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MASON COUNTY • MICHIGAN



Crystal Tyler is that “invisible” staff member who makes the Scottville Area Senior Center, just as her name implies, ***“sparkle and shine.”*** Staff and visitors alike cannot thank her enough!

Crystal is our “unsung hero,” that person who comes in in the wee hours of the morning and cleans up all the paint drips from our Grandparents Raising Grandchildren projects, mops up the daily luncheon accidental spills, cleans the bathrooms and empties our many waste baskets.....and still has time to get the coffee pots ready for our many guests each weekday!

Crystal lived in Tennessee, and worked in retail for 30 years. After she moved to Ludington, she continued her employment at Walmart, and, later, at Peebles in management positions. However, after COVID, she realized she wanted a different type of work...just when her cousin opened a cleaning business. She was overjoyed to find a position with the cousin’s company.

Since her parents live in Pentwater (Crystal was one of the last babies born in the Hart Hospital), she wanted to be near to assist them. However, her daughters live in Tennessee and New Jersey, so she only sees them a couple times a year and has to rely on phone calls and photos. The news is that she’s expecting grandchild #7.....and, after six boys, there’s a quiet hope for a girl! But, of course, the entire family only wants a healthy baby....no matter the gender (shhh. It was a boy!)

Our “unsung hero” continues to make sure that our beloved senior center is ready for the next day when all the exercise classes, support groups, card players, wood carvers, luncheon crowds.....make use of all the areas she’s so carefully cleaned!

**Thanks, Crystal, for caring so much for our seniors
....and their environment.....here at SASC!**



Crystal and one grandson, Grayson.



ON THE COVER: Todd Reed’s “Sesquicentennial Blastoff.” Photo of a previous Ludington New Year’s Eve Ball Drop from 12-31-2022. Courtesy of Todd and Brad Reed Photography.



Technology Resources for Older Adults

Connection with others is key to our wellbeing. According to the University of Michigan's National Poll on Healthy Aging*, in June of 2020 more than half (56%) of older adults reported feeling isolated from others, compared to just 27% in 2018. In the winter season, when Michigan weather strikes, there can be a large emphasis on taking these social interactions online. This can prove to be a bit of a barrier for older adults, and understandably so, there are many websites, devices, and applications to navigate when trying to use technology. We've put together a list of some of the top resources that can help.

Signs of Isolation Assessment

The AARP Foundation offers a free Connect 2 Affect online assessment to measure social isolation. This can be taken by or on behalf of an individual, it involves a series of 10 questions and offers resources depending on the answers provided. Visit www.connect2affect.org

GetSetUp Michigan

The Michigan Department of Health and Human Services partnered with GetSetUp, a digital education platform for older adults, to offer 150+ technology and enrichment classes. What is unique is that these classes are taught by their peers, retired educators, and in addition to how to use certain technology classes, GetSetUp also offers interest groups and social hours for older adults. <https://www.getsetup.io/partner/michigan>

Older Adults Technology Services (OATS) and Senior Planet

Senior Planet is their flagship program, providing courses, programs, and activities to help seniors learn new skills, save money, get in shape, and make new friends. You sign up for their newsletter and participate in online offerings at <https://seniorplanet.org/>

Tech Help at Senior Centers

Mason County seniors can get help with digital devices at our senior centers. Scottville Area Senior Center has Tech Advisor Kristyn Norton, from the Mason County District Library in Scottville, on site each Thursday from 12:15 to 2:00, to help with operating your smart phones, laptops, tablets and more. No appointment necessary.

Tallman Lake has a library tech help advisor on site once a month. Please check the Active for Life newsletter for dates and times.

Help is also available at the Ludington and Free Soil centers—please call if you need help.

Tablets Available at Your Center

Thanks to the Rotary Club's generosity, each of our four Mason County senior centers has digital tablets available for guests to use in the center. You are welcome to use them to search for information online, or just practice to become familiar with digital equipment. Ludington, Free Soil, Tallman Lake and Scottville centers all have multiple tablets on hand.

