

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.

Social Work Services

Social work services are provided by the Senior Center's licensed Social Workers to assist, and preserve the independence and dignity of seniors. Services offered include Outreach, Homemaking and Case Management for those with multiple needs.

Information and Referral Service

Information and referral services are offered to area Citizens who would like to learn more about either Center programs or services of other agencies.

Education

Education programs are offered through mini workshops on related areas of Health, Fall Prevention and other current events that would be of interest to seniors.

Foot Care Clinic

The foot care clinic is available with professional services provided by local Health Care agencies, it is offered at the Center twice a month. This clinic is by appointment only. The clinic offers a relaxing foot soak, general foot inspection, toenail clipping and tips on general foot care.

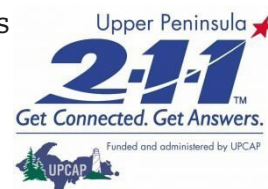
Health Programs

Health programs are offered through monthly blood pressure screenings, health related programs such as annual flu shot clinic, health screenings, stroke screening, PAD screening, and referrals to appropriate local agencies.

Recreational Programs

The following recreational programs are offered to seniors through the Senior Center: Fitness, Senior Dancing, Tai Chi, Gym Walking, Pinochle, Pickleball, Cribbage League, Open Cribbage, Art Projects, Senior Theatre, Social Hours, as well as our Picnic in the Parks and our Silver Sampler program.

Sincerely ~ Maureen McFadden, Senior Services Manager City of Marquette



SILVER SAMPLER

The Silver Sampler program is an outdoor recreation program for those 50 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.

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. Please call (906) 228-0456.

NEW PARTICIPANTS MUST SIGN WAIVER TO PARTICIPATE PRIOR TO EVENT.

MAY EVENTS

**MAY 4 – THIS EVENT IS FULL
RESCHEDULE DEAD RIVER FALLS**

**ALL HIKES ARE
WEATHER DEPENDENT**

**MAY 11 – REGISTRATION CLOSES 5/9
ACKERMAN TRAIL • CHATAM MI • 12:00 MEET UP TIME • LIMIT 15**

This is an advanced hike of approximately 6 miles through variable terrain. Prepare for wet areas and hills.

**MAY 20 – THIS EVENT IS FULL
BIG BAY RELAY • 6:00 AM • LIMIT 14**

Marquette to Big Bay Relay

Each person will walk between 4 - 6 miles as a relay..one or two miles at a time depending on number in team. We would like 2 teams of 7!

This is a great community event! **REGISTRATION MUST BE COMPLETED BY MAY 15!**

**MAY 25 – REGISTRATION CLOSES 5/23
LAUGHING WHITEFISH AND ALGER FALLS • RUMELY MI • 1:00 PM • LIMIT 15**

We will hike into Laughing Whitefish falls and then travel to Alger Falls for a second hike. Both hikes are fairly easy, although there may be wet areas.



SOMETHING IS SPROUTING...

The Marquette Senior Center is excited to announce a new gardening and local food program, the *Golden Sprouts Gardening Group*, first event to start in June!

Participants will enjoy educational workshops and field trips in collaboration with community partners along the themes of gardening, propagation, seed saving, and local food systems, and build toward starting our own Senior Center community garden!

This program is open to individuals ages 55+, no green thumb necessary. Those interested may contact Tristan at tluoma@marquettemi.gov or (906) 225-8655 to sign up to receive updates.

Ongoing Programs

* **BLOOD PRESSURE/BLOOD SUGAR CLINIC**
Friday, May 26th, 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 May, please do not wait to call and schedule. Call us today at (906) 228-0456. Cindy's May Foot Clinic is **Tuesday, May 9th from 9:00am-3:00pm.** UP Home Health Care's May Foot Clinic is **Thursday, May 18th 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 May: May 10th, 17th, 24th, and 31st at 12:00 noon. It is important that you register in advance BY NOON THE DAY BEFORE by calling (906) 228-0456** 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. **May's meeting date: May 17th.**

* **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. **NO TAI CHI ON MAY 2ND.**

* **ABC'S FITNESS**– Abs, Balance, Core & Strength! Join Instructor Gail Maki on **Tuesday & Thursday at 8:45am** in the Baraga Gym. **NO ABC FITNESS ON MAY 2ND.**

* **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 ON MAY 1ST, 3RD, AND 29TH.

