



ONGOING PROGRAMS

The programs and services listed below are regularly scheduled at the Marquette Senior Center. We encourage you to take advantage of any or all of them. You are required to make an appointment – so if you need that service please call the office for your appointment, 228-0456. The Marquette Senior Services Center are supported by the services of the City of Marquette, Marquette County Senior Millage, Office of Services to the Aging, Region II Area Agency on Aging and the generous donations of individuals and organizations in the community. In accordance with all applicable State and Federal Laws – Marquette Senior Services does not discriminate in employment or the provisions of its services.

* **BLOOD PRESSURE** - **Friday, AUGUST 4th** , **11:00 am – 12-Noon** Room B of the Center. Nurses from UP Home Health will be at the Center checking Blood Pressure and Blood Sugar free of charge. No appointment necessary – donations are accepted.

* **FOOT CLINIC** - Foot Clinic will be held this month all day on **Tuesday, AUGUST 1st and WEDNESDAY morning AUGUST 2nd** . Appointments are necessary and can be made by calling 228-0456. The cost of the Foot Clinic is \$20.00.

* **ABC'S FITNESS – Abs, Balance, Core & Strength !** Join Instructor Gail Maki Tuesday & Thursday mornings @ 8:45 a.m. in the Baraga Gym. This morning workout targets the ABC'S of your fitness routine. Stop down and check it out!

* **SENIOR FITNESS** – Every Monday, Wednesday & Friday at 10:30 a.m. . This fitness class offers a low impact exercise at a pace everyone can handle. This is an excellent group to get involved with – stop in and check it out.

* **SCRABBLE** – Game on! Tuesday afternoons the Scrabble board is out and the competition begins at 2:00 pm.

* **PAULA'S FITNESS** – Monday/Wednesday/Friday @ 9:00 am. Paula's Fitness will remain in the Baraga Gym despite the Spring Street closure!! This is a higher impact aerobics class using a variety of cardio, floor and some weights. Join Paula, Lynn, Sandy & Diane as they alternate routines.

* **Wii BOWLING** – Offered in the lobby of **Lakeview Arena**. There are two great groups that play. Join the crew every Wednesday morning at 10:00 or the gang that plays the first and third Thursday of each month. Wii Bowling is a great way to rid those winter blues. It's fun and easy – and there is always someone that's willing to show a new comer how to play.

* **MAHJONG** – Is played every **THURSDAY** afternoon @ 1:00.



AUGUST 2017

- 1 PEPPER STEAK
- 2 BREADED BAKED CHICKEN
- 3 GLAZED HAM LOAF
- 4 SHRIMP ALFREDO w/LINGUINE
- 7 PULLED PORK ON A BUN
- 8 SHEPHERD'S PIE
- 9 POLLOCK ALMONDINE
- 10 HERB MARINATED CHICKEN
- 11 PORK ROAST
- 14 SPAGHETTI
- 15 SWEET & SOUR MEATBALLS
- 16 PASTY
- 17 POLISH SAUSAGE
- 18 SMOKED HAM
- 21 ROAST BEEF
- 22 ITALIAM BAKED CHICKEN
- 23 HAMBURGER ON A BUN
- 24 CHICKEN ENCHILADA CASSEROLE
- 25 MEATLOAF
- 28 SCALLOPED POTATOES
- 29 SWEDISH MEATBALLS
- 30 LASAGNA
- 31 TURKEY POT ROAST

For reservations call the Center at 228-0456 a day in advance or before 8:45 am on the day you wish to have the meal.

For assistance with Meals on Wheels (Home Delivered Meals), please contact the Nutrition Office at 228-6522, ext. 301



**We Are Going to
SENIOR DAY
THE COUNTY FAIR.....**

It's Marquette County Fair time....and we are going!!!!!! Join us on the bus for SENIOR DAY at the County Fair.....**Sunday, August 13TH** . Circle the date on your calendar and call today to reserve your seat on the bus!!

The bus will leave the Senior Center (City Hall) at 12:00 - NOON and we will spend the afternoon at the fairgrounds . At 3:00 pm, we'll be picked-up and head back to the Center.

There is no charge to you for this event, the bus and entry to the fair will be paid for – however it is recommended that you bring along spending money as there are many delicious vendors at the Fair and many items for sale in the exhibits.

Call the Center today and reserve your seat.....and we'll see you on the 13th !!

228-0456



SILVER SAMPLER SUMMER SERIES

The ***Silver Sampler Summer Series*** will offer a new set of outdoor recreation experiences for seniors 55 and over who live within the service area of the Marquette Senior Center. Our goal is to introduce you to new hiking trails and water pathways and hopefully revisit some of the special places we discovered in the past along with challenging ourselves to achieve positive health goals.

AUGUST SCHEDULE *

- AUGUST 2 12-Noon **KAYAK - Upper Cataract Basin**
Meet at Up North Lodge Parking Lot
We have a limited number of rental kayaks
Call today to reserve, 228-0456
- AUGUST 23 time TBA **PONTOON RIDE – GRAND ISLAND to HIKE**
Meet at Lakeview Arena Parking Lot – time TBA
Limited number of spots
Transportation to/from Grand Island on your own
Call today to reserve a spot, 228-0456

SEPTEMBER SCHEDULE*

- SEPT 6 time TBA **BIKING – Iron Ore Heritage Trail**
From Marquette to Ishpeming
Details in the September newsletter
- SEPT 27 time TBA **HIKE - WHETMORE LANDING, LITTLE PRESQUE ISLE**
Hike Guide: Fred Hoffman, local historian
Details in the September newsletter

- Participants must sign up with The Marquette Senior Center. All events and activities, as well as dates, times and locations are subject to change at the discretion of the Silver Sampler Coordinator.



ART



SENIOR ARTS

Senior Arts will be held on the following dates. Start time is 1:00 pm. Professional artists instruct participants in this successful program for Seniors only. Each month a new professional artist will lead the group. Funded by the Reynolds Foundation and the City of Marquette Senior Center. Non City seniors- there will be a \$5.00 per class charge, to cover the costs of supplies and instruction.

Here is what's planned for this month:

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| Tuesday, August 1 | Silk Scarf's
....With artist Diane Krib- Mays |
| Tuesday, August 8 | Mystery Abstract Painting
...with artist Diane Krib-Mays |
| Tuesday, September 5 | Dream Catcher's
...with artist Paulette Carr |

PRE-REGISTRATION IS REQUIRED and can be made by calling the senior center office today at 228-0456

Classes are held at the Arts & Culture center located in the lower level of peter white public library