February 2023

HORIZONS

A Newsletter For and About Older Adults

www.marquettemi.gov • 300 West Spring St. • Marquette, MI 49855 • Phone (906) 228-0456 • Published by: Mqt Senior Services

A Letter from the Marquette Senior Center

Hello Everyone,

The services listed below are regularly scheduled at the Marquette Senior Center. We encourage you to take advantage of any or all of them. 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 UPCAP 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. We provide Social Work, Information and Referral and Health and Recreation Services at typically no cost to those residents in our service area.

Parking and Winter Parking Ban

The City-wide winter Parking ban starts November 1st. Please keep that in mind at your homes this winter. There is no street parking from 1am-7am every night. This will also affect parking at the Marquette Senior Center as there will be no parking on the north side of Spring St. We understand that our parking situation is not ideal and appreciate everybody's help and patience in this matter.

Baraga Gym Users

If physically able, please park in the police department parking lot this winter. There is extremely limited parking on Spring St. for those needing to use the lower-level senior center facilities and those individuals with accessibility needs. We like to keep those spots on Spring St. open for those individuals. We appreciate your help in this matter!

Winter Closure Policy Based on Program

If MAPS public schools are closed due to inclement weather the Marquette Senior Center and Baraga gym building **ARE** open. Below is information on SPECIFIC user groups policy on closures due to inclement weather.

BLOOD PRESSURE / BLOOD SUGAR CLINIC / FOOT CLINICS / ABC'S FITNESS / SENIOR FITNESS / PINOCHLE / CONGREGATE MEALS / TAI-CHI /CRIBBAGE / MENS GROUP / DOZEN DAMES/ SENIOR DANCE:

If MAPS public schools are closed for inclement weather these programs are cancelled.

PICKLEBALL AND WALKING HOURS: Still available even if there is inclement weather or MAPS Public schools are closed.

ASAHI / BRIDGE / SENIOR ARTS / SENIOR THEATRE / HI-LOW GROUP FITNESS / SILVER SAMPLER: Call the Senior Center to check and see if the program is cancelled for inclement weather.

Sincerely ~ Maureen McFadden, Senior Services Manager City of Marquette

Upper Peninsula 2-1-1 Get Connected. Get Answers. Funded and administered by UPCAP

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. All events are weather dependent! In order to provide updates, we will email any changes for the day of and prior to the event. PLEASE BE WILLING TO CHECK YOUR EMAILS FOR INFORMATION AND UPDATES.

When pre-registration is required CALL (906) 228-0456. Some events have a limited number of participants, therefore if the event becomes full, please ask to be added to the wait list. If you find it necessary to cancel, we require a **two business day** notice for cancellations.

NEW PARTICIPANTS MUST SIGN WAIVER TO PARTICIPATE PRIOR TO EVENT.

FEBRUARY EVENTS

FEBRUARY 9 • REGISTRATION CLOSES 2/7
INTRO TO ICE FISHING WITH BRENT HOLCOLMB • BIG SHAG LAKE, GWINN • 1:00
Brent will provide all gear and equipment to show folks what ICE fishing is all about! We will get to fish... maybe catch some fish and learn about this historic winter sport! Those who do not want to actually fish will be able to snowshoe around the lake and observe the process. You will need a senior fishing license which is $11 for an annual license.

FEBRUARY 16 – REGISTRATION CLOSES 2/14
SNOWSHOE AT DON BODE'S • DEAD RIVER BASIN OVERLOOK • 1:00
We will snowshoe from Don's house to a scenic overlook and possibly on the Dead River ICE dependent. We will follow up with hot cider and potluck sweets at Don and Linda's.

FEBRUARY 18 - REGISTRATION CLOSES 2/13
HONEY BEAR SNOWSHOE TREK • BIG BAY • 10:00AM • LIMIT 12
This is an annual event for which we cover the entry fee. Please do not sign up unless you are pretty sure you can make it. We will snowshoe about 5 miles, so this is ADVANCED ONLY.
THERE IS A LIMIT OF 12 AND YOU MUST SIGN UP BY 2/13.

FEBRUARY 23 • REGISTRATION CLOSES 2/21
SAUX HEAD SNOWSHOE • 1:00 • SAUX HEAD • LIMIT 15
We will snowshoe the Saux Head Trails which are adjacent to the ski trails. This is a hilly trail, and not appropriate for beginners.

