

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

May 2026
Volume 16
Issue 5

Active for Life

Mason County's Senior Newsletter



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MASON COUNTY • MICHIGAN



Sandi White: Crafter/Greeter/All Around Great Volunteer!

Sandi White has so many attributes that it is difficult to list them all!

- She's a devoted mom of a daughter....
- She's a crafter, which includes knitting and crocheting and embroidery....
- She's a cancer survivor, not once but twice....
- She's a huge Disney fan, and is heading there twice in 2026....
- She's our "librarian" who has designed the "Book Nook" for our seniors... (She also helped make the PoWer Book Bag shelves look great!)

Here's some background to this versatile woman, who is such a great volunteer, always smiling and always ready to help out!

- She's a lifetime resident of the Scottville area.
- She began her accounting degree at West Shore, finishing her education at Ferris State University.
- She worked 23 years at Merskin and Merskin in computer services. Then, she worked 13 more years at the West Shore Educational Services District doing payroll and accounting.
- In the 80's, Sandi also worked in two Mason County movie theaters....eventually becoming the assistant manager. Later she moved to the theater east of Ludington. These positions helped make her an even greater movie fan (especially a Disney one!)



Thank you, Sandi, for all you do.....your skills are diverse, but recognized and appreciated!

Cover Image: "Island Iris" by Todd Reed welcomes the warm months to Michigan. Photo courtesy of Todd and Brad Reed Photography.

MASON COUNTY • MICHIGAN

Kickoff Spring with a Fresh Start

As we welcome warmer weather and springtime sunshine, it's a great time for a fresh start! Whether you're looking to refresh your space, build healthier habits, or connect with your community, support is available. At the Area Agency on Aging of Western Michigan (AAAWM), we offer a variety of supportive services through our partner network across a nine-county region, helping you make the most of spring!



Spring Cleaning

Although it may look a bit different as we age, spring cleaning might be even more important than before. Spring cleaning that was once focused on clean carpets and organized closets is now focused on functionality and safety. Here are a few tips for your spring cleaning this year:

1. Focus on safety.

- Remove clutter from walkways and ensure loose cords/wires are tucked away.
- Dispose of any expired food and/or medications safely.
- Test your fire alarms and smoke detectors to make sure they are working properly.

2. Take it one step at a time.

- Tackle a few things each day and break your tasks down into a list. Don't try to finish all your cleaning at once. Set a timer to make sure you take adequate breaks. Small tasks add up!
- Accept help from a loved one or friend for the heavier tasks like washing windows, cleaning ceiling fans, and any other task that may require a ladder. Turn on some music, share a meal, and chat while you clean together!

Nutrition

March is National Nutrition Month! It's a great time to recognize the vital role that nutrition plays in every stage of our life. As we head into the spring season, many more kinds of produce are in-season and grown locally in Michigan, making it easier to find healthy options near you! To find what fruits, vegetables, and other produce are in season near you, use the What's In Season website. Enter your zip code, click search, and the tool will show you what produce is currently in season.

Additionally, if you or someone you know is in need of nutrition assistance, we can provide resources to help with that! We partner with several organizations across our region that provide meals and nutrition assistance to older adults and those with disabilities. To find an organization near you visit: www.aaawm.org/services and use the search tool to select your county and choose "Nutrition" from the drop-down menu.

Fitness

Spring is also a great time to stay active! As the weather warms up outdoors, grab a friend and take a walk outside in your community. At AAWM, we offer our Engaging Wellness program—a fitness program with evidence-based classes specifically tailored to the needs and abilities of older adults.

Classes are safe, effective, and adaptable to different fitness levels. Each class is different: A Matter of Balance, Cardio Drumming/Drums Alive, Enhanced Fitness, Tai Chi, Yoga, and more! You can find Engaging Wellness classes at senior centers, churches, schools, community education centers, and even libraries. Wherever you are in your fitness journey, there's a class waiting for you! Learn more at www.aaawm.org/ew.

Connect with Community

As the weather warms up, it's a great time to get outdoors, stay engaged, and connect with others in your community! At AAWM, we have multiple ways that you can get involved!

