

Active for Life

Mason County's Senior Newsletter

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Thank You

The Ludington Senior Center is honored to recognize an amazing volunteer, Elane Vandenberg. Elane lives in Ludington with her husband Keith. Elane has an abundance of knowledge and skills. Elane is a retired RN with various nursing experience, director of nursing, nurse case manager, Hospice, Occupational health, and pediatric nurse. Elane volunteers in multiple areas for the senior center. She is a yoga Instructor, chair yoga instructor and an Advisory Board member, and a Matter of Balance coach. Chair Yoga is a new class that was made available this past summer, due to Elane's skills and dedication. She also has provided workshops on managing stress and improving health. Elane is so kindhearted and helpful. She loves encouraging others and is an advocate for aging well.



We're always looking for amazing volunteers like Elane. Call the senior center today or fill out an application online ludingtonseniorcenter.org

MASON COUNTY • MICHIGAN

Advocacy is for Everyone



Advocacy isn't self-serving. Advocacy is a collective effort showing "public support for or recommendation of a particular cause or policy." At its heart, advocacy shines a light on important issues affecting community members and works to improve quality of life for everyone, creating an environment where everyone can thrive. Advocacy is a critical tool that elevates community members' voices and drives change through collective action.

Advocates for Senior Issues (AFSI) is a nonpartisan group, affiliated with the Area Agency on Aging of Western Michigan, where older adults gather monthly to listen, learn, and build community together. Members come from diverse ages, backgrounds, and affiliations, but share one common goal: voicing the concerns of older adults and advancing the well-being of seniors across West Michigan.

Through the years, AFSI members have championed essential priorities such as protecting the MI Choice Medicaid Waiver, which helps individuals remain in their homes instead of costly nursing facilities; defending funding for the Older Americans Act, which supports nutrition, transportation, and caregiver services; and strengthening the Long Term Care Ombudsman program, which safeguards the rights of nursing home residents. These are examples of advocacy in action, where seniors and community members come together to protect programs that directly impact lives.

AFSI kicks off its first meeting of the year on September 19th from 10:00 am to 12:00 pm at the Prince Conference Center. Meetings are held on the third Friday of each month, except for July, August, and December. At each meeting, there is a legislative guest speaker in attendance—including State Senators and Representatives and local County Commissioners, among others. The second half then features an educational presentation. Topics covered span from elder abuse and scams to senior driving, to Medicare and Medicaid. These gatherings are not only a space for learning and dialogue but also for empowerment t, giving seniors the chance to ask questions, share stories, and speak directly to legislators about important issues.

Advocacy takes many forms: contacting legislators, attending hearings, submitting a testimony, or even showing up at a parade to share a message. What matters most is that advocacy with AFSI remains non-partisan, collective, and inclusive. It ensures that seniors' voices are heard, and their needs are prioritized.

Take a step towards making a difference and join us on September 19 at the Prince Conference Center from 10:00 am to 12:00 pm! Guest speakers include Representative Stephen Wooden and Maureen McKenzie, from Gilda's Club Grand Rapids. AFSI is open to the public and free to attend for first time guests. Yearly membership fees are \$30 for individuals and \$45 for couples; payment can be made at www.aaawm.org/afsi. Together, we can stand up for seniors and continue to protect vital programs and services that make aging in place possible. Advocacy is for everyone.

If you'd like to be a sponsor for the Advocates for Senior Issues (AFSI), visit www.aaawm.org/become-a-sponsor-afsi. With over 300 AFSI members, and a reach of over 10,000 individuals, sponsors have the opportunity to grow their audience and increase their reach in West Michigan. Sponsors' support helps us build a stronger, more connected community where everyone can age with purpose and dignity.