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

January 2026

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

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For Meal Cancellations - Tune into TV Channels 9&10, 7&4, and 13 Or on the Local Radio Stations			1 No Meals Happy New Year!!!	2 No Meals Happy New Year!!!
5 Stuffed Green Peppers Peas Apple Crisp Rice in Entrée 1% Milk	6 Roast Turkey Mashed potato Green Beans Blushing Pear Dinner Roll 1% Milk	7 Breaded Chicken Patty Baked Beans Corn Pineapple Bun 1% Milk	8 Macaroni & Cheese Stewed Tomatoes Carrots Peaches Pasta in Entrée 1% Milk	9 Hawaiian Ham Carrots Broccoli Grapes Rice 1% Milk
12 Steak Bites Carrots Winter Blend Sliced Apples Dinner Roll 1% Milk	13 Creamy Chicken Broccoli & Rice Bake Carrots Pears Sliced Bread 1% Milk	14 Swiss Steak/Gravy Scalloped Potatoes Green Beans Applesauce Biscuit/Honey 1% Milk	15 Homemade Pizza Green Beans Banana Tossed Salad 1% Milk	16 Baked Fish Red Skin Potato Mixed Veggies Peaches Dinner Roll 1% Milk
19 Chili Corn Applesauce Cornbread 1% Milk	20 Chicken Noodle Casserole Carrots Baby Peas Grapes 1% Milk	21 Roast Pork Sweet Potatoes Green Beans Diced Peaches Dinner Roll 1% Milk	22 Meatloaf Mashed Potatoes Wax Beans Melon Wedges Wheat Bread 1% Milk	23 1/4 Pounder w/ Cheese Seasoned Crispy Cubes Cucumber Slices Apricots Hamburger Bun 1% Milk
26 Connecticut Beef Bake Potatoes in Entree Peas Mixed Fruit Sliced Bread 1% Milk	27 Taco Tuesday Taco Meat Refried Beans Lettuce & Tomato Orange Wedges Taco Shell 1% Milk	28 Chicken Stir Fry Stir Fry Vegetables Snap Peas Mandarin Oranges Rice 1% Milk	29 Cabbage Rolls Carrots Tossed Salad Peach Cobbler 1% Milk	30 Lemon Baked Fish Mixed Veggies Broccoli Fruit Salad Whole Wheat Bread 1% Milk

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 January 14th, 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

The Most Wonderful Day of the Year!

The day we look forward to all year...Mason County Central Schools third graders annual Christmas visit to the Scottville Area Senior Center.

The students brought delightful hand-made Christmas cards as well as thoughtful gifts (coffee and much, much more) for the senior center guests to enjoy in the new year.

They left with stockings, made by the SASC quilting and charity sewing groups, and filled with gifts from the seniors.

This annual tradition was started by the MCCS third grade teachers as a community benefit activity for the third grade classes. We love having the students visit!



See page 19 for more intergenerational features at Scottville Area Senior Center.

LUDINGTON SENIOR CENTER PRESENT'S

Café Connect

Enjoy a delicious catered meal every second and fourth Tuesday of the month for \$7.00 and learn about a community connection.

January 7th at 11:30am

Discover the vital role these structures continue to play and how you can be a part of it.



January 21st at 11:30am

Call the senior center for more information.

RSVP 231-845-6841

Card-Making

Join us at the Ludington Senior Center on **January 2nd and 5th 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.



COLLETTE PRESENTS BRITISH LANDSCAPES JANUARY 13TH AT 2PM

Jerard from Collette Travel and Tours will be presenting our upcoming trip British Landscapes at the Ludington Senior Center.

RSVP 231-845-6841

Core Values: a Willow End-of-life event
Tues. Jan. 20, 2026 @ 2 PM
Ludington Area Senior Center



Many of us know the benefits of preparing for our one-day, some-day death. Ensuring that your values are identified and expressed in your planning is really key because if they're not, then you'll be at risk of making choices that just aren't right for you.

Based on one of the tools from Willow's holistic and pragmatic workbook, 7 Tools for Making Sense of Life & Death, Core Values will guide you to:

- Explore and articulate your core values and how they impact your living and dying.
- Become inspired to get into action around how to live and die well.



Presented by Marie Stycos of
Mindful Passages LLC



Solo Adventures

IF YOU ARE A SENIOR AND LIVE ALONE JOIN OTHERS FOR DINNER AT SCOTTY'S ON JANUARY 8TH AND JANUARY 22ND AT 5PM.

RSVP 231-845-6841



Blood Pressure Clinic

January 14th at 10:30am

It's important to get your blood pressure checked regularly. No appointment necessary.



