

**A PUBLICATION FOR
MASON COUNTY
RESIDENTS**

**November 2025
Volume 15
Issue 11**

Active for Life

Mason County's Senior Newsletter

What's Inside:

- **Page 3: Area Agency on Aging— Medicare Enrollment**
- **Page 5: Thanksgiving Dinner and Veteran Recognition**
- **Pages 6-11: Ludington Area Senior Center**
- **Pages 10 & 15: Travel Opportunities**
- **Pages 12-15: Scottville Area Senior Center**
- **Pages 16-18: Tallman Lake & Free Soil Centers**
- **Page 19: "Ask Sharon" Medicare Info**

MASON COUNTY • MICHIGAN

Give Thanks!



We at the Scottville Area Senior Center are so thankful for all of our friends who donate to us!

In 2025, we received so many items for which we are grateful!

***For those of you who have chosen to give to us...
thank you, thank you, thank you!***

We have been donated books for our lending library. We have been a recipient of the PoWer Book Bag Group who gives us books for the Grandparents Raising Grandchildren program (kiddos can take two or three books home!)

We've had various types of medical equipment donated (wheelchairs, canes, walkers, commodes), which we then lend to folks who need them, who then return them when done using them....for another senior to use. We are given both cards/notes to send to our seniors who might need to know we are thinking of them, as well as playing cards for our many card playing groups.

We gratefully accepted projects for the Grandparents Raising Grandchildren program from Lowe's and Home Depot for our kiddos in that program to paint and decorate with their kinship care providers at home. We were given extra eggs and extra veggies from area farmers to share with our seniors, as well as meat from Acres Co-Op.

We were overwhelmed when folks helped us decorate an "angel tree" where residents in group homes receive their wishes of socks, puzzles, and other gifts all wrapped and put under a tree....showing how much our seniors care for others.

We received a gift of stockings from our quilters for the third graders in Mason County Central, who visit us each year with presents of coffee, tea, and other gifts...all of which are greatly appreciated! We have been given beautiful skeins of yarn, which can be used in so many different classes or projects.

We are, of course, thankful for all the monetary gifts we receive each year.....from our "regulars" and from folks we hardly know. These gifts have let us purchase strong raised flower beds for our patio and have allowed us to offer a stipend to some of our presenters.

We are blessed that the Rotary Club chose to donate to our Lake Jump last spring.....AND give us tablets for our seniors to use at all four of our senior centers. What a generous club!

We are grateful that our seniors care for each other and create a warm, caring atmosphere.

Beyond all that, we are most grateful for the gift of time our outstanding volunteers give us! They teach classes, assist with lunch, lead support groups, answer the phone, help with taxes and Medicare questions, and, in general, create a family of joy here at the center.

On the cover: "Glowing Outlet," a spectacular image by Todd Reed. One more thing of which we are thankful—the generosity of the Todd and Brad Reed Photography team, including Rachel Gaudette, for the cover photographs that add so much to many of our "Active for Life" senior newsletters.



Medicare Open Enrollment Through Dec. 7

Enrolling in or renewing Medicare/Medicaid can be confusing and complicated. Each year, open enrollment occurs from October 15 - December 7. This provides the chance for individuals to review and make changes to their Medicare Part D prescription plans and Medicare Advantage plans. Changes can include monthly premiums, yearly deductibles, copays, prescription formulary (list of covered medications), and pharmacy network.

Making changes to your insurance can be overwhelming—how do you know which option best fits you? Here are a few tips for navigating the open enrollment season:

1. Know the difference between Medicare and Medicaid. “Medicare is a medical program for people over 65 and younger disabled people and dialysis patients. Medicaid is an assistance program for low-income patients’ medical expenses,” explains the U.S. Department of Health and Human Services. If you are a senior, then it’s likely you are trying to navigate Medicare. All changes to your plan must be made by December 7, and new coverage begins on January 1, 2026.

