

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

June 2026
Volume 16
Issue 6

Active for Life

Mason County's Senior Newsletter



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MASON COUNTY • MICHIGAN

LIGHTS, CAMERA AGING WELL SENIOR EXPO



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



CORNERSTONE
BAPTIST CHURCH



**\$1.00 lunch for the first
200 seniors**
Prize Drawings
Over 30 vendors
**Education break out
sessions**



Shining a Light on Living Well at Every Age.

MASON COUNTY • MICHIGAN

Senior Nutrition and Healthy Aging in Mason County

by Susan Evans, Mason County Senior Services Coordinator

The Community Foundation for Mason County in partnership with District Health Department #10 and West Michigan Community Mental Health is finalizing a list of food resources in Mason County which will be available soon.

FiveCAP Inc provides The Emergency Food Assistance Program (TEFAP) and Commodity Supplemental Food Programs (CSFP) to those who meet income qualifications. Call (231) 757-3785 to learn more. The next TEFAP distribution is scheduled for Thursday June 4, 2026 and the next CSFP distribution is scheduled for Wednesday June 10, 2026.

Flashfood is a free mobile app that “connects shoppers with discounted, high-quality groceries nearing their best-by date to reduce food waste, offering items like meat, produce, and dairy at up to 50% off or more. Users browse deals, pay in-app, and pick up items” from local stores including Meijer and Family Fare in Ludington.

The Free Soil Area Senior Center offers Senior Congregate Meals on Tuesdays and Thursdays at noon. Call (231) 464-6789 for more information.

Lakeshore Food Club (www.lakeshorefoodclub.org) is a non-profit grocery store for low-income families. Call (231) 480-4334 for more information.

Local food pantries throughout Mason County provide food and have varying days, hours, items, and requirements. Most are listed on the Feeding America West Michigan website at www.feedwm.org or at United Way's website www.mi211.org and include Caritas Food Pantry at St Mary's Catholic Church in Custer at (231) 690-9642, Cornerstone Baptist Church Food Pantry at (231) 845-1285, and Salvation Army Ludington at (231) 843-3711. Many neighborhoods throughout the county offer mini self-serve “Care Box” sites where anyone can give or receive food. Some churches occasionally offer free hot meals as well.

MiCAFE (Michigan's Coordinated Access to Food for the Elderly) is a program to help adults age 60+ navigate the application process for SNAP (Supplemental Nutrition Assistance Program). Call 877-664-2233 for more information. Alternatively, contact MDHHS directly at (844) 464-3447 to learn more about applying for SNAP.

Senior Meals on Wheels and Congregate Meals through Mason County Central Schools serves Mason County adults aged 60+ with home-delivered Meals on Wheels for homebound seniors as well as Congregate Meals for seniors at the Ludington Area Senior Center, Scottville Area Senior Center, and Tallman Lake Senior Center.

Senior Project Fresh (www.michigan.gov/SeniorProjectFresh) is offered by the Michigan Department of Health & Human Services from May 1 until October 31. Currently the only participating markets in Mason County are Orchard Market in Free Soil and The Roadside on Pere Marquette Highway.

Those who are eligible for SNAP may qualify to join **Walmart+ Assist** for a discounted rate (\$6.47/mo right now) which provides free nearby delivery from stores with a \$35 minimum purchase and free shipping on order with no minimum purchase as well as discounts on gas. Apply at www.walmart.com/plus/assist.

Mason County Senior Services Errands Program matches volunteers with older adults who need food or medication picked up and delivered to them. Call (231) 316-6523 for more information or to become a volunteer.

The new Mason County Senior Discount Directory will be published soon (www.masoncountymi.gov). Any restaurant or food-related business in Mason County offering a senior discount can email sevans@masoncountymi.gov to be included.

If you or someone you know has questions about resources for seniors, please email Susan Evans at sevans@masoncountymi.gov or call (231) 316-6523. Seniors who need help finding programs and services can also contact AAAMW at 888-456-5664 Mon-Fri from 8:00 a.m. to 4:30 p.m. Another helpful resource is this Active for Life publication for seniors which is available at locations throughout the Mason County, at all four senior centers and at www.scottvilleareaseniorcenter.com.

