

**A PUBLICATION FOR  
MASON COUNTY  
RESIDENTS**

**April 2022  
Volume 11  
Issue 4**

# **Active for Life**

## **Your life, Your Way, Your time over 50**

### **What's Inside:**

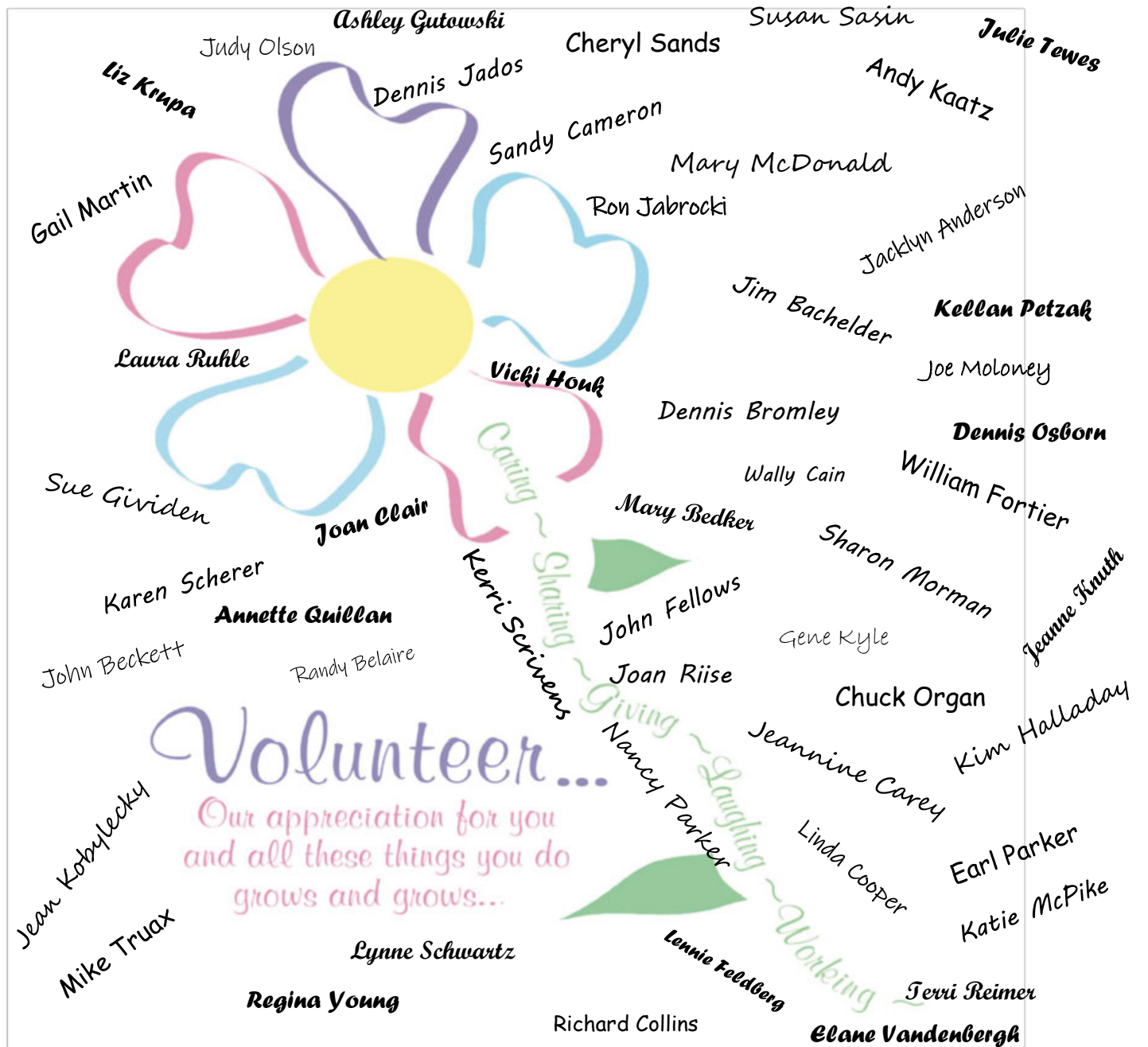
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# MASON COUNTY • MICHIGAN

*thank you volunteers*

**April is Volunteer Appreciation Month**  
**The Ludington Senior Center**  
**recognizes our amazing volunteers!**



# MASON COUNTY • MICHIGAN

## Celebrating 50 Years of the Senior Nutrition Program

This March, the Area Agency on Aging of Western Michigan is proud to celebrate the 50<sup>th</sup> anniversary of the Senior Nutrition Program with other organizations across the country! Nutrition is a vital component of our health and well-being, especially as we age. This program has been providing meals for older adults throughout the United States since 1972 through Older Americans Act funding. At the local level, the Senior Nutrition Program covers a nine-county region (Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Osceola, and Newaygo) through partnerships with Commissions on Aging and Meals on Wheels.



Congregate and home delivered meals are truly more than a meal for older adults. We never want a senior to wonder where their next meal might come from and these meals provide peace of mind in addition to nutrition. The Senior Nutrition Program goes one step further in relieving some of the caregiver burden as they don't have to shop or make daily meals for their loved one. Congregate meal sites provide a place for older adults to socialize and build connections while receiving healthy, well-rounded meal options. Home delivered meals can help with social isolation as the meal delivery staff provide a vital point of contact. Dropping off a meal becomes a daily check-in and oftentimes a relationship is built from these regular visits. The Senior Nutrition Program makes a difference of the lives of older adults and we are thankful to our nutrition partners who play a part in making this positive impact. The theme for this year's 50th-anniversary celebration is *Celebrate. Innovate. Educate.* Join us as we take a quick look at what this means for us at AAAMW!

