

A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS

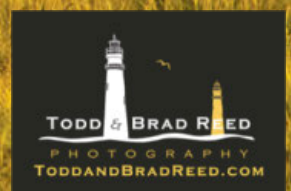
September 2025  
Volume 15  
Issue 9

# Active for Life

## Mason County's Senior Newsletter

### What's Inside:

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- Pages 6-11: Ludington Area Senior Center
- Pages 10 & 15: Travel Opportunities
- Pages 12-15: Scottville Area Senior Center
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# MASON COUNTY • MICHIGAN

## ***Ladies' Coffee Klatch....the Final Tuesday of each month***

**Every final Tuesday of each month**, a group of ladies meet, have a cup of coffee, and discuss what's happening in Scottville.....and the issues to which questions are raised. This group is led by the **Scottville mayor, Dixie Spore**, as well as a cohort or two from the City Commissioners (often either **Darcy Copenhagenaver** or **Marcy Spencer** and, sometimes, both!) Please adjust your schedule and drop in!



They are joined by interested citizens (and you are invited!) who are encouraged to join in the discussions and express their concerns or cheer on their approvals of current events in Scottville. Recent questions were about the road construction on US 10:



***How long will this road construction last?  
Will MDOT also do Main Street?  
Will the stoplight be replaced?  
How will this affect business owners?  
Is this a necessity for our community?***

Mayor Spore leads the discussions, but welcomes all views and curiosities the audience might have. She is trying to be transparent to her constituents, as are the City Commissioners, so at times the "Coffee Klatch" goes on longer than an hour, although it usually lasts about that long.

We welcome involved groups like this, including our Book Club, our Alzheimer's Support Group, our Parkinson's Support Group, and our Grandparents Raising Grandchildren.

## ***SASC's Flower Lady.....***

**Carole Coppola**, almost every evening, quietly gets water from the Pere Marquette River and waters our thirsty petunias with it.



She "deadheads" the plants and makes certain that they have enough soil to thrive.

Her kind gesture makes our little patio an even more charming spot to sit and chat with friends, read a book, or wait for Dial-a-Ride.

Thanks, Carole, for being yet another "unsung hero" volunteer for the Scottville Area Senior Center.

Cover Image: A Surreal Ludington Moment, by Brad Reed. Courtesy of Todd and Brand Reed Photography

# MASON COUNTY • MICHIGAN

## Falls are Not a Natural Part of Aging: Take Control of Your Stability This Fall



As the seasons change, so can you. For older adults in West Michigan, fall is the perfect time to focus on building strength, improving balance, and taking steps to stay independent. The Area Agency on Aging of Western Michigan's (AAAWM) Engaging Wellness programs are here to support your journey with two powerful, proven wellness classes starting this season: A Matter of Balance and Tai Chi.

These two classes are part of the Engaging Wellness suite of programs offered in Kent, Mecosta, Newaygo, Mason, Osceola, Ionia, Allegan, and Lake counties. Our classes are specifically designed for older adults and focused on fitness opportunities that are meaningful to seniors. Whether you're looking to improve your balance and reduce fall risks, manage arthritis pain, improve your cognitive health, or increase your mobility and strength, these classes offer the tools and support to help you feel your best.

### A Matter of Balance

Have you started avoiding activities because you're afraid of falling? You're not alone. 1 in 3 older adults experience a fall each year, and many live in fear of the next one. But here's the good news: you can take control.