Ongoing Programs

* **BLOOD PRESSURE/BLOOD SUGAR CLINIC Friday, February 24th, 11:00am-12:00pm.** Nurses from UP Home Health Care will be at the Center checking Blood Pressure and Blood Sugar. Please call 228-0456 for an appointment.

* **FOOT CLINIC –** FOOT CLINICS abound! We have several different choices for your tootsies! If you would like an appointment for February, please do not wait to call and schedule. Call us today at (906) 228-0456. Cindy's February Foot Clinic is **Wednesday, February 8th from 9:00am-3:00pm.** UP Home Health Care's February Foot Clinic is **Thursday, February 23rd from 9:00am-3:00pm.** There is a $25 fee for these services. Please remember to bring a basin to soak your feet and a towel to dry them! Join us for a third option for foot care offered by 906 Foot Care, by individual appointment only. Prices vary for these services.

* **CONGREGATE MEALS – DINE-IN OR CURBSIDE PICKUP WEDNESDAYS –** In partnership with Alger-Marquette Community Action nutrition program, come enjoy a healthy, nutritionally balanced lunch. Both Dine-in and Pickup are 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 have four dates for February: February 1st, 8th, 15th, and 22nd. at 12:00 noon. <u>It is important that you register in advance BY NOON THE DAY BEFORE by calling (906) 228-0456</u>** if you would like a meal on any of the days we are providing.

* **PARKINSON'S SUPPORT GROUP – Every third Wednesday of the month from 2:00pm - 3:00pm** at the Marquette Senior Center. No registration necessary. Open to people living with Parkinson's disease and their caregivers. **February's meeting date: February 15th.**

* **TAI CHI** – Tai Chi is a slow moving, core strengthening, great for your balance routine which uses gentle slow-moving motions. The Marquette Senior Center's Tai Chi class takes place on **Tuesdays and Thursdays from 10:30-11:30 in the Baraga Gym**. Class is free to adults 55 years of age and older and you do not need to call to register to participate, you can just show up.

* **ABC'S FITNESS– A**bs**, B**alance, **C**ore **& S**trength! Join Instructor Gail Maki on **Tuesday & Thursday at 8:45am** in the Baraga Gym.

* **SENIOR FITNESS –** Every Monday, Wednesday & Friday at 10:30am This fitness class offers a low impact, chair exercise at a pace everyone can handle. Watch the video and get your arms and legs moving! **NO SENIOR FITNESS February 20th.**

* **HI-LOW Group 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. **NO HI-LOW FITNESS February 20th.**

* **PINOCHLE –** Join the Pinochle fun on Monday mornings beginning at 11:00am. Hope to see you there! **NO PINOCHLE February 20th.**

* **PICKLEBALL –** Head on over to the Baraga Gym for a great game of Pickleball. We've got the nets, paddles and pickleballs.

Mondays: Beginners 12:00am-2:30pm / Advanced & Intermediate 2:30-4:00pm

Tuesdays: All Skill Levels 12pm-4pm

Wednesday: Advanced & Intermediate 10:30am-12:30pm / Beginners 12:30pm-3pm

Thursdays: Advanced & Intermediate 2pm-4pm

Fridays: Beginners 12:00pm-2pm / Advanced & Intermediate 2-4pm

No need to call, drop in and join the games! PLEASE ATTEND THE SESSION APPROPRIATE FOR YOUR SKILL LEVEL TO AVOID OVERCROWDING. **NO PICKLEBALL February 20th.**

* **ASAHI –** Asahi is a mind-body health practice. It is a versatile fitness program from Finland. Asahi can be practiced by people of all ages and in all states of health or physical condition. No equipment is necessary. Join instructor Don Bode **Fridays and Mondays starting February 13 from 10:30-11:30am in the Baraga Gym** to learn more about this comprehensive exercise routine which helps people improve their health and quality of life. It is great for strengthening, developing balance, and reducing stress. **NO ASAHI February 20th**

* **WALKING** – The Baraga Gym is open for walking every weekday. Walking hours include Mondays-Wednesdays-Fridays 7:30am – 9:00am, Tuesdays & Thursdays 7:30am – 8:45am, and Wednesdays 3:00pm – 4:00pm. No need to call, drop in and walk in the gym! **NO WALKING HOURS February 20th.**

***Baraga Gym Closed –** Thursdays 12:00-2:00PM for cleaning.

Baraga Gym Schedule (Senior Center Programs)

