

Active for Life

Mason County's Senior Newsletter



What's Inside:

- **Page 2: Volunteer Spotlight: Teresa Gustafson**
- **Pages 5 and 19: Mason County History Talks**
- **Page 5: Lunch Invitation to All Seniors**
- **Pages 10 & 15: Travel Opportunities**
- **Page 20: Susan Evans - Friendly Caller Program**

MASON COUNTY • MICHIGAN



Teresa Gustafson: Our Line Dancing Leader

Teresa (front, center in photo below) is currently teaching line dancing to quite a few eager seniors....and the clapping and "ye ha's" can be heard throughout the Scottville Area Senior Center (SASC). The group is always eager to learn new routines, but always saves room for the "Electric Slide."

Teresa was born in Ludington, grew up in the Fountain and Carr Settlement areas. After living in various states (including Alaska and Wyoming), she has returned to this area, and we are happy to have her return. She has three brothers and four sisters, one of whom, Shirley Chancellor, volunteers to lead the Parkinson's support Group each month at the Scottville Center.

As a kid, she was the "tomboy" of her siblings, and an avid equestrian. She loved to dance, even then. In 1997 a group from the Custer Boot Scooters went to Nashville, Tennessee, to dance at the WildHorse Saloon, which was airing a weekly TV show at the time. According to Teresa, it was "a great adventure and a fun experience."

We are excited that she is now helping area line dancers enjoy this activity. Line Dancing is not only a fun activity, but also a great form of exercise. It allows folks to learn specific patterns, and to feel a bit brave doing that!

Line Dancing in Scottville has returned due to her enthusiasm. It began as a small group...and, now, has expanded to quite a large group! As the participants get to know each other and learn new routines and sing the new songs to which they dance....it becomes more and more fun!!

Come in to SASC on Mondays from 1:30pm-3pm and join in on the fun and action!



On the cover: The cover photo shows photographer Todd Reed--definitely "active for life"--on the slopes; taken by his son and photography partner, Brad Reed.

Both have generously contributed many cover photos for the Active for Life newsletter.

Planning Ahead starts with knowing your options...

Know Your Options: Where to Get Started



Have you started thinking about what care you or a loved one might need in the future? As we navigate through life's twists and turns, it's important to know what our care options are—for ourselves, our family members, and friends. Planning ahead helps ensure comfort, dignity, and independence at every stage of life.

That's where the Area Agency on Aging of Western Michigan (AAAWM) can help. Whether you're just beginning to explore your options, or need assistance navigating in-home support, insurance, or caregiver resources, our team is here to walk alongside you every step of the way.

What are my options?

When life changes, knowing *your* options makes all the difference. Everyone's needs, values, and goals are unique, which is why AAWM offers Person-Centered Options Counseling and the State Health Insurance Assistance Program (SHIP) to help you make confident, informed decisions that reflect your priorities and support your independence.

What is Person-Centered Options Counseling?

Options Counseling through AAWM provides free, unbiased guidance from a trained counselor who helps you explore the care and support options available in your community. Together, you'll identify local resources, talk through next steps, and create a plan customized for you and the community you live in. These plans may include in-home support, community-based services, transportation, meals, and more—always centered around what matters most to you. You can choose the meeting format that works best for you: at home, in our office, virtually, or by phone. You can meet with a trained counselor from AAWM one-on-one, or you are welcome to invite along a friend, family member, or a caregiver; anyone whom you would like to sit alongside you.

After setting up an Options Counseling visit to discuss aging resources, one family shared, *"We are so incredibly grateful to the Area Agency on Aging of Western Michigan and their amazing Options Counselor, Margie Pettit, for walking with our family through the journey of elder care. At 93 and 83, our parents deserve the best and thanks to Margie's kindness and knowledge, we now have the tools and support to help them age with dignity. Sometimes all you need is someone who listens and helps you find the right path. That someone was Margie."*

Planning ahead is essential, and you can start today. Call us at (616) 456-5664 to schedule your Options Counseling visit.

