

Active for Life

Mason County's Senior Newsletter

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Thank you Sharon Tushek and Kristie Hemmerlein

The Ludington Senior Center is sincerely grateful to Sharon Tushek and Kristie Hemmerlein for generously dedicating their time and talents to offer card-making classes at the Ludington Senior Center. Their creativity, patience, and kindness make each class a joy.

These classes are held the first Friday and the following Monday of each month at 1:00 PM. Each month features four unique cards, with all supplies provided—including envelopes—making it easy for everyone to participate and create something special.



Winter Wellness: Tips for Staying Healthy & Happy

Winter brings cozy moments and snowy landscapes, but it can also pose health challenges, especially for older adults. Shorter days, seasonal illnesses, and colder weather can make staying healthy harder. The good news? With a few simple steps you can thrive this winter!



1. Seek connection with family and friends.

The colder weather and snowy days often keep us indoors and isolated. Human connection and spending time with others is vital for our mental health, so make it a priority to stay social.

- Gather with friends and family whenever possible and incorporate technology into your touchpoints if you can't safely leave the home.
- Find a local club to join or visit your local senior center to see what activities might be going on and meet new people.
- Take advantage of community learning hubs like the library. These are small ways to stay connected without the need to travel far!
- In the event that you are traveling, you can stay engaged in your community and safely ride to various locations using local public transportation. Find transportation near you by visiting www.aaawm.org/services.

2. Keep moving and stay active

Winter weather can make it difficult for everyone to find the space or energy for movement. But we know that moving our bodies is important for our physical and mental well-being. Try these ideas:

- Find a local fitness class or join an online session from home. Explore options at AAAWM www.aaawm.org/engaging-wellness to find a class that works for you!
- Bundle up and use tools to make your outdoor walks safer. Nordic walking poles, shoe cleats, or even snowshoes can help you with stability. Remember to move slowly.
- Any type of movement is good movement! Roll out a mat or grab a chair and do some light stretches.

3. Boost your immune system.

Illnesses are common in winter, and our immune systems weaken as we age. Strengthen your defenses with these tips:

- Focus on eating more fruits and vegetables—foods with high levels of Vitamin C.
- Aim for 7-9 hours of sleep every night.
- Stay up to date on your vaccines. Visit www.cveep.org/vaccine-locator/ to find a pharmacy near you.

4. Eat nutritious meals.

Most often, we get our Vitamin D from sunlight, but the short daylight hours in the wintertime can cause us to have low levels of vital nutrients like Vitamin D. But these types of nutrients don't only come from the sun—we can absorb these types of nutrients from our food too!

Here are just a few nutrition tips for the winter season:

- Stay hydrated and drink at least 64oz of water each day.
- Focus on meals that include eggs, dairy, or fatty fish like canned tuna or sardines.
- Keep yourself cozy with warm, comforting dishes like soup or casserole.

Choose one tip and make it part of your winter routine. With the right tools and resources, you can enjoy the beauty of the snowy season while staying healthy and happy! For community resources and other supports, visit: www.aaawm.org.

February 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cabbage Rolls Baby Carrots Apple Crisp 1% Milk	3 Spaghetti/Meat Sauce Broccoli Cantaloupe Breadstick 1% Milk	4 Chicken Patty Crispy Cubes Corn Sliced Pears Bun 1% Milk	5 Thursday Pizza Day Tossed Salad Green Beans Fresh Fruit 1% Milk	6 BBQ Meatballs Red Potatoes Brussel Sprouts Apricots Bread 1% Milk
9 Stuffed Green Peppers Green Beans Peaches Dinner Roll 1% Milk	10 Roast Turkey Mashed Potatoes/Gravy Peas Fruit Mix Dinner Roll 1% Milk	11 Salisbury Steak Scalloped Potatoes Peas Applesauce Dinner Roll 1% Milk	12 Creamy Chicken Broccoli, Rice Casserole Carrots Grapes 1% Milk	13 Lover's Lasagna Cupid's Carrots Angel's Applesauce Tossed Salad Valentine Cookie 1% Milk
16 Chicken Breast Peas Carrots Sliced Pears Wild Rice 1% Milk	17 Taco Tuesday Seasoned Taco Meat Black Beans/ Corn Fruit Mix Taco Shell 1 % Milk	18 Shepard's Pie Mashed Potatoes Green Beans Pineapple Dinner Roll 1 % Milk	19 Chicken Stir Fry Stir Fry Vegetables Snap Peas Mandarin Oranges Rice 1% Milk	20 Sloppy Joes Baked Beans Coleslaw Banana Bun 1% Milk
23 Macaroni & Cheese Stewed Tomatoes Mixed Veggies Tropical Fruit Dinner Roll 1% Milk	24 Cheeseburger Baked Beans Corn Sliced Peaches Bun 1% Milk	25 Pulled Pork Green Beans Coleslaw Fruit Mix Bun 1% Milk	26 National Chili Day Carrots Applesauce Cornbread 1% Milk	27 Lemon Pepper Fish Hashbrown Casserole California Blend Sliced Peaches Dinner Roll 1% Milk