**Celebrate.** In 2021 alone over 900,000 meals were provided in our nine-county region with many thanks to our 8 partner agencies. We celebrate 50 years of the senior nutrition program and know that it has enabled older adults to live in their own homes and communities as they age.

**Innovate.** These nutrition programs are always thinking outside of the box and during the pandemic, this creativity was on full display. They continued to serve older adults, adding new clients as seniors were higher risk and wanting to stay safe. Congregate meal sites became grab and go drive-thrus and home delivered meals found new ways to check in with clients while dropping food off safely. Other innovations outside of the pandemic have included multiple meal options for client choice, and meals that are frozen and can be warmed up at a later time.

**Educate.** A large goal for our agency is to make sure older adults know about these meal resources. If you want to support the Senior Nutrition Program overall you can advocate for its continuation with legislators. Meals programs are always looking for volunteers to help support the preparation and deliveries. You can also donate to provide more meals for older adults who may not be able to afford the suggested donation.

Additionally, this celebration coincides with National Nutrition Month, which takes on a new importance for older adults. As you age, your body's needs change. Your metabolism tends to slow down, so consuming more nutrient dense foods is very helpful to maintain and improve your health. Nutrient dense foods are typically vegetables, fruit, and lean protein. Eating well reduces the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. This means it is more important than ever to choose foods that give you the best nutritional value, like dairy for calcium, mushrooms and eggs for vitamin D, and meat and dairy for vitamin B12. You can find further tips at <https://www.eatright.org/food/resources/national-nutrition-month>.

If you'd like to learn more about the nutrition programs in your area, you can contact our Information and Assistance team at (616) 456-5664 or your local senior center (phone numbers, page 20). For Meals On Wheels in Mason County, please call 231-757-4831.

# MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



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

**PRICES**  
**Age 60 and up: \$3**  
**Under age 60: \$5**

**\$1 Lunch Days**  
**Scottville & Tallman Centers**  
**Last Thursday each month**

**Ludington Center Serves Lunch on Tuesday's & Thursday's**

**Meals on Wheels**  
**231-757-4831**  
**Kitchen**  
**231-757-5721**  
**Meal Sites**  
**Scottville 757-4705**  
**Ludington 845-6841**  
**Tallman 757-3306**

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tuna Casserole Peas Carrots Pineapple Milk
4 Quarter Pounder/ Cheese Potato Salad Carrots Peaches Bun -1% milk	5 Pork Chop Suey/rice Oriental Veggies Chop Suey Veggies Diced Fruit Mix Cinnamon Roll 1 % milk	6 Tator Tot Casserole Carrots Banana Dinner Roll 1% milk	7 <b>Thursday Pizza Day</b> Fresh Fruit Tossed Salad 1 % milk	8 Breaded Fish Cauliflower Blend Carrots Pears Bun / 1% Milk
11 Cabbage Rolls Corn Applesauce Wheat bread 1% milk	12 Chicken Patty/ Bun Peas Crispy Cubes Apple Slices 1% milk	13 Stuffed Baked Potato Broccoli, Cheese, Ham Peaches Bread 1 % milk	14 Chicken ala King Mixed Veg (in entrée) Peas Rice Pears 1% milk	15 Lasagna - Veggie Tossed Salad Carrots Bread Oranges 1 % milk
18 Salisbury Steaks Augratin Potatoes Mixed Veg Pears Bakery Bun 1% milk	19 <b>"Taco Tuesday"</b> Refried Beans Lettuce Tomatoes Melon Wedges Taco Shell Milk	20 Creamy Chicken and Rice Broccoli Carrots Banana 1% milk	21 Stuffed Green Peppers Corn Fruit Mix 1% milk	22 Sloppy Joes Hashbrown Casserole Green Beans Apple slices Bun 1% milk
25 Jumbo Hotdogs Coleslaw Baked Beans Peaches Bun 1% milk	26 Connecticut Beef Bake California Blend Dinner roll Pears 1 % milk	27 Polish Sausage Sauerkraut Peas Hotdog bun Applesauce 1% milk	28 Beef Stew Veggies in entrée Grapes Biscuit 1% milk	29 Spaghetti with Meat Sauce Carrots Peaches 1 % milk



# MASON COUNTY • MICHIGAN



**9 Days - 8 Nights      May 14-22,2022**

**\$859\***      \*per person Double Occupancy

- ◆ Motorcoach transportation
- ◆ 8 nights lodging including 4 consecutive nights in Maine
- ◆ 14 meals:8 breakfasts and 6 dinners
- ◆ Guided tour of Portland, Maine's largest city-by-the-sea
- ◆ Guided Your of quaint Kennebunk and Kennebunkport
- ◆ Tour of historic Victoria Mansion
- ◆ Guided Your of Pineland Farms, a picturesque working farm
- ◆ Visit to Boothbay Railway village, including a vintage train ride
- ◆ Visit to the Seashore Trolley Museum and countryside trolley ride

**For more information & reservations contact:  
Barb Iteen@ 231-845-6841**

**For more pictures, video, and information visit:  
[www.GroupTrips.com/LudingtonSeniorCenter](http://www.GroupTrips.com/LudingtonSeniorCenter)**



*The Scottville Area Senior  
Center will be closed on  
Friday April 15th for Good  
Friday*



Q: Can February March?  
A: No, but April May.