A Matter of Balance is a nationally recognized program designed to help older adults learn about fall prevention strategies, reduce their fear of falling, and stay active with less risk. The workshops consist of (8) 2-hour sessions, led by certified coaches, where participants will:

- Learn simple exercises to boost strength and balance
- Set realistic activity goals
- Discover practical ways to reduce fall risks at home
- Build confidence and social connection

### Tai Chi for Arthritis

Looking for a gentle, but powerful way to improve balance, gain strength, and calm your mind? Our Tai Chi classes emphasize slow, deliberate movements and controlled weight shift—perfect for beginners or seniors with joint pain or arthritis. Engaging Wellness Tai Chi classes are beginner-friendly, low-impact, and a great fit for anyone who wants to stay active without strain. Tai Chi classes can help you:

- Improve posture and spatial awareness
- Reduce stiffness and joint pain
- Build balance, strength, and cognitive clarity
- Feel grounded, energized, and more in control of your health

### Find a Class Near You

A Matter of Balance and Tai Chi classes are offered at locations throughout AAWM's nine-county region. These welcoming, low-pressure environments offer more than fitness—they provide connection, encouragement, and a path to independence. Don't wait for a fall to make a change.

Make this the season you say yes to strength, confidence, and well-being! Explore upcoming A Matter of Balance, Tai Chi, and other Engaging Wellness offerings at [www.aaawm.org/ew](http://www.aaawm.org/ew) or contact the Engaging Wellness team at 616-588-2580 or [healthyaging@aaawm.org](mailto:healthyaging@aaawm.org).



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

# September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Labor Day Observed</b> <b>No Meal served</b>	<b>2</b> <b>Chicken Lasagna</b> Carrots Broccoli Fruit 1% Milk	<b>3</b> <b>Jumbo frank</b> Potato Salad Baked Beans Melon Bun 1% Milk	<b>4</b> <b>Tator Tot Casserole</b> Potatoes in Entrée Carrots Fruit Mix Bun 1% Milk	<b>5</b> <b>Baked Fish</b> Potato Puffs Brussels Sprouts Diced Peaches Wheat Bread 1% Milk
<b>8</b> <b>Chicken Burger</b> Baked Beans Creamy Cukes Pineapple Bun 1% Milk	<b>9</b> <b>Fiesta Lasagna</b> Beans in Entrée Corn Lettuce & Tomatoes Pears 1% Milk	<b>10</b> <b>Baked Chicken</b> Mashed Potatoes/ Gravy Fruit Green Beans Bread 1% Milk	<b>11</b> <b>Connecticut Beef Bake</b> Baby Carrots Orange Wedges Dinner Roll 1% Milk	<b>12</b> <b>Biscuits &amp; Gravy</b> Hash Browns Orange Juice Grapes 1% Milk
<b>15</b> <b>Cheese Burger</b> Crispy Potatoes 3 Bean Salad Bun Pears 1% Milk	<b>16</b> <b>Taco Tuesday</b> Beans and Rice Tomato/Lettuce Taco Shell Oranges 1% Milk	<b>17</b> <b>Roast Turkey</b> Sweet potatoes Green Beans Sliced Apples Dinner Roll 1% Milk	<b>18</b> <b>Homemade Pizza Day</b> Tossed Salad Peas Fruit Salad 1% Milk	<b>19</b> <b>Spaghetti/Meat Sauce</b> Tomatoes in Entrée Broccoli Diced Cantaloupe Breadstick 1% Milk
<b>22</b> <b>BBQ Chicken</b> Red Skin Potato Corn Fruit Mix Dinner Roll 1% Milk	<b>23</b> <b>Goulash</b> Tomatoes in Entrée Green Bean Grapes 1% Milk	<b>24</b> <b>Beef Fritter/ Gravy</b> Au Gratin Potatoes Corn Fresh Fruit Roll 1% Milk	<b>25</b> <b>Liver &amp; Onions</b> Mashed Potatoes/ Gravy Green Beans Applesauce Roll 1% Milk	<b>26</b> <b>Chicken Penne</b> Tomatoes in Entrée Carrots Grapes 1% Milk
<b>29</b> <b>Chicken Alfredo</b> Broccoli Carrots Tropical Fruit mix 1% Milk	<b>30</b> <b>Chop Suey</b> Veggies in Entrée Oriental Veggies Applesauce 1% Milk	<b>Sodium</b> The recommended amount of sodium for healthy individuals is 2300mg. If you are on a low sodium diet that amount is closer to 1500mg. Looking at nutrition labels is a great place to start to become aware of where your sodium is coming from. Processed foods, canned foods, and packaged foods are generally higher in sodium. Eating a diet lower in sodium can help reduce your blood pressure, reduce swelling, reduce your cholesterol, prevent heart disease, among many other health issues		

