

A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS

April 2026  
Volume 16  
Issue 4

# Active for Life

*Mason County's Senior Newsletter*



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# April Volunteer Appreciation Month

Every April, the Ludington Senior Center proudly celebrates National Volunteer Appreciation Month by hosting a special volunteer appreciation event. This annual celebration is our way of saying thank you to the volunteers who make a difference every day- whether they're helping with programs, serving meals, leading activities, or simply offering a friendly smile.

We're looking forward to recognizing the dedication, compassion, and countless hours by our volunteers at this year's event.

*We  
thank  
you!*



2025 Volunteer Appreciation Event

# MASON COUNTY • MICHIGAN

## Transportation Options for Mason County Seniors By Susan Evans, Mason County Senior Services Coordinator



Transportation continues to be a challenge for older adults in Mason County according to results of the Mason County Senior Services Senior Needs Assessment. The survey also indicates that a majority (52%) of seniors are not familiar with all of the programs and services available, which includes transportation resources.

While Ludington Mass Transit Authority (LMTA) provides rides within Pere Marquette Charter Township, the city limits of Ludington and Scottville, and the business corridor between Ludington and Scottville, their Senior Rides Program goes even farther. This temporary program is funded by the Area Agency on Aging of Western Michigan (AAAWM) and provides rides from LMTA by donation to adults aged 60 and over throughout all areas of Mason County based on availability. These rides can be for the purpose of shopping, banking, social visits, senior center visits, etc. LMTA Executive Director Paul Keson says, “If you can be flexible on your day and time, we can accommodate your request for Senior Rides.” Call 845-6218 to schedule your ride

Seniors may also be looking for rides to medical appointments. Some Medicare Advantage plans pay for non-emergency medical transportation. There are several other options in Mason County, mostly powered by volunteers, grants, and donations.

- Seniors eligible for Medicaid should contact their caseworker.
- Another option for non-emergency medical transportation within Mason County is LMTA’s Rides to Wellness Program which is funded through the Michigan Transportation Connection (MTC) and AAWM. Call 844-532-7433 for Rides to Wellness eligibility and scheduling.
- Some places of worship help make connections between members of their congregation who need a ride and members who can help them.
- When seniors have no other options, the Scottville Area Senior Center (SASC) and Hands Extended Loving People (HELP) Ministry both provide rides to medical appointments, including to appointments outside of Mason County, also based on availability (phone numbers below).

According to the National Council on Aging, “...having access to transportation services isn’t just about independence—it’s essential to maintaining your overall health and well-being. Barriers to transportation mean missed medical appointments, which can lead to gaps in preventive medical care. Additionally, older adults who aren’t able to secure rides to social events can feel isolated from their communities, which puts them at risk for depression and cognitive decline.”

If you’re interested in becoming a volunteer driver to help seniors get to medical appointments, please contact the SASC at (231) 757-4705 or HELP Ministry at (231) 843-6811. If you’re interested in helping a friend, neighbor, or extended family member who might need help with transportation, offer a ride or offer to pick something up at the store for them. It could be a lifeline for an older adult.

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Stuffed Green Pepper</b> Pepper Carrots Peach Crisp Milk	<b>2</b> <b>Tator Tot Casserole</b> Green Beans Banana Cinnamon Roll 1% Milk	<b>3</b> <b>Tuna Casserole</b> Peas Broccoli Pineapple Milk
<b>6</b> <b>Lasagna</b> Carrots Oranges Garlic Bread 1% Milk	<b>7</b> <b>Pulled Pork</b> Baked Beans Coleslaw Applesauce Bun 1% Milk	<b>8</b> <b>Sloppy Joes</b> HashBrown Casserole Green Beans Apple slices Bun 1% Milk	<b>9</b> <b>Chicken ala King</b> Mixed Veg (in Entrée) Peas Pears Rice 1% Milk	<b>10</b> <b>Spaghetti w/ Meat Sauce</b> Carrots Peaches 1% Milk
<b>13</b> <b>Salisbury Steaks</b> AuGratin Potatoes Mixed Veg Pears Bakery Bun 1% Milk	<b>14</b> <b>"Taco Tuesday"</b> Refried Beans Lettuce Tomatoes Melon Wedges Taco Shell Milk	<b>15</b> <b>Creamy Chicken &amp; Rice Broccoli</b> Carrots Banana 1% Milk	<b>16</b> <b>Beef Stew</b> Veggies in entrée Green Beans Grapes Biscuit 1% Milk	<b>17</b> <b>Jumbo Hotdogs</b> Baked Beans Coleslaw Peaches Bun 1% Milk
<b>20</b> <b>Chicken Patty</b> Crispy Cubes Peas Apple Slices Bun 1% Milk	<b>21</b> <b>Connecticut Beef Bake</b> California Blend Pears Dinner Roll 1% Milk	<b>22</b> <b>Stuffed Baked Potato</b> Broccoli, Cheese, Ham Peaches Bread 1% Milk	<b>23</b> <b>Thursday Pizza Day</b> Green Beans Fresh Fruit 1% Milk	<b>24</b> <b>Breaded Fish</b> Cauliflower Blend Carrots Pears Bun 1% Milk
<b>27</b> <b>Cabbage Rolls</b> Corn Peach Crisp Wheat bread 1% Milk	<b>28</b> <b>Chicken Fajita</b> Peppers/Onions Lettuce/Tomato Pineapple Tortilla 1% Milk	<b>29</b> <b>Cheeseburger</b> Potato Salad Carrots Peaches Bun 1% Milk	<b>30</b> <b>Pork Chop Suey</b> Veggies (in Entrée) Oriental Veggies Chop Diced Fruit Mix Rice 1% Milk	<b>1</b> <b>Spring Veggie Quiche</b> Broccoli Pineapple Milk