Q: Which April flowers grow on faces?  
A: Tulips (2 lips).

Q: What goes up when April rain comes down?  
A: An umbrella.

Q: What did the tree say when April began?  
A: What a re-leaf.

Q: Which crime fighter likes April the most?  
A: Robin



Free  
Event!!

Save the  
Date

Thursday June  
23rd  
11am-2pm



RETURNING FOR OUR 7TH ANNUAL

# SENIOR EXP

A circular logo graphic for "Senior Exp" featuring stylized human figures in blue, green, and pink.

## Active for Life

Sponsored by the Ludington Senior Center

Over 40 vendors sharing exceptional  
resource information, networking  
opportunities and entertainment!  
Come for an unforgettable  
experience!

- ♦ Lunch for \$1
- ♦ Free giveaways from vendors

Fun Activities

Location: OJ DeJonge Middle School  
706 E Tinkham Ave, Ludington MI  
49431



Content Submitted by the Ludington Senior Center



## Lighthouse Lunch

Wednesday, April 27th, at 11:30am

At April's "Funcheon", the Lighthouse Keepers Association will provide a presentation on the local lighthouses and the lighthouse keepers.

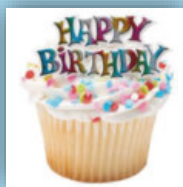


*Enjoy an indoor picnic at the Ludington Senior Center*

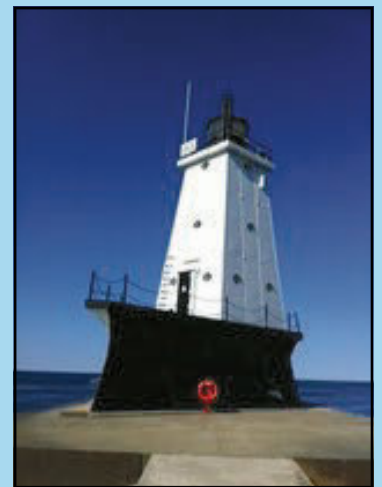
Fried Chicken  
Baked Beans  
Potato Salad  
Dessert

**Cost: \$5.00**

April birthdays will be celebrated.  
If you have an April birthday, let us know!



Call the Ludington Senior Center for reservations  
231-845-6841 or stop in at  
308 S. Rowe St.



Content submitted by Ludington Senior Center



# LUDINGTON AREA SENIOR CENTER

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



## Support Groups - Laura J. Ruhle, CT & Dennis B. Bromley, FLE.

### Open Ended Grief Support & Education

2nd Monday of the month

Time/Date: 1:30 - 3:00 PM - April 11th

Location: Ludington Senior Center

308 S Rowe Street, Ludington

Call: 231.845.6841 to register!

*If I have loved, I will feel*



### What's the Cost of COVID?

Confidential support group,

Time/Date: 6:30 pm - April 28th

Location: Ludington Senior Center

308 S Rowe Street, Ludington

Call: 231.845.6841 to register!



## TECH HELP

Are you having difficulty using your phone, tablet, or computer?

Help is here!

Wednesdays 1:00-3:00PM

Ludington Senior Center

308 S. Rowe Street

Call 231-845-6841 for an appointment

**Facilitator: Kellon Petzak**

**(IT Instructor WSCC)**

1st and 3rd Wednesdays—Group classes

2nd & 4th Wednesdays— Individual help

For more information please call the Ludington Senior Center.



30 minutes "FREE" consultation.  
Monday, April 18th from 9am - Noon.  
By appointments only. Call 231.845.6841

### "Healthy Me" Diabetes Support Group



This group is designed around you and offer support with those battling similar medical issues.

Articles and recipe ideas are shared on our Facebook page

2nd & 4th Weds of the month, at 2pm.

The article and recipe contents are submitted by Jaclyn, RN meeting facilitator

Follow our Facebook Page

Ludington Area Senior Center | Facebook



Alzheimer's Support Group  
Second Thursday of the month at 1 PM



FOOT CARE

Keep Your Feet Happy!

Call Tricia @

231.239.1951

for an appointment

### Medical Equipment Loan Closet Available at the Ludington Senior Center

Walkers, wheelchairs, crutches, shower benches, transfer benches, grabbers, commodes, toilet seat riser, bed rails, canes, incontinent supplies.



