

A PUBLICATION FOR
MASON COUNTY
RESIDENTS

August 2026
Volume 16
Issue 8

Active for Life

Mason County's Senior Newsletter

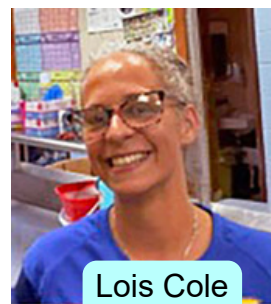
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MASON COUNTY • MICHIGAN

Lois Cole...

...is, technically, NOT a RECOGNIZED volunteer, because she is employed by Mason County Central Schools, overseeing the complex Senior Meals program. This program is active five days a week, delivering meals to 250 vulnerable adults, who thus avoid food insecurity. All meals are prepared, packaged and delivered on the same day they are served! The delivery team (five folk) for these meals also does wellness checks on the recipients, and are trained in CPR and elder abuse. Lois will also deliver meals after hours if there is inclement weather or a doctor appointment is cancelled, volunteering her time.



Lois also oversees the communal meals for three of the four senior centers in Mason County

Scottville (Monday – Friday.....five days a week plus a salad bar)

Ludington (Tuesdays and Thursdays)

Tallman Lake (Mondays, Wednesdays, and Fridays)

(Free Soil makes their meal on site Tuesdays and Thursdays):

The congregate meals are an important step in combatting loneliness for many of our seniors.....and the joyful nature of congregate lunches at the centers can be heard by all those present.

We consider her crucial to our centers, and some meals are now known as “Lois’ Meatloaf” or her “Taco Tuesday,” as examples. She is a really good cook, with great ideas for meals that are nutritional, yet substantial and appetizing. She also has a program that explains foods that are left out too long or foods that should only be refrigerated.

Lois is a true volunteer at the Scottville Area Senior Center Thanksgiving Dinner for seniors (the Sunday prior to Thanksgiving), preparing (and serving with her staff) an amazing turkey dinner for over 100 area seniors.

She is also a guest speaker at the Ludington Area Center for the Arts, teaching cooking to young future chefs!

AND she directed a Meals on Wheels float in the recent 4th of July parade!

Thank you, Lois, for all you do!

On the Cover. The photo, by Todd Reed, captures the spirit of those "lazy, hazy, crazy days of summer." Image courtesy of the Todd and Brad Reed Photography Team, including Rachel Gaudette. Our thanks to them for this and the many other cover photos they have contributed to Active for Life.

MASON COUNTY • MICHIGAN

How You Can Support Aging from a Distance and Help Prevent Elder Abuse

By AAAWM



Did you know that more than 10 percent of caregivers in the United States live an hour or more away from their care recipient? (National Alliance for Caregiving, 2025).

This is considered long-distance caregiving. As Americans live longer and families live further apart, long-distance caregiving is becoming increasingly common. Many caregivers balance supporting a loved one while also managing their career, children, and other responsibilities. The aging path looks different for everyone, with many twists and turns, which is why no two caregiver journeys are the same. Caregiving can be deeply rewarding and provide individuals with a sense of purpose; however, it can also be mentally challenging and physically demanding. But long distance caregiving presents an additional physical barrier that can be difficult to navigate on your own. Long-distance caregivers often coordinate medical appointments, monitor safety concerns, manage finances, and provide emotional support—all while navigating the stress of being physically separated from their loved one.

Whether you live far away or close by, we've gathered some practical tips for how you can support someone's aging journey.

Preventing Elder Abuse

While June is officially National Elder Abuse Awareness Month, this is an important issue every day of the year. It's always a great time to become educated on how to recognize and prevent this type of abuse. Elder abuse includes physical, emotional, sexual, and financial abuse, as well as neglect. According to the National Council on Aging, approximately 1 in 10 Americans age 60 and older experience some form of elder abuse each year, although many cases go unreported.