**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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# MASON COUNTY • MICHIGAN



## MEDICARE EDUCATIONAL EVENT

@ Ludington Senior Center

- Ed Forfinski, Medicare specialist from Smith & Eddy Insurance Company, will share his knowledge of Medicare, Medicare Advantages, Part D prescription coverage and Medicare supplements.
- Travis Schwartz, District Manager from Social Security, will be discussing Medicare and SSA's role in enrollment/problem solving.
- Bob Callery, from Area Agency on Aging, will speak with us on how Medicare and Medicaid work together.

September 15, 2025  
1:00pm

The 2025 enrollment period does not begin until October 15, 2025, therefore we will NOT be enrolling at this time.

Refreshments will be served.



**MMAP**  
PROGRAMA DE ASISTENCIA  
MEDICARE DE MICHIGAN  
Navigando Medicare

**SMITH & EDDY**  
INSURANCE



**AREA AGENCY**  
ON AGING  
OF WESTERN MICHIGAN

Call to register  
231-845-6841

### **Grandparents Raising Grandchildren...** **(or any adult raising a young relative)**

#### **DATE CHANGE FOR SEPTEMBER MEETING:**

**September 10<sup>th</sup> at 5:30** (instead of Sept. 17)  
**Kelly Barnhardt, Corewell Health R.N.,** will teach us all what to do if someone is wounded while you await the ambulance.

#### **Workshop: "Stop the Bleed"**

**Grandparents and junior high or older welcome to attend the workshop; younger kiddos will do a project in another room.**



**GRG meets at 5:30 for a meal, and then either has a presentation or project. Please be sure you call or let us know if you can attend any meeting, as we order food for the number expected.**

## JOIN US FOR



### A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

#### YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



#### LOCATION:

Ludington Senior Center

308 S. Rowe Street  
Ludington, MI 49431

**TUESDAY &  
THURSDAYS:**  
**COST: Donation**

1:00 pm - 3:00 pm  
September 23<sup>rd</sup> - October 16<sup>th</sup>

## REGISTRATION REQUIRED!

For more information, call the Ludington Senior Center

A program of the Area Agency on Aging of Western Michigan



## SENIOR APPRECIATION PICNIC

FRIDAY, SEPTEMBER 5<sup>TH</sup> @12:30PM

BRING YOUR CHAIR A DISH TO SHARE AND  
MEET US NEAR THE SHUFFLEBOARDS AT  
STEARNS PARK



## Card-Making



Join us on

September 5<sup>th</sup> or 8<sup>th</sup>  
at 1 pm

\$6.00 class fee to make  
these two cards and two  
mystery cards with  
envelopes included.



## Church Women's United Mitten Tree

Consider participating by knitting, crocheting, or sewing mittens, hats, or scarves for the underprivileged children of Mason County. Choose your pattern, size, and colors. FREE yarn is available. Call or text Suzanne Dietel at 517-303-6030 and leave a message.

Please drop off donations at Salvation Army, 1101 S. Madison Street, Ludington, Monday-Friday, 10am-4pm. Put the items in a bag marked "Mitten Tree", including your name, address, phone number/email, and # of items donated. Also accepting new waterproof gloves of all sizes.

## LIFE AND MORTALITY

Grieving Facts and Fictions

Tuesday, September 16<sup>th</sup> @2pm

Cost: Donation

Over the decades, even centuries of avoiding the topics of loss, death, and dying in our culture many unhelpful attitudes and beliefs have developed. These attitudes and beliefs often hinder true recovery from and integration of loss in our lives. It doesn't matter if the loss is of a loved one or a job. Come and explore some of the fictions about grief as well as consider some different approaches. What has worked or not worked for you?

