

HORIZONS

A Newsletter For and About Older Adults

www.marqtcty.org • 300 West Baraga Ave. • Marquette, MI 49855 • Phone (906) 228-0456 • Published by: Marquette Senior Services

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.

* **TAI CHI** – Tuesday & Thursday @ 10:30 am - 12:00 Noon in the Baraga Gym. Instructor Maria Formolo. Tai Chi is a slow moving, core strengthening, great for your balance routine which uses slow moving motions. Stop down & check it out!

* **PAULA'S FITNESS** – Monday/Wednesday/Friday @ 9:00 am. Baraga Gym. 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**. Join the crew every Wednesday morning at 10:00. It's fun and easy – and there is always someone that's willing to show a newcomer how to play.

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

* **PINOCHLE** - Join the fun on Monday afternoons beginning at 1:00 is where the Pinochle fun is.

Hope to see you there!



* **FOOT CLINIC** – Foot Clinic will be held this month all day on **TUESDAY, JANUARY 9TH and WEDNESDAY morning JANUARY 10TH**. Appointments are necessary and can be made by calling 228-0456. The cost of the Foot Clinic is \$20.00.

* **ABC'S FITNESS** – Due to Instructor, Gail Maki's foot surgery, ABC's Fitness will not take place until early February!

* **SENIOR FITNESS** – Every Monday, Wednesday & Friday at 10:30 am. 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.

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January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CENTER CLOSED	2 CENTER CLOSED	3 10:15 Pickleball 10:30 Yoga Fitness 1:00 Jayne's Bridge	4 1:00 Pickleball 1:00 Mahjong 1:00 Cribbage League	5 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:30 Pickleball
8 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Pinochle 1:00 Jayne's Bridgel 7:30 Senior Skate	9 9:00 Foot Clinic 1:00 Sr Arts 1:00 Pickleball	10 9:00 Foot Clinic 9:00 Paula's Fitness 10:15 Pickleball 10:30 Yoga Fitness 1:00 Jayne's Bridge 1:00 Silver Sampler	11 1:00 Pickleball 1:00 Mahjong	12 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:30 Pickleball
15 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Pinochle 1:00 Jayne's Bridgel 7:30 Senior Skate	16 10:30 TAI CHI <i>Winter Semester Begins</i> 1:00 Sr Arts 1:00 Pickleball	17 9:00 Paula's Fitness 10:15 Pickleball 10:30 Yoga Fitness 11:00 Silver Sampler 1:00 Jayne's Bridge 2:00 Scrabble	18 10:30 Tai Chi 1:00 Mahjong 1:00 Cribbage League	19 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:30 Pickleball
22 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Pinochle 1:00 Jayne's Bridgel 7:30 Senior Skate	23 10:30 TAI CHI 1:00 Pickleball	24 9:00 Paula's Fitness 10:15 Pickleball 10:30 Yoga Fitness 1:00 Jayne's Bridge 2:00 Scrabble	25 10:30 Tai Chi 1:00 Pickleball 1:00 Mahjong	26 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:30 Pickleball
29 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Pinochle 1:00 Jayne's Bridgel 7:30 Senior Skate	30 10:30 TAI CHI 1:00 Pickleball	31 9:00 Paula's Fitness 10:15 Pickleball 10:30 Yoga Fitness 1:00 Jayne's Bridge 1:00 Silver Sampler 2:00 Scrabble		

Marquette Senior Services Staff

228-0456

Jane Palmer
Assistant Director

Lisa Balko
Social Work Coordinator

Vickie Bullock, Gail Hermann
Social Workers

Cindy DePetro
Center Aide



Monday Night "SENIOR / ADULT SKATE"



The Marquette Senior Center invites area skaters (Age 50 +) to Monday Night Senior Skate at Lakeview Arena. Skating hours are 7:30 – 9:20 pm, and takes place on the Olson Rink. We are pleased to announce there is an inventory of NEW skates available for use during these skating hours.

There is no charge to skate (City residents only) a \$2.50 fee for non-city residents. Ice skate rentals are available for a small fee. Stop by Lakeview Arena and give it a try! For more information, please call the Senior Center at 228-0456.

Marquette Senior Center's - Superior Theater Experience

The New Year brings many opportunities to the City of Marquette Senior Center's program, The Superior Theater Experience. This program will continue their partnership with the Forest Roberts Theatre, part of Northern Michigan University's Communications and Performing Arts Department.

This artistic program's purpose is to offer educational theater experiences to senior citizens in the community. Some of the experiences being offered are; attend Forrest Robert Theatre performances, auditions, rehearsals, technical and backstage tours, music and choreography rehearsals, flight staging, and much more. In addition to attending behind the scenes experiences of upcoming productions, the program also offers the chance to observe NMU's Theater department classes throughout the semester. Some of the courses seniors will be able to join are: Acting 101, Intro to Design, Advanced Makeup, Theater Careers, Dialects, and Stage Management.

Forrest Robert Theatre will have four plays being performed this following semester that participates will be able to attend and observe the technical and artistic rehearsals. The first will be at the beginning of February 2018, "The Fringe Festival", it will be an evening of three short plays, "The Valentine Fairy", "The Complete Works of Shakespeare", and "Antigone". In the spring seniors can look forward to the main stage production of the Disney's musical, "Tarzan". In addition to working with NMU's Theatre department, The Superior Theater Experience will also be partnering with the Superior Art's Youth Theatre for their spring production of, "Peter Pan". Tickets will also be available for this production along with rehearsal experiences.

The Superior Theater Experience will continue to offer programming into the summer and fall of 2018, by partnering with local community theaters. This unique program offered senior citizen in our community the educational insight on how a play is produced, both technically and artistically from casting to performance. The Superior Theater Experience also offers biweekly acting, and theater discussion classes with the Program Coordinator Moire Embley on Mondays from 2:00-4:00 p.m. in the lower level of the Peter White Public Library. For more information and to sign up, for upcoming experiences, classes and tickets, please contact the City of Marquette Senior Center at 906-228-0456.

Dear Friends –

Under State and Federal regulations, we are required to give persons receiving our services an opportunity to donate to our Center

Please remember, a donation is not required to receive services and the use of this form is optional.

Donation Type (Please check the appropriate box)

- \$ _____ Newsletter donation
- \$ _____ Homemaker Aide
- \$ _____ General Center Operations
- \$ _____ Other (please specify)

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.

JANUARY SCHEDULE

TEACHING FAMILY HOMES – SNOWSHOE

Wednesday – January 10th – 1:00 pm .
Meet at Teaching Family Homes, 1000 Silver Creek Road, Harvey.

BLUEBERRY RIDGE (CR 553) - X-C SKI
Sunday, January 14th – 11:00 am
Meet at the warming hut at Blueberry Ridge. We will ski the lighted loop.

ECHO LAKE (Ishpeming Township)- SNOWSHOE

Wednesday, January 17th – 11:00 am
Meet (to car pool) in the parking lot of Lakeview Arena.

Please note: This will be a longer snowshoe trek – approx. 4 miles.

COLLINSVILLE - SNOWSHOE

Wednesday – January 31st – 1:00 pm
BLP Trailhead, Wright Street

Pre-registration is required for all events & can be made by calling 228-0456.

Reserving equipment, pick-up & return of equipment, at Down Wind Sports (226-7112) will be your responsibility. The rental cost will be covered by the Silver Sampler program.

AARP E – Filing Tax Assistance

If you need to file State and Federal Income Taxes, as well as the Homestead Property Tax Credit and/or the Home Heating Credit, AARP volunteers will be available (by appointment only) at the Marquette Senior Center beginning in February. March appointments will open up mid-February. Call the Center for details.

Please call AFTER Monday, January 8th to make your appointment

Friday	Feb 2	10:00 am – 3:00 pm	Friday	Feb 16	10:00 am – 3:00 pm
Tuesday	Feb 6	10:00 am – 3:00 pm	Tuesday	Feb 20	10:00 am – 3:00 pm
Friday	Feb 9	10:00 am – 3:00 pm	Friday	Feb 23	10:00 am – 3:00 pm
Tuesday	Feb 13	10:00 am – 3:00 pm	Tuesday	Feb 27	10:00 am – 3:00 pm

Please bring the following items with you to your appointment:

- filing a joint return **BOTH PARTIES MUST BE PRESENT** with *photo identification*.
- If the taxpayer is homebound, a power of attorney should be presented for the individual. Contact the Marquette Senior Center for assistance.
- A copy of your completed 2016 tax return.
- Social Security **CARDS** for all persons on the return.
- W-2 for all jobs worked.
- 1099 INT. This shows interest earned this may also be shown on a 1099R.
- 1099 DIV. This shows any dividends earned and may also be shown on a 1099R.
- Written documentation of any self-employed business expenses and income including cash income.
- 1099B – Capital gains or losses. You must have the cost basis of any stocks or mutual funds that were sold.
- 1099R – showing any IRA distributions pensions or annuities.
- 1099G – Unemployment compensation.
- SSA 1099 – Social Security and railroad benefits.
- 1099 MISC – any miscellaneous income.
- W-2 G – Gambling winnings.
- If you itemize deductions, you must have written proof of all deductions.
- 1095A – this form will arrive if you purchased your healthcare insurance through the marketplace.
- If you have an exemption from the affordable care, act you will need to provide the exemption certificate.
- You must provide a blank or canceled check in the name of the taxpayer for us to obtain the correct routing and account information. An alternative would be a letter signed by a bank employee on bank stationary listing the routing and account numbers.
- To do the property tax credit we need copies of the amount of property tax **assessed** for 2017 and the taxable value of the home. If you rent, we need to know the name and address to whom you pay the rent and how much.
- For the home heating credit, we need the amount you paid for heating during the year from your provider. If you heat with wood, we need to know the amount you paid for the wood.

We (AARP) do not retain any personal information.

Returns AARP cannot do
Rental income, farm credits, business except for CEZ forms, very complicated stock sales or **other returns we are not comfortable or trained to complete.**

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.

TUESDAY, JANUARY 9
Beaded Mobile ... with artist Kelly Mallette

TUESDAY, JANUARY 16
Beaded Necklace/Bracelet (converts from one to the other) ... with artist Kelly Mallette

TUESDAY, FEBRUARY 6 & 20
Acrylic Painting ... with artist Gene Bertram

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.

