

Active for Life

Your life, Your Way, Your time over 50

What's Inside:

- **Page 2 Enhance Fitness volunteers!**
- **Page 3 Area Agency on Aging of West Michigan**
- **Page 6 Ludington Senior 50th Anniversary celebration!**
- **Page 13 Safe Banking: learn to avoid scams Oct.27**
- **Page 14-15 Special bond: Wilwin Lodge/SASC quilters**
- **Page 19 New Tai Chi class at Scottville center**

EnhanceFitness Volunteer Instructors

We would like to show our appreciation to these five volunteers at the Ludington Senior Center.

- ◆ Linda Cooper
- ◆ Nancy Parker
- ◆ Kerry Scrivens
- ◆ Elane vandenbergh
- ◆ Keith vandenbergh



These dedicated volunteers committed their time to complete an intense training to become certified to instruct EnhanceFitness classes. The Ludington Senior Center was awarded a grant from Area Agency on Aging of Western Michigan to instruct this class.

EnhanceFitness classes are specifically designed for adult regardless of ability or fitness level. Exercises are modified so they can be completed either sitting or standing.

EnhanceFitness will help you:

- Improve endurance, balance, strength, and flexibility.
- Be more active
- Help to prevent falls.

Anyone who wants to improve their endurance, balance, strength, and flexibility is encouraged to attend. Those with chronic conditions such as diabetes, high blood pressure or arthritis, will find many benefits from attending an EnhanceFitness class, as well as those who want to relieve feelings of depression and anxiety. Best of all, the class is for those who want a casual environment that encourages participants to have fun while they exercise.

Starting in November this class will be offered at the Ludington Senior Center twice per week. Stay tuned for more information!



ENHANCE[®]
FITNESS

Staying Active While Aging- Avoiding Falls



September 18-24 was Falls Prevention Week, a nationwide effort to raise awareness that falls are preventable. As we get older the chance of our suffering a fall increases, in fact according to the National Council on Aging (NCOA) 1 in 4 Americans aged 65+ falls each year*. Relying on your body to catch you and keep you steady, and then losing this ability, can be a serious downfall to your mobility and morale. Sometimes the fear of falling can be such an all-consuming worry that you may start retreating from doing the things you used to love. However, just because you are noticing a drop in your confidence, movement levels, and strength, does not mean that you can't improve upon these things and live a fulfilling life. The key to fall prevention is that because we know *which* factors contribute to falls we can work to prevent them. The National Council on Aging recommends a number of steps you can take to prevent a fall and build your confidence along the way!

The first is to **find a good balance and exercise program**. This is vital because building up your body's flexibility, strength, and balance enables you to avoid falling in the first place, and if you do happen to fall, you'll have the ability to get up safely. The Area Agency on Aging of Western Michigan (AAAWM) offers a variety of evidence-based falls prevention classes through their Healthy Aging partner programs such as A Matter of Balance and EnhanceFitness. There are a number of evidenced-based programs available throughout West Michigan, and you can learn more by calling AAWM at (616) 456-5664 or visiting www.aaawm.org. Youtube can also be a great online resource for finding free at-home exercise classes at a level that is best for you.

Talking to your health care provider is the second step to fall prevention. It is helpful to go over your medical history and if you've experienced falls in the past. Your provider also has the ability to assess your risk level for a fall and what can be addressed to lower this risk. The third measure you can take to prevent a fall can also be done with your doctor, and this is to **regularly review your medications**. Some medication's side effects can increase your risk of falling, and of course, you should take medications only as they are prescribed by your doctor. Step four of fall prevention is to **get your vision and hearing checked annually**. Proper sight can help you avoid trip hazards and obstacles, and abnormalities in your inner ear can also negatively impact your balance. Treat your health as a top priority to fall prevention and check in with your doctor on these three steps to ensure your well-being.

The fifth step that NCOA recommends to avoid a fall is to **keep your home safe** by removing hazards that are commonly overlooked, but easy to fix. A few things to look for: Do you have a clear pathway through your rooms? Look for rugs, cords and wires, and bulky furniture that may be in your way. Assess your stairs; if steps are uneven or broken this can cause you to fall, and make sure that your stairway is well-lit and has a handrail. In the kitchen, it is best if items are not on kept high shelves, and that your step stool is sturdy if you must use it. In your bedroom, you should have a light close to the bed within easy reach, as well as a well-lit path to the bathroom. Lastly, your bathroom should have some sort of support for you to rely on when using the toilet and bathtub, and if you have a slippery shower floor, add a non-slip rubber mat. Personal Emergency Response Systems (PERS) can also bring peace of mind to individuals and can be a vital line of support. A PERS program often provides a cellular in-home unit in the form of either a necklace or wristband that can call dispatch at the press of a button. Users have the freedom to set who they would like to receive the emergency notification from dispatch to send help, whether family, friend, neighbor, or ambulance. Currently PERS are available in the region, you can call AAWM at (616) 456-5664 to learn more. All are helpful things to keep your home safe!

