

**A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS**

**December 2025  
Volume 15  
Issue 12**

# **Active for Life**

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

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# MASON COUNTY • MICHIGAN

Dear Volunteers, Members, and Donors,

As the year draws to a close, the warmth of the holiday season reminds us of the joy found in connection, gratitude, and reflection.

I would like to extend our heartfelt appreciation to all who support the Ludington Senior Center.

We could not provide many of our programs and activities without the commitment of volunteers. These amazing volunteers offer their time, talents, and crafts for seniors to enjoy. Our dedicated volunteers allow the Ludington Senior Center to offer a variety of classes and activities for seniors.

We appreciate every person who walks through the doors of the senior center. Every person is important to us. The presence of each person and member enriches the center daily. The interaction and companionship bring great joy to all.

We have been blessed with generous donations throughout the year, and we sincerely want to thank every individual and business who has donated items, funds, and time. Your generosity has made a lasting impact on enabling us to provide programs, special events, and services to the seniors in our community.

As the senior population grows in our community, the Ludington Senior Center will strive to meet the needs and provide the best possible programs for seniors. We look forward to the future of the senior center with growth and progression.

As the director of the Ludington Senior Center, I appreciate each of you. My favorite part of the day is when I can say, “hello”, and visit with some amazing seniors. You all mean so much to me, and I love what I do because of you.

I’m so thankful to the staff and volunteers for all the hard work and time you put in to make the senior center a great place to come.

Merry Christmas and have a happy and healthy New Year!



Warm Wishes,  
Andrea Morrell  
Ludington Senior Center Director

## Scottville Area Senior Center to Install Automated Check-In System

An automated check-in system, called “*MySeniorCenter*,” will soon be installed at the entrance of SASC. This is an updated version of the kiosk we used previously, and will replace our current paper sign-in sheets.

It's specifically designed to help our staff members manage the various signups and sign-ins, and improve the way we report our services to the organizations that provide our vital operating funding. These include the Mason County Board of Commissioners and Area Agency on Aging of Western Michigan, as well as grant funding organizations. Without their continued support our doors could not stay open and our programs at the center and throughout the county could not continue.



Missy showing someone how to use the kiosk.

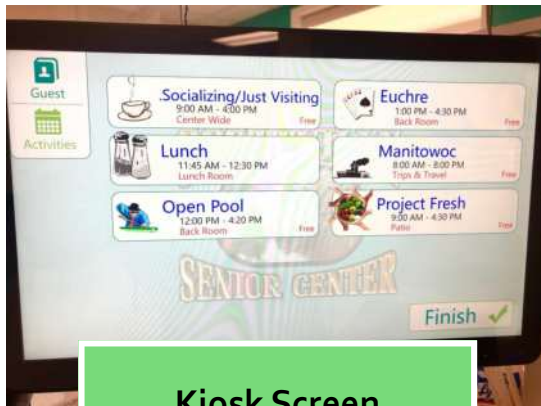
We trust that our guests and clients, who rely on us for services and activities, will recognize how important it is for us to accurately record and report the use of our facility and its programs.

By quickly and accurately detailing which services we're providing, and their importance to Mason County seniors, the system will increase our chances of receiving additional funding in the future. Today *MySeniorCenter* is being used by over 2,200 senior centers across the U.S. and Canada—so it's a proven way to keep accurate records.

### How to sign in

The new system is extremely easy to use. Here's how it works:

1. All visitors and volunteers will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you without entering your name each time.)
2. Instead of signing into our guest list, you'll swipe your keytag at the scanner. If you happen to forget your tag, you can still enter your name on the touchscreen.
3. Daily activities will be displayed on the screen (see below).
4. Tap the touchscreen to select the programs you'll be participating in that day.
5. Tap FINISH.



Kiosk Screen

### A Smooth Transition

Mellissa Kissell, one of our two new services managers (see pg.5), is leading the installation of the updated kiosk. Even though *MySeniorCenter* is designed to be user-friendly, she and other staff members and volunteers will be available to help our guests get used to operating the new check-in system. We will make the transition as seamless as possible for everyone.