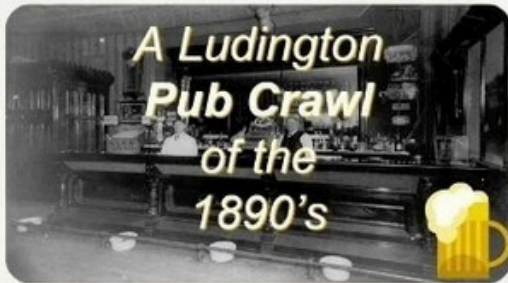
**Voluntary Donation Suggestions**  
**Age 60 and up: \$5**  
**Under age 60: \$6**  
 Scottville & Tallman Lake centers serve lunch M-F; Ludington Center on Tues. & Thurs.

*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



## 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 Wednesday, April 8th, at 8:30 am for breakfast and a discussion about A Ludington Pub Crawl of the 1890s at the Mason County Historical Society. After the presentation, James will lead us on a tour of the Mason County Historical Society.



**\$5 DONATION FOR BREAKFAST REGISTER NOW: 231-845-6841**

### THANKS to the SCOTTVILLE Mayor and City Commissioners



Ladies' Coffee Klatch: the last Tuesday of each month at 9:00 a.m.



Each month, on the final Tuesday, the Scottville mayor and other women members of the city commission come to the Scottville Area Senior Center to answer questions, exchange ideas, and listen to constituents.

Led by the current mayor, Dixie Spore, the comments are lively, informative, and discussed in a friendly manner. We welcome the ladies who wish to attend, and the coffee is always brewing!

Some of the topics create lively discussions; some are more docile, and encourage thoughtful solutions. But the hour goes quickly, and everyone leaves enjoying the topics and commentaries.

Mayor Spore's background is one of being precise and detail-oriented. She was a nurse's aide for 40 years at Oakview Medical Care! So, as you might imagine, she attends most sub-committee meetings, checks on Scottville complaints and issues, and welcomes any questions or concerns. Often joining her are two more commissioners, Marcy Spencer and Darcy Copenhaver, both of whom have served on the Scottville Commission for many years, and lend historical perspective to the meetings.

The Scottville Area Senior Center is appreciative that these commissioners take the time to attend a "round table" and inform our seniors as to "goings on" around Scottville and learn about the wishes of the public and, especially, our seniors.



## Chronic Pain PATH Toolkit

*A Chronic Pain Self-Management Program*

In collaboration with the *Ludington Senior Center*

**Dates:** Thursdays,  
April, 2, 9, 16, 23, 30 &  
May 7, 2026

\* Participants should plan to  
attend all 6-sessions!

**Time:** 3-4 p.m.

*No cost to attend, but space  
is limited to 6 participants!*

**Pre-registration is  
required.**

Please contact the  
Ludington Senior Center  
to reserve your spot:

**231-845-6841**

**Location:**  
**Ludington Senior  
Center**

308 S. Rowe St.  
Ludington, MI 49431

**Instructor:**  
Naomi Hyso  
MSUE Health Educator  
hysonaom@msu.edu

This program is supported by the Administration  
for Community Living (ACL), U.S. Department of  
Health and Human Services (HHS) as part of a  
financial assistance award by ACL/HHS. The  
contents are those of the author(s) and do not  
necessarily represent the official views of, nor an  
endorsement, by ACL/HHS, or the U.S.  
government.