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
 <h1>January</h1>				 <p>HAPPY NEW YEAR CENTER IS CLOSED</p>	<p>2 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making</p>	<p>3 Key: Black- Service Blue- Presentation Green- Exercise Red- Social</p>
<p>4</p>	<p>5 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-12 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making 5:30 Zumba Toning</p>	<p>6 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Chair Volleyball</p>	<p>7 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 11:30 Café Connect-Lakeshore Keepers 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold</p>	<p>8 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 5 Scotty's-Solo Adventures</p>	<p>9 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards</p>	<p>10</p>
<p>11</p>	<p>12 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-12 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</p>	<p>13 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Indoor Cornhole 2 Collette Presentation on British Landscapes</p> 	<p>14 8:30 Mason Co. 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 (Zoom) 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club</p>	<p>15 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge</p>	<p>16 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards</p>	<p>17</p>
<p>18</p>	<p>19 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-12 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 5:30 Zumba Toning</p>	<p>20 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 and Mortality 2 Wii Bowling</p>	<p>21 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 11:30 Cafe Connect-Huntington Bank 1 Cups of Cheer 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold</p>	<p>22 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 5 Scotty's Solo Adventures</p>	<p>23 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards</p>	<p>24</p>
<p>25</p>	<p>26 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-12 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 String A Long Jam 5:30 Zumba Toning</p>	<p>27 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Baseball Cornhole</p>	<p>28 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Karaoke 3 TED Talks (Zoom) 4 Feldenkrais 5:30 Zumba Gold</p>	<p>29 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge</p>	<p>30 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards</p>	<p>31</p>

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



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



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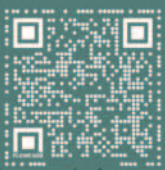


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Loving Life
at Every Age

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT/SUN	
<div><div><div>Key:</div><div>Black - Service Red - Craft</div><div>Orange - Community\ Event</div><div>Purple - Social Activity</div><div>Green - Exercise</div><div>Blue - Speaker</div></div></div>						1 Closed Happy New Year!		2 Closed Happy New Year!		3 4	
5 Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3 Quilting Guild 2:00		6 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3		7 Painting Group 9:00 Walking Group 9:00 Cribbage 9:30-11 Ladies’ Billiards 10:00 Lunch 11:45 Blood Press. Clinic 12-1 Pinochle 1:00		8 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 12:15-2 Book Club 1:15 Set Back 6:00		9 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		10 Happy Scrappers 9AM-10PM 11	
12 Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drumming 12:30 Line Dancing 1:30-3		13 Ireland Trip Info Meeting 10:30 Exercise 10:30 Lunch 11:45 Respiratory Illness Presentation 12:30 Euchre 1:00 Sunset Carvers 1-3		14 Painting Group 9:00 Walking Group 9:00 Ladies’ Billiards 10:00 Lunch 11:45 Pinochle 1:00 Jewelry Class 2:00		15 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Set Back 6:00		16 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		17 18	
19 MLK Jr. DAY Quilting Group 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		20 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Diamond Art 1-3		21 Painting Group 9:00 Walking Group 9:00 Ladies’ Billiards 10:00 Lunch 11:45 Pinochle 1:00 Grandparent’s Raising Grandchildren 5:30		22 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Set Back 6:00		23 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		24 25	
26 Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3		27 Ladies’ Coffee 9:00 Klatch 9:00 Taxes (Appt. Only) 9:00-2:45 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3		28 Painting Group 9:00 Walking Group 9:00 Ladies’ Billiards 10:00 Lunch 11:45 Pinochle 1:00 Get Hooked Crochet 1:30		29 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Craft With Chris 3:00 Set Back 6:00		30 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		31	

SCOTTVILLE AREA SENIOR CENTER

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January can be bitter, but all the Mason County Senior Centers keep the coffee brewing and the water hot for tea or cocoa! We all have a welcoming “living room,” where seniors gather to chat while drinking that cup of coffee or tea!

Also, on the last Tuesday of the month, January 27th, the Scottville Area Senior Center has a Ladies’ Coffee Klatch, led by Scottville mayor, Dixie Spore, attended by female seniors who drink coffee AND discuss Scottville news!

Classes, Groups, and Presentations

Groups: **Alzheimer’s Support Group:** Second Thursday at 11:00

Parkinson’s Support Group: Suspended until March

Organic Gardening: postponed until February

Book Club: Second Thursday at 1:30

“The Legend of the Christmas Ship by Carl Behrend”

Painting Group: Every Wednesday at 9:00

Sunset Side Wood Carvers: Every Tuesday from 1-3

Quilting Group: Every Monday at 9:00

Quilters’ Guild: January 5th at 2:00

Grandparents Raising Grandchildren: Third Wednesday (January 21) at 5:30

Subject: Behavior Issues with Rob Dennis, Principal at Mason County Central

Cards/Games:

Cribbage: First Wednesday of every month: 9:30 – 11:30

Pinochle: Every Wednesday at 1:00

Set Back: Every Thursday at 6:00

Euchre: Every Tuesday at 1:00

Exercise:

Gentle Exercise: Every Tuesday and Thursday at 10:30. **Marie Stycos is the leader.**