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

# December 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Chicken Lasagna</b> Broccoli Prince Charles Blend Diced Peaches 1% Milk	<b>2</b> <b>Spaghetti/Meat Sauce</b> Winter Blend Veg Chilled Apricots Garlic Toast 1% Milk	<b>3</b> <b>Goulash</b> Green Beans Fresh Melon Bread 1% Milk	<b>4</b> <b>Pulled Pork Sandwich</b> Baked Beans Coleslaw Fresh Fruit Bun 1% Milk	<b>5</b> <b>Spinach/Swiss Quiche</b> Sausage Potato Cubes Banana 1% Milk
<b>8</b> <b>Sloppy Joes</b> Red Skin Potatoes Carrots Peaches Bun 1% Milk	<b>9</b> <b>Taco Tuesday</b> Lettuce/Tomato Black Beans & Corn Tropical Fruit Taco Shell 1% Milk	<b>10</b> <b>Stuffed Green Pepper</b> Carrots Apple Crisp 1% Milk	<b>11</b> <b>Homemade Pizza</b> Price Charles Blend Tossed Salad Fruit Salad 1% Milk	<b>12</b> <b>Chop Suey</b> Oriental Veggies Applesauce Rice 1% Milk
<b>15</b> <b>Homemade Chili</b> Baked Potato Peaches Cornbread 1% Milk	<b>16</b> <b>Stuffed Cabbage Rolls</b> California Blend Tropical Fruit Dinner Roll 1% Milk	<b>17</b> <b>Chicken Tenders</b> Baked Potato Corn Blushing Pears Whole Wheat Bread 1% Milk	<b>18</b> <b>Liver and Onions</b> Mashed Potatoes/Gravy Brussels Sprouts Diced Fruit Mix Dinner Roll 1% Milk	<b>19</b> <b>Chicken Stew</b> Green Beans Fresh Oranges Biscuit 1% Milk
<b>22</b> <b>Baked Chicken</b> Winter Blend Carrots Applesauce Wild Rice 1% Milk	<b>23</b> <b>Stuffed Cabbage Rolls</b> Peas Peach Crisp 1% Milk	<b>24</b> <b>Christmas Ham</b> Whipped Potatoes Creamy Green Beans Fruit mix 1% Milk	<b>25</b> <b>Merry Christmas No Meals Served</b> 	<b>26</b> <b>Merry Christmas No Meals Served</b>
<b>29</b> <b>Lasagna</b> Broccoli Diced Peaches 1% Milk	<b>30</b> <b>Roast Pork</b> Green Beans Black Eyed Peas Fresh Fruit Hawaiian Roll 1% Milk	<b>31</b> <b>Salisbury Steak</b> Scalloped Potatoes Peas Banana Roll 1% Milk		

## PRICES

**Age 60 and up: \$5  
Under age 60: \$6**

**Scottville & Tallman  
Lake centers serve  
lunch M-F; Ludington  
Center on  
Tue. & Thur.**

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

**Meal Sites  
Scottville 757-4705  
Ludington 845-6841  
Tallman Lk. 757-3306**

**Note: Menus are  
subject to change**

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# MASON COUNTY • MICHIGAN



## THE CAPTAIN THE PRINCESS & LUDINGTON CONTINUED...



## LET'S TALK MASON COUNTY HISTORY

Ludington Senior Center and the Mason County Historical Society are joining forces for a discussion on the history of Mason County. James Jensen from the Mason County Historical Society will be leading a presentation on the rich and vast history of Mason County.

Join us on December 10th, at 8:30 am, for breakfast and part 2 of his presentation on "The Captain, The Princess, and Ludington" at the Ludington Senior Center.

Come for breakfast, socialization, and discussions about Mason County history and how it affects its people today and tomorrow. Open to all residents of Mason County.



**\$5 DONATION FOR BREAKFAST**

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

## New Services Managers at Scottville Center

The Scottville Area Senior Center welcomed a pair of new managers for key services in November, filling vacancies and bringing its staff back to full strength.

Mellissa Kissell, our former activities coordinator, is back on our team and is a welcome addition for sure. She is now services manager for our Medical Transportation program, plus multiple other key roles. She is responsible for upgrading our technology—including installing an electronic visitor kiosk—and heads up our volunteer recruitment. Also, because she is our former activities coordinator, she'll be filling that role when coordinator Ada Weier-Amor is away, leading one of our travel groups.