# LUDINGTON AREA SENIOR CENTER



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>Don't forget to check out our website &amp; Facebook page for updated events and activities:</p> <p><a href="http://www.ludingtonseniorcenter.org">www.ludingtonseniorcenter.org</a>  <a href="http://www.facebook.com/ludingtonseniorcenter">www.facebook.com/ludingtonseniorcenter</a></p>  	 <p><i>April</i></p> <p><i>Thank you to our Volunteers!</i></p>			<p>1 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards &amp; Games 1-3 Open Billiards</p>	2	
3	<p>4 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 5:15 Zumba Gold 6:15 Cardio Drumming</p>	<p>5 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 11:30 Lunch 1 Duplicate Bridge 1-3 Open Billiards</p>	<p>6 8:30 LET'S TALK HISTORY/BREAKFAST 9 Men's Billiards 10 Stretch &amp; Bal 10 Quilting 1 TECH HELP 2 Tai Chi 5:15 Zumba Gold 6:15 Cardio Drumming</p>	<p>7 9:30 Zumba Toning 10:30 Cardio Drumming 10 Craft &amp; Giggles 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>8 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Footcare 1 Cards &amp; Games 1-3 Open Billiards 2 Jukebox Bingo</p>	9
10	<p>11 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 1:30 Grief Support 5:15 Zumba Gold 6:15 Cardio Drumming</p>	<p>12 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>13 9 Men's Billiards 10 Quilting 10 Stretch &amp; Bal 1 TECH HELP 2 Tai Chi 3 TED TALKS 5:15 Zumba Gold 6:15 Cardio Drumming 7:30 Coin Club</p>	<p>14 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts &amp; Giggles 10 Women's Billiard 11:30 Lunch 1 Dup. Bridge 1 Alzheimer's Support Group</p>	<p>15 <b>GOOD FRIDAY CLOSED</b></p>	16
<p>17 Happy Easter</p> 	<p>18 9-12 Parmenter law 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 5:15 Zumba Gold 6:15 Cardio Drumming</p>	<p>19 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>20 9 Men's Billiards 10 Stretch &amp; Bal 10 Quilting 1 TECH HELP 1 Cups of Cheer 2 Tai Chi 5:15 Zumba Gold 6:15 C. Drumming</p>	<p>21 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts &amp; Giggles 10 Women's Billiard 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>22 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards 1 Foot Care 1 Painting Class 1:30 Card Making Craft</p>	23
24	<p>25 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 5:15 Zumba Gold 6:15 Cardio Drumming</p>	<p>26 9:30 Zumba Gold 10:30 Cardio Drumming 10 Women's Billiards 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards</p>	<p>27 9 Men's Billiards 10 Stretch &amp; Bal 10 Quilting 11:30 Lighthouse Luncheon/Funcheon 1 TECH HELP 2 Tai Chi 3 TED TALKS 5:15 Zumba Gold 6:15 Cardio Drumming</p>	<p>28 9:30 Zumba Toning 10:30 C. Drumming 10 Crafts &amp; Giggles 10 Women's Billiard 11:30 Lunch 1 Dup. Bridge 1-3 Open Billiards 6:30 What's the Cost of COVID</p>	<p>29 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards &amp; Games 1-3 Open Billiards 2 Jukebox Bingo</p>	30

*Celebrating 50 years of service to our Community*



## Card Making

### Craft

Join Sharon Tushek for an afternoon of handmade card-making.

April 22nd at  
1:30pm

4 cards/envelopes  
\$6.00

Please call the senior center to sign up

231-845-6841



## Paint with Julie

Time: 1:00 - 4:00 pm

Friday, April 22nd

Instructor - Julie Tews

Cost \$20.00

### April Painting:

*Antique Hydrangea*



Call the senior center to sign up  
231-845-6841

## Trips in 2022

Ludington Senior Center is looking for people ready for **adventure!**

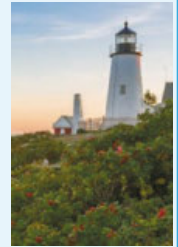
### Spring (May 14-22) in Beautiful Maine

\$859 (double occupancy)

Motorcoach with Diamond Tours  
8 nights lodging  
14 meals provided  
Guided tour of Portland (city-by-the-sea)

Quaint Kennebunk and Kennebunkport  
Victoria Mansion  
Pineland Farms

Boothbay Railway Village and vintage train ride  
Seashore Trolley Museum and countryside trolley ride  
Much more...



### Autumn (November 5-13) in New Orleans

\$879 (double occupancy)

Motorcoach with Diamond Tours

8 nights lodging  
14 meals provided

Guided tour of New Orleans

Admission to the National World War II Museum

Guided tour of a Louisiana plantation

Admission to Mardi Gras World

Relaxing riverboat cruise on the Mississippi River

Enjoy historic New Orleans French Quarter

Much more...



## Home Heating Tax Credit & Homestead Property Tax Credit

We're available to assist with tax heating credits and the property tax credits.

Call the Senior Center for more information.

231-845-6841



# LUDINGTON AREA SENIOR CENTER

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



Help Support the Ludington Senior Center by making a donation for our activities.



## STRETCH, FIT & BALANCE

This class is designed for all ages and exercise levels.  
Every Wednesday at 10 AM



## Billiards

Men- Monday, Wednesday and Friday at 9 AM  
Women- Tuesday and Thursdays at 10 AM



## YOGA

Monday & Fridays at 9:30

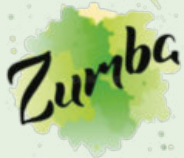
## TED Talks

Join Gene Kyle at 3 PM April 13th & 27th.



Tai Chi Starting Wednesdays  
April 6th @ 2pm , 8 weeks  
\$20 Donation

Please call the center at 231-845-6841 for the link to TED Talks.  
You stay cozy warm at home and still enjoy this engaging conversation.



## Zumba Gold (cost \$6.00)

Mondays at 5:15 PM  
Tuesdays at 9:30 AM

## Zumba Toning (cost \$6.00)

Wednesdays at 5:15 PM  
Thursday at 9:30 AM

## Cardio Drumming (cost \$5.00)

Monday and Wednesday at 6:15 PM  
Tuesday and Thursday at 10:30 AM



## Cards and Games

Every Monday and Friday at 1 PM Euchre, Pinochle, Hand and Foot and more!

