

**A PUBLICATION FOR
MASON COUNTY
RESIDENTS**

**June 2025
Volume 15
Issue 6**

Active for Life

Your life, Your Way, Your time over 50

What's Inside:

- **Pages 2 & 5: Ludington Senior Expo**
- **Pages 11 & 15: Travel opportunities**
- **Pages 6-11: Ludington Area Senior Center**
- **Pages 12-15: Scottville Area Senior Center**
- **Pages 16-18: Tallman Lake & Free Soil Centers**

SAVE THE DATE

10TH
ANNUAL



**FREE
EVENT**

SENIOR EXPO

**Lunch for \$1.00
Prize Drawings
Over 30 vendors**



**THURSDAY,
JUNE 19TH, 2025
11:00AM-2:00PM**



**CORNERSTONE
BAPTIST CHURCH
121 N NELSON RD**



MASON COUNTY • MICHIGAN

Elder Abuse Is Growing. So Why Are We Cutting the Programs That Prevent It?

Guest article by: Kristyn Merkle, Coordinator, Kent County Elder Abuse Coalition



Right now, some older adults in our community are isolated, vulnerable, and in cases, unsafe in their own homes. And if proposed federal budget cuts are enacted, the few systems designed to protect them may vanish.

June is **Elder Abuse Awareness Month**, a time when we shine a light on the prevalence of abuse for too many older Americans. Here in Michigan, more than **73,000 older adults** are victims of abuse, neglect, or exploitation each year. Many are harmed by someone they know. Most never report it. Behind every one of those cases is a real person, someone's parent, neighbor, or friend. **And now, those already at risk may lose access to the very supports that keep them safe.**

The proposed FY2026 federal budget includes the elimination of several critical aging programs, including **Elder Abuse Prevention**, the **Long-Term Care Ombudsman**, and **community, evidence-based wellness programs** that reduce falls, manage chronic conditions, and combat isolation. These programs aren't extras, they are essential.

In my work with the Kent County Elder Abuse Coalition, I've seen the consequences when older adults lose these supports. It means fewer safety checks, fewer trusted advocates, and fewer chances to stop abuse before it happens. It also means more caregivers burning out, more emergency room visits, and more premature nursing home placements.

Programs funded by the Older Americans Act and Medicaid Home and Community-Based Services allow older adults to remain in their homes and communities where we know they want to be. In 2023 alone, Michigan's senior nutrition programs delivered over 10 million meals, helping prevent malnutrition and isolation. In-home support, transportation, and wellness education make daily life safer for thousands of Michiganders.

These supports also save money. **Every dollar invested in community-based care saves approximately \$3 in Medicaid and long-term care costs.** Prevention works and it pays off. Meanwhile, financial exploitation is also on the rise. In just one year, banks reported over \$27 billion in suspicious activity targeting older Americans. Without advocates or legal support, many victims lose everything.

Demand for services is growing. By 2030, one in five Americans will be over 65. Cutting funding now is not just shortsighted, it's unsafe.

This is not about politics. It's about protecting people. For more than 50 years, Older Americans Act programs have been a trusted, bipartisan, community-based safety net. They reflect our shared values: dignity, safety, independence, and fiscal responsibility.

This Elder Abuse Awareness Month, I urge lawmakers and community members alike to protect what works. Fully fund the services that keep older adults safe, connected, and supported.

Let's act on what we already know: prevention works, support matters, and every older adult deserves to feel safe.

