

**Ludington Lake Jump benefits senior center programs!  
Saturday, April 26, 11 am, Stearns Park Beach**

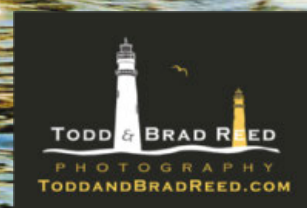
A large group of people, mostly men, are captured in mid-air as they jump into a body of water. They are creating a large splash, and water droplets are visible everywhere. The people are wearing swimwear, and some are wearing hats or towels. The background shows a crowd of spectators on the shore and some trees in the distance.

# **Active for Life**

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

### **What's Inside:**

- **Pages 5, 13, 18: Lake Jump participation/donation info**
- **Page 2: Scottville Volunteer Missy Kissell**
- **Pages 3 & 10: Travel opportunities**
- **Pages 6-11: Ludington Area Senior Center**
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- **Pages 16-18: Tallman Lake & Free Soil Centers**





# MASON COUNTY • MICHIGAN

## Scottville Area Senior Center: VOLUNTEER of the MONTH: Missy Kissell



Missy grew up in Ludington. After she and Daniel Kissell married, he began his service in the military. They were first stationed in Fort Campbell, Kentucky, then South Korea for two years, and then back to Fort Campbell, where Daniel eventually retired.

During his active duty, they had three kids....and, fun fact: from living in South Korea, they all are proficient in using chopsticks! Now, Missy and Daniel have one grandchild, a little girl, who lives in Kentucky with her parents.

After Daniel retired, they moved back to Ludington. Since Missy's mom (Dottie Reed) works at the Scottville Area Senior Center managing our county-wide senior services, Missy had moved home during Dan's deployments and has been volunteering on and off at the Scottville Area Senior Center for many years.

Missy has been on the staff at SASC—first for her mom as a homemaker aide for seniors, then was hired as the center's activities director. She now manages Kilwin's Ice Cream and Fudge establishment during the summer months...AND still fits in volunteering at SASC!

She can be found assisting in so many ways: assembling a shed, organizing the library, finding toys for Christmas stockings to give to the Scottville third graders, answering the phone and finding answers to interesting questions, leading an exercise class, being a trained leader in a Matter of Balance class...a woman of many, many talents who is willing to help SASC do what is needed being done! We value her and her talents SO much!

***Thank you SO much, Missy!***



*On the Cover: The photo team of Todd and Brad Reed provided this month's exciting cover. You know Todd must have waded into Lake Michigan to take the picture, because that's Brad, in the middle!*

# Travel With Us



	<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>Antarctica</b>	<b>February 23 - March 6 2026</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**

<https://scottvilleareaseniorcenter.com/trips>

## **TAI CHI for BETTER SLEEP!**

**Location: Scottville Area  
Senior Center**

**Eight weekly sessions  
Thursdays, April 10-June 5  
12:30—2:30**

**Instructor Naomi Hyso of MSU  
Extension combines benefits of  
Tai Chi for arthritis relief and  
falling prevention, along with  
techniques to improve sleep.**

**Sign up by visiting or calling  
the Scottville center, 757-4705**



***Become a resource for dementia  
education in your community  
as an Association volunteer!  
Find the role that's best for you  
at [alz.org/gmc](http://alz.org/gmc).***