* **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 ON MAY 1ST, 3RD, AND 29TH.**

* **PINOCHLE** – Join the Pinochle fun on Monday mornings beginning at 11:00am. Hope to see you there! **NO PINOCHLE ON MAY 1ST AND 29TH.**

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

Mondays: Beginners 12:00pm-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 ON MAY 1ST, 2ND, 3RD, AND 29TH.**

* **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 **Mondays and Fridays 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 ON MAY 1ST AND 29TH.**

* **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 ON MAY 1ST, 2ND, 3RD, AND 29TH.**

* **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		Tai Chi 10:30-11:30	Advanced/ Intermediate Pickleball 10:30-12:30	Tai Chi 10:30-11:30	Asahi 10:30-11:30
10:00	Asahi 10:30-11:30				
10:30					
11:00	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
11:30					
12:00					
12:30		Walking 3:00-4:00	Advanced/ Intermediate Pickleball 2:00-4:00	Advanced/ Intermediate Pickleball 2:00-4:00	Advanced/ Intermediate Pickleball 2:00-4:00
1:00	Ad/Int. Pickleball 2:30-4:00				
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					



Lake Superior Knitters

at the
Marquette Regional History Center

Please join us! New knitting group for all knitting skills - new knitters to experienced knitters.

Starting in February

2nd and 4th Tuesdays of each month

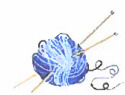
1:00—2:30 pm

at the MRHC, 145 W. Spring Street, Marquette.

Suggested donation to MRHC \$1 to \$5 per session.

New to knitting? Please bring a size 7 16" circular needle, a few safety pins, a crochet hook, and a skein of worsted weight yarn. You will be provided with instructions to knit a basic hat to begin your knitting journey.

For questions & details contact Mary Ann at beehive47@yahoo.com or 906-225-0676.



All are welcome
to learn and
socialize!



Marquette Regional
History Center
MUSEUM | LIBRARY | GIFTS

This - n - That

- **Gym Closure** – The Baraga Gym will be closed May 1st, 2nd, and 3rd for an election as well as May 29th in observance of Memorial Day.
- **Senior Center Closure** – There will be no programming in the Senior Center on May 1st, 2nd, and 3rd, but the offices will be open for appointments. The Senior Center is closed on May 29th in observance of Memorial Day.
- **Community Grief Support Group** - 5/17/23. 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 NOT required. 906.225.7760.
- **Senior Support Group** - 5/18/23 from 2pm-3pm. Topic: Funeral Home Pre-planning by Mark Canale from Canale Tonella Funeral Home. It feels good knowing your plans are in order. Planning ahead provides you peace of mind that your personal wishes are known and protects your family from having to make tough decisions during a time of extreme stress and grief. In this presentation, we will be exploring the myriad of reasons why people pre-plan, why they should pre-plan, yet why many bypass the pre-planning process and place the burden on those loved ones left behind. There will be time to answer any and all questions anyone may have. Please join us! This presentation is free and open to the public. It takes place at the Millcreek Clubhouse at 1728 Windstone Dr in Marquette.

May 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 Senior Center and Baraga Gym Closed due to Election No Programming Building is open for office visits	2 Senior Center and Baraga Gym Closed due to Election No Programming Building is open for office visits	3 Senior Center and Baraga Gym Closed due to Election No Programming Building is open for office visits <hr/> 1:00 Senior Art Class	4 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12:30 Cribbage League 2-4 Pickleball Silver Sampler Event	5 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball	6
7	8 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	9 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12-4 Pickleball 9-3 Cindy's Foot Clinic No Senior Dance Class	10 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3 Pickleball 12:00 Congregate Meal Drive Up/Dine In	11 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12:30 Cribbage League 2-4 Pickleball Silver Sampler Event	12 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball	13
14 Mother's Day	15 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 5:00 Senior Theatre Experience	16 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12-4 Pickleball 4:00 Senior Dance	17 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	18 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12:30 Cribbage League (Party) 2-4 Pickleball 9-3 UPHHH Foot Clinic	19 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball	20 Silver Sampler Event
21	22 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 5:00 Senior Theatre Experience	23 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12-4 Pickleball 4:00 Senior Dance	24 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	25 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 2-4 Pickleball Silver Sampler Event	26 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 11:00 Blood Pressure Clinic	27
28	29 Memorial Day Center and Gym Closed	30 8:45 ABC Fitness 10:30 Tai Chi in the Baraga Gym 12-4 Pickleball 4:00 Senior Dance	31 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3 Pickleball 12:00 Congregate Meal Drive Up/Dine In	1	2	3
4	5 Notes					