The **Chronic Pain PATH Toolkit** is an interactive series of six weekly, hour-long sessions with a trained leader and a small group of 4–6 people living with chronic pain.

**Together, you'll learn practical tools to help you:**

- Work more effectively with your health care providers
- Manage symptoms such as pain, fatigue, difficult emotions, sleep problems, and depression
- Make lifestyle changes like healthy eating and physical activity
- Set goals and accomplish them

**Participants report these benefits:**

- Feeling supported by others who understand
- Taking greater ownership of their condition
- Knowing they are not alone
- Having their voice heard

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.

LUDINGTON SENIOR CENTER PRESENT'S

# Café Connect

Enjoy a delicious meal for \$5.00 donation and learn about a community connection.

Wednesday, April 15th at 11:30am

Have you heard about LACA but don't really know what they have to offer? Stop by for lunch and learn more about this organization.



Wednesday, April 29th at 11:30am

Curious about the Petunia Parade? Stop by to hear about its history, how the parade is created each year, and how you can get involved as a volunteer.



RSVP 231-845-6841

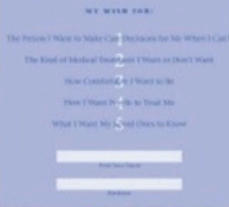
## Card-Making with Sharon

Join us at the Ludington Senior Center on **Friday, April 10th** or **Monday, April 13th** 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.

LUDINGTON SENIOR CENTER

### FIVE WISHES



**5 Wishes: Getting Started**  
 Tuesday, April. 21st  
 2 pm - 3:30 pm  
 Ludington Area Senior Center 308 S Rowe St, Ludington, MI 49431  
 (231) 845-6841  
 Cost: \$10—includes Guide book

The Five Wishes guide is valuable because:

- It's written in everyday language, making it easy to understand and complete.
- It covers personal, spiritual, medical and legal wishes all in one document.
- It allows your family or caregiver to know exactly what you want, so they don't have to guess
- It's legally valid in nearly every state

## Paint with Julie

Bring a little sunshine indoors! In this hands-on class, you'll create an adorable garden friend that's perfect for brightening up your porch.

10AM-4PM SATURDAY APRIL 25TH	LOCATION LUDINGTON SENIOR CENTER	CLASS FEE \$55 \$25.00 DEPOSIT
------------------------------------	-------------------------------------	--------------------------------------

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



## Crafts with Carole and Cathy

Tuesday, April 28<sup>th</sup> at 2 PM

Call 231-845-6841 to RSVP to make this adorable craft for FREE thanks to Ludington Woods

# Services and Resources

Available at 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  
at 1pm  
Call the helpline at 800-272-3900



## Foot Care

Keep your feet happy!  
Call 231-843-2690



## Grief Support

Open Ended Grief Support & Education  
Dennis B. Bromley, FLE.  
2nd Monday of the  
month at 1:30pm  
*"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
			<b>1</b> 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	<b>2</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1-3 A Matter of Balance 3 Chronic Pain PATH Toolkit	<b>3</b> <b>Center is Closed</b> 	<b>4</b>
<b>5</b>	<b>6</b> 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	<b>7</b> 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga (video) 1-3 A Matter of Balance	<b>8</b> 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 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	<b>9</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group 1-3 A Matter of Balance 3 Chronic Pain PATH Toolkit 5 Solo Adventures- Scottys	<b>10</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making 2 Wii Bowling Open Billiards	<b>11</b>
<b>12</b>	<b>13</b> 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 1:30 Grief Support 2 String A Long Jam 5:30 Zumba Toning	<b>14</b> 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga (video) 1-3 A Matter of Balance 5 Sound Bath	<b>15</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 11:30 Cafe Connect-LACA 1 Cups of Cheer 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	<b>16</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1-3 A Matter of Balance 3 Chronic Pain PATH Toolkit	<b>17</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 Curling Open Billiards	<b>18</b>
<b>19</b>	<b>20</b> 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	<b>21</b> 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 (video) 1-3 A Matter of Balance 2 Mindful Passages	<b>22</b> 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Karaoke 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	<b>23</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1-3 A Matter of Balance 3 Chronic Pain PATH Toolkit 5 Solo Adventures- Scottys	<b>24</b> 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 Baseball Cornhole Open Billiards	<b>25</b> <b>Paint w/ Julie 10-4pm</b> 
<b>26</b>	<b>27</b> 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	<b>28</b> 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Crafts with Carole	<b>29</b> 9 Walking Club 9-12 Footcare 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 11:30 Cafe Connect-Petunia Parade 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	<b>30</b> 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 3 Chronic Pain PATH Toolkit	<b>Key:</b> <b>Black-</b> Service <b>Blue-</b> Presentation <b>Green-</b> Exercise <b>Red-</b> Social	