The last step in fall prevention is to **enlist the help of your family and friends**. Let them know that you are worried about falling and would appreciate their help in making your home a safe space. They can provide an extra set of eyes and hands to rid your house of obstacles. They are also likely to help you navigate talking to your doctor, checking your vision and hearing, and reviewing your medications. Having their help will make the process less overwhelming for you. Often those around you are eager and willing to help, you just need to ask!

These six steps come together to help you avoid falls, so you can continue to do the things that you love. Getting older doesn't mean a loss of independence; it simply means adapting your environment to best fit your needs so that you can flourish. Be sure to use the resources around you; from your doctor to a family member or friend, to help you take these preventative measures. For more information on falls prevention, visit the National Council on Aging's website at www.ncoa.org.

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721

OCTOBER

Meals on Wheels 231-757-4831
Kitchen 231-757-5721

PLEASE CALL
MEALSITES FOR LUNCH
RESERVATION
BY 9:00 AM

Mon	Tue	Wed	Thu	Fri
3 Spaghetti w/meat sauce California Blend Warm Applesauce Garden Salad Garlic Toast 1% Milk	4 Stacked Pancakes Sausage Apple Juice Hash Browns 1% Milk	5 Quarter Pounder Baked Beans Tossed Salad Watermelon Hamburger Bun 1% Milk	6 Chicken Tetrazzini Broccoli Carrots Applesauce 1% Milk	7 Lemon Baked Fish Au gratin Potatoes Spinach Apricots Dinner Roll 1% Milk
10 Chicken Stir-Fry Stir-Fry Vegetables Peas Cantaloupe Rice 1% Milk	11 Ground beef w/ Spanish rice Corn Orange Wedges 1% Milk	12 Stuffed Green Pepper Carrots Warm Peaches 1% Milk	13 Stuffed Baked Potato Ham and Cheese Sauce Broccoli Bread Grapes 1% Milk	14 Mac and Cheese Stewed Tomatoes Green Beans Banana 1% Milk
17 Ham, Potato and Cheese Casserole Peas Pears Dinner Roll 1% Milk	18 Sliced Roast Turkey Sweet Potatoes Green Bean Casserole Applesauce Dinner Roll 1% Milk	19 Stuffed Cabbage Rolls Broccoli Warm Spiced Peaches 1% Milk	20 Pizza Day Thursday Tossed Salad Green Beans 1% Milk	21 Meat loaf Mashed potatoes Carrots Fruit Mix Wheat Bread 1% Milk
24 Country Fried Steak Mashed Potatoes Green Beans Tropical Fruit Bread 1% Milk	25 Taco Tuesday Taco Meat Flour Shell Lettuce, Tomato, Cheese Peaches 1% Milk	26 Jumbo frank Coleslaw Baked Beans Pears Bun 1% Milk	27 Chicken Noodle Bake Green Beans Carrots Apricots Sliced Bread 1% Milk	28 Roast Beef Mashed Potatoes Green Beans Diced Pears Dinner Roll 1% Milk
31 Lois's Witches Stew Beef, Carrots, Peas Spooky Salad Freaky Fruit mix Halloween Treat 1% Milk				

Meal Sites

Scottville 757-4705
Ludington 845-6841
Tallman 757-3306

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
Tue. & Thur.;
Scottville and
Tallman, M-F

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.

MASON COUNTY • MICHIGAN

FUNCHEON SPOOKTACULAR

ENJOY A HALLOWEEN THEME FUNCHEON ON
OCTOBER 26TH
CHILI AND HALLOWEEN DESSERT
ENTERTAINMENT BY THE STRING A LONGS
STARTING AT 11AM
WEAR A COSTUME !
WE'LL VOTE & BEST COSTUME WILL WIN A
\$25 WALMART GIFT CARD.

PLEASE CALL & R.S.V.P.
231-845-6841



**You only need two
tools in life...WD-40
and duct tape.
If it doesn't move
and should, use
WD-40. If it moves
and shouldn't, use
duct tape.**



SASC CRAFT
Tuesday, October 25 — 1:00

Please call Jeannette for details
and to sign up.
757-4705



CHARITY SEW

**Will meet Tue, October 18th
10:00am**

For details, please call
Norma Andersen 757-2315
OR
Scottville Senior Center
757-4705





50th CELEBRATION

On October 14th, the Ludington Senior Center will be celebrating our 50th anniversary with an open house. Community members are welcome to join us for this milestone celebration from 1-3pm at Ludington Senior Center.

Enjoy entertainment, a decadent dessert bar and refreshments.

VITALITY AT ITS BEST

**Scottville
Beekeepers
present . . .**



A Sweet Taste of Mason County

Come meet the folks behind the buzz . . .

Local *Beeks* from all over Mason County will share a taste of their liquid gold.

More than a dozen different Honey Tasting Stations! Here's your chance to sample delicious varieties of local honey harvested right here in Mason County!

PLUS . . . Info sessions with Local Beekeepers
Mason County Bee Supplies & Demos
Observation Hive with LIVE BEES!
Kids Activities!

HONEY FOR SALE!



JOIN US FOR THIS ANNUAL EVENT!
FREE for all ages!

