

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

March 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| | | | | 1 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 10-3 AARP Taxes 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 10:15 Pickleball 10:30 Fitness 11-1 Begin/Advanced Ski 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 | 12 8:45 ABC'S Fitness 10:30 Tai Chi 12N Pickleball 1:00 Fun Mahjong | 13 9:00 Paula's Fitness 9:30 ABC's Fitness-L 10-3 AARP Taxes 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:00 Silver Snowshoe | 14 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 10-3 AARP Taxes 10:15 Pickleball 1:00 Jayne's Bridge |
| 18 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 | 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 9:30 ABC's Fitness-L 10-3 AARP Taxes 10:15 Pickleball 10:30 Fitness 1:00 Jayne's Bridge 1:00 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 10-3 AARP Taxes 10:15 Pickleball 1:00 Jayne's Bridge |
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Marquette Senior Services Staff
228-0456

Lisa Balko - Social Work Coordinator
Vickie Bullock, Gail Hermann - Social Workers
Cindy DePetro - Center Aide

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.

MARCH SCHEDULE

Saturday – March 2nd

Snowshoe – Taste & Glide at Valley Spur – M94 – Munising – **Beginner to Advanced**
10:30 AM – Meet at Valley Spur
The Center has a limited number of snowshoes available to lend out for this event. The event fee will be sponsored by Silver Sampler committee

Wednesday – March 6th

Cross Country Ski – Blueberry Ridge Lighted Loop – **Beginner to Moderate/Advanced**
11:00 AM – **Beginners** • 1:00 PM - **Advanced**
If you need to rent gear for this event, you must sign up by Wednesday, February 27th - go to Downwind Sports

This - n - That

• **SENIOR SKATE....** The Marquette Senior Center hosted Sunday Afternoon Senior Skate at Lakeview Arena will end for the season on Sunday, March 3rd.

• **GENEALOGY HELP....** The Peter White public library continues to partner with the Marquette County Genealogical Society to help you navigate the resources available for family history research. Those with an interest in genealogy are welcome to work individually with an experienced genealogist on Tuesday, March 5th and again on Thursday, March 21st from 2:00-4:00 p.m. behind the Reference desk of the Peter White Public Library. Please bring family documents with you. Contact the Reference Desk at 226-4312 for more information.

• TECH HELP

Members of Northern Michigan University's Student Cybersecurity Association will be available to help library patrons with their personal technology devices such as laptops, phones, and tablets most Fridays from 4:00-5:30 p.m. in the Peter White Public Library in the Heritage Room on the upper level. Call the Reference Desk at 226-4312 for more information. No appointment is necessary and there is no charge for this service.

• DAYLIGHT SAVINGS TIME

Daylight Savings Time begins March 10. Be sure to spring forward 1 hour before you go to bed Saturday night, March 9!

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.**

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, 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

TUESDAY, APRIL 2, 1-3PM Pastels ...with artist Marlene Wood

TUESDAY, APRIL 16, 1-3PM Multimedia Collage Painting ... with artist Elizabeth Howe

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.



Sunday - March 10th (Rescheduled from Feb. 24)

Showshoe/Sleigh Ride - UP North Lodge - **Moderate to Advanced**
12:45 PM - Meet at UP North Lodge • 1:00 PM - Snowshoe • 2:30 PM - Eat (dutch treat) • 4:00 PM - Sleigh Ride The Center has a limited number of snowshoes available to lend out for this event. Limited to 15 participants

Wednesday - March 13th

Snowshoe - Teaching Family Homes in Harvey - **Beginner to Advanced**

12:00 Noon - Meet at Teaching Family Homes parking lot

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

Wednesday - March 20th

1:00 PM Snowshoe – Malton Road – Negaunee **Moderate to Advance**

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.