Mellissa Kissell



Deb Balk

Another excellent new addition is Deb Balk (left), a former teacher and school administrator at Byron Center Schools in the Grand Rapids area, who recently relocated to Mason County. She is our new services manager for in-home services, focusing on our Homemaker and Respite programs, leading our team of in-home aides, and assessing the needs of our clients. She has great people skills and has even expressed an interest in leading one of our support groups.

"We are indeed fortunate to add such outstanding people to our team," said SASC director Bill Kerans. "Deb and Missy will be great assets to our center and our seniors—both our in-home clients and our guests at the center."

# MASON COUNTY • MICHIGAN

LUDINGTON SENIOR CENTERS

## Christmas PARTY

Join us for an afternoon of holiday celebration. Play a game of Christmas-themed jukebox bingo, bring an ornament to exchange, and enjoy a catered dinner.

Limited space is available.

December 11, 2025

2 pm - 4 pm



Register for this free event by calling 231-845-6841

LUDINGTON SENIOR CENTER'S

## Cookie Swap & Hot Cocoa Bar

FRIDAY, DECEMBER 19<sup>TH</sup>  
1 PM - 3 PM

Bring your own container, cookies to exchange, and your recipe.

Bring a dozen cookies, take home a dozen.  
Bring 2 dozen, and take home 2 dozen;  
it's up to you.



LUDINGTON SENIOR CENTER PRESENTS

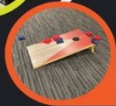
## BIG FOUR SPORTS

Beat winter isolation and loneliness by joining in on one or more of our Big Four Sports this winter. Each Tuesday will have a different sport you can join in on or just watch the fun.

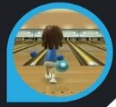
1st Tuesday- Chair Volleyball



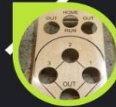
2nd Tuesday- Indoor Cornhole



3rd Tuesday- Indoor Wii Bowling



4th Tuesday- Baseball Cornhole



Tuesday, December 16th @ 2 pm  
Life and Mortality: Grieving during the Holidays  
Ludington Area Senior Center

Navigating grief during the holidays is challenging, as the festive atmosphere can amplify feelings of sadness and loss. To cope, it's important to acknowledge your emotions, communicate with loved ones about your needs, and be flexible with your plans. Creating new traditions that honor your loved one, like lighting a candle or sharing memories, can help you find a balance between remembering the past and facing the present.

Join the discussion to share what has helped or not helped you.



Presentation and discussion facilitated by Marie Stycos of Mindful Passages LLC



## Card-Making

Join us at the Ludington Senior Center on **December 12th or 15th at 1 pm** to make 4 beautiful all occasion cards with envelopes included for a \$6.00 class fee. If you would like to register for this class, please call us at 231-845-6841.



## Paint with Julie

Get into the spirit of Christmas by painting this beautiful winter scene on a platter with Julie Tews.

1-4PM  
FRIDAY  
DECEMBER  
19TH

LOCATION  
LUDINGTON  
SENIOR  
CENTER

CLASS FEE  
\$20  
\$10.00  
DEPOSIT

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

LUDINGTON  
SENIOR  
CENTER

## Watercolors with Mary December 18th @ 1:00 pm

Show your creativity in this class!

All skills are welcome

Register 231-845-6841



# Services and Resources

Provided by Ludington Senior Center



30 minute FREE consultation  
by appointment only every 3rd Tuesday.  
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



Inclement Weather Closing  
When Ludington Area Schools  
close for inclement weather, the  
Ludington Senior Center will also  
close.