- Advocates for Senior Issues (AFSI): A dedicated advocacy group that empowers seniors to create change through nonpartisan education, engagement, and action. The group meets regularly to advocate, learn, and build community among West Michigan seniors. Join the advocates at their next meeting! Visit www.aaawm.org/afsi for more information.
- Caregiver University: A virtual program providing education and resources to caregivers in West Michigan via Zoom. Classes are taught by community experts to provide education for all types of caregivers—personal and professional. Learn more at www.aaawm.org/caregivers.
- Dementia Friends (DFMI): A nationwide movement changing the way people think, act, and talk about dementia. In a free, one-hour informational session you'll learn what small acts you can do to make our communities more dementia-friendly. Learn more about the movement and register for an upcoming session at www.aaawm.org/dfmi.
- Participating in another group, but simply need a ride? Our partner network offers safe and reliable transportation for seniors. (feel free to add whatever else here).

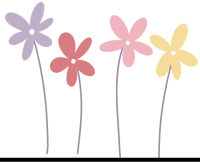
Each month, we have new events, meetings, and classes taking place. Want to stay up to date with everything going on? Sign up for our newsletter at www.aaawm.org.

Finding Support this Spring

No matter the season, we're dedicated to helping older adults live independently and with dignity. Whether you need support with nutrition, opportunities to stay active, or ways to remain engaged in your community, we're here to help! Explore available resources at www.aaawm.org.

MASON COUNTY SENIOR MEALS

300 Broadway Ave. • Scottville, MI 49454 • 231.757.5721



May 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 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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join Us on Facebook! </p> <p>Mason County Senior Meals on Wheels</p>				<p>¹ Turkey Tetrazzini Brussel Sprouts Fruit Mix Pasta 1 % Milk</p>
<p>⁴ Salisbury Steak Red Skins Green Beans Pineapple Dinner Roll 1 % Milk</p>	<p>⁵ Taco Tuesday Beans & Rice Lettuce & Tomato Peaches Tortilla Shell 1% Milk</p> 	<p>⁶ Chicken and Rice Bake Roasted Broccoli Carrots Pears 1 % Milk</p>	<p>⁷ Thursday Pizza Day Green Beans Tropical Fruit 1 % Milk</p>	<p>⁸ Pancakes Hash Browns Sausage Melon Wedges 1% Milk</p>
<p>¹¹ Jeannette's Spaghetti w/Meat Sauce Asparagus Diced Peaches Garlic Bread 1 % Milk</p>	<p>¹² Chicken Tenders Carrots Green Beans Apricots Wild Rice 1 % Milk</p>	<p>¹³ Goulash Tomatoes in Entree Spinach Cantaloupe Breadsticks 1% Milk</p>	<p>¹⁴ Lasagna Cauliflower Warm Spiced Peaches Garlic Bread 1 % Milk</p>	<p>¹⁵ Steak Bites Red Skin Potatoes California Blend Oranges Sliced Bread 1 % Milk</p>
<p>¹⁸ Sierra's Famous Cheeseburger Corn Potato Salad Applesauce Bun 1 % Milk</p>	<p>¹⁹ Chicken Pot Pie Veg in Entrée Carrots Fresh Pears Pie Crust 1 % Milk</p>	<p>²⁰ Lois' Famous Meatloaf Mashed Potatoes Prince C. Blend Pears Dinner Roll 1 % Milk</p>	<p>²¹ PJ's Favorite Roast Pork Corn Squash Red Grapes Dinner Roll 1% Milk</p>	<p>²² Jumbo Hotdog Baked Beans Coleslaw Peaches Bun 1% Milk</p>
<p>²⁵ Memorial Day Observed No Meals Served</p> 	<p>²⁶ BBQ Chicken Scalloped Potatoes Lima Beans Fruit Mix Dinner Roll 1 % Milk</p>	<p>²⁷ Fancy Nancy's Meatballs in Gravy Mashed Potato Brussels Sprouts Banana, Biscuits 1% Milk</p>	<p>²⁸ Laura's Favorite Tamale Pie Carrots Tossed Salad Red Grapes 1 % Milk</p>	<p>²⁹ Mariam's Fiesta Lasagna Refried Beans in Entree B. Beans & Rice Apple Slices 1% Milk</p>

Ludington Senior Center



National Senior Health & Fitness Day



Sample 6 different exercise classes we offer at the senior center.