Presentation by Marie Stycos of Mindful Passages

## LAST CALL- 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



## In-Home Health Care Presentation

**Thursday, September 25<sup>th</sup>  
@2pm**

Join us at the Ludington  
Senior Center for a  
presentation from  
**Papa's Place**

Call to register: 231-845-6841

## LUDINGTON SENIOR CENTER WATERCOLOR CLASS

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

With  
**MARY**



SEPTEMBER 26TH  
1:00PM

RSVP NOW

231-845-6841



**LUDINGTON  
SENIOR  
CENTER**



## Paint with Julie

Join us at the Ludington Senior Center on Saturday,  
September 27th, from 10 am-4:30 pm to make this  
Wooden Blossom Sign. Pack your lunch for a day of  
fun. If you would like to reserve your seat  
please call us at 231-845-6841.



**\$25.00**

**DEPOSIT DUE  
AT SIGNUP**

LOCATION  
**LUDINGTON  
SENIOR  
CENTER**

CLASS FEE

**\$55**

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

LUDINGTON SENIOR CENTER HAS LAUNCHED A

## New Website



Check out our new website at  
[www.ludingtonseniorcenter.org](http://www.ludingtonseniorcenter.org)

## FLU AND COVID CLINIC

**September 29th 9 am to 11 am**

Receive your Flu and Covid vaccines  
here at the Ludington Senior Center



# LUDINGTON AREA SENIOR CENTER

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

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
	<b>1</b> <b>CENTER IS CLOSED</b> 	<b>2</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>3</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	<b>4</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>5</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 12:30 Senior Appreciation Picnic 1 Cards & Games 1 Card Making Open Billiards	<b>6</b>
<b>7</b>	<b>8</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 Card Making 1:30 Grief Support 2 String A Long Jam 5:30 Zumba Toning	<b>9</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>10</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 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	<b>11</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>12</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	<b>13</b>
<b>14</b>	<b>15</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 1 Medicare Educational 5:30 Zumba Toning	<b>16</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-video 2 Line Dancing 2 Life & Mortality	<b>17</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 4 Feldenkrais 5:30 Zumba Gold	<b>18</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>19</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	<b>20</b>
<b>21</b>	<b>22</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>23</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-video 1-3 Matter of Balance 2 Line Dancing	<b>24</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Karaoke 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	<b>25</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1-3 Matter of Balance 2 Papas Place Presentation	<b>26</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Watercolor w/ Mary Open Billiards	<b>27</b> Julie's Paint Class  10a-4:30 \$55.00
<b>28</b>	<b>29</b> 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-11 Flu Clinic 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	<b>30</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-video 1-3 Matter of Balance 2 Line Dancing	<b>Key:</b> Black- Service Blue- Presentation Green- Exercise Red- Social	 <h2>September</h2>		