Want to learn more and get involved in advocacy around this important issue? Contact AAAMW Advocacy and Planning Director, Sheri Harris 616-222-7015 or email sherih@aaawm.org

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

June 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**

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845 6136 (Spanish). USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Steak Bites Scalloped Potatoes Carrots Fresh Fruit Roll 1% Milk	3 Taco Tuesday Taco Meat w/ Taco Refried Beans Lettuce & Tomato Peaches 1% Milk	4 Roast Turkey Sweet Potatoes Fresh Asparagus Diced Pears Dinner Roll 1% Milk	5 Chicken Alfredo Noodles Asparagus Cherry Tomatoes Peaches 1% Milk	6 Connecticut Beef Bake Potatoes in Entrée Mixed Veggie Mixed Fruit Sliced Bread 1% Milk
9 Spaghetti w/ Meat Sauce Winter Blend Warm Apple-sauce 1% Milk	10 Stuffed Cabbage Rolls Key West Veggie Blend Tropical Fruit 1% Milk	11 Salisbury Steak Au Gratin Potatoes Brussel Sprouts Oranges Biscuit & Honey 1% Milk	12 Sloppy Joes Hash Brown Casserole Green Beans Tropical Fruit Mix Hamburger Bun 1% Milk	13 Jumbo Hot dog Baked Beans Potato Salad Fruit Mix Bun 1% Milk
16 Breaded Chicken Red Skin Potatoes Beets Pineapple Tidbit Rye Bread 1% Milk	17 Cheeseburger Baked Beans Creamy Cukes Grapes Bun 1% Milk	18 Lasagna Green Beans Pineapple Breadsticks 1% Milk	19 French Bread Pizza Mixed Veggies Tossed Salad Peaches 1% Milk	20 Ground Beef w/ Mac & Cheese Stewed Tomato Prince Charles Mix Apple Slices 1% Milk
23 Tator-Tot Casserole Potatoes in Entrée Mixed Veggies Sliced Apples Dinner Roll 1% Milk	24 Chicken Breast over Rice Green Beans Peas Banana 1% Milk	25 Roast Beef Mashed Potatoes Corn Fruited Jell-O Wheat Bread 1% Milk	26 Liver & Onions Carrots German Potato Salad Pineapple Rye Bread 1% Milk	27 Breaded Chicken Patty Carrots Coleslaw Apricots Hamburger Bun 1% Milk
30 Stuffed Peppers Carrots Fresh Apples 1% Milk	<div> Plan Your Plate: Take a step back and view your meal from above. Fill half your plate with vegetables and fruit, the other half of your plate is split between grains and protein. A side, drink or snack of dairy, such as cheese, Milk, or yogurt will fill the dairy category. By using the MyPlate template, you can improve your meals and health. </div>			

MASON COUNTY • MICHIGAN



SENIOR EXPO

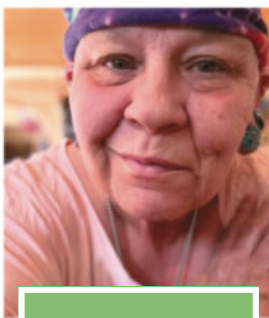
Lake Michigan Senior Living will be at our 10th Annual Senior Expo on June 19th from 11:00am to 2:00pm to answer any questions you may have about their facilities and levels of care.



Assisted Living Facility

JUNE 19TH, 2025
CORNERSTONE BAPTIST CHURCH

Chair Massage Begins at SASC



Therapist Fran-Kay

Licensed massage therapist Fran-Kay will offer weekly chair massage appointments every Friday, beginning June 6, between 11:30-3:00 pm. Please call the center (231-757-4705) to schedule an appointment. Walk-ins are also welcome, if time permits, but an appointment will

ensure Fran-Kay is available at your preferred time.

Chair massages are helpful to relieve neck and shoulder tension, ease upper back stress, and soothe arms, hands and scalp discomfort. You can schedule a session of 15-30 minutes, with a cost of \$1 per minute.

SCOTTVILLE AREA SENIOR CENTER &
THE PM MOTORING CLUB PRESENT

CLASSIC CAR & TRUCK SHOW



SATURDAY, JUNE 7TH

10:00 AM - 3:00 PM

BEHIND 140 SOUTH MAIN STREET IN THE CITY PARKING LOT

\$15 REGISTRATION FEE



THREE PRIZE CATEGORIES

INFO: (231) 757-4705



SENIOR EXPO

June 19, 2025
11:00-2:00pm



Anna Urick Duggins

We understand that making decisions regarding your estate plan can be difficult. We will help you make these decisions and prepare an individualized estate plan for you, including powers of attorney, a will, and oftentimes a trust. We will also review your assets and make sure their ownership and beneficiary designations coordinate with your estate plan documents.