## 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
	<div>1</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>9 Men's Breakfast</div> <div>9-1 Massage w/ Jane</div> <div>9:30 Yoga</div> <div>10 Mahjong</div> <div>11 Enhance Fitness</div> <div>1 Cards &amp; Games</div> <div>2 String A Long Jam</div> <div>5:30 Zumba Toning</div>	<div>2</div> <div>9 Walking Club</div> <div>9:30 Zumba Gold</div> <div>10 Ladies Billiards</div> <div>10:30 Cardio Drumming</div> <div>11:45 Lunch</div> <div>1 Duplicate Bridge</div> <div>1 Chair Yoga</div> <div>2 Chair Volleyball</div>	<div>3</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>10 Quilting</div> <div>10 Stretch&amp;Balance</div> <div>11 Stretch&amp;Balance</div> <div>1 Ping Pong</div> <div>1 Karaoke</div> <div>4 Feldenkrais</div> <div>5:30 Zumba Gold</div>	<div>4</div> <div>9 Walking Club</div> <div>9:30 Zumba Toning</div> <div>10 Crafts &amp; Giggles</div> <div>10 Ladies Billiards</div> <div>10:30 Cardio Drumming</div> <div>11:45 Lunch</div> <div>1 Duplicate Bridge</div>	<div>5</div> <div>The center is closed to prepare for the Arts and Craft Show</div>	<div>6</div> <div>Arts and Craft Show</div> <div></div> <div>10am-2pm</div>
7	<div>8</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>9 Men's Breakfast</div> <div>9-1 Massage w/ Jane</div> <div>9:30 Yoga</div> <div>10 Mahjong</div> <div>11 Enhance Fitness</div> <div>1 Cards &amp; Games</div> <div>1:30 Grief Support</div> <div>2 String A Long Jam</div> <div>5:30 Zumba Toning</div>	<div>9</div> <div>9 Walking Club</div> <div>9:30 Zumba Gold</div> <div>10 Ladies Billiards</div> <div>10:30 Cardio Drumming</div> <div>11:45 Lunch</div> <div>1 Duplicate Bridge</div> <div>1 Chair Yoga</div> <div>2 Indoor Cornhole</div>	<div>10</div> <div>8:30 Mason Co. History Talk</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>10 Quilting</div> <div>10 Stretch&amp;Balance</div> <div>11 Stretch&amp;Balance</div> <div>10:30 BP Clinic</div> <div>1 Ping Pong</div> <div>1 Karaoke</div> <div>3 TED Talks</div> <div>4 Feldenkrais</div> <div>5:30 Zumba Gold</div> <div>7:30 Coin Club</div>	<div>11</div> <div>9 Walking Club</div> <div>9:30 Zumba Toning</div> <div>10 Crafts &amp; Giggles</div> <div>10 Ladies Billiards</div> <div>10:30 Cardio Drumming</div> <div>11:45 Lunch</div> <div>1 Duplicate Bridge</div> <div>1 Alz. Support Group</div> <div>2 Christmas Party</div> <div></div>	<div>12</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>9:30 Yoga</div> <div>10 Mahjong</div> <div>11 Enhance Fitness</div> <div>1 Cards &amp; Games</div> <div>1 Card Making</div> <div>Open Billiards</div>	13
14	<div>15</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>9 Men's Breakfast</div> <div>9-1 Massage w/ Jane</div> <div>9:30 Yoga</div> <div>10 Mahjong</div> <div>11 Enhance Fitness</div> <div>1 Cards &amp; Games</div> <div>1 Card Making</div> <div>5:30 Zumba Toning</div>	<div>16</div> <div>9 Walking Club</div> <div>9-12 Parmenter Law</div> <div>9:30 Zumba Gold</div> <div>10 Ladies Billiards</div> <div>10:30 Cardio Drumming</div> <div>11:45 Lunch</div> <div>1 Duplicate Bridge</div> <div>1 Chair Yoga</div> <div>2 Life &amp; Mortality</div> <div>2 Wii Bowling</div>	<div>17</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>10 Quilting</div> <div>10 Stretch&amp;Balance</div> <div>11 Stretch&amp;Balance</div> <div>1 Cups of Cheer</div> <div>1 Ping Pong</div> <div>1 Karaoke</div> <div>4 Feldenkrais</div> <div>5:30 Zumba Gold</div>	<div>18</div> <div>9 Walking Club</div> <div>9:30 Zumba Toning</div> <div>10 Crafts &amp; Giggles</div> <div>10 Ladies Billiards</div> <div>10:30 Cardio Drumming</div> <div>11:45 Lunch</div> <div>1 Duplicate Bridge</div> <div>1 Watercolors with Mary</div>	<div>19</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>9:30 Yoga</div> <div>10 Mahjong</div> <div>11 Enhance Fitness</div> <div>1 Cards &amp; Games</div> <div>1 Julie's Painting</div> <div>1-3pm Cookie Walk &amp; Hot Chocolate Bar</div> <div></div>	20
21	<div>22</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>9 Men's Breakfast</div> <div>9-1 Massage w/ Jane</div> <div>9:30 Yoga</div> <div>10 Mahjong</div> <div>11 Enhance Fitness</div> <div>1 Cards &amp; Games</div> <div>2 String A Long Jam</div> <div>5:30 Zumba Toning</div>	<div>23</div> <div>9 Walking Club</div> <div>9:30 Zumba Gold</div> <div>10 Ladies Billiards</div> <div>10:30 Cardio Drumming</div> <div>11:45 Lunch</div> <div>1 Duplicate Bridge</div> <div>1 Chair Yoga</div> <div>2 Baseball Cornhole</div>	<div></div> <div>Merry Christmas</div> <div>The center is closed</div>			27
28	<div>29</div> <div>9 Walking Club</div> <div>9 Men's Billiards</div> <div>9 Men's Breakfast</div> <div>9-1 Massage w/ Jane</div> <div>9:30 Yoga</div> <div>10 Mahjong</div> <div>11 Enhance Fitness</div> <div>1 Cards &amp; Games</div> <div>5:30 Zumba Toning</div>	<div>30</div> <div>9 Walking Club</div> <div>9:30 Zumba Gold</div> <div>10 Ladies Billiards</div> <div>10:30 Cardio Drumming</div> <div>11:45 Lunch</div> <div>1 Duplicate Bridge</div> <div>1 Chair Yoga</div>	<div>31</div> <div>Happy New Year</div> <div>The center is closed</div>	<div></div> <div>Hello December</div>		