**For Meal Cancellations -
Tune into TV Channels 9&10,
7&4, and 13 Or on the Local Radio
Stations**



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

Woman Overboard! The Other Pere Marquette 18 Story



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 February 11th, at 8:30am for breakfast and a discussion about Woman Overboard at the Ludington Senior Center.

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

LET'S TALK MASON COUNTY HISTORY



\$5 DONATION FOR BREAKFAST

REGISTER NOW: 231-845-6841



Mason County History Chats, presented by the Mason County Historical Society

Thursday, Feb. 19, 11 a.m. at the Scottville Area Senior Center

Ida Anderson: Mason County's Titanic Victim



On April 10, 1912, Swede Ida Anderson boarded the brand new RMS Titanic in Southampton, England as a third class passenger. Her destination: Ludington, Michigan. Ida was coming to America to take care of her deceased sister's children.



Historian Rob Alway will tell Ida's story and the story of what was the largest ship in the world.

Rob is editor-in-chief and owner of the Mason County Press, based in Scottville. He is also a member of the Mason County Historical Society's Board of Directors.

Dr. Axel Johnson



Joining the chat will be Dr. Axel Johnson (retired U.S. Army Reserve brigadier general) of Ludington, great-nephew of Ida Anderson and a grandson of one of the children she was coming here to care for.

MASON COUNTY • MICHIGAN

YOU ARE INVITED TO OUR

Valentine's *Party* Day

**FEBRUARY 13
AT 1:00 PM
\$7/PERSON**

**LUDINGTON SENIOR CENTER
308 S ROWE STREET**

- CHOICE OF MARRY ME CHICKEN MEATBALL SOUP OR TOMATO SOUP, HAM SLIDER, SALAD, AND DESSERT
- LIVE MUSIC
- PHOTO BOOTH
- VALENTINES OUTBURST GAME

**RSVP BY FEBRUARY 9TH
231-845-6841**



Meet Ludington Senior Center's New Front Office

Team



Brittany Thrailkill

Front Desk / Senior Advocate

Brittany was hired in September to fill in the need for a daily front desk person to greet our seniors. Brittany assists seniors with services and advocates for seniors' health and wellness. Brittany is compassionate and loves to make everyone feel special walking into the center. We are so happy to have her as a part of our team. Brittany lives in Ludington with her three daughters.



Angel Lyewski

AARP SCSEP Participant

Angel is with us through the AARP Senior Community Service Employment Program. The program is for adults 55+ to help gain the skills to land better jobs with paid-on-the-job training. Angel has a lot of experience with seniors, working with seniors in various settings. Angel is always willing to jump in and help seniors find the right service. Angel brings so much to the senior center and we're grateful to have her with us during her training. Angel is a native of Ludington.

MASON COUNTY • MICHIGAN

SENIOR CENTER



Solo Adventures

IF YOU ARE A SENIOR AND LIVE ALONE JOIN OTHERS FOR DINNER AT SCOTTY'S ON FEBRUARY 5TH AND FEBRUARY 19TH AT 5PM.

RSVP 231-845-6841

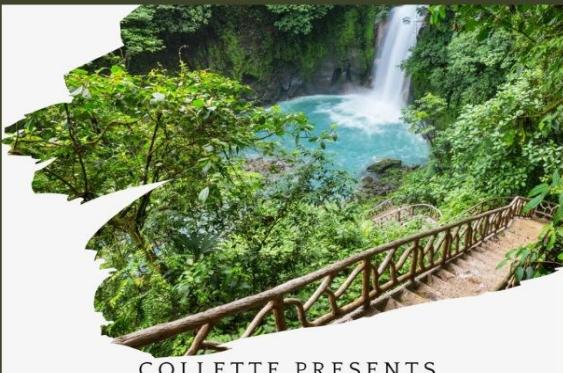
Scotty's



Card-Making

Join us at the Ludington Senior Center on **Friday, February 6th or Monday, February 9th 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
TROPICAL COSTA RICA
FEBRUARY 11TH AT 1PM

Jerard from Collette Travel and Tours will be presenting our upcoming trip to Tropical Costa Rica at the Ludington Senior Center.

RSVP 231-845-6841



Sound Bath
2nd & 4th
Tuesdays at 5 pm

Sound baths can offer many health benefits including: relaxation, reduced stress, pain relief, better sleep, lower blood pressure and more.

Bring a mat, blanket, pillow, eye mask, or anything else to make your own comfortable "nest"

Cost \$13
Sound Journeys by Sally



Cardio Drumming is now Drums Alive

Regina's Cardio Drumming class is now called Drums Alive. Get in your exercise with this incredibly fun workout every Tuesday and Thursday at 10:30am for \$6.00.

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
1	2 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	3 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming (Drums Alive) 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Chair Volleyball	4 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	5 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming (Drums Alive) 11:45 Lunch 1 Duplicate Bridge 5 Scotty's Solo Adventure	6 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making	7
8	9 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-1 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making 1:30 Grief Support 2 String A Long Jam 5:30 Zumba Toning	10 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming (Drums Alive) 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Indoor Cornhole 5 Sound Bath	11 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 1 Collette Presentation on Tropical Costa Rica 3 TED Talks (ZOOM) 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	12 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming (Drums Alive) 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group	13 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Valentines Lunch	14
15	16 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	17 9 Walking Club 9-12 Parmenter Law 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming (Drums Alive) 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Life & Mortality 2 WII Bowling	18 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Cups of Cheer 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	19 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming (Drums Alive) 11:45 Lunch 1 Duplicate Bridge 5 Scotty's Solo Adventure	20 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games	21
22	23 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	24 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming (Drums Alive) 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Baseball Cornhole 5 Sound Bath	25 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	26 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming (Drums Alive) 11:45 Lunch 1 Duplicate Bridge	27 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games	28
Key: Black- Service Blue- Presentation Green- Exercise Red- Social						

FOR MASON COUNTY RESIDENTS ON THE UPSIDE OF 50

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Travel with us!



DAY TRIP
Turkeyville
August 4



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



New Orleans
April 11-19



**America's
Cowboy Country**
May 19-26



Mackinac Island
June 1-5



British Landscapes
Sept. 22- Oct 1



Balloon Fiesta
October 3-10



Iceland
October 5-12



**Lancaster Show
Trip/ Dutch Country**
November 9-14



Costa Rica
Jan 29- Feb 6
2027

If you are interested in more information on these trips visit
www.ludingtonseniorcenter.org/trips



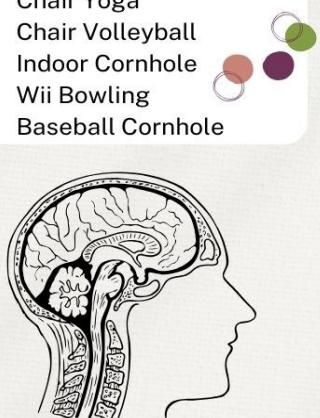
WEEKLY SCHEDULE OF EVENTS

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 (\$7)
- Zumba Toning (\$7)
- Drums Alive (\$6)
- 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



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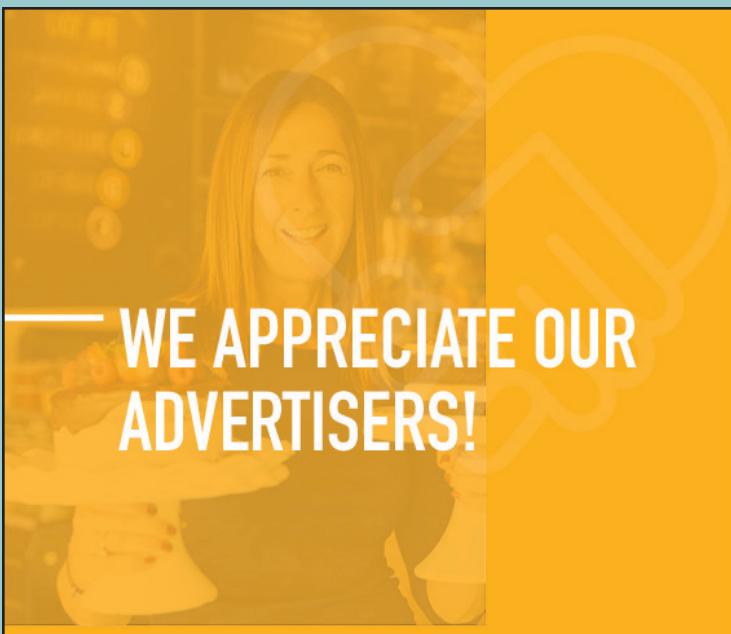
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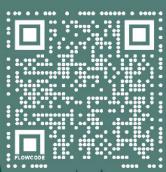


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For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0696

February Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2 Groundhog Day Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3 Quilting Guild 2:00	3 Tax Help (Appt. Only) 9:00-2:45 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	4 Painting Group 9:00 Walking Group 9:00 Cribbage 9:30-11:30 Ladies' Billiards 10:00 Lunch 11:45 Blood Press. Clinic 12-1 Pinochle 1:00	5 Wii Bowling 9:30 Toenail Clipping 10-1 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Set Back 6:00	6 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	7 8 Superbowl 60
9 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	10 Taxes (Appt. Only) 9:00-2:45 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	11 Painting Group 9:00 Walking Group 9:00 Australia & New Zealand Trip Info Meeting 10:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Jewelry Class 2:00	12 Wii Bowling 9:30 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 San Antonio Meet & Greet 2:00 Set Back 6:00	13 Walking Group 9:00 Wii Bowling 9:30 Bingo 10:00 Valentine's Pot Luck 11:45 Music Jam 12-4 Ping Pong 1-4	14 Valentine's Day 15
16 President's 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	17 Charity Sew 9:00 Taxes (Appt. Only) 9:00-2:45 Attorney at Law (Appt. Only) 10-3 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Diamond Art 1-3	18 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Grandparent's Raising Grandchildren 5:30	19 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Mason Co. History Presentation 11:00 Lunch 11:45 Tech Help 12:15-2 Organic Gardening Club 12:30 Set Back 6:00	20 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	21 Happy Scappers 9AM-9PM 22
23 Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3	24 Ladies' Coffee Klatch 9:00 Taxes (Appt. Only) 9:00-2:45 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	25 Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Get Hooked Crochet 1:30	26 Wii Bowling 9:30 Textile Arts 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 WSB Fraud Prevention Presentation 12:30 Craft With Chris 3-4:30 Set Back 6:00	27 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	28

Exceptional Travel Opportunities!

Australia & New Zealand (2027)
Info Meeting Wed., Feb. 11—10 am

San Antonio trip (March, 2026)
Meet & Greet, Thur., Feb. 12, 2 pm

Key:
Black-Service **Red-Craft**
Orange - Community Event
Purple - Social Activity



FEBRUARY 2026

Library Lovers' Month

**Please visit your local library and see all they have to offer!
From free programs, to books and movies - there's something
for everyone to enjoy.**



Valentine's Pot Luck

**Since Valentine's Day is on a weekend this year, we plan to
celebrate on Friday, the 13th! Our Pot Luck will start at 11:45.**

**The 13th has us all playing Bingo: maybe a "Lucky Day?"
Dress in red, and bring a dish to pass!
Please let us know if you can attend and be our Valentine!**

Tax Help (by Appointment Only) happens on Tuesdays from 9AM 2:45PM.

February 16th: President's Day

**Banks and Post Office closed to honor George Washington's and Abraham Lincoln's
birthdays.**

Tuesday, February 17th: Attorney here; by appointment only (10-3)

February 18th: Grandparents Raising Grandchildren at 5:30

**We will be bowling at Spartan Lanes on US 10. Pizza, salad, and pop.
(No water is allowed near the bowling lanes!)**

Thursday, February 19th at 12:30: Organic Gardening Club - Winter Seed Sowing Workshop

*****NO Parkinson's Support Group until April.*****



Stop in the SASC to read over our support groups, exercise classes, crafts, book club, upcoming trips, & various speakers and presentations. You can also stay for lunch (\$5 includes a hot lunch and an extensive salad bar) every week day we are open.

We also have a "living room" area if you'd prefer to get a cup of coffee and read the paper. Just kick back and relax with other friendly seniors.

February Crafts



The Sunset Side Wood Carvers meet every Tuesday in the afternoon from 1:00pm to 3:00pm. If you are a master carver or a beginner, all are welcome. There may be a small fee for supplies from time to time. Come join in!

The Painting Group meets at the Scottville Area Senior Center on Wednesdays, from 9:00am to 11:00am. Bring your paint supplies and canvases and join in for a couple hours visiting and painting.



Jewelry Class – On Wednesday, February 11th at 2:00pm we will be making a pair of St. Patrick's Day Earrings. The fee for the class is \$5.00. All materials and tools will be provided. Please register by February 6th to reserve your spot.

Card Making Monday, February 16th at 2:00pm – We will be making two St. Patrick'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 February 12th to reserve your spot.



Diamond Art Class Tuesday, February 17th 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.

Scrapbooking Our monthly crop is scheduled for Saturday, February 21, 2026 from 9:00am to 9:00pm. 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.



Get Hooked – Crochet with Missy Missy will be hosting her monthly Get Hooked – Crochet with Missy Class on February 25th at 1:30pm. During this class, you will be learning how to make a Crocheted Ring Towel Holder. The fee for this class is \$2.00. Please call the Senior Center to register!

Crafting with Chris Chris is back at it! Her next class is scheduled for February 26th at 3:00pm. This month, you will be creating an Art Piece using Sea Glass and/or Rocks. Shown here is a sample of what you will be creating. The fee for the class is \$15.00. Please register by February 12th so she can make sure she has all the materials she will need for you to complete the project.





Travel Opportunities

A photograph of a river with a bridge and buildings in the background.	San Antonio Texas	March 7-15 2026
A photograph of a city skyline at sunset.	Sunny Portugal Lisbon, Alentejo, Algarve & Portuguese Riviera	April 2-11 2026
A photograph of the Biltmore Estate, showing a large building and a green lawn.	Biltmore	May 17-22 2026
A photograph of a river flowing through a canyon.	Highlights of the Columbia and Snake Rivers	June 21-28 2026
A photograph of the Ark Encounter building.	Ark Encounter	August 10-14 2026
A photograph of a coastal cliff and the ocean.	Shades of Ireland	October 18-27 2026
A photograph of a red rock formation in the Outback.	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!

FEBRUARY

HOURS
9 AM TO 3 PM
MON-FRI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Crochet Class 9:30 Walking Group 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee	3 9:00 Hand-making Greeting Cards 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	4 9:00 Craft Day 10:00 Auxiliary Mtg. Public Welcome! 11:30 Lunch	5 10-12 Darts 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	6 9:00 Chair Yoga 11:00 Yarn Therapy 11:30 Lunch 1-3 Outreach
9 9:00 Crochet Class 9:30 Walking Group 10:30 Safe & Sane Exercise 11:30 Valentine's Pot Luck! 1:00 Yahtzee	10 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	11 9:30 Board of Directors Mtg. Public Welcome! 10:00 Craft Day 11:30 Lunch 1:00 Dominoes	12 9:30 Rummy 10-11 Darts 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	13 9:00 Chair Yoga 11:00 Yarn Therapy 11:30 Lunch 1-2:30 Genealogy 1-3 Outreach
16 9:00 Crochet Class 10:30 Safe & Sane Exercise 10:30 Blood Pressure Clinic 11:30 Lunch 12:30 Reflexology 1:00 Yahtzee 1-2:30 Tech Help	17 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	18 11:00 Craft Day 11:30 Lunch 1:00 Dominoes	19 10-11 Bingo 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	20 9:30 Chair Yoga 11:00 Yarn Therapy 11:30 Lunch 1-3 Outreach
23 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Walking Group 1:00 Yahtzee	24 10:30 Diamond Art 11:30 Lunch 1:00 Yahtzee	25 9:30 Making Crochet or Loom Hats 11:30 Lunch 1:00 Table Games	26 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	27 9:00 Chair Yoga 11:00 Yarn Therapy 11:30 Lunch 1-2:30 Genealogy 1-3 Outreach

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.**



FEBRUARY MENU



Tuesday, February 3, 2026

Assorted Soups & Sandwiches
Chips
Veggies & Dip
Pears
Birthday Cake & Ice Cream

Appetizers

Tuesday, February 10

Burrito Casserole
Corn
Cornbread Muffins
Pineapple Tidbits
Strawberry Cake

Soup: Vegetable

Tuesday, February 17

Chicken Noodle Casserole
with Peas & Carrots
Peaches
Cherry Cheesecake Fluff

Soup: Broccoli Cheddar

Tuesday, February 24

Sausage & Kraut
Mashed Potatoes
Carrots
Rye Bread & Butter
Tapioca Pudding

Soup: Bean

Thursday, February 5, 2026

Sweet & Sour Pork
Rice with Vegetables
Roll & Butter
Applesauce
Cookie

Soup: Egg Drop

Thursday, February 12

Lasagna
Tossed Salad
Green Beans
Garlic Bread
Pie

Soup: Potato

Thursday, February 19

Ham
Broccoli Rice Casserole
Sweet Potato Souffle
Brownies

Soup: Chicken Vegetable

Thursday, February 26

BBQ Chicken
Cowboy Beans
Cole Slaw
Roll & Butter
Cheese Cake

Soup: Beef Barley

FREE SOIL AREA SENIOR CENTER
8480 N. DEMOCRAT • FREE SOIL, MI 49411 • 231.464.6789

Upcoming Events in February

Tuesday, Feb 3----- February Birthdays

Cake & Ice Cream after lunch

Tuesday Feb 10----- Regular Board Meeting @1PM

Thursday, Feb 12----Valentine's Celebration, 11-2:00



TALLMAN LAKE SENIOR CENTER

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



Happening in February:

Our monthly potluck for February will be on Monday February 9th at our usual 11:30am lunch time. Please bring a dish to pass. We will provide ham.

Our weekly Outreach is on Fridays from 1-3pm:

This program is a way for us to reach isolated seniors who live near our center. Volunteers are welcome to come to the center to make phone calls and write cards.

Tech Help with Thomas, from the Mason County District Library, is available on the 3rd Monday of each month from 1-2:30PM. This month's date is February 12th.



MASON COUNTY • MICHIGAN

Ask Sharon

By Sharon Bailey, Medicare Counselor at SASC

I know I have written about Medicare enrollment periods, but I read an article that explained in simple language. Open enrollment is coming up in a few months so it is a good time to repeat some of the other enrollment periods.

Q. Could you tell me about the different enrollment periods for Medicare D?

A. I will list the different periods that you are able to enroll in Med D or Med C, which is Medicare Advantage that includes Health plan and drug plan, and also some dental, gym membership, vision and hearing.

I. *Initial enrollment period*: You can enroll in Medicare any time during the initial enrollment period, which is a seven- month period, including three months before, three months after, and the month that you turn 65. If you are already claiming Social Security benefits, you are automatically enrolled in Medicare at age 65 with coverage beginning on the first day of the month that you turn 65. If you are not enrolled in SS you must sign up for it yourself. If you are still working at 65 you will probably have to sign up for Medicare.

II. *Special enrollment period*: If you delay Part B past 65, because you are covered by an employer, you can sign up during Special enrollment period if you retire and lose your coverage. You have eight months to enroll in part B . If you do not enroll in that time period, you will pay 1% a month for the rest of your life for each month that you are without coverage.

You do not have 8 months to sign up for part D. You must sign up within 63 days for Part D. Part D pays for prescription drugs. If you were to be hospitalized and not be enrolled in Part D, you would have to pay for any drugs dispensed in the hospital. Without Part D the cost can add up to quite a lot.

III. *General enrollment*: If you miss the Initial enrollment for Parts A and B, and you don't qualify for the special enrollment, you can sign up for the General enrollment from January 1 to March 31 each year, with coverage starting July 1. You may have a penalty of 1% a month for Part B.

IV. *Open Enrollment*: Open enrollment is October 15 thru December 7. You can enroll in Medicare Advantage Plan, which includes Prescription drugs, or a stand -alone drug plan. This coverage will start on January 1.