9:00am-9:20am- Yoga

9:30am-9:50am- Zumba

10:00am-10:20am- Cardio Drumming

10:30am-10:50am- Stretch, Fit, and Balance

11:00am-11:20am- Enhance Fitness

11:30am-12:00pm- Line Dancing

Nutritional snacks and refreshments provided.

Giveaway drawings for those who attend all classes offered.

May 27th

9:00am-12:00pm

Protect Yourself Online: Workshop for Seniors at SASC

May 28, 12:15 pm



Miguel Quinteros, K-12 Tech Coach at Mason County Central Schools, will lead an Online Safety Workshop for seniors at Scottville Area Senior Center. The Thursday, May 28 workshop, co-sponsored by West Shore Bank, starts at 12:15.

All seniors welcome!

Seniors affiliated with all four Mason County senior centers are invited to attend. To register, call the Scottville Area Senior Center at 231-757-4705.

The workshop will feature a presentation on online safety, followed by audience questions and personal consultation with our team of tech experts.

Miguel will be joined by Hal Filter and Noah Malburg from the IT Department at MCC Schools, Kristyn Norton from the Scottville Library (Tech Advisor at SASC), and representatives from West Shore Bank, which has held previous cybersecurity presentations at SASC.

MASON COUNTY • MICHIGAN

LUDINGTON SENIOR CENTERS

Mother's Day Celebration



FRIDAY, MAY 8
2 PM-4 PM
COST: \$10.00

- INSTRUCTOR LED DIY SUET BIRD FEEDER
- SPECIAL GAME
- DESSERT

LIMITED SPACE AVAILABLE
RSVP 231-845-6841

LIGHTS, CAMERA AGING WELL SENIOR EXPO



THURSDAY, JUNE 18TH, 2026
11:00AM-2:00PM



CORNERSTONE
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Save the Date



Shining a Light on Living Well at Every Age.
More information to come



Card-Making with Sharon

Join us at the Ludington Senior Center on **Friday, May 1st** or **Monday, May 4th** 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

GOLF

LAKESIDE LINKS

TUESDAY
MAY 12TH
9:00am


\$26.00
INCLUDES A GOLF CART AND 9 HOLES.

Join our golf club every Tuesday at 9 am weather permitting



LINE DANCING

Life is better when you can line dance.



LINE DANCING WILL RESUME WITH JEANNINE AND DENNIS
MAY 12TH AT 2:00PM

PROJECT FRESH COUPONS

Monday-Friday
1pm-3pm

Senior Project Fresh gives coupon vouchers to eligible older adults (age 60+) to get Michigan-grown fruit, vegetables, herbs, spices and honey from farmers' markets and roadside stands.

Participants must have a total household income at or less than 185% of poverty.

1 person income- \$2,412.71 per month
2 person income- \$3,260.63 per month



Painting with Julie

Friday, May 22nd at 1PM

Call 231-845-6841 to RSVP to make these spring-inspired mini canvases for only \$25.00.



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.



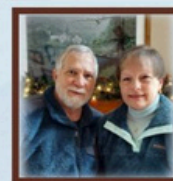
Caregiver Support

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.
3rd 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
				Key: Black- Service Blue- Presentation Green- Exercise Red- Social	1 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making 2 Chair Volleyball	2
3	4 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-12 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making 5:30 Zumba Toning	5 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10 Caregiver University 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga	6 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 7:30 Coin Club	7 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge	8 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 Mother's Day Event Open Billiards	9
10	11 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	12 9 Lakeside Golf 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 6 Sound Bath	13 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	14 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	15 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	16
17	18 9 Walking Club 9 Men's Billiards 9 Men's Breakfast 9-12 Massage w/ Jane 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1:30 Grief Support 5:30 Zumba Toning	19 9 Lakeside Golf 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 Line Dancing 2 Mindful Passages	20 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Cups of Cheer 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	21 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge	22 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Paint with Julie 	23
24/31	25  MEMORIAL DAY Center is closed	26 9 Lakeside Golf 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 2 Crafts with Carole	27 9 Walking Club 9-Noon Sr. Fitness Day 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	28 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Cardio Drumming 11:45 Lunch 1 Duplicate Bridge 5 Solo Adventures-Scottys	29 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	30