Some things to look for include:

- Changes in personality or cognitive function
- Dehydration, weight loss, or unexplained injuries
- Unsanitary living conditions
- Increased anxiety/fear
- Unexplained withdrawals from banking accounts
- Isolation

In conducting its county-wide in-home programs, Homemaker Services and Respite Care, as well as Medical Transportation services, Scottville Area Senior Center team is alert to these signs, as well as other conditions in which seniors might require assistance or intervention by appropriate agencies. The same is true of the Senior Meals team at Mason County Central Schools, with its county-wide Meals of Wheels program, also in partnership with AAAWM. Whether you live near or far, by being aware of the signs, we can all play a role in preventing abuse. Try scheduling regular video calls and maintaining connections with neighbors, friends, or trusted professionals who can help identify potential concerns. To learn more, visit www.aaawm.org/elder-abuse.

Support for You

Whether you're a caregiver or an older adult, we're here to support your individualized journey with personalized care and services tailored to your unique needs. To learn more about the types of services that would best serve you, please visit www.aaawm.org/support or call us at (616) 456-5564. Not sure where to start? Options Counseling through AAAWM can help you understand and determine what your next steps might be. Options Counseling visits provide free guidance from a trained expert to help older adults, caregivers, and family members understand care options that are available. These visits occur in-person, virtually, and over the phone, so you can choose the way that works best for you!

MASON COUNTY SENIOR MEALS

300 Broadway Ave. • Scottville, MI 49454 • 231.757.5721

August 2026



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

**Voluntary
Donation**

Suggestions

Age 60 and up: \$5

Under age 60: \$6

**Scottville center
serves lunch M-F;
Ludington Center on
Tues. & Thurs.**

**Tallman Lake
serves lunch M,W,F
*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
3 LC Chicken Casserole With Tomatoes Full Salad Bar Milk	4 LC Spaghetti Meat/Tomato Sauce Cauliflower Full Salad Bar Milk	5 Meatloaf Mashed Potatoes Full Salad Bar Milk	6 Sweet & Sour Pork Stir Fry Vegetables Rice Full Salad Bar Milk	7 Baked Fish Sweet Potato Puffs Roll Full Salad Bar Milk
10 Hot Dog Baked Beans Full Salad Bar Milk	11 Taco Tuesday Seasoned Taco Meat Spanish Rice Full Salad Bar Milk	12 Roast Pork Mashed Potatoes/Gravy Full Salad Bar Milk	13 Homemade Pizza Green Beans Full Salad Bar Milk	14 Mac and Cheese Carrots Full Salad Bar Milk
17 Chicken Noodle Casserole Peas Full Salad Bar Milk	18 Stuffed Green Peppers California Blend Full Salad Bar Milk	19 Sloppy Joes Hashbrown Casserole Full Salad Bar and Milk	20 Steak Bites w/Gravy Mashed Potatoes Full Salad Bar Milk	21 Polish Sausage Sauerkraut Full Salad Bar Milk
24 Chicken Patty Roasted Veggies Full Salad Bar Milk	25 Swedish Meatballs Winter Blend Full Salad Bar Milk	26 LC Lasagna Casserole Carrots Full Salad Bar Milk	27 Tamale Pie w/ Salsa Green Beans Full Salad Bar Milk	28 Stuffed Baked Potato Ham, Cheese, Broccoli Full Salad Bar Milk
31 1/4 Pounder w/Cheese Baked Beans Bun Full Salad Bar Milk	Join Us on Facebook! Mason County Senior Meals on Wheels 		Remember to drink lots of water!	

MASON COUNTY • MICHIGAN

LUDINGTON SENIOR CENTERS

END OF SUMMER PICNIC

THURSDAY, AUGUST 27TH @12:00PM

BRING YOUR CHAIR, A DISH TO SHARE,
AND MEET US NEAR THE
SHUFFLEBOARDS AT STEARNS PARK



Birds of Prey Was a Big Hit

[More Photos on Page 16](#)

The Birds of Prey event at the Scottville Area Senior Center in July attracted the largest audience ever for an event in the center. The Outdoor Discovery Center in Holland, MI. presented the DeWitt Birds of Prey and an educational talk about the raptors by naturalists Tom Funk and Lisa McKellips. They brought with them a Barn Owl, Great Horned Owl, Merlin Falcon, Cooper's Hawk, and an Eastern Screech Owl, to the delight and fascination of the largest audience ever to attend an event at the Scottville center. Tom and Lisa were amazing. Lisa walked around and made certain everyone saw each bird up close while Tom shared informational facts. The event was a collaboration between the senior center's Grandparents Raising Grandchildren (GRG) program and the Mason County District Library. Anticipating strong interest, the library staff suggested that the event be held at the senior center, which has more room. It proved to be a very good decision, as 128 people attended, divided about evenly between kids, seniors, and other interested adults. Many grandparents and parents brought their kids to see the birds. The presentation lasted about an hour, with Lisa staying long enough allow every audience member who wanted on to pose for a photo with the Great Horned Owl. Funding for the event came from GRG program support provided by the Area Agency on Aging of Western Michigan and the voter-approved senior millage funding provided by the Mason County Board of Commissioners.