If you or a loved one is facing nursing home care, we can help maximize the assets that the family can retain and still become Medicaid eligible. Filing a Medicaid application is complicated, and we can help you through the process.

Anna specializes in Estate Planning, Probate and Trust Administration, and Elder Law — including, Long-Term Care Planning, Medicaid Planning, and Veteran's Aid & Attendance Benefits.

Estate Planning, Elder Law, Medicaid Planning
and Veteran's Aid & Attendance

Personal. Professional. Practical.





SENIOR EXPO

June 19, 2025
11:00-2:00pm



We're never done making health care better.

Together **we can**®...

Build stronger, healthier communities.

Make an impact in the lives of people we serve.

Improve health. Instill humanity. Inspire hope.



Corewell Health™

corewellhealth.org

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 	2 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 5:30 Zumba Toning	3 9 Walking Club 9 Golf Lakeside Links 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 4 Life After Retirement	4 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	5 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	6 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making Open Billiards	7 
8 	9 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 1:30 Grief Support 2 String A Long Jam 5:30 Zumba Toning	10 9 Walking Club 9 Golf Lakeside Links 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 4 Life After Retirement	11 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	12 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	13 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	14 
15  Happy Fathers Day 	16 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	17 9 Walking Club 9 Golf Lakeside Links 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 2 Life and Mortality 4 Life After Retirement	18 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	19 Center is closed. Please join us at the Senior Expo 11am-2pm	20 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	21 
22 	23 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 5:30 Zumba Toning	24 9 Walking Club 9 Golf Lakeside Links 9:30 Zumba Gold 10 Ladies' Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 1 AARP Smart Driver 2 Line Dancing 2 Crafts with Carole 4 Life After Retirement	25 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch & Balance 1 Ping Pong 1 Karaoke 1 AARP Smart Driver 1 Kayaking (NEW) 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	26 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	27 9 Walking Club 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	28 
29 	30 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 5:30 Zumba Toning	 <h2>Hello June</h2>				

LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 •



NAVIGATING LIFE AFTER RETIREMENT

Group therapy by Kevin Hackworth, LPC LLP



Option of Insurance
billing or private pay
(\$20.00/session)

10 Session Group Therapy

Session 1: June 3rd @4pm
Introduction to Building
Connections

Session 2: June 10th @4pm
Coping with Identity Shifts

Session 3: June 17th @4pm
Financial Well-Being

Session 4: June 24th @4pm
Cultivating New Relationships

Session 5: July 7th @4pm
Discovering New Passions

CALL TO REGISTER 231-845-6841

Learn more: <https://www.psychologytoday.com/profile/394361>

LIFE AND MORTALITY

Who does What and When:
Primary Care, Palliative Care,
Hospice, End-of-Life Doula

Tuesday, June 17th @2pm

As one deals with the healthcare system
it can be difficult to know who does
what. This can be especially true when
dealing with a chronic or terminal illness.
Then add in the newer disciplines and it
is even more challenging. So, let's take a
look at who does what and when and
does anyone 'see' the whole you.