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



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

PRICES

**Age 60 and up: \$5
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
	What was this treat called originally? (see page 13)	1 Quarter Pounder Baked Beans Tossed Salad Watermelon Hamburger Bun 1% Milk	2 Country Fried Steak Mashed Potatoes Green Beans Tropical Fruit Bread 1 % Milk	3 Chicken Tetrazzini Broccoli Carrots Applesauce 1 % Milk
6 Chicken Stir-Fry Stir-Fry Veggies Peas Cantaloupe Rice 1% Milk	7 Ground beef w/ Spanish Rice Corn Orange Wedges 1% Milk	8 Stuffed Green Pepper Carrots Warm Peaches 1% Milk	9 Stuffed Baked Potato Ham and Cheese Sauce Broccoli Grapes Bread 1% Milk	10 Mac and Cheese Stewed Tomatoes Green Beans Banana 1% Milk
13 Ham, Potato and Cheese Casserole Peas Pears Dinner Roll 1 % Milk	14 Sloppy Joes Hash Brown Casserole Corn Applesauce Bun 1% Milk	15 Stuffed Cabbage Rolls Broccoli Warm Spiced Peaches 1% Milk	16 Pizza Day Thursday Tossed Salad Green Beans 1% Milk	17 Lasagna Broccoli Tossed Salad Peaches Breadsticks 1% Milk
20 Stacked Pancakes Sausage Apple Juice Hash Browns 1% Milk	21 Taco Tuesday Taco Meat Flour Shell Lettuce, Tomato, Cheese Peaches 1% Milk	22 Jumbo frank Baked Beans Coleslaw Pears Bun 1% Milk	23 Chicken Noodle Bake Green Beans Carrots Apricots Sliced Bread 1% Milk	24 Roast Beef Mashed Potatoes Green Beans Diced Pears Dinner Roll 1% Milk
27 Lemon Baked Fish Au Gratin Potatoes Spinach Apricots Dinner Roll 1% Milk	28 Meatloaf Mashed Potatoes Carrots Fruit Mix Wheat Bread 1% Milk	29 Spaghetti w/ Meat Sauce California Blend Warm Applesauce Garden Salad Garlic Toast 1% Milk	30 Baked Chicken Scalloped Potatoes Peas Applesauce Rice Pilaf 1% Milk	31 Lois's Witches Stew Beef, Carrots, Peas Spooky Salad Freaky Fruit mix Halloween Treat 1 % Milk

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Fraud Prevention

Ludington Senior Center

- There is an 84% increase in elder fraud cases since 2021.
- Americans 60+ reported losing nearly \$4.9 billion to fraud.
- 3 in 4 adults aged 50+ reported being targeted by a scam.

Join us as we have Detective Sgt. Michael Kenney educate us about fraud prevention.

Monday, October 20th @ 2pm

Annual Kinship Care Recognition Dinner Oct. 15 - **Reservations Please!**

The annual Recognition Dinner for Grandparents Raising Grandchildren—and all other Kinship Caregivers providing a loving home for a young relative—will be held at the Scottville Area Senior Center on Wednesday, October 15, at 5:30 pm.



Guests at a previous recognition dinner

If you are one of these heroes, you are welcome at our recognition dinner, even if you haven't taken part in any of our monthly support group meetings. As always, kids in kinship families are also welcome. After dinner for all, we'll have separate supervised activities for the kids while the adults hear from our guest speakers.

Our dinner this year has an education theme. Speakers will be Jeff Mount, Mason County Central Superintendent, and Jason Jeffrey, Superintendent of the West Michigan ESD (Educational Service District). They will describe how services of school districts and the ESD can help you, in your role as kinship caregiver, and kids in your kinship family.

It's important that you call (231-757-4705) to make a reservation—we need to know you're coming so we order enough food for everyone, and have enough project supplies for the kiddos.



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- Bee Observation Hive (weather permitting)

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(don't need to be present to win)

Saturday, October 18, 2025

10:00am to 3:00pm

Ludington Senior Center

308 South Rowe Street

Ludington, MI 49431





500 piece
**Puzzle
Tournament**

Refreshments

Prizes

The Ludington Senior Center is hosting a
puzzle tournament

October 30th at 1:00 PM

Teams must consist of 2 to 4 players.

\$15.00 per team

Each team will put together the same puzzle.

**Call 231-845-6841 to register by
October 17th**

LUDINGTON AREA SENIOR CENTER

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

LUDINGTON SENIOR CENTER

Card-Making

Join us at the senior center on October 3rd or October 6th at 1pm
\$6.00 class fee to make 4 beautiful all occasion cards with envelopes included.