A young guest is awed by the beautiful Barn Owl, a natural performer!

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

Ludington Senior Centers

Garage

SALE

**21ST
AUGUST
2027**

9AM-3PM

308 S ROWE STREET; LUDINGTON

LUDINGTON AREA SENIOR CENTER

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YOU ARE INVITED TO

POTLUCK SAFETY LUNCH AND LEARN WITH LOIS

JOIN US FOR SAFETY TIPS AND
RECIPES FOR YOUR NEXT
POTLUCK

JOIN US AT THE
LUDINGTON AREA SENIOR
CENTER @ 11:30

6
AUG

Thrift and Sip

\$65



- TASTING AT CHERRY REPUBLIC
- FOUR THRIFT STORES
- LUNCH-ON-YOUR-OWN
- SHOPPING DOWNTOWN TRAVERSE CITY
- BUS TRANSPORT BY BEYOND HORIZONS

Wednesday, October 21, 2026

8:30 AM-6:30 PM

Park and meet in Meijer parking lot

LUDINGTON
SENIOR
CENTER



Tuesday,
August 25
2PM

Crafts with Carole and Cathy

Join us for a FREE class, creating an
adorable envelope journal.

Provided by

Ludington Woods
A Leisure Living Community

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

Card-Making with Sharon

Join us at the Ludington Senior Center
on **Friday, August 28th** or **Monday,
August 31st** 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.

Blood Pressure Clinic

August 12th at 10:30am

It's important to get your blood
pressure checked regularly. No
appointment necessary.



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.



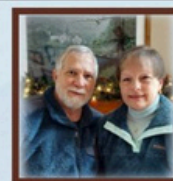
Caregiver Support

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
2	3 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	4 9 Lakeside Links Golf 9 Walking Club 9:30 Zumba Gold 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing	5 9 Walking Club 9 Men's Billiards 10 Quilting 10 & 11 Stretch&Balance 1 Ping Pong 1 Karaoke 4 Feldenkrais 5:30 Zumba Gold	6 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10:30 Drums Alive 11:30 Meals on Wheels- Lunch and Learn 1 Duplicate Bridge	7 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 2 Chair Volleyball Open Billiards	1/8
9	10 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	11 9 Lakeside Links Golf 9 Walking Club 9:30 Zumba Gold 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 6 Sound Bath	12 9 Walking Club 9 Men's Billiards 10 Quilting 10:30 Blood Pressure check 10 & 11 Stretch&Balance 1 Ping Pong 1 Karaoke 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold 7:30 Coin Club	13 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Alz. Support Group	14 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards	15
16	17 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	18 9 Lakeside Links Golf 9 Walking Club 9-12 Parmenter Law 9:30 Zumba Gold 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing	19 9 Walking Club 9 Men's Billiards 10 Quilting 10 & 11 Stretch&Balance 1 Ping Pong 1 Karaoke 1 Cups of Cheer 4 Feldenkrais 5:30 Zumba Gold	20 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge	21 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games Open Billiards 9a-3p Yard Sale	22
23	24 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	25 9 Lakeside Links Golf 9 Walking Club 9:30 Zumba Gold 10:30 Drums Alive 11:45 Lunch 1 Duplicate Bridge 1 Chair Yoga 2 Line Dancing 2 Crafts with Carole	26 9 Walking Club 9 Men's Billiards 10 Quilting 10 & 11 Stretch&Balance 1 Ping Pong 1 Karaoke 3 TED Talks 4 Feldenkrais 5:30 Zumba Gold	27 9 Walking Club 9:30 Zumba Toning 10 Crafts & Giggles 10:30 Drums Alive Noon End of Summer Picnic at Stearns 1 Duplicate Bridge	28 9 Walking Club 9 Men's Billiards 9:30 Yoga 10 Mahjong 11 Enhance Fitness 1 Cards & Games 1 Card Making Open Billiards	29
30	31 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	Key: Black- Service Blue- Presentation Green- Exercise Red- Social				



