

**A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS**

**August 2025  
Volume 15  
Issue 8**

# **Active for Life**

## **Mason County's Senior Newsletter**

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

- **Page 5: Ludington Garage Sale, Alzheimer's Education Series, and a Special Cribbage Shout Out**
- **Pages 6-11: Ludington Area Senior Center**
- **Pages 10 & 15: Travel Opportunities**
- **Pages 12-15: Scottville Area Senior Center**
- **Pages 16-18: Tallman Lake & Free Soil Centers**
- **Page 19 Friday Bingo and "Ask Sharon" Medicare Info**



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*Thank you!*

Karen Anderson  
& Rick Bowman

A big thank you to our amazing lunch helpers every Tuesday and Thursday. Your willingness to help and your outgoing personalities make our congregate meals a fun experience.

Our lunches are provided by Meals on Wheels every Tuesday and Thursday at 11:45am. If you would like to join us for lunch please call to RSVP 231-845-6841.

Suggested donation:

Age 60+ \$3.00

Under 60 \$6.00

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# MASON COUNTY • MICHIGAN

## Let's Talk Technology: Supports & Resources for Older Adults



As we get older, technology continues to be ever more engrained in our everyday lives. Whether it's communicating with a loved one, friend, caregiver, or healthcare provider, digital tools are becoming part of nearly every step in the journey. For seniors who didn't grow up in a tech-centered society, navigating this fast-paced digital world can feel overwhelming, confusing, and a barrier to daily functions and information. But there's good news: with the right tools and support, older adults can confidently engage with technology and enjoy its many benefits.

**Mason County initiatives.** Here in Mason County, our senior centers and libraries are taking a leading role in making seniors more comfortable with digital communication.

Digital tablets at senior centers. Thanks to a grant from the Rotary Club of Ludington, all four Mason County senior centers now have small computers, called "tablets," available for use by visitors to the centers. We can help you learn to operate them, so you can access online information you need or transact online business.

Scheduled Tech Help. The Scottville and Tallman Lake senior centers have regularly scheduled tech help sessions, provided by personnel from the Scottville library. The Scottville center's tech help sessions are every Thursday, from 12:15 to 2:00. Tallman Lake has a monthly tech help session from 12:30-2:30 on the 3<sup>rd</sup> Monday.

The staff at the Ludington Senior Center is happy to help with questions about phones, computers or other digital equipment, plus they partner with the Ludington library for additional tech help for seniors.

Likewise, the Free Soil Senior Center will help with questions, provide access to a tablet for online access, and can connect you with the Scottville library for additional assistance.

**The Area Agency on Aging for Western Michigan (AAAWM)** provides and has identified other vital resources to help seniors and caregivers use technology with confidence. Here are some trusted resources designed to help older adults and caregivers navigate the digital world. Information on all of them is available at their web site, [www.aaawm.org/tech](http://www.aaawm.org/tech).

**Making IT Easier:** AAWM's video series designed to teach seniors how to use technology to enhance their lives. You can check out these videos on our website, including lessons on how to use FaceTime, Zoom, and Siri, and even how to order grocery delivery. Visit [www.aaawm.org/tech](http://www.aaawm.org/tech).

**GetSetUp - Classes for Older Adults:** 150+ technology and enrichment classes, all taught by retired educators. Learn more at [www.getsetup.io/partner/michigan](http://www.getsetup.io/partner/michigan).

**Older Adults Technology Services (OATS):** Courses, programs, and activities to help seniors learn new skills, save money, get in shape, and make new friends. Sign up for the newsletter and participate online at [www.seniorplanet.org](http://www.seniorplanet.org).

**AGING Connected - Low-Cost Internet for Older Adults** Call for support: 877-745-1930.

**Connect2Affect Signs of Isolation Assessment:** Offered by the AARP Foundation, this free online tool provides personalized support and resources based on your answers to a short series of questions. Visit [www.connect2affect.org](http://www.connect2affect.org).

