
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HAPPY NEW YEAR EVERYONE !	1 CLOSED IN OBSERVANCE OF THE NEW YEAR	2 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	3 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)
6 9:00 Crochet Class 10:30 Safe & Sane Exercise 1:00 Wii Games	7 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	8 10:00 Board Mtg. All Welcome! 10-2 Open Billiards	9 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	10 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)
13 9:00 Crochet Class 10:30 Safe & Sane Exercise 12:00 Pot Luck 1:00 Wii Games	14 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	15 10-2 Open Billiards	16 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	17 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)
20 9:00 Crochet Class 10:30 Safe & Sane Exercise 12:30 Tech Help See page 17 for details 1:00 Wii Games	21 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	22 9:00 Alzheimer's Support Group 10:00 Auxiliary Mtg. All Welcome! 10-2 Open Billiards	23 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	24 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)
27 9:00 Crochet Class 10:30 Safe & Sane Exercise 1:00 Wii Games	28 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art	29 10-2 Open Billiards	30 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	31 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)

FREE SOIL AREA SENIOR CENTER

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



Free Soil Area Senior Center

January

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><u>Tuesday, Jan. 7, 2025</u></p> <p>Chicken Pasta w/ Mixed Vegetables Roll & Butter Diced Pears Birthday Cake & Ice Cream</p>	<p><u>Thursday, Jan. 9, 2025</u></p> <p>Stew Corn Bread Mixed Fruit Cookies</p>
<p><u>Tuesday, Jan. 14, 2025</u></p> <p>Wet Burritos Spanish Rice Corn Bananas Mexican Wedding Cake</p>	<p><u>Thursday, Jan. 16, 2025</u></p> <p>BBQ Chicken Cheesy Potatoes Cole Slaw Roll & Butter Pineapple Tidbits Brownie</p>
<p><u>Tuesday, Jan. 21, 2025</u></p> <p>Mac & Cheese Smoked Sausage Peas Diced Peaches Pudding</p>	<p><u>Thursday, Jan. 23, 2025</u></p> <p>Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Carrots, Roll & Butter Fresh Fruit Ice Cream</p>
<p><u>Tuesday, Jan. 28, 2025</u></p> <p>Ham Buttered Parsley Potatoes Green Beans, Applesauce Roll & Butter Éclair Cake</p>	<p><u>Thursday, Jan. 30, 2025</u></p> <p>Meatloaf Scalloped Potatoes California Blend Vegetables Roll & Butter Jello</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

Free Soil Center will reopen
Tuesday, January 7, 2025

Thanks to our whole Senior Center family for your support and friendship throughout 2024 and as we begin 2025



**Wishing All a
Healthy and Happy
New Year!**



TALLMAN LAKE SENIOR CENTER

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

Noon Pot Luck
Monday, January 13

Good food with good friends. Center will provide a main dish. Please join us and bring a dish to pass.

Tech Help!

Thomas Trahey from the Mason County District Library, Scottville Branch, will be with us Monday, Jan. 20, to help us with our tech devices from 12:30 to 2:30.

Thomas will return in March for more help. Thanks go out to him and the library!



Join us at the Tallman Lake Senior Center

Thank you to our great volunteers for help all year! You were invaluable in keeping our center up and running throughout 2024. We deeply appreciate our wonderful volunteers. Please see page 2!

Ask Sharon

By Sharon Bailey, Medicare Counselor at SASC

Now that the holiday season is past, it's time to get back to business as usual. I hope your Christmas and New Year's were all you hoped they'd be. We'd all love to see you at the Senior Center, whether it is for lunch or some of the activities going on. January is usually a slow month for seniors, but a perfect time to get acquainted with the senior center. If you have a problem with your Medicare Advantage plan now is the time to check it out.

Breaking News

If you haven't read about changes to Medicare yet, please be advised that Priority Health and some other plans have added a deductible to your health care.

So, if you go to your doctor or go in for any other health care you will have to pay a deductible before insurance kicks in. The deductibles are anywhere from \$195 to \$500 a year. Please read the inside cover of your plans book that you received to see if this will affect you.

Starting after the first of the year you can still change Medicare plans through March. Call me if you want me to check your plan. 757-4052 is my number.

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

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

Q. What can you do during this time?

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

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

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

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

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

Travels with Scottville

Aruba, Curacao & Cayman Cruise: March 15-23, 2025

Biltmore Estate and Ashville, North Carolina: 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

Portugal: April 2-11, 2026

LET'S GO! 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
*March thru December***

Scottville Senior Center
140 S. Main Street,
Scottville, 49454
Third Wednesdays, 1:30 pm
231-757-4705

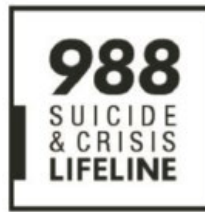


Grandparents Raising Grandchildren/Kinship Care Support Group

(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
- 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

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HEARING TEST
AVAILABLE



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Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407

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