What is SHIP?

In addition to Options Counseling for your general questions and concerns, AAWM also offers the Michigan State Health Insurance Assistance Program (SHIP) for those who need help understanding Medicare. SHIP is a state-wide program that provides free, unbiased information to older adults, individuals with disabilities, and their caregivers. Certified counselors through AAWM can help you understand Medicare options, compare plans, and assist with billing and appeals—all without selling or promoting any products.

Understanding your Medicare coverage can be confusing, but SHIP is designed to make it easier. You'll receive clear, honest guidance to help you make the best choices for your healthcare needs. You can set up an appointment with a SHIP counselor through the Area Agency on Aging of Western Michigan by calling (616) 456-5664.

Where do I start?

It starts with a phone call! To learn more about our services and discover which options might be right for you, give us a call at (616) 456-5664 or fill out our online referral form [here](#). Every situation is different; let us walk alongside you!

This article was written by the Area Agency on Aging of Western Michigan, a 501(c)3 nonprofit organization dedicated to supporting older adults, adults with disabilities, and their caregivers to live independently and with dignity. Services provided are funded through the Michigan Department of Health and Human Services, the Michigan Aging & Adults

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

March 2026

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

**Voluntary
 Donation**

Suggestions

**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**

**Note: Menus are
 subject to change**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti /Meat Sauce Tomatoes in Entrée Green Beans Pineapple Garlic Toast 1% Milk	3 Chicken Patty Baked Beans Lettuce/Tomato Fruit Mix Bun 1% Milk	4 Hot Ham & Cheese Broccoli Creamy Cucumbers Banana Bun 1 % Milk	5 Beef Stroganoff Mushrooms in Entrée Mixed Veggies Diced Pears Noodles 1 % Milk	6 Fish Patty Sandwich Corn Coleslaw Grapes Bun 1% Milk
9 Cheesy Chicken & Rice Broccoli in Entree Carrots Peaches 1% Milk	10 Taco Tuesday Mexican Rice Lettuce/Tomato Oranges Tortilla 1 % Milk	11 Liver & Onions Mashed Potatoes Mixed Veggies Applesauce Rye Bread 1 % Milk	12 Pork Roast Squash Mixed Veggies Banana Roll 1 % Milk	13 Lemon Pepper Fish Scalloped Potatoes California Blend Peaches Sliced bread 1% Milk
16 Kielbasa Sauerkraut Red Skin Potatoes Applesauce Bun 1% Milk	17 Irish Stew Green Peas Green Apple Potato Roll 1% Milk Green Cookie	18 Stuffed Baked Potato Ham, Cheese, Broccoli Sauce Pears Roll 1% Milk	19 Meatloaf Mashed Potato Green Beans Apricots Dinner Roll 1 % Milk	20 Meatless Lasagna Brussels Sprouts Grapes Garlic Bread 1% Milk
23 Macaroni & Cheese Carrots Peas Sliced Peaches 1% Milk	24 Chicken Pot Pie Mixed Veggies in Entrée Green Bean Fruit Mix Pie Crust 1% Milk	25 Goulash Tomatoes in Entrée Corn California Blend Apples 1% Milk	26 "Pizza Day Thursday" Carrots Pineapple 1% Milk	27 Breaded Fish Hash Brown Casse- role Tossed Salad Mixed Fruit Muffin 1% Milk
30 Chicken Strips Mashed Potatoes Squash Diced Pears Dinner Roll 1% Milk	31 Pulled BBQ Pork Baked Beans Coleslaw Melon Bun 1% Milk	Check out each Center's calendar for info on St. Patrick's Day Potlucks! Happy National Nutrition Month		

Soda Fountains in Ludington

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, March 11th, at 8:30am for breakfast and a discussion about Soda Fountains in Ludington 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.