Saturday, October 29 • 10 am to 3 pm
Ludington Senior Center • 308 S. Rowe

For information: ifneedbee10@gmail.com
www.scottvillebeekeepers.org

Everything you ever wanted to know about bees!

LUDINGTON AREA SENIOR CENTER

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



Open Ended Grief Support & Education

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

2nd Monday & last Thursday of the month

Time/Date: 1:30 - October 10th

Time/Date: 6:30 pm - October 27th

Location: Ludington Senior Center

308 S Rowe Street, Ludington

Call: 231.845.6841 to register!

*I If I have loved, I will feel
and will grieve...*



Mason County Caregiver Support Group
2nd Thursday of the month 1pm-2:30pm
Call the Helpline at 800-272-3900

alzheimer's  association®

Medicare Part D Open Enrollment period

**Open enrollment is from October 15 to
December 7.**

You must call to make an appointment with our MMAP counselors. We will start making appointments on October 4th. We will be offering phone and in person appointments with one of our MMAP counselors. **Call 231-845-6841.**

During this annual enrollment period you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another or from one Medicare Part D (prescription drug) plan to another.

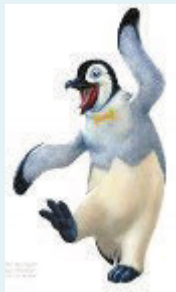


If you did not enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

FOOT CARE

Keep your feet happy!

Call Tricia @ 231.239.1951
for an appointment



TECH HELP

Are you having difficulty using your phone, tablet, or computer? Help is here!



Ludington Senior Center is collaborating with Ludington Library.

Call 231-845-6841 for more information.



*30 minutes "FREE" consultation.
Monday, October 17th
from 9am - Noon.*

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

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



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
2	3 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba/ Drumming (Rotary Park) 10 Mahjong 1 Cards & Games	4 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drumming 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 Line Dancing	5 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting	6 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Dup. Bridge	7 9 Men's Billiards 9:30 Yoga 10 Mahjong Footcare by appt. 1 Cards & Games 1 Open Billiards 2 Jukebox Bingo	8
9	10 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba/ Drumming (Rotary Park) 10 Mahjong 1 Cards & Games 1:30 Grief Support 2 String A Long Jam	11 9 Walking Club 9:30 Zumba Gold 10:30 Cardio Drumming 10 Ladies' Billiards 11:45 Lunch 1 Duplicate Bridge 2 Line Dancing	12 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Stretch & Bal 10 Quilting 3 TED TALKS 7:30 Coin Club	13 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Dup. Bridge 1 Alz. Support group	14 50TH CELEBRATION Celebrate Open House 1-3pm 	15
16	17 9 Walking Club 9 Men's Billiards 9-12 Parmenter Law 9:30 Yoga 9:30 Zumba/ Drumming (Rotary Park) 1 Cards & Games	18 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drum 10 Ladies' Billiards 11:45 Lunch 1 Dup. Bridge 2 Line Dancing	19 9 Men's Billiards 9:30 Zumba (Rotary Park) 10 Quilting 10 Stretch & Bal 1 Cups of Cheer	20 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Dup. Bridge 3 PM COA Brd Mtg	21 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Cards & Games Footcare by appt. Fish Fry 4-6 	22
23	24 9 Walking Club 9 Men's Billiards 9:30 Zumba/Drumming (Rotary Park) 9:30 Yoga 10 Mahjong 1 Cards & Games 2 String A Long Jam	25 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Ladies' Billiards 11:45 Lunch 1 Dup. Bridge 2 Line Dancing	26 9 Men's Billiards 9:30 Zumba (Rotary Park) 9:10 Stretch & Bal 10 Quilting 11:00 \$5 FUNCHEON 3 TED TALKS	27 9 Walking Club 9:30 Zumba Toning 10:30 Cardio Drumming 10 Crafts & Giggles 10 Ladies' Billiards 11:45 Lunch 1 Dup. Bridge	28 9 Men's Billiards 9:30 Yoga 10 Mahjong 1 Painting Class Footcare by appt. 1 Cards & Games	29
30	31 9 Walking Club 9 Men's Billiards 9:30 Yoga 9:30 Zumba (Rotary Park) 10 Mahjong 1 Cards & Games					



TRAVEL WITH US TO EXCITING PLACES

February 18-26

San Antonio

\$845 (double occupancy)

Motorcoach transportation

8 night lodging including 4 consecutive nights in the San Antonio area

14 meals provided

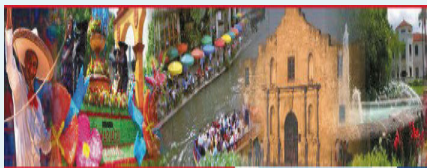
Guided tour of San Antonio

Cruise at San Antonio's famous River Walk District

Visit to the famous ALAMO and IMAX Theater presentation "ALAMO...The Price of Freedom"

Visit the Institute of Texan Cultures and San Antonio Missions

Tour of the LBJ Ranch



\$75 due upon signing. Call the Ludington Senior Center to sign up.