MASON COUNTY SENIOR MEALS

300 Broadway Ave. • Scottville, MI 49454 • 231.757.5721



June 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

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250- 9410 or call toll free (866) 632- 9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845 6136 (Spanish). USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Steak Bites Scalloped Potatoes Carrots Fresh Fruit Roll 1% Milk	2 Taco Tuesday Taco Meat Refried Beans Lettuce & Tomato Peaches 1% Milk	3 Roast Turkey Sweet Potatoes Fresh Asparagus Diced Pears Dinner Roll 1% Milk	4 Chicken Alfredo Broccoli Cherry Tomatoes Peaches Noodles 1% Milk	5 Connecticut Beef Bake Potatoes in Entrée Mixed Veggie Mixed Fruit Sliced Bread 1% Milk
8 Spaghetti w/Meat Sauce Winter Blend Warm Applesauce 1% Milk	9 Stuffed Cabbage Rolls Key West Veggie Blend Tropical Fruit 1% Milk	10 Salisbury Steak Au Gratin Potatoes Brussel Sprouts Oranges Biscuit w/ Honey 1% Milk	11 Sloppy Joes Hash Brown Casserole Green Beans Tropical Fruit Mix Hamburger Bun 1% Milk	12 Jumbo Hot Dog Baked Beans Potato Salad Fruit Mix Bun 1% Milk
15 Chicken Tenders Red Skin Potatoes, Beets Pineapple Tidbit Rye Bread 1% Milk	16 Cheeseburger Baked Beans Creamy Cucumbers Grapes, Bun 1% Milk	17 Lasagna Green Beans Pineapple Breadsticks 1% Milk	18 French Bread Pizza Mixed Veggies Tossed Salad Peaches 1% Milk	19 Ground Beef w/ Mac & Cheese Stewed Tomato Prince Charles Mix Apple Slices 1% Milk
22 Tator-Tot Casserole Potatoes in Entree Mixed Veggies Sliced Apples Dinner Roll 1% Milk	23 Chicken w/ Gravy Green Beans Peas Banana Wild Rice 1% Milk	24 Roast Beef Mashed Potatoes Corn Fruited Jell-O Wheat Bread 1% Milk	25 Liver & Onions German Potato Salad Green Beans Pineapple Rye Bread 1% Milk	26 Breaded Chicken Patty Carrots Coleslaw Apricots Hamburger Bun 1% Milk
29 Stuffed Peppers Carrots Fresh Apples 1% Milk	30 Sweet and Sour Meatballs Broccoli Fruit Salad Rice 1% Milk	<div data-bbox="568 1669 1193 1858" data-label="Text"> <p>Join Us on Facebook!  Mason County Senior Meals on Wheels</p> </div> <div data-bbox="828 1806 990 1942" data-label="Image"> </div> <div data-bbox="1023 1816 1169 1942" data-label="Image"> </div>		

MASON COUNTY • MICHIGAN



SENIOR PROJECT FRESH

**Monday-Friday
9am-3pm**

Senior Project Fresh gives debit cards with \$25.00 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

Grandparents Raising Grandchildren Summer Schedule

The Mason County Grandparents Raising Grandchildren are ready for some fun activities, all of which can be done as a kinship family! You may also invite a friend of your grandchild, because we understand that often makes the project even MORE fun! Be sure to let us know how many to expect!

June 17 at 5:00: Clay project, at Mary Case's Art Studio at 329 E.

Dowland St., Ludington. The clay project is done in Mary's outside covered patio, so we will be creative, rain or shine! We will have pizza delivered, so it's important to call the Scottville center at 757-4705, to let us know if you will attend (or if you'd like to join our "GRG" group).

July 15: The Scottville Area Senior Center is collaborating with the Scottville Library to bring "Birds of Prey" to SASC at 3:00 (no meal). We welcome all ages to learn about the rescues of these fascinating birds.