\$5 DONATION FOR BREAKFAST

REGISTER NOW: 231-845-6841

Lunch Invitation to All Mason County Seniors



A recent lunch at the Scottville Center

The congregate meals provided by the Mason County senior meals program serves two important functions: assured nutrition for seniors, and important social interaction. Sometimes the social interaction with others is even more important than the food.

The senior meals program at Mason County Central Schools prepares and delivers the lunches Monday through Friday at Tallman Lake and Scottville centers, and on Tuesday and Thursday at the Ludington center. The menu can be found each month on page 4 of the Active for Life newsletter.

The Free Soil Senior Center prepares its own meals at the center on Tuesdays and Thursdays. The menu for their made-from-scratch lunches is located on page 17 of the newsletter.

It's important to note that the lunches at all the senior centers are available to seniors for a voluntary donation, rather than a required cost. Donations are, of course, welcome and appreciated, and help sustain the programs. However, no senior need miss a nutritious lunch for lack of funds. The honor system is in effect, and no explanation is needed for those not able to donate.

For the senior meals program at Ludington, Tallman Lake and Scottville, the suggested voluntary donation for those 60 and over is \$5; for those under 60, the suggested voluntary donation is \$6. At the Free Soil center, the suggested donation is \$3. However, donations can be in any amount.

Ludington Senior Center's

St. Patrick's Day Jukebox Bingo

Tuesday, March 17th at 1 PM
\$3.00 donation

Bingo, prizes, treats, and everything green.

Call to register 231-845-6841



**Attention
puzzlers!**



LUDINGTON SENIOR CENTERS

PUZZLE TOURNAMENT

Monday, March 30th @ 1 PM

- Teams must consist of 2-4 players
- \$15.00 per team
- Each team will put together the same 500-piece puzzle.

CALL 231-845-6841 TO REGISTER YOUR TEAM BY MARCH 18TH

SENIOR CENTER
LUDINGTON CENTER

Café Connect

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

Wednesday, March 4th at
11:30am

Huntington Bank will be leading a discussion on fraud prevention and caregiver banking.



Wednesday, March 18th at
11:30am



Community Foundation- Create important estate planning documents with our partner, FreeWill.

RSVP 231-845-6841

AudioNova

You're Invited

Please join us for a Hearing and Coffee Seminar for Ludington



Your hearing health journey should begin with us. RSVP to our Hearing and Coffee Seminar today!

Experience the AudioNova difference:

- **Better Hearing Event**
Learn about the hope and help available for those with hearing loss!
- **Coffee on Us**
Enjoy fresh coffee, on the house!
- **Magic for All**
Experience a seasoned magician before the presentation!

You're invited to join us for a Hearing and Coffee

WHEN: Friday, March 13th
TIME: 1:00pm - 2:00pm

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

RSVP TODAY
616-320-2530

RSVP today! Don't miss out on this exclusive event!

AudioNova

Call us today at 616-320-2530 or visit us online at AudioNova.com

LUDINGTON SENIOR CENTER

UKRANIAN Egg Tutorial

THURSDAY, MARCH 26TH

AT 1PM-4PM
\$15.00 FEE

Please RSVP as space is limited
231-845-6841

Learn how to make a beautiful, traditional Ukranian Egg!



JOIN US FOR



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



LOCATION:
Ludington Senior Center
308 S. Rowe Street
Ludington, MI 49431

TUESDAY & THURSDAYS:
COST: Donation
1:00 pm - 3:00 pm
March 31st to April 23, 2026

REGISTRATION REQUIRED!

For more information, call Ludington Senior Center
A program of the Area Agency on Aging of Western Michigan



Crafts with Carole and Cathy are Back!!