**ALZHEIMER'S ASSOCIATION**

**24/7 Helpline: 800.272.3900**

**[helplinegmc@alz.org](mailto:helplinegmc@alz.org) | [alz.org/gmc](http://alz.org/gmc)**

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

# April 2025

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

### PRICES

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

**\$1 Lunch Days**

Scottville & Tallman  
Last Thurs. each month

Ludington Center  
Serves Lunch on  
Tuesdays &  
Thursdays

**Meals on Wheels**  
**231-757-4831**  
**Kitchen**  
**231-757-5721**

### Meal Sites

**Scottville 757-4705**  
**Ludington 845-6841**  
**Tallman 757-3306**

**Note: Menus are  
subject to change**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Senior Meals Closed for Professional Development</b>	<b>2</b> <b>Pork Chop Suey</b> Veggies (in Entrée) Oriental Veggies Diced Fruit Rice 1% Milk	<b>3</b> <b>Tator Tot Casserole</b> Green Beans Banana Cinnamon Roll 1% Milk	<b>4</b> <b>Tuna Casserole</b> Peas Broccoli Pineapple Milk
<b>7</b> <b>Lasagna</b> Carrots Oranges Garlic Bread 1% Milk	<b>8</b> <b>Pulled Pork</b> Baked Beans Coleslaw Applesauce Bun 1% Milk	<b>9</b> <b>Sloppy Joes</b> Hash Brown Casserole Green Beans Apple slices Bun 1% Milk	<b>10</b> <b>Chicken ala King</b> Mixed Veg (in Entrée) Peas Pears Rice 1% Milk	<b>11</b> <b>Spaghetti w/ Meat Sauce</b> Carrots Peaches 1% Milk
<b>14</b> <b>Salisbury Steaks</b> Au Gratin Potatoes Mixed Veg Pears Bakery Bun 1% Milk	<b>15</b> <b>Taco Tuesday</b> Refried Beans Lettuce Tomatoes Melon Wedges Taco Shell Milk	<b>16</b> <b>Creamy Chicken and Rice</b> Broccoli Carrots Banana 1% Milk	<b>17</b> <b>Beef Stew</b> Veggies in entrée Green Beans Grapes Biscuit 1% Milk	<b>18</b> <b>Jumbo Hotdogs</b> Baked Beans Coleslaw Peaches Bun 1% Milk
<b>21</b> <b>Chicken Patty</b> Crispy Cubes Peas Apple Slices Bun 1% Milk	<b>22</b> <b>Connecticut Beef Bake</b> California Blend Pears Dinner Roll 1% Milk	<b>23</b> <b>Stuffed Baked Potato</b> Broccoli, Cheese, Ham Peaches Bread 1% Milk	<b>24</b> <b>Thursday Pizza Day</b> Green Beans Fresh Fruit 1% Milk	<b>25</b> <b>Breaded Fish</b> Cauliflower Blend Carrots Pears Bun 1% Milk
<b>28</b> <b>Cabbage Rolls</b> Corn Peach Crisp Wheat bread 1% Milk	<b>29</b> <b>Chicken Fajita</b> Peppers/Onions Lettuce/Tomato Pineapple Tortilla 1% Milk	<b>30</b> <b>Cheeseburger</b> Potato Salad Carrots Peaches Bun 1% Milk		



# MASON COUNTY • MICHIGAN



## LET'S TALK MASON COUNTY HISTORY



Ludington Senior Center and the Mason County Historical Society are joining forces for one more discussion on the history of Mason County. Volunteers of the Mason County Historical Society will be on hand to discuss the rich and vast history of Mason County.

Join us on April 9th, at 8:30am for breakfast, tour of the Mason County Historical Society and a discussion about Discovering the Stories in History at the Mason County Historical Society (130 E Ludington Ave).

**\$5 SUGGESTED DONATION FOR BREAKFAST**

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

## Lake Jump 2025 to Benefit Senior Centers



Previous year's Lake Jump participants rushing into the water

The 2025 Ludington Lake Jump will be held on Saturday, April 26, at Stearns Park Beach. The Lake Jump Board has decided the annual fundraising event will benefit services at the four Mason County Senior Centers this year.

If you're looking for a good way to help enhance programs at your area senior center, you can do it by supporting the Lake Jump in a variety of ways:

- Join those who participate in the early spring dip in Lake Michigan, and ask your friends and family to support your jump with donations of any size.
- Make a personal contribution of any size.
- Become a business, organization or individual sponsor with a contribution of \$250 or more.
- Volunteer to help at the event.

To get involved, contact the Ludington, Free Soil, Scottville or Tallman Lake senior centers. Addresses and phone numbers are listed on their calendar pages in the newsletter



# Paint with Julie

Join us at the Ludington Senior Center on April 25th at 1pm as Julie leads us in a class painting this beautiful hydrangea (frame not included) using watercolors. If you would like to reserve your seat please call us at 231-845-6841.

