

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

May 2025
Volume 15
Issue 5

Active for Life

Mason County's Senior Center Newsletter



MASON COUNTY SENIOR CENTERS

Free Soil ♦ Ludington ♦ Scottville ♦ Tallman

What's Inside:

- **Pages 2, 3, 15, 16 Ludington Lake Jump benefits seniors**
- **Pages 5-11 Ludington Area Senior Center**
- **Pages 5, 12-15 Scottville Area Senior Center**
- **Pages 17-19 Tallman Lake and Free Soil Senior Centers**

Big Success!

Ludington Lake Jump 2025 draws strong community support



*Photo courtesy of
State Rep. Curt VanderWall*

Chilly temperatures and gusty north winds could not dampen the spirits of an enthusiastic crowd that rallied in support of Mason County seniors at Ludington Lake Jump 2025.

An impressively large group splashed into Lake Michigan after turning in thousands of dollars of donations for programs at the county's four senior centers—Free Soil, Ludington, Scottville and Tallman Lake. An equally large group of supporters cheered on the lake jumpers, some of whom actually dove fully under the lake waves—completely undaunted by the early spring chill.

While some pledges were still to be turned in, the 26th annual Lake Jump event raised approximately \$30,000. The net proceeds will be split equally between the four senior centers. They plan to use the funds to enhance their health and wellness programs for seniors, as well as initiatives to counteract isolation and loneliness among Mason County seniors.

The exceptional community support was evident in both the 40+ business and individual sponsors who underwrote the event, as well as the many individuals who raised donations from family and friends to support their personal contribution to this year's cause. Many of the individuals who participated were from the sponsor organizations—a full list of which can be found on page 15. More Lake Jump photos: pages 15 & 16.

MASON COUNTY • MICHIGAN

Big Success—Lake Jump 2025 (cont, from pg. 2_

Champion fund raiser was Dale Horowski, long-time leading area educator and Rotary Club member. Dale's \$2,500 in pledges was matched by the Ludington Rotary Club—which set the pace as a top-level “Platinum” sponsor. Others at the Platinum level were 96.3 KLA and the other Synergy Media radio stations, and SyncWave.

Other leading sponsors at the next highest (Gold) level were the Community Foundation for Mason County, Country Quilters (who meet at the Scottville center), West Shore Bank, Safe Harbor Credit Union, and West Shore Eye Care.

Special praise was reserved for the event volunteers, who came from all four of the senior centers. They helped in many ways with organizing and preparing for the big event. On Lake Jump day (Sat., April 26) they staffed the registration tent, assisted participants with paperwork, recorded donations, gave out tee shirts, posted signs, and helped with refreshments. Sponsor Big Apple Bagels provided coffee and hot chocolate, while another sponsor, Cardinal Restaurant of Custer, provided donuts.

The four senior center directors were involved throughout the project. Three of them--Andrea Morrell (Ludington), Sandy Varnes (Tallman Lake), and Bill Kerans (Scottville) were among the big group braving the Lake Michigan waters. Direct Sherry Hasenbank had to forego the refreshing dip in the lake, with her key role in the registration tent to manage all the donations coming in.

In a joint summary, the center directors said “Everyone can justly be proud of what we accomplished. The crowd exceeded expectations and we are so grateful. The community supported us in grand style. The folks just kept on coming. It was an amazing show of support for our seniors and our senior centers. Our favorite aspect of the event was that we had the full range of community support, from little kids to youth groups and all ages up to and including our seniors--not only in the crowd, but also in the lake. Thank you, thank you one and all.”

Two youth groups were particularly prominent in the Lake Jump—both raising money and enthusiastically jumping in the big lake. The Rotary Club's Interact Group showed up in force, as did the Youth Advisory Council of the Community Foundation for Mason County.



Sheriff Dept. Dive Team preparing to ensure a safe “jump”

The center directors and participants emphasized how indebted they are to the Sheriff Department dive team (photo at left), Life EMS, Ludington Fire Department, Statewide Party Rentals tent team, and Ace 1 Porta Potties, which were key support organizations and universally hailed for contributing to a well-organized and safe event.

Gordy's tee shirts were noted as exceptional and featured the eye-catching event logo reproduced on the cover of the newsletter. Many in attendance also praised the sponsor signs, produced by Urban Vinyl (an innovation for this year's event), which lined both sides of the path to the Lake Michigan shore.