*Day Trip
Thrift & Sip*
October 21, 2026

TRAVEL WITH THE LUDINGTON SENIOR CENTER



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



*Lancaster Show
Trip/ Dutch Country*
November 9-14
2026



Costa Rica
Jan 29- Feb 6
2027



Hawaiian Cruise
March 5-13
2027



Memphis
April 26-May 1
2027



**California
Rails/Sails**
August 14-27
2027



Scandinavia
Sept 1-10
2027



Vermont
October 10-16
2027



Reflections of Italy
Oct 26-Nov 4
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 (Hold)
- 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 (Hold)
- 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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NATHAN SHELDON

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Scottville Area Senior Center - Scottville, MI

15-0696



Helping You Find the Right Medicare Plan

to Meet Your Needs and Your Budget.



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We specialize in helping people understand their options and choose the right Medicare plan that fits their needs and budget.



We Can Answer Questions
Get clear, honest answers to your Medicare questions.



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Call or visit our website to schedule a **FREE** consultation.

231-843-6657



Office Open by Appointment:
5834 W US 10 Hwy
Ludington, MI 49431

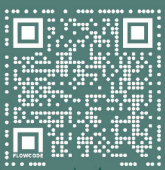


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Scottville Area Senior Center - Scottville, MI

15-0696

SCOTTVILLE AREA SENIOR CENTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3 Quilting Group 9 Walking Group 9 Lunch 11:45 Drums Alive 12:30 Quilting Guild 6:30	4 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	5 Painting Group 9 Walking Group 9 Cribbage 9:30 Ladies' Billiards 10 Lunch 11:45 BP Clinic 12-1 Pinochle 1	6 Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Veggie Van 1-2:30 Grief Support 1:30 Mahjong 2 Set Back 6	7 Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	8 Happy Scrappers 9am-9pm 9
10 Ark Trip Departs 8 Quilting Group 9 Walking Group 9 Lunch 11:45 Monthly Birthday Celebration 12:15 Drums Alive 12:30 City Commission Meeting 5:30	11 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	12 Painting Group 9 Walking Group 9 Ladies' Billiards 10 Lunch 11:45 Pinochle 1	13 Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Alzheimer's Support Group 11 Lunch 11:45 Tech Help 12:15-2 Book Club 1:15 Mahjong 2 Set Back 6	14 Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	15 16
17 Quilting Group 9 Walking Group 9 Lunch 11:45 Drums Alive 12:30	18 Charity Sew 9 Exercise 10:30 Lunch 11:45 Euchre 1 Diamond Art 1-3 Sunset Carvers 1-3 Clown Band Concert Optimist Park 7	19 Painting Group 9 Walking Group 9 Ladies' Billiards 10 Lunch 11:45 GRG: Duct Tape 12-1 Class Pinochle 1 Parkinson's Group 1:30 Jewelry Class 2	20 Wii Bowling 9:30 Toenail Clipping 10-1:45 Needles & Hooks 10:30 Exercise 10:30 Lunch 11:45 Tech Help 12:15-2 Organic Gardening Club 12:30 Grief Support 1:30 Mahjong 2 Set Back 6	21 Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	22 23
24 Quilting Group 9 Walking Group 9 Lunch 11:45 Drums Alive 12:30 Card Class 2 City Commission Meeting 5:30	25 Ladies' Coffee Klatch 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Sunset Carvers 1-3	26 Tigers Game Departs 7 Painting Group 9 Walking Group 9 Ladies' Billiards 10 Lunch 11:45 Pinochle 1 Get Hooked Crochet W/Missy 1:30	27 Wii Bowling 9:30 Needles & Hooks 10:30 Exercise 10:30 Lunch 11:45 Fraud Prevention 12 Tech Help 12:15-2 Mahjong 2 Craft With Chris 3-4:30 Set Back 6	28 Walking Group 9 Wii Bowling 9:30 Bingo 10 Lunch 11:45 Open Billiards 12-4 Music Jam 12-4 Ping Pong 1-4	29 30
31 Quilting Group 9 Walking Group 9 Lunch 11:45 Drums Alive 12:30		August Activities Key: - Black - Service - Green - Exercise - Red - Craft - Purple - Social Activity - Blue - Speaker - Orange - Community\ Event			

SCOTTVILLE AREA SENIOR CENTER

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August 2026 Offerings

Peak season for Perseid meteor showers.

