

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,

As we move into Flu and Cold season here are some tips that can help keep you feeling healthy this year. We ask that if you have Flu or Covid like symptoms you do not attend programming at the Senior Center and cancel any appointments you may have with us while symptoms persist. Note: These suggestions are from the Center for Disease Control (CDC).

Don't Touch Your Face

This advice has been renewed with the COVID pandemic, but illness can enter the body quickly through your eyes, nose and mouth. Touching your face, even inadvertently, can speed up the dangerous process. To reduce the risk of getting sick, minimize touching your face.

Drink Plenty of Liquids

Staying hydrated, especially hot tea or just plain water, can help the body battle germs better. Take note, though, that heavily caffeinated drinks can actually cause you to lose hydration.

Exercise Regularly

Moderate exercise boosts the immune system and could reduce risk of a cold, A regimen of 20-30 minutes of exercise five days a week can help.

Get a Flu Shot

Older adults are especially vulnerable to dangerous complications of the flu. Older adults are also most likely to be hospitalized for complications of the flu. It's a good idea to check with your doctor to make sure you don't have any health issues that could be aggravated by the vaccination.

Get a Pneumonia Vaccine, Too

Flu can develop into pneumonia, which can be deadly for seniors. This shot helps prevent certain strains of bacterial pneumonia. Ask your doctor about the pneumococcal vaccine.

Keep Your Surroundings Clean

Multiple hands can spread germs through door knobs, light switches and other household things. Be sure to wipe clean anything that gets a lot of touches. Also sanitize your mobile devices.

Take In More Vitamin C

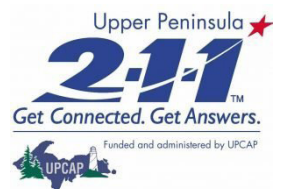
Although it won't prevent you from getting sick, studies indicate that extra vitamin C may limit the severity or shorten the duration of illness.

Wash Your Hands

Soap and water can help remove viruses from your hands. One rule of thumb is to scrub vigorously for 20 seconds, roughly the time it takes to sing "Happy Birthday" twice. The water doesn't need to be hot, because the scrubbing itself will do the job. Also keep alcohol-based hand sanitizer nearby to use if you can't get to soap and water.

Happy Fall,

Maureen McFadden, Senior Services Manager



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.

OCTOBER EVENTS

OCTOBER 5

BIG BAY COLOR TOUR • MEETING AT 10AM AT SUGARLOAF MT. - EVENT FULL

OCTOBER 12 * Rain Date, October 11th

TWO PEAKS • TOP OF THE WORLD AND BARE BACK • 11:00 • NO LIMIT

Advanced Hikes due to length and difficulty. Both hikes have technical areas, climbing, rocks and roots. No Limit, but car pooling encouraged.

OCTOBER 28

QUEEN CITY TRICK OR TROT 5K WALK/RUN • 9:00 AM • LIMIT 15

This is our community fun event in costume! We will pay your entry fee, so there is a commitment when signing up! Our group is especially invited as they know what fun we bring!!! Costumes not required but highly recommended!! Please let us know if you are interested in being apart of our group costume - ***our staff has something really fun planned!***



NOVEMBER 5

BOWLING! • SUPERIOR ENTERTAINMENT CENTER • 1:00 • LIMIT 15

We will reserve lanes for open bowling. No experience necessary!
We will cover the lane fees and shoe rental.

Ongoing Programs

* **BLOOD PRESSURE/BLOOD SUGAR CLINIC**
Friday, October 27th, 11:00am-12:00pm. A nurse 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 October, please do not wait to call and schedule. Call us today at (906) 228-0456. Cindy's October Foot Clinic is **Tuesday, October 3rd from 9:00am-3:00pm.** UP Home Health Care's October Foot Clinic is **Thursday, October 19th from 8:30am-1:30pm.** 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** – In partnership with Alger-Marquette Community Action nutrition program, come enjoy a healthy, nutritionally balanced lunch. Dining is 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 October: October 4th, 11th, 18th, and 25th 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.

* **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 TUESDAY, OCTOBER 24TH.**

* **ABC'S FITNESS**– Abs, Balance, Core & Strength! Join Instructor Gail Maki on **Tuesday & Thursday at 8:45am** in the Baraga Gym. **NO ABC'S FITNESS TUESDAY, OCTOBER 24TH.**

* **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!

* **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 Lynn, Sandi & Diane as they alternate routines.