LUDINGTON AREA SENIOR CENTER
 308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841



DAY TRIP
Mystery Trip
 August 20, 2026



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



DAY TRIP
Detroit Tigers vs Pittsburgh
 Sep 27, 2026



British Landscapes
 Sept. 22- Oct 1
 2026



Balloon Fiesta
 October 3-10
 2026



Iceland
 October 6-13
 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



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
- Matter of Balance
- Golf
- 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
- Let's Talk Mason County History (Hold)
- 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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Scottville Area Senior Center - Scottville, MI

15-0696

SCOTTVILLE AREA SENIOR CENTER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<div style="background-color: #e0f0ff; padding: 10px; border: 1px solid black;"> <h2 style="text-align: center; margin: 0;">May Activities</h2> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; padding: 5px;">Key:</div> <div> <p>Black - Service</p> <p>Red - Craft</p> <p>Orange - Community\ Event</p> <p>Purple - Social Activity</p> <p>Green - Exercise</p> <p>Blue - Speaker</p> </div> </div> </div>				<p>1</p> <p>Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4 NSD 6-9</p>	<p>2</p> <p>NSD 9AM - 9PM</p> <p>3</p> <p>NSD 9AM - 9PM</p>
<p>4</p> <p>Quilting Group 9 Walking Group 9 Lunch 11:45 Cardio Drum. 12:30 Line Dancing 1:30-3 Quilting Guild 6</p>	<p>5 Cinco de Mayo</p> <p>Exercise 10:30 Lunch 11:45 Euchre 1:00 Biltmore Trip Meet & Greet 1-3 Sunset Carvers 1-3</p>	<p>6</p> <p>Painting Group 9 Walking Group 9 Cribbage 9:30 Ladies' Billiards 10 Lunch 11:45 BP Clinic 12-1 Pinochle 1</p>	<p>7</p> <p>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</p>	<p>8</p> <p>Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4</p>	<p>9</p> <p>10</p>
<p>11</p> <p>Quilting Group 9 Walking Group 9 Lunch 11:45 Monthly Birthday Celebration 12:15 Cardio Drum. 12:30 Line Dancing 1:30-3</p>	<p>12</p> <p>Exercise 10:30 Lunch 11:45 Euchre 1 Sunset Carvers 1-3</p>	<p>13</p> <p>Painting Group 9 Walking Group 9 Ladies' Billiards 10 Lunch 11:45 Pinochle 1 Jewelry Class 2</p>	<p>14</p> <p>Wii Bowling 9:30 Toenail Clipping 10-1 Needles & Hooks 10:30 Exercise 10:30 Alzheimer's Support Group 11 Lunch 11:45 Tech Help 12:15-2 Tai Chi 12:30-2:30 Book Club 1:15 Set Back 6</p>	<p>15</p> <p>Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4</p>	<p>16</p> <p>17</p> <p>Biltmore Travelers Leave 8am</p>
<p>18</p> <p>Quilting Group 9 Walking Group 9 Estate Planning 10-3 Lunch 11:45 Cardio Drum. 12:30 Mindful Passages 1:30 Line Dancing 1:30-3</p>	<p>19</p> <p>Charity Sew 9 Exercise 10:30 Lunch 11:45 Euchre 1 Sunset Carvers 1-3 Diamond Art 1-3</p>	<p>20</p> <p>Painting Group 9 Walking Group 9 Ladies' Billiards 10 Lunch 11:45 Pinochle 1 Parkinson's Group 1:30 Grandparent's Raising Grandchildren 5:30</p>	<p>21</p> <p>Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Organic Gardening Club 12:30 Tai Chi 12:30-2:30 Set Back 6:00</p>	<p>22</p> <p>Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4</p>	<p>23</p> <p>24</p>
<p>25</p> <p>Memorial Day Closed</p> 	<p>26</p> <p>Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3 Card Class 2</p>	<p>27</p> <p>Painting Group 9 Walking Group 9 Ladies' Billiards 10 Lunch 11:45 Pinochle 1 Get Hooked Crochet W/Missy 1:30</p>	<p>28</p> <p>Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Lunch 11:45 Tech Help/ Online Safety Pres. 12:30 Tai Chi 12:30-2:30 Craft With Chris 3-4:30 Set Back 6</p>	<p>29</p> <p>Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4</p>	<p>30</p> <p>31</p>

SCOTTVILLE AREA SENIOR CENTER

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May is the “merry” month we cherish for its flowers, produce, temperatures, and smiles.
Please check the calendar for an activity you might enjoy!