Presentation by Marie Stycos of Mindful Passages

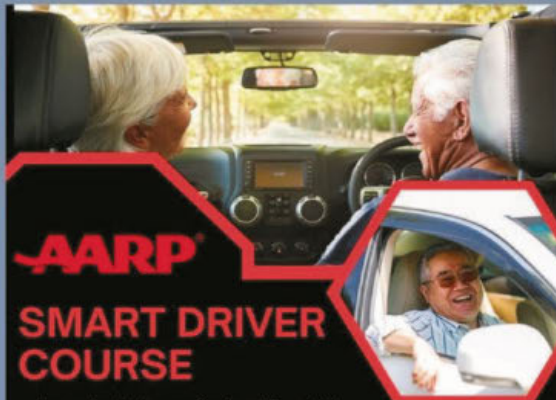
SENIOR
LUDINGTON
CENTER



LUDINGTON SENIOR CENTER KAYAKING

WEDNESDAY, JUNE 25TH
AT 1PM

CALL TO SIGN UP 231-845-6841



AARP SMART DRIVER COURSE

- Learn techniques for handling left turns, right-of-way and roundabouts.
- Understand how to reduce traffic violations, crashes and the risk of injury.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

JUNE 24, 2025 1P-5P
JUNE 25, 2025 1P-5P

CALL FOR MORE INFORMATION OR TO
REGISTER 231-845-6841



PAINT WITH JULIE

June 27th at 1pm

\$20.00

Call to register 231-845-6841

Ludington Senior Center



Travel with us!



SS Badger Trip
Sept 10-Sept 11
2025

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



Rhine and Moselle
Sept 11-Sept 21
2025



New York City
October 9-15
2025



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



New Orleans
April 11-19
2026



**Greece Island
Hopper**
April 12-22
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

Your Best Choice for Hospice Care.

You Are Not Alone.

HARBOR
HOSPICE

1-800-497-9559
harborhospicemi.org



STEPHENS FUNERAL HOME
Serving Lake & Mason counties since 1917
305 East State Street, Scottville, MI 49454
231-757-3333
Randall S. Wyman, Director
www.wymanfuneralservice.com

County Owned and Serving the Community Since 1966...



"Like Family"
Mason County's
Oakview
MEDICAL CARE FACILITY

1001 Diana Street • Ludington, MI
231.845.5185 • www.oakviewmcf.com

Gift Shop Open
Mon-Fri, 9-3

3060 W. US 10
Ludington, MI 49431
(231) 845-9898
Stephanie L. Kehrer
Owner/Funeral Director



Celebration of Life
Memorial Services
Cremations
Funerals
Headstones
Prearrangements
Medicaid Spend Down

www.OakGroveLudington.com



Mindful Passages
moving through life's changes
Education, Planning, and Support
We are all mortal:

Ask about the first steps everyone should take,
regardless of age or health, to make end of life
transitions less stressful for you and yours.



Free 30 min. phone
consultation available at
www.MindfulPassages.com
231-480-1460

TOJ Custom Jewelry

Fine Custom Jewelry and Remounts
Expert Jewelry Repair & Restoration
Appraisals • CAD Designing • 3D Printing
Gemology Identification & Grading
Hand Engraving and more!

OPEN: Thursday, Friday & Saturday 11am-6pm
231-425-9300 • 103 LOOMIS ST., LUDINGTON



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.

Comfort.
Care. Compassion.

Call today to start receiving
the compassionate care you
and your family deserves.



888-247-5701 • hom.org



Where Every Day is a Vacation

Beautiful views, activities, exceptional and
affordable care from a 24/7 staff await you at
Lake Michigan Senior Living. Come tour today!

4895 S Lakeshore Drive, Ludington, MI 49431
231-843-9963 • lakemichiganseiorliv@gmail.com
www.lakemiseniorliving.com



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



120 N Main St.
Scottville, MI 49454 • 231.233.3006

**SUPPORT OUR
ADVERTISERS!**



For ad info. call 1-800-477-4574 • www.lpcommunities.com

15-0696

BROWN CATTLE COMPANY

BRAD BROWN, *Owner*

3940 W. Kistler Rd
Ludington, MI 49431

tel. (231) 425-8910
brownfarms@gmail.com
Non-GMO Fed, No Hormones

Freezer Beef and Retail Store



Meals • Laundry • Recreation
Transportation • Ranch Style Apartments

(231)-845-7066
www.village-manor.com
110 East Tinkham Ave, Ludington



BEACON

Cremation & Funeral Service
Pere Marquette Chapel

Kirk & Courtney Barz
Owners/Licensed Funeral Directors

309 South Washington Avenue
Ludington

www.beaconfh.com
231.843.2531

PARTNERS IN GRIME

RESIDENTIAL AND BUSINESS CLEANING

GIVE US A CALL
(231) 301-5421



Lutz Hearing Aid Center

A Hearing Health USA Company

Call today to schedule your
FREE baseline hearing test!