# Travel with us!



**DAY TRIP**

*Million Dollar  
Quartet*  
April 29, 2026



**DAY TRIP**

*Meijer Gardens &  
Gerald R Ford Museum*  
June 16<sup>th</sup>, 2026



**DAY TRIP**

*Mystery Trip*  
August 20, 2026



**DAY TRIP**

*Detroit Tigers  
vs Pittsburgh*  
Sep 27, 2026

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



**New Orleans**

April 11-19  
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



**European  
Christmas Market**

Dec 12-20  
2026



**Costa Rica**

Jan 29- Feb 6  
2027



**Hawaiian Cruise**

March 5-13  
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 (\$7)
- Zumba Toning (\$7)
- Drums Alive (\$6)
- Walking Club
- Enhance Fitness
- Feldenkrais (\$6)
- Ping Pong
- Line Dancing (Hold)
- Matter of Balance
- Golf (Hold)
- Chair Yoga

### **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 (Hold)
- 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
- Crafts with Carole and Cathy
- Foot care



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

### *Stay Active*

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

Help support our center by making a donation for our activities.

LET'S WORK TOGETHER TO STAY ACTIVE!

[www.ludingtonseniorcenter.org](http://www.ludingtonseniorcenter.org)



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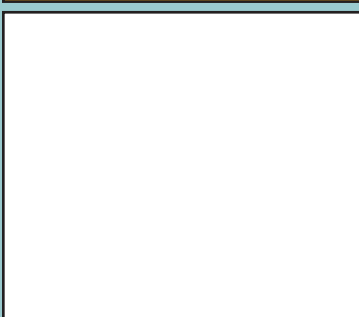
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# SCOTTVILLE AREA SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/
	<b>Key:</b> Black-Service Red-Craft Orange - Community Event Purple - Social Activity Green - Exercise Blue - Speaker	<b>1</b> Painting Group 9:00 Walking Group 9:00 Cribbage 9:30 Ladies' Billiards 10:00 Lunch 11:45 Blood Press. Clinic 12-1 Pinochle 1:00	<b>2</b> Wii Bowling 9:30 Toenail Clipping 10-1 Needles & Hooks 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Tai Chi 12:30-2:30 Set Back 6:00	<b>3</b> Walking Group 9:00 Wii Bowling 9:30 Bingo 10:00 Lunch 11:45 Closing at 1PM	<b>4</b>  5 Happy Easter!
		<b>6</b> Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3 Quilting Guild 6:30	<b>7</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	<b>8</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00	<b>9</b> Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Alzheimer's Support Group 11:00 Lunch 11:45 Tech Help 12:15-2 Tai Chi 12:30-2:30 Book Club 1:15 Set Back 6:00
<b>13</b> Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drumming 12:30 Stop the Bleed 1:15 Line Dancing 1:30-3	<b>14</b> Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Crafts w/Carole 2:00	<b>15</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Parkinson's Support 1:30 Grandparent's Raising Grandchildren 5:30	<b>16</b> Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Mason Co. History Chat 10:45 Lunch 11:45 Tech Help 12:15-2 Organic Gardening Club 12:30 Tai Chi 12:30-2:30 Petunia Parade Presentation 1:30 Set Back 6:00	<b>17</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>18</b>  Happy Scrappers 9AM - 9PM  19
<b>20</b> Quilting Group 9:00 Walking Group 9:00 Estate Planning 10-3 Lunch 11:45 Cardio Drumming 12:30 Mindful Passages 1:30 Line Dancing 1:30-3 Card Making 2:00	<b>21</b> Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Diamond Art 1-3	<b>22</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Jewelry Class 2:00	<b>23</b> Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Tai Chi 12:30-2:30 Set Back 6:00	<b>24</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>25</b>  26
<b>27</b> Quilting Group 9:00 Walking Group 9:00 Lunch 11:45 Cardio Drumming 12:30 Line Dancing 1:30-3	<b>28</b> Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	<b>29</b> Painting Group 9:00 Walking Group 9:00 Ladies' Billiards 10:00 Lunch 11:45 Pinochle 1:00 Get Hooked 1:30 Crochet 1:30	<b>30</b> Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Tai Chi 12:30-2:30 Craft With Chris 3-4:30 Set Back 6:00		

# SCOTTVILLE AREA SENIOR CENTER

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



Factoids....  
Updates....  
Changes....  
New Events.....  
and a few showers....

