

# ACTIVE FOR LIFE

## Mason County's Senior Center Newsletter

January 2026  
Volume 16  
Issue 1

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FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

PAGE 1

# 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](http://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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>For Meal Cancellations - Tune into TV Channels 9&amp;10, 7&amp;4, and 13 Or on the Local Radio Stations</b>			<b>1</b> <b>No Meals</b> <b>Happy New Year!!!</b>	<b>2</b> <b>No Meals</b> <b>Happy New Year!!!</b>
<b>5</b> <b>Stuffed Green Peppers</b> Peas Apple Crisp Rice in Entrée 1% Milk	<b>6</b> <b>Roast Turkey</b> Mashed potato Green Beans Blushing Pear Dinner Roll 1% Milk	<b>7</b> <b>Breaded Chicken Patty</b> Baked Beans Corn Pineapple Bun 1% Milk	<b>8</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Carrots Peaches Pasta in Entrée 1% Milk	<b>9</b> <b>Hawaiian Ham</b> Carrots Broccoli Grapes Rice 1% Milk
<b>12</b> <b>Steak Bites</b> Carrots Winter Blend Sliced Apples Dinner Roll 1% Milk	<b>13</b> <b>Creamy Chicken</b> Broccoli & Rice Bake Carrots Pears Sliced Bread 1% Milk	<b>14</b> <b>Swiss Steak/Gravy</b> Scalloped Potatoes Green Beans Applesauce Biscuit/Honey 1% Milk	<b>15</b> <b>Homemade Pizza</b> Green Beans Banana Tossed Salad 1% Milk	<b>16</b> <b>Baked Fish</b> Red Skin Potato Mixed Veggies Peaches Dinner Roll 1% Milk
<b>19</b> <b>Chili</b> Corn Applesauce Cornbread 1% Milk	<b>20</b> <b>Chicken Noodle Casserole</b> Carrots Baby Peas Grapes 1% Milk	<b>21</b> <b>Roast Pork</b> Sweet Potatoes Green Beans Diced Peaches Dinner Roll 1% Milk	<b>22</b> <b>Meatloaf</b> Mashed Potatoes Wax Beans Melon Wedges Wheat Bread 1% Milk	<b>23</b> <b>1/4 Pounder w/ Cheese</b> Seasoned Crispy Cubes Cucumber Slices Apricots Hamburger Bun 1% Milk
<b>26</b> <b>Connecticut Beef Bake</b> Potatoes in Entree Peas Mixed Fruit Sliced Bread 1% Milk	<b>27</b> <b>Taco Tuesday</b> Taco Meat Refried Beans Lettuce & Tomato Orange Wedges Taco Shell 1% Milk	<b>28</b> <b>Chicken Stir Fry</b> Stir Fry Vegetables Snap Peas Mandarin Oranges Rice 1% Milk	<b>29</b> Cabbage Rolls Carrots Tossed Salad Peach Cobbler 1% Milk	<b>30</b> <b>Lemon Baked Fish</b> Mixed Veggies Broccoli Fruit Salad Whole Wheat Bread 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 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 as 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 7<sup>th</sup> at 11:30am**

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



**LAKESHORE  
KEEPERS**

**January 21<sup>st</sup> at 11:30am**

**Call the senior center for more information.**

**RSVP 231-845-6841**



# MASON COUNTY • MICHIGAN



Join us at the Ludington Senior Center on **January 2<sup>nd</sup> and 5<sup>th</sup> 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 13<sup>TH</sup> 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

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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 Stykos of  
Mindful Passages LLC



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

RSVP 231-845-6841



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

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

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# 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)



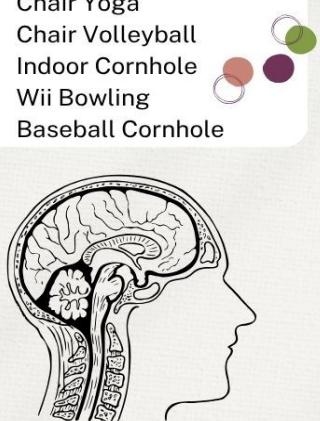
## **WEEKLY SCHEDULE OF EVENTS**

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



A healthy brain is just as important as a healthy body.

### **Social Activities**

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



*Stay Active*

We are open Monday through Friday 9am to 4:30pm.

### **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



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)



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Randall S. Wyman, Director

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County Owned and Serving the Community Since 1966...



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Mason County's

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[ToddandBradReed.com](http://ToddandBradReed.com)

*Oak Grove*  
FUNERAL HOME OF LUDINGTON  
is now...