325 N. Jebavy Dr. • Ludington, MI 49431

231-480-4808

www.hearinghealthusa.com

Michelle Giddings, BC-HIS, Board Certified Hearing Instrument Specialist #1379

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

**We're never
done making
health care
better.**



corewellhealth.org



Helping the world hear better

- * **FREE** hearing screenings
- * **FREE** In-office trials
- * **FREE** In-home appointments available

LUDINGTON

239 North Jebavy Dr.

231-843-3039

1-800-522-9588



ESTATE PLANNING
• Wills, Trusts, Powers of Attorney
Trust Administration/Settlement

PROBATE MATTERS

- Estates, Guardians and Conservators

*Serving
Traverse City
and Northern
Michigan*



Attorney
Courtney J. Marshall

We can help you protect your hard earned assets
and leave a lasting legacy for your children.

(231) 947-6800 • www.mblawtc.com

13872 S. Compass Rose Dr, Traverse City, MI 49684

CURIOUS ABOUT THE **VALUE** OF YOUR HOME?

...CALL TODAY FOR A
CONFIDENTIAL ASSESSMENT



DEBBY STEVENSON
231-510-5727
GREENRIDGE REALTY

SCAN HERE TO VISIT: WWW.DEBSTEVENSON.COM

SASC June Activities

*Loving Life
at Every Age*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2 Manitowoc Trip: <i>leave at 8:00 a.m.</i> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Quilting Guild 6:30	3 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5:00	4 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 AAAWM Public Forum WSCC Admin Building 1:00 Return from Manitowoc 7	5 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	6 Wii Bowling 9:30 Bingo 10:00 Chair Massage 11:30-3 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	7 Classic Car & Truck Show 10-3 Parking lot behind SASC 8
9 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	10 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Card Making 2:00 Cardio Drum 5:00	11 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 Pinochle 1:00 Jewelry Class 2:00	12 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	13 Wii Bowling 9:30 Bingo 10:00 Chair Massage 11:30-3 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	14 Happy Scrappers 9AM-10PM 15 Father's Day
16 Quilting 9:00 Walking Group 9:00 Estate Planning (appts. only) 10-3:30 Lunch 11:45 Cardio Drumming 12:30	17 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5:00	18 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 Group 1:15-3 Grandparents Raising Grandchildren Grp. 5:30	19 Wii Bowling 9:30 Toenail Clinic 10-12 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Blood Pressure Clinic 12-1 Tech Help 12:15 Set Back 6:00	20 Wii Bowling 9:30 Bingo 10:00 Chair Massage 11:30-3 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	21 22
23 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30	24 Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Cardio Drum 5:00	25 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 Pinochle 1:00 Get Hooked Crochet Class 1-3	26 Wii Bowling 10:00 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Organic Garden Club 12:30-2 Craft with Chris 3:00 Set Back 6:00	27 Wii Bowling 9:30 Bingo 10:00 Chair Massage 11:30-3 Lunch 11:45 Open Billiards 12-4 Ping Pong 1-4	28 29
30 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30	<div> <div> Key: Black - Service Blue - Speaker Orange - Community\ Event Green - Exercise Purple - Social Activity Red - Craft </div>  </div>				

**“June is Busting Out All
Over.....
All Over the Meadows and
the Hills.....**



From Carousel, the musical

Monthly Groups



Lavender Blooms in
June...