***Scottville Senior Center is closing early at 1:00pm on Good Friday (April 3<sup>th</sup>)***

## **Special Events/Changes in April 2026:**

***Needles and Hooks Textile Group Meets on **Thursdays at 10:30am*****

***Alzheimer's Support Group: April 9<sup>th</sup> 11:00 a.m.***

***Book Club: 1:15pm on April 9, The Lions of 5th Ave by Fionna Davis***

***Stop the Bleed: 1:15pm, April 13***

***Parkinson's Support Group: April 15th 1:30pm***

***Grandparents Raising Grandchildren: April 15th, Dinner at 5:30; CPR presentation by Kelly Barnhart to follow.***

***Mason County History Chat, April 15<sup>th</sup> at 10:45am***

***Organic Gardening Club: April 16<sup>th</sup> at 12:30, Presentation: Rain Water Harvesting with Tania Hanline, From the Mason-Lake Conservation District.***

***Petunia Parade Presentation: April 16<sup>th</sup> at 1:30pm***

***Mindful Passages is on April 20<sup>th</sup> at 1:30pm***

## **April Facts**

- April Fool's Day is **April 1st**
- **Easter** is celebrated on **April 5** this year
- Titanic hit an iceberg: **April 15, 1912**
- April is **National Humor** month
- April is when hibernating animals wake up and birds migrate north
- April 24<sup>th</sup>** is **Arbor Day** in 2026



# SCOTTVILLE AREA SENIOR CENTER

140 S. MAIN ST. • SCOTTVILLE, MI 49454 • 231.757.4705

## April 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.



**Needles and Hooks:** We've changed the name of our Textile Arts Group to Needles and Hooks. Come join us on Thursdays from 10:30 – 11:30 and visit with others while you knit, crochet, cross-stitch or any other needle craft you might do. Sandi White will be available if you need any assistance. Stop on by!

**Crafts with Carole and Cathy** Join Carole and Cathy on Tuesday, April 14<sup>th</sup> to create this adorable decorative egg crate with eggs. The class is free and all supplies will be provided. Please stop by or call the Senior Center at 231-757- 4705 to reserve your spot.



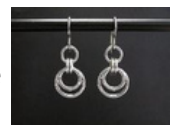
**Scrapbooking** Scrapbooking is scheduled for Saturday, April 18<sup>th</sup> from 9:00am to 9:00pm. There is a \$5.00 fee that will be donated to the Senior Center. Whether you are an avid scrapbooker or a beginner, come join us! Bring your scrappin' stuff and let's get those photos preserved. Call the Scottville Senior Center for more details and to register.

**Card Making** Monday, April 20<sup>th</sup> at 2:00pm – We will be making two Mother's Day Cards (or Spring 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 April 16<sup>th</sup> to reserve your spot.



**Diamond Art Class** Tuesday, April 21<sup>st</sup> from 1:00pm – 3:00pm. Bring your Diamond Art Project along and hang out with fellow artists and work on your project. Please call the Center to reserve your spot at the table.

**Jewelry Class** – On Wednesday, April 22nd at 2:00pm we will be making a pair of Earrings using Jump Rings. The photo is a sample of what you can make. The fee for the class is \$5.00. All materials and tools will be provided. Please register by April 16th to reserve your spot.



**Get Hooked – Crochet with Missy** Missy will be hosting her monthly Get Hooked – Crochet with Missy Class on April 29<sup>th</sup> at 1:30pm. During this class, you will be learning how to make a Hanging Basket made with Jute. The fee for this class is \$7.00. Please call the Senior Center to register by April 22<sup>nd</sup> and choose your jute color!

**Crafting with Chris** Let's think Spring! Chris definitely is. Her next class is scheduled for April 30<sup>th</sup> at 3:00pm. This month, you will be creating a funny face planter. Either a male or female design. The photo shown is similar to what you will be creating. The fee for the class is \$15.00. Please register by April 16<sup>th</sup> so she can make sure she has all the materials she will need for you to complete the project.