Champion fund raiser Dale Horowski, by the Rotary Club sponsor sign, just before he jumped in Lake Michigan.

Photo: Cassidy Avery

On the cover: Logo for Lake Jump 2025, designed by McKinley Evans

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

May 2025

**PLEASE CALL
MEALSITES FOR
LUNCH
RESERVATION**

PRICES

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

\$1 Lunch Days

Scottville & Tall-
man
Centers

Last Thursday each

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey Tetrzzini Brussels Sprouts Fruit Mix Pasta 1% Milk	2 Baked Pollock Baked Potato Corn Fresh Grapes Dinner Roll 1% Milk
5 Fancy Nancy's Meatballs in Gravy Mashed Potato Brussels Sprouts Grapes, Biscuit 1% Milk	6 Taco Tuesday Beans & Rice Lettuce, Tomato Peaches Tortilla Shell 1% Milk	7 Chicken & Rice Bake Roasted Broccoli Carrots Melon 1% Milk	8 Pizza Day Green Beans Veggies on Piz- za Tropical Fruit 1% Milk	9 Pancakes Hash Browns Sausage Melon Wedges 1% Milk
12 Sierra's Famous Cheeseburger Corn Potato Salad Applesauce Bun 1% Milk	13 Chicken Pot Pie Veg in entree Carrots Fresh Pears Pie Crust 1% Milk	14 Goulash Tomatoes in Entree Spinach Cantaloupe Breadsticks 1% Milk	15 Lois' Famous Meatloaf Mashed Potatoes Prince Charles Blend Pears Dinner Roll 1% Milk	16 Pork Cutlet Red Skin Potatoes California Blend Oranges Sliced Bread 1% Milk
19 Jeannette's Spaghetti w/ Meat Sauce Asparagus Diced Peaches Garlic Bread 1% Milk	20 BBQ Chicken Scalloped Potatoes Lima Beans Fruit Mix Dinner Roll 1% Milk	21 Lasagna Cauliflower Warm Spiced Peaches Garlic Bread 1% Milk	22 Laura's Favorite Tamale Pie Carrots Tossed Salad Red Grapes 1% Milk	23 Jumbo Hotdog Baked Beans Coleslaw Peaches Bun 1% Milk
26 Memorial Day Observed No Meals Served	27 Salisbury Steak Red Skins Green Beans Pineapple Dinner Roll 1% Milk	28 Chicken Breast Carrots Tossed Salad Red Grapes Wild Rice 1% Milk	29 PJ's Favorite Roast Pork Corn, Squash Apricots Dinner Roll 1% Milk	30 Shelly's Fiesta Lasagna Refried Beans (in Entrée) Lettuce and Tomato Apple Slices 1% Milk

MASON COUNTY • MICHIGAN

LUDINGTON SENIOR CENTERS

Mother's Day Celebration



FRIDAY, MAY 9
2 PM-4 PM
COST: \$10.00

- INSTRUCTOR LED DIY TEACUP FLOWER ARRANGEMENT
- SPECIAL GAME
- DESSERT
- MOCKTAIL MIMOSAS

LIMITED SPACE AVAILABLE
RSVP 231-845-6841



**Scottville Area Senior Center &
PM Motoring Club Present**

**Classic Car and Truck Show
Saturday, June 7**



10:00 am — 3:00 pm

City Parking lot behind senior center
140 S. Main St., Scottville

Registration fee \$15 Variety of prize categories

Information: 231-757-4705



**New Class!
Diamond Art
At Scottville Area
Senior Center**

Tue., May 20, 1-3 pm
(Details, page 14)

SAVE THE DATE! IMPORTANT PUBLIC FORUM Area Agency on Aging of Western Michigan (AAAWM)

What: Public Forum on the AAAWM Implementation Plan

When: Wednesday June 7 at 11:00 a.m.

Where: West Shore Community College Administrative & Conference Building

RSVP: Leave a message at 231-316-6555 and indicate if you would like a free boxed lunch

This is an opportunity for Mason County residents to learn about and possibly influence AAAWM's future plans for services to seniors in our area.