August 19: Once again, SASC is collaborating with the library and a guest who teaches how to make duct tape into wallets and other objects. She begins at noon at SASC, but there will not be a meal for this meeting.

Then our fall schedule begins. We still have fun, but our adult programs turn to more serious issues. On **September 15th at 5:30 (dinner)**—we'll feature a program about Social Media issues by the Mason County Sheriff Department. Call the Scottville Center, 757-4705 for details.



GRG group creating at Mary Case's Art Studio



SENIOR EXPO

June 18, 2026
11:00-2:00pm

Anna Urick Duggins



We understand that making decisions regarding your estate plan can be difficult. We will help you make these decisions and prepare an individualized estate plan for you, including powers of attorney, a will, and oftentimes a trust. We will also review your assets and make sure their ownership and beneficiary designations coordinate with your estate plan documents.

If you or a loved one is facing nursing home care, we can help maximize the assets that the family can retain and still become Medicaid eligible. Filing a Medicaid application is complicated, and we can help you through the process.

Anna specializes in Estate Planning, Probate and Trust Administration, and Elder Law — including, Long-Term Care Planning, Medicaid Planning, and Veteran's Aid & Attendance Benefits.

Estate Planning, Elder Law, Medicaid Planning
and Veteran's Aid & Attendance

Personal. Professional. Practical.



MASON COUNTY • MICHIGAN



SENIOR EXPO

We're excited to welcome Corewell Health to our Annual Senior Expo on June 18th from 11:00am-2:00pm! Stop by to take advantage of biometric screenings, learn important stroke prevention tips, and explore the many health and wellness services available to support you and your loved ones. Don't miss this opportunity to connect with Corewell Health's staff and take a step toward a healthier you!



JUNE 18TH, 2026
CORNERSTONE BAPTIST CHURCH



SENIOR EXPO

We're excited to have Lake Michigan Senior Living joining us at our Annual Senior Expo on June 18th from 11:00am-2:00pm! Their dedicated team provides personalized attention to each resident while creating a warm, welcoming environment that truly feels like home. From engaging daily activities and beautiful surroundings to meaningful social connections, residents are supported with compassion every step of the way.



Assisted Living Facility

JUNE 18TH, 2026
CORNERSTONE BAPTIST CHURCH



SENIOR EXPO

We're pleased to welcome Oakview Medical Care Facility to our Annual Senior Expo on June 18th from 11:00am-2:00pm! Proudly owned by the citizens of Mason County, Oakview is dedicated to providing high-quality long-term healthcare services while enriching the lives of those they serve.

Their compassionate team works hard to create a warm, home-like environment focused on comfort, dignity, and quality of life. Stop by their booth to learn more about the services and support they provide to their residents!



JUNE 18TH, 2026
CORNERSTONE BAPTIST CHURCH



SENIOR EXPO



Whether you're looking for intensive rehabilitation or exploring long-term skilled nursing care, MediLodge offers a wide continuum of healthcare services focused on compassionate care while celebrating life every step of the way.



Elara Caring's platform of care includes programs that are tailored to each home care patient's individual needs—wherever they are on their health journey and wherever they call home.

JUNE 18TH, 2026
CORNERSTONE BAPTIST CHURCH

LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
	1 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	2 9 Lakeside Golf 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing	3 9-Noon Footcare 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	4 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge	5 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	6
7	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 2 String A Long Jam 5:30 Zumba Toning	9 9 Lakeside Golf 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 6 Sound Bath	10 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 7:30 Coin Club	11 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group 5 Solo Adventures-Scottys	12 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 CarePatrol Presentation Open Billiards	13
14	15 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	16 9 Lakeside Golf 9 Walking Club 9-12 Parmenter Law 9:30 Zumba Gold 10 Ladies Billiards 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 2 Mindful Passages	17 9 Walking Club 9 Men's Billiards 10 Quilting 10 Stretch&Balance 11 Stretch&Balance 1 Ping Pong 1 Karaoke 1 Cups of Cheer 4 Feldenkrais 5:30 Zumba Gold	18 The center is closed. Please join us at the Senior Expo 11 am-2 pm	19 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	20
21	22 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	23 9 Lakeside Golf 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 2 Crafts with Carole	24 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	25 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10 Ladies Billiards 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 2 Mason Co. Senior Services presentation 5 Solo Adventures-Scottys	26 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Paint with Julie	27
28	29 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	30 9 Lakeside Golf 9 Walking Club 9:30 Zumba Gold 10 Ladies Billiards 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing	Key: Black- Service Blue- Presentation Green- Exercise Red- Social	 <p style="font-size: 2em; font-family: cursive;">Hello June</p>		

LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841

LUDINGTON SENIOR CENTER



CarePatrol
Your Partner in Senior Care Solutions

Senior Care Solutions

You Are Not Alone, We Are Your Trusted Partner

Did you know that according to AARP, 20% of working Americans report helping with the care of an aging adult, disabled family member, or friend? Among those supporting the care needs of their loved ones, 60% are managing work-related difficulties due to their responsibilities.

CarePatrol can help provide information, resources, and solutions to help families make informed decisions regarding senior care options. Our goal is to help individuals achieve a better quality of life with safe and appropriate solutions.


Our local advisors review the unique needs, preferences, and budget of each individual needing senior care before making recommendations. The recommendations we make are pre-vetted by our local advisors to ensure transparency is provided regarding pricing and services available.

No matter the situation, whether planning for the future or in a crisis, CarePatrol has the answers and resources to help.

- Assisted Living
- Downsizing/Estate Sale Referrals
- Elder Law Referrals
- In-Home Caregivers
- Memory Care
- Nursing Care
- Resources to Pay for Care
- Veterans Resources

PLEASE JOIN US:
June 12th at 2pm, Ludington Senior Center 308 S Rowe St, Ludington, MI 49431
We will be presenting to you our Senior Advisory Service. 
Team CarePatrol West MI-Lakeshore

CarePatrol of West MI-Lakeshore
Your trusted Senior Care Consultants:
serving Ludington, Muskegon, Grand Haven, Holland, Zeeland
<https://carepatrol.com/west-michigan-lakeshore>
© 231-685-2002 | e:616-607-4030 | f:231-681-1002



Mindful Passages: Presents Cemetery or Cremation or ???
Monday, June 16th @ 1:30 - 2:30 pm
Cost: Donation
@: Ludington Area Senior Center
308 S Rowe St, Ludington, MI 49431
231-845-6841

Most people believe that one's body must be embalmed and that being buried in a cemetery under a cement vault or cremation are the only options after death. Some are aware that they may donate their body to science instead of being buried. Yet there are other options.

Curious? Join this overview and discussion.

- Learn about new and evolving options for body disposition
 - Donation, Burial, Fire, Earth or Water
- Learn about ecological implications of our choices for disposition of a body
- Learn what options are available in the Ludington area
- Consider which options are best for you

Presented by Marie Stycos of Mindful Passages.



Crafts with Carole and Cathy June 23rd 2PM

Join us for a FREE class, creating this patriotic fabric ring flower.
Provided by

Ludington Woods
A Leisure Living Community

Limited space available please call the Ludington Senior Center to reserve your seat 231-845-6841



Paint with Julie

Come out and enjoy a surprise painting class this June! Julie has been hard at work creating a fun new project just for you. You'll be able to customize it with your own choice of colors to make it uniquely yours. Sign up today and join us for this exciting and creative class!

1PM-4PM FRIDAY JUNE 26TH	LOCATION LUDINGTON SENIOR CENTER	CLASS FEE \$25 \$10.00 DEPOSIT
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CALL THE SENIOR CENTER TO REGISTER: 231-845-6841

Ludington Coin Club's

Coin and Stamp Show

Saturday, July 25, 2026
9AM to 4PM Free Admission
Hamlin Township Hall
3775 North Jebavy Drive
Ludington, MI



LUDINGTON AREA SENIOR CENTER

308 S. ROWE STREET • LUDINGTON, MI 49431 • 231.845.6841



DAY TRIP

Cherry Point Fishboil
August 14, 2026



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

SCOTTVILLE AREA SENIOR CENTER

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

JUNE

“June is busting out all over.....all over the meadow and the hill.....”