**Emotional Support for Older Adults and Family Caregivers:** AAWM's monthly support group for family caregivers. [www.aaawm.org/caregivers](http://www.aaawm.org/caregivers)

**HelpText:** AAWM offers a 12-month free subscription to mental health support for caregivers via text message to your phone. Sign up at [www.helptexts.com/aaawm](http://www.helptexts.com/aaawm).



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

# August 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>Nutrition News</b> Frozen Veggies/Fruit Did you know that frozen fruits and vegetables are as nutritious or even more nutritious than the fresh version? When fruits and vegetables are frozen soon after harvest they can retain more vitamins and minerals than fresh produce, which can lose nutrients during transportation and storage. Frozen produce also lasts much longer than fresh in your home and can save you money and a trip to the store.				<b>1 Baked Fish</b> Potatoes Green Beans Oranges Roll 1% Milk
<b>4 Jumbo Hotdog</b> Baked Beans Peppers Warm Applesauce Bun 1% Milk	<b>5 Taco Tuesday</b> Seasoned Taco Meat Spanish Rice Lettuce & Tomato Fresh Fruit Tortilla Shell 1% Milk	<b>6 Roast Pork</b> Sweet Potatoes Corn Diced Peas Dinner Roll 1% Milk	<b>7 Thursday Pizza Day</b> Carrots 3 Bean Salad Strawberry Shortcake 1% Milk	<b>8 Macaroni &amp; Cheese</b> Carrots Peas Fruited Jello 1% Milk
<b>11 Chicken Noodle Casserole</b> Peas Sliced Peaches 1% Milk	<b>12 Stuffed Green Peppers</b> California Blend Fruit Slushie 1% Milk	<b>13 Sloppy Joes</b> Hash Brown Casserole Winter Blend Tropical Fruit Mix Hamburger Bun 1% Milk	<b>14 Swiss Steak/Gravy</b> Mashed Potato Squash Banana Biscuit w/Honey 1% Milk	<b>15 Polish Sausage</b> Sauerkraut Red Potatoes Applesauce Bun 1 % Milk
<b>18 Chicken Patty</b> Crispy Cube Potatoes Corn Pears On a Bun 1 % Milk	<b>19 Swedish Meatballs</b> Noodles Winter Blend Tossed Salad Fruit Mix 1 % milk	<b>20 Lasagna</b> Carrots Watermelon Garlic Breadsticks 1% Milk	<b>21 Tamale Pie w/ Spanish Rice</b> Cherry Tomatoes Orange Wedges 1% Milk	<b>22 Sweet &amp; Sour Pork</b> Over Bed of Rice Stir Fry Vegetables Broccoli Tropical Fruit Mix 1% Milk
<b>25 1/4 Pounder w/Cheese</b> Baked beans Peas & Carrots Apricots Hamburger Bun 1% Milk	<b>26 Chicken Penne</b> With Tomatoes Broccoli Pineapple Tidbit 1% Milk	<b>27 Spaghetti</b> Meat/Tomato Sauce Cauliflower Ambrosia Salad 1 % Milk	<b>28 Meatloaf</b> Mashed Potato w/Gravy Corn Strawberries Rye Bread 1% Milk	<b>29 Stuffed Baked Potato</b> Ham, Cheese, Broccoli Sliced Apples 1% Milk

# MASON COUNTY • MICHIGAN

LUDINGTON SENIOR CENTER

## GARAGE SALE



AUGUST 15TH

9AM-3PM

308 S ROWE STREET  
LUDINGTON

### ATTENTION ALL CRIBBAGE PLAYERS!



Sandy Papes learned how to Play Cribbage late last year. Recently, on Wednesday, July 2, 2025, she had a hand in Cribbage that you don't get every day!

Sandy was dealt four 5's and the cut card was the Jack of Diamonds. This adds up to 28 points. The odds of getting a 28 hand is 1 in 15,028.

How awesome is that? Don Ferenz, who has been playing for over 60 years, has only had two 28 hands in his playing career. And just a tidbit of information, the odds of getting a 29 hand, which is the highest you can get, is 1 in 216,580. Pretty awesome! Congratulations Sandy!