Coming Soon...

Trip to Alaska



August 9-20, 2023

Highlights:

Fairbanks, Sternwheeler, Discovery, Music of Denali Dinner Theater, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage

Join us at three resorts and a seven-day cruise! For more information, pick up a brochure at the Ludington Senior Center or call 231-845-6841.



Fish Fry Dinner

Friday, October 21st At 4pm

Cost:\$10.00

Join us for fish, coleslaw, rolls, & dessert. We will also be having a 50/50 drawing.

Please call 845-6841 to R.S.V.P



Ludington Senior Center

is

hosting its Seventh holiday Arts &

Crafts Show

Saturday, November 5th

10am to 3pm

A tablespace is available for vendors, artists, and crafters.

Call the Ludington Senior Center for more information. 231-845-6841

Paint with Julie

Friday, October 28th 1-4pm

2 4x4 mini canvases

Cost \$20.00

\$10.00 Non-refundable deposit due at sign up. Call 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

YOGA

Monday & Fridays at 9:30 AM

Zumba Gold (cost \$6.00)

Mondays at 9:30am at Rotary Park

Tuesdays at 9:30 AM at the center

Zumba Toning (cost \$6.00)

Wednesdays at 9:30 Rotary Park

Thursday at 9:30 AM at the center

Cardio Drumming (cost \$5.00)

Tuesday and Thursday at 10:30 at the center

Mondays and Wednesdays Rotary Park



BILLIARDS

Men- Monday, Wed., Friday at 9 AM

Women- Tuesday and Thursdays at 10 AM

Open Play- Monday thru Friday 1-3 PM

TED Talks

Join Gene Kyle at 3 PM

Second and fourth Wednesdays of the month

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

Mahjong

Every Monday and Friday at 10 AM

Quilting/Sewing

Every Wednesday at 10 AM

STEPPING OUT

Join the walking club

Mondays, Tuesdays, and Thursdays at 9:00 AM

Start at various spots in the area and walk at a pace that suits you.

Line Dancing

All experience levels welcomed

Tuesdays at 2 PM



Crafts and Giggles

Every Thursday at 10 AM

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.

October 7th @ 2 PM

String A Long Community Jam

2nd and 4th Monday of the Month

2 to 4p.m.

Grab your string instruments and join us for an acoustic music jam including easy two chord songs to intermediate level playing. We will provide the lyrics and chords of well-known songs including country, folk, light rock, oldies, gospel and more. This jam's goal is to provide musicians a chance to learn, share and enjoy playing music together in an informal and welcoming

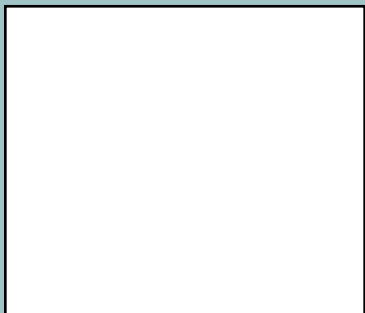


The Leila and Cyrus Poppen Hospice Residence
A home for our hospice families

HARBOR HOSPICE
231.728.3442
 HarborHospiceMI.org

Wyman
 Funeral & Cremation Services, Inc.
STEPHENS FUNERAL HOME
 Serving Lake & Mason counties since 1917
 305 East State Street, Scottville, MI 49454
 231-757-3333
 Randall S. Wyman, Director
 www.wymanfuneralservice.com

THIS SPACE IS AVAILABLE



County Owned and Serving the Community Since 1966...
"Like Family"
 Mason County's
Oakview
 MEDICAL CARE FACILITY
 1001 Diana Street • Ludington, MI
231.845.5185 • www.oakviewmcf.com

Oak Grove
 FUNERAL HOME OF LUDINGTON
 3060 W. US 10 • Ludington, MI 49431
 (231) 845-9898
 Stephanie Kehrer
 Funeral Director/Owner
 Stephanie@OakGroveLudington.com

We're hiring!
 Part Time/On Call Staff
 \$15.00-\$30.00/hour
 Retirees are encouraged to apply.
 Please email Stephanie for more information.

ADT-Monitored Home Security
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

Authorized Provider | SafeStreets | **833-287-3502**

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.

24/7 Support
 888-247-5701
 or hom.org

Our State. Our Town.
Our Hospice.

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO

lpicomunities.com/adcreator

FREE AD DESIGN
 WITH PURCHASE OF THIS SPACE
CALL 800.477.4574



Snug Harbor
Adult Day Care Center
 301 N. Washington
 Ludington, MI 49431
(231) 425-9292
snugharboradultdaycare.com
We're a life ring for caregivers' with dependent adults

Lutz Hearing Aid Center
A Hearing Health USA Company

Call today to schedule your 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



VILLAGE MANOR
Full Service Senior Living
OF LUDINGTON


*Meals • Laundry • Recreation
 Transportation • Ranch Style Apartments*

(231)-845-7066
www.village-manor.com
 110 East Tinkham Ave, Ludington



BEACON
 Cremation & Funeral Service
 Pere Marquette Chapel
 Kirk & Courtney Barz
 Owners/Licensed Funeral Directors
 309 South Washington Avenue
 Ludington
www.beaconfh.com
231.843.2531

SUPPORT OUR ADVERTISERS!