Official birthstone: luminous, lime-green peridot

The “dog days of summer” usually wrap up on August 11th.

CLUBS and GROUPS and EVENTS at SASC.....

On August 2nd, at the MCC gym, from 2:00 until 3:00, Johnny Duncan will attempt to set a record of a man who is 70 (yup, it's Johnny's birthday) do a continuous “plank” for an entire hour! Donations will all be given to the kidney foundation on behalf of all his admirers and supporters.



The Organic Gardening Club is taking a tour of gardens this August 20th. You are invited to join them as they drive around the area and visit the gardens of our wonderful farms and yards. They have had so many wonderful presentations to date. Call the Scottville Area Senior Center if you plan to attend (757-4705).

The Grandparents Raising Grandchildren monthly meeting will be at NOON on August 19th. The “Duct Tape” lady will show ways to make wallets and key rings and various other wonderful (and useful) items made from the lowly duct tape! There won't be a lunch provided, but you will have a clever project(s) to take home! Stop by the Scottville library before the event for a children's lunch, 11:30am-Noon.



Other Groups are:

The Sunset Carvers Club: every Tuesday from 1 – 3. Join them, if you are a novice or an expert! They quietly carve various items, and enjoy the lively banter as they do!

The Scottville Area Senior Center Book Club will be reading, *The Lakeside Supper Club* by J. Ryan Stradal this month. They meet every second Thursday at 1:15, and would love to have you! Be sure to read or listen to the book so you can join in on the discussion.

The Alzheimer's Support Group meets the second Thursday at 11am; the Parkinson's Support Group meet the third Wednesday of each month at 1:30pm. We also have Painting Groups, Walking Groups.....and a living room full of happy, chatty groups!

Detroit Tigers Day Trip - August 26, 2026

Tickets are \$135.00 each. \$80.00 deposit for game to reserve your spot. Balance due asap. Call the Center for more information and to sign up. See Page 15 for more trips and information.

SCOTTVILLE AREA SENIOR CENTER

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August 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: 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 Monthly Crop is scheduled for Saturday, August 8th from 9:00am to 6:00pm. There is a \$5.00 fee for our Monthly Crop. This fee will be donated to the Scottville Area Senior Center. Bring your scrappin' stuff and let's get those photos preserved. We will also be putting together a Project Recipe, \$5.00 fee. Call the Scottville Senior Center for more details and to register for the Crop and/or the Project Recipe.



Diamond Art Class Tuesday, August 18th from 1:00pm – 3:00pm. Bring your Diamond Art Project along and hang out with fellow artists and work on your project. Please call the Center to reserve your spot at the table.

Jewelry Class – On Wednesday, August 19th at 2:00pm we will be making a wire wrapped beach glass pendant. The photo is a sample of the pendant we will make. We will be using two sizes of wire. Each pendant will be different. No two will be exactly alike. The fee for the class is \$10.00. All materials and tools will be provided. Please call the Center to reserve your spot



Card Making Monday, August 24th at 2:00pm – We will be making three Cards using the One Sheet Wonder Technique. Cards could look different depending on how you put them together. A sample of the pieces we will be using is shown. Class fee is \$5.00 for all three cards. All supplies will be provided. Please call the Senior Center by August 17th to reserve your spot.

Get Hooked – Crochet with Missy Missy will be hosting her monthly Get Hooked – Crochet with Missy Class on August 26th at 1:30pm. During this class, you will be crocheting a purse! The fee for the class is \$10.00. Please sign up by August 19, 2026! Please call the Senior Center for class fee and to register to reserve your spot!



Crafting with Chris Chris's next class is scheduled for August 27th at 3:00pm. This month, you will be creating a Fall Wreath. The fee for the class is \$15.00. Please register by August 13th so she can make sure she has all the materials she will need for you to complete the project.