Tuesday, March 24th 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



Foot Care

Keep your feet happy!
Call 231-843-2690



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



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 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	
2	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	3 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga	4 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 11:30 Cafe Connect- Huntington Bank 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 11:45 Lunch 1 Duplicate Bridge	6 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making 2 Chair Volleyball Open Billiards		
8	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	10 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 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 3 TED Talks 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 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group 5 Solo Adventures- Scottys	13 9 Walking Club 9 Men's Billiards 9-12 Footcare 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 AudioNova Presentation 2 Wii Bowling Open Billiards	14	
15	16 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	17 9 Walking Club 9-12 Parmenter Law 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Life & Mortality 1 St Patricks Day Bingo 	18 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 11:30 Cafe Connect- Freewill 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 11:45 Lunch 1 Duplicate Bridge	20 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 Curling Open Billiards	21	
22	23 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	24 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 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 4 Feldenkrais 5:30 Zumba Gold	26 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Ukranian Egg Tutorial 5 Solo Adventures- Scottys	27 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 Baseball Cornhole Open Billiards	28	
29	30 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 Puzzle Tournament 5:30 Zumba Toning	31 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 Matter of Balance	Key: Black- Service Blue- Presentation Green- Exercise Red- Social				

Travel with us!



DAY TRIP

*Meijer Gardens &
Gerald R Ford Museum*
June 16th, 2026



**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
- 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



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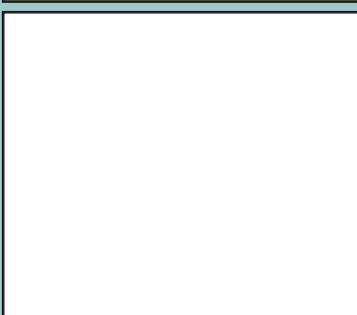
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March - Happenings and Transitions

Presentations in March:

Life and Mortality Presentation on Monday, March 16th at 1:15pm

Mason County History Presentation on Thursday, March 19th at 10:45am

Tai Chi Meeting on Thursday, March 26th at 12:30pm

Live Your Best Life Presentation with Sarah Stickney on Tuesday, March 31st at 12:15pm



Monthly/Weekly Offerings

Organic Gardening Group: getting ready for spring planting and learning
March 19 (Thursday) at 12:30

Parkinson's Group: March 18th (Wednesday) at 1:30

Alzheimer's Group: March 12th (Thursday) at 11:00

Painting Group: Every Wednesday at 9:00

Walking Group: Every Monday, Wednesday and Friday at 9:00 (weather permitting)

Sunset Carving Group: Every Tuesday at 1:00 – 3:00

Grandparents Raising Grandchildren: March 18th (Wednesday) at 5:30 – 7:00
Kelly Barnhart will discuss cannabis and its effect; separate activities for younger kids..

Quilting Group: Every Monday at 9:00 a.m.

Quilting Guild monthly meeting is Monday, March 2nd at 2 p.m.

Charity Sew is Tuesday, March 17th at 9:00 (a non profit benefits from the craft)

Potluck on Tuesday, March 17th at 11:45. Bring a dish to pass and wear green!



Special Offerings:

Estate Planning (appointment only): Monday, March 16th from 10am-3:30pm

Tax Help (appointment only): Tuesdays in March from 9am-2:45pm

Please check our calendar for more programs & exercise groups, and page 14 for our crafts.

Monthly Factoids:

March is the beginning of Spring; tradition says it comes in "like a lion" and goes out "like a lamb"

March 8th is the return of Daylight Saving Time (spring forward)

March is the month when NCAA "March Madness" for college basketball teams tips off

March celebrates St. Patrick's Day on March 17th when Chicago dyes their river green!

March 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.



Crafts with Carole and Cathy

Carole and Cathy are back! Join them on Tuesday, March 10th at 2:00pm to create this cute Easter Wooden Cross Decor. 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.

Diamond Art Class Tuesday, March 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.



Jewelry Class – On Wednesday, March 18th at 2:00pm we will be making a Rusty Nail Cross Pendant. The fee for the class is \$5.00. All materials and tools will be provided. Please register by March 13th to reserve your spot.

Scrapbooking Our monthly scrapbooking crop is scheduled for Saturday, March 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.



Card Making Monday, March 23rd at 2:00pm – We will be making two Easter 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 March 19th to reserve your spot.