FIVE WISHES



5 Wishes:
Getting Started
Tuesday, Oct. 21st
2 pm - 3:30 pm
Ludington Area
Senior Center 308 S
Rowe St, Ludington, MI
49431
(231) 845-6841
Cost: \$10—includes
Guide book

The Five Wishes guide is valuable because:

- It's written in everyday language, making it easy to understand and complete.
- It covers personal, spiritual, medical and legal wishes all in one document.
- It allows your family or caregiver to know exactly what you want, so they don't have to guess
- It's legally valid in nearly every state

LUDINGTON SENIOR CENTER

WATERCOLOR CLASS

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



OCTOBER 23RD
1:00PM

LUDINGTON SENIOR CENTER
308 S. Rowe Street; Ludington

RSVP NOW

231-845-6841

FREE CLASS



Paint with Julie

If you would like to reserve your seat please call us at 231-845-6841.

1-4PM
FRIDAY
OCTOBER 24

LOCATION
LUDINGTON
SENIOR
CENTER

CLASS FEE
\$20
\$10.00
DEPOSIT

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



MEDICARE OPEN ENROLLMENT

OCTOBER 15TH-DECEMBER 7TH

CALL THE
LUDINGTON SENIOR CENTER 231-845-6841
FOR AN APPOINTMENT

LUDINGTON AREA SENIOR CENTER

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
		Key: Black- Service Blue- Presentation Green- Exercise Red- Social	1 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	2 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	3 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making Open Billiards	
5	6 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 5:30 Zumba Toning	7 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 1-3 Matter of Balance	8 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	9 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 1-3 Matter of Balance	10 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	11
12	13 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	14 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 1-3 Matter of Balance	15 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	16 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1-2:30 Finance 50+ Prt1 1-3 Matter of Balance	17 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Lead Presentation Open Billiards	18 TASTE OF HONEY 10a-3p 
19	20 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 2 Fraud Educational 5:30 Zumba Toning	21 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Life & Mortality 2 Line Dancing	22 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	23 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Watercolor with Mary 1-2:30 Finance 50+ Prt2	24 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Julie's Painting Open Billiards	25
26	27 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	28 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing	29 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	30 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Puzzle Tournament 1-2:30 Finance 50+ Prt3	31 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	

Travel with us!



South Caribbean Cruise

Feb 28-March 8
2026



New Orleans

April 11-19
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**

LUDINGTON SENIOR CENTER

Financial Literacy Workshop

Are you struggling financially to make ends meet?
Did your spouse pay all the bills and now it's your job?



Three Part Workshop



- **Part 1: Budgeting and Goal Setting**

Where you stand financially
Setting realistic goals
Understand how financial decisions affect you



- **Part 2: Taking Charge of credit and Debit**

Understanding credit and debt
Good debt vs bad debt
Credit report and score
Navigating debt



- **Part 3 Developing a savings plan protecting your assets**

Savings
Protecting your assets; identify theft

Workshop will be led by Marcia Klaus who has a background in Money Management and teaching financial literacy.

**Thursdays, October 16,23,30
1:00-2:30pm**

**Call the Ludington Senior
Center to register
231-845-6841**





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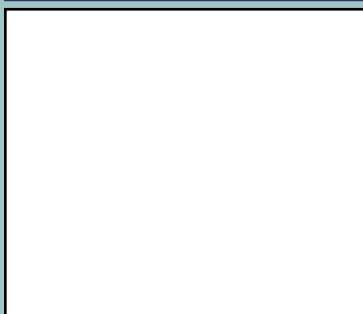
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SASC October Activities