SCOTTVILLE AREA SENIOR CENTER

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



Day Trips - Detroit Tigers Games

August 26, 2026

Detroit vs Tampa Bay

Tickets are \$135.00 each (travel included). \$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



FULL Ark Encounter
August 10-14 2026



FULL Shades of Ireland
October 17-29 2026



Biloxi and New Orleans
January 16-24, 2027



Australia's Outback to New Zealand's South Island
February 24-March 14, 2027



Washington D.C
April 1-7, 2027



Shipshewana
JUNE 2027



Albuquerque Balloon Fiesta
October 8-13 2027



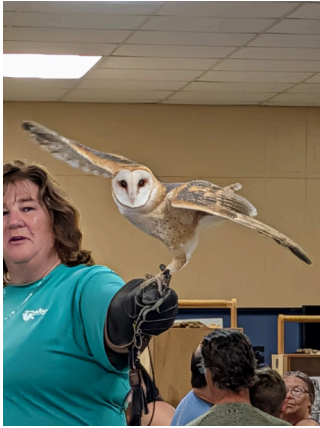
Magical Rhine & Moselle Rivers - August 2028

For more information visit scottvilleareaseniorcenter.com/trips/

SCOTTVILLE AREA SENIOR CENTER

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

Birds of Prey at SASC



The Barn Owl seemed to enjoy being the center of attention.



Naturalist Lisa McKellips shows a tiny Eastern Screech Owl to a fascinated audience



Group listening to presentation



Merlin Falcon



The Birds of Prey event attracted the largest attendance ever for an event in the Scottville Area Senior Center. Attendance was 128, about evenly divided between kids, seniors and other interested adults



Guests all enjoyed an up close look at the Birds of Prey, including this Cooper's Hawk



Naturalists Tom Funk (r) and Lisa McKellips, from the Outdoor Discovery Center in Holland, MI, made an outstanding presentation of the Birds of Prey, and went throughout the audience to make sure everyone got to see the fascinating birds up close.



Child in awe of Barn Owl



Great Horned Owl

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.

AUGUST

Monday

Wednesday

Friday

3
9am Coffee-Cookies-Conversation
10:30am Safe & Sane Exercise
11:45am Lunch
12:15pm Speaker: Branch Fire Dept
Steve McVicker
12:45pm Speaker: Mason Co
Undersheriff Derrek Wilson

5
11:45am Lunch

7
11:45am Lunch

10
9am Coffee-Cookies-Conversation
10:30am Safe & Sane Exercise
11:45am Lunch
1pm Creative Hour: Easy
Homemade Butter FREE - pls RSVP
1pm Tech Help

12
9:30am NEW! Advisory Council
– Organizational Meeting
11:00am Cardio Drumming \$6
(register by Mon at 757-3306)
11:45am Lunch

14
11:45am Lunch
11:45am Speaker: County
Prosecutor Beth Hand
1:00pm Genealogy

17
9am Coffee-Cookies-Conversation
10:30am Safe & Sane Exercise
11:45am Lunch
1pm Creative Hour: Easy Sew a
Michigan pillow FREE – pls RSVP

19
11:45am Lunch

21
11:45am Lunch
12:15pm DNR Presentation:
Overview of Black Bears in Mich
- Lifecycle, Habits, Nuisance
issues, Personal Safety

24
9am Coffee-Cookies-Conversation
10:30am Safe & Sane Exercise
10:30am Corewell BP Checks and
Advanced Care Planning
12:15pm Presenter: MSU Extension
– Interactive Brain Exercise
1pm Creative Hour: Easy Beaded
Pens \$5 per person-pls RSVP

26
11:00am Cardio Drumming \$6
(register by Mon at 757-3306)
11:45am Lunch

28
11:45am Lunch
1pm Genealogy

31
9am Coffee-Cookies-
Conversation
10:30am Exercise
11:45am Lunch

The following activities are always available when the center is open: puzzles, adult coloring books, table games, billiards, Yahtzee®, Wii® Bowling, Ludington Daily News e-edition and paper version, and now **HORSESHOES and SHUFFLEBOARD!**
Please call by 9am same day to order lunch at 757-3306.