**ALGER-MARQUETTE
COMMUNITY ACTION**
HELPING PEOPLE • CHANGING LIVES

MAY 2023

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	<u>News</u>
1. Cheeseburger Baked Beans Mixed Veggies Diced Peaches Burger Bun Ketchup & Mustard	2. Breaded Pollock Tartar Sauce Sweet Potato Half Broccoli Cinnam. Applesauce Cornbread	3. Hawaiian Meatballs Garden Rice Blend Sweet Corn Tropical Fruit Dinner Roll	4. Roast Beef in Gravy Mashed Potatoes Green Beans Mandarin Oranges Fig Cookie Dinner Roll	5. Cheesy Spaghetti Bake Peas & Carrots Apple Crisp Garlic Bread	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.
8. Sliced Ham w/ Gravy Glazed Carrots Mashed Potatoes Diced Peas Dinner Roll	9. Chicken Tenders Ranch Dip Cooked Squash Green Peas Diced Peaches Dinner Roll	10. Pork Loin Chop (Seasoned/Boneless) Baked Potato Sour Cream Mixed Veggies Pineapple Tidbits	11. Turkey Pot Rst. Mashed Potatoes & Gravy California Veggies Applesauce Choc.-Chip Cookie Dinner Roll	12. BBQ Chicken- Thigh (bone-in) Baked Beans Diced Beets Cornbread Tropical Fruit	
15. Mozzarella topped Goulash Sweet Corn Diced Peas Garlic Bread	16. Lemon-Pepper Chicken Breast over Spinach Sweet Potato half Mandarin Oranges Dinner Roll	17. Egg Rolls Sweet & Sour Sauce Fried Rice Broccoli Applesauce Dinner Roll	18. Beef Chili Baked Potato Sour Cream Baby Carrots Peaches in Gelatin Cornbread	19. Pepper Steak over Egg Noodles California Veggies Mixed Fruit Dinner Roll	
22. Lasagna Key West Veggies Cherry Crisp Fresh Orange Garlic Bread	23. Breaded Pollock Tartar Sauce Sweet Potato half Peas & Pearl Onions Diced Peas Fig Cookie Dinner Roll	24. Roast Beef in Gravy Mashed Potatoes Broccoli Strawberry- Applesauce Dinner Roll	25. Chicken- Cacciatore w/Rotini Mixed Veggies Mixed Fruit Garlic Bread	26. Fire Rstd. Pork w/ Gravy Wild Rice Blend Green Beans Mandarin Oranges Dinner Roll	
29. Memorial Day No meal delivery today!	30. Polish Sausage with Sauerkraut Mac & Cheese Fresh Pear Chocolate Brownie Hotdog Bun Ketchup & Mustard	31. Turkey Slices in Gravy Mashed Potatoes Mixed Veggies Pineapple Tidbits Dinner Roll			

SENIOR CITIZENS SAFETY TIPS FROM TRIAD

Common Elder Fraud Schemes:

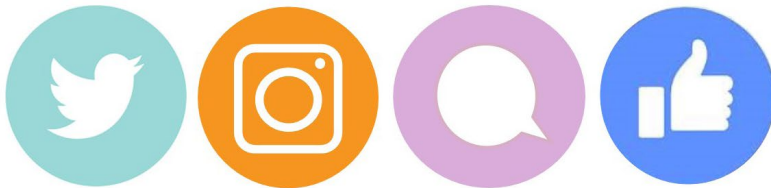
- **Romance scam:** Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.
- **Tech support scam:** Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.
- **Grandparent scam:** Criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.
- **Government impersonation scam:** Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.
- **Sweepstakes/charity/lottery scam:** Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."
- **Home repair scam:** Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.
- **TV/radio scam:** Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.
- **Family/caregiver scam:** Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.