June 2: Quilt Guild: 6:30

June 12: Book Club at 1:15

*Book: Elephant Company by Vicki Constantine Croke
Join us, but read the book before hand, if possible.*

June 23: Parkinson's Support Group: 1:30

**June 23: Grandparents Raising Grandchildren:
5:30 cook out (please rsvp)**

June 24: Ladies' Coffee Klatch: 9:00

June 26: Organic Gardening Club (12:30 – 2)

SPECIAL EVENTS

June 4: Area Agency on Aging Public Forum (1:00)

West Shore Administrative & Conference Building

Lunch included. Rsvp: Susan Evans (susanevans1007@gmail.com)

**June 7: Scottville Area Senior Center Classic Car and Truck Show
(10 – 3)**

From 10 – 3, amazing classic cars and trucks will line the lot behind the center. Please come enjoy the autos, ask questions of the proud owners, and share our love of the past. There will be prizes awarded, made by the wood carving club! Car registration is \$15.

June 19: Senior Expo

11 – 2 p.m. at the Cornerstone Baptist Church. Come and learn about biometrics screening, how banks can assist seniors, the role of the health department, kidney foundation, Alzheimer's association, Corewell Health, senior centers and many more businesses and non-profits that will answer questions about how they assist our senior community.

SCOTTVILLE AREA SENIOR CENTER

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

CRAFTS - June 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!

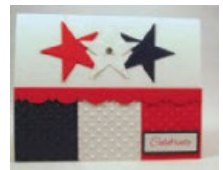
The Painting Group meets at the Scottville Area Senior Center on Wednesdays, from 9:00am to 11:00am. Bring your paint supplies and canvases and join in for a couple hours visiting and painting.



Crafts with Carole and Cathy (presented by Ludington Woods) Monday, June 9th at 2:00pm. This month, Carole and Cathy will be teaching us how to create a Patriotic Hanging Basket (no flowers provided). There is no fee for this class and the class is limited to 10 participants. Please call the Center to reserve your place at the table.

Card Making

Tuesday, June 10th at 2:00pm – We will be creating two Patriotic Themed Cards. A sample of 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.



Jewelry Making

Wednesday, June 11th, at 2:00pm – Back by popular demand, we will be making a Beach Glass Pendant. A sample is shown here. Everyone's will be different. 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

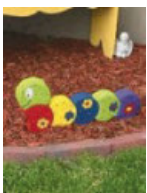
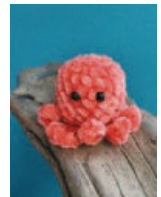
Come Crop with us on June 14th from 9:00 am to 10:00 pm. Bring your scrappin' stuff (or any other papercraft you are working on) and let's get some photos preserved or a craft completed! Bring a dish to share for either brunch or dinner on Saturday. Call or stop by for more details and to sign up. Pre-registration is required. \$5.00 fee will be donated to the Scottville Area Senior Center. Hope you can join us!



Diamond Art Class

Tuesday, June 17th from 1:00pm – 3:00pm . 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. Please call the Scottville Area Senior Center to reserve your spot at the table.

Get Hooked – Crochet with Missy – Wednesday, June 25th at 1:00pm. Come join Missy in her Crochet Class. This month, she will be teaching you how to create "OCTO", a crocheted octopus. The fee for the class is \$15.00 and all supplies will be provided. Please call the Senior Center to reserve your spot.



Crafting with Chris

Thursday, June 26th at 3:00pm - During Chris' class, you will be creating this adorable insect yard decoration. The cost for the class is \$15.00. All materials will be provided. **Deadline to register is June 13th.** Please call or stop by the Senior Center to register!

SCOTTVILLE AREA SENIOR CENTER

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

Upcoming Day Trips and Short Excursions

Manitowoc, WI - June 2-4, 2025 via the Badger

Tigers Game - July 12, 2025

Tigers Game - September 3, 2025

Other Upcoming Trips...