**\$10.00**  
**DEPOSIT DUE**  
**AT SIGNUP**

LOCATION  
**LUDINGTON**  
**SENIOR**  
**CENTER**

CLASS FEE  
**\$20**



CALL THE SENIOR CENTER TO REGISTER: 231-845-6841



LUDINGTON SENIOR CENTER



TRINITY HEALTH

Friday, April 11th at 2pm

The Ludington Senior Center is having a representative from Trinity Health join us in giving an educational presentation on the new insurance plans that are offered through Trinity Health.

CALL TO REGISTER ► 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 this beautiful watercolor picture.

FREE CLASS

With

MARY



APRIL 24TH  
1:00PM

LUDINGTON SENIOR CENTER  
308 S. Rowe Street, Ludington

RSVP NOW

231-845-6841



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FOR ANY LEVEL

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MENU

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231-845-6841

PRICE ONLY  
**\$10.00**  
PER SESSION

MONDAY, APRIL 21ST  
@12:30PM

REGISTER AT 231-845-6841

LUDINGTON SENIOR CENTER



Crafts with Carole and Cathy

April 22nd  
2PM

Join us for a FREE class, creating both a dried flower bookmark and a pressed flower jar. Provided by

*Ludington Woods*  
A Leisure Living Community

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

CARD MAKING WITH SHARON

April 4th and 7th

Join us as Sharon and Kristie 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



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
	<b>Cardio</b> <b>Drumming is tentatively returning in April. Please call for the schedule.</b>	<b>1</b> 9 Walking Club 10 Ladies' Billiards No Lunch Today 1 Duplicate Bridge 1 Matter of Balance Open Billiards	<b>2</b> 9 Walking Club 9 Men's Billiards <b>10 Quilting</b> 10 Stretch & Balance 1 Ping Pong 1 Karaoke 4 Feldenkrais	<b>3</b> 9 Walking Club <b>10 Crafts &amp; Giggles</b> 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Matter of Balance 2 Chair Volleyball	<b>4</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making	<b>5</b>
<b>6</b>	<b>7</b> 9 Men's Billiards <b>9 Men's Breakfast</b> 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Card Making 1 Cards & Games	<b>8</b> 9 Walking Club 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Matter of Balance Open Billiards	<b>9</b> 8:30 Lets Talk 9 Walking Club 9 Men's Billiards <b>10 Quilting</b> 10 Stretch & Balance 10:30 BP Clinic 1 Ping Pong 1 Karaoke 3 TED Talks (ZOOM) 4 Feldenkrais 7:30 Coin Club	<b>10</b> 9 Walking Club <b>10 Crafts &amp; Giggles</b> 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group 1 Matter of Balance 2 Chair Volleyball	<b>11</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 Trinity Health Presentation Open Billiards	<b>12</b>
<b>13</b>	<b>14</b> 9 Men's Billiards <b>9 Men's Breakfast</b> 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1:30 Grief Support <b>2 String A Long Jam</b>	<b>15</b> 9 Walking Club 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Matter of Balance Open Billiards	<b>16</b> 9 Walking Club 9 Men's Billiards <b>10 Quilting</b> 10 Stretch & Balance 1 Cups of Cheer 1 Ping Pong 1 Karaoke 4 Feldenkrais	<b>17</b> 9 Walking Club <b>10 Crafts &amp; Giggles</b> 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Matter of Balance 2 Chair Volleyball	<b>18</b> <div>HAPPY EASTER</div> <div>Center is Closed</div>	<b>19</b>
<b>20</b>	<b>21</b> 9 Men's Billiards <b>9 Men's Breakfast</b> 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	<b>22</b> 9 Walking Club 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 Crafts with Carole 2 Caption Call Presentation Open Billiards	<b>23</b> 9 Walking Club 9 Men's Billiards <b>10 Quilting</b> 10 Stretch & Balance 1 Ping Pong 1 Karaoke 3 TED Talks 4 Feldenkrais	<b>24</b> 9 Walking Club <b>10 Crafts &amp; Giggles</b> 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 1 Watercolors with Mary 2 Chair Volleyball	<b>25</b> 9 Men's Billiards 9:30 Yoga 10 Mahjong 10:30 Book Club 11 Enhance Fitness 1 Cards & Games 1 Paint with Julie Open Billiards	<b>26</b> Join us for the Lake Jump at Stearns Beach 11am
<b>27</b>	<b>28</b> 9 Men's Billiards <b>9 Men's Breakfast</b> 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games <b>2 String A Long Jam</b>	<b>29</b> 9 Walking Club 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge Open Billiards	<b>30</b> 9 Walking Club 9 Men's Billiards <b>10 Quilting</b> 10 Stretch & Balance 1 Ping Pong 1 Karaoke 4 Feldenkrais	<i>National Volunteer month!</i> <div>Hello April</div>		