Loving Life
at Every Age

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<div> Key: Black - Service Red - Craft Orange - Community\ Event Purple - Social Activity Green - Exercise Blue - Speaker </div>		1 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	2 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	3 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 Happy Scrappers 6-10	4 Happy Scrappers Croptober-fest 9AM-10PM 5
6 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-2:30 Quilt Guild 6:30	7 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	8 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	9 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Alzheimer's Support Group 11:00 Lunch 11:45 Tablet Lesson 12:15 Ind. Tech Help 1:00 Book Club 1:15 Set Back 6:00	10 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	11 12
13 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drumming 12:30 Line Dancing 1:30-2:30	14 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	15 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 Grandparent's Raising Grandchildren 5:30 Kinship Recognition Dinner	16 Wii Bowling 9:30 Toenail Clinic 10-1 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	17 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	18  19
20 Quilting 9:00 Walking Group 9:00 Estate Planning Attorn. Apt. Only... 10-3:30 Lunch 11:45 Cardio Drumming 12:30 Life & Mortality 1:15 Line Dancing 1:30-2:30 Card Making 2:00	21 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Diamond Art 1-3	22 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 Pinochle 1:00	23 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Organic Gardening Club 12:30-2:30 Set Back 6:00	24 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	25 26
27 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-2:30	28 Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	29 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 Pinochle 1:00	30 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 NO TECH HELP TODAY Craft with Chris 3:00 Set Back 6:00	31 Happy Halloween! Walking Group 9:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Potluck and Costumes! Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	

MASON COUNTY • MICHIGAN

October 2025....Factoids and Updates



Fun Facts about Halloween.....

What was the purpose of costumes?

To ward off evil spirits

What country started tradition of carving pumpkins?

Ireland.

Before pumpkins, what root veggie was carved for Halloween by the Irish and Scottish? **Turnips.**

What was the original name for candy corn?

Chicken feed.

What state produces the most pumpkins? **Illinois.**

GROUPS:

Alzheimer's Support Group: October 9th at 11 a.m.

Parkinson's Support Group: October 15th (Wednesday) at 1:30

Grandparents Raising Grandchildren: October 15th (Wednesday): 5:30 Dinner

Presenters: Supt of the West Shore ESD, Jason Jeffrey

Supt of Mason County Central, Jeff Mount

Topics: What is the ESD? How can schools & ESD best help your child? What testing goes on?

Activities for Kiddos: Decorate bags and pumpkins for Halloween

Book Group: October 9th (Thursday) at 1:15

Book: Iona Iverson's Rules for Commuting: A novel by Clare Pooley

Quilting Group: Every Monday at 9:00

Charity Sew: 3rd Tue. of each month, 9:00

Quilt Guild: First Monday each month at 6:30 (changes to 2:00 in Nov.)

Sunset Carvers: Each Tuesday at 1:00



EXERCISE GROUPS:

Gentle Exercise: Tuesdays and Thursdays at 10:30 a.m.

Walking Group (weather permitting): 9:00 every Monday, Wednesday and Friday

Cardio Drumming: 12:30 every Monday Zumba: 12:30 – 1:15 every Wednesday

NEW CLASS: Line Dancing--Starting Monday October 6th from 1:30-2:30. Class is free, donations are kindly accepted. Class will be held every Monday from 1:30-2:30.

CARD GROUPS:

Euchre: Every Tuesday at 1:00 Cribbage: First Wednesday at 9:30

Set Back: Every Thursday at 6:00 Bingo: Every Friday at 10:00

EXPERTS:

Tech Advice: Thursdays at 12:15-2.

***no tech help on 10/30/25**

SPECIAL EVENTS:

Presentation about use of tablets for use by our seniors

October 9th, 12:15 – 1:00 (then individual tech advice, 1:00-2:00)

Halloween Pot Luck Friday, the 31st!

Come join us with a dish to pass. Prizes given out for the best costumes!



SCOTTVILLE AREA SENIOR CENTER

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



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.

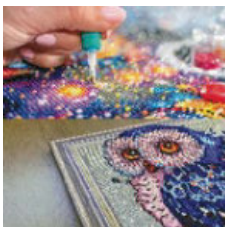


Scrapbooking Come Crop with us on Saturday, October 4th from 9:00am to 10:00pm. Bring your scrappin' stuff (or any other papercraft you are working on) and let's get some photos preserved or a craft completed! Bring a dish to share for either brunch or dinner. Call or stop by for more details and to sign up. Pre-registration is required. \$35.00 fee - \$5.00 will be donated to the Scottville Area Senior Center. Goodie bag and prizes included. Hope you can join us! There will also be a card class at 3:00 (\$7.00) and a Project Recipe Class (\$14.00) at 7:00. If you have signed up for the day, the project recipe is included in your goodie bag. Call for additional details.