# SCOTTVILLE AREA SENIOR CENTER

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



## Travel With Us



**FULL**

**Sunny Portugal  
Lisbon, Alentejo, Algarve &  
Portuguese Riviera**

**FULL**

⋮

**April  
2-11  
2026**



**Biltmore**

⋮

**May  
17-22  
2026**



**Highlights of the Columbia  
and Snake Rivers**

⋮

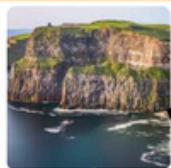
**June  
21-28  
2026**



**Ark Encounter**

⋮

**August  
10-14  
2026**



**FULL**

**Shades of Ireland**

**FULL**

⋮

**October  
18-27  
2026**



**Australia's Outback to New  
Zealand's South Island**

⋮

**February 24-  
March 14  
2027**

For more information visit [scottvilleareaseniorcenter.com/trips/](https://scottvilleareaseniorcenter.com/trips/)

**Please contact Ada with questions or to book.**

**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!

# APRIL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Open Billiards 9:30 Auxiliary Mtg. All Welcome! 10:30 <b>Dominoes</b> 11:30 Lunch 12:30 <b>Rummy</b> 1:30 <b>Wii</b>	2 9:00 Loom Hats 10-2 Open Billiards 11:00 Rummy 11:30 Lunch 1:00 Euchre	3 9:30 Bean Bag Toss 11:00 Chair Yoga 11:30 Lunch 12:30 Musical Ball 1:30 Noodle Ball 1-3 Outreach
6 9:00 Loom Hats Class (Free) 9:30 Walking Group 10:30 Safe & Sane Exercise 11:30 Easter Potluck (Bring Finger Food) 1-2:30 Tech Help	7 9:00 Diamond Art 10:00 Yahtzee 11:00 Pool 11:30 Lunch 12:30 <b>Wii</b>	8 9:30 Board of Directors Mtg. All Welcome! 11:00 Craft Day Hat Making 11:30 Lunch 1:00 <b>Dominoes</b>	9 9:30 <b>Rummy</b> 10:30 Noodle Ball 11:30 Lunch 1:00 <b>Euchre</b> 1:30 <b>Wii</b>	10 9:30 Bean Bag Toss 10:30 Spoons 11:30 Lunch 12:30 Indoor Balloon Volleyball 1-2:30 Genealogy
13 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee 1-2:30 <u>Tech Help</u>	14 9:30 Diamond Art 10:30 Puzzle Day 11:30 Lunch 12:30 Cardio Drumming 1:00 <b>Table Games</b>	15 9:30 Coffee & Chat 10:30 Craft Loom Hats 11:30 Lunch 12:30 <b>Movie W/ Popcorn</b>	16 9:30 <b>Bingo</b> 10:30 Diamond Art 11:30 Lunch 1:00 <b>Euchre</b>	17 9:30 Bean Bag Toss 10:30 Spoons 11:30 Lunch 1:00 Walking Group
20 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee	21 9:30 Diamond Art 10:30 Puzzle Day 11:30 Lunch	22 9:30 Loom Hats 11:30 Lunch 12:30 <b>Table Games</b>	23 9:30 <b>Hot Potato</b> 10:30 Diamond Art 11:30 Lunch 1:00 <b>Euchre</b>	24 9:30 Chair Yoga 10:00 Bean Bag Toss 11:30 Lunch 1-2:30 Genealogy
27 9:00 Crochet Class 9:30-11:30 <b>Biometric Screenings</b> 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Walking Group	28 9:30 <b>Wii</b> 10:30 Safe & Sane Exercise 11:30 Lunch 12:30 Cardio Drumming 1:30 Indoor Corn Hole	29 9:30 Puzzle Day 10:00 Loom Hats 11:30 Lunch 12:30 <b>Table Games</b>	30 9:30 <b>Hot Potato</b> 10:00 <b>Gardening Group</b> 11:30 Lunch 12:30 <b>Birthday Celebration</b> 1:00 <b>Euchre</b>	