GROW YOUR BUSINESS BY PLACING AN AD HERE!



CONTACT US!

Contact Terry Sweeney to place an ad today!
tsweeney@lpicommunities.com
 or (800) 477-4574 x6407



Beltone™
Helping the world hear better

- * **FREE** hearing screenings
- * **FREE** In-office trials
- * **FREE** In-home appointments available

LUDINGTON
 239 North Jebavy Dr.
231-843-3039
1-800-522-9588



ESTATE PLANNING
 • Wills, Trusts, Powers of Attorney
 Trust Administration/Settlement

PROBATE MATTERS
 • Estates, Guardians and Conservators

Serving Traverse City and Northern Michigan



We can help you protect your hard earned assets and leave a lasting legacy for your children.

(231) 947-6800 • www.swoggerandbruce.com
 13872 S. Compass Rose Dr, Traverse City, MI 49684



Dynamic
PHYSICAL THERAPY
Your choice for compassionate care

231-480-6591
 Fax 231-425-4131

www.dynamicptofmichigan.com

**Arthritis • Chronic Pain
 Post Joint Replacement • Back Pain
 Vertigo • Balance/Fall Prevention**

250 Nelson Rd • Ludington, MI 49431

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
 WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



 Contact us at careers@4lpi.com
www.4lpi.com/careers

SCOTTVILLE AREA SENIOR CENTER

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



Job Opportunities Available

- Homemaker Program
- Respite Care

Volunteer driver opportunities (mileage reimbursed)

- Medical Transportation Program

Serving all of Mason County

919th)Mon	Tue	Wed (Writing)	Thu	Fri
3 Quilting 10:00 Lunch 11:45 NEW! Tai Chi 12:30 Quilters Guild 6:00	4 Exercise 10:30 Lunch 11:45 Euchre 1:00 Wii Bowling 1:00	5 Painting 9:00 Ladies Billiards 10:00 Lunch 11:45 NEW! Tai Chi 12:30 Pinochle 1:00	6 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 Set Back 6:00	7 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 My Story, My Life (writing) 1:00 Open Pool 12-4
10 Quilting 10:00 Lunch 11:45 Tai Chi 12:30	11 Exercise 10:30 Lunch 11:45 Euchre 1:00 Wii Bowling 1:00	12 Painting 9:00 Ladies Billiards 10:00 Lunch 11:45 Tai Chi 12:30 Pinochle 1:00	13 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 Book Club 1:15 Set Back 6:00	14 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4 Music Jam 12:30
17 Exercise 10:30 Quilting 10:00 Lunch 11:45 Tai Chi 12:30	18 Charity Sew 9:00 Exercise 10:30 Lunch 11:45 Euchre 1:00 Wii Bowling 1:00	19 Painting 9:00 Ladies Billiards 10:00 Lunch 11:45 Tai Chi 12:30 Parkinson's Grp 1:00 Pinochle 1:00 Grandparent Grp 5:30	20 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 COA bd. Mtg. 3:00 Set Back 6:00	21 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4 Music Jam 12:30
24 Quilting 10:00 Lunch 11:45 Tai Chi 12:30	25 Exercise 10:30 Lunch 11:45 Euchre 1:00 Craft 1:00	26 Painting 9:00 Ladies Billiards 10:00 Lunch 11:45 Tai Chi 12:30 Pinochle 1:00	27 Workshop: Safe Banking; 12:15 Wii Bowling 10:00 Textile Arts 10:30 Lunch 11:45 Technology Help 12:15 Set Back 6:00	28 Wii Bowling 10:00 Bingo 10:00 Lunch 11:45 Open Pool 12-4 Music Jam 12:30
31 Halloween! Quilting 10:00 Lunch 11:45 Tai Chi 12:30	SPECIAL: The Safe Banking Workshop (27th), Our "Speak Out; Speak Up" event for October, will feature Shariff Kim Cole and Nancy Sanford of West Shore Bank, helping seniors avoid financial scams.			SPECIAL: Saturday, Oct. 8, scrapbooking workshop with Ada Weier-Amor. Call center for details.

SCOTTVILLE AREA SENIOR CENTER

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

Safe Banking: Learn to Avoid Financial Scams—Oct. 27

Join Sheriff Kim Cole and Nancy Sanford of West Shore Bank at SASC



Sheriff Kim Cole

The “Speak Out, Speak Up” series at Scottville Senior Center presents a vital topic on Thursday, October 27—protecting yourself and your savings from fraud and scams.

West Shore Bank has teamed up with Mason County Sheriff Kim Cole to present a “**Safe Banking Workshop**” for seniors from 12:15 to 2:15.

Older Americans are increasingly targeted by unscrupulous scam artists and the workshop will seek to inform and equip you to avoid financial exploitation.