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00		Cleaning			
7:30	Walking 7:30-9:00	Walking 7:30-8:45	Walking 7:30-9:00	Walking 7:30-8:45	Walking 7:30-9:00
8:00					
8:30					
8:45		ABC Fitness 8:45		ABC Fitness 8:45	
9:00	High -Low Fitness 9:00		High -Low Fitness 9:00		High -Low Fitness 9:00
9:30					
10:00					
10:30	Asahi 10:30-11:30	Tai Chi 10:30-11:30	Advanced/ Intermediate Pickleball 10:30-12:30	Tai Chi 10:30-11:30	Asahi 10:30-11:30
11:00					
11:30					
12:00	Beginner Pickleball 12:00-2:30	Pickleball All Skill Levels 12:00-4:00	Beginner Pickleball 12:30-3:00	Cleaning 12:00-2:00	Beginner Pickleball 12:00-2:00
12:30					
1:00					
1:30					
2:00				Advanced/ Intermediate Pickleball 2:00-4:00	Advanced/ Intermediate Pickleball 2:00-4:00
2:30	Ad/Int. Pickleball 2:30-4:00				
3:00			Walking 3:00-4:00		
3:30					
4:00					

** ASAHI Monday Classes will start February 13

** Baraga Gym Closed Thursdays 12:00pm-2:00pm for cleaning

This - n - That

- **Center Closure -** The Marquette Senior Center will be closed on Monday, February 20th in observance of Presidents' Day.
  The Baraga Gym will be closed Monday, February 20th in observance of Presidents' Day.
- **Parking Ban -** Please be advised that the parking ban is in effect.
- **Dog Park -** The dog park at Tourist Park is open. You must purchase a permit and dog license from the City Clerk's office. If you have any questions, please contact the City Clerk's office at 228-0430.
- **REMEMBER: Senior Skate is back!** Join us for fun on the ice at the Lakeview Arena on February 3rd, 17th, and March 3rd and 10th from 7:00pm – 8:30pm.
- **Grief Support Group -**
  2/15/23 - Open to all. Facilitated by Bereavement Coordinator and Social Worker Lisa Marttila. Held at the Lake Superior Life Care & Hospice office at 914 W Baraga Ave in Marquette from 5:30-6:30 pm. Masks are required. 906.225.7760.
- **Senior Support Group -**
  Do you have an advance directive? These are important documents that help give you a voice when you are unable to speak on behalf of yourself. Whether you are 28 or 82 it's never too early to establish some framework for your end of life wishes. Join Wendy Prevost an LMSW in Social Work to explore all of the reasons and benefits to having your advance directive ready. Thursday February 16, 2023 from 2-3 pm. Millcreek Clubhouse 1728 Windstone Dr. Marquette. Free and open to the public! Any questions please reach out to Jamie at 906.225.7760.

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3 Pickleball 12:00 Congregate Meal Drive Up/Dine In 1:00 Senior Art Class	2 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 1:00 Cribbage League 2-4 Pickleball	3 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 7:00 Senior Skate	4
5	6 9:00 Hi-Low Fitness 10:30 Senior Fitness 11:00 Pinochle 12-4 Pickleball	7 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12-4 Pickleball	8 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3 Pickleball 12:00 Congregate Meal Drive Up/Dine In **9-3 Cindy's Foot Clinic**	9 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 1:00 Cribbage League 2-4 Pickleball **Silver Sampler Event**	10 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball	11
12	13 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleballl 5:00 Senior Theatre Experience Class	14 **Valentine's Day** 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12-4 Pickleball 4:00 Senior Dance	15 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3 Pickleball 12:00 Congregate Meal Drive Up/Dine In 1:00 Senior Art Class **2:00 Parkinson Support Group**	16 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 1:00 Cribbage League 2-4 Pickleball **AARP Safe Driving Class** **Silver Sampler Event**	17 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball **AARP Safe Driving Class** 7:00 Senior Skate	18 **Silver Sampler Event**
19	20 **Presidents' Day** **Center Closed**	21 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12-4 Pickleball 4:00 Senior Dance	22 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3 Pickleball 12:00 Congregate Meal Drive Up/Dine In	23 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 1:00 Cribbage League 2-4 Pickleball **9-3 UPHHH Foot Clinic** **Silver Sampler Event**	24 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi **11:00 Blood Pressure Clinic** 12-4 Pickleball	25
26	27 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleballl 5:00 Senior Theatre Experience Class	28 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12-4 Pickleball 4:00 Senior Dance	1	2	3	4
5	6	Notes				

February 2023

ALGER-MARQUETTE COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

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
REMINDER: Please check for school closures on TV6 for your area to see if meals on wheels delivery will be affected by the weather and roads conditions.		1. Swedish Meatballs Mashed Potatoes Mixed Veggies Dinner Roll Diced Peaches	2. Egg Rolls Sweet & Sour Sauce Fried Rice Oriental Veggies Dinner Roll Mixed Fruit	3. Chicken Bites BBQ Dip Baked Beans Cole Slaw Cornbread Mandarin Oranges
6. Roast Beef Mashed Potatoes & Gravy California Veggies Dinner Roll Fig Cookies Cinna. -Applesauce	7. Breaded Pollock Tartar Sauce Au Gratin Potatoes Broccoli Tropical Fruit Cornbread	8. Chicken & Dumplings Cooked Squash Green Beans Diced Pears Dinner Roll	9. Pork Roast Mashed Potatoes & Gravy Prince Charles Veg. Dinner Roll Diced Peaches	10. Lasagna Mixed Veggies Apple Crisp Fresh Orange Garlic Bread
13. Pepper Steak over Brown Rice Cauliflower Pineapple Tidbits Chocolate Chip Cookie Dinner Roll	14. Beef Pasty Pie w/ Rutabaga Sweet Corn Applesauce Carrot Cake Cornbread	15. Lemon-Pepper Chicken Breast over Spinach Sweet Potato half Rice Pilaf Dinner Roll Mixed Fruit	16. Spaghetti w/ Meat Sauce Peas & Carrots Garlic Bread Diced Pears	17. Polish Sausage Over Sauerkraut Green Beans Diced Potatoes Dinner Roll Peaches in Gelatin
20. Fire Rstd. Pork w/ Gravy Garden Rice Blend Key West Veggies Mixed Fruit Dinner Roll	21. Beef Chili Sour Cream Baby Carrots Cornbread Applesauce	22. Roast Beef in Gravy Mashed Potatoes Green Peas Diced Pears Dinner Roll	23. Breaded Pollock Au Gratin Potatoes Broccoli Diced Peaches Cornbread Oatmeal Cookie	24. Shepherd's Pie California Blend veg Fig Cookies Pineapple Tidbits Dinner Roll
27. Turkey Pot Rst. Cornbread Stuffing Mixed Veggies Chocolate Pudding Diced Pears Dinner Roll	28. Sliced Ham w/ Gravy Mashed Potatoes Green Beans Mandarin Oranges Dinner Roll	**WINTER WEATHER POLICY: If the local school in your area is closed due to inclement weather or hazardous roads, then we will NOT deliver meals that day. If Marquette Schools are closed due to inclement weather or hazardous roads, then we will NOT deliver to any area in Marquette or Alger County.**		

News

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.

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. Call the Center for details.
IF MARQUETTE AREA PUBLIC SCHOOLS ARE CLOSED FOR INCLEMENT WEATHER. WE WILL NOT HAVE TAXES THAT DAY AND YOUR APPOINTMENT WILL BE RESCHEDULED

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 2020 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 2021 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.**

SENIOR CITIZENS SAFETY TIPS FROM TRIAD

RSVP TRIAD POLICE SHERIFF

Today, 9-1-1 Can't Find You

Over 80% of calls made to 9-1-1 come from mobile phones. When you dial 9-1-1 from a mobile phone, the 9-1-1 call takers have very little information to help you – only your phone number and a very general sense of your location. This is a serious problem in an emergency when seconds count, particularly if you or your loved ones have medical conditions, or are unable to safely speak.

SMART 911 is the answer.

- With Smart911, you can provide 9-1-1 call takers and first responders critical information you want them to know in any kind of emergency.
- When you call 9-1-1, your Smart911 Safety Profile displays on the 9-1-1 screen and the 9-1-1 call takers can view your addresses, medical information, home information, description of pets and vehicles, and emergency contacts. You can provide as much or as little information as you like.
- Smart911 is a national service meaning your Smart911 Safety Profile travels with you and is visible to any participating 9-1-1 center nationwide. Sign up at www.smart911.com

CALL THE SENIOR CENTER IF YOU WOULD LIKE HELP SETTING THIS UP!

