

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, (906) 228-0456. The Marquette Senior Center is supported by 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, SEPTEMBER 13TH,** 11:00am – 12pm. 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** – September's Foot Clinic is almost full. We have limited appointments available. If you would like an appointment for September, don't wait to call and schedule. September Foot Clinic will be held on **Tuesday, September 3rd** and **Wednesday morning, September 4th**. We have added an additional day to our Foot Clinic offered by UP Home Health Care on the 3rd Thursday of each month - **Thursday, September 19th** - from 9AM to 12PM. Appointments are required and can be made by calling 228-0456 today! There is a \$25 fee for this service.

* **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) and Fridays (9:15am start)** in the Citizens Forum room inside the Lakeview arena. Wednesdays have been cancelled until the fall.

* **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 - TAI CHI RESUMES TUESDAY, SEPTEMBER 3RD** - 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** – Every **Monday, Wednesday & Friday at 9:00am** in the Baraga Gym. This is a higher-impact aerobics class involving a variety of cardio, floor and some weights. Join Paula, Lynn, Sandy & Diane as they alternate routines.

* **MAHJONG** – Is played every **TUESDAY/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** – We welcome back to the Baraga Gym our Pickleball Friends. We've got the nets, rackets and pickleballs. **Monday-Wednesday-Friday 10:15 am – 2:00 pm**, and **Tuesday & Thursday's 12 Noon – 3:00 pm**

* **SUPERIOR THEATRE EXPERIENCE – SENIOR THEATRE ACTING CLASS** – Senior Acting is held twice a month with instructor Moire Embley at 2:00pm at the Marquette Arts and Culture Center located in the lower level of Peter White Public Library. August's classes will be held on **Monday, September 9 and 23**. Please call Tristan at (906) 225-8655 if interested.

THURSDAY AFTERNOON CRIBBAGE LEAGUE

Let the games begin!!

If you've been waiting for the day that the Thursday afternoon Cribbage League kicks-off ..well, your waiting is over! Mark your calendar. **THURSDAY – SEPTEMBER 12TH** at 1:00 sharp the league officially begins! Grab that lucky partner and get ready for a season of fun! If you should know of anyone who would be interested in playing in the league this year – have them give the Center a call. If you know of anyone who would be interested in subbing – have them call the Center as well... 228-0456 We welcome new players of any age!

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 every other Tuesday of each month from 11:30am – 12:30pm.



Tues., Sept. 10th - Roast Turkey & Gravy, Rice Pilaf, Broccoli, Mixed fruit & Dinner roll

Tues., Sept. 24th – Lemon Chicken, O'Brien Potatoes, Brussel Sprouts, Fruit Parfait & Dinner roll

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 & fellowship. RSVP at (906) 228-0456.

ALSO INTRODUCING: Tacos and Drop-In Game Day – Stop in for a taco and game of your choice! This event will be held every other Tuesday from 12pm to 2pm. September's dates are Tuesday, September 3rd and 17th!

FALL SERIES SEPTEMBER

The Marquette Senior Center and the Marquette Arts and Culture Center are pleased to announce a new slate of Fall events! Join us all season long for special outings, workshops, and camaraderie. Here is what you can expect for September!

Wednesday, September 18th – Planetarium

Meet us at the Senior Center at 5:15pm and 5:30pm at Snowberry Heights to hop on the bus to the Shiras Planetarium for an evening under the stars! Come check out what is going on in the current night sky! We will explore constellations and planets visible in September! This show utilizes our Minolta MS-8 star projector. Show is approximately 30-45 minutes. Space is limited, so call us today at 228-0456!

Friday, October 4th – Grand Marais– Fall color Tour

WE ARE GOING ON A BUS! Friday, October 4th we are going to hop on a bus and head to **Grand Marais the Gem of the U.P.!** The historic village of Grand Marais, Michigan is located on the south shore of Lake Superior at the eastern gateway to Pictured Rocks National Lakeshore. The green springs, warm summers, beautiful autumns, and snowy winters make Grand Marais a year-round recreation destination. **Space is limited and THERE WILL BE A \$50 Non Refundable FEE TO ATTEND. That fee includes the cost of transportation and a meal. Must Register by September 20th.**

Art Corner . . .

Senior Arts will be held on the first and third Tuesday of every month from 1:00pm-3:00pm at the Arts & Culture Center located in the lower level of Peter White Public Library. Each month, a professional, local artist will lead the group on a new project! Senior Arts is 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 help cover the costs of supplies and instruction.