Travel Opportunities

	Boston, Salem, and Cape Ann	August 6-12 2025
	Taste of Tuscany	September 9-16 2025
	Branson Show Extravaganza	November 3-8 2025
	Antarctica	February 23 - March 6 2026
	San Antonio Texas	March 7-15 2026
	Sunny Portugal Lisbon, Alentejo, Algarve & Portuguese Riviera	April 2-11 2026
	Biltmore	May 17-22 2026
	Ark Encounter	August 10-14 2026
	Shades of Ireland	October TBD 2026

Please contact Ada with any questions.

Email: amor@mysasc.org

Phone: 231-757-4705

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!

JUNE

HOURS
9 AM TO 3 PM
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Crochet Class 10:30 Safe & Sane Exercise	3 9:00 Hand-making Greeting Cards 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	4 10:00 Auxiliary Mtg. All Welcome! 10:00 Craft Day 10-2 Open Billiards 1:00 "Five Wishes" End of Life Planning	5 10-2 Open Billiards 10-12 Darts 1:00 Euchre	6 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)
9 9:00 Crochet Class 10:30 Safe & Sane Exercise 12:00 Pot Luck 12:30 Speaker--Andrea Pehrson, atty: estate planning 12:30 Reflexology	10 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	11 10:00 Board of 11 Directors Mtg. All Welcome! 10:00 Craft Day 10-2 Open Billiards	12 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	13 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)
16 9:00 Crochet Class 10:30 Safe & Sane Exercise 12:30-2:30 Tech Help	15 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	16 9:00 Alzheimer's Support Group 10:00 Craft Day 10-2 Open Billiards	17 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	18 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-3 Outreach (center open)
23 9:00 Crochet Class 10:30 Safe & Sane Exercise 12:30 Reflexology	24 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 1:00 Yahtzee	25 10:00 Craft Day 10-2 Open Billiards	26 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 1:00 Euchre	27 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 1-2:30 Genealogy 1-3 Outreach
30 9:00 Crochet Class 10:30 Safe & Sane Exercise 10:30 Blood Pressure Clinic 12:00 Falling Injury Prevention Presentation				

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

JUNE MENU

<u>Tuesday, June 3, 2025</u> Burrito Casserole Spanish Rice Pineapple Tidbits Cake & Ice Cream	<u>Thursday, June 5</u> Chicken Sea Shell Pasta Salad Garlic Cheese Rolls 7 Bean Salad Banana Dutch Apple Pie
<u>Tuesday, June 10</u> French Toast Bake Ham Peaches Cookie	<u>Thursday, June 12</u> Meatloaf Cheesy Potatoes Asparagus Roll & Butter Pears Pudding
<u>Tuesday, June 17</u> Beef Noodle Soup Chicken Vegetable Soup Tossed Salad Fresh Baked Bread Fruit Salad	<u>Thursday, June 19</u> BBQ Chicken Baked Potatoes Cole Slaw Roll & Butter Peach Cobbler
<u>Tuesday, June 24</u> Sesame Asian Chicken Stir Fry Vegetables Rice Mandarin Oranges Choco-Cherry Dump Cake	<u>Thursday, June 26</u> Rueben Sliders Tater Tots Veggie Tray & Dip Fruit Cookie
Please call by noon, the day before a meal or sign up in the center. 	

FREE SOIL AREA SENIOR CENTER

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

JUNE EVENTS

June 5 Cake and Ice Cream

June 7 Regular Meeting,
1:00 pm

June 10 Jewelry Cleaning +
Glasses Cleaning & Tune-Up
10:30-11:45

June 19 Flyers Club (weather
permitting) 11:30 until ?

June 25 (Wed) Maritime
Museum/ Lunch at House of
Flavors 10:00am



TALLMAN LAKE SENIOR CENTER

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

June Special Events

Tech Help with Thomas—Monday, June 16

Join us between 12:30 and 2:30 for help with getting the most from smart phones, tablets and other digital devices, with Thomas, our tech help wizard from the Mason County District Library.