Line Dancing: Every Monday at 1:30 – 3

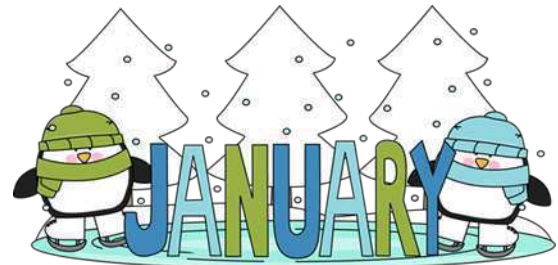
Theresa Gustafson is the leader

Wii Bowling: Every Thursday & Friday at 9:30

Cardio Drumming: Every Monday at 12:30

Walking: Every Mon, Wednesday, Friday at 9 (**weather permitting**)

Pool: Open pool every Friday; Ladies’ Billiards every Wednesday at 10:00



Crafts:

Scrapping Group: January 10th (9 a.m. – 10 p.m.)

Diamond Art: Third Tuesday (January 20) at 1 – 3

Get Hooked Crochet Class: Fourth Wednesday (January 28th) at 1 -3

Jewelry Class: Second Wednesday (January 14th) at 2:00

Craft with Chris: Fourth Thursday (January 22nd) at 3:00

Textile Arts Group: Every Thursday at 10:30

January 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.

Scrapbooking Our monthly crop is scheduled for January 10, 2026 from 9:00am to 10:00pm. There is a \$5.00 fee that will be donated to the Senior Center. Whether you are an avid scrapbooker or a beginner, come join us! Bring your scrappin' stuff and let's get those photos preserved. Bring a dish to pass for either brunch or dinner. Call the Scottville Senior Center for more details and to register.



Jewelry Class – Let's think Valentine's Day! On Wednesday, January 14th at 2:00pm we will be making a Stretchy Valentine's Bracelet! \$5.00 for the Class. Each bracelet will be unique. All materials will be provided. Please register by January 12th to reserve your spot.

Card Making Monday, January 19th at 2:00pm – We will be making two Valentine's Day cards. A sample of one of the cards is shown here. Class fee is \$5.00 for both cards. All supplies will be provided. Please call the Senior Center by January 16th to reserve your spot.



Diamond Art Class Tuesday, January 20th from 1:00pm – 3:00pm. Join us on the third Tuesday of each month 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.

Get Hooked – Crochet with Missy Missy will be hosting her monthly Get Hooked – Crochet with Missy Class on January 28th at 1:30pm. During this class, you will be learning how to make a Bowl Koozie. The fee for this class is \$7.00. Please call the Senior Center to register!




Crafting with Chris Chris is back at it! Her next class is scheduled for January 29th at 3:00pm. She has chosen Button Art for this class. Here are photos of a sample the Button Tree you will be making. The fee for the class is \$15.00. Please register by January 15th so she can make sure she has all the materials she will need for you to complete the project.

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A photograph of Uluru, a large red sandstone rock formation, silhouetted against a vibrant sunset sky with orange and yellow hues. The foreground shows a dry, scrubby landscape.

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Phone: 231-757-4705

TALLMAN LAKE SENIOR CENTER

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

<div> <div> NOON LUNCH MON-FRI Please call the day before to order lunch! </div> <div> <h1>January</h1> </div> <div> HOURS 9 AM TO 3 PM MON-FRI </div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED Happy New Year!	2 CLOSED
5 9:00 Crochet Class 9:30 Walking Group 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee	6 9:00 Hand-making Greeting Cards 10-2 Open Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	7 9:00 Craft Day 10:00 Auxiliary Mtg. All Welcome! 10-2 Open Billiards 11:30 Lunch	8 10-2 Open Billiards 10-12 Darts 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	9 9:00 Chair Yoga 10-2 Open Billiards 11:00 Yarn Therapy 11:30 Lunch 1-2:30 Genealogy 1-3 Outreach
12 9:00 Crochet Class 9:30 Walking Group 10:30 Blood Pressure Clinic 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Tech Help 1:00 Yahtzee	13 10-2 Open Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	14 9:30 Board of Directors Mtg. All Welcome! 10:00 Craft Day 11:30 Lunch 1:00 Dominoes	15 9:30 Rummy 10-11 Darts 11:30 Lunch 1:00 Euchre	16 9:00 Chair Yoga 10:00 Yahtzee 10-2 Open Billiards 11:00 Yarn Therapy 11:30 Lunch
19 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 12:30 Reflexology 1-2:30 Tech Help	20 9:00 Open Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	21 11:00 Craft Day 11:30 Lunch 1:00 Dominoes	22 10-2 Open Billiards 10-11 Bingo 11:30 Lunch 1:00 Euchre	23 9:00 Chair Yoga 11:00 Yarn Therapy 11:30 Lunch 1-2:30 Genealogy
26 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Walking Group	27 9:00 Ladies' Billiards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	28 9:00 Making Crochet or Loom Hats 11:30 Lunch 1:00 Table Games	29 9:30 Open Billiards 11:30 Lunch	30 Come in to have a cup of hot cocoa with all the trimmings and play table games.