2. Seek help from a trusted source.

For Mason County residents, both the Scottville and Ludington senior centers have counselors to help with Medicare Open Enrollment. To make an appointment with Sharon Bailey at the Scottville center, call 231-757-4052 or leave a message at the center’s main number: 757-4705. Also see Sharon’s monthly column on page 19. For an appointment at the Ludington center, call the center at 231-845-6841.

The Michigan State Health Insurance Assistance Program (SHIP) provides unbiased help with Medicare and Medicaid at no charge. This state-wide program doesn’t sell Medicare plans. Instead, certified volunteer counselors are there to walk you through your options. It’s a program designed specifically to help older adults, their families, and caregivers. Bob Callery, SHIP Regional Director, explains, “SHIP counselors can help people navigate the complexities of Medicare. Our counselors are unbiased and want to help people find what best fits their needs and is the most cost-effective.” You can set up an appointment with a SHIP specialist through the Area Agency on Aging of Western Michigan by calling (616) 456-5664.

3. Be aware of scams. Especially during open enrollment, scammers may pose as representatives offering assistance in signing you up for healthcare coverage. Below are a few scam scenarios:

- An unsolicited “agent” calls and offers to help enroll you in a health plan.
- You are asked for your personal information, such as Medicare or Social Security number.
- You are offered “free gifts” in exchange for your personal information.

These are all examples of scams. Legitimate agents need your permission to contact you. You are able to get information about Medicare plans from legitimate sources without providing personal information or accepting gifts. Legitimate sources will not ask for any ID number unless you are actually enrolling.

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

November 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Homemade Chili With Beef Corn Pears Cornbread 1% Milk	4 BBQ Chicken Carrots Coleslaw Tropical Fruit Dinner Roll 1% Milk	5 Jumbo Hotdogs Tator Tots Baked Beans Fresh Banana Hotdog Bun 1% Milk	6 Spaghetti/Meat Sauce Cauliflower Mandarin Oranges Bread 1% Milk	7 Cheeseburger Potato Puffs Baked Beans Apple Bun 1% Milk
10 Meatballs in Gravy Mashed Potato Brussels Sprouts Grapes Biscuits 1% Milk	11 Tator Tot Casse- role Potatoes in Entree Carrots Peaches Roll 1% Milk	12 Sloppy Joes Hash Brown Casserole Peas Blushing Pears Hamburger Bun 1% Milk	13 Sliced Ham Mashed Sweet Potatoes California Blend Fruit Cup Roll 1% Milk	14 Chicken Pot Pie with Veggies Green Beans Peaches 1% Milk
17 Polish Sausage Sauerkraut Red Skin Potatoes Applesauce Bun 1% Milk	18 Meatloaf Mashed Potatoes Mixed Veggies Oranges Roll 1% Milk	19 Breaded Chicken Patty Potatoes Green Bean Casserole Tropical Fruit Bread 1% Milk	20 Homemade Pizza Peas Tossed Salad Fresh Fruit Salad 1% Milk	21 Lasagna Broccoli Peaches Breadsticks 1% Milk
24 Hot Ham & Cheese Baked Beans Cole Slaw Pears Bun 1% Milk	25 Taco Tuesday Taco Meat Flour Shell Corn Lettuce, Tomato Fresh Fruit 1% Milk	26 Turkey Supreme Stuffing Mashed Potatoes Green Beans Pumpkin Dessert 1% Milk	27 No Meals Served Have a great Weekend!!!!	28 No Meals Served Have a great Weekend!!!!

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



LET'S TALK MASON COUNTY HISTORY IS BACK!



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 November 12th, at 8:30am for breakfast and a discussion about The Captain, The Princess & 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

PLEASE REGISTER AHEAD FOR BREAKFAST: 231-845-6841

Thanksgiving Dinner for Seniors Sunday, Nov. 23, from 12:00-2:00



Mason County seniors are invited again this holiday season to enjoy a Thanksgiving dinner, on the Sunday before Thanksgiving. Dinner will be served at noon in the cafeteria at Mason County Central High School. Doors will open at 11:45 am.