# Travel with us!



## ***New Orleans***

April 11-19  
2026



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



## ***America's Cowboy Country***

May 19-26  
2026



## ***Mackinac Island***

June 1-5  
2026



## ***British Landscapes***

Sept. 22- Oct 1  
2026



## ***Balloon Fiesta***

October 3-10  
2026



## ***Iceland***

October 5-12  
2026



## ***Lancaster Show Trip/ Dutch Country***

November 9-14  
2026



## ***Costa Rica***

Jan 29- Feb 6  
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 (Hold)
- Matter of Balance (Hold)
- Golf (Hold)
- Chair Yoga
- Chair Volleyball
- Indoor Cornhole
- Wii Bowling
- Baseball Cornhole

### **Social Activities**

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

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

- Painting with Julie
- Card Making with Sharon
- Watercolors with Mary
- Let's Talk Mason County History
- String A Long Community Jam
- TED Talks
- Karaoke
- Grief Support
- Educational Presentations
- Alzheimer's Support Group
- Chair Massage
- Blood Pressure Clinic



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)



Celebrating  
**20 YEARS**  
The Leila & Cyrus  
Poppen Hospice  
Residence



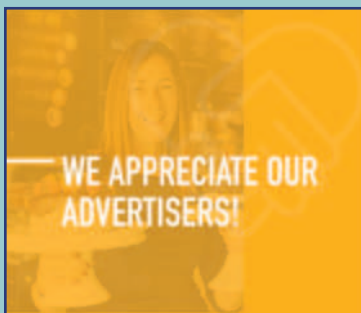
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For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0696

# BROWN CATTLE COMPANY

BRAD BROWN, *Owner*

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Ludington, MI 49431

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brownfarms@gmail.com

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



## BEACON

Cremation & Funeral Service  
Pere Marquette Chapel

Kirk & Courtney Barz  
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309 South Washington Avenue  
Ludington

www.beaconfh.com  
231.843.2531

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www.hearinghealthusa.com

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

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- \* **FREE** In-office trials
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231-843-3039  
1-800-522-9588