# Ludington Senior Center



**Niagara Falls/Toronto**  
June 2-6  
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](http://www.grouptrips.com/LudingtonSeniorCenter)





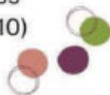
## **WEEKLY SCHEDULE OF EVENTS**

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*

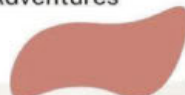
### **Weekly Exercises**

- 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



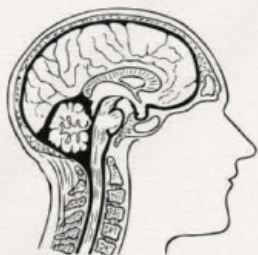
### **Social Activities**

- 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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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



Hours: Tue.- Fri. 10 am - 5 pm; Sat. 10 am - 2 pm



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## April Activities

Loving Life  
at Every Age

A photograph of three dogs sitting in a grassy field. From left to right: a black and white speckled dog, a white dog, and a black and white dog. All three are wearing large white bunny ears. In front of them is a small blue and white striped Easter basket filled with colorful eggs. To the right of the basket is a small green sign on a stick that says "HAPPY EASTER" in pink and white letters. The background shows a line of trees under a clear sky.



# Ludington Lake Jump 2025

**Saturday, April 26, 11 am at Stearns Park Beach**

**Join the fun...jump with us or sponsor us!**

**Support local senior center programs to promote health and wellness and help counteract senior isolation and loneliness.**

Visit our web site:

**lakejump.org**, to find out how you can help:

1. Become a sponsor
2. Jump in Lake Michigan, and collect donations to support your jump.
3. Make a donation:
  - ♦ Online at our web site
  - ♦ Check or cash at any senior center
  - ♦ Write a check to Free Soil Area Senior Center (the 501 (c)(3) tax-deductible location for all four senior centers). 8480 Democrat St., Free Soil, MI 49411
4. Come to the beach and cheer us on!



**Mason County's four senior centers: Free Soil, Ludington, Scottville and Tallman Lake, are working together to organize the 26th annual Ludington Lake Jump fundraiser, and will share the \$ raised equally.**

**Learn more at our web site: lakejump.org, or call 231-757-4705**

# SCOTTVILLE AREA SENIOR CENTER

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



***'Tho April Showers may come my way.....  
They bring the flowers that bloom in May.....***

***All the senior centers (Free Soil, Ludington, Scottville, Tallman Lake) are looking forward to the Ludington Lake Jump on April 26<sup>th</sup> (Saturday) at 11:00 a.m. (Registration starts at 9:30 to jump)***

***There's still time to be a sponsor or a jumper and we welcome both! Remember that all folk under 18 have to have a signed consent form from an adult to jump!***

***Let's join the seniors in raising dollars to help expand our health and fitness programs, our inter-generational programs, and to boost attendance at our amazing classes and programs. We love our seniors!***

***Call any of the senior centers to get a sign up sheet to jump or to be a sponsor, or see our web-site: [lakejump.org](http://lakejump.org).***

## **Changes/Updates:**

***Walking Groups continue at 9:00 and, as the snow melts and the grass begins to show itself, it is much more enjoyable!***