MASON COUNTY • MICHIGAN

Igniting your Health Workshop

Join in on this 4-week workshop starting Tuesday, May 6th at 11:30am to learn how to make simple changes to improve your health.

Develop your own plan for setting the stage for improved health.

LINE DANCING

Life is better when you can line dance.



LINE DANCING WILL RESUME WITH JEANNINE AND DENNIS MAY 13TH AT 2:00PM

LUDINGTON SENIOR CENTER

Corewell Health

corewellhealth.org

Blood Pressure Clinic
Ludington Senior Center
Wednesday, May 14, 2025
10:30 am – 11:30 am



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



COOKING WITH CATHY

FOR ANY LEVEL

Feel vibrant and energized through food.

MENU

- Power Soup- a healthy raw, cold, easy to make delicious soup.
- Strawberry Banana Muffins

PRICE ONLY

\$10.00

PER SESSION

MONDAY, MAY 19TH

@12:30PM

REGISTER AT 231-845-6841

LUDINGTON SENIOR CENTER

CARD MAKING WITH SHARON

First Friday and the following Monday of each month

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

RSVP 231-845-6841



LIFE AND MORTALITY

Developing your personal end-of-life comfort plan.

Tuesday, May 20th @2pm

Have you considered where and how you want to be cared for as you approach your mortal end? Does your family know how you wish to be cared for in your final months, weeks, or days? Do you know what your options are? You are invited to join in the exploration and discussion.

Presentation by Marie Stycos of Mindful Passages



Crafts with Carole and Cathy

May 27th
2PM

Join us for a FREE class, creating this decoupaged tin can container.

Provided by

Ludington Woods
A Leisure Living Community

Limited space available please call the Ludington Senior Center to reserve your seat 231-845-6841

LUDINGTON SENIOR CENTER

WATERCOLOR CLASS

Show your creativity in this class! Mary will spend time showing us different techniques to use while painting a beautiful watercolor picture.

FREE CLASS

With

MARY



MAY 22ND
1:00PM

LUDINGTON SENIOR CENTER
308 S. Rowe Street; Ludington

RSVP NOW

231-845-6841

National Senior Health & Fitness Day



May 28th
9:00am-12:00pm

Sample 6 different exercise classes we offer at the senior center.



Nutritional snacks and refreshments provided.
Giveaway drawings for those who attend all classes offered.



Senior Project Fresh

The Ludington Senior Center can provide technical assistance and support with the new online application for those eligible.

Monday-Friday 1pm-3pm

1 person income- \$2,321.75/month

2 person income- \$3,151.17/month

Services and Resources

Provided by Ludington Senior Center



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



Every 2nd Wednesday of the month
at 10:30am an RN from Corewell
Health will be here to give free blood
pressure checks. No appointment
necessary.



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



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.



Facebook

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

LUDINGTON AREA SENIOR CENTER

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



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
				1 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 2 Chair Volleyball	2 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making	3
4	5 9 Walking Club 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 5:30 Zumba Toning	6 9 Walking Club 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:30 Health Workshop 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga Open Billiards	7 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	8 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group 2 Chair Volleyball	9 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 Mothers Day Event Open Billiards	10
11	12 9 Walking Club 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	13 9 Walking Club 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:30 Health Workshop 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing Open Billiards	14 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 10:30 BP Clinic 1 Ping Pong 1 Karaoke 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	15 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 2 Chair Volleyball	16 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	17
18	19 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10-1 Parmenter Law 10 Mahjong 11 Enhance Fitness 12:30 Cook with Cathy 1 Cards & Games 5:30 Zumba Toning	20 9 Walking Club 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:30 Health Workshop 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 2 Life and Mortality	21 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	22 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Watercolors with Mary 2 Chair Volleyball	23 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 10:30 Book Club 11 Enhance Fitness 1 Cards & Games Open Billiards	24
25	26 Center is closed in observance of Memorial Day 	27 9 Walking Club 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:30 Health Workshop 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Crafts with Carole 2 Line Dancing Open Billiards	28 9 Walking Club 9-Noon Sr. Fitness Day 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 1 Karaoke 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	29 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 2 Chair Volleyball 2 Normal Brain Changes vs Dementia	30 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	31