# Travel with us!



**Applefest/Wine  
Tour**

October 10  
2025



**New Orleans**

April 11-19  
2026



**South Caribbean  
Cruise**

Feb 28-March 8  
2026

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



**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



**Lancaster Show  
Trip/ Dutch Country**

November 9-14  
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)**



# 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.

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

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15-0696

# SASC September Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>1</b>  <b>CLOSED FOR LABOR DAY</b>	<b>2</b> Cribbage 9:30 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3  Nina Bird's 100th Birthday!	<b>3</b> Tiger's Game Departs 7:30 Painting Group 9:00 Walking Group 9:00 Cribbage 9:30-11:30 Ladies' Billiards 10:00 Lunch 11:45 Blood Press. Clinic 12-1 Zumba 12:30-1:15 Pinochle 1:00	<b>4</b> Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	<b>5</b> Walking Group 9:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	<b>6</b> Happy Scrappers 9AM-10PM  <b>7</b>
<b>8</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drumming 12:30 Quilting Guild 6:30	<b>9</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	<b>10</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 Pinochle 1:00 Grandparent's Raising Grandchildren 5:30	<b>11</b> 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	<b>12</b> Walking Group 9:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	<b>13</b> Scottville Harvest Celebration (see below)  <b>14</b>
<b>15</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 "Life and Mortality" Sharing Your Final Wishes 1:15	<b>16</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Diamond Art 1-3	<b>17</b> 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 1:30	<b>18</b> Wii Bowling 9:30 Toenail Clinic 10-1 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 WSB Fraud Prevention 12:30 Set Back 6:00	<b>19</b> Walking Group 9:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	<b>20</b>  <b>21</b>
<b>22</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Card Making 2:00	<b>23</b> Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	<b>24</b> 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 Jewelry Class 2:00	<b>25</b> Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 MDHHS Lead in Our Waters 12:30-1:30 Organic Gardening Club 12:30 Craft with Chris 3:00 Set Back 6:00	<b>26</b> Walking Group 9:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Ping Pong 1-4	<b>27</b>  <b>28</b>
<b>29</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Flu and Covid Clinic 12-2 Cardio Drumming 12:30	<b>30</b> Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	<div> <b>Key:</b>  Black - Service    Red - Craft  Orange - Community\ Event  Purple - Social Activity  Green - Exercise  Blue - Speaker </div>			<b>Scottville Harvest Celebration</b> Saturday, Sept. 13—Noon to 4:00 to benefit the Mason County Central Music Program Western Michigan Old Engine Club Grounds at Scottville Riverside Park <b>1:00 MCC Marching Band performs</b> <b>2:00 Scottville Clown Band performs</b>





## September 2025 is....

.....the Harvest month, the Harvest moon, the beginning of Autumn, the start of the football season, and the return of many to school around Labor Day.

September 7<sup>th</sup> is Grandparents Day  
September 22<sup>nd</sup> is the Autumnal Equinox.

**Welcome to Autumn and the produce we are enjoying!** (Some of our garden enthusiast sometimes bring in produce to share

## September Happenings

**"Fraud Prevention."** West Shore Bank. Thursday, September 18, 12:30

**"Lead in Our Water."** Michigan Department of Health and Human Services (MDHHS) Thursday, September 25, 12:30-1:30

**Flu/Covid Clinic: September 29<sup>th</sup> (Monday), Noon – 2.**

**DATE CHANGE: Grandparents Raising Grandchildren**  
**September 10<sup>th</sup> at 5:30.** \*See page 5 for more info.

### **GROUP MEETINGS:**

**Parkinson's Support Group:** September 17<sup>th</sup> at 1:30.

**Alzheimer's Support Group:** September 11<sup>th</sup> at 11:00 a.m.

**Organic Gardening Club:** Thursday, September 25<sup>th</sup>, 12:30 – 2.

**Book Club:** Thursday, September 11<sup>th</sup>, 1:30. **Read and discuss Chill Factor by Sandra Brown**

**Sunset Carvers:** every Tuesday at 1:00 – 3:00

## **Some fun apple factoids:**

The state of Michigan ranks **third (3<sup>rd</sup>!)** in apple production in the USA. Varieties of apples like Gala, Honeycrisp, Fuji, and Ambrosia, contribute to the unique flavor of Michigan cider.

John Chapman (**aka known as Johnny Appleseed**) was born on September 26, 1774. He was a nursery man who started out planting trees in western New York and Pennsylvania. During that time, the "west" was Ohio, Michigan, Indiana and Illinois, but Michigan was soon to begin planting orchards as well.

It is generally thought that the overall tastiest apple is the Honeycrisp, with a great balance of sweet and tart. It ripens in September.....right now!



# SCOTTVILLE AREA SENIOR CENTER

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

## **Crafts this September**



**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, September 6<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! There will also be a card class at 3:00 (\$6.00) and a Project Recipe Class (\$5.00) at 7:00. Call for details

**Diamond Art Class** Tuesday, September 16<sup>th</sup> from 1:00pm – 3:00pm . Our Diamond Art Class is growing! Join us on the third Tuesday of each month at 1:00pm until 3:00pm and let's make some Art! If you are new to Diamond Art, Donna Genia is available to show you the ropes. We have a kit available for purchase 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.