May Weekly Gatherings:

Card Groups: euchre, pinochle, set back, cribbage

Creative groups: carving, quilting, painting, hook and knit

Exercise Groups: Gentle Exercise (2 times a week), Cardio Drumming, Line Dancing
Walking Group (3 times a week), Tai Chi, Wii Bowling

Tech Help: Thursdays from 12:15-2

May Monthly Offerings:

Toe Nail Clipping
Ladies’ Coffee Klatch
Quilting Guild
Parkinson’s Support Group
Diamond Art
Craft with Chris
Organic Gardening Group

Blood Pressure Clinic
Attorney at Law
Alzheimer’s Support Group
Card Making
Get Hooked Crochet
Happy Scrappers Group
Grandparents Raising Grandchildren

Lunch every day (11:45), with an additional salad bar! Please call before 9:30 if you wish to join us for the meal so we have enough food!

May factoids:

May 2 (Saturday): Kentucky Derby

May 5: Cinco de Mayo

May 10: Mother’s Day (Sunday)

May 25 (Monday): Memorial Day SASC is closed.



SCOTTVILLE AREA SENIOR CENTER

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



May 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!

Scrapbooking Our NSD Crop is scheduled for Saturday, May 2nd from 9:00am to 9:00pm. There is a \$45.00 fee this Annual Crop which includes a goodie bag. \$5.00 of the fee 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.



Crafts with Carole and Cathy Join Carole and Cathy on Tuesday, May 12th to create a Junk Journal. 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

Jewelry Class – On Wednesday, May 13th at 2:00pm we will be making a Jump Ring Pendant. 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 call the Center to reserve your spot.



Diamond Art Class Tuesday, May 19th 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.

Card Making -- Tuesday, May 26th at 2:00pm – We will be making two Father's Day Cards. A sample of one of the card is shown here. Class fee is \$5.00 for both cards. All supplies will be provided. Please call the Senior Center 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 29th 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 22nd and choose your jute color!

Crafting with Chris Her next class is scheduled for May 28th at 3:00pm. This month, you will be creating a funny face planter. The photo shown is similar to what you will be creating. The fee for the class is \$15. Please register by May 14th so she can make sure she has all the materials she will need for you to complete the project.



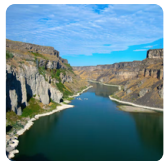


Travel With Us



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/

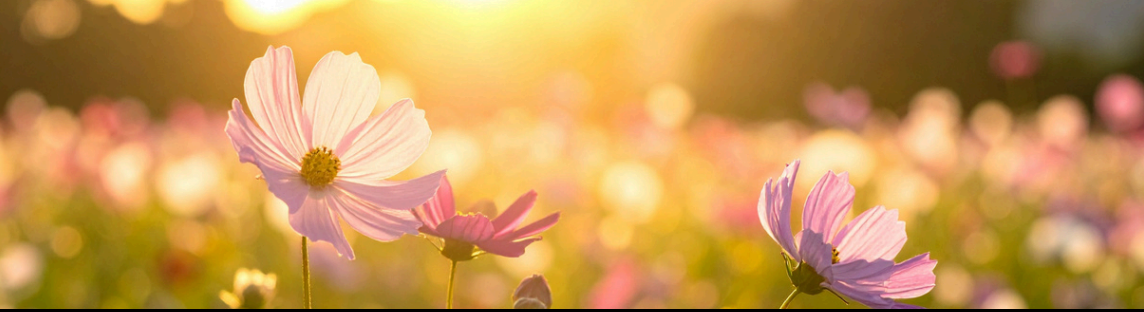

Please contact Ada with questions or to book.

