

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, JUNE 14TH,** 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** – June's Foot Clinic is almost full. We have limited appointments available. If you would like an appointment for June, don't wait to call and schedule. June Foot Clinic will be held on Tuesday, June 4th, Wednesday morning, June 5th with Arcadia, and Thursday, June 20th with UP Home Health Care.

* **ABC'S FITNESS - Abs, Balance, Core & Strength!** Join Instructor Gail Maki on Tuesday & Thursday at 8:45am in the Baraga Gym and Mondays (8:45am start), **Wednesdays have been cancelled until the fall** and Fridays (9:15am start) in the Citizens Forum room inside the Lakeview arena.

* **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. **LAST DAY FOR TAI CHI IS THURSDAY, JUNE 27TH.** Tai Chi will resume the fall session in September!

* **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.

* **MAHJONG** – Is played every THURSDAY afternoon @ 1:00pm. Come join the fun! Don't know how to play? No problem, there is always someone willing to teach you!

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

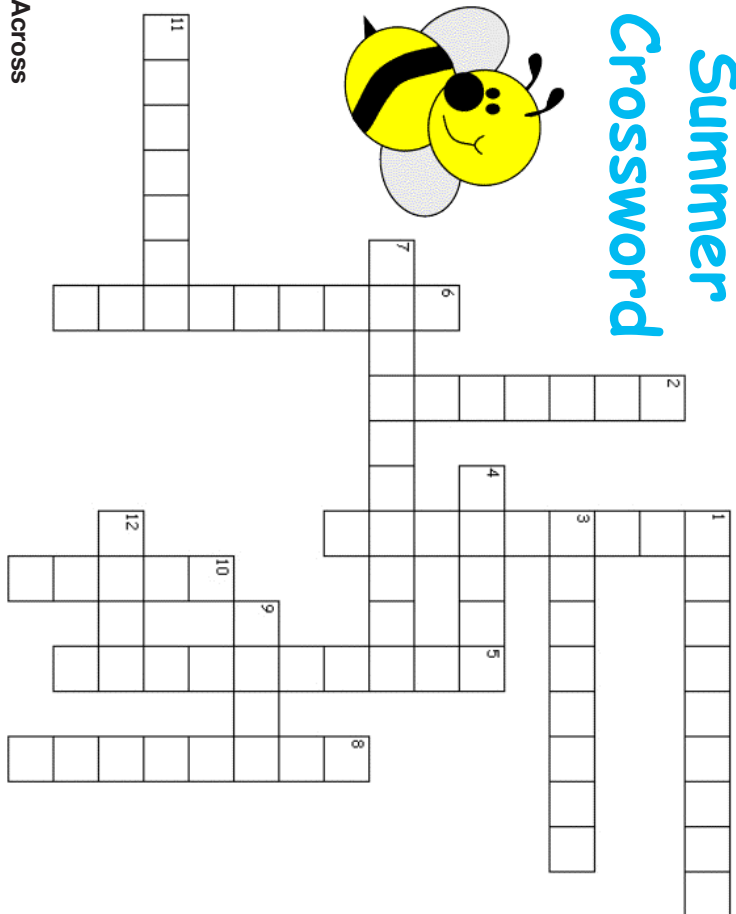
* **PICKLEBALL** – Pickleball, Pickleball and even more Pickleball!!! Come join the fun Monday thru Sunday from 9am – 1pm at the Lakeview Arena and Mondays and Thursdays from 6pm to 9pm. You can also catch us at the Baraga Gym on Mondays, Wednesdays & Fridays at 10:15.

* **SENIOR THEATRE ACTING CLASS** – occurs twice a month @ 2:00pm at Marquette Arts and Culture Center located in the lower level of Peter White Public Library. June's classes will be held on Mondays, June 3 and 17. Please call Tristan at 906-225-8655 if interested.

Marquette Senior Services Staff 228-0456

Maureen Sullivan - Senior Center Manager
Lisa Balko - Social Work Coordinator
Vickie Bullock, Gail Hermann - Social Workers
Cindy DePetro - Center Aide
Tristan Luoma - Arts & Senior Services Coordinator

Summer Crossword



RIDDLES OF THE MONTH (See the calendar insert for the answers!)

Q. You find me in December, but not in any other month. What am I?

Q. I weigh nothing, but you can still see me. If you put me in a bucket, I make the bucket lighter. What am I?

Q. What rock group consists of four famous men, but none of them sing?

Across

1. From caterpillar to _____.
3. Dad's grill
4. A gardener's worst enemy.
7. Pink juicy fruit
9. In the summer, the weather is _____.
11. I have a rod and reel. Let's go _____.
12. A long walk.

Down

1. Insect with yellow and black stripes.
2. Healthy summertime transportation.
5. Protective eyewear.
6. A patty and bun. Yum!
8. Favorite drink of young salespeople.
10. Playground toy you swoosh down.

Across

1. Hamburger
8. Lemonade
10. Slide

Down

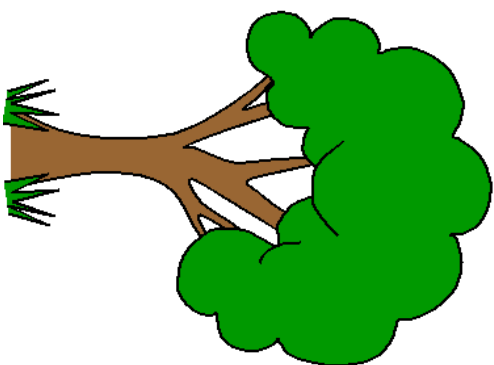
1. Bumblebee
2. Bicycle
5. Sunglasses

Across

1. Butterfly
3. Barbeque
4. Weeds

Down

7. Watermelon
9. Warm
11. Fishing
12. Hike



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.

JUNE EVENTS:

June 5th - NO SILVER SAMPLER EVENT

June 12th - 12:00 TOP OF THE WORLD

Level: Advanced due to terrain & length of hike. Meet at Lakeview Arena to car pool

June 19th - 12:00 WEST END TOUR--HILL STREET, JASPER KNOB & BLACK RIVER FALLS

Level: Beginner

Meet at Band Shell in Negaunee to follow to Hill Street

June 26th - 12:00 KAYAK CATARACT BASIN, GWINN

Level: Beginner-Advanced

Meet at Up North Lodge to car pool/follow
Indicate if you need a kayak and your level of experience - **YOU MUST KNOW HOW TO SWIM! In the event of a weather situation, we will not be on the water!

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

Some events have a limited number for participants.

This - n - That

- **SUMMER HOURS..... for Senior Center staff, 7:30 am – 4:30 pm**
- **There will be no ABCs Fitness on Wednesdays until further notice.**
- **NOTE: NO ABCs Fitness on Friday, June 21st**
- **Last day for Tai Chi is June 27th.**
- **SCRABBLE hours start @ 1pm on Tuesday, June 18th**
- **Caring for the Community – Last Thursday of each month May, June & July 1:00pm – 2:00pm**
- **Senior Fresh Project coupon distribution Tuesday, June 4th 1:30pm – 3:00pm**
- **AARP Safe Driving Class – June 19th & 20th 10am – 3pm both days**

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, JUNE 4, Atmospheric Prospective Watercolor Landscapes ...with Jennifer Luoma

TUESDAY, JUNE 18, Atmospheric Prospective Watercolor Landscapes ...with Jennifer Luoma

TUESDAY, JULY 2 & 16 (Two Part class), Eco Printing ...with JoAnn Shelby

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.



City of Marquette Art Week – Senior Arts: Kite Making with Sue Baptist Mon & Tues, June 24-25, 1:00-3:30pm

In addition to June's regularly scheduled Senior Arts classes, artist Sue Baptist will be hosting a special kite making class for seniors as a part of the 2019 City of Marquette Art Week! Students will assemble and paint a rokkaku kite, then have the opportunity later in the week to meet up and fly their finished kites!

This is a free, two-day class; participants must be able to attend both days. Space is limited, so those interested should pre-register with Tristan at (906) 225-8655.

INTRODUCING!!! CONGREGATE MEALS AT THE SENIOR CENTER!!!

In partnership with Alger-Marquette Community Action nutrition program, come enjoy a healthy, nutritionally balanced lunch at the Marquette Senior Center, 300 W. Spring Street! If you are age 60 years or older, or if you are the spouse of a person age 60 years or older, you qualify to receive a meal.

We will be providing a congregate meal on the **1st and 3rd Tues. of every month from 11:30am – 12:30pm.** June's dates are **Tuesday, June 4th and Tuesday, June 18th!**

It is important that you sign up in advance if you would like a meal on any of the days we are providing. Please call us today to come and join in an hour's worth of food and fellowship. **RSVP – 228-0456**

CAREGIVER COMMUNITY

An informal group opens to the public for caregivers and their loved ones to come together and share their experiences, ideas, socialize and learn. Anyone is welcome!!!

There will be a different topic every month to discuss and learn about.

When: June 12th @ 2pm (2nd Wed. of every month) • Where: Big Boy Restaurant in Marquette, Private Room • This Month's Topic: STROKE SYMPTOMS • Guest Speaker: Erica O'Brien, UPHS Stroke Clinic

Discuss signs and symptoms of a stroke, what to do during and after, and go over some medical information about what a stroke is.

Coffee and Dessert will be provided. **Any Questions call Tonya 906-225-7760**

MARQUETTE SENIOR CENTER TO OFFER - AARP SMART DRIVING CLASS

AARP's Smart Driving course is a refresher course designed specifically to meet the needs of drivers over the age of 50. The course covers age related physical changes, declining perception skills, rules of the road, local driving problems, and driver's license renewals. It is specially designed to help older citizens continue driving safely. The two-part class will take place at the Marquette Senior Center (Room B) on **Wednesday June 20th & Thursday June 21st, from 10:00 am – 3:00 pm (lunch break 12:00 noon – 1:00)**

The instructor will be Don Balmer, a retired public school teacher who taught Driver's Education for over 30 years and who is certified to teach the AARP Driving Classes. There is a \$15 fee for AARP members, \$20 for non-members, for the course and that fee is for AARP's text book, hand out material and video.

Class size is limited and pre-registration is necessary, please call the Marquette Senior Center at 228-0456 to register or for more information.

SUMMER PARK SERIES - JUNE

The Marquette Senior Center and the Marquette Arts & Culture Center are pleased to announce a new Picnic In The Park series this summer. Once a month you are invited to join us for a light lunch picnic & a presentation at our beautiful parks in Marquette. There is no cost to you however, transportation will be the responsibility of the participant to any event. Availability is limited so please call today to reserve your spot – 228-0456.

Here is what you can expect for June! Please stay tuned for the other exciting events coming in July and August!

**Thursday, June 27th • 11am
Presque Isle Park – Moosewood**

In partnership with the Moosewood Nature Center, please join us at the Presque Isle Pavilion at 11:00 AM and enjoy a small picnic! We will then go to the Moosewood Nature Center for a tour of the facility and enjoy an interesting presentation at 11:30.

HOMEMAKER HIGHLIGHT OF THE MONTH

Please join us in giving a shout out to our Homemaker of the month, Pat Saari Sherbinow.

Pat has been working as a homemaker for the City of Marquette for 8 years! Pat has the honor of holding the longest homemaker to date. Pat is our go-to when we get a new hire and will train our homemakers with her knowledge of providing great service.

In her "spare" time Pat likes to spend time with her husband and grandkids. She will most likely be found camping in the summer and watch for her and her family to dedicate time to volunteering for the Hiawatha Music Festival every year!

Thanks Pat for being a great co-worker and making so many of our seniors happy over the last 8 years! Keep up the good work!