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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.

JANUARY MENU

<u>Tuesday, January 6, 2025</u> Sloppy Joe Chips Veggie Tray Peaches Cake & Ice Cream Soup: Creamy Wild Rice	<u>Thursday, January 8</u> Pork Chop Suey Rice Green Beans Tangerine Lemon Dream Cake Soup: Tomato
<u>Tuesday, January 13</u> Chicken Salad Sandwich Tossed Salad Pears Chocolate Pudding Soup: Vegetable	<u>Thursday, January 15</u> Spaghetti with Meat Sauce Garlic Bread Cole Slaw Sherbet Soup: Bean
<u>Tuesday, January 20</u> Chili Corn Bread Vegetable Tray Banana Mexican Wedding Cake Appetizers: Assorted	<u>Thursday, January 22</u> Oven Fried Chicken Cheesy Potatoes Broccoli Roll & Butter Cheese Cake with Fruit Topping Soup: Roasted Red Pepper
<u>Tuesday, January 27</u> Cheese Burgers Deluxe Oven Fries Corn Relish Tray Cookie Soup: Chicken Noodle	<u>Thursday, January 29</u> Beef Stroganoff Noodles Carrots Roll & Butter Apple Pie Soup: Potato

FREE SOIL AREA SENIOR CENTER

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The Center will Reopen January 6, 2026. This is the time we deep clean and reorganize our pantry and restock for the New Year!

Tuesday, Jan 6----- January Birthdays

Tuesday Jan 13----- Jewelry and Glasses Cleaning

Thursday, Jan 22----Hand Massages

Thursday, Jan 29----Puzzling

TBD----- Blood Pressure Clinic



TALLMAN LAKE SENIOR CENTER

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Welcome to 2026!

In the year 2025, we had a picnic in the east yard, a bake sale, Copper flooring put new carpet in the Main hall, then TLSC add a much-needed sideboard for the daily count of Seniors.

As we move into 2026, we're hoping you're able to get out and visit your senior center.



Let's have a great year!



Ask Sharon By Sharon Bailey, Medicare Counselor at SASC

I'm getting away from Medicare today to let you about a program for a free medical alert system. This program is put on by the Area Agency on Aging through the Elders Helpers.

I have had two friends in the past month fall in their homes and were not found until a few hours passed. One of them was a member of the Scottville Senior Center. He had a stroke and by the time he was found it was too late for him to have the clot buster shot that would have kept him from having dire results from the stroke. He is now living in a nursing home.

The other person had been having a hard time health wise. He fell and luckily his family stopped in that evening. He had to go to the hospital and then to a nursing home where he passed away.

Both of these men lived alone and I think if they had a response system they might have not had such awful outcomes

I called Elders Helpers today and asked for information about their Response system. This is what I learned:

1. The system is free of charge.
2. There is a waiting list of about 9 months.
3. During the waiting period there is a monthly charge of \$34.99 for in home use only. Which means if you should fall in your home. If you have coverage for anywhere you are it costs \$39.99.
4. When you are off the waiting list, there is no charge.

If you live alone and have a fear that you might fall this is a really good opportunity. Call 616-454-8305 and tell them you would like to sign up for their Emergency Response System. It could save your life someday.

Intergenerational Activities at the Scottville Area Senior Center

On page 5 of this issue of 'Active for Life' we feature the annual visit by third graders to the Scottville center. In addition to the many activities and services just for seniors at the Scottville Area Senior Center (SASC), we feature a number of intergenerational programs throughout the year, including our monthly Grandparents Raising Grandchildren meetings for families led by kinship caregivers raising young relatives.

Also in 2025, our seniors participated in a class with West Shore Community College students who interviewed seniors about their backgrounds, then returned to share with us poetry and stories based on what they learned from the seniors.

We also took part in two summer camps with Mason County Central Schools students. Second and Third graders came to demonstrate games they had invented, which they then played with our seniors. The second group, 3rd & 4th graders, joined with our seniors in their activities, including a Zumba dance class and crafts.

In addition, SASC annually participates in the Family AffAIR event for students and their parents at Mason County Central Schools.

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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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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231-480-1460

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