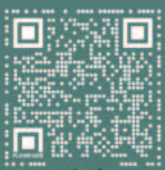


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15-0696

# SASC December Activities

Loving Life  
at Every Age

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>1</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-2:30 Quilting Guild 2:00	<b>2</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	<b>3</b> 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 Pinochle 1:00	<b>4</b> Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Travel Meeting (Columbia & Snake Riv.) 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> Craft Show 10-3  <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 Line Dancing 1:30-2:30  Closing at 4pm today	<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 Pinochle 1:00 Jewelry Class 2:00	<b>11</b> Wii Bowling 9:30 Toenail Clinic 10-1 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> Happy Scrappers Virtual Crop 9AM-10PM  <b>14</b>
<b>15</b> Quilting 9:00 Walking Group 9:00 Attorney At Law 10-3 (Appt. Only) Lunch 11:45 Cardio Drumming 12:30 Life & Mortality 1:15 Line Dancing 1:30-2:30 Card Making 2:00	<b>16</b> Charity Sew 9:00 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 Pinochle 1:00 Parkinson's Group 1:30 Grandparent's Raising Grandchildren 5:30	<b>18</b> Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 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 Third Graders Visit 1:00 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 Line Dancing 1:30-2:30	<b>23</b> Exercise 10:30 Lunch 11:45 CHRISTMAS POT LUCK Euchre 1:00 Sunset Carvers 1-3	<b>24</b> Christmas Eve  <b>CLOSED</b>	<b>25</b> Merry Christmas! <b>CLOSED</b> 	<b>26</b> <b>CLOSED</b>	<b>27</b>          <b>28</b>
<b>29</b> Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-2:30	<b>30</b> Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	<b>31</b>   <b>CLOSED</b>   Happy New Year!	<div> <b>Key:</b>                      Black - Service      Red - Craft                      Orange - Community\ Event                      Purple - Social Activity                      Green - Exercise                      Blue - Speaker                 </div>		

# SCOTTVILLE AREA SENIOR CENTER

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

## *Happy Holidays to one and all!*

*We are wishing you a joyous celebration, and days of good cheer. The staff at the Scottville Area Senior Center is taking time to celebrate as well. We will be closed on Christmas Eve, Christmas Day, and Friday, December 26th.*



*We will also be closed on New Year's Eve, New Year's Day and Friday, Jan. 2, 2026.*

*Happy 2026 and Cheers to celebrating 250 years for America!*

## *Special Events for December...*

*Book Club: "The Twelve Topsy-Turvy, Very Messy, Days of Christmas" by James Patterson and Tad Safran Meeting December 11<sup>th</sup> at 1:15.*

*Craft Show: December 6<sup>th</sup> from 10 – 3.*

*Crafts, quilts, floral arrangements.....and some food while you browse.*

*(The Ludington Senior Center is also having it's Craft Show the same day, 10-2. Check out both!)*

*Christmas Pot Luck at the Scottville Area Senior Center: December 23rd at 11:45*

*Bring a dish to pass and sing Christmas carols!*

*Attorney at Law, will hold office hours (appointments only) on December 15<sup>th</sup> from 10 – 3.*

*Christmas Ornaments is the Grandparents Raising Grandchildren program for December 17<sup>th</sup>, at 5:30. Everyone can decorate wreaths, make ornaments, enjoy a meal...and sing carols!*

*Christmas Visit by the Scottville area 3<sup>rd</sup> graders (Mason County Central): Dec. 19<sup>th</sup> at 1:00.*

*Hand out stockings filled with goodies to the kids, and join us to thank them for the gifts they bring for the senior center.*

*Angel Tree: please consider helping us purchase items wished for by folks who are residents of nursing homes and adult foster care facilities. Pick up your tags at the Scottville Area Senior Center (Ludington, too!) and return your unwrapped gifts by December 10. We wrap and deliver them.*



# December Crafts

**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.

**Jewelry Class** – Wednesday, December 10<sup>th</sup> at 2:00pm. We'll be bringing back a favorite, Memory Wire Christmas Bracelet! \$10.00 for the project. All materials will be provided. Please register by December 3rd to reserve your spot.



**Scrapbooking** With December being so busy, we are going to do something a bit different this month. We are going to have a Virtual Crop. This means, you will be able to scrapbook right from your home while you are online. We'll be together virtually and we don't have to go anywhere! We'll each be at our home or wherever you want to scrap. Please call the Senior Center and leave your Email Address and Ada will forward you the link to the Zoom

Meeting. Call the Scottville Senior Center for more details and to register.

**Card Making** Monday, December 15<sup>th</sup> at 2:00pm – We will be making two winter themed Thank You cards. One of the designs can be seen in the photo on the right. Class fee is \$5.00. All supplies will be provided. Please call the Senior Center by December 11<sup>th</sup> to reserve your spot.



**Diamond Art Class** Tuesday, December 16<sup>th</sup> from 1:00pm – 3:00pm. 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 Center to reserve your spot at the table.