TUES, SEPTEMBER 3, Acrylic Waterfall Painting ... Marlene Wood

TUES, SEPTEMBER 17, Acrylic Waterfall Painting ... Marlene Wood

TUES, OCTOBER 1, Autumn Eco-Printing ... JoAnn Shelby

TUES, OCTOBER 15, Autumn Eco-Printing ... JoAnn Shelby

PRE-REGISTRATION IS REQUIRED and can be made by calling Tristan at the Marquette Arts and Culture Center – (906) 225-8655.



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.

SEPTEMBER EVENTS:

Septemer 11th WEDNESDAY 12 NOON Outdoor First Aid and Presque Isle Hike Presque Isle Pavilion

Hike at noon, followed by an outdoor first aid education program. Each participant will get a mini first aid kit. Limit 15 who have not participated. If those who participated in the past and received a kit, you are welcome to participate but will not get a new kit. Easy hike!

September 14th SATURDAY Lake Superior Shore Hike

Must have been pre registered by August 16th

Septemer 25th WEDNESDAY 10:00 Elliot Donnley Trail, Dutch Treat lunch in Big Bay, Thomas Rock Big Bay

10:00 meet at Lakeview Arena to carpool to the trail head. Moderate to difficult hike on the trail. Limit 15.

Pre-registration is required for all events & can be made by calling 228-0456. Some events have a limited number for participants.

If you find it necessary to cancel, please be aware that you might be taking a spot for someone who would like to participate, therefore, we are requiring a two day notice for cancellations.

This - n - That

- The offices of the City of Marquette will be closed Monday, September 2nd in observation of Labor Day!
- FALL - WINTER HOURS resume Tuesday, September 3rd. Our offices will be open from 8:00am to 5:00pm
- There will be no ABCs Fitness on Wednesdays until further notice.
- Remember to call the Center to sign up for the great events happening in September! (906) 228-0456: Foot Clinics, Harlow Park Picnic, Planetarium and Congregate Meals! For Senior Art and Senior Acting call 228-0472. We look forward to hearing from you!
- Meals at the Center – Every Tuesday, you can expect a meal at the Center either for the congregate meal or our new drop in game day and tacos! You must register for the congregate meals by calling 228-0456. Game day is a drop in day to participate in a game of your choice.
- Tai Chi resumes Tuesday, September 3rd
- Pickleball moves back to the Baraga Gym! Monday-Wednesday-Fridays from 10:15 to 2 and Tuesday-Thursdays 12 – 3
- The 2019/2020 Cribbage League begins Thursday, September 12th! Mark your calendars and we will see you soon!

HOMEMAKER HIGHLIGHT OF THE MONTH

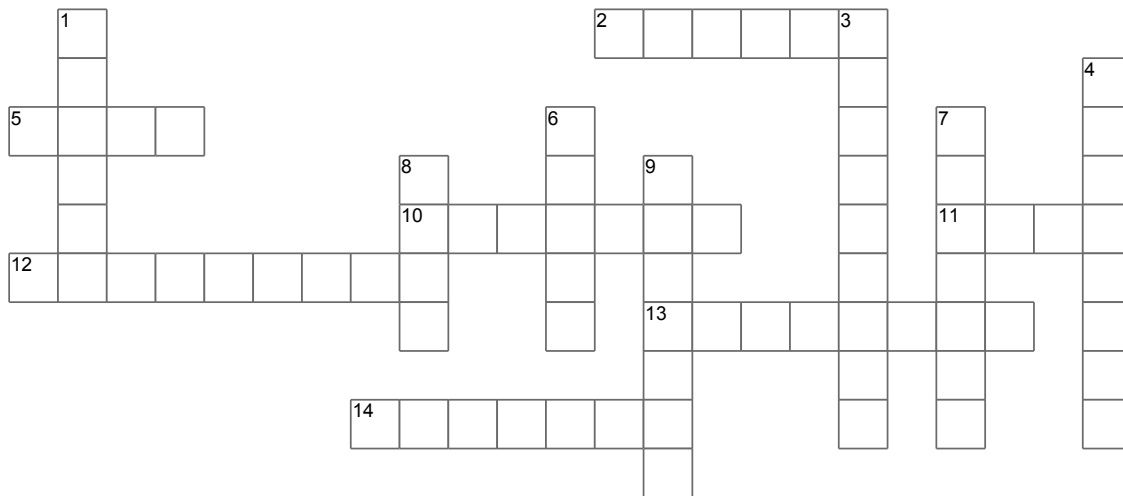
Jenny Korpi is a UP native from Norway, Michigan. She and her husband decided to stay in Marquette after his retirement from Air Force.