From “Carousel”



June is our entry to summer.....with cook outs, visits to Lake Michigan, Farmer’s Markets, outdoor concerts, paddling down a river...and many more fun activities! Including:

Sunset Bonfire at Stearns Park Beach: June 25; Flag Day: June 14; Father’s Day, June 21.

June Highlights at SASC...

- Highlights of Columbia and Snake Rivers trip Pre-trip meeting, Monday, June 8, 2:00 pm. Review documents and trip details, “meet & greet” for those traveling to the Pacific NW June 21-28.
- Organic Gardening Club’s Early Summer Garden Tour. Thursday June 18, 12:30 pm. Everyone will depart from the Scottville Area Senior Center.
- Thinking about traveling to Australia and New Zealand? Come to our Informational meeting for this fabulous trip in 2027 (February 24—March 14). Meeting date: Thursday, June 18th at 2:30 pm. Learn more and sign up for the trip! Truly the “trip of a lifetime” to a beautiful and fascinating part of the world.
- Fraud Prevention Bingo presentation. Thursday, June 25, 12:30 pm.
- Ladies Coffee Klatch. Tuesday, June 30, 9:00 am. Join us for a wide-ranging discussion of local issues with Scottville city commission members and other interesting ladies.
- June’s Book Club book is *“Whistling Past the Graveyard”* By Susan Crandall

June has the longest daylight hours, as well as roses, pearls, fireflies and major historical events...

-June 4th, 1919, extended to women the (long overdue) right to vote...

-D-Day invasion (June 6th)

-Flag Day: June 14th

-Juneteenth celebrating the end of slavery (June 19th)

-June is the most popular month for weddings...

-Father’s Day is June 21st

Detroit Tiger’s Day Trip! Tickets are \$135.00 each. \$80.00 deposit for each game to reserve your spot. Balance due one month prior to game day. Call the Center for more information and to sign up.

See Page 19 for more trips, including August’s Tigers Game Day Trip

July 29, 2026 Detroit Tigers vs Baltimore (Balance due June 29, 2026)

SCOTTVILLE AREA SENIOR CENTER

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June 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, June 9th to create Patriotic Fabric Ring Flowers. 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. Space is limited to 10 guests!



Jewelry Class – On Wednesday, June 10th at 2:00pm we will be making a pair of Jump Ring Patriotic earrings. The photo is a sample of what we will make. The fee for the class is \$5.00. All materials and tools will be provided. Please call the Center to reserve your spot.

Scrapbooking Our Monthly Crop is scheduled for Saturday, June 13th from 9:00am to 9:00pm. There is a \$5.00 fee our Monthly Crop. This fee will be donated to the Scottville Area 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, June 15th at 2:00pm – We will be making two Patriotic Themed 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 16th to reserve your spot.

Diamond Art Class Tuesday, June 16th 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.



Get Hooked – Crochet with Missy Missy will be hosting her monthly Get Hooked – Crochet with Missy Class on June 24th at 1:30pm. During this class, you will be learning how to make an American Flag Coaster. Fee for this class is \$5. Please call the Senior Center to register by June 17th to reserve your spot!

Crafting with Chris Her next class is scheduled for June 25th at 3:00pm. This month, she will be showing you how to create a tote! The photo shown is similar to what you will be creating. There will be various material to choose from. The fee for the class is \$15.00. Please register by June 11th so she can make sure she has all the materials she will need for you to complete the project.



Medical Transportation Ride Saves a Life

We featured our new Services Managers—Deb Balk and Mellissa Kissell—in the December newsletter. We said then how fortunate we were to add such outstanding people to our team at the Scottville Area Senior Center to manage our county-wide Homemaker, Respite and Medical Transportation programs.

We couldn't have foretold just how fortunate the addition of Mellissa would be for one of our medical transportation clients—people our volunteer drivers take to appointments up to 100 miles away.