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 8:45 ABC'S Fitness - L 9-1 Pickleball - LVA 9:00 Paula's Fitness 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge 2:00 Senior Acting 6-9 Pickleball - LVA	4 9:00 FOOT CLINIC 8:45 ABC'S Fitness 9-1 Pickleball - LVA 10:30 Tai Chi 11:30 Congregate Meal 1:00 Senior Arts 1:30 Project Fresh	5 9:00 FOOT CLINIC 9:00 Paula's Fitness 9-1 Pickleball - LVA 10:15 Pickleball - Gym 10:30 Fitness NO SILVER SAMPLE 1:00 Jayne's Bridge	6 8:45 ABC's Fitness 9-1 Pickleball - LVA 10:30 Tai Chi 1:00 Fun Mahjong 6-9 Pickleball - LVA	7 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 9-1 Pickleball - LVA 10:15 Pickleball - Gym 10:30 Fitness 1:00 Jayne's Bridge	8
9	10 8:45 ABC'S Fitness - L 9-1 Pickleball - LVA 9:00 Paula's Fitness 10:15 Pickleball - Gym 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge 6-9 Pickleball - LVA	11 8:45 ABC'S Fitness 9-1 Pickleball - LVA 10:30 Tai Chi 12-2 Tacos & Cribbage	12 9:00 Paula's Fitness 9-1 Picklball - LVA 10:15 Pickleball - Gym 10:30 Fitness 12:00 Silver Sample Hike 1:00 Jayne's Bridge	13 8:45 ABC's Fitness 9-1 Pickleball - LVA 10:30 Tai Chi 1:00 Fun Mahjong 6-9 Pickleball - LVA	14 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 9-1 Pickleball - LVA 10:15 Pickleball - Gym 10:30 Fitness 11:00 Blood Pressure 1:00 Jayne's Bridge	15
16	17 8:45 ABC'S Fitness - L 9-1 Pickleball - LVA 9:00 Paula's Fitness 10:15 Pickleball - Gym 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge 2:00 Senior Acting 6-9 Pickleball - LVA	18 8:45 ABC'S Fitness 9-1 Pickleball - LVA 10:30 Tai Chi 11:30 Congregate Meal 1:00 Senior Arts 1:00 Scrabble	19 9:00 Paula's Fitness 9-1 Picklball - LVA 10:00 AARP Safe Driving 10:15 Pickleball - Gym 10:30 Fitness 12:00 Silver Sample Hike 1:00 Jayne's Bridge	20 8:45 ABC's Fitness 10:00 AARP Safe Driving 9-1 Pickleball - LVA 10:30 Tai Chi 1:00 Fun Mahjong 6-9 Pickleball - LVA	21 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 9-1 Pickleball - LVA 10:15 Pickleball - Gym 10:30 Fitness 1:00 Jayne's Bridge	22
23	24 8:45 ABC'S Fitness - L 9-1 Pickleball - LVA 9:00 Paula's Fitness 10:15 Pickleball - Gym 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge 1:00 Art Week Sr. Arts: Kite Making 6-9 Pickleball - LVA	25 8:45 ABC'S Fitness 9-1 Pickleball - LVA 10:30 Tai Chi 12-2 Tacos & Cribbage 1:00 Scrabble 1:00 Art Week Sr. Arts: Kite Making	26 9:00 Paula's Fitness 9-1 Picklball - LVA 10:15 Pickleball - Gym 10:30 Fitness 12:00 Silver Sample Kayak 1:00 Jayne's Bridge	27 8:45 ABC's Fitness 9-1 Pickleball - LVA 10:30 Tai Chi LAST DAY 11:00 Park Picnic 1:00 Fun Mahjong 6-9 Pickleball - LVA	28 9:15 ABC'S Fitness - L 9:00 Paula's Fitness 9-1 Pickleball - LVA 10:15 Pickleball - Gym 10:30 Fitness 1:00 Jayne's Bridge	29
30		SUNDAYS - PICKLEBALL @ LVA 9AM - 1PM				

Riddle Answers: 1. The letter 'D'! 2. A hole! 3. Mount Rushmore!