The event is sponsored by Scottville Area Senior Center and the Senior Meals Program of Mason County Central Schools Food Services—with great assistance from the Downtown Development Authority and other volunteers. The full turkey dinners will be served from noon until the meals are gone.

Take out meals will not be offered, but a limited number of meals will be available for delivery by volunteers to seniors unable to leave home. Please provide name, address and phone number if you wish to have a meal delivered.

MCC students will entertain. We will be entertained by the MCC Jazz Band and choir, under the direction of Brian Parent, MCC Director of Bands & Vocal Music.

Happy Thanksgiving!

Veterans Invited for Free Lunch Nov. 11 at Scottville Area Senior Center

To honor your service, Scottville Area Senior Center welcomes veterans to a free lunch on Veterans Day, Tuesday, Nov. 11. Lunch is served at 11:45. The center is located at 140 S. Main St., in Scottville. Please park and enter from the city parking lot behind the center.

IMPORTANT: If you plan to attend, please call at least one day ahead so we can be sure to have enough food for all!

Vendors invited for Holiday Craft Fairs on Saturday, Dec. 6 at both Scottville and Ludington senior centers.

Space is available for crafters and artists to display and sell their creations for holiday shoppers at the Arts and Crafts Fairs at both senior centers.

Please call for details. Scottville center: 231-757-4706.

Ludington center: 231-845-6841. The Ludington show will be from 10 am to 2 pm (see page 6).

The Scottville event will be held from 10 am to 3 pm.

Ludington Senior Center's

- 10TH ANNUAL -

Holiday Arts and Craft Show

\$7.00
lunch

Saturday, December 6th

10am to 2pm

A table space is available for interested
vendors.

Please call the center for more information
231-845-6841

Also visit SASC's craft show on the same day.

Angel Christmas Tree

Our angel tree is now available
for you to choose gift ideas for
seniors who have no one to share
the holiday season! Let's brighten
someone's Christmas by giving of
ourselves. Choose your tags,
purchase the items and bring
them back unwrapped or in a gift
bag. We thank you for your
generosity.

Please return gifts by December 5, 2025 to the
Ludington Senior Center
308 S. Rowe Street
231-845-6841



VETERANS DAY BREAKFAST

Honoring those who served!

Monday, November 10, 2025

9:00 am

FREE for VETERAN and one GUEST

RSVP 231-845-6841

by November 3rd



Paint with Julie



Friday, November 21st

1 pm - 4 pm

**Reserve your seat at Julie's
painting class to paint this
delectable gingerbread man**

**\$10 deposit due at signup
\$20 class fee**

LUDINGTON AREA SENIOR CENTER

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

Card-Making

Join us at the senior center every first Friday of the month and the following Monday at 1pm
\$6.00 class fee to make 4 beautiful all occasion cards with envelopes included. Next class is **November 7th and 10th**



Corewell Health

corewellhealth.org

Corewell Health Ludington Hospital's Community Benefits department is offering an American Heart Association® (AHA) Friends and Family CPR/AED/Choking Rescue course. **This is a FREE class!**

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, adult AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

The course will be held on Thursday, **November 13, 2025**, from 1:30 – 3:30 pm at Ludington Senior Center.

Class size is limited to 16 participants.

For more information or to register, call 231.845.5770.



LUDINGTON SENIOR CENTER

FIVE WISHES

BY NINA FINE

The Personal Health Care Planning for the Future's Last Wish
The Final Memorial Service & Plan for Death Wish
How to Complete a Will & Plan for Death
How to Plan for the Future & Death
What to Do After the Final Wish is Done

5 Wishes:
Getting Started
Tuesday, Nov. 18
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

Make a Memory

JOIN US FOR AN ARTFUL MEMORIAL SERVICE



MEMORIES ARE TIMELESS TREASURES

Join us for an artful memorial service in honoring your loved one by creating a holiday keepsake in their memory out of their sacred material.