That also happens to be \$1 lunch day at SASC. You can enjoy lunch at 11:45, and hear our speakers immediately following lunch. You are welcome to come just for the workshop, but if you want to have lunch—please call at least a day in advance (757-4705).



Other Coming Attractions

Here are some other interesting events and activities coming up at SASC.

My Story, My Life. The life story writing group meets the first Friday of the month—October 7—at 1:00. Participants will write about important episodes in their lives, to preserve those memories for their families.

Book Club. Meets the second Thursday of the month at 1:15. Here are the books to read and discuss:

October 13: *The Sunday Philosophy Club*, by Alexander McCall Smith

November 10: *Orange is the New Black*, by Piper Kerman

The Mason County District Library in Scottville has agreed to have copies of the club’s book selections available to borrow.

Speaker Series: “Speak Out; Speak Up!” Dates vary, based on speaker availability, but typically on \$1 lunch day. Takes place immediately after lunch. In addition to the October workshop on avoiding scams, here are some other coming attractions:

- **Mason County Historical Society: November 17.** Learn about their new center in Ludington.
- **U.S. Forest Service: December 7.** Ranger, Jake Rubara will discuss the Pere Marquette River.
- **Habitat for Humanity: December 15.** Learn about the homes they build and their ReStore.

Grandparents Raising Grandchildren: October 14, 5:30.

Safety in Our Homes (and Halloween) with Scottville Officer (and interim Chief) Katrina Skinner.

Please call the senior center (757-4705) for more information.

Wilwin Lodge—Haven for Veterans; Home for SASC Quilts

In southern Mason County there's a special place for veterans called Wilwin Lodge at Cygnet Cove. It serves all veterans, regardless of affiliation—especially those who are handicapped, have Post Traumatic Stress Disorder, or a Traumatic Brain Injury.

Veterans and their families are welcome at this premier retreat, established to provide a sanctuary of rest and recuperation for disabled and injured combat veterans. Wilwin also offers a vacation retreat for reuniting and reconnecting families after long deployments, as well as therapeutic and recreational activities to aid in the healing process for PTSD and brain injury patients. Visits are typically for up to five days.

Funded by donations and run by volunteers, this beautiful retreat offers more than 1,000 acres around Woodruff Lake off Hawley Road south of Custer.



Outside Scottville Senior Center, quilters show a few of the quilts they've made for Wilwin veterans

Special kinship with SASC quilters

At Scottville Area Senior Center, our active quilting groups have formed a special relationship with Wilwin Lodge. They make beautiful quilts for each of the veterans who visit here to stay in the lodge, cabins, or campground and enjoy the beauty, the serenity, and the many activities.

All services at Wilwin are free to veterans and their families, as are the quilts. If you would like to join the SASC quilters in supporting this amazing facility, donations are more than welcome—they are, in fact, necessary to keep Wilwin operating.

If you would like to help, you can send a donation to:

Wilwin Lodge at Cygnet Cove
c/o The American Legion
212 Verlinden Ave.
Lansing, MI 48915

To learn more, or see the current “wish list” of needed items, visit their web site: www.wilwinlodge.com/donation.

Wilwin also offers opportunities for scouting groups to camp, have adventures and earn merit badges. To learn about programs for scouts, call the lodge at 231-757-0140, or visit [+www.wilwinlodge.com/camping](http://www.wilwinlodge.com/camping).

\SASC sends thanks to Rich at Wilwin Lodge, who gave us a great tour of the beautiful grounds as we prepared this feature for the Active for Life senior newsletter.



SCOTTVILLE AREA SENIOR CENTER

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

Quilting, Sewing Opportunities at Scottville Area Senior Center

If you're a quilter, or would like to get started in quilting in the company of friendly folks who love to create quilts—especially quilts that benefit others—there are great opportunities at the senior center in Scottville. All of the groups welcome new members.



Monday quilt group. Each Monday a group of quilters gathers at the center to work on projects, individually or in teams. The quilters gather at 9:00 a.m. They work and chat until lunch time, when they enjoy the lunch served M-F at the center, or that they bring with them. Then, many typically return to their projects after lunch.

There is no set amount of time, however. Those who take part are welcome to stay as long or as little as they wish. Quilters are encouraged to bring their own sewing machines, although there is a loaner machine available.

Contact Norma Andersen at 757-2315 for information.

Quilters Guild. A great way to get acquainted with quilters from throughout the area. The Guild meets the first Monday evening of the month (6:30 p.m.) at the senior center in Scottville.

During winter months, meetings may be moved to Monday afternoon. The meeting includes dozens of quilters sharing ideas, doing team projects, and showing their latest creations.

For information, call Connie Rasmussen at 757-3045.



Charity Sew. This public-spirited group meets the third Tuesday of the month at 9 a.m. Each month they use their talents to create items for different charitable organizations and purposes.

Among many examples: totes for walkers and wheelchairs for nursing home residents; pillows for children of people staying at the COVE shelter; mammogram arm pillows; caps and scarves for the Mitten Tree; receiving blankets for West Shore Pregnancy Center; neck support pillows for Hospice and nursing homes; and fleece mittens, arm warmer and muffs for kidney dialysis patients.