* **PINOCHLE** – Join the Pinochle fun on Monday mornings beginning at 11:00am. Hope to see you there! **PINOCHLE WILL END EARLY ON OCTOBER 30TH.**

* **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

*****ON OCTOBER 18TH, ADVANCED AND INTERMEDIATE WILL ONLY BE FROM 10:30-11:30. BEGINNER PICKLEBALL WILL REMAIN THE SAME THAT DAY.*****

No need to call, drop in and join the games! PLEASE ATTEND THE SESSION APPROPRIATE FOR YOUR SKILL LEVEL TO AVOID OVERCROWDING. **NO PICKLEBALL TUESDAY, OCTOBER 24TH.**

* **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.

* **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 TUESDAY, OCTOBER 24TH.**

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

NOTE:

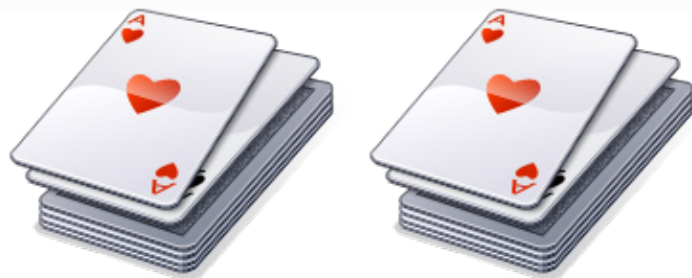
Pickleball hours differ from normal scheduling on October 18th. (see *Ongoing Programs page*) Please call the center if you have questions.



**Golden
Sprouts
Gardening
Group**

The Marquette Senior Center is excited to announce a new gardening and local food program, the **Golden Sprouts Gardening Group**. 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 in 2024!

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



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 – OCTOBER 5th.....** at 12:00 pm sharp the league officially begins!

Grab that lucky partner and get ready for a season of fun! Season includes Thursdays from October to May. If you 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... 906-228-0456.

We welcome new players of any age!

October 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 9-3 Cindy's Foot Clinic	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class	8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball	
8	9	10	11	12	13	14
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 5:00 Senior Theatre Experience Class	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class	8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball	
15	16	17	18	19	20	21
City of Marquette Art Awards	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class 2:00 Parkinson Support Group	8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball 8:30-1:30 UPHHH Foot Clinic	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 7:00 Senior Skate	
22	23	24	25	26	27	28
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 5:00 Senior Theatre Experience Class	GYM CLOSED 7:30am-4:30pm 4:00 Senior Dance Cognitive Assessments	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3 Pickleball 12:00 Congregate Meal	8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Blood Pressure Clinic 12-4 Pickleball 7:00 Senior Skate	Silver Sampler Event
29	30	31	Notes:			
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 4:00 Senior Dance				



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

October 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	News
2. Spaghetti with Meat Sauce Green Beans Apple Crisp Garlic Bread	3. Chicken Tenders Ranch Dip Peas & Carrots Oven Fried Potatoes Peaches in Gelatin Dinner Roll	4. Roast Turkey in Gravy Mashed Potatoes California Veggies Tropical Fruit Dinner Roll	5. Cheeseburger Baked Beans Sweet Potato Tots Strawb.-Applesauce Burger Bun Ketchup & Mustard	6. Egg Rolls Fried Rice Sweet & Sour Dip Capri Veggies Tapioca Pudding Dinner Roll	<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.</p> <p>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.</p> <p>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>
9. Pork Roast in Gravy Mashed Potatoes Sweet Corn Diced Peas Dinner Roll	10. Pollock Bites Tartar Sauce Cooked Squash Green Beans Cinnamon Applesauce Cornbread	11. Meatloaf Baked Potato w/ Sour Cream Key West Veggies Mandarin Oranges Dinner Roll	12. BBQ Chicken Thigh (bone-in) Cheesy Potatoes Green Peas Diced Peaches Cornbread	13. Lasagna California Veggies Papaya & Mango Garlic Bread Oatmeal Raisin-Cookie	
16. Hawaiian Chicken over Garden Rice Mixed Veggies Applesauce Dinner Roll	17. Shepherd's Pie Baby Carrots Fresh Orange Chocolate Chip-Cookie Dinner Roll	18. Roast Beef in Gravy Mashed Potatoes Broccoli Pineapple Tidbits Dinner Roll	19. Macaroni & Cheese Stewed Tomatoes Baked Beans Mixed Fruit Cornbread	20. Mild Beef Chili Diced Beets Peach Crisp Fresh Pear Dinner Roll	
23. Pulled BBQ Pork Sweet Potato Tots Capri Veggies Tropical Fruit Hamburger Bun	24. Breaded Pollock Tartar Sauce Cheesy potatoes Sliced Carrots Cornbread Oatmeal Cookie Diced Peas	25. Salisbury Steak w/ Gravy over Egg Noodles Green Beans Mandarin Oranges Dinner Roll	26. Cheese Ravioli w/ Marinara California Veggies Peaches in Gelatin Garlic Bread	27. Chicken in Gravy Mashed Potatoes Green Beans Chocolate Pudding Dinner Roll	
30. Philly Steak Casserole Mixed Veggies Papaya & Mango Dinner Roll	31. Pork Chop in Gravy-boneless Baked Potato with Sour Cream Green Peas Applesauce Dinner Roll			<p>Don't Forget to Check/Replace Your Furnace Filters!!! Stay Warm 🍁</p>	



Are You in the Best Prescription Drug Plan for 2024?