Jewelry Class – Wednesday, October 8th at 2:00pm. Let's play with some polymer clay! Come join Ada and create a pair of pumpkin-themed earrings for fall! \$5.00 for the project. All materials will be provided.

Card Making Monday, October 20th at 2:00pm – Thanksgiving is just around the corner. We will be making two Thanksgiving themed cards this month. 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.



Diamond Art Class Tuesday, October 21st 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.

Crafting with Chris Thursday, October 30th at 3:00pm - During Chris' class, you will be creating a Fall Wall Hanging. It measures approximately 3' x 18". The cost for the class is \$15.00. All materials will be provided. **Deadline to register is October 16.** Please call or stop by the Senior Center to register!





Travel Opportunities

	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 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!

OCTOBER

HOURS
9 AM TO 3 PM
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Craft Day 10:00 Auxiliary Mtg. All Welcome! 10-2 Open Billiards 11:30 Lunch	2 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	3 9:00 Chair Yoga 10:00 Yahtzee 10-2 Open Billiards 11:00 Yarn Therapy 11:30 Lunch
6 9:00 Crochet Class 9:30 Walking Club 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee	7 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	8 10:00 Board of Directors Mtg. All Welcome! 10-2 Open Billiards 11:00 Craft Day 11:30 Lunch	9 10-2 Open Billiards 10-11 Bingo 11:30 Lunch 1:00 Euchre	10 9:00 Chair Yoga 10-2 Open Billiards 11:00 Yarn Therapy 11:30 Lunch 1-2:30 Genealogy 1-3 Outreach (center open)
13 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 12:30 Reflexology 1-2:30 Tech Help	14 10-2 Open Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	15 9:00 Alzheimer's Support Group 10:00 Craft Day 10-2 Open Billiards 11:30 Lunch	16 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	17 9:00 Chair Yoga 10:00 Put-N-Take 10-2 Open Billiards 11:00 Yarn Therapy 11:30 Lunch 1-3 Outreach (center open)
20 9:00 Crochet Class 10:30 Blood Pressure Clinic 10:30 Safe & Sane Exercise 11:30 Lunch 12:30 Reflexology	21 9:00 Hand-making Greeting Cards (supplies furnished) 10-2 Open Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	22 10:00 Craft Day 11:30 Lunch 1:00 Dominoes!	23 9:30 Rummy 10-11 Darts 11:30 Lunch 1:00 Euchre	24 9:30 Chair Yoga 11:00 Yarn Therapy 11:30 Lunch 1-2:30 Genealogy
27 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Walking Group	28 9:00 Ladies' Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	29 10:00 Craft Day 11:30 Lunch 1:00 Charity Work	30 9:30-11:30 Flu vaccine clinic 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	31 9:30 Yarn Therapy 11:30 Halloween Party (Potluck) 

FREE SOIL AREA SENIOR CENTER

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

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

JOIN US FOR A MEAL
WALK LAPS IN THE GYM
PLAY A GAME OF POOL
ENJOY ENTERTAINMENT
VISIT WITH NEW & OLD FRIENDS

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

OCTOBER MENU

<p>Free Soil Area Senior Center 8480 N Democrat St Free Soil, MI 49411 231-464-6789</p> <p>PLEASE call by noon the day before a meal or sign up while at the center.</p>	<p><u>Thursday, October 2, 2025</u> Chicken Noodle Casserole w/Veggies Breads Fruit Cake & Ice Cream Soup: Vegetable</p>
<p><u>Tuesday, October 7</u> Sausage Muffins w/ Cheese Scrambled Eggs Cottage Cheese Sliced Cucumbers Tangerine Chocolate Pudding Soup: Tomato</p>	<p><u>Thursday, October 9</u> Pork Roast Mashed Potatoes & Gravy Corn Cheddar Biscuits Pears German Chocolate cake Soup: Broccoli Cheddar</p>
<p><u>Tuesday, October 14</u> Assorted Sandwiches Veggie Tray Chips Peaches Cupcakes Soup: Bean</p>	<p><u>Thursday, October 16</u> Spaghetti Green Beans Garlic Bread Fruit Salad Sugar Cookie Bars Soup: Ham & Potato Chowder</p>
<p><u>Tuesday, October 21</u> Sausage & Kraut Mashed Potatoes Peas Mandarin Oranges Brownies Soup: Beef Barley</p>	<p><u>Thursday, October 23</u> Smothered Chicken Rice California Blend Roll & Butter Cheese Cake with Fruit Topping Soup: Roasted Red Pepper</p>
<p><u>Tuesday, October 28</u> PIZZA DAY  Soup: Chicken Noodle</p>	<p><u>Thursday, October 30</u> BBQ Chicken Cheesy Potatoes Broccoli Bananas Assorted Pies Soup: Zuppa Toscana</p>