Our Cribbage Group meets at the Scottville Senior Center on the 1st Wednesday of every month from 9:30 to 11:30 am. Come join in on the fun!



### Ludington August Education Series

#### Location:

Safe Harbor Credit Union  
Community Room  
5511 US-10, Ludington

Presented in partnership with  
Lake Michigan Senior Living and  
Safe Harbor Credit Union



**New Advances in Alzheimer's Treatment**  
Monday, Aug. 11 | 5:30 - 6:30 p.m.

**Managing Money: A Caregiver's Guide to Finances**  
with Guest Speaker Anna Duggins, Elder Law Attorney with Parmenter Law  
Tuesday, Aug. 19 | 5:30 - 6:30 p.m.

Light refreshments served at 5 p.m., provided by Lake Michigan Senior Living.

Register with our 24/7 Helpline at  
800.272.3900 or [helplinegmc@alz.org](mailto:helplinegmc@alz.org).  
For more information, contact Susan at 231.267.6119

24/7 Helpline: 800.272.3900 | [helplinegmc@alz.org](mailto:helplinegmc@alz.org) | [alz.org/gmc](http://alz.org/gmc)

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

PAGE 5



# America the Beautiful

## NGC Standard Flower Show 2025

Friday, August 22, 4:00 - 6 pm

~~Saturday, August 23, 9:00 am - 5 pm~~

*Ludington Senior Center*

308 Rowe St., Ludington, MI

(231) 845-6841

*Free and Open to the Public*

4

A large, stylized graphic of the letters 'USA'. The 'U' is red, the 'S' is white with a black outline, and the 'A' is blue. The letters are set against a light, textured background.

*Presented by Mason County Garden Club*

Member of National Garden Clubs, Inc.

Central Region Garden Clubs, Inc.

Michigan Garden Clubs, Inc., District 5, Club 140



Ludington Senior Center

## ***Solo Adventures Group***

**August 7<sup>th</sup> - Picnic at Stearns at 12pm**

- Bring a dish to pass along with your own beverage and lawn chair.
- We will meet near the shuffleboards.
- Look for the smiley face balloon.
- Call to RSVP 231-845-6841



## **LIFE AND MORTALITY**

Medicalized Death: What, Why, Avoid or not?

**Tuesday, August 19<sup>th</sup> @2pm**

Decades ago, people died at home, not in hospitals. Today, even though most people say they want to die at home, most people die in the hospital. This shift to dying in the hospital has come to be known as 'medicalized death'. You are invited to come and explore this topic and ask questions, especially if you desire a comfortable death.

Presentation by Marie Stycos of Mindful Passages

Corewell Health

corewellhealth.org

## **Free Blood Pressure Clinic**

Location: Ludington Senior Center

Date: Wednesday, August 13, 2025

Time: 10:30 am – 11:30 am



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



**August 26<sup>th</sup>  
2PM**

## **Crafts with Carole and Cathy**

Join us for a FREE class, creating these adorable bug magnets with spoons  
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**

## **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.



## 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 12pm. 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

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
				<b>KEY:</b> BLACK- SERVICE BLUE- PRESENTATION GREEN- EXERCISE RED- SOCIAL	<b>1</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	<b>2</b> 
<b>3</b> 	<b>4</b> 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	<b>5</b> 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	<b>6</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Kayaking 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	<b>7</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 12 Solo Adventures Picnic 1 Duplicate Bridge	<b>8</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	<b>9</b> 
<b>10</b> 	<b>11</b> 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	<b>12</b> 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	<b>13</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 10:30 BP Clinic 1 Ping Pong 1 Karaoke 1 Kayaking 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	<b>14</b> 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	<b>15</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards 9-3 Yard Sale 	<b>16</b> 
<b>17</b> 	<b>18</b> 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 9-12 Parmenter Law 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	<b>19</b> 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 & Mortality	<b>20</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Cups of Cheer 1 Ping Pong 1 Karaoke 1 Kayaking 4 Feldenkrais 5:30 Zumba Gold	<b>21</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge	<b>22</b> <div style="background-color: yellow; text-align: center; padding: 10px;"> <b>Center is closed for Flower Show</b> </div>	<b>23</b> 
<b>24/31</b> 	<b>25</b> 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 2 String A Long Jam 5:30 Zumba Toning	<b>26</b> 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 Crafts with Carole	<b>27</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Karaoke 1 Kayaking 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	<b>28</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge	<b>29</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	<b>30</b> 