Each year Medicare beneficiaries have an opportunity to enroll in a prescription drug plan for the new calendar year. While individuals may stay with their current plan, the Michigan Medicare/Medicaid Assistance Program (MMAP) recommends reviewing your options each year.

Anyone who joined a Medicare prescription drug plan last year will soon receive an Annual Notice of Change from the company with which they have drug coverage. **READ THIS CAREFULLY**, as this notice will identify whether the plan is changing their premiums, co-pays, deductibles, and/or the medications they will cover. **You will need to make sure that the medications you are currently taking will still be covered by your plan in 2024.** If you need help understanding the notice, call a MMAP counselor for assistance at 211 or contact your social worker at the Marquette Senior Center.

Beneficiaries should take the time to answer these questions:

- COST:** Will your premium and costs change significantly in 2024?
- COVERAGE:** Do you need more coverage in 2024? Will the prescriptions you are taking be covered by your current plan in 2024?
- CUSTOMER SERVICE:** Are you satisfied with your plan's service?
- OPTIONS:** Are there better plans available for my specific needs?

Open enrollment begins October 15th and ends on December 7th. This is the time to change plans, if you chose, for the 2024 calendar year. Beneficiaries who did not join a Medicare drug plan during their initial open enrollment period may also now apply for a drug plan.

The Marquette Senior Center is offering Cognitive Assessments!!!

What is a Cognitive Assessment?

Cognitive testing is used if a person shows signs of a problem with memory, thinking, or other brain functions. The test shows if a person has a problem that requires more testing. Some providers recommend that the test be done at age 60 or one year after retirement. Cognitive testing is often used to screen older adults for a condition called mild cognitive impairment (MCI).

How long does the assessment take?

Approximately 30 minutes. This includes administering the test, reviewing the results, and making any indicated recommendations.

Do I need orders from my physician?

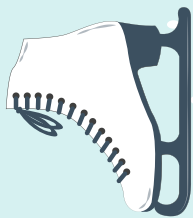
You do not, the tests administered here will not be submitted to insurance and therefore no orders are needed.

How much does the assessment cost?

The cost is \$25.00. You will be given the test and a written summary along with recommendations if indicated. Cash or checks are acceptable, and you will be given a receipt.

Please call the Marquette Senior Center to sign up.

We will be conducting assessments on October 24th.



Senior Skate

FREE, DROP-IN ICE SKATING AT LAKEVIEW ARENA
HOSTED BY THE MARQUETTE SENIOR CENTER

2023-2024 SCHEDULE

FRIDAYS FROM 7:00PM-8:30PM

October 20 and 27

November 3, 10, and 17

December 1 and 15*

January 5, 12, 19, and 26

February 2, 9, and 16

March 1 and 15*

* Be sure to join us for a Holiday Party on December 15
and our End of Season Party on March 15!



Senior Skate is free and open to residents of the City of Marquette, Marquette Township, Chocoday Township, and Powell Township ages 50+. Skate rentals also available at no cost!



This - n - That

- **Marquette Senior Center Hours** – As of September 8th Summer Hours have ended. The weekly hours for the Senior Center are as follows: Monday-Friday 7:30am - 4:30pm.
- **Closures** – The Baraga Gym will be closed on Tuesday, October 24 from 7:30am-4:30pm. No gym programs will take place during Senior Center hours on that day.
- **Cribbage** – Cribbage league is back! Starting at noon October 5th. Call us if you are interested in joining.
- **Senior Skate** - Senior Skate starts this month! October 20th and 27th at 7pm at the Lakeview Arena! (A list of all dates for the season is included in this newsletter)
- **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. **October's meeting date: October 18th.**
- **Free Skin Checks** – Forefront Dermatology will be performing free skin checks on Sunday, October 8, 2023 at the Up North Lodge in Gwinn from 11:00am to 1:00pm. The Just Believe organization will be having a fundraising event that day as well, but you do not have to participate in the Bike/Walk/Run Fundraiser to attend the free skin checks!
- **Community Grief Support** – 10/18/23 from 5:30-6:30pm. Loss of a loved one can look different for everyone. Let our team help you on your journey to new beginnings. This group is designed to support you with education, resources, and a safe place to listen and share. Facilitated by Bereavement Coordinator and Social Worker Lisa Marttila. Free & open to the public. No affiliation to our hospice is required. Please call 906.225.7760 if you have any questions. Lake Superior Life Care & Hospice office at 914 W Baraga Ave in Marquette.
- **Live & Learn** – 10/19/23 from 2pm-3pm. **Topic: Computer Maintenance.** Presented by Brian Maki, Service Technician from Maki Consulting.