## Duplicate Bridge

Every Tuesday and Thursday at 1 PM

## JUKEBOX BINGO

Join us for JUKEBOX BINGO at the Ludington Senior Center. This is a new and fun way to play bingo. Jukebox bingo is a combination of "Name that Tune" and traditional bingo.  
**April 8th and 29th @ 2pm**



## Mahjong

Every Monday and Friday at 10 AM



## Quilting/Sewing

Every Wednesday at 10 AM

## LET'S TALK MASON COUNTY

Join us for breakfast!  
Ludington Senior Center and the Mason County Historical Society are joining forces to share history.  
**Wednesday, April 13th 8:30am-10:00am**



## Crafts and Giggles

Every Thursday at 10 AM



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comfort, and  
quality of life

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**PARMENTER  
LAW**

An Elder Law Paralegal for Attorney Anna Urick Duggins, of Parmenter Law, will offer half hour no-charge introductory meetings every third Monday of the month, from 9am to 12pm at Ludington Senior Center. Topics to discuss include Elder Law services such as Estate Planning, Long Term Care Planning, Medicaid Planning, and VA Aid & Attendance. Please call the Senior Center at (231) 845-6841 for an appointment.

The sooner you call,  
the more we can help.

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*Our Hospice.*

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[snugharboradultdaycare.com](http://snugharboradultdaycare.com)  
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[www.hearinghealthusa.com](http://www.hearinghealthusa.com)  
Michelle Giddings, BC-HIS, Board Certified Hearing Instrument Specialist #1379



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# SCOTTVILLE AREA SENIOR CENTER

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

## County's lower COVID risk profile leads to change in mask policy at SASC

The Scottville Senior Center card groups, like our other guests, have helped us stay safe during the times of greatest risk through the COVID pandemic. We sincerely compliment visitors to SASC for helping keep people safe and healthy.

Now that Mason County's risk category has improved, we have adopted a mask-optional policy. The county was one of the last in Michigan in the "orange" or higher risk category, but is now rated "green," the lowest risk category.

While COVID is still a concern, the reduced risk means card players and participants in other indoor activities at the senior center have been able to enjoy their activities while making a personal choice about wearing masks.

We will continue to monitor guidance from the CDC and District #10 Health Department, and will continue our mask-optional policy as long as the risk remains relatively low.



The choice to wear a mask or to not wear a mask is not always easy. The choice to support each other in your decisions are. **Thank you** for supporting each other.



The largest audience yet in SASC's Lunch and Learn series came to hear Bruce Micinski, President of the Lake County Historical Society, talk about Idlewild, the Lake County community that was once a nationally famous black resort during the era of segregation. He also discussed the Green Book, a travel guide to places hospitable to black travelers during the same era.



Leaders of the Scottville Clown Band were the featured speakers at one of our Lunch and Learn events in March. Clown Band President Herb Early (right) and former President Don Klemm proved to be just as entertaining as speakers, as they are as musicians.



# SCOTTVILLE AREA SENIOR CENTER

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

## Updates on selected April activities at SASC

**Quilt Guild's monthly meeting**, on the first Monday of the month, will return to evening hours in April and beyond. **6:00 p.m. on April 4<sup>th</sup>.**



## Quilting and Sewing opportunities

**Quilting Group Special Event on April 3<sup>rd</sup> (Sunday) 1 – 4 p.m.**

Join this special class, taught by a quilting shop owner. Participants will pay a \$30 fee, bring their own sewing machine and fabric, and learn to make a bag!



## Creative reuse of jeans



**Estella Stickney**, left, and **Sharon Vogrig**, show a heavy-duty quilt Estella made from jeans and denim shirts. This particular quilt will be auctioned to benefit the Mason County Eastern (MCE) School Athletics Boosters.

It will help pay for new uniforms, track hurdles and other equipment.

Estella worked at MCE for many years, so the school system is a particular focus of her generosity. She has made many of these specialty quilts. They are especially good to help people stay warm if they must be outside in the cold for long periods of time, or if a car breaks down or is involved in an accident. She has made them for family members when they first started driving. She also used her talent to provide jeans quilts for the MCE women's softball team, of which she was once assistant coach.



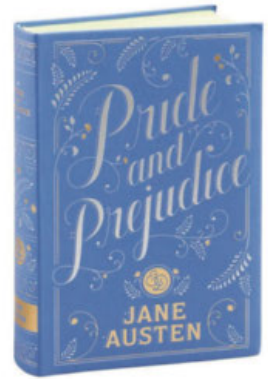
# SCOTTVILLE AREA SENIOR CENTER

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

## Book Club (second Thursday, April 14 at 1:30)

Led by Julie Van Sickle, the book for April is: *Pride and Prejudice*, by Jane Austen. Please read the book prior to the meeting, and know you are welcome to join us for a lively discussion.

*Photo: Pride and Prejudice book cover*



## Art Group (every Wednesday at 9:00 a.m.)

The art group has reverted to its Wednesday date, and welcomes all levels of painters to join them. The group had been meeting on Tuesdays during the past few months.

## Lunch and Learn Series: 12:15 p.m., various dates

### Scottville's New Wine Business: April 5 (Tuesday)

Tom and Toni Doughty are owners of North Branch Winery Tasting Room—one of the several new Scottville businesses that have opened recently. They will discuss and answer questions about types of wines and proposed expansion of the business



## Tai Chi and Healthy Sleep: April 6 (Wednesday)

Naomi Hyso, M.A., MSU Extension will join us to demonstrate and discuss Tai Chi, and the new Tai Chi class she will lead at Scottville Senior Center, starting in August. She will also share her recommendations for improving sleep as part of a healthy lifestyle.