# Ludington Senior Center

## Travel with us!



**Applefest/Wine  
Tour**

October 10  
2025



**Finland's Northern  
Lights**

February 21-28  
2026

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



**New Orleans**

April 11-19  
2026



**Greece Island  
Hopper**

April 12-22  
2026



**America's  
Cowboy Country**

May 19-26  
2026



**Mackinac Island**

June 1-5  
2026



**South Africa**

Sept 21- Oct 5  
2026



**Balloon Fiesta**

October 3-10  
2026



**Iceland**

October 5-12  
2026



**Colors of  
Morocco**

March 4-18  
2027

If you are interested in more information on these trips visit  
[www.ludingtonseniorcenter.org/trips](http://www.ludingtonseniorcenter.org/trips)





## **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
- Yoga
- Zumba Gold (\$6)
- Zumba Toning (\$6)
- Cardio Drumming (\$5)
- Walking Club
- Enhance Fitness
- Feldenkrais (\$6)
- Ping Pong
- Line Dancing
- Matter of Balance (Hold)
- Golf
- Chair Yoga
- Chair Volleyball



### **Social Activities**

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



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

- Painting with Julie (Hold)
- Card Making with Sharon (Hold)
- Watercolors with Mary (Hold)
- 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
- Blood Pressure Clinic
- Crafts with Carole & Cathy



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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harborhospicemi.org



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Randall S. Wyman, Director  
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ToddandBradReed.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

County Owned and Serving the Community Since 1966...



*"Like Family"*

Mason County's

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is now...



**grace** funeral home &  
cremation services

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Stephanie Kehrer, Owner

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- Same Caring Staff
- Same Location

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



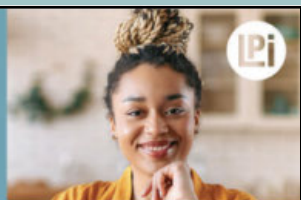
Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

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www.lakemiseniorliving.com



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



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15-0696



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110 East Tinkham Ave, Ludington



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**231-480-4808**

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

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15-0696

SCOTTVILLE AREA SENIOR CENTER						
140 S. MAIN ST. • SCOTTVILLE, MI 49454 • 231-757-4705						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
<div>SASC</div> <div>August</div> <div>Activities</div>			<div>Key:</div> <div>Black - Service</div> <div>Blue - Speaker</div> <div>Orange - Community\ Event</div> <div>Green - Exercise</div> <div>Purple - Social Activity</div> <div>Red - Craft</div>		1	
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# MASON COUNTY • MICHIGAN

## Organic Gardening Club News

We are trying something a little difference. Gardens should be producing well -- SO, let's gather for a garden tour and share the bounty with a potluck!

We will meet on our usual day, Thursday, August 28<sup>th</sup>, but we have changed the time: **Meet at SASC at 2:00PM to carpool for a garden tour. Potluck starts at 5:00 p.m.** Bring a dish to pass that showcases your best garden produce (or something from a Farmer's Market). Don't stick to salads, alone. Bring a salsa or preserves on bread or crackers, pickles, etc.