EASY CHICKEN AND BROCCOLI CASSEROLE

INGREDIENTS

- 1 package (6 ounces) chicken stuffing mix
- 2 cups cubed cooked chicken
- 1 cup frozen broccoli florets, thawed
- 1 can (10-3/4 ounces) condensed broccoli cheese soup, undiluted
- 1 cup shredded cheddar cheese

INSTRUCTIONS

1. Preheat oven to 350°. Prepare stuffing mix according to package directions, using only 1-1/2 cups water.

2. In large bowl, combine chicken, broccoli and soup; transfer to a greased 11x7-in. baking dish. Top with stuffing; sprinkle with cheese. Bake, **covered**, 20 minutes. Uncover; bake until heated through, 10-15 minutes longer.

Word Search Puzzle

Valentine's Day

Find and circle the words from the word bank in the puzzle below.

U	G	F	U	S	P	T	H	D	F	V	A	L	E	N	T	I	N	E	I
K	P	R	P	T	A	A	Y	S	M	U	O	U	B	G	S	U	X	R	B
A	X	I	O	I	K	I	Z	M	Y	X	P	O	H	E	A	R	T	T	V
D	Q	E	E	H	H	D	N	L	B	V	Y	M	V	L	H	I	X	Z	N
X	O	N	T	W	U	H	Y	T	D	C	C	A	R	I	N	G	D	B	X
C	F	D	R	C	G	X	D	N	S	K	L	B	X	W	Q	S	E	E	P
A	T	S	Y	M	L	F	F	N	W	U	A	E	X	G	V	T	J	A	V
R	S	H	X	X	M	I	O	S	E	Z	D	R	C	K	U	S	V	U	R
D	J	I	G	I	K	B	I	O	E	F	L	O	W	E	R	S	P	T	Q
S	P	P	U	P	B	U	C	N	T	U	O	P	F	T	J	E	C	I	F
X	P	C	R	I	T	R	L	E	H	F	R	Y	M	C	T	C	X	F	E
X	W	K	R	N	X	I	E	Y	E	V	O	V	I	C	G	U	V	U	B
T	R	B	U	K	H	L	O	A	A	L	U	T	P	R	L	P	L	L	R
Z	R	G	L	W	A	Z	M	Y	R	V	N	Y	U	J	A	I	C	D	U
R	R	E	W	V	Y	R	S	E	T	A	N	O	Y	H	H	D	R	R	A
Z	U	A	A	U	S	O	R	O	M	Y	L	V	B	O	V	R	H	R	R
I	M	H	D	T	N	I	X	O	T	K	U	R	V	N	M	Y	Q	G	Y
B	L	H	S	T	M	Q	R	M	W	Y	H	Z	B	E	P	L	A	B	Q
V	R	U	X	D	P	J	K	M	C	L	O	M	D	Y	D	H	Q	Q	J
S	T	M	A	B	F	R	O	S	E	S	Q	Y	L	O	V	E	A	W	X
R	S	N	Y	M	E	Z	W	G	Q	D	G	D	Q	O	D	R	H	G	I
E	D	E	F	J	E	Z	S	W	V	E	Z	Z	C	A	G	D	U	I	Q
D	Y	A	M	S	B	O	J	D	W	C	H	O	C	O	L	A	T	E	S

admirer	caring	flowers	love	ribbons	sweetheart
arrow	chocolates	friendship	pink	romantic	treat
beautiful	Cupid	heart	poetry	roses	valentine
cards	February	honey	red	saint	

THIS MONTH'S MOST WANTED

The Marquette Senior Center needs the below listed Items. We appreciate your consideration and generosity!

Note: We can only accept new unopened items. These items go to our clients that may have barriers to getting their own cleaning supplies that help keep them independent and in their homes.

Unopened cleaning rags

Libman Mop

Windex

Swiffer Wet Jet

Clorox or Lysol Bleach Cleaner

Sponges

Comet

Mop Buckets

CITY OF MARQUETTE SENIOR CENTER

Senior Dance Classes are held on Tuesdays from 4:00pm-5:00pm at the Marquette Arts & Culture Center, located in the lower level of Peter White Public Library, taught by Senior Services manager Maureen McFadden! These are beginner-level classes designed for folks who are looking for a fun and engaging, low-intensity workout with a variety of dance moves and techniques. In February, we will be learning Cajun Two Step. No prior dance experience necessary, and you do not need a partner to attend. Pre-registration is required. **NO SENIOR DANCE FEB. 7TH.**

AARP Smart Driver Class

The Marquette Senior Center is sponsering the AARP Smart Driver class.