**Crafting with Chris** - Chris will not have a craft for this month. Watch for details in our January Newsletter for her next one.

**Get Hooked – Crochet with Missy** Missy will not be hosting a Crochet Class in the month of December. Watch for details in our January Newsletter for her next class!





# Travel Opportunities

	<b>Antarctica</b>	• February 23 - • March 6 • 2026
	<b>San Antonio Texas</b>	• March • 7-15 • 2026
	<b>Sunny Portugal</b> Lisbon, Alentejo, Algarve & Portuguese Riviera	• April • 2-11 • 2026
	<b>Biltmore</b>	• May • 17-22 • 2026
	<b>Highlights of the Columbia and Snake Rivers</b>	• June • 21-28 • 2026
	<b>Ark Encounter</b>	• August • 10-14 • 2026
	<b>Shades of Ireland</b>	• October • 18-27 • 2026
	<b>Australia's Outback to New Zealand's South Island</b>	• 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!

# DECEMBER

HOURS  
9 AM TO 3 PM  
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>9:00</b> Crochet Class <b>9:30</b> Walking Club <b>10:30</b> Safe & Sane Exercise <b>11:30 Lunch</b> <b>1:00</b> Yahtzee	<b>2</b> <b>9:00</b> Hand-making Greeting Cards <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>11:30 Lunch</b> <b>1:00</b> Yahtzee	<b>3</b> <b>9:00</b> Craft Day <b>9:30</b> Auxiliary Mtg. All Welcome! <b>10-2</b> Open Billiards <b>11:30 Lunch</b>	<b>4</b> <b>10-2</b> Open Billiards <b>10-12</b> Darts <b>10:30</b> Diamond Art <b>11:30 Lunch</b> <b>1:00</b> Euchre	<b>5</b> <b>9:00</b> Chair Yoga <b>10:00</b> Yahtzee <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy <b>11:30 Lunch</b>
<b>8</b> <b>9:00</b> Crochet Class <b>9:30</b> Walking Club <b>10:30</b> Safe & Sane Exercise <b>11:30 Lunch</b> <b>1:00</b> Yahtzee <b>1:00</b> Tech Help	<b>9</b> <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>11:30 Lunch</b> <b>1:00</b> Yahtzee	<b>10</b> <b>10:00</b> Board of Directors Mtg. All Welcome! <b>11:00</b> Craft Day <b>11:30 Lunch</b> <b>1:00</b> Table Games	<b>11</b> <b>9:30</b> Rummy <b>10-11</b> Darts <b>11:30 Lunch</b> <b>1:00</b> Euchre	<b>12</b> <b>10:00</b> Yahtzee <b>10-2</b> Open Billiards <b>11:00</b> Yarn Therapy <b>11:30 Lunch</b> <b>1-2:30</b> Genealogy
<b>15</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>11:30 Lunch</b> <b>12:30</b> Reflexology	<b>16</b> <b>10-2</b> Open Billiards <b>10:30</b> Diamond Art <b>11:30 Lunch</b> <b>1:00</b> Yahtzee	<b>17</b> <b>10:00</b> Craft Day <b>11:30 Lunch</b> <b>1:00</b> Dominoes	<b>18</b> <b>9:30</b> Rummy <b>10-11</b> Darts <b>11:30 Lunch</b> <b>1:00</b> Euchre	<b>19</b> <b>9:30</b> Chair Yoga <b>11:00</b> Yarn Therapy <b>11:30 Lunch</b>
<b>22</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>10:30</b> Blood Pressure Clinic <b>11:30 Lunch - Pot Luck Xmas Party</b>	<b>23</b> <b>9:00</b> Ladies' Billiards <b>10:30</b> Diamond Art <b>11:30 Lunch</b> <b>1:00</b> Yahtzee	<b>24</b> <b>10:00</b> Craft Day <b>11:30 Lunch</b> <b>Closed After Lunch</b>	<b>25</b> <b>CLOSED MERRY CHRISTMAS</b>	<b>26</b> <b>CLOSED</b>
<b>29</b> <b>9:00</b> Crochet Class <b>10:30</b> Safe & Sane Exercise <b>11:30 Lunch</b> <b>1:00</b> Walking Group	<b>30</b> <b>9:00</b> Ladies' Billiards <b>10:30</b> Diamond Art <b>11:30 Lunch</b> <b>1:00</b> Yahtzee	<b>31</b> <b>11:30 Lunch</b> <b>Closed After Lunch</b>	<b>Closed Jan 1, 2026</b>	<b>Closed Jan 2, 2026</b>