***Use your imagination and let's have a great meal!***

## **HAPPENING THIS AUGUST...**

*the month where the fruits of our labor (or a farmer's labor) shows off...*

When the amazing fruits and veggies appear at the Farmer's Markets, we enjoy the "farm to table" meals, and the **Veggie Van** comes to the **Scottville Area Senior Center on August 6<sup>th</sup> from 11:30 – 1.** Then, on **August 28<sup>th</sup>, the van goes to the Tallman Lake Senior Center from 1 – 2:30.**



### **Presentations:**

**NARCAN Presentation by Grace Patzer, MSU Extension: August 4, 12:15**

**Falling Prevention Presentation by Kelly Barnhardt: August 14, 12:30 – 1:30**

### **Grandparents Raising Grandchildren**

**August 20<sup>th</sup>: Meet at Mary Case's Art Studio at 5:00 for pizza and a clay project.**

Please call the SASC if you are planning to attend (757-4705).

**August 27<sup>th</sup>: BONUS: Meet at the Spartan West Bowling Alley at 5:00 for pizza and **an hour of bowling!**** Again, please let us know if you can attend (757-4705).

### **Card Playing Groups** (beginners are welcome!)

**Cribbage:** First Wednesday (**August 6<sup>th</sup>**) from 9:30 – 11:30.

**Set Back:** every Thursday at 6:00.

**Pinochle:** every Wednesday at 1:00

**Euchre:** every Tuesday at 1:00



### **Exercise Groups:**

**Walking:** every Monday, Wednesday, and Friday at 9:00.

**Exercise:** every Tuesday and Thursday at 10:30.

come to both, or come to one.

**Zumba:** 12:30 on Wednesday.

**Cardio Drumming:** every Monday at 12:30

### **Groups**

**Quilt Group:** every Monday at 9:00

**Quilt Guild Monthly Meeting:** August 4<sup>th</sup> at 6:30

**Sunset Carvers Group:** every Tuesday from 1 – 3

**Alzheimer's Support Group:** August 14<sup>th</sup> (Second Thursday) at 11

**Book Club:** August 14<sup>th</sup>: 1:15 "The Secret Life of Sunflowers" by Marta Molnar

**Parkinson's Support Group:** August 20<sup>th</sup> (Wednesday) at 1:30 – 3

**(Michele Belson will show helpful yoga moves)**

**Organic Garden Club:** August 28<sup>th</sup> at 2:00pm for Garden Tour and 5:00 p.m. for Potluck

**POTLUCK AND GARDEN TOUR! See top of page for details**

**Happy Scrappers Group:** Saturday, August 16<sup>th</sup> from 9 a.m. to 10 p.m.

**Please sign up for various activities during the day.**



# SCOTTVILLE AREA SENIOR CENTER

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

## **CRAFTS this August...**

**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** (by Ludington Woods) Monday, August 11<sup>th</sup> at 2:00pm. This month, Carole and Cathy will be teaching us how to create Bug Magnets! 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.



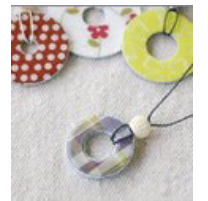
**Scrapbooking** Come Crop with us on Saturday, August 16<sup>th</sup> from 9:00am to 10:00pm. Bring your scrappin' stuff (or any other papercraft you are working on) and let's get some photos preserved or a craft completed! Bring a dish to share for either brunch or dinner. Call or stop by for more 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!

**Card Making** Monday, August 18<sup>th</sup> at 2:00pm – This time, we will be doing something a bit different. We will be creating 5 cards with two sheets of 6x6 paper. A sample of the cards are shown here. There will be different patterns of paper to choose from. Class fee is \$10.00. All supplies will be provided. Please call the Senior Center to reserve your spot. If you have a 12" trimmer, please bring that along.



**Diamond Art Class** Tuesday, August 19<sup>th</sup> 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.

**Jewelry Making** Wednesday, August 20<sup>th</sup>, at 2:00pm – We will be making a Washer Necklace. A sample is shown here. Various Colors will be available to choose from. 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.



**Get Hooked – Crochet with Missy** – Wednesday, August 27<sup>th</sup> at 1:00pm. Come join Missy in her Crochet Class. This month, she will again be teaching you how to create a Mug Rug, great for your coffee cup. The fee for the class is \$5.00 and all supplies will be provided. Please call the Senior Center to reserve your spot in the class.

