

March 2018, OUT THE DOOR NEWS

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

FREE

SENIOR FRAUD FORUM



LEARN ABOUT:

- Top financial Scams Targeting Seniors
- Identify some of the potential red flags
- Steps to take to alleviate the situation
- Current local scams
- Learn how to report an active scam
- How to avoid identity theft

THURSDAY, MARCH 22, 2018

2PM

LUDINGTON AREA SENIOR CENTER

PANEL OF EXPERTS:

AREA AGENCY ON AGING
EDWARD JONES
MASON COUNTY SHERIFF
MASON COUNTY PROBATE JUDGE

For more information , Please contact the Ludington Area Senior Center
231-845-6841

The Ludington Area Senior Center appreciates donations to keep its many programs running!

ZUMBA GOLD/TONING IS BACK!!!

Class resumes Thursday, March 8th, 2018 at 10:15 am. All class schedules time remains the same. **Mondays, 5:15 pm. Tuesdays, 10:15 am & 5:15 pm. Thursdays, 10:15 am & 5:15 pm.**

This class is tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba Gold/Toning blends the Zumba party you love at a slower pace with redefining total body workout using Zumba toning sticks, or 1lb. to 2.5 lb. weights to shake up those muscles. The fun is intends while working out.

Come see for yourself!



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Eight weeks class series, focusing on reduced fear of falling and increased activity levels for older adults. Learn how to change your environment to reduce falling risks and participate in simple exercise to increase strength and balance. Please call 231.845.6841 to enroll! Class starts Monday, February 26th at 1:00 pm.

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“Healthy Me” Diabetes Support Group

Day: Wednesdays

Date: March 14th and 28th.

Time: 2:00 pm.

Location: Ludington Area Senior Center

Phone: 231.845.6841



Topic range from: Medical prescriptions and over the counter vitamins, exercise, eating right and includes tasteful recipes, medical issues; neuropathy, heart disease, depression, weight issues and much more!

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Low Vision Support Group “Lakeshore Seekers”

The Mason County Low Vision Support Group, “Lakeshore Seekers” meets on the 3rd Monday of each month at 1:30 pm. This is a cooperative effort between the Ludington Area Senior Center and the Association for the Blind and Visually Impaired. **John McElheron**, social worker, leads participants.

Join us, share your concerns and learn from others.

New members and family are always welcome.

For more information please contact

John McElgeron at 1.800.466.8084



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March Bingo Dates!!! March 2nd, March 9th, March 23rd.



Time: 1:00 p.m.
Cost: Four (4) cards, \$1:00
Capacity: 60

TECH THURSDAY ONE-N-ONE TECH HELP.

**Get help with all your technology problems.
Bring your Phones, iPads, and Tablets etc.**

Time: Thursdays, 2:00pm. – 3:00pm.

Location: Ludington Area Senior Center

We will help you connect!!

Call 231.845.6841 for an appointment



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Sewing, Crafts, Knitting & More!!

Time: Thursdays 9:30 a.m. – 12:30 p.m.

**Open to quilters, crafters, knitters and those who crochet.
Take in a project, if you don't have a project,
and wish to learn to sew, knit or crochet;**



**we will be happy to teach you.
All ages and skill levels welcome.**

Join us for crafts, stay for the coffee!

COUNTRY LINE DANCING
TIME: TUESDAYS, 2:00 P.M.

Instructor: Ed Thompson

BOOT SCOOTERS
TIME: THURSDAYS, 7:30 P.M.



Country dancing is a great way to get exercise while having fun.

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TAI CHI

**Tai Chi is the art of gentle movements and posture and offers
health benefits such as stress reduction.**

Time: Wednesdays, 1:00 pm. & 6:30 pm.

Call Ludington Area Senior Center at 231.845.6841