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!		<h1>MAY</h1>			HOURS 9 AM TO 3 PM MON-FRI
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					
				1 9:30 Bean Bag Toss 11:00 Chair Yoga 11:30 Lunch 12:30 Musical Ball 1:30 Noodle Ball 1-3 Outreach	
4 9:00 Loom Hats Class (Free) 9:30 Walking Group 10:30 Safe & Sane Exercise 11:30 Wii Bowling	5 9:00 Diamond Art 10:00 Yahtzee 11:00 Pool Table Open 11:30 Lunch 12:30 Wii	6 9:30 Auxiliary Mtg. (Open Meeting) 11:00 Crafting Hats 11:30 Lunch 1:00 Dominoes	7 9:30 Rummy 10:30 Noodle Ball 11:30 Lunch 1:00 Euchre 1:30 Wii	8 9:30 Bean Bag Toss 10:30 Spoons 11:30 Lunch 12:30 Indoor Balloon Volleyball 1-2:30 Genealogy	
11 9:00 Crochet Class 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee 1-2:30 Tech Help	12 9:30 Diamond Art 10:30 Puzzle Day 11:30 Lunch 12:30 Cardio Drum \$6 1:00 Table Games	13 9:30 Auxiliary Mtg. (Open Meeting) 9:30 Coffee & Chat 10:30 Craft Loom Hats 11:30 Lunch 12:30 Movie W/ Popcorn	14 9:30 Bingo 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	15 9:30 Bean Bag Toss 10:30 Spoons 11:30 Lunch 1:00 Walking Group	
18 10:30 Blood Pressure 10:30 Safe & Sane Exercise 11:30 Lunch 1:00 Yahtzee	19 9:30 Diamond Art 10:30 Puzzle Day 11:30 Potluck 12:30 Cardio Drum \$6	20 9:30 Loom Hats 11:30 Lunch 12:30 Table Games	21 9:30 Hot Potato 10:30 Diamond Art 11:30 Lunch 1:00 Euchre	22 9:30 Chair Yoga 10:00 Bean Bag Toss 11:30 Lunch 1-2:30 Genealogy	
25 Memorial Day CLOSED 	26 9:30 Wii 10:30 Safe & Sane Exercise 11:30 Lunch 12:30 Cardio Drum \$6 1:30 Indoor Corn Hole	27 9:30 Puzzle Day 10:00 Loom Hats 11:30 Lunch 12:30 Table Games	28 9:30 Hot Potato 10 Gardening Group 11:30 Lunch 12:30 Monthly Birthday Celebration 1:00 Euchre	29 9:30 Chair Yoga 10:00 Bean Bag Toss 11:30 Lunch 1-2:30 Genealogy	

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.

May

<p>Tuesday, May 5, 2026</p> <p>Burrito Casserole Mexican Rice Roasted Corn Pineapple Birthday Cake & Ice Cream</p>	<p>Thursday, May 7, 2026</p> <p>Pork BBQ on Bun Chips Cole Slaw Apple Sauce Cherry Cheesecake</p>
<p>Tuesday, May 12, 2026</p> <p>Chicken Casserole w/Vegetables Roll & Butter Pears Bar Cookies</p>	<p>Thursday, May 14, 2026</p> <p>PIZZA DAY</p>
<p>Tuesday, May 19, 2026</p> <p>CLOSED for deep cleaning</p>	<p>Thursday, May 21, 2026</p> <p>CLOSED for deep cleaning</p>
<p>Tuesday, May 26, 2026</p> <p>Two Soups Bread & Butter Peaches Veggie Tray Apple Sheet Pie</p>	<p>Thursday, May 28, 2026</p> <p>Hot Dog/Bun Cowboy Beans Chips Macaroni Salad Assorted Desserts</p>

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



May 5--- Birthday Cake & Ice Cream/Cinco de Mayo

May 10---Mother's Day

May 12---Jewelry and Glasses Cleaning 10:30-11:30

**May 28---Blood Pressure and Biometrics clinic
10:00am until 2:00pm**



Adventures to be determined

Monthly Meeting

May 7 @1:00pm

Everyone is invited to attend

TALLMAN LAKE SENIOR CENTER

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

May at the Tallman Lake Senior Center

- Tech Help will be on the 11th from 1-2:30
- Cardio Drumming is on the 12th and 26th at 12:30 **Cost is \$6
- Pot Luck May 19th at 11:30 - Bring a Dish to Pass!
- The Center will be closed for Memorial Day (May 25th)



SCOTTVILLE AREA SENIOR CENTER

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



Book Club at SASC

The Scottville Area Senior Center (SASC) has had a Book Club for several years! The group welcomes new members, with the only request that everyone read the chosen book prior to the meeting so it can be discussed.