***Quilting Group continues at 9 a.m. each Monday***

***April 10<sup>th</sup>: Alzheimer's Presentation: 11:00***

***Exploring Care and Support Services***

***How to prepare for future care decisions and changes, including respite care, residential care, end-of-life care***

***April 10: Tai Chi begins for each Thursday.***

***It combines Tai Chi for arthritis and balance with sleep recommendations.***

***April 10<sup>th</sup>: Book Club: Klara and the Sun by Kazuo Ishiguro***

***April 15<sup>th</sup> Overcoming Loneliness by WSCC group: 1:30 – 2:00***

***Interviews with seniors: 2:00 – 3:30***

***April 16<sup>th</sup>: Parkinson's Group: 1:15.***

***April 16<sup>th</sup>: Grandparents Raising Grandchildren at 5:30 (dinner)***

***Program is about vaping with various experts.***

***There will be projects for the kids, unless grandparents want them to stay for the program.***

***April 17<sup>th</sup>: Rose Townsend-Green will do toenail trims (10 – 12 am); blood pressures (pm)***

***April 18<sup>th</sup>: 12:15: Overcoming Loneliness Performance (WSCC)***

***April 21<sup>st</sup>: Charity Sew***

***April 21<sup>st</sup>: 12:30 – 1: Lane Plamandon (attorney at law): Estate Planning Seminar***

***April 22<sup>nd</sup>: Ladies' Coffee Klatch: 9:00***

***April 24<sup>th</sup>: Organic Gardening Club: 12:30 – 2:00***

***APRIL 26<sup>th</sup> is the LAKE JUMP!!!! COME JOIN US at Stearns Beach!***



# SCOTTVILLE AREA SENIOR CENTER

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

## CRAFTS - April 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 Saturday, April 12th 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 (\$6.00 plus tax) as well as a Project Recipe (\$5.00) if you'd like. Call or stop by for more details and to sign up for these different activities. Hope you can join us!



**Crafts with Carole and Cathy** (by Ludington Woods) Monday, April 14<sup>th</sup> 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, April 16<sup>th</sup>, at 2:00pm – We will be creating a Clothes Pin Spring Necklace. 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, April 21<sup>st</sup> at 2:00pm – We will be creating two Spring themed Cards using blocks and inks. A similar card 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, April 24<sup>th</sup> at 3:00pm - During Chris' class, you will be creating these two ladybug and bee solar lights. The cost for the class is \$15.00. All materials will be provided. Deadline to register is April 15th. Please call or stop by the Senior Center to register!



**Get Hooked – Crochet with Missy** – Wednesday, April 30<sup>th</sup> at 1:00pm. Come join Missy in her new Crochet Class. This month, she will be teaching you how to create Puffy Flowers! 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.

# 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!

# APRIL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>9:00</b> Hand-making Greeting Cards <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>12:00</b> Bring Soup and Sandwich for Lunch (Details on pg. 18) <b>1:00</b> Yahtzee	<b>2</b> <b>10:00</b> <b>Craft Day</b> <b>10:00</b> Auxiliary Mtg. All Welcome! <b>10-2</b> Open Billiards	<b>3</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>4</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>7</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>1:00</b> Wii Games	<b>8</b> <b>9:00</b> Hand-making Greeting Cards (supplies furnished) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>9</b> <b>10:00</b> <b>Board Mtg. All Welcome!</b> <b>10:00</b> <b>Craft Day</b> <b>10-2</b> Open Billiards	<b>10</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>11</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>1-2:30</b> Genealogy <b>1-3</b> Outreach (center open)
<b>14</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:00</b> <b>Pot Luck</b> <b>1:00</b> Wii Games	<b>15</b> <b>9:00</b> Hand-making Greeting Cards (supplies furnished) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>16</b> <b>10:00</b> <b>Craft Day</b> <b>10-2</b> Open Billiards	<b>17</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>18</b> <b>Center Closed Happy Easter!</b> 
<b>21</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>1:00</b> Wii Games	<b>22</b> <b>9:00</b> Hand-making Greeting Cards (supplies furnished) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>23</b> <b>9:00</b> Alzheimer's Support Group <b>10:00</b> <b>Craft Day</b> <b>10-2</b> Open Billiards	<b>24</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>25</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>1-2:30</b> Genealogy <b>1-3</b> Outreach (center open)
<b>28</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:30-2:30</b> <b>Tech Help</b> <b>1:00</b> Wii Games	<b>29</b> <b>9:00</b> Hand-making Greeting Cards (supplies furnished) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>30</b> <b>10:00</b> <b>Craft Day</b> <b>10-2</b> Open Billiards	<b>Saturday, April 26. Ludington Lake Jump fundraiser to benefit programs at the four Mason County Senior Centers. We invite everyone to donate and participate to support programs for seniors. Contact Sandy Varnes at Tallman Lake to learn how you can help.</b>	



## 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 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**

# APRIL MENU

<u><b>Tuesday, April 1</b></u>  Chili Corn Bread Side Salad Applesauce Birthday Cake & Ice Cream	<u><b>Thursday, April 3</b></u>  Chicken Salad on Croissant Veggie Tray Chips Banana Broccoli Cheese Soup Cookie
<u><b>Tuesday, April 8</b></u>  Beef Stroganoff/Noodles Green Beans Diced Peaches Wheat Bread & Butter Jell-o	<u><b>Thursday, April 10</b></u>  BBQ Chicken Baked Potato Mixed Vegetables Roll & Butter Pineapple Tidbits Chocolate Pudding
<u><b>Tuesday, April 15</b></u>  <b>Easter Dinner</b>	<u><b>Thursday, April 17</b></u>  Sloppy Joe Oven Fries Cole Slaw Fruit Salad
<u><b>Tuesday, April 22</b></u>  Chicken Stew Veg. In Entree Diced Peaches Roll & Butter	<u><b>Thursday, April 24</b></u>  <b>SALAD DAY</b>  <b>(Assorted Salads)</b>
<u><b>Tuesday, April 29</b></u>  Pizza Wings Salad Pineapple Ice Cream Sandwich	

## FREE SOIL AREA SENIOR CENTER

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

### APRIL EVENTS

April 1 Cake & Ice Cream  
April 7 Butterflies Are  
Blooming—Meijer Gardens,  
Grand Rapids  
April 10 Hand Massage  
April 20 HAPPY EASTER!  
April 24 Blood Pressure Clinic  
April 26 Lake Jump 2025 @  
11:00 am ----Benefiting the four  
Mason County Senior Centers!  
April 26 MCE Athletic Boosters  
Auction, Fountain Township Hall---  
starting @ 5:30 pm

### Join in: Lake Jump 2025! Saturday, April 26—11 am Stearns Park Beach on Lake Michigan

The four Mason County Senior Centers have been selected to benefit from the 26<sup>th</sup> annual Ludington Lake Jump fundraiser. The centers are working together and will share equally in the proceeds.

You can help! There are multiple ways you can help support programs at the Free Soil Area Senior Center and the centers in Ludington, Scottville and Tallman Lake. Here's how:

- Participate by raising pledges from friends and family in support of your jump into Lake Michigan
- Pledge a donation of any amount for someone else's jump
- Be a Lake Jump Friend with a donation of \$100
- Be a Lake Jump Sponsor with a donation of \$250 or more
- Make a donation (any amount) in support of Free Soil Area Senior Center (if we raise at least \$250, the center can also be listed as a sponsor)

## 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 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month, from 1:00 to 2:30.

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

### **April Special Events**

**Special Soup & Sandwich Day:** Tuesday, April 1 at noon. Please sign up with Sandy to bring soup or sandwich "fixins" to share.

**Spring Potluck:** Monday, April 14. Senior Center provides ham. Everyone brings a dish to share.

**Tech Help:** Monday, April 28, 12:30-2:30 with Thomas Trahey from Mason County District Library.

**Craft Days:** Every Wednesday in April, 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

This month I am going to write about a few things that I think will help most of you. I usually stick to one topic, so this is a change for me and for you.