PLEASE REMEMBER THAT THERE ARE MANY DIFFERENT SCAMS OUT THERE. BESIDES ALL THE OLD SCAMS THERE IS A NEW ONE INVOLVING YOUR BANK ACCOUNT. IF YOU RECEIVE A CALL OR TEXT STATING THERE IS A PROBLEM WITH YOUR ACCOUNT DO NOT TALK TO THAT PERSON. GO INTO YOUR BANK AND TALK TO A PERSON. SCAMMERS CAN GET EVERYTHING YOU HAVE IN YOUR ACCOUNT. THERE IS NO WAY TO GET YOUR MONEY BACK.

SO IF YOU THINK YOU ARE THE VICTIM OF A SCAM. JUST HANG UP!

I can help anyone in these situations; just call the number at the end of this article. For more in depth information you might read Section 4: starting on page 55 of the *Medicare & You* handbook. My phone number is 231-757-4052

MASON COUNTY • MICHIGAN

LOCAL SUPPORT GROUPS

Support groups help people realize that they are not alone – that others share similar challenges.

Talking through your situation with other participants can be a huge relief and help point you in the right direction toward addressing your issue.

Yes, you may be uncomfortable at first discussing personal issues and your feelings, but you will quickly learn that talking with others in a supportive and confidential setting is often helpful. Being in a support group can also help you develop new skills in relating to others.

Please consider giving it a try - call today for assistance!

Mason County Caregiver

Support Group—

Alzheimer's Association

Ludington Senior Center
308 S. Rowe Street,
Ludington, MI 49431
2nd Thursdays, 1:00 pm



Parkinson's Support Group

April thru December

Scottville Senior Center
140 S. Main Street,
Scottville, 49454
Third Wednesdays, 1:30 pm
231-757-4705



Kinship Care Support Group

(Grandparents & others raising young relatives)
Scottville Senior Center
3rd Wednesdays, 5:30
140 S. Main, Scottville
231-757-4705

Alzheimer's Support Group

Scottville Senior Center
140 S. Main Street,
Scottville, 49454
Second Thursdays, 11:00 am
231-757-4705



Grief Support Group

Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431
2nd Monday of the month at
1:30 pm
231-845-6841

Grief Support Group

Hospice of Michigan
5177 W. US 10, Suite #2
Ludington, MI 49431
4th Mondays 12:00pm
231.845.3423

Grief Support Group

Tallman Senior Center
6765 East Marshall Road
Fountain, MI 49410
2nd and 4th Thursday of each
month 1:00pm - 3:00pm
231-757-3306

ACTIVE for LIFE Newsletter

GET IT THREE WAYS! — The Active for Life newsletter is available:

- 1. In print** - for free - at MANY locations throughout Mason County, including all senior centers
- 2. Online** - for free - using one of these links: ourseniorcenter.com/find/Scottville-area-senior-center or [https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431](http://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)

Education

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

Housing and Shelter Assistance

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

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

Homemaker, Respite services;
Home injury control device installation

Employment and Training

AARP Foundation-Senior Employment Pgm.....	231-252-4544
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Medical Equipment Loans (free)

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

Volunteer opportunities

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

Other useful numbers/services

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

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



120 N Main St.
Scottville, MI 49454 • 231.233.3006



Mindful Passages

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

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

We are all mortal:

Ask about the first steps everyone should take, regardless of age or health, to make end of life transitions less stressful for you and yours.

SEE LIFE AND MORTALITY PRESENTATIONS AT THE SENIOR CENTERS



An Elder Law Paralegal for Attorney Anna Urick Duggins, of Parmenter Law, will offer half hour no-charge introductory meetings every third Monday of the month, from 9am to 12pm at Ludington Senior Center. Topics to discuss include Elder Law services such as Estate Planning, Long Term Care Planning and Medicaid Planning.

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



Your Story Continues Here

Beautiful views, activities, exceptional and affordable care from a 24/7 staff await you at Lake Michigan Senior Living. Come tour today!

4895 S Lakeshore Drive, Ludington, MI 49431
231-843-9963 • lakemichiganseniorliv@gmail.com
www.lakemiseniorliving.com



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231-845-6291 • www.medilodgeofludington.com

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