# FREE SOIL AREA SENIOR CENTER


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

**Open from  
9AM until 2:30PM  
Tuesdays & Thursdays  
each week.**

**JOIN US FOR A MEAL  
WALK LAPS IN THE GYM  
PLAY A GAME OF POOL  
ENJOY ENTERTAINMENT  
VISIT WITH NEW & OLD FRIENDS**

**Delicious  
made-from-scratch  
meals cooked on site.  
Served at NOON.**



 <p style="text-align: center; font-size: small;">@utterstock.com - 2553713079</p>	<p style="text-align: center;"><b><u>Thursday, April 2, 2026</u></b></p> <p style="text-align: center;">Chicken Parmesan w/Noodles Green Beans Mixed Fruit Bread &amp; Butter Cake and Ice Cream</p>
<p style="text-align: center;"><b><u>Tuesday, April 7</u></b></p> <p style="text-align: center;">Chili Dogs Tater Tots Cole Slaw Relish Tray Pears Banana Pudding</p>	<p style="text-align: center;"><b><u>Thursday, April 9</u></b></p> <p style="text-align: center;">Beef Roast Mashed Potatoes &amp; Gravy Carrots Pineapple Tidbits Roll &amp; Butter Brownie</p>
<p style="text-align: center;"><b><u>Tuesday, April 14</u></b></p> <p style="text-align: center;">Assorted Sandwiches Soup Salad Peaches Cookies</p>	<p style="text-align: center;"><b><u>Thursday, April 16</u></b></p> <p style="text-align: center;">Oven Fried Chicken Potato Salad Fruit Salad Relish Tray Apple Tart Sheet Pie</p>
<p style="text-align: center;"><b><u>Tuesday, April 21</u></b></p> <p style="text-align: center;">Chicken or Fish Patty Sandwich Oven Fries Veggie Tray and Dip Banana Ice Cream Bar</p>	<p style="text-align: center;"><b><u>Thursday, April 23</u></b></p> <p style="text-align: center;">Pork Tender Loin Mac &amp; Cheese Broccoli Apple Sauce Cranberry Oatmeal Cookie</p>
<p style="text-align: center;"><b><u>Tuesday, April 28</u></b></p> <p style="text-align: center;">Cheese Burger Cowboy Beans Chips Pickle Tray Peach Pie</p>	<p style="text-align: center;"><b><u>Thursday, April 30</u></b></p> <p style="text-align: center;">Chili Corn Bread Side Salad Pears Lemon Bars</p>

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

**April Events:**

**Thursday, April 2: Cake & Ice Cream**

**Thursday April 9: Regular Meeting @ 1:00**

**Tuesday, April 14: Game Day**

**Tuesday, April 21: String-A-Longs**

**Wednesday, April 22: Earth Day - Volunteers needed to help clean up the Center's yard. Sign Up Sheet is at the Center on the table.**

**Thursday, April 23: Blood Pressure Clinic 11am-12pm**



**MCE Athletic Booster Silent Auction**  
**Saturday, April 25 at Sherman Town Hall starting at 5:30!**  
**Live & Silent Auctions**  
**Games, Taco Bar, Desserts, and More**



**TALLMAN LAKE SENIOR CENTER**

6765 E MARSHALL RD • FOUNTAIN, MI 49410 • 231.757.3306 • Find Us on Facebook

**April at the Tallman Lake Senior Center**



- Genealogy class on the 10th and 24th from 1-2:30
- Tech Help will be on the 13th from 1-2:30
- Cardio Drumming is on the 14th and 28th at 12:30  
\*\*Cost is \$6
- Biometric Screenings on the 27th from 9:30-10:30
- Blood Pressure checks on the 27th at 10:30

**Biometric Screening at Tallman Lake Senior Center**  
**With Kelly Barnhardt, RN, Corewell Health Ludington Hospital**  
**Monday, April 27, 9:30 – 11:30**

**Screening Includes:**

**-Cholesterol -Triglycerides -HDL/LDL -Glucose -Blood Pressure**

# SCOTTVILLE AREA SENIOR CENTER

140 S. MAIN ST. • SCOTTVILLE, MI 49454 • 231.757.4705

## Mason County History Talk - Scottville Clown Band

Presented by the Mason County Historical Society

Thursday, April 16, 10:45 a.m. at the Scottville Area Senior Center



Presented by Rob Alway

Historical Society Board Member; Editor-In-Chief/Owner, Mason County Press

With his extensive knowledge of Mason County history, Rob has presented a series of highly interesting looks at fascinating aspects of our county's history this winter and spring.

In February he told the tragic tale of Ida Anderson, who was bound for Mason County on April 10, 1912 and was one of the many victims of the Titanic sinking. Rob was joined by Ida's great-nephew, Dr. Axel Johnson, for this first history event.

In March, Rob returned to tell how Mason County's educational landscape evolved from 69 individual schools, each its own district, to the three districts we now have in the county.

When he comes in April...on Thursday, the 16th, he'll discuss the colorful history of the Scottville Clown Band—the musicians that made Scottville famous! It's a fascinating history and one that's still being written.

Join us and also sign up to stay for lunch—to reserve a spot, call the center at 231-757-4705!