The October meeting is scheduled for Tuesday, Oct. 18. Contact Norma, 757-2315, to get involved.

TALLMAN SENIOR CENTER

6765 E. MARSHALL ROAD • FOUNTAIN, MI 49410 • 231.757.3306



Mon	Tue	Wed	Thu	Fri
3 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	4 Bingo 10:00 Lunch 12:00 Table Games 1-2	5 Checkers 11-12 Lunch 12:00 Sit n be Fit 2:30	6 Bingo 10:00 Lunch 12:00 Auxiliary mtg 12:30 Grief Support 1-2	7 Open Pool 10-12 Lunch 12:00 Out Reach 1-3
10 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	11 Bingo 10:00 Lunch 12:00 Table Games 1-2	12 Board of Directors meeting 10:00 Checkers 11-12 Lunch 12:00 Sit n be Fit 2:00	13 Bingo 10:00 Lunch 12:00	14 Open Pool 10-12 Lunch 12:00 Out Reach 1-3
17 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	18 Bingo 10:00 Lunch 12:00 Table Games 1-2	19 Craft 10:00 Checkers 11-12 Lunch 12:00 Sit n be Fit 2:30	20 Bingo 10:00 Pot Luck 12:00 COA Bd. Mtg. 3:00 <i>(Safe Harbor Credit Union, Ludington)</i>	21 Puzzle Day Open Pool 10-12 Lunch 12:00 Out Reach 1-3 Dinner & a Movie 3:30
24 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30	25 Bingo 10:00 Lunch 12:00 Table Games 1-2 Book Club 1:30	26 Cards: Kings in the Corner 10:00 Lunch 12:00 Sit n be Fit 2:30	27 Bingo 10:00 Lunch 12:00	28 Open Pool 10-12 Lunch 12:00 Out Reach 1-3
31 Crochet 10:00 Lunch 12:00 Sit n be Fit 2:30				

FREE SOIL AREA SENIOR CENTER

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

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.

Meals are served at NOON

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

Thank you!

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



<p><u>Tuesday, October 4</u></p> <p>BEEF ROAST MASHED POTATOES CORN ROLL & BUTTER ICE CREAM ***GROUP EXERCISE 11:00***</p>	<p><u>Thursday, October 6</u></p> <p>BREAKFAST CASSEROLE BOILED EGG DANISH BANANNA ***GROUP EXERCISE 11:00***</p>
<p><u>Tuesday, October 11</u></p> <p>CHICKEN TETRAZINI GREEN BEANS ROLL & BUTTER JELLO</p>	<p><u>Thursday, October 13</u></p> <p>PORK CHOP SCALLOP POTATOES GARDEN SALAD APPLESAUCE PUDDING ***GROUP EXERCISE 11:00***</p>
<p><u>Tuesday, October 18</u></p> <p>HAMBURGERS MACARONI SALAD RELISH TRAY APPLE PIE ***GROUP EXERCISE 11:30***</p>	<p><u>Thursday, October 20</u></p> <p>BAKED CHICKEN BOILED BUTTERED POTATOES CORN CASSEROLE ROLL & BUTTER ICE CREAM ***GROUP EXERCISE 11:00***</p>
<p><u>Tuesday, October 25</u></p> <p>MEATLOAF MASHED POTATOES/GRAVY MIXED VEGETABLES ROLL & BUTTER CARROT CAKE ***GROUP EXERCISE 11:00*</p>	<p><u>Thursday, October 27</u></p> <p>CHICKEN NOODLE SOUP SANDWICH GARDEN SALAD DICED PEACHES ***GROUP EXERCISE 11:00***</p>
<p>PLEASE CALL 231-464-6789</p> <p>By NOON the day before to reserve a meal</p> <p>Thank you for supporting the Free Soil Area Senior Center</p>	

TALLMAN SENIOR CENTER

6765 E. MARSHALL ROAD • FOUNTAIN, MI 49410 • 231.757.3306

Fun Activities happening in October

Call the Center for more information

Friday, October 15th 3:30



We are currently in need of crafting supplies. If you would like to donate to our center, please give us a call

October is the final Dinner & a Movie event for 2022: meet in the parking lot at the AMC movie theater in Ludington. We'll decide on where to eat after the movie.

**Tallman
Pot Luck**

**Thursday,
October 20**

12:00

**FLU SHOTS
COMING**

**Call the center
for details**

FREE SOIL AREA SENIOR CENTER

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

The Free Soil Senior Center is open Tuesdays and Thursdays from 9:00 to 2:00. They have a large gym, good for indoor walking and other activities on rainy days. Their lunches are made on-site and served at noon. Call 231-464-6789 to reserve a spot for lunch. See page 17 for their



There is a Cares Box in Free Soil. It is located by the playground, next to the Little Library on Democrat St. The box has been filled and is ready for service.



EXERCISE Programs

Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Exercise improves overall immune function, which is SO important these days!

With that in mind, exercise programs at the Scottville Area Senior Center (SASC) are being expanded.

