

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, FEBRUARY 8TH**, 11:00am – 12:00noon. 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** – February's Foot Clinic is almost full. We have limited appointments available. If you would like an appointment for February, don't wait to call and schedule. February's foot clinic will be held on Tuesday, February 5th and Wednesday morning, February 6th.

* **ABC'S FITNESS - Abs, Balance, Core & Strength!** Join Instructor Gail Maki on Tuesdays and Thursdays at 8:45am in the Baraga Gym; and Mondays (8:45am start), Wednesdays (9:30am), and Fridays (9:15am) in the Citizens Forum Room inside Lakeview Arena. 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.

* **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



February 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10:15 Pickleball 1:00 Jayne's Bridge
4 8:45 ABC'S Fitness - L 9:00 Paula's Fitness 10:3 AARP Taxes 10:15 Pickleball 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge	5 8:45 ABC'S Fitness 9:00 FOOT CLINIC 10:30 Tai Chi 12N Pickleball 1:00 Fun Mahjong 1:00 Senior Arts	6 9:00 FOOT CLINIC 9:00 Paula's Fitness 9:30 ABC'S Fitness-L 10:00 AARP Taxes 10:15 Pickleball 10:30 Fitness 11:00 Silver Sampler 1:00 Jayne's Bridge	7 8:45 ABC Fitness 10:30 Tai Chi 12N Pickleball 1:00 More Fun Mahjong 1:00 Cribbage League	8 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10:00 AARP Taxes 10:15 Pickleball 11:00 Blood Pressure 1:00 Jayne's Bridge
11 8:45 ABC'S Fitness - L 9:00 Paula's Fitness 10:3 AARP Taxes 10:15 Pickleball 10:30 Fitness • 11:00 Pinochle 1:00 Jayne's Bridge 2:00 Senior Acting	12 8:45 ABC'S Fitness 10:30 Tai Chi 12N Pickleball 1:00 Fun Mahjong	13 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:00 Silver Snowshoe	14 VALENTINE'S DAY 8:45 ABC Fitness 10:30 Tai Chi 12N Pickleball 1:00 More Fun Mahjong 1:00 Cribbage League	15 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10:00 AARP Taxes 10:15 Pickleball
18 PRESIDENT'S DAY CENTER CLOSED	19 8:45 ABC'S Fitness 10:30 Tai Chi 12N Pickleball 1:00 Fun Mahjong 1:00 Senior Arts	20 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 5:30 Silver Snowshoe	21 8:45 ABC Fitness 10:30 Tai Chi 12N Pickleball 1:00 More Fun Mahjong 1:00 Cribbage League	22 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10:00 AARP Taxes 10:15 Pickleball
25 8:45 ABC'S Fitness - L 9:00 Paula's Fitness 10:3 AARP Taxes 10:15 Pickleball 10:30 Fitness • 11:00 Pinochle 1:00 Jayne's Bridge 2:00 Senior Acting	26 8:45 ABC'S Fitness 10:30 Tai Chi 12N Pickleball 1:00 Fun Mahjong	27 9:00 Paula's Fitness 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 11:00/1:00 Silver Snowshoe	28 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

ATTENTION ALL SENIORS WITH MEDICARE:

For the past several months, the Social Security Administration has been sending out new Medicare cards to all beneficiaries of Medicare. The new cards no longer have your Social Security number on them to help protect your identity if lost or stolen. Recently, the Social Security Administration in Michigan announced that all Michigan residents receiving Medicare should have received their new card by now. If you have not received a new Medicare card in the mail, please contact the Social Security Administration by calling 1-855-782-9154 for our local Social Security Office. You can also contact Medicare directly at 1-800-MEDICARE (1-800-633-4227). If you have recently moved, your card may have been lost in the mail or sent to your old address. Either way, you will need to contact them to get a replacement card and update address information.

Art Corner . . .

Senior Arts will be held on the first and third Tuesday of every month. Start time is 1:00pm. 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, FEBRUARY 5, 1-3PM

Marker & Acrylic Zentangle ... with artist Marlene Wood

TUESDAY, FEBRUARY 19, 1-3PM

Drawing Faces Made Easy ... with artist Marlene Wood

TUESDAY, MARCH 5, 1-3PM

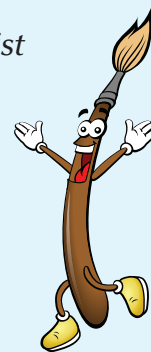
Chinese Color Ink Brush Painting ... with artist Sue Baptist

TUESDAY, MARCH 19, 1-3PM

Chinese Color Ink Brush Painting ... with artist Sue Baptist

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.



This - n - That

• CLOSED FOR PRESIDENTS' DAY....

The Senior Center will be CLOSED in observance of Presidents' Day on Monday, February 18th.

• **SENIOR SKATE....** 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 February 10th, 17th and 24th. 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.

• **CREATING CONFIDENT CAREGIVERS: Sponsored by: UPCAP**
Creating Confident Caregivers is an evidence based university tested program for family members caring for a loved one at home experiencing memory loss or dementia. Two hour sessions are held once a week for six weeks. There is no charge to participants for the workshop or materials, and respite care may be available for caregivers while they attend the workshop. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills. CALL (906) 786-4701 OR 2-1-1 for more information.

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 – please note our main mode of communication is via our Marquette Senior Center Website, Newsletters and Silver Sampler Facebook page. Events that you have signed up for will be followed up with a personal email directly to the participant.

FEBRUARY SCHEDULE

CROSS COUNTRY SKI – Moderate to Advanced

Wednesday – February 6th

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 by Noon February 4th - go to Downwind Sports

SNOWSHOE: HONEY BEAR CLASSIC – Beginner to Advanced

Saturday – February 9th

Meet @ Lumberjack Parking Lot – 12:30

Entry Fee will be paid by Silver Sampler if signed up by February 5th (limited to 15 participants)

Others interested may join the group and pay individually

The Center has a limited number of snowshoes available to lend out for this event

MOONLIGHT - SNOWSHOE – Advanced – Guide: Gary Vidlund

Wednesday – February 13th

5:30 pm- Location: Malton Road – Negaunee (by Malton Electric)

The Center has a limited number of snowshoes available and headlamps to lend out for this event

MOONLIGHT/FULL MOON – SNOWSHOE – Advanced

Wednesday – February 20th

5:30 pm – Location: Marquette Golf Course/Greywalls

The Center has a limited number of snowshoes and headlamps available to lend out for this event

SNOWSHOE/SLEIGH RIDE – Moderate to Advanced

Sunday – February 24th

Meet @ UP NORTH LODGE @ 12:45

Snowshoe @ 1:00 – Eat (dutch treat 2:30 – 3:30) Sleigh Ride 4:00

Silver Sampler limited to 15

The Center has a limited number of snowshoes available to lend out for this event

GUIDED TOUR: SNOWY PLAINS KENNELS – SNOWSHOE – Advanced

Wednesday – February 27th

1:00 pm – Meet at Mini Movers – C.R. 553

The Center has a limited number of snowshoes available to lend out for this event

TASTE & GLIDE – VALLEY SPUR/Snowshoe/Cross Country Ski

Saturday – March 2nd – Must be signed up by February 25th

Meet @ Valley Spur @ 10:30 – M-94 – Munising

Silver Sampler will cover event fee (limited 20 participants)

The Center has a limited number of snowshoes available to lend out for this event

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

Some events have a limited number for participants.