Ludington Senior Center



Turkeyville
June 12
2025



Nova Scotia
August 7-22
2025



Alaska
August 21-28
2025

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



SS Badger Trip
Sept 10-Sept 11
2025



Rhine and Moselle
Sept 11-Sept 21
2025



New York City
October 9-15
2025



**Finland's Northern
Lights**
February 21-28
2026



**Greece Island
Hopper**
March 31-April 10
2026



**America's
Cowboy Country**
May 19-26
2026



South Africa
Sept 21- Oct 5
2026



London & Paris
TBD
2026

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 (Hold)
- Golf (Hold)
- Walk this Weigh (Hold)



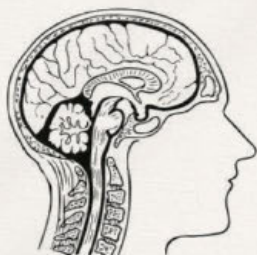
Social Activities

- Cards and Games
- Duplicate Bridge
- Mahjong
- Quilting/Sewing
- Crafts and Giggles
- Men's Breakfast
- 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 (Hold)
- 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!

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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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May Activities

Loving Life
at Every Age

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Black - Service Blue - Speaker Orange - Community Event Green - Exercise Purple - Social Activity			1 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Tai Chi 12:30-2:30 Set Back 6:00	2 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4 Happy Scrappers 6-10	3 Happy Scrappers 9AM-10PM 4 Happy Scrappers 9AM-4PM
5 Cinco do Mayo Walking Group 9:00 Quilter's Class 10-4:30 Lunch 11:45 Cardio Drumming 12:30 Quilter's Guild 6:30	6 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	7 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 12:30-1:15 Pinochle 1:00	8 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Alzheimer's Support Group Presentation: Responding to Dementia-Related Behaviors 11:00 Lunch 11:45 Tech Help 12:15 Tai Chi 12:30-2:30 Book Club 1:15 Set Back 6:00	9 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	10 11 Mother's Day
12 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drumming 12:30 Crafts with Carole and Cathy 2:00	13 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	14 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 Pinochle 1:00 Jewelry Making 2:00	15 Wii Bowling 9:30 Toenail Clinic 10-12 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Blood Pressure Check 12-1 Tech Help 12:15 Tai Chi 12:30-2:30 Set Back 6:00	16 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	17 18
19 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Card Making 2:00	20 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 NEW: Diamond Art 1-3	21 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 Pinochle 1:00 Parkinson's Support Group 1:30-3 Grandparents Raising Grandchildren 5:30	22 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Organic Garden Club 12:30-2 Tai Chi 12:30-2:30 Set Back 6:00	23 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	24 25
26 Center Closed To Observe Memorial Day	27 Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	28 National Senior Health and Fitness Day Exercise Demos 12-4:00 (See page 13) Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 "Get Hooked" Crochet Class 1-3:00 Pinochle 1:00	29 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Tai Chi 12:30-2:30 Craft with Chris 2:00 Set Back 6:00	30 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	31

SCOTTVILLE AREA SENIOR CENTER

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

May 2025.....



Hummingbird Factoids....

- There are 15 types of hummingbirds in the US (Ruby throated is often seen in Michigan).
- Hummingbirds have outstanding memories and can remember feeder locations years later.
- “Hummers” have high energy needs and can visit more than 1,000 flowers in a day.
- Most hummers beat their wings 60 – 80 times a second
- Hummers cannot walk.

Updates and New Information

My Story, My Life: discontinued until Fall

May 7th: Blood Pressure Clinic 12 – 1 (Kelly Barnhardt, R.N.)

May 8th. Book Club choice: 1:30.....”The Radium Girls by Kate Moore”
Led by Julie Van Sickle

May 2, 3, 4: Happy Scrappers Group (National Scrapbook Day)

2nd: 6:00 p.m. - 10:p.m.

3rd: 9:00 a.m. – 10:00 p.m.

4th: 9:00 – 4:00 p.m.

Led by Ada Weier-Amor. Please call for a reservation.

May 15th: Toe Nail Clipping/Blood Pressure Check: 10 – 1 (Rose)

May 21st: Parkinson’s Group: 1:15

Led by Shirley Chancellor

May 20th: NEW: Diamond Art 1 – 3

Please bring a project or purchase a starter kit from SASC.

May 21st: Grandparents Raising Grandchildren: 5:30

Vaping Discussion (5th graders on up are welcome to learn yoga in another room with an instructor).

Presenters include: **Kelly Barnhardt, RN** from Corewell Health;
Grace Patzer from District 10 Health; School Resource Officer
Jake Lesinski.

May 22th: Organic Gardening Group: 12:30 – 2

Black Cap Farm Opening Day: will car pool up to Onekama.

May 26th: Memorial Day: Scottville Senior Center is Closed.

May 28th: National Senior Health and Fitness Day

Demonstrations: Zumba Gold, Cardio Drumming, Chair Exercise, Tai Chi, Yoga 12 – 4:30



LOOKING AHEAD: June 7: Car Show at SASC (see page 5)

SCOTTVILLE AREA SENIOR CENTER

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

CRAFTS - May 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.



Scrapbooking

Come Crop with us on National Scrapbook Day (NSD)! NSD is celebrated every year on the 1st Saturday of May and for our celebration, we will be scrappin' three days. Friday, May 2nd (6:00pm to 10:00pm), Saturday, May 3rd (9:00am to 10:00pm) and Sunday, May 4th (9:00am to 4:00pm). The fee for Friday is \$5.00, the fee for Saturday is \$25.00 (goodie bag and prizes) and Sunday is \$5.00. Come for one day, two days or three days. 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 on Saturday and a dish for Sunday. Call or stop by for more details and to sign up. Pre-registration is required. Hope you can join us!

Crafts with Carole and Cathy (by Ludington Woods) Monday, May 12th at 2:00pm. This month, Carole and Cathy will be teaching us how to create this decoupaged jar and a bookmark. There is no fee and the class is limited to 10 participants. Please call the Center to reserve your place at the table.



Jewelry Making

Wednesday, May 14th, at 2:00pm – We will be creating either a pair of Ice Cream Earrings or a Pendant. A sample is shown here. 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, May 19th at 2:00pm – We will be creating three Father's Day Cards or Masculine Themed Cards. The cards are shown here. Class fee is \$6.00 for all three cards. All supplies will be provided. Please call the Senior Center to reserve your spot.



New – Diamond Art Class

Tuesday, May 20th from 1:00pm – 3:00pm SASC is starting a new craft class, Diamond Art. Are you a Diamond Art Artist or do you want to learn how to be a Diamond Art Artist? Join us on the third Tuesday of each month at 1:00pm until 3:00pm and let's make some Art! Donna Genia will be available to show you how it's done. If you are a newbie, there will be kits available for purchase (\$3.00) to get you started. If you are already a Diamond Artist, bring your project along and hang out with fellow artists and work on your project. We'll have some coffee made up. Please call the Scottville Area Senior Center to reserve your spot at the table.



Get Hooked – Crochet with Missy – Wednesday, May 28th at 1:00pm. Come join Missy in her Crochet Class. This month, she will be teaching you how to create a Crocheted Wind Spinner! The fee for the class is \$15.00 and all supplies will be provided. Please call the Senior Center to reserve your spot in the class.



Crafting with Chris

Thursday, May 29th at 3:00pm - During Chris' class, you will be creating this Glittery Gazing Ball for your garden or porch. The cost for the class is \$15.00. All materials will be provided. Deadline to register is May 15th. Please call or stop by the Senior Center to register!

SCOTTVILLE AREA SENIOR CENTER

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Ludington Lake Jump 2025 Sponsors

The four senior centers (Ludington, Free Soil, Scottville, Tallman Lake) want to thank all the sponsors, “friends”, AND the hearty souls who splashed into Lake Michigan to honor our senior centers and all they do in our communities for those over 50. Special thanks, also, to the volunteers from all four senior centers who helped to plan the event and make sure the day ran smoothly for all our sponsors and participants, and to Lake Jump Board members Linda O’Brien, Debra Kinnard and Carlos Alvarado. Thank you, thank you, one and all!