**Card Making** Monday, September 22<sup>th</sup> at 2:00pm – Let's get ready for Halloween. We will be making two Halloween themed cards. A sample of one of the cards is shown here. Class fee is \$5.00. All supplies will be provided. Please call the Senior Center to reserve your spot.

**Get Hooked – Crochet with Missy** – Wednesday, September 24<sup>th</sup> at 1:00pm. Come join Missy in her Crochet Class. This month, you will be using Glowing Yarn and you will learn how to create a Glowing Ghost! Perfect for Halloween. The fee for the class is \$10.00 and all supplies will be provided. Please call the Senior Center to reserve your spot in the class.



**Jewelry Class** – Wednesday, September 24<sup>th</sup> at 2:00pm. Thinking about Halloween? Come join Ada and create this pair of Witch's Hat Earrings. \$5.00 for the project. All materials will be provided.

**Crafting with Chris** Thursday, September 25<sup>th</sup> at 3:00pm - During Chris' class, you will be creating an Autumn Wreath. There will be various decorations to choose from. The cost for the class is \$15.00. All materials will be provided. **Deadline to register is September 15<sup>th</sup>.** Please call or stop by the Senior Center to register!







# Travel Opportunities



**Taste of Tuscany**

September  
9-16  
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



**Highlights of the Columbia  
and Snake Rivers**

June  
21-28  
2026



**Ark Encounter**

August  
10-14  
2026



**Shades of Ireland**

October  
18-27  
2026



**Australia's Outback to New  
Zealand's South Island**

February 24-  
March 14  
2027

Please contact Ada with any questions.

Email: [aamor@mysasc.org](mailto:aamor@mysasc.org)

Phone: [231-757-4705](tel: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!

# SEPTEMBER

HOURS  
9 AM TO 3 PM  
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>Happy Labor Day!</b>  <b>Center Closed</b>	<b>2</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>3</b> <b>10:00 Auxiliary Mtg. All Welcome!</b> <b>10:00 Craft Day</b> <b>10-2</b> Open Billiards	<b>4</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts  <b>10:30</b> Diamond Art  <b>1:00</b> Euchre	<b>5</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>8</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:30</b> Reflexology	<b>9</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>10</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>11</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts  <b>10:30</b> Diamond Art  <b>1:00</b> Euchre	<b>12</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>15</b> <b>9:00</b> Crochet Class  <b>10:30</b> Safe & Sane Exercise	<b>16</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>17</b> <b>9:00</b> Alzheimer's Support Group  <b>10:00 Craft Day</b>  <b>10-2</b> Open Billiards	<b>18</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts  <b>10:30</b> Diamond Art  <b>1:00</b> Euchre	<b>19</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>22</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>12:30</b> Reflexology  <b>1-2:30 Tech Help</b>	<b>23</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>24</b> <b>10:00 Craft Day</b>  <b>10-2</b> Open Billiards  <b>1:00 Dominoes!</b>	<b>25</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts  <b>10:30</b> Diamond Art  <b>1:00</b> Euchre	<b>26</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>29</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise	<b>30</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			