## Petunia Parade Returns in May

Info meetings at Scottville Senior Center and Ludington City Hall

The Petunia Parade, which brightens Ludington Avenue each Spring, invites volunteers to participate in this colorful annual event. The Scottville Area Senior Center will be hosting a presentation about the Petunia Parade and related volunteer opportunities on Thursday, April 16 at 1:30.



There will also be Meet and Greet gatherings to learn about the event on Saturday, May 9, at 10:00 am, and Monday, May 11, at 7:00 pm. Both take place at Ludington City Hall.

The 39th annual Planting Day will be Saturday, May 16.

For more information, please call Mary Lou Ohnsman, 616-866-0374.



# MASON COUNTY · MICHIGAN

## LOCAL SUPPORT GROUPS

Support groups help people realize that they are not alone and 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

## 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://ourseniorcenter.com/find/Scottville-area-senior-center) or [https://www.ourseniorcenter.com/find/ludington area senior center 49431](https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431), [www.ludingtonseniorcenter.org](http://www.ludingtonseniorcenter.org)
3. By Mail - contact Scottville Area Senior Center, 757-4705. \$21.00 per year, paid by check or cash.

# USEFUL NUMBERS FOR SENIORS

## General Senior Services

Meals on Wheels.....231-757-4831  
 Free Soil Area Senior Center.....231-464-6789  
 Ludington Area Senior Center.....231-845-6841  
 Scottville Area Senior Center.....231-757-4705  
 Tallman Lake Area Senior Center.....231-757-3306  
 Area Agency on Aging of Western Michigan....888-456-5664  
 Call 211 (24/7): General information, local services  
 Elders' Helpers .....616-454-8305  
 (Personal Emergency Response Systems)

## Emergency Assistance

Ambulance, Police, Fire.....911  
 Mental Health Crisis Line.....988  
 Suicide Prevention Lifeline.....800-273-8255  
 Community Mental Health—Emergency.....231-845-6294  
 Domestic violence (C.O.V.E.).....231-845-5808

## Public Safety

Mason County Sheriff.....231-843-3475  
 Ludington Police.....231-843-3425  
 Scottville Police.....231-757-4729

## Health

Health Dept.-District #10.....231-845-7381  
 Corewell Health Ludington Hospital..... 231-843-2591  
 Mercy Health Ludington Urgent Care.....231-843-2543  
 Community Mental Health .....231-845-6294  
 Alzheimer's Helpline.....800-272-3900

## Mich. Dept. of Health & Human Services

Adult Protective Services (24/7).....855-444-3911  
 Child Protective Services.....855-444-3911  
 Mason County MDHHS office.....231-845-7391

## Food resources

Lakeshore Food Club.....231-480-4334  
 Caritas Food Pantry (Custer).....231-690-9642  
 FiveCap, Inc, Scottville.....231-757-3785  
 Senior Meals-on-Wheels.....231-757-4831  
 Congregate meals: all Mason County senior centers

## Legal Assistance

Lakeshore Legal Aid .....888.783-8190  
 Estate Planning  
 Ludington Senior Center.....231-845-6841  
 Scottville Senior Center.....231-757-4705

## Heating/Utilities Assistance

Mich. Dept. Health/Human Services..... 231-845-7391  
 Five Cap, Inc.....231-757-3785  
 True North Community Services.....231-924-0641  
 THAW-The Heat & Warmth Fund.....800-866-8429  
 HELP Ministry.....231-843-6811

## Furniture, Appliances, Wheelchair Ramps

HELP Ministry.....231-843-6811  
 Grandparents Raising Grandchildren/Kinship Caregivers  
 Scottville Area Senior Center.....231-757-4705  
 Kinship Care Resource Center, MSU... .....800-535-1218

## Medical Transportation

Scottville AreaSeniorCenter.....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.....231-583-2028  
 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.....231-757-4705

Homemaker, Respite services;  
 Home injury control device installation

## Employment and Training

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

## Medical Equipment Loans (free)

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

## Volunteer opportunities

AllMason Countyseniorcenters  
 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 (Home Team Housing).....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**




**PARMENTER LAW**

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

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




*Your Story Continues Here*

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

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




**MEDILODGE OF LUDINGTON**

*Recover. Rejuvenate. Revitalize. Return Home.*

If you or someone you love could benefit from rehab or long term care, call our compassionate admissions staff at (502)909-2577

**1000 East Tinkham Ave Ludington, Mi 49431**  
**231-845-6291 • www.medilodgeofludington.com**

WELCOME TO VILLAGE MANOR



*Welcome Home*

Safe ♦ Peaceful ♦ Supportive  
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