Mellissa and one of our drivers, Steve Hillman, were at the center of a transportation event this winter that literally has been credited with saving a life. Mellissa had arranged for a driver to take a client to Grand Rapids for a medical appointment. However, our harsh winter weather in late January made the roads so treacherous that the assigned driver wasn't able to make it back from out of town to pick up the client.



Perhaps the easiest solution to this dilemma would have been to ask the client to reschedule the appointment to give us time to arrange for a driver on a less treacherous day. Mellissa isn't one to take the easy way. She quickly began calling other volunteer drivers and didn't give up until she found one—Steve—who was willing to immediately take the client to GR so the appointment wouldn't have to be postponed. Steve agreed to drop everything and take the ride.

Keep in mind that the medical transportation program is for non-emergency appointments. We try to leave the emergencies for the medical professionals. Nonetheless, along the way, this ride turned into an emergency. Our client became gravely ill, something else that couldn't have been foretold. Despite the adverse conditions, Steve got her to the hospital in GR—as it turned out—just in time.

It was the opinion of the doctors involved that if not for the quick change of drivers getting the client to the hospital in the nick of time, the patient likely would have passed away.

Most of our medical transportation calls involve little or no drama. But occasionally, a situation develops that demonstrates just how vital the programs supported by funding from the Area Agency on Aging of Western Michigan and the Senior Millage approved by Mason County voters, and allocated by the Board of Commissioners, can be for the seniors in Mason County.

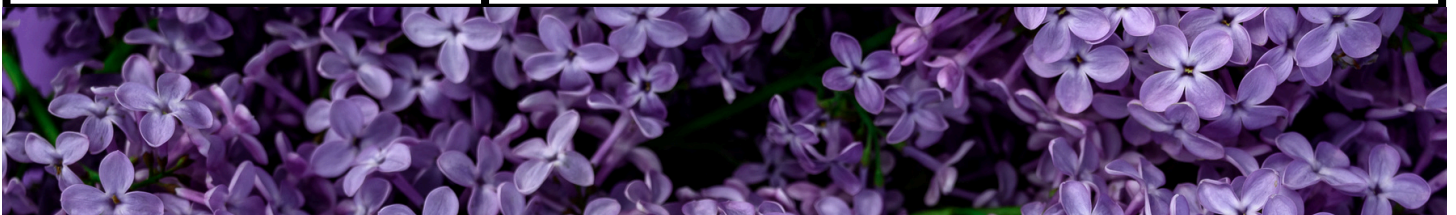
Tallman Lake Senior Center

6765 E Marshall Rd, Fountain MI 49410

(231) 757-3306

OPEN Mon/Wed/Fri 9:00 a.m. to 3:00 p.m.

JUNE		
Monday	Wednesday	Friday
<p>1 10:30am Exercise 11:45am Lunch 12:15pm Senior Project Fresh Presentation & SignUp</p>	<p>3 11:45am Lunch 12:15pm Speaker: Kaitlyn Szczypka, Mason County Administrator</p>	<p>5 11:45am Lunch 3-5pm Party in the Park</p>
<p>8 10:30am Exercise 11:30 am Speaker: DHD#10 - Gambling 11:45am Lunch 1pm Tech Help from MCDL</p>	<p>10 9:30am Board Mtg- All Membership Meeting, Open to Public 11:00am Cardio Drumming \$6 11:45am Lunch</p>	<p>12 11:45am Lunch 12:15pm Speaker: James Jensen, Mason County Historical Society - "Looking Back at the Villages: Bachelor, Tallman and Walhalla"</p>
<p>15 10:30am Exercise 11:45am Lunch 12:15pm Speaker: John O'Connor, Mason Co Airport Manager</p>	<p>17 11:45am Lunch 12:15pm Speaker: Falls Prevention, Corewell Health</p>	<p>19 11:45am Lunch 12:15pm Speaker: Atty Nicholas C.Krieger – Getting Your Affairs in Order</p>
<p>22 10:30am Exercise 10:30 BP Checks, Corewell Health 11:30am Speaker: Be Ready for Picnic & Potluck Season 11:45am Lunch</p>	<p>24 11:00am Cardio Drumming \$6 11:45am Lunch 12:15pm Speaker: AARP Avoiding Scams</p>	<p>26 11:45am Lunch 12 noon Speaker: Association for the Blind & Visually Impaired Resources 1pm Genealogy</p>
<p>29 10:30am Exercise 11:30am Speaker: DHD#10 - Narcan Awareness 11:45am Lunch</p>	<p>The following activities are always available when the center is open: puzzles, table games, billiards, Yahtzee®, Wii® Bowling, Ludington Daily News. Please call by 4pm the previous day to order lunch.</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.