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

Free Soil Senior Center Seeks New Kitchen Staff

The Free Soil Area Senior Center is actively seeking help in preparing and serving its signature Home Made lunches. The good folks who staffed the kitchen have moved on to other opportunities, so Director Sherry Hasenbank is recruiting!

During August, Sherry will be available at the senior center on Thursdays from 9 am to 3 pm to talk with anyone interested in joining the team.

The phone number is 231-464-6789. The center is located at 8480 N. Democrat St., in Free Soil, next to the site of the former school.

Please call the center with other questions about future activities.



Lunch Crowd at Free Soil Senior Center

Tallman Lake Senior Center

6765 E Marshall Rd, Fountain MI 49410

(231) 757-3306

Creative Hour at 1pm on select Mondays in August!

RSVP to guarantee a spot - call 757-3306



August 10

Make Homemade Butter and enjoy it with fresh-baked bread.

Level: Easy

Cost: FREE



August 17

Sew a Michigan Pillow

Level: Easy

Cost: FREE



August 24

Beaded Pens

Level: Easy

Cost: \$5 per person

August: an abundance of vegetables...

Veggies that usually ripen in August.....

Basil
Beets
Blue Barries
Broccoli
Cabbage
Carrots
Cherries
Corn
Cucumbers
Eggplant
Green Beans
Kale
Mushrooms
Peaches
Peppers
Plums
Potatoes
Raspberries
Summer Squash
Tomatoes
Zucchini



Garden-Fresh Potato Salad

(Cooking time: 25 minutes; Makes 20 servings)

3 lbs of small red potatoes, quartered
1 lb fresh green beans (trim ends and cut in halves)
¼ red wine vinegar
¼ c minced fresh basil
2 T. minced fresh parsley
1 ½ t salt parsley, salt and pepper.
½ t pepper mixture.
6 hard-boiled large eggs, peeled and sliced
1 c. grape tomatoes



1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat, cover, and cook for 10-15 minutes until tender. Add beans during last 4 minutes of cooking. Drain. Transfer to large bowl.

2. In a small bowl, whisk oil, vinegar, basil, parsley, salt and pepper. Pour over potato mixture. Toss to coat.

3. Cover and refrigerate for at least an hour.

4. Stir before serving. Top with eggs and tomatoes.

Enjoy our farmers' markets and join our organic gardening club that meets the third Thursday of each month at 12:30.

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

Scottville Senior Center
140 S. Main Street, Scottville,
49454 First and Third
Thursdays, 1:30-2:30pm
231-757-4705

Grief Support Group

Ludington Senior Center
308 S Rowe Street Ludington,
MI 49431
3rd 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 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.....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

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 (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



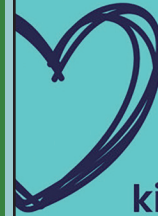
Mindful Passages
moving through life's changes
Education, Planning, and Support

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

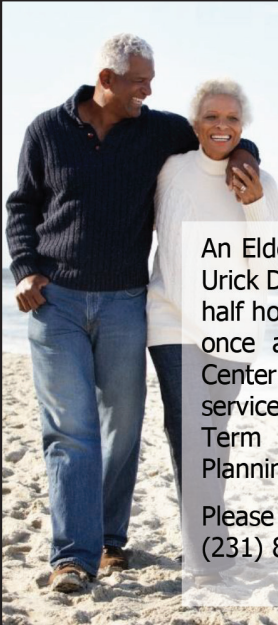
We are all mortal:

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



PARMENTER LAW

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!

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231-843-9963 • lakemichiganseniorliv@gmail.com
www.lakemiseniorliving.com



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health care
better.**



corewellhealth.org

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A Hearing Health USA Company

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FREE baseline hearing test!**

325 N. Jebavy Dr. • Ludington, MI 49431

231-480-4808

www.hearinghealthusa.com

Michelle Giddings, BC-HIS, Board Certified Hearing Instrument Specialist #1379

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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...



Join us as we celebrate 60 years of caring, compassion, and community
at Oakview's 60th Anniversary Party!

We invite the community to stop by for an afternoon of celebration,
memories, and fun as we honor six decades of serving our community.

We look forward to celebrating with you on **August 20th, 2-4pm!**

See you at Oakview 1001 Diana Street Ludington, MI 231.845.5185

"Like Family"



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Scottville Area Senior Center - Scottville, MI

15-0696