Jenny has 1 adult daughter, 2 dogs, 1 cat and a fish and in her off time from being a great homemaker, she enjoys shopping and exploring new places!

Jenny became a homemaker aid because she really enjoys helping people. In March, 2019 she celebrated her 3rd anniversary with the Senior Center.

Let's give a shout out to Jenny on her hard work and dedication! Thank you Jenny!

**Marquette Senior
 Services Staff**
228-0456
 Maureen McFadden
Senior Center Manager
 Lisa Balko
Social Work Coordinator
 Vickie Bullock, Gail Hermann
Social Workers
 Cindy DePetro
Center Aide
 Tristan Luoma
Arts & Senior Services Coordinator



ACROSS

- 2. What falls from a tree in Autumn.
- 5. Another name for Autumn
- 10. Another Autumn month
- 11. You can gather fallen leaves with this
- 12. First month of Autumn
- 13. A small rodent
- 14. You can use it to make a pie or for carving

DOWN

- 1. This color can be made from yellow and red
- 3. Scares crows from fields
- 4. Last month of Autumn
- 6. Fruit of the oak tree
- 7. To reap or gather
- 8. Vegetable that grows in stalks
- 9. Spring, summer, fall, winter are the four

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

- Q. I come from a mine and get surrounded by wood always. Every-one uses me. What am I?
- Q. This belongs to you, but everyone else uses it. The third goes away and never returns.
- Q. Which word in the dictionary is always spelled incorrectly?

SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day CENTER CLOSED	3 8:45 ABC'S Fitness 9:00 FOOT CLINIC 12-3 Pickleball - Gym 10:30 TAI CHI RESUMES 12:00 Tacos and Cribbage 1:00 Senior Arts 1:00 Scrabble 1:00 More fun Mahjong	4 9:00 Paula's Fitness 9:00 FOOT CLINIC 10:15 - 2 Pickleball - Gym 10:30 Fitness 1:00 Jayne's Bridge	5 8:45 ABC's Fitness 10:30 Tai Chi 12-3 Pickleball - Gym 1:00 Fun Mahjong	6 9:15 ABC'S Fitness - LVA 9:00 Paula's Fitness 9-1 Pickleball - LVA 10:15 - 2 Pickleball - Gym 10:30 Fitness 1:00 Jayne's Bridge	7
8	9 8:45 ABC'S Fitness - LVA 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge	10 8:45 ABC'S Fitness 12-3 Pickleball - Gym 10:30 Tai Chi 12:00 Congregate Meal 1:00 Scrabble 1:00 More fun Mahjong	11 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 12-Silver 1st Aid - Hike 1:00 Jayne's Bridge	12 8:45 ABC's Fitness 10:30 Tai Chi 11:30 Picnic - Harlow 12-3 Pickleball - Gym 1:00 CRIBBAGE 1ST DAY 1:00 Fun Mahjong	13 9:15 ABC'S Fitness - LVA 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 11:00 Blood Pressure 10:30 Fitness 1:00 Jayne's Bridge	14
15	16 8:45 ABC'S Fitness - LVA 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge	17 9:00 Senior Expo @ Holiday Inn 8:45 ABC'S Fitness 12-3 Pickleball - Gym 10:30 Tai Chi 12:00 Tacos and Cribbage 1:00 Senior Arts 1:00 Scrabble 1:00 More fun Mahjong	18 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 1:00 Jayne's Bridge 6:00 Planetarium	19 8:45 ABC's Fitness 9:00 FOOT CLINIC 10:30 Tai Chi 12-3 Pickleball - Gym 1:00 Cribbage Leauge 1:00 Fun Mahjong	20 9:15 ABC'S Fitness - LVA 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 1:00 Jayne's Bridge	21
22	23 8:45 ABC'S Fitness - LVA 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge	24 8:45 ABC'S Fitness 12-3 Pickleball - Gym 10:30 Tai Chi 12:00 Congregate Meal 1:00 Scrabble 1:00 More fun Mahjong	25 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 10 - Silver Hike - Lunch 1:00 Jayne's Bridge	26 8:45 ABC's Fitness 10:30 Tai Chi 12-3 Pickleball - Gym 1:00 Cribbage Leauge 1:00 Fun Mahjong	27 9:15 ABC'S Fitness - LVA 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 1:00 Jayne's Bridge	28
29	30 8:45 ABC'S Fitness - LVA 9:00 Paula's Fitness 10:15 - 2 Pickleball - Gym 10:30 Fitness 11:00 Pinochle 1:00 Jayne's Bridge					