## You got to know when to hold 'em...

...and know when to fold 'em. We do!

One of the favorite socializing activities at the Scottville Area Senior Center (SASC) is playing cards. Join in the fun on Tuesday and Wednesday afternoons.



**Euchre.** The Euchre group gathers for a good time at SASC each Tuesday afternoon at 1:00

**Pinochle.** Spirited games of Pinochle take place each Wednesday afternoon at 1:00.



Both card groups include both women and men—all are welcome. There is always a lot of good-natured conversation that accompanies each deal. Some players participate on both days, some focus on just one type of cards.

Lunch is available prior to each of the card groups, at 11:45. Please call the day before to reserve a spot for a nutritious, tasty lunch before you play.

We invite you to join us for cards!





# SCOTTVILLE AREA SENIOR CENTER

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



- Homemaker Program
- Volunteer Medical Transportation Program
- Respite Care



Job Opportunities Available

Serving Mason County

Mon	Tue	Wed	Thu	Fri
<p><b>KEY</b>                      Exercise -Weekly -Once each Month - Series - Special Event</p>		<p><b>Quilting Group Special Event on April 3<sup>rd</sup> (Sunday).</b>                      Taught by a quilting shop owner; participants will pay a \$30 fee, bring their own machine and fabric, and make a bag! 11 – 4 p.m.                      Please call to make a reservation.</p>		<p>I                      Wii Bowling 10:00                      Bingo 10:00                      Lunch 11:45                      Open Billiards 12-4</p>
<p>4                      Quilting 10:00                      Lunch 11:45                      Quilters Guild 6:00</p>	<p>5                      Exercise 10:30                      Lunch 11:45                      Lunch &amp; Learn 12:15                      New neighbor: North Branch Winery                      Euchre 1:00</p>	<p>6                      Painting 9:00                      Ladies Billiards 10:00                      Lunch 11:45                      Lunch &amp; Learn 12:15                      MSU Extension: Tai Chi                      Pinochle 1:00</p>	<p>7                      Wii Bowling 10:00                      Matter of Balance 10                      Textile Arts 10:30                      Lunch 11:45                      Open Billiards 12-4</p>	<p>8                      Wii Bowling 10:00                      Bingo 10:00                      Lunch 11:45                      Life Story Writing 1:00</p>
<p>11                      Quilting 10:00                      Lunch 11:45</p>	<p>12                      Exercise 10:30                      Lunch 11:45                      Advances in Parkinson's video 12-1:30                      Euchre 1:00</p>	<p>13                      Painting 9:00                      Ladies Billiards 10:00                      Lunch 11:45                      Parkinson's Grp 1:00                      Pinochle 1:00</p>	<p>14                      Wii Bowling 10:00                      Matter of Balance 10                      Textile Arts 10:30                      Lunch 11:45                      Book Club 1:15</p>	<p>15                      Closed for Good Friday</p>
<p>18                      Quilting 10:00                      Lunch 11:45</p>	<p>19                      Charity Sew 9:00                      Exercise 10:30                      Lunch 11:45                      Euchre 1:00</p>	<p>20                      Painting 9:00                      Ladies Billiards 10:00                      Lunch 11:45                      Pinochle 1:00                      Grandparents Raising Grandchildren 5:30</p>	<p>21                      Wii Bowling 10:00                      Matter of Balance 10                      Textile Arts 10:30                      Lunch 11:45                      Open Billiards 12-4</p>	<p>22                      Wii Bowling 10:00                      Bingo 10:00                      Lunch 11:45                      Open Billiards 12-4</p>
<p>25                      Quilting 10:00                      Lunch 11:45</p>	<p>26                      Exercise 10:30                      Lunch 11:45                      Euchre 1:00</p>	<p>27                      Painting 9:00                      Ladies Billiards 10:00                      Lunch 11:45                      Pinochle 1:00</p>	<p>28                      Wii Bowling 10:00                      Matter of Balance 10                      Textile Arts 10:30                      Lunch 11:45                      Open Billiards 12-4</p>	<p>29                      Wii Bowling 10:00                      Bingo 10:00                      Lunch 11:45                      Open Billiards 12-4</p>