J U N E



<p>Tuesday, June 2</p> <p>Chicken Salad Sandwich Oven Fries Fruit Salad Relish Tray Cake & Ice Cream</p>	<p>Thursday, June 4</p> <p>Meat Loaf Mashed Potatoes/Gravy Green Beans Peaches Roll & Butter Dessert</p>
<p>Tuesday, June 9</p> <p>Beef Burrito Casserole Rice Roasted Corn Pineapple Mexican Wedding Cake</p>	<p>Thursday, June 11</p> <p>Chicken Noodle Soup Corn Bread Side Salad Strawberry Shortcake</p>
<p>Tuesday, June 16</p> <p>Pulled Pork Sandwich Chips Cole Slaw Banana Ice Cream Bar</p>	<p>Thursday, June 18</p> <p>Lasagna Salad Garlic Bread Pears Cherry Cheese Cake</p>
<p>Tuesday, June 23</p> <p>Chicken & Rice Casserole Broccoli Mandarin Orange Jello Roll & Butter Cookie</p>	<p>Thursday, June 25</p> <p>Beef Roast Mashed Potatoes/Gravy Carrots Roll & Butter Lemon Bars</p>
<p>Tuesday, June 23</p> <p>Chicken & Rice Casserole Broccoli Mandarin Orange Jello Roll & Butter Cookie</p>	

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

WHAT'S HAPPENING IN JUNE?

June 2--Cake & Ice Cream

June 4 @11:00am Annual Meeting
Everyone is encouraged to attend!

June 4 @1:00pm Regular Meeting



June 15---Badger Trip (Other Centers are encouraged to join us)
\$112 per person over and back day trip
Reservation and Money is due by Thursday, June 11th

June 21---Father's Day

June 25—Blood Pressure Clinic 11-Noon

June 27—Craft Show at the Center

For more information contact: Rosie Wright @ 231-845-6339



Tallman Lake Senior Center

6765 E Marshall Rd, Fountain MI 49410
(231) 757-3306

Special Events in June

Check out our calendar for **Lunch & Learn Speakers!** Bring your own lunch or order a SENIOR MEAL by 4pm the day before. Donations are accepted for those aged 60 and over but are not expected. Meal price is \$6 for age 59 and under.

NOW UNDER NEW MANAGEMENT

Call us at (231) 757-3306 with any questions or suggestions!
Please note new schedule--now open Monday, Wednesday and Friday

Senior Center Party in the Park!



Music by Joe Stickney
Friday June 5 from 3-5 p.m.

FOOD & DRINKS PROVIDED
Location: Tallman Lake Senior Center

SCOTTVILLE AREA SENIOR CENTER

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



Day Trips - Detroit Tigers Games

July 29, 2026

Detroit vs Baltimore

August 26, 2026

Detroit vs Tampa Bay

Tickets are \$135.00 each. \$80.00 deposit for each game to reserve your spot. Balance due one month prior to game day.

Please contact Ada with questions or to book.

Email: aamor@mysasc.org

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



**Highlights of the Columbia
and Snake Rivers**

⋮ June
⋮ 21-28
⋮ 2026



Ark Encounter

⋮ August
⋮ 10-14
⋮ 2026



FULL Shades of Ireland FULL

⋮ October
⋮ 17-29
⋮ 2026



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

⋮ February 24-
⋮ March 14
⋮ 2027

For more information visit scottvilleareaseniorcenter.com/trips/

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