Please bring material or photos that you would like to incorporate.

Please RSVP prior to event.

Light refreshments will be available.



A member of NorthStar Care Community

Friday
Nov. 21, 2025
1pm - 3pm

LOCATION:
Ludington Senior Center
308 S Rowe St, Ludington, MI 49431



Advanced registration to Alexandra Irwin is required by Nov. 14, 2025.
airwin@hom.org



MEDICARE OPEN ENROLLMENT
OCTOBER 15TH-DECEMBER 7TH

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

LUDINGTON AREA SENIOR CENTER

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

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
 NOVEMBER			Key: Black- Service Blue- Presentation Green- Exercise Red- Social			1
2	3 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	4 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga	5 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	6 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge	7 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making Open Billiards	8
9	10 9 Walking Club 9 Veterans Breakfast 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	11 Center is Closed 	12 8:30 Mason County History Talk 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	13 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 1:30-3:30 CPR Class with Corewell Health	14 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	15
16	17 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning	18 9 Walking Club 9-12 Parmenter Law 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Life & Mortality	19 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Cups of Cheer 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	20 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge	21 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 10:30 Book Club 11 Enhance Fitness 1 Cards & Games 1-3 Artful Memorial DHHS 1 Julie's Painting	22
23/30	24 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	25 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga	26 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	 Center is closed. Happy Thanksgiving		29

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



**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

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

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our activities, presentations, and special events.



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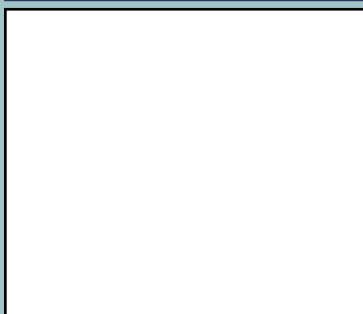
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SASC November Activities

*Loving Life
at Every Age*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3 *Branson Travelers Leave at 8AM Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3 Quilt Guild 2:00	4 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	5 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	6 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Set Back 6:00	7 Walking Group 9:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Stop the Bleed W/Kelly Barnhardt 12:30 Ping Pong 1-4	8 *Branson Travelers Return 9
10 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drumming 12:30 Line Dancing 1:30-3	11 Free Lunch for Veterans. Sign up by the 10th of the month. Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	12 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	13 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	14 Craft Fair Registration Due Today 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	15 Happy Scrappers 9AM-10PM 16
17 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Life & Mortality 1:15 Line Dancing 1:30-3 Card Making 2:00	18 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Diamond Art 1-3	19 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 1:00 Parkinson's Group 1:30 Grandparent's Raising Grandchildren 5:30	20 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15 Organic Gardening Club 12:30 Craft with Chris 3:00 Set Back 6:00	21 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	22 23 Thanksgiving Dinner for Seniors at MCC HS 12-2PM
24 Quilting 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3	25 Ladies' Coffee 9:00 Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	26 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Zumba 12:30-1:15 Pinochle 1:00	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR THANKSGIVING	29 30

Key:

Black - Service Red - Craft
 Orange - Community\ Event
 Purple - Social Activity
 Green - Exercise
 Blue - Speaker



NOVEMBER 2025



Sunday, November 23rd is our Community Thanksgiving Dinner for Seniors, **from 12-2**. Doors open at 11:45.

Using donations made throughout the year, we are able to feed our Mason County seniors a full Thanksgiving meal, complete with turkey, dressing, squash, and mashed potatoes...with gravy! Yum! And we'll be entertained by musically talented students from MCC Schools.

Again, it will be held at Mason County Central High School...just park on the lot facing US10. It is a time to greet our neighbors and enjoy a meal that expresses how grateful we are to have each other. **Please plan to attend and enjoy a wonderful time with friends, as the holiday season begins!**

Updates:

Daylight Savings: November 2nd (Sunday): Move the clocks "back" an hour ("fall back")

Election Day: November 4th (Tuesday)

Veteran's Day: November 11th (Tuesday)

Free lunch and recognition of our service members at 11:45. See Page 5 for more info.