Computer tablets available. Thanks to our friends at the Ludington Rotary Club, starting in June we will have computer tablets available at the senior center for Internet access, and Thomas can help us get the most out of these new tablets. For example: Senior Project Fresh has a new online system this year, which replaces the paper coupons used in the past, for eligible seniors to obtain Michigan grown fruits and vegetables.

Guest Speaker: Attorney Andrea Pehrson, Monday, June 9, 12:30 pm.

Ms. Pehrson will present information on estate planning—wills, trusts and other aspects of smart financial planning. Join us for this informative session.

Five wishes—End of Life Planning: Wed., June 4, 1:00.

Take part in this discussion to help you develop your personal end of life plan, to ensure your loved ones know your preferences and that your final wishes are carried out as you intend.

Healthy living events with Nurse Kelly Barnhardt--Monday, June 30

Nurse Kelly from Corewell Health returns to provide free blood pressure checks from 10:30-11:30. Then, after a healthy lunch, she will offer tips to help us avoid injuries from falling.

Reflexology—Monday, June 9 and 23—12:30

This series of sessions, starting in June, will help us understand the potential benefits of Reflexology—which involves massage of the hands, feet and ears. Reflexologists say different amounts of pressure in these areas can provide a range of health benefits. People who have experienced this massage technique report that it has helped them in a variety of ways, including

- Reduce stress and anxiety -Reduce pain - Improve mood - Improve general well-being

Ask Sharon By Sharon Bailey, Medicare Counselor at SASC

This month's column is all about what you should know about signing up for Medicare. If you are on Social Security the cost of Medicare will automatically be taken out of your check. If you are not on SS you will have to pay for it yourself every three months. I think Medicare is probably the best thing the government has done for senior citizens.

Q. When should I apply for Medicare?

A. If you are retired you don't have to do anything. You will receive your Medicare card well before your birthday month. If you are still working you will have to apply about three months before your birthday month.

Q. What parts do I need?

A. It depends on whether or not you have medical insurance from your job as part of your retirement package, you should ask your HR person what you will need. Some employers continue your health care, but you will need to sign up for part A. Part A is free. If this is the case you don't have to do anything else.

If you retire and you lose your benefits you should add Part B to your Medicare two months before or up to two months after your last day of employment. You will pay a penalty after that for each month that you don't sign up.

Q. Do I have to do anything after I get my card?

A. It is to your benefit to have a private plan to supplement your Medicare. Either the Ludington Senior or the Scottville Senior can help you do this.

B. Q What are my choices?

A. 1) Original Medicare has deductibles and pay 80% of whatever Medicare charges. There are no caps on charges. 2) A Medicare supplement plan (like Blue Cross) varies depending on the plan, but most plans pay the major costs, but are around two hundred dollars a month in addition to the cost of Medicare. 3) A Medicare Advantage Plan has about a \$5,000 out of pocket cost depending on your plan, but some are free and most have a premium of about \$30. Unless you are hospitalized you will not come anywhere near the out of pocket cost.

Q. How do I find out about these plans?

A. You can call me at 757- 4052 or the Ludington Senior Center at 845-3423 to make an appointment. If you are interested in a Medicare Supplement plan, you will need to see an Insurance agent. <https://pixabay.com/photos/orange-orange-slice-cartoon-orange-7353677/>

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.

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
--------------------	--------------

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
DJ's Taxi.....	231-843-3912

Mason County Veterans Affairs.....

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
Home Team Housing.....	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
--	--------------

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

(800) 477-4574 x6407

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging,
ad-supported
print and digital
newsletters to reach
your community.

Visit lpicommunities.com

**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



Scan to
contact us!



MEDILODGE OF LUDINGTON

Recover. Rejuvenate. Revitalize. Return Home.

If you or someone you love could benefit from rehab or long term care, call our compassionate admissions staff at (502)909-2577

1000 East Tinkham Ave Ludington, Mi 49431
231-845-6291 • www.medilodgeofludington.com

THRIVE
LOCALLY

SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0696