Crafting with Chris Let's think Spring! Chris definitely is. Her next class is scheduled for March 26th at 3:00pm. This month, she will be showing you how to create a Spring Door Hanging. The photo shown is similar to what you will be creating. The fee for the class is \$15.00. Please register by March 12th so she can make sure she has all the materials she will need for you to complete the project.





Travel Opportunities



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

• April
 • 2-11
 • 2026



Biltmore

• May
 • 17-22
 • 2026



**Highlights of the Columbia
 and Snake Rivers**

• June
 • 21-28
 • 2026



Ark Encounter

• August
 • 10-14
 • 2026



Shanley of Ireland

• October
 • 18-27
 • 2026



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

• February 24-
 • March 14
 • 2027

Please contact Ada with any questions.

Email: aamor@mysasc.org

Phone: [231-757-4705](tel:231-757-4705)

TALLMAN LAKE SENIOR CENTER

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

**NOON LUNCH
MON-FRI**

Please call the day
before to order lunch!

MARCH

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00 Loom Hats Class (Free) 9:30 Walking Group 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee 2:00 Cards & Games</p>	<p>3 9:00 Hand-making Greeting Cards 10:30 Diamond Art 11:30 Lunch 12:30 Indoor Corn Hole 1:00 Yahtzee</p>	<p>4 9:00 Open Billiards 10:00 Auxiliary Mtg. All Welcome! 10:30 Dominoes 11:30 Lunch 12:30 Rummy</p>	<p>5 9:00 Loom Hats 10-2 Open Billiards 11:00 Rummy 11:30 Lunch 1:00 Euchre</p>	<p>6 9:30 Bean Bag Toss 11:00 Chair Yoga 11:30 Lunch 12:30 Musical Ball 1:30 Noodle Hockey 1-3 Outreach</p>
<p>9 9:00 Loom Hats Class (Free) 9:30 Walking Group 10:30 Safe & Sane Exercise 11:30 Lunch 1-2:30 Tech Help</p>	<p>10 9:00 Diamond Art 10:00 Yahtzee 11:00 Open Billiards 11:30 Lunch 12:30 Cardio Drumming \$6</p>	<p>11 9:30 Board of Directors Mtg. All Welcome! 10:00 Craft Day Hat Making 11:30 Lunch 1:00 Dominoes</p>	<p>12 9:30 Rummy 10:30 Noodle Hockey 11:30 Lunch 1:00 Euchre</p>	<p>13 9:30 Bean Bag Toss 10:30 Spoons 11:30 Lunch 12:30 Indoor Balloon Volleyball 1-2:30 Genealogy</p>
<p>16 9:00 Crochet Class 10:30 Blood Pressure Clinic 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee</p>	<p>17 9:30 Diamond Art 10:30 Puzzle Day 11:30 St. Patty's Day Potluck - Wear Green! 1:00 Yahtzee</p>	<p>18 9:30 Coffee & Chat 10:30 Craft Loom Hats 11:30 Lunch 1:00 Dominoes</p>	<p>19 9:30 Bingo 10:30 Diamond Art 11:30 Lunch 1:00 Euchre</p>	<p>20 9:30 Bean Bag Toss 10:30 Spoons 11:30 Lunch 1:00 Walking Group</p>
<p>23 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee</p>	<p>24 9:30 Diamond Art 10:30 Puzzle Day 11:30 Lunch 12:30 Cardio Drumming</p>	<p>25 9:30 Loom Hats 11:30 Lunch 12:30 Table Games</p>	<p>26 9:30 Hot Potato 10:30 Diamond Art 11:30 Lunch 1:00 Euchre</p>	<p>27 9:30 Chair Yoga 10:00 Bean Bag Toss 11:30 Lunch 1-2:30 Genealogy</p>
<p>30 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Walking Group</p>	<p>31 9:30 Hand-making Greeting Cards 10:30 Diamond Art 11:30 Lunch 1:00 Indoor Corn Hole</p>			