Platinum Sponsors: (\$2500):

Rotary Club of Ludington
96.3 KLA and the other four Synergy Media Radio Stations
SyncWave

Gold (\$1,000):

Community Foundation for Mason County
Country Quilters
Safe Harbor Credit Union
West Shore Bank
West Shore Eye Care

Silver (\$500):

Gourmet Mushrooms
Great Lakes Castings
Oakview Medical Care Facility
Todd & Brad Reed Photography
Premier Heating and Cooling
Statewide Party Rentals
Tallman Lake Senior Center Guests
UACJ (Whitehall Industries)

Bronze (\$250):

Ace 1 Porta Potties
Brenda’s Harbor Café
Century 21 Bayshore Realty
City of Scottville Employees
Fischer LP Gas
John and Beth Freeby
Gordy’s
Hardman Construction
Joan Hasenbank
The Hemptire Collective
Home Team Housing
Jiffy Lube
Mick’s Truck & Auto, Inc.
Patrick and Maria O’Hare
Scottville Area Senior Center Guests
Urka Auto Center
Water’s Edge CPA

Lake Jump Friends (\$100)

Carlos Alvarado Law, PC
Bill and Anna Anderson
Big Apple Bagel
Borema Hamm Agency of Fountain
Cardinal Restaurant
Hankwitz Heating & Air Conditioning
Gene and Ruth Kyle
Chuck Organ
The “Q” Smokehouse
Simone Family Dental
Richard Sweers



Susan Evans (l.), Mason County Senior Services Coordinator, and Kaitlyn Szczypka, Mason County Administrator. Both are members of Ludington Rotary Club.



Sponsor signs line the walkway to the shore as the large crowd moves into place to participate in Ludington Lake Jump 2025. Group in yellow is from sponsor Oakview Medical Care Facility.



Rotarians and members of the Rotary Interact youth group at Ludington Lake Jump 2025.

SCENES FROM LUDINGTON LAKE JUMP 2025

PHOTOS BY CASSIDY AVERY



And they're off! Large Lake Jump crowd starts toward the lake . Below: Safety first: Dive Team enters lake before the jump.



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!

MAY

HOURS
9 AM TO 3 PM
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	2 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)
5 9:00 Crochet Class 10:30 Safe & Sane Exercise 1:00 Wii Games	6 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	7 10:00 Auxiliary Meeting. All Welcome! 10:00 Craft Day	8 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	9 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-2:30 Genealogy 1-3 Outreach (center open)
12 9:00 Crochet 10:30 Safe & Sane Exercise 12:00 Pot Luck Celebrating Mother's Day 1:00 Wii Games	13 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	14 10:00 Board of Directors Mtg. All Welcome 10:00 Craft Day 10-2 Open Billiards	15 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	16 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)
19 9:00 Crochet Class 10:30 Safe & Sane Exercise 1:00 Wii Games	20 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	21 9:00 Alzheimer's Support Group 10:00 Craft Day 10-2 Open Billiards	22 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	23 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-2:30 Genealogy 1-3 Outreach (center open)
26 Center Closed In Observance Of Memorial Day	27 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	28 10:00 Craft Day 10-2 Open Billiards	29 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	30 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

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FREE SOIL AREA SENIOR CENTER

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

Free Soil Area Senior Center

Open from
9AM until 2:30PM
Tuesdays & Thursdays
each week.

Delicious
made-from-scratch
meals cooked on site.
Served at NOON.

Please sign up for
next meal while at the
center
or call 464-6789
by noon the
DAY BEFORE

JOIN US FOR A MEAL

WALK LAPS IN THE
GYM

PLAY A GAME OF
POOL

ENJOY
ENTERTAINMENT

VISIT WITH NEW
& OLD FRIENDS

MAY



Thursday, May 1

Meatloaf
Cheesy Potatoes
Peas & Carrots
Roll & Butter
Pears
Cake & Ice Cream

Tuesday, May 6

Breakfast Bake
w/Pork Gravy
Fruit Salad
Pastries

Thursday, May 8

Oven Fried Chicken
Mashed Potatoes & Gravy
Corn
Mixed Fruit
Buttermilk Biscuit
Cherry Fluff

Tuesday, May 13

Taco Salad
Diced Peaches
Mexican Wedding Cake

Thursday, May 15

Pork Parmesan w/Marinara &
Angel Hair Pasta
Tossed Salad
Garlic Bread
Melon
Pina Colada Cake

Tuesday, May 20

Salisbury Steak in
Onion Gravy
Mashed Potatoes
Mixed Vegetables
Roll & Butter
Cheesecake Bars