Currently, the group meets on the second Thursday of every month at 1:15.

Copies of the monthly book are requestable at the Scottville Branch of the Mason County District Library, and we thank them for their partnership!

The books are chosen by agreement of the group....and they vary as much as the members! May's chosen book is **The Feather Thief (Beauty, Obsession, and the Natural History Heist of the Century)** by **Kirk Wallace Johnson**. Please join us if you can!

Ask Sharon

By Sharon Bailey, SASC Medicare Counselor

I think winter is finally over. We are into May, although I am writing this in the rainy month of April. So if I am wrong about the weather, that is why.

I'm looking for someone to take over Open Enrollment for Medicare in the fall. There are about ten weeks between October 17 and December 5th. You would be in control of the hours that you would see people. If you are interested please call me at 757-4052.

This month's column is about what insurance agents are allowed to say or do to find new business. My advice would be to not speak to any who calls you, trying to sell Medicare insurance of any kind, unless you asked them to. They would not try to put you on a cheaper or free plan. Please call the Scottville or Ludington Senior center.

- They are not allowed to say that they are from Medicare or use a statement that infers that they are endorsed by, approved by, or authorized by Medicare that Medicare asked them to call you.
- They may call when they are given advanced permission by beneficiary of Medicare (you)
- They may not market door to door or leave materials at beneficiary's doorstep.
- They may call a beneficiary that they enrolled in a plan to discuss plan business as well as other plans they may be interested in.
- They cannot send unsolicited text messages or leave voice messages.
- They may call a beneficiary who attended a marketing/sales event if prior permission was given and documented.
- May not approach beneficiaries unsolicited (e.g walking up to cars, approaching in supermarkets or parks.)
- May initiate a call to confirm an appointment.
- Cannot conduct marketing/ sales events except in common areas such as a consultation room.
- They cannot make unsolicited calls, including contacting beneficiaries under guise of selling non --Medicare Advantage or non-prescription drug plan
- They must secure a documented scope of appointment.
- They cannot provide meals at a marketing event.
- Snacks can be provided at a marketing event
- Cannot conduct marketing/sales activities at an educational event including handing out marketing forms or enrollment forms.
- May schedule appointments with beneficiaries who live in long-term facilities and other congregate housing only upon request.

This list is from the Medicare and You Handbook.

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

USEFUL NUMBERS FOR SENIORS

General Senior Services

Meals on Wheels.....231-757-4831
 Free Soil Area Senior Center.....231-464-6789
 Ludington Area Senior Center.....231-845-6841
 Scottville Area Senior Center.....231-757-4705
 Tallman Lake Area Senior Center.....231-757-3306
 Area Agency on Aging of Western Michigan....888-456-5664
 Call 211 (24/7): General information, local services
 Elders' Helpers616-454-8305
 (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 Health231-845-6294
 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 Aid888.783-8190
 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 Center231-757-3306

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

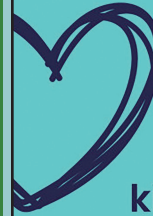
moving through life's changes
Education, Planning, and Support

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



No act of kindness is ever wasted




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

Please call the Ludington 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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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

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231-845-6291 • www.medilodgeofludington.com

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Welcome Home

Safe ♦ Peaceful ♦ Supportive
Active ♦ Loving

1100 E TINKHAM AVE.
LUDINGTON, MI 49431



231-845-7066
village-manor.com

Providing compassionate long-term skilled nursing and rehabilitative care to the community since 1966...

CELEBRATING
60th Anniversary
MASON COUNTY'S
OAKVIEW
★ MEDICAL CARE FACILITY ★



"Like Family"



231.845.5185
1001 Diana Street - Ludington



Lemonade Stand for a cause

Childhood Cancer Campaign

At Oakview on Saturday, June 6th, 11am-2pm