Thank You Supporting The Free Soil Area Senior Center!

FREE SOIL AREA SENIOR CENTER

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



BASH

October 31, 2025

6:00pm - 7:30pm

Free Soil Area Senior Center

8480 N Democrat St
Free Soil, MI 49411

We will have INDOOR

Trick or Treating

There will be a light complimentary meal available.

Please Join Us

The Free Soil-Meade Fire Dept

will be on site for the kids to see the trucks up close.

Sponsored by:

Free Soil Area Senior Center, FreeSoil Village Council,
Free Soil-Meade Fire Dept, Free Soil Twsp. Board

FLU & COVID-19 VACCINE CLINIC



Free Soil Senior Center

8480 N Democrat St, Free Soil, MI

Thursday, October 30 | 12:30PM-2:30PM

COVID-19 vaccine is
covered by most
insurances. COVID-19
vaccine availability
may vary.

Walk in.
No appointment
necessary.
Parents must
accompany minors.



**District Health
Department #10**

TALLMAN LAKE SENIOR CENTER

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



October 25th will be our
craft & Bake Sale from 9-2!
Stop on by to see all of the
crafts that have been created.
You might just find something
great.

October 31st is Halloween
Party Time! Our potluck will
begin at 11:30. Bring a dish to
pass. A prize will be awarded for
the best costume.



MASON COUNTY • MICHIGAN



Crafters Invited!

The annual Christmas Craft Fair is coming to the Scottville Area Senior Center on December 6, 2025 from 10 am to 3 pm.

We have openings for Crafters! Please complete an application and drop off the registration fee of \$25.00 (which includes a coupon for lunch).

Call Ada at 231-757-4705 for additional information or to reserve a spot. As usual, participants will need to bring their own display tables. Hoping you can join us!

Ask Sharon By Sharon Bailey, Medicare Counselor at SASC

I can hardly believe October is here and it is almost time for Open Enrollment for Medicare. If you have a Medicare Advantage plan or a stand-alone drug plan this is the time to see if the cost has gone up on your plan. There are going to be some changes, not necessarily for the better. I will be making appointments starting now and going into the first week of December. Open enrollment begins on October 15 and goes through December 5.

Q. How do I know if I qualify for extra help?

A. I know many seniors do not know how much money they receive from Social Security and pensions, or the amount of money in their bank accounts. If you don't remember just bring your bank statement in so I can see if you are eligible for extra help.

Q. What if I own property?

A. You can own your home, furnishings and your car. If you own land on separate acreage from your home you do not qualify for extra help.

Q. I received a letter from my Dual enrollment Medicare Advantage plan saying I was dropped with no explanation, but I didn't receive a letter from DHS what can I do?

A. I think this is a letter from an insurance company trying to get your business. But I would call DHS to see if you have really have been dropped for some reason.

If you are not sure if you qualify for extra help, call 757-4052 and make an appointment, you can also make an appointment to check out new plans for 2026. Even if you do not qualify for extra help, you may be paying too much for prescriptions in the drug plan you have now.

Remember, my phone number is 757-4052.

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
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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

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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.



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 • lakemichiganseniorliv@gmail.com
www.lakemiseniorliving.com



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OF LUDINGTON**

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

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231-845-6291 • www.medilodgeofludington.com

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Active ♦ Loving

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LUDINGTON, MI 49431**



231-845-7066
village-manor.com

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Care. Compassion.

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Mindful Passages
moving through life's changes
Education, Planning, and Support

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

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.

SEE LIFE AND MORTALITY PRESENTATIONS AT THE SENIOR CENTERS



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

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