Your biggest computer skill is to care for your digital equipment. This starts with monthly maintenance. You can *never* overlook protecting your investment. Doing no maintenance at all increases your potential for data loss, increases your odds of equipment failure, reduces your confidence as a user, and leads to a limited lifespan of a product. In this session, we discuss how monthly maintenance forces you to inspect your machine at a closer level. **Windows updates, defragging, cleaning digital footprints, reviewing your antivirus protection, changing passwords, and backing up essential data.** This includes all the classic ways to care for your machine. By taking action, you get an overall picture of your equipment. And because technology is changing by the day, it's recommended you do everything you can to be in control. 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. Please call Jamie Barbriere for questions at 906.225.7760.

October 30th will also be our part 2 of our Aging U.P. Presentation.

- **U.P. Wild Pups Therapy Dogs** – Come visit the NMU Wildpups, fueled by our local Superior Land Pet Partners Chapter! The Wildpups are therapy dog teams that provide companionship and company to dog lovers! October 18th- 11:30am-12:30pm in the Baraga Gym. No cost to attend!

PUMPKIN PANCAKES

Pumpkin pancakes are good in any season but are perfect to warm you up on cold winter mornings. You can use either canned or cooked fresh pumpkin.

INGREDIENTS

- 1 ½ cups milk
- 1 cup pumpkin puree
- 1 large egg
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- 2 cups all-purpose flour
- 3 tablespoons brown sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt
- cooking spray

DIRECTIONS

1. Gather all ingredients.
2. Stir milk, pumpkin, egg, oil, and vinegar together in a large bowl until well combined.
3. Whisk flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger, and salt together in a separate bowl. Add to pumpkin mixture; whisk just until combined.
4. Spray a griddle or frying pan with cooking spray; heat over medium-high heat.
5. Pour 3 to 4 tablespoons batter for each pancake onto the hot griddle and flatten batter slightly with a spoon.
6. Cook until small bubbles appear, about 2 minutes.
7. Flip and cook until golden brown, about 2 more minutes. Repeat with remaining batter.
8. Serve hot and enjoy!



By Allrecipes Member

Updated on September 6, 2023
Tested by Allrecipes Test Kitchen

Prep Time:

10 mins

Cook Time:

15 mins

Total Time:

25 mins

AUTUMN

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Apple
Autumn
Chestnut
Chilly
Cider
Cornucopia
Cranberry
Deciduous
Football
Halloween
Harvest
Hayride
Leaves
November
Nuts
October
Pumpkin
Quilt
Reap
Scarecrow
September





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 SENIOR DANCE TUESDAY, OCTOBER 3rd**

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 typically 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 local art instructor will lead the group on a new project. Participants residing outside of the Senior Center's service area 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., October 4 & 11 *Fall Leaves in Watercolor with Colleen Maki*

Wed., October 18 *Making Metal Charms with Mavis Farr*

NOTE: This class is full.

Wed., November 1 & 15 *Holiday Ribbon Trees with Diane Kribs-Mays*

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 as well as free admission to local theatre company productions.

September class dates are Mondays, October 9 and 23 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 necessary to take part! Please contact Tristan at (906) 225-8655 or tluoma@marquettemi.gov for more information about the Senior Theater Experience.

3) The **26th Annual City of Marquette Art Awards** will be hosted on **Sunday, October 15 from 6:00pm-9:00pm** at the U.P. Masonic Center in Downtown Marquette. This annual event celebrates individuals and organizations who have made outstanding contributions to arts and culture in Marquette. 12 awardees will be honored with a variety of awards, including Visual Artist, Performing Artist, Writer, Arts Organization, Arts Business, Arts Volunteer, Arts Advocate, and more. The evening will begin with a cocktail hour reception from 6:00pm-7:00pm, followed by a red carpet ceremony from 7:00pm-9:00pm. The event is free and open to the public. For more information and a list of this year's award recipients, visit www.mqtcompass.com/annual-art-awards or contact Tristan at (906) 225-8655.



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*
Gail Hermann, