

HORIZONS

A Newsletter For and About Older Adults

www.marquettemi.gov • 300 West Baraga Ave. • Marquette, MI 49855 • Phone (906) 228-0456 • Published by: Mqt 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.

* **BLOOD PRESSURE – FRIDAY, JANUARY 11TH**, 11:00am – 12:00pm. Nurses from UP Home Health Care will be at the Center checking Blood Pressure and Blood Sugar. No appointments are necessary, donations are cheerfully accepted.

* **FOOT CLINIC** - January's Foot Clinic is almost full. We have limited appointments available. If you would like an appointment for January, don't wait to call and schedule. January's foot clinic will be held on Tuesday, January 8th and Wednesday morning, January 9th.

* **ABC'S FITNESS** – Abs, Balance, Core & Strength! Join Instructor Gail Maki on Tuesday & Thursday mornings in the Baraga Gym and Monday & Friday in the Citizens Forum Room inside Lakeview Arena. Class begins @ 8:45am - **Reminder – if Marquette Public Schools are cancelled, so is the ABC's Fitness class.**

* **SENIOR FITNESS** – Every Monday, Wednesday

& Friday at 10:30am. 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.

* **TAI CHI** - Tuesday & Thursday @ 10:30am- 12:00-noon in the Baraga Gym with instructor Maria Formolo. Tai Chi is a slow moving, core strengthening, great for your balance routine which uses gentle slow-moving motions. Tai Chi's fall sessions ended on December 13th and will resume January 15, 2019.

* **PAULA'S FITNESS** – Monday/Wednesday/Friday @ 9:00 am. 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. - Reminder – if Marquette Public Schools are cancelled, so is Paula's Fitness Class.

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

* **PINOCHLE** – Join the Pinochle fun on Monday mornings beginning at 11:00am. Hope to see you there!

* **PICKLEBALL** – We welcome back to the Baraga Gym our Pickleball Friends. We've got the nets, rackets and pickleballs. Monday-Wednesday-Friday 10:15am – 2:00pm, and Tuesday & Thursday 12-noon – 3:00pm



January 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day CENTER CLOSED	2 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge	3 8:45 ABC Fitness 12N Pickleball 1:00 More Fun Mahjong 1:00 Cribbage League	4 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 1:00 Jayne's Bridge
7 8:45 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge	8 8:45 ABC'S Fitness 9:00 FOOT CLINIC NO TAI CHI 12N Pickleball 1:00 Fun Mahjong	9 9:00 FOOT CLINIC 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:00 Silver Snowshoe	10 8:45 ABC Fitness NO TAI CHI 12N Pickleball 1:00 More Fun Mahjong 1:00 Cribbage League	11 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 11:00 Blood Pressure 1:00 Jayne's Bridge
14 8:45 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge	15 8:45 ABC'S Fitness 10:30 TAI CHI 12N Pickleball 1:00 Fun Mahjong 1:00 Senior Arts	16 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:00 Silver Snowshoe	17 8:45 ABC Fitness 10:30 TAI CHI 12N Pickleball 1:00 More Fun Mahjong 1:00 Cribbage League	18 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 1:00 Jayne's Bridge
21 8:45 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge 5:30 Silver Snowshoe	22 8:45 ABC'S Fitness 10:30 TAI CHI 12N Pickleball 1:00 Fun Mahjong	23 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge	24 8:45 ABC Fitness 10:30 TAI CHI 12N Pickleball 1:00 More Fun Mahjong 1:00 Cribbage League	25 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 1:00 Jayne's Bridge
28 8:45 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge	29 8:45 ABC'S Fitness 10:30 TAI CHI 12N Pickleball 1:00 Fun Mahjong	30 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 11:00/1:00 Silver Snowshoe	31 8:45 ABC Fitness 10:30 TAI CHI 12N Pickleball 1:00 More Fun Mahjong 1:00 Cribbage League	

Marquette Senior Services Staff
228-0456
Lisa Balko - Social Work Coordinator
Vickie Bullock, Gail Hermann - Social Workers
Cindy DePetro - Center Aide

**Marquette Senior Center's
SENIOR/ADULT SKATE @ LAKEVIEW
ARENA**

The Marquette Senior Center invites area skaters (Age 55+) to Sunday Afternoon Senior Skate at Lakeview Arena. Skating takes place on the Olson Rink from 3:00pm – 4:20pm on January 13, 20, and 27.

There is no charge to skate for City residents, and 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.

Art Corner . . .

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 15, 1-3PM

Acrylic On Canvas ... *Still Life Painting with artist Jennifer Luoma*

TUESDAY, FEBRUARY 5, 1-3PM

Marker & Acrylic Zentangle ... *with artist Marlene Wood*

TUESDAY, FEBRUARY 19, 1-3PM

Drawing Faces Made Easy ... *with artist Marlene Wood*



PRE-REGISTRATION IS REQUIRED and can be made by calling Tristan at the Marquette Arts and Culture Center – (906) 228-0472.

Classes are held at the Arts & Culture Center located in the lower level of Peter White Public Library.

SILVER SAMPLER

The Silver Sampler program is an outdoor recreation program for those 55 years of age and older who live within the service area of the Marquette Senior Center, the City of Marquette, Marquette Township, Chocolay Township and Powell Township. Our goal is to encourage folks to get out to play in the outdoors, and to build skills, confidence and connections for exploring the outdoors through safe and supported events.

Dates/ locations/times are subject to change due to conditions and/or weather. We reserve the right to limit the number of participants for activities.

JANUARY SCHEDULE

SNOWSHOE– Easy to Moderate

Wednesday, January 9th
1:00 pm - Location: Negaunee Twp. Trails
The Center has a limited number of snowshoes available to lend out for this event.

SNOWSHOE – Moderate to Advanced

Wednesday – January 16th
1:00 pm- Location: Blueberry Equestrian Trail
The Center has a limited number of snowshoes available to lend out for this event

MOONLIGHT – SNOWSHOE – Moderate to Advanced

MONDAY – January 21st
5:30 pm – Location: Blueberry Ridge Lighted Loop
The Center has a limited number of snowshoes available to lend out for this event

CROSS COUNTRY SKI – Moderate to Advanced

Wednesday – January 30th
11:00 am (Beginners) – Location: Blueberry Ridge Lighted Loop
1:00 pm (Advanced) – Location: Blueberry Ridge Lighted Loop
If you need to rent gear for this event, you must sign up ahead and go to Downwind Sports 1 week prior to event

Pre-registration is required for all events/ activities. Call 228-0456. A follow-up e-mail will be sent out the day before with specifics for that activity.

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 14th to make your appointment

Please bring the following items with you to your appointment:

1. If filing a joint return BOTH PARTIES MUST BE PRESENT with photo identification.
2. If the taxpayer is homebound, a power of attorney should be presented for the individual. Contact the Marquette Senior Center for assistance.
3. A copy of your completed 2016 tax return.
4. Social Security CARDS for all persons on the return.
5. W-2 for all jobs worked.
6. 1099 INT. This shows interest earned this may also be shown on a 1099R.
7. 1099 DIV. This shows any dividends earned and may also be shown on a 1099R.
8. Written documentation of any self-employed business expenses and income including cash income.
9. 1099B – Capital gains or losses. You must have the cost basis of any stocks or mutual funds that were sold.
10. 1099R – showing any IRA distributions pensions or annuities.
11. 1099G – Unemployment compensation.
12. SSA 1099 – Social Security and railroad benefits.
13. 1099 MISC – any miscellaneous income.
14. W-2 G – Gambling winnings.
15. If you itemize deductions, you must have written proof of all deductions.
16. 1095A – this form will arrive if you purchased your healthcare insurance through the marketplace.
17. If you have an exemption from the affordable care, act you will need to provide the exemption certificate.
18. 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.
19. 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.
20. 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.**

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)