

Mason County Classes  
**Tai Chi Program**



Tai Chi is proven to reduce pain and improve mental well-being.

[read more](#)

Tai Chi Program  
**Scottville Area Senior Center**

**October 4th**

**6:00p**

Every Tuesday

**Location:**  
**Scottville Area Senior Center**

140 S. Main Street  
Scottville, MI

**Contact:**  
phone(231) 757-4705

**Facilitator:**  
Marcia Visscher

**Organization:**  
Scottville Senior Center

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## Matter Of Balance Class



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

an award-winning program designed to manage falls and increase activity levels in older adults.

[read more](#)

Matter Of Balance Class

**Ludington Area Senior Center**

**May 11th – June 29th**

**2:00p - 4:00p**

Repeats every Thursday

**Location:**  
**Ludington Area Senior Center**

308 S. Rowe St  
Ludington, MI

**Contact:**  
phone(231) 845-6841

**Facilitator:**  
Bette Cole

# Diabetes PATH



Diabetes PATH helps older adults learn to manage their Diabetes and take control of their life.

[read more](#)

Diabetes PATH

**Scottville Senior Center**

**May 17th – June 21st**

**2:00p - 4:30p**

Repeats every Wednesday

**Location:**

**Scottville Senior Center**

140 S. Main Street

Scottville, MI

**Contact:**

phone(231) 757-4705

email

[director@scottvilleseniorcenter.com](mailto:director@scottvilleseniorcenter.com)

**Facilitator:**

Marcia Visscher

**Organization:**

Scottville Senior  
Center

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