Book Club: November 13th at 1:15.

Book for November: "We Will Be Jaguars" by Nemonte Nenquimo

Grandparents Raising Grandchildren: November 19th (Wednesday) at 5:30. Mary Case will have everyone make a ceramic tree, decorated with Christmas balls, candy canes, etc.



Lots of Crafts: check the various crafts & classes and the days they are offered on page 14.

NEW! Line Dancing: Mondays at 1:30- 3:00 (photo, left)

Lots of fun, lots of music to get you toe-tapping, good exercise!

Vendors invited for Holiday Craft Fairs on Saturday, Dec. 6!

Space is available for crafters and artists to display and sell their creations for holiday shoppers at the Scottville Senior Center Craft Fair. The event will be held from 10am to 3pm. Vendor registrations are due by Nov. 14—please pick up forms at the senior center.

Ludington Senior Center will also hold its Holiday Arts & Craft Show the same day, from 10-2.

SCOTTVILLE AREA SENIOR CENTER

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

NOVEMBER CRAFTS

The Sunset Side Wood Carvers meet every Tuesday in the afternoon from 1:00pm to 3:00pm. Come 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.

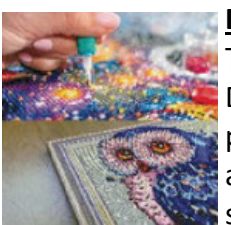
Jewelry Class – Wednesday, November 12th at 2:00pm. Let's play with some polymer clay! Come join Ada and create a pair of fall themed earrings! \$5.00 for the project. All materials will be provided. Please register by November 10th to reserve your spot.



Scrapbooking Come Crop with us on Saturday, November 15th from 9:00am to 10:00pm. Bring your scrappin' stuff and let's get some photos preserved! Bring a dish to share for either brunch or dinner. The theme is Thanksgiving. Call or stop by for more details and to sign up. Pre-registration is required. \$5.00 fee is to be donated to the Scottville Area Senior Center. We will also be creating the Grateful

Harvest Project Recipe. The fee for this Project Recipe class is \$5.00 and will be at 7:00pm. You must pre-register for this class no later than November 7th. Call for additional details or to sign up.

Card Making Monday, November 17th at 2:00pm – Christmas is just around the corner. Let's get into the Christmas spirit. We will be making two Christmas themed cards. A sample of one of the cards is shown here. Colors will vary slightly. Class fee is \$5.00. All supplies will be provided. Please call the Senior Center by November 14th to reserve your spot.



Diamond Art Class Tuesday, November 18th 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 Thursday, November 20th at 3:00pm - During Chris' class, you will be creating a Deer Christmas Hoop Centerpiece. It measures approximately 12" tall. The cost for the class is \$15.00. All materials will be provided. **Deadline to register is November 6th.** Please call or stop by the Senior Center to register!



Get Hooked – Crochet with Missy This month Missy will be teaching us how to create a Crocheted Oval Basket with a hard bottom. A sample is shown in the photo. Join us on Wednesday, November 19th at 1:00pm and learn out to create one of these cute baskets! Class fee is \$7.00. All materials and tools will be provided.



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!