## 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**

# SEPTEMBER MENU

<p><b><u>Tuesday, Sept. 2</u></b></p> <p>Pulled Pork Tater Tots Pickles Veggie Tray Cake &amp; Ice Cream</p>	<p><b><u>Thursday, Sept. 4</u></b></p> <p>Meatloaf Mac &amp; Cheese Biscuits Pound Cake with Fruit <b>Regular Meeting @ 1:00</b></p>
<p><b><u>Tuesday, Sept. 9</u></b></p> <p>Chef's Salad Garlic Loaf Fruit Salad Cookie</p>	<p><b><u>Thursday, Sept. 11</u></b></p> <p>Ham Scallop Potatoes Cole Slaw Vegetable Medley Peach Pie</p>
<p><b><u>Tuesday, Sept. 16</u></b></p> <p>Cheese Burgers Cowboy Beans Veggies &amp; Dip Pears Cupcakes</p>	<p><b><u>Thursday, Sept. 18</u></b></p> <p>Lemon Pepper Chicken Vegetable Rice Casserole Roll &amp; Butter Peaches Cookie</p>
<p><b><u>Tuesday, Sept. 23</u></b></p> <p>Chili Corn Muffins Tossed Salad Pineapple Tidbits German Chocolate Cake</p>	<p><b><u>Thursday, Sept. 25</u></b></p> <p>Swiss Steak w/ Mushrooms Mashed Potatoes w/ Gravy Carrots Mixed Fruit Roll &amp; Butter Chocolate Pudding</p>
<p><b><u>Tuesday, Sept. 30</u></b></p> <p>Cabbage Roll Casserole Corn Apple Sauce Bread &amp; Butter Lemon Dream Cake</p>	

## FREE SOIL AREA SENIOR CENTER

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



### Notable Dates for September

**Mon. Sept 8th**—Trip to G & D  
Alpaca Farm  
Leave center @ 10:30 am

**Wed. Sept 24**— Visit to  
The Insider (Arcade) &  
The Outsider (Restaurant)  
Leave Center @ 10:30

**We're Sorry!**  
**The Fall Soiree Scheduled for Sat. Sept 27**  
**Has been canceled due to medical issues with the planner**

## TALLMAN LAKE SENIOR CENTER

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

### HELP YOUR CENTER!

**Volunteers needed for the Tallman Lake Senior Center Board of Directors.**

**Please contact Sandy Varnes, Director, at the center for details on how to apply and directors' responsibilities.**





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

After the hot summer we've had I am looking forward to a cooler Fall. We keep hearing that there are changes coming with Medicare, but I haven't heard anything yet. By October we should know if there are any negative changes. Check your insurance information that you will receive in the fall. It should tell you if there are any changes next year.

Q. If I am happy with my plan I don't understand why it's necessary to look for a new plan so often.

A. All the drug plans seem to take turns being the least costly every few years. After a couple of years you should make sure your plan hasn't stopped paying for your drugs or raised premiums. You can check yourself if you are able to at Medicare Gov the Official site or call your senior center for help.

Q. What if I have a Medicare Advantage Plan?

A. There have been changes to those plans too, so you should check them too. I will talk about open enrollment in October Newsletter.

Q. I notice that you generally sign people up for Priority health, is there a reason for this?

A. I sign most people up for Priority Health because I have had it for over ten years and have been happy with it. They have paid claims quickly making it popular with physicians. Their employees are nice when you call them, and most Doctors in Michigan accept it. Most people are very happy with it.

I hope to see a lot of you in here this fall. I'll be looking forward to your call. If you have a question or want an appointment call me at 231-757-4052.

## Corn Factoids:



- ⇒ Corn is grown on every continent except Antarctica.
- ⇒ Corn is used in over 4,000 everyday grocery items.
- ⇒ Corn was first domesticated in southern Mexico over 10,000 years ago.
- ⇒ The United States produces about 1/3 of the world's corn.
- ⇒ Each kernel of corn has a corresponding silk strand on the ear.
- ⇒ An average ear of corn has 800 kernels arranged in 16 rows.
- ⇒ Corn is both a grain and a fruit.
- ⇒ A single bushel of corn can sweeten 400 cans of pop.
- ⇒ It is used in cosmetics, antibiotics fireworks glue, paint, plastics, and even penicillin.

# 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

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



120 N Main St.  
Scottville, MI 49454 • 231.233.3006



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



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 and Medicaid Planning.

Please call the Senior Center at (231) 845-6841 for an appointment.



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