Thursday, May 22

Chicken Salad on Croissants
Chips
Veggie Tray
Fruit Salad
Cookies

Tuesday, May 27

Sub Sandwiches
Chips
Vegetable Soup
Relish Tray
Ice Cream Bars

Thursday, May 30

Italian Chicken Roll Up
Rice w/Veggies
Roll & Butter
Peaches
Éclair Cake

FREE SOIL AREA SENIOR CENTER

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MAY EVENTS

May 1 1:00pm

Regular Meeting of the Free Soil Area Senior Center

May 6 11:00am

Eye Glasses Tune-up and Jewelry Cleaning

May 13 10:30am

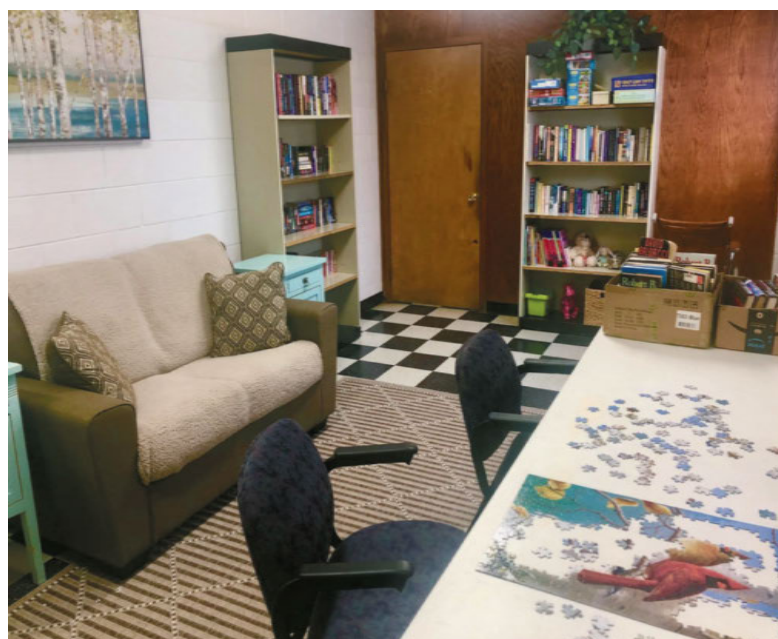
**Easy Craft
Bonnet Refrigerator Magnet**

May 20 11:00am

The String-A-Longs

May 22

Shall We Get Puzzled????



Free Soil library - a pleasant, quiet place for reading and other calm activities

TALLMAN LAKE SENIOR CENTER

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

Genealogy Group!



Our new genealogy group is growing and we have room for you! Join us on the 2nd and 4th Fridays of each month, from 1:00 to 2:30.

Tallman Lake Senior Center and group leader, Maggie Momenie, invite you to join in and begin to open the pages of the past and build your own family history. Fascinating and fun.

May Special Events

Board and Auxiliary Meetings:

Everyone is welcome to attend these monthly 10:00 am meetings. In May, Auxiliary meets Wed., May 7; Board of Directors meets Wed., May 14.

Potluck Celebrating Mother's Day:

Bring a dish to pass on Monday, May 12—the day after Mom's special day.

Memorial Day: Monday, May 26 we will be closed.

Craft Days: Every Wednesday in May starting at 10:00. Make crafts to use as a fundraiser to benefit the center's programs.

MASON COUNTY • MICHIGAN

Ask Sharon By Sharon Bailey, Medicare Counselor at SASC

If you have a problem reading and understanding **Medicare and You**, I would suggest that you use your index to find a subject that interests you, turn to the page or pages and read the sections pertaining to your problem. I often talk to people who think this book has too much information, and that it is intimidating. The Contents page at the front of the book will have a listing of different subjects that you may need help with.

I think it is important to know what information is in this book. It could save you a call to Medicare to find out something that you don't know.

Q. Where would I find out if a test is paid for?

A. Page 3 of Medicare has Contents list and says Section two, page 25 will give you that information. There are multiple pages you can skim through to find out if your test is paid for.