NEW at SASC: TAI CHI



Naomi Hyso, from the Michigan State University Extension office, will be teaching a 9 week course, with two one-hour sessions per week (Mondays and Wednesdays), from 12:30 – 1:30 at SASC. The class may be experienced seated or standing. On days when the weather is nice, we may even go outside.

Naomi is a certified instructor. Many will recall her from her “Lunch & Learn” presentation at the center.

Tai Chi helps with arthritis and fall prevention, as well as reducing stress, increasing balance and posture, and improving mind, body and spirit! Naomi will teach one or two movements per lesson, leading to completing six basic core movements!

SASC is very excited to have her in person to teach this very popular class! Please call (757-4705) and reserve a spot, as she starts on October 3!

EXERCISE class

Our instructor, Activities Coordinator Missy Kissel, is leaving for new adventures. But we’re pleased to announce that Marie Stycos is coming on board to take her place leading this weekly program, starting this month...so everyone can continue to do this gentle, valuable exercise program. **SASC is switching this class from Monday back to Tuesdays at 10:30 a.m.**

Please call SASC to sign up, although drop-ins are welcome as well. Many of our exercise folk stay for lunch afterwards, which is an option you might wish to consider!

Let’s start getting fit!

Ask Sharon

By Sharon Bailey, Medicare Counselor

I hope everyone is enjoying our beautiful fall weather. I can hardly believe October is here and it is almost time for Open Enrollment for Medicare.

Open enrollment begins on October 15 and goes through December 5. I will be making appointments to meet with people at the Scottville Area Senior Center—starting now and going into the first week of December. Call me at 757-4052

There are a few changes this year, but I only have seen the new figures for applying for extra help with prescription drugs.

Q. How much income can you have to get extra help in 2021?

A. An individual can earn about \$20,000 (actual amount not known at this time). A married couple can earn about \$27,000.

These amounts have gone up quite a bit in the last couple years; be sure and look over your records to see how much you made this year.

Q. Can I have savings?

A. A single person can have about \$15,000 savings. A married couple can have about \$30,000.

Q. How do I know if I qualify for extra help?

A. I know many seniors do not know how much money they receive from Social Security and pensions, or the amount of money in their bank accounts. If you don’t remember just bring your bank statement in so I can see if you are eligible for extra help.

Q. What if I own property?

A. You can own your home, furnishings and your car. You cannot receive extra help if you own land apart from your home. If you own land on separate acreage from your home you do not qualify for extra help.

If you are not sure if you qualify, call 757-4052 and make an appointment to meet with me. You can also make an appointment to check out new plans for 2022. Even if you do not qualify for extra help, you may be paying too much for prescriptions in the drug plan you have now.

Remember my phone number is 757-4052.

MASON COUNTY • MICHIGAN

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
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
Spectrum Health Ludington Hospital.....	231-843-2591
Mercy Health Ludington Urgent Care.....	231-843-2543
Community Mental Health.....	231-845-6294

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).....	231-301-0626
FiveCap, Inc, Scottville.....	231-757-3785
Senior Meals-on-Wheels.....	231-757-4831
Congregate meals: all Mason County senior centers	

Legal Assistance

Lakeshore Legal Aid.....	888.783-8190
Estate Planning Ludington Senior Center.....	231-845-6841
Scottville Senior Center.....	231-757-4705

Heating/Utilities Assistance

Mich. Dept. Health/Human Services.....	231-845-7391
Five Cap, Inc.....	231-757-3785
True North Community Services.....	231-924-0641
THAW-The Heat & Warmth Fund.....	800-866-8429
HELP Ministry.....	231-843-6811

Furniture, Appliances, Wheelchair Ramps

HELP Ministry.....	231-843-6811
--------------------	--------------

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)	
Rides to Wellness.....	1-844-532-7433

Other Transportation

Ludington Area Mass Transit.....	231-845-6218
Ludington Taxi.....	231-845-9693

Mason County Veterans Affairs.....

John Cotton, Director (jcotton@masoncounty.net)	231-583-2028
---	--------------

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
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.....

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
Salvation Army.....	231-843-3711
Social Security Administration.....	800-772-1213
United Way.....	231-843-8593

MASON COUNTY • MICHIGAN

LOCAL SUPPORT GROUPS

Support groups help people realize that they are not alone – 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



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

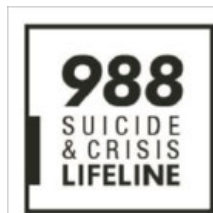
Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431
Last Thursday of the month
at 6:30 pm
231.845.6841



Parkinson's Support Group

April thru December

Scottville Senior Center
140 S. Main Street,
Scottville, 49454
Third Wednesdays, 1:00 pm
231-757-4705



Mental Health Crisis Line

**Kinship Care
Support Group**

(Grandparents & others
raising young relatives)
Scottville Senior Center
3rd Wednesdays, 5:30
140 S. Main, Scottville
231-757-4705



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
- 3. By mail** - contact Scottville Area Senior Center, 757-4705. \$18.00 per year, paid by check or cash.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at
www.mycommunityonline.com