**Crafting with Chris** Thursday, August 28<sup>th</sup> at 3:00pm - During Chris' class, you will be creating an 8x10 Stained Glass. The cost for the class is \$15.00. All materials will be provided. **Deadline to register is August 15<sup>th</sup>.** Please call or stop by the Senior Center to register!





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



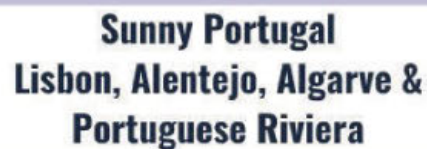
**September  
9-16  
2025**



**February 23 -  
March 6  
2026**



**March  
7-15  
2026**



**April  
2-11  
2026**



**May  
17-22  
2026**



**June  
21-28  
2026**



**August  
10-14  
2026**



**October  
18-27  
2026**



**February 24-  
March 14  
2027**

**Email: [aamor@mysasc.org](mailto:aamor@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!

# AUGUST

HOURS  
9 AM TO 3 PM  
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Sat.. Aug.16: 1-3 Community Picnic in the park adjacent to Tallman Lake Area Senior Center. Please see page 18 for more info.</b>			<b>1</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>4</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:30</b> Reflexology	<b>5</b> <b>9:00</b> Hand-making Greeting Cards ( <i>supplies furnished</i> ) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>6</b> <b>10:00 Board of 11 Directors Mtg. All Welcome!</b> <b>10:00 Craft Day</b> <b>10-2</b> Open Billiards	<b>7</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>8</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>11</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise	<b>12</b> <b>9:00</b> Hand-making Greeting Cards ( <i>supplies furnished</i> ) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>13</b> <b>9:00</b> Alzheimer's Support Group <b>10:00 Craft Day</b> <b>10-2</b> Open Billiards	<b>14</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>15</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>18</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:30</b> Reflexology <b>10:30-11:30</b> Blood Pressure Clinic <b>1-2:30</b> Tech Help	<b>19</b> <b>9:00</b> Hand-making Greeting Cards ( <i>supplies furnished</i> ) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>20</b> <b>10:00 Craft Day</b> <b>10-2</b> Open Billiards <b>1:00</b> <b>Dominoes!</b>	<b>21</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre	<b>22</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
<b>25</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise	<b>26</b> <b>9:00</b> Hand-making Greeting Cards ( <i>supplies furnished</i> ) <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>1:00</b> Yahtzee	<b>27</b> <b>10:00 Craft Day</b> <b>10-2</b> Open Billiards	<b>28</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>1:00</b> Euchre <b>1-2</b> <b>Veggie Van!</b>	<b>29</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)



## 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**

# AUGUST MENU

<b><u>Tuesday, August 5</u></b>  <b>CLOSED DUE TO THE CENTER BEING USED FOR VOTING</b>	<b><u>Thursday, August 7</u></b>  Spaghetti Garlic Bread Bean Salad Pineapple Cake & Ice Cream
<b><u>Tuesday, August 12</u></b>  Sloppy Joe Fries Veggie Tray Fruit Salad Cookie Bars	<b><u>Thursday, August 14</u></b>  Oven Fried Chicken Cheesy Potatoes Cole Slaw Peaches Apple Pie
<b><u>Tuesday, August 19</u></b>  Chili Dogs w/Cheese Macaroni Salad w/Veggies Melon Ice Cream	<b><u>Thursday, August 21</u></b>  Taco Salad Corn Muffins Banana Cookie
<b><u>Tuesday, August 26</u></b>  <b>PIZZA DAY!</b>	<b><u>Thursday, August 28</u></b>  Beef Roast Mashed Potatoes & Gravy Carrots Roll & Butter Pears Cupcake



## **Notable Dates for August**

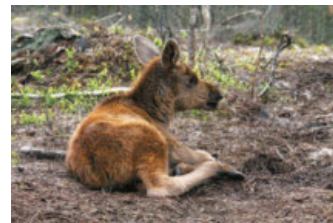
**Tuesday, August 5:** Center Closed due to Voting