Riddle Answers: 1. Pencil lead 2. Your name 3. Incorrectly



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

September 2019

To cancel or restart a meal: Please call 228-6522- Press 1 for senior nutrition--Press 1 again to Leave a message. Please call with any changes before 9:00am. Thank You!

Monday	Tuesday	Wednesday	Thursday	Friday	<p><u>News</u></p> <p>Senior Nutrition Program meals are provided by Community Action Alger Marquette for persons 60 or older & their spouses. Your Senior Nutrition Council recommends a donation of \$3.50 per meal, which is applied to the purchase of food and its preparation. Guests under 60 pay \$6.50. The Senior Nutrition Program is provided through OSA, UPCAP/AAA, and funding from the State of Michigan, the Older Americans Act, local donations and complies with Title VI of the Civil Rights Act. PLEASE NOTE: This is the menu for the overall Senior Nutrition Program. It is subject to change at the individual sites due to several factors including availability of specific food items, inventory and cook's discretion. Although you may experience some changes from this menu, always rest assured that each meal meets one third of your daily nutritional requirements and we make every effort to provide you with a variety of well-balanced, appealing and tasty meals.</p>
<p>2. Closed</p> <p>Happy Labor Day!!!</p>	<p>3. Chicken Marsala Rice Pilaf Brussel Sprouts Mandarins in Gelatin Dinner Roll</p>	<p>4. Roast Beef in Gravy Mashed Potatoes Sliced Carrots Strawberry Applesauce Dinner Roll</p>	<p>5. Roast Pork over Sauerkraut Diced Seasoned Potatoes Apple Crisp Wheat Bread</p>	<p>6. Breaded Pollock Cheesy Potatoes Peas & Pearl Onions Peaches Cornbread</p>	
<p>9. Baked Spaghetti Green Beans Corn Apricots Garlic Bread</p>	<p>10. Roast Turkey in Gravy Rice Pilaf Broccoli Mixed Fruit Cup Dinner Roll</p>	<p>11. Meatloaf w/ Gravy Mashed Potatoes Glazed Carrots Diced Pears Wheat Bread</p>	<p>12. Chicken Broccoli-Rice Casserole Creamed Corn Cherry Crisp Dinner Roll</p>	<p>13. Sloppy Joe on a Wheat Bun Sweet Potato Fries Green Peas Applesauce</p>	
<p>16. Sweet & Sour Meatballs Garden Rice Blend Malibu Veggies Apricots Wheat Bread</p>	<p>17. Veal Parmigiana Egg Noodles California Veggies Peaches Wheat Bread</p>	<p>18. Pork Roast in Gravy Mashed Potatoes Green Beans Tropical Fruit Wheat Bread</p>	<p>19. Calico Beans w/ Burger Pickled Beets Sliced Carrots Fruit Cocktail Dinner Roll</p>	<p>20. Pasty Whole Kernel Corn Three-Bean Salad Baked Apple Wheat Bread</p>	
<p>23. Goulash Mixed Veggies Creamy Coleslaw Peach Crisp Garlic Bread</p>	<p>24. Lemon Chicken O'Brien Potatoes Brussel Sprouts Fruit Parfait Dinner Roll</p>	<p>25. Roast Beef in Gravy Brown Rice Stewed Tomatoes Mandarins in Gelatin Wheat Bread</p>	<p>26. Macaroni & Cheese Sliced Carrots Baked Beans Apricots Wheat Bread</p>	<p>27. Breaded Pollock Tartar Sauce Sweet Potato Fries Green peas Strawberries w/ Pineapple</p>	
<p>30. Turkey Pot Roast Mashed Potatoes w/ Gravy Broccoli Fresh Pear Dinner Roll</p>	<p>Genius is 1% inspiration and 99% perspiration. ~Thomas Edison</p> <p>Happy Labor Day!!</p>				