NOVEMBER

HOURS
9 AM TO 3 PM
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Crochet Class 9:30 Walking Club 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee	4 9:00 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art	5 9:00 Craft Day 10:00 Auxiliary Mtg. All Welcome! 10-2 Open Billiards 11:30 Lunch	6 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	7 9:00 Chair Yoga 10:00 Yahtzee 10-2 Open Billiards 11:00 Yarn Therapy 11:30 Lunch
10 9:00 Crochet Class 9:30 Walking Club 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee 1-2:30 Tech Help	11 10-2 Open Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	12 10:00 Board of Directors Mtg. All Welcome! 11:00 Craft Day 11:30 Lunch	13 CLOSED FOR NEW CARPET INSTALLATION	14 CLOSED FOR NEW CARPET INSTALLATION
17 9:00 Crochet Class 10:30 Blood Pressure Clinic 10:30 Safe & Sane Exercise 11:30 Turkey Pot Luck- Bring a Dish!	18 Hand-making Greeting Cards (<i>supplies furnished</i>) 10-2 Open Billiards 10:30 Diamond Art 11:30 Lunch	19 10:00 Craft Day 11:30 Lunch 1:00 Dominoes!	20 9:30 Rummy 10-11 Darts 11:30 Lunch 1:00 Euchre	21 9:30 Chair Yoga 11:00 Yarn Therapy 11:30 Lunch 1-2:30 Genealogy
24 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Walking Group	25 9:00 Ladies' Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	26 10:00 Craft Day 11:30 Lunch 1:00 Charity Work	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR THANKSGIVING

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.

NOVEMBER MENU

<u>Tuesday, November 4</u> <u>Closed</u> <u>Due to Voting</u>	<u>Thursday, November 6</u> Lasagna Garlic Bread Broccoli Peaches Cake & Ice Cream
<u>Tuesday, November 11</u> Meat Loaf Baked Potato Cole Slaw Pears Cookie	<u>Thursday, November 13</u> Beef Stew Tossed salad Bread & Butter Pears Busha Cake
<u>Tuesday, November 18</u> THANKSGIVING DINNER (Reservation must be in by Noon Thurs, Nov. 13)	<u>Thursday, November 20</u> COOK'S CHOICE
<u>Tuesday, November 25</u> <u>CLOSED</u>	<u>Thursday, November 27</u> CLOSED HAPPY THANKSGIVING!!!

FREE SOIL AREA SENIOR CENTER

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

Thursday, Nov. 6th -
We will be celebrating our
November birthdays

Tuesday, Nov. 11th-
Jewelry and Glasses Cleaning
10:30 until Noon

Tuesday Nov. 18th -
Thanksgiving at the Center. You
MUST have your reservation in
by NOON on Nov.13 to attend.

Thursday, Nov. 20th- Secret Santa Name Drawing



TALLMAN LAKE SENIOR CENTER

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

**Join us on Monday, Nov.
17th for a Turkey Pot
Luck. Bring a Dish to
Pass!**

**The Tallman Lake Senior
Center will be closed on
the following days this
month:**

Thursday, Nov. 14th

Friday, Nov. 15th

Thursday, Nov. 27th

Friday, Nov. 28th



MASON COUNTY • MICHIGAN



Ask Sharon By Sharon Bailey, Medicare Counselor at SASC

I have been getting a lot of calls about a Blue Cross Medicare plan no longer available after December 31. If you received one of these letters and you don't know to do, I will be glad to help you get a new plan.

I have been busy seeing people about the 2026 Medicare plans because they change from time to time. If you have any concerns I will be glad to see you until Open Enrollment closes on Dec 5. My number is 757-4052.

Q. Are the Medicare Advantage Plans expensive?

A. No. there are plans in all price ranges, but a lot of them are at no cost, With low or no deductibles.

Q. What about prescription drugs?

A. They also cover prescription drugs. With no deductible.

Q. How do private insurers get paid?

A. Medicare pays them from your account each month.

Q. Do I have to use two insurance cards?

A. No, you would only need the card from the insurance company. Just put your Medicare card away in a safe place.

Q. Is Medicare Advantage the plan that has extra things that they cover?

A. Yes, it covers some dental, eyeglasses and hearing aids, but not all. They also cover some over the counter drugs. If you qualify, some plans cover some healthy foods.

I hope to see some of you this fall. My favorite thing to do is help people save money.

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



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Scottville, MI 49454 • 231.233.3006



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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

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www.lakemiseniorliving.com



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available at
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231-480-1460

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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.

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

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