**HOURS**  
**MON thru FRI**  
**9:00 TO 3:00**



**LUNCH**  
**Mon - Fri**  
 Please call the day  
 before to sign up  
 for lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Dinner and a Movie</b></p> <p>The 3<sup>rd</sup> Friday of each month we meet at the movie theater next to Home Depot in Ludington. Friday, April 15 our group will meet at 3:30 to vote on our movie and after, we will vote on where to get dinner.</p> <p><b>We invite anyone interested to join us!</b></p>				<p><b>1</b></p> <p>Lunch 12:00                  Out Reach 1:30                  Sit n be Fit 2:30</p>
<p><b>4</b></p> <p>Crochet 10:00                  Lunch 12:00                  Sit n be Fit 2:30</p>	<p><b>5</b></p> <p>Coffee 9:00                  Bingo 10:00                  Lunch 12:00</p>	<p><b>6</b></p> <p>Auxiliary Mtg 10                  Lunch 12:00                  Sit n be Fit 2:30</p>	<p><b>7</b></p> <p>Bingo 10:00                  Lunch 12:00                  Table games 1:00</p>	<p><b>8</b></p> <p>Lunch 12:00                  Out Reach 1:30</p>
<p><b>11</b></p> <p>Crochet 10:00                  Lunch 12:00                  Sit n be Fit 2:30</p>	<p><b>12</b></p> <p>Bingo 10:00                  Lunch 12:00                  Table games 1:00</p>	<p><b>13</b></p> <p>Board of Director Mtg 10:00                  Lunch 12:00                  Sit n be Fit 2:30</p>	<p><b>14</b></p> <p>Coffee 9:00                  Bingo 10:00                  Lunch 12:00                  Easter party 12:00</p>	<p><b>15</b></p> <p>Lunch 12:00                  Out Reach 1:30                  Dinner &amp; Movie 3:30</p>
<p><b>18</b></p> <p>Crochet 10:00                  Lunch 12:00                  Sit n be Fit 2:30</p>	<p><b>19</b></p> <p>Bingo 10:00                  Lunch 12:00                  Table games 1:00</p>	<p><b>20</b></p> <p>Craft 10:00                  Lunch 12:00                  Sit n be Fit 2:30</p>	<p><b>21</b></p> <p>Bingo 10:00                  Lunch 12:00                  Council on ageing 1:00</p>	<p><b>22</b></p> <p>Open pool 10-12                  Lunch 12:00                  Out Reach 1:30</p>
<p><b>25</b></p> <p>Crochet 10:00                  Lunch 12:00                  Sit n be Fit 2:30</p>	<p><b>26</b></p> <p>Coffee 9:00                  Bingo 10:00                  Lunch 12:00</p>	<p><b>27</b></p> <p>Put N Take 10:00                  Lunch 12:00                  Sit n be Fit 2:30</p>	<p><b>28</b></p> <p>Bingo 10:00                  Lunch 12:00</p>	<p><b>29</b></p> <p>Lunch 12:00                  Out Reach 1:30</p>



# FREE SOIL AREA SENIOR CENTER

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

Meals are served at NOON

Please call **464-6789** by noon  
the DAY BEFORE  
to reserve a meal.

Thank you!



## The Free Soil Area Senior Center

The Center is open from  
9:00 am until 2:00 pm  
on Tuesday and  
Thursday each week.

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

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

<p>Meals are served at NOON Please call <b>464-6789</b> by noon the DAY BEFORE to reserve a meal. Thank you!</p>	
<p><u>Tuesday, April 5</u> "Big Mac" Salad Fresh Fruit SF Pudding Soup: Tomato Basil</p>	<p><u>Thursday, April 7</u> Pork Parmesan Rice Pilaf Sauteed Green Beans Roll &amp; Butter Soup: Zuppa Toscana</p>
<p><u>Tuesday, April 12</u> <b>EASTER DINNER @ 1:00</b></p>	<p><u>Thursday, April 14</u> <b>rrrrr CLOSED rrrrr</b> <b>EASTER BREAK</b> (Kitchen Crew in for cleaning 8:30 am-11:00am)</p>
<p><u>Tuesday, April 19</u> Frankfurter on Bun Chips Relish Tray Jello with Fruit Cookie Soup: Chili</p>	<p><u>Thursday, April 21</u> Beef Roast Mashed Potatoes &amp; Gravy Roasted Carrots Roll &amp; Butter Cherry Pie Soup: Onion</p>
<p><u>Tuesday, April 26</u> Oven Fried Chicken Cheesy Potatoes Cole Slaw Roll &amp; Butter Diced Peaches Brownie Soup: Minestrone</p>	<p><u>Thursday April 28</u> <b>k COOK'S CHOICE k</b></p>



## DID YOU KNOW THESE THINGS HAD NAMES?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or a "j" is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

HOW MANY OF THE ABOVE DID YOU ALREADY KNOW?

## BANANA BREAD



## So Easy... It's Bananas!

Cream together...

8 Tablespoons butter  
1 cup sugar

Stir in...

2 beaten eggs  
3 mashed bananas

Slowly, mix in...

1/2 teaspoon salt  
1 teaspoon baking soda  
1 & 1/4 cups all-purpose flour

Fold in...

1/3 cup walnuts

Pour in greased loaf pan. Bake at 350 degree for 40 to 50 minutes.

Makes one 9 1/2 X 5 loaf or three 6 X 3 1/2 mini-loaves.

MrBreakfast.com



## Be Creative

Try mixing in some new flavors this year.

A few of my favorites are

**Roasted Red Pepper**

**Jalapeno**

**Capers**

**Fresh Herbs like cilantro or oregano**

**Sour cream and chives**







There's no doubt that today's modern lifestyle can be stressful. Between work, family, and social obligations, it can be hard to make time for yourself. But it's important to find the time.

Relaxing can help keep you healthy, in both your body and mind, helping you recover from the everyday stresses that life throws at you. Luckily, no matter how busy you are, it's simple to learn how to create time for chilling and also how to best relax.

Reach for a simple relaxation exercise when you feel stressed, and encourage others to do the same if you notice they're feeling stressed out. Even if you don't feel very stressed, practicing relaxation exercises daily can be a good preventative measure for keeping stress away in the first place.