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.**

MARCH MENU

<p><u>Tuesday, March 3, 2026</u> Meatloaf Mashed Potatoes Corn Roll & Butter Peaches Birthday Cake & Ice Cream Soup: Bean</p>	<p><u>Thursday, March 5</u> Chicken Alfredo Broccoli Small Tossed Salad Tangerines Garlic Bread Pudding Soup: Wild Rice</p>
<p><u>Tuesday, March 10</u> Sloppy Joe Oven Fries Cole Slaw Pineapple Tid Bits Soup: Potato</p>	<p><u>Thursday, March 12</u> Cheesy Ham & Potato Casserole Veggies & Dip Pears Brownies Soup: Cabbage Roll</p>
<p><u>Tuesday, March 17</u> Corned Beef & Cabbage Carrots Soda Bread Grapes Butter Pecan Cake Soup: Chicken Vegetable</p>	<p><u>Thursday, March 19</u> Turkey Gravy Mashed Potatoes Green Beans Cranberry Sauce Pumpkin Pie Soup: Vegetable</p>
<p><u>Tuesday, March 24</u> Burrito Casserole Corn Corn Bread Pineapple Tid Bits Soup: Cheesy Broccoli</p>	<p><u>Thursday, March 26</u> Beef Stroganoff Peas & Carrots Tossed Salad Biscuit Soup: Tomato</p>
<p><u>Tuesday, March 31</u> EASTER DINNER</p>	

March Events:

Tues, Mar. 3: Birthday Cake & Ice Cream

Thurs., Mar. 5: Blood Pressure Clinic 11 – Noon / Jewelry & Glasses Cleaning

Tues., Mar. 10: Regular Meeting @ 1:00

Thurs., Mar 12: Mardi Gras

Tues., Mar. 17: Wearin' O' the Green/ Fat Tuesday

Tues., Mar. 31: EASTER DINNER @ 1:00 Come early for appetizers



TALLMAN LAKE SENIOR CENTER

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Happening This Month:

Our monthly potluck for March will be on Tuesday March 17th at our usual 11:30am lunch time. Please bring a dish to pass and wear green!

We will be having an Easter Egg Hunt on Saturday, March 28th, 2026 at 11 am. Contact the Center for more details.

Tallman Lake Senior Center would like to thank the following businesses for their recent work done on the center:

Cooper's Floor Covering & Scholten's Plumbing



MASON COUNTY • MICHIGAN

March Mason County History Talk: Thursday, March 19th 10:45 a.m. presented by the Mason County Historical Society and Mason County Press

At the beginning of the 20th century Mason County had 69 public school districts. Through the century, that number was consolidated into four and then finally to the three we have today.

On Thursday, March 19, Rob Alway will discuss the history of school consolidation in Mason County at the Scottville Area Senior Center.

Rob is the editor-in-chief and owner of Mason County Press and treasurer of the Mason County Historical Society Board of Directors.



Early Scottville Schoolhouse

Ask Sharon By Sharon Bailey, Medicare Counselor at SASC

I am going to Florida for the month of March. I will be available after the 2nd of April. If you need help before then, Gale Martin at the Ludington Senior Center can help you.

I thought I would write about the differences in original Medicare and Medicare Advantage this month.

Q. What is the advantage of having Medicare Advantage (MA) instead of original Medicare?

A. There's not too much reason that MA is the less expensive choice unless you are hospitalized. If you have Original Medicare you will pay a deductible amount of around \$1200. And you will owe 20% of whatever your hospital bill is. There is no limit on the amount you will owe.

If you have an MA plan you will usually have no deductible and about \$5000 out of pocket cost. The amount you have spent on medical expenses for the year before going in the hospital is deducted from the out of pocket amount. You then will not have any more medical expenses for the year. Some plans have higher or lower out of pocket amounts, so that amount will vary according to the plan you choose. You can also get plans that have no premium.

Now I know you're wondering who pays for these plans. Medicare pays for it from your Medicare account. These plans also cover prescriptions, dental, hearing aids and eyeglasses.