**grace** funeral home &  
cremation services

[www.GraceCremations.com](http://www.GraceCremations.com)

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- Same Caring Staff
- Same Location

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15-0696

## BROWN CATTLE COMPANY

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15-0696



# SASC January Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Key:</b></p> <p>Black - Service      Red - Craft</p> <p>Orange - Community\ Event</p> <p>Purple - Social Activity</p> <p>Green - Exercise</p> <p>Blue - Speaker</p> </div>		<p><b>1</b>      <b>Closed</b>  <b>Happy New Year!</b></p>	<p><b>2</b>      <b>Closed</b>  <b>Happy New Year!</b></p>	<p><b>3</b>  <b>4</b></p>
<b>5</b> Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3 Quilting Guild 2:00	<b>6</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	<b>7</b> 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	<b>8</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 12:15-2 Book Club 1:15 Set Back 6:00	<b>9</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>10</b> <b>Happy Scappers 9AM-10PM</b> <b>11</b>
<b>12</b> 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	<b>13</b> Ireland Trip Info Meeting 10:30 Exercise 10:30 Lunch 11:45 Respiratory Illness Presentation 12:30 Euchre 1:00 Sunset Carvers 1-3	<b>14</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Jewelry Class 2:00	<b>15</b> Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Set Back 6:00	<b>16</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>17</b> <b>18</b>
<b>19</b> <b>MLK Jr. DAY</b> 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	<b>20</b> Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Diamond Art 1-3	<b>21</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Grandparent's Raising Grandchildren 5:30	<b>22</b> Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Set Back 6:00	<b>23</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>24</b> <b>25</b>
<b>26</b> Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3	<b>27</b> 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	<b>28</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Get Hooked Crochet 1:30	<b>29</b> 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	<b>30</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>31</b>

# SCOTTVILLE AREA SENIOR CENTER

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



*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 27<sup>th</sup>, 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 5<sup>th</sup> 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:**

*Scrappling Group: January 10<sup>th</sup> (9 a.m. – 10 p.m.*

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

*Get Hooked Crochet Class: Fourth Wednesday (January 28<sup>th</sup>) at 1 -3*

*Jewelry Class: Second Wednesday (January 14<sup>th</sup>) at 2:00*

*Craft with Chris: Fourth Thursday (January 22<sup>nd</sup>) 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 14<sup>th</sup> 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 19<sup>th</sup> 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 16<sup>th</sup> to reserve your spot.



**Diamond Art Class** Tuesday, January 20<sup>th</sup> 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 28<sup>th</sup> 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 29<sup>th</sup> 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 15<sup>th</sup> so she can make sure she has all the materials she will need for you to complete the project.



# Travel Opportunities

	<b>San Antonio Texas</b>	March 7-15 2026
	<b>Sunny Portugal Lisbon, Alentejo, Algarve &amp; Portuguese Riviera</b>	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!

**HOURS**  
**9 AM TO 3 PM**  
**MON-FRI**

# January

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

**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.**

# **JANUARY MENU**

**Tuesday, January 6, 2025**

Sloppy Joe  
Chips  
Veggie Tray  
Peaches  
Cake & Ice Cream  
**Soup:** Creamy Wild Rice

**Thursday, January 8**

Pork Chop Suey  
Rice  
Green Beans  
Tangerine  
Lemon Dream Cake  
**Soup:** Tomato

**Tuesday, January 13**

Chicken Salad Sandwich  
Tossed Salad  
Pears  
Chocolate Pudding  
**Soup:** Vegetable

**Thursday, January 15**

Spaghetti with Meat Sauce  
Garlic Bread  
Cole Slaw  
Sherbet  
**Soup:** Bean

**Tuesday, January 20**

Chili  
Corn Bread  
Vegetable Tray  
Banana  
Mexican Wedding Cake  
**Appetizers:** Assorted

**Thursday, January 22**

Oven Fried Chicken  
Cheesy Potatoes  
Broccoli  
Roll & Butter  
Cheese Cake with Fruit Topping  
**Soup:** Roasted Red Pepper

**Tuesday, January 27**

Cheese Burgers Deluxe  
Oven Fries  
Corn  
Relish Tray  
Cookie  
**Soup:** Chicken Noodle

**Thursday, January 29**

Beef Stroganoff  
Noodles  
Carrots  
Roll & Butter  
Apple Pie  
**Soup:** Potato

# FREE SOIL AREA SENIOR CENTER

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

**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

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

**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!**



# MASON COUNTY • MICHIGAN

## 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](http://ourseniorcenter.com/find/Scottville-area-senior-center) or [https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431](http://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
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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

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

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