#### POSITIVE EFFECTS OF RELAXATION

- the ability to think more clearly and make better decisions
- the power to better resist future stressors
- a more positive outlook on life and your experiences
- a healthier body, with a slower breathing rate, more relaxed muscles, and reduced blood pressure
- a reduced risk of heart attack, autoimmune disease, mental health disorders, and other stress-related illnesses

*Calming Music*

NATURE WALKS

**YOGA**

Tai  Chi

**Read a Book**

# USEFUL PHONE 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 Lakes Area Senior Center.....231-757-3306  
Mason County Council on Aging  
Mary Bedker, chair: (email: marybedker@gmail.com)  
Area Agency on Aging of Western Michigan....888-456-5664  
Call 211 (24/7): General information, local services

## Emergency Assistance

Ambulance, Police, Fire.....911  
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  
Spectrum Health Ludington Hospital.....231-843-2591  
Mercy Health Ludington Urgent Care.....231-843-2543

## Mich. Dept. of Health & Human Services

Adult Protective Services (24/7).....855-444-3911  
Senior abuse, neglect, exploitation help  
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).....231-301-0626  
FiveCap, Inc, Scottville.....231-757-3785  
Senior Meals-on-Wheels.....231-757-4831  
Congregate meals: all Mason County senior centers

## Legal Assistance

Legal Aid of Western Michigan.....888.783-8190  
Legal Hotline for Seniors.....866-400-9164  
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

## Furniture, Appliances, Wheelchair Ramps

HELP Ministries.....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-Local and up to 100 miles away)  
HELP Ministries.....231-843-6811

## Other Transportation

Ludington Area Mass Transit.....231-845-1231  
Ludington Taxi.....231-845-9693

## Mason County Veterans Affairs.....231-583-2028

John Cotton, Director (jcotton@masoncounty.net)

## Education

West Shore Community College.....231-845-6211  
Tuition free classes for those 60+  
Recreation, wellness center: \$4 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  
Salvation Army.....231-843-3711  
Habitat for Humanity.....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; Medical alert devices  
Home injury control device installation

## Employment and Training

Second Act (skilled W. Mich. Seniors 50-80).....231-750-4123  
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

## Volunteer opportunities

Retired Senior Volunteer Program (RSVP).....231-796-4848  
Hospice of Michigan.....888-247-5701  
All Mason County senior Centers

## Other useful numbers/services

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



# MASON COUNTY • MICHIGAN

## LOCAL SUPPORT GROUPS

Probably the biggest advantage of support groups is helping an individual realize that he or she is not alone -- that there are other people who have the same challenges. This is often a revelation and a huge relief to the person joining the group.

Being in a support group can also help you develop new skills to relate to others. In addition, the members of the group who face the same issues can support each other and may suggest helpful new ways of dealing with a particular situation.

When joining a support group, you may be uncomfortable at first when it comes time to discuss personal issues in front of new acquaintances. However, the fact that others are facing the same type of situation may help you open up and discuss your feelings. In addition, to build trust and openness, everything that takes place within the support group should be kept confidential.

### Mason County Caregiver Support Group— Alzheimer's Association

Ludington Senior Center  
308 S. Rowe Street,  
Ludington, MI 49431  
2nd Thursdays, 1:00 pm



### Grief Support Group

Hospice of Michigan  
5177 W. US 10, Suite #2  
Ludington, MI 49431  
4th Mondays 12:00pm  
231.845.3423

### Grief Support Group

Ludington Senior Center  
308 S Rowe Street  
Ludington, MI 49431  
2nd Mondays, 1:30-3:00 pm  
231.845.6841



### Parkinson's Support Group

*April thru December*  
Scottville Senior Center  
140 S. Main Street,  
Scottville, 49454  
Third Wednesdays, 1:00 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



### What's the Cost of Covid?

Ludington Senior Center  
308 S Rowe Street  
Ludington, MI 49431  
Last Thursdays , 6:30pm  
231.845.6841



### Low Vision Support Group

Ludington Senior Center  
308 S Rowe Street  
Ludington, MI 49431  
3rd. Mondays @ 1:30 pm  
231.845.6841



## ACTIVE for LIFE Newsletter

GET IT THREE WAYS! — The Active for Life newsletter is available:

- 1. In print** - for free - at MANY locations throughout Mason County, including all senior centers
- 2. Online** - for free - using one of these links: [ourseniorcenter.com/find/Scottville-area-senior-center](https://www.ourseniorcenter.com/find/Scottville-area-senior-center) or <https://www.ourseniorcenter.com/find/ludington-area-senior-center-49431>, [www.ludingtonseniorcenter.org](http://www.ludingtonseniorcenter.org)
- 3. By mail** - contact Scottville Area Senior Center, 757-4705. \$18.00 per year, paid by check or cash.

**SPECTRUM HEALTH**  
**Ludington Hospital**



**CONVENIENT CARE** WALK-IN CLINIC  
HERE WHEN YOU NEED US

**When you need care.**

Sometimes immediate health needs don't follow a doctor's schedule. That's when Spectrum Health Ludington Hospital has you covered. Whether you're a current patient or not, get the care you need at our **Convenient Care** Walk-In Clinic, and we'll coordinate with your provider. It's Convenient Care— close to home, and when you need it.

**Now, expanded hours!**

For the most up-to-date hours and information, please visit [spectrumhealth.org/convenientcare](http://spectrumhealth.org/convenientcare).

**Convenient Care Walk-In Clinic**

Medical Office Building at  
Spectrum Health Ludington Hospital  
7 Atkinson Drive, Suite 113  
Ludington, MI 49431  
**231.843.3700**

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For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

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