# 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.**

## DECEMBER MENU

### Tuesday, December 2, 2025

Prime Rib Slider  
Chips  
Pickles  
Peaches  
Cake & Ice Cream  
**SOUP: Cheesy Potato with Ham**

### Thursday, December 4

Swedish Meatballs  
Noodles  
California Blend Vegetables  
Tangerine  
Strawberry Shortcake  
**SOUP: Bean**

### Tuesday, December 9

Grilled Chicken Sandwich  
w/lettuce & tomato  
Tater Tots  
Cheesecake with fruit topping  
**Soup: Vegetable Beef**

### Thursday, December 11

Chili  
Hot Dog on Bun  
Veggies & Dip  
Pineapple  
Banana Pudding

### Tuesday, December 16

**Christmas Dinner  
At 1:00pm**

**Reservations must be in by  
NOON**

**Thursday, December 11th**

### Thursday, December 18

**COOK'S CHOICE**

Secret Santa Gift exchange  
(Names were drawn in November.)

**The Center will be closed from Friday, December 18, 2025 until January 6, 2026.  
This is the time we deep clean and reorganize our pantry and restock for the New Year!**

**May the beauty of the holidays warm your spirit  
and give you great joy in the New Year!  
Merry Christmas!**

**-Sherry, Tina, Wesley, Adriana and Wes**

## FREE SOIL AREA SENIOR CENTER

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

The Free Soil Area Senior Center invites you to a Christmas Dinner on Tuesday, December 16 at 1:00PM.

\*\*\*Reservations must be in by NOON Thursday, December 11th \*\*\*



The Center will be closed from Friday, December 18, 2025 until January 6, 2026. This is the time we deep clean and reorganize our pantry and restock for the New Year!

## TALLMAN LAKE SENIOR CENTER

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

Join us for a Christmas Potluck on Monday, December 22nd at 11:30am. Bring a dish to pass, ham will be the main dish.



Stop by to have a coffee and see the carpet that was installed mid-November.



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

By the time you read this Open Enrollment is almost over. There a few days left if you want to check your Medicare Advantage or Drug plans. I have seen quite a few of you and have enjoyed the interactions with you. There are a few changes to original Medicare that may affect you even if you have a Medicare Advantage plan. If you read the inside of your cover page of The Medicare & You book you will find them. From January 1 to March 31 you can switch Medicare Advantage plans. I am filled up for this year so if you still interested you open Medicare.gov the Official site .

Q. I heard that there is a Medicare Advantage enrollment in January.

A. Yes there is open enrollment for Medicare Advantage from January 1 through March 31, with your new plan going into effect the on the first of the following month after you enroll.

Q. What can you do during this time?

A. 1. You can change from your old Medicare Advantage plan to a new plan. If you want to make sure you have the best plan for your needs I can compare plans for you.

2. You can drop your Medicare Advantage plan and return to original Medicare and a drug plan.

**3. You cannot switch from Original Medicare to a Medicare Advantage plan.**

**4. You also cannot change your drug plan or join a drug plan for first time at this time. Drug plans can only change during drug plan open enrollment in the fall.**

If you are reading this column, you are holding a copy of our newsletter, please check out what's going on at a center near you and come in and enjoy any of the activities or just some conversation. If you in are need of help or just want to be a part of a fun group, you will find our Senior center very welcoming. We look forward to seeing 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)	
---	--

## Education

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

## Housing and Shelter Assistance

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

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

Homemaker, Respite services;	
Home injury control device installation	

## Employment and Training

AARP Foundation-Senior Employment Pgm.....	231-252-4544
--	--------------

## Medical Equipment Loans (free)

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

## Volunteer opportunities

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

## Other useful numbers/services

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

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



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Scottville, MI 49454 • 231.233.3006



hearing care professionals

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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.



*Your Story Continues Here*

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



**MEDILODGE  
OF LUDINGTON**

*Recover. Rejuvenate. Revitalize. Return Home.*

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