Q. What programs does the Scottville Senior Center provide?

A. The Scottville Senior center provides transportation to medical appointments within a hundred miles, respite care to provide relief for care givers, grandparents raising grandchildren with monthly meetings, home making services and hot lunches. Call the center for information on these services. They are free or low cost

Q. I'm raising my grandchild/grandchildren, is there any support?

A. . I know a lot of people are raising grandkids or other young family members who would benefit from a support group to exchange ideas and problem solve. This group meets the third Wednesday of the month at 5:30. Dinner is provided and there are activities for grandchildren. There is no meeting in July, but will continue as usual in August. Please call the Scottville Senior Center for more information.

Q. Tell me about the lunch program.

A. Meals include a salad bar that includes Salad fixin's, fruit and often yogurt, coffee and milk. Tasty meals made by MCC's senior meals cook are served. You'll find the menu at the beginning of the newsletter. The cost is just three dollars (\$3.00). Which is a real bargain.

Q. Are there any new scams we should be aware of?

A. I know this won't apply to many of you, but if you have family or friends with babies who rely on formula please pass this along. Online scams are popping up and tricking desperate parents and caregivers into paying high prices for formula that never arrives. Please check into any site before you order anything online.

Remember the Senior Centers are open daily to help seniors maintain their independence. Someone will be able to help you if you call or come in. Or if you are tired of being alone stop in (wearing a mask or not) have a conversation and a cup of coffee or join us in our activities.

**YOU ARE ALWAYS WELCOME!**

## Demystifying Death

**Marie Stycos of Mindful Passages presents a three-part series of documentaries and discussions about death at the Scottville Area Senior Center. Everyone welcome.**

**By demystifying this inevitable passage, we can better prepare for and reduce our fear of death and dying.**

**April 14, 1:15   April 21, 1:45   April 28, 1:15**  
**Scottville Area Senior Center**  
**140 S. Main, Scottville**

**Please visit or call the senior center (231-757-4705) to register**

# 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](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

<b>Mason County Veterans Affairs.....</b>	<b>231-583-2028</b>
John Cotten, Director (jcotten@masoncounty.net)	

## Education

West Shore Community College.....	231-845-6211
Tuition free classes for those 60+	
Recreation, wellness center: \$5 per day.....	231-843-5543
Michigan State U. Extension.....	231-845-3361

## Housing and Shelter Assistance

Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
Habitat for Humanity.....	231-843-7888
Red Cross.....	800-733-2767
Senior living options—Oasis Senior Advisors.....	616-675-0006

## In-home services- Scottville Senior Center.....

Homemaker, Respite services;	
Home injury control device installation	

## Employment and Training

AARP Foundation-Senior Employment Pgm.....	231-252-4544
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## Medical Equipment Loans (free)

American Legion Post 76, Ludington.....	231-845-7094
Custer VFW Gold Bar Post, Custer.....	231-757-9665
Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705
Tallman Senior Center .....	231-757-3306

## Volunteer opportunities

All Mason County senior centers	
Corewell Health Ludington Hospital.....	231-843-2591
Hospice of Michigan.....	888-247-5701

## Other useful numbers/services

AARP—NW Michigan office.....	231-252-4544
Alzheimer's Association.....	800-272-3900
Disability Connection/W. Mich.....	231-722-0088; 866-322-4501
Mason County District Library.	
Ludington.....	231-843-8465
Scottville.....	231-757-2588
Mason County Prosecuting Attorney.....	231-845-7377
Medicare/Medicaid Assistance	
Scottville Senior Center.....	231-757-4705
Ludington Senior Center.....	231-845-6841
Red Cross.....	800-733-2767
ReStore (Habitat for Humanity).....	231-843-7888
Salvation Army.....	231-843-3711
Social Security Administration.....	800-772-1213
United Way.....	231-843-8593



hearing care professionals

*We Work Hard To Make Hearing Easy*

Located at 80 N Jebavy Dr in Ludington

**231-843-7915**

FREE  
HEARING TEST  
AVAILABLE



## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Terry Sweeney**

[tsweeney@lpicommunities.com](mailto:tsweeney@lpicommunities.com)

**(800) 477-4574 x6407**

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