The class will meet on February 16 and 17 from 10:00 to 3:00 with an hour break for lunch. The class will meet at Lakeview Arena.

The cost for the class is $20.00 for AARP members and $25.00 for Non Members of AARP.
AARP members bring your membership card for the discount.

For those who taken the AARP class in the past this is a new updated class.

Check with your insurance agent. Some, but not all, companies offer a discount on your car insurance for customers completing the class.

To register for the class call the Senior Center at 906 228- 0456

If you have questions about the class call Don Balmer at 906 249-1273

Art Corner . . .

All Senior Art Programming is free for residents of the City of Marquette, Powell Township, Marquette Township, and Chocolay Township ages 55+.

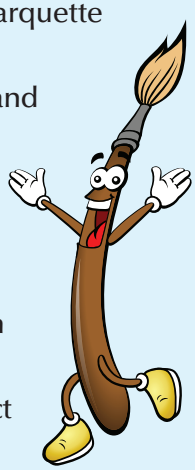
1) **Senior Visual Art Classes** are held on the **first and third Wednesday of each month from 1:00pm-3:00pm** at the Marquette Arts & Culture Center, located in the lower level of Peter White Public Library. Each month, a professional, local artist will lead the group on a new project. Non-residents may attend for a suggested $5 donation to help cover the cost of supplies. PRE-REGISTRATION IS REQUIRED and can be made by calling Tristan at (906) 225-8655.

Wed., February 1 & 15 — **Music & Abstract Art** with Colleen Maki

Wed., March 1 & 15 — **Drawing: Faces Made Easy** with Marlene Wood

2) **The Senior Theatre Experience** is a free program that encourages discovery, learning, and having fun while exploring different aspects of the world of theatre by offering unique experiences which illuminate the creativity, collaboration, and innovation behind the curtain. Participants in the STE enjoy twice-monthly, discussion-based classes in addition to Experiences attending backstage tours, tech design, and rehearsals, and even free admission to local theatre company productions.

February's class dates are Mondays, February 13 and 27 from 5:00pm-6:00pm (NEW TIME!) at the Marquette Arts & Culture Center, located in the lower level of Peter White Public Library. No prior acting or theater experience is necessary. In addition to our Classes, we've also resumed our Experiences and Performances in partnership with NMU's School of Theater and Dance. Please contact Tristan at (906) 225-8655 or tluoma@marquettemi.gov for more information about the Senior Theater Experience.



3) We're also excited to continue our ***Letters from Home*** project! This project invites you to sign up to receive written prompts in the mail once a month. Participants will write a narrative letter in response to the prompt then send the letter to program coordinator Moiré Embley for follow-up and narrative development. If you're interested in taking part in February's prompt, please contact Tristan at (906) 225-8655 by February 6th.

MARQUETTE SENIOR SERVICES
300 WEST SPRING STREET
MARQUETTE, MI 49855

PRSRT STD
US POSTAGE
PAID
Permit #15
Lansing, MI 48924

Marquette Senior Services Staff
906-228-0456

Maureen McFadden - *Senior Center Manager*
Michelle Marzec - *Administrative Assistant*
Lisa Balko - *Social Work Coordinator*
Vickie Bullock, Gail Hermann - *Social Workers*
Tristan Luoma - *Arts & Senior Services Coordinator*

Update on the RSVP Non-Emergency Medical Transportation Program during COVID-19

Standards of the program are:

Referrals for transportation to medical appointments may be submitted by local senior centers, home health agencies and other senior service providers in Marquette County.

- Referrals for the transportation program must be submitted to the RSVP office at least 5 business days before the 1st appointment.
- This service is free of charge to seniors in the community. Donations may be sent to the RSVP office. Transporters are not bonded and may not handle client money.
- When transport referrals are matched, RSVP staff will contact the referral agency to confirm arrangements.
- Transports will not take place before 9 a.m., after 3 p.m., on weekends or when the RSVP office is closed for holidays.
- RSVP reserves the right to refuse to transport a client.
- RSVP is to be used when all other resources are exhausted.

Other Options available in Marquette County:

If a senior is a UPHP client, they must use the UPHP transportation system at 225-7085.