**Thursday, August 7:** Regular Board Meeting

**Tuesday, August 14:** Jewelry and Glasses Cleaning

**Monday, August 18:** Amber Elk Ranch - Leave Center at 10AM

**Thursday, August 21:** Craft Day at 10:30AM



### **September 27 (Sat): Fall Soiree 1:00 pm –5:00pm**

Light Lunch with mild beverages will be provided (you may bring your own beverage of Choice)  
Entrance by donation. DJ Fluffy (Ralph Carroll) will be doing the tunes.  
There will be a 50/50 Raffle and a silent auction.

## **TALLMAN LAKE SENIOR CENTER**

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

### **Upcoming in August...**

**Community Picnic in the park adjacent to Tallman Lake Area Senior Center,**  
Hosted by Victory Baptist Church/Darrell Storvik. Seniors and other community  
members are welcome. **Please bring a dish to pass and a chair on Saturday,**  
**August 16th from 1:00-3:00.**

Kelly Barnhardt from Corewell Health  
Ludington Hospital will conduct the **Blood Pressure Clinic on Monday, August 18th**  
**from 10:30-11:30.**

A new activity is coming to Tallman Lake Senior Center at the  
request of our guests... **Dominoes** will begin on **Wednesday,**  
**August 20th at 1:00!**

The **Veggie Van** will visit on **Thursday,**  
**August 28th from 1:00-2:00!**





# MASON COUNTY • MICHIGAN

## Friday Morning Bingo

Every Friday morning, we play Bingo at the Scottville Senior Center. For \$1.25 you can play from 10:00 to 11:30. All the proceeds are given back to the winners. There are free snacks and coffee and a lot of fun. Where else can you buy so much for so little. You don't have to sign up just come in and join us. If you'd like to stay for lunch just call earlier in the week, or before 9:00 that morning.

## Ask Sharon By Sharon Bailey, Medicare Counselor at SASC

This column is being directed to anyone turning 65 in the near future. I know Medicare seems difficult to understand, but just know that it is really quite easy. I will try to explain the different parts of Medicare and how to enroll.

Q. When should I enroll in Medicare?

A. If you are not working you will be automatically enrolled. You should receive your Medicare card well before your birthday month. Coverage will begin on the first of the month.

If you are still working when you turn 65 you will need to apply for Medicare. You can apply yourself on Medicare. Gov. the official Site or go into Social Security office after calling for an appointment. These people are very helpful. Call for appointment at 866-495-0075.

Q. What are the different parts?

A. Part A pays for your hospital care. Part B pays for doctors, tests, and medical supplies. Part A has no premium charge, but there is a deductible and a 20 percent co-pay. These costs usually rise yearly. Part B has a premium, a deductible and also a 20 percent copay. Part C is called Medicare Advantage and Part D helps pay for prescription drugs.

Q. How does Medicare Advantage work?

A. To help pay for the deductibles and copays, private insurance companies have plans that you can add to Original Medicare. Many of them have no premium and help cover medical costs not paid for by Medicare. I highly recommend one of these plans because they also have a cap as to how much you spend a year out of pocket. You apply for these plans after you get a Medicare card.

Q. How does Part D work?

A. There are two ways to get insurance to help pay for drugs. It is included in the Medicare Advantage plan and you can also buy a stand alone plan. The cost of a drug plan depends on the company and if it covers brand name drugs. Stand alone plans usually have deductibles and copays. I will be glad to help you find a drug plan that covers your drugs for the least cost to you.

I hope this column helps you as you begin your journey into Senior living. Its not so bad once you jump in. My phone number is 231-757-4052. I would love to hear from you.

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

## Mason County Veterans Affairs.....

John Cotten, Director (jcotten@masoncounty.net)	
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## Education

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

## Housing and Shelter Assistance

Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
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
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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



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

**OUR COMMUNITY NEWSLETTER**  
OCTOBER EDITION

Scan to contact us!

[Visit lpicommunities.com](http://Visit lpicommunities.com)

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