Q. How do I know what the symbols stand for throughout the book?

A. Page three at bottom of page has a Symbol Key. Just look for symbols throughout book.

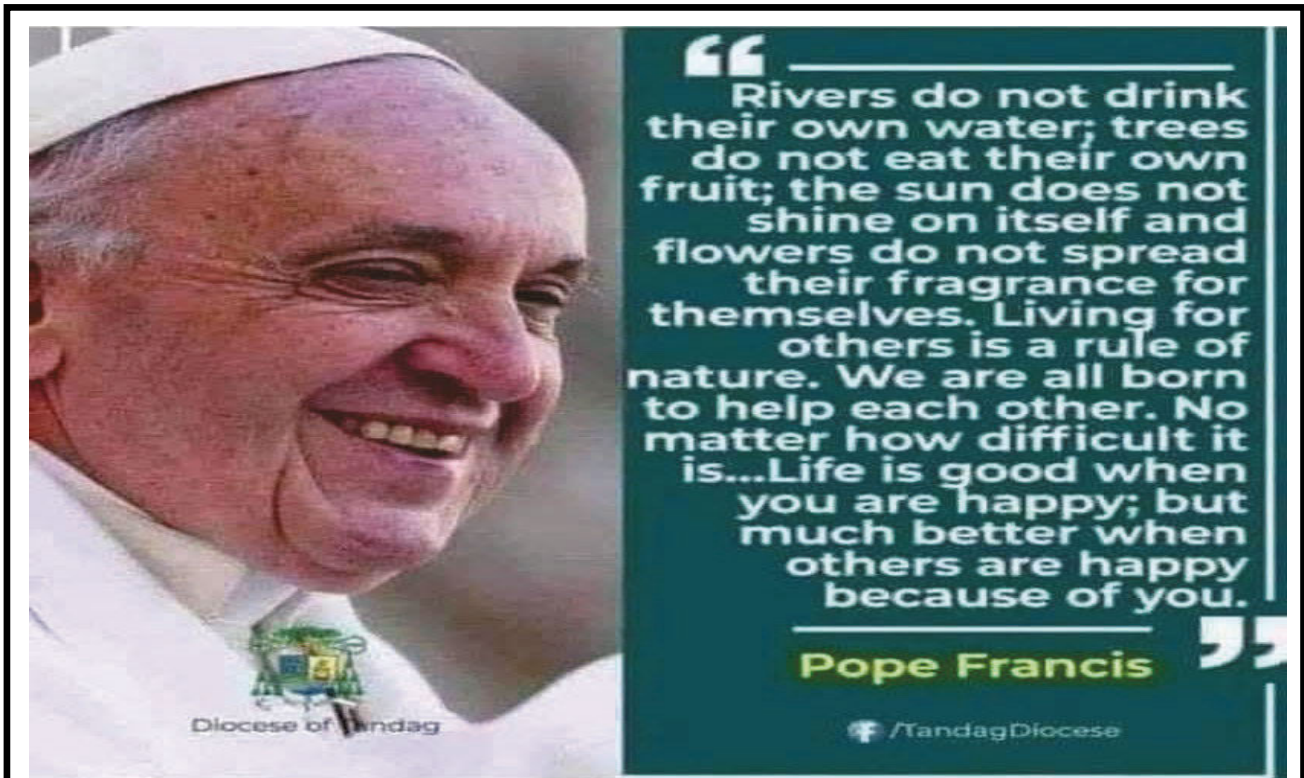
Q. What page does Index start on?

A. Index is on page four. There are multiple pages where you will find information, Bold print numbers have main points of interest.

Page nine has an easy to understand explanation of the parts of Medicare. There is also a How To if you need a new Medicare card.

The next few pages help you understand your options and the difference between Medicare and the Medicare advantage plans.

I think if you look through these you'll be able to understand a little more about Medicare.



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



**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

Grief Support Group

Tallman Senior Center
6765 East Marshall Road
Fountain, MI 49410
2nd and 4th Thursday of each
month 1:00pm - 3:00pm
231-757-3306

ACTIVE for LIFE Newsletter

GET IT THREE WAYS! — The Active for Life newsletter is available:

- 1. In print** - for free - at MANY locations throughout Mason County, including all senior centers
- 2. Online** - for free - using one of these links: [ourseniorcenter.com/find/Scottville-area-senior-center](https://www.ourseniorcenter.com/find/Scottville-area-senior-center) or <https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431>, www.ludingtonseniorcenter.org
- 3. By mail** - contact Scottville Area Senior Center, 757-4705. \$21.00 per year, paid by check or cash.



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