Some also cover over the counter drugs and healthy food. If you want to know more about Medicare Advantage plans, come in to see me when it is Open enrollment in the fall. (October-November). My Number is 757-4052

I will not be doing Medicare Open Enrollment next fall. If you'd be interested in being a big help to your fellow seniors, call the Senior Center at 757-4705 and ask for Bill. It could be a shared venture.

MASON COUNTY • MICHIGAN

Social Connections and Aging—New Friendly Caller Program

By Susan Evans, Mason County Senior Services Coordinator



Mason County Senior Services is launching a new program designed to reduce social isolation and loneliness among older adults. The Friendly Caller program matches volunteers with older adults who are interested in receiving calls. Volunteers choose when and how often they make calls. The call can last two minutes or more. Volunteers complete a brief report after the call which can generate additional outreach to the older adult with information about community resources available. Volunteers must be at least 18 years of age, must have access to cell phone service and internet, and a background check is required, at no cost to the volunteer. All calls route through a central phone number so neither the volunteer phone number nor the senior phone number are shared with one another.

According to the World Health Organization Commission on Social Connection in 2025, “social connection can protect health across the lifespan. It can reduce inflammation, lower the risk of serious health problems, foster mental health, and prevent early death. It can also strengthen the social fabric, contributing to making communities healthier, safer and more prosperous.”

The Alzheimer’s Association Public Health Center of Excellence reports “... social engagement may lower risk of cognitive decline by as much as 70% in those who frequently socially engage.” Based on a 2023 report from the U.S. Surgeon General, “... loneliness – a related construct to social engagement – can shorten a person’s life by an estimated 15 years, or the equivalent of smoking 15 cigarettes per day.”

Social isolation is the absence of contact with others while loneliness is a subjective term. Can someone be socially engaged and still feel lonely? The answer is yes, and you may have even experienced feeling alone or lonely in a room full of people. On the other hand, a socially isolated person may not feel lonely at all. You may know or be someone who is quite happy to be left alone. Even the most social individuals may at times prefer to be alone. It appears then, that it is the state of discontented loneliness that creates the risk to our health rather than just being isolated.

The 2025 Mason County Senior Services Survey indicates 43% of our adults age 60+ live alone and 10% are caregivers which is more than 4,000 individuals. Both situations increase the risk of social isolation and loneliness. Similarly, the 2024 Area Agency on Aging of Western Michigan (AAAWM) Needs Assessment indicates 53% of older adults in Mason County (or around 4,000 individuals) report feeling lonely or isolated often or sometimes. Please consider helping an older adult seeking social connection by spreading kindness in a phone call for a few minutes every week or two.

If you or someone you know is interested in receiving phone calls from a Friendly Caller Volunteer, or if you have questions about resources for seniors, **please email Susan Evans at sevans@masoncounty.net or call (231) 316-6523**. Seniors who need help finding programs and services can also contact AAWM at 888-456-5664 Mon-Fri from 8:00 a.m. to 4:30 p.m. Another helpful resource is the Active for Life publication for seniors which is available throughout the community and at www.scottvilleareaseniorcenter.com.

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)	231-583-2028
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Education

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

Housing and Shelter Assistance

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

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

Homemaker, Respite services;	
Home injury control device installation	

Employment and Training

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

American Legion Post 76, Ludington.....	231-845-7094
Custer VFW Gold Bar Post, Custer.....	231-757-9665
Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705
Tallman Senior Center	231757-3306

Volunteer opportunities

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

Other useful numbers/services

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

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



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Education, Planning, and Support

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phone consultation
available at
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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.

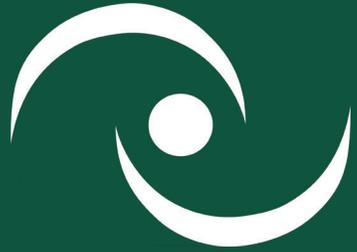
Please call the Senior Center at (231) 845-6841 for an appointment.




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