Protect Yourself

Resist the pressure to act quickly.

Scammers create a sense of urgency to produce fear and lure victims into immediate action. Call the police immediately if you feel there is a danger to yourself or a loved one. Be cautious of unsolicited phone calls, mailings, and door-to-door services offers. Never give or send any personally identifiable information, money, jewelry, gift cards, checks, or wire information to unverified people or businesses.



Tech Coaching for Seniors

Tuesdays from 10:00 AM - 1:00 PM

April 4, 11, 18, 25

May 2, 9, 16, 23

Heritage Room

- Need help with the downtown parking app?
- Want to adjust the settings on your phone or tablet?

Learn how to customize your electronic devices with the help of Christine Ault, retired teacher and librarian.

Sessions will be offered in 30-minute time slots.

Call the PWPL Reference Desk at 906-226-4311 to sign up.

Please charge your electronic device before each session, and bring passwords with you.



Peter White Public Library
207 N. Frost Street | Marquette, MI 49855 | 906/226-4311 | www.pwpl.us

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



LEMON GOOEY BARS

INGREDIENTS

- 15 ounce box lemon cake mix (just the cake mix)
- 1/2 cup (1 stick) butter , softened
- 1 large egg
- Approx. 1/2 of a 21 oz. can of Lemon crème pie filling and topping
- Approx. 1/4 cup white chocolate chips
- Approx. 1/2 cup sweetened condensed milk

DIRECTIONS

1. Preheat oven to 350 degrees F. Spray a 9×13 baking pan with nonstick spray.
2. With an electric mixer, cream the butter until smooth and fluffy. Beat in the cake mix, and egg until combined and a thick dough forms.
3. Press 2/3 of the cake mixture in the bottom of the prepared pan. Spread the lemon pie filling evenly on top of the dough, (a thin layer makes them more like a bar you could possibly eat with your hands, a more generous layer requires a fork for eating.
4. Sprinkle the white chocolate chips over the lemon filling, then drizzle the sweetened condensed milk over the top of the chocolate and filling.
5. Break up/crumble the remaining dough and sprinkle it over the top of the bars (you can leave some of the sweetened condensed milk exposed so you have a cobbled look once baked.) Bake for about 26 to 33 minutes, until slightly browned. Cool completely and cut into bars (you could chill them before you cut them).

May

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

SUNSHINE
 SPRING
 RAIN
 DAFFODIL

FLOWER
 HONEYBEE
 GARDEN

GRASS
 NEST
 LILY

BIRD
 PUDDLE
 TULIP





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. No prior dance experience necessary, and you do not need a partner to attend. PRE-REGISTRATION IS REQUIRED and can be made by calling Tristan at (906) 225-8655. **NO CLASS MAY 2!**

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.

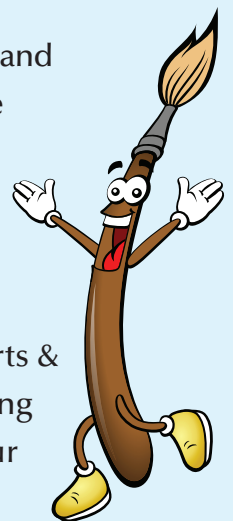
Wed., May 3, 17 & 24 ***Silk Scarf Painting*** with Diane Kribs-Mays

**NOTE: May 3 and 17 classes are full, and May 24 is nearing capacity. If we're fully booked, we encourage you to join a wait list in the event of canceled reservations!*

Wed., June 7 & 14 ***"Home Is" Acrylic Painting*** 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.

May's class dates are Mondays, May 8 and 22 from 5:00pm-6:00pm 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.



MARQUETTE SENIOR SERVICES
300 WEST SPRING STREET
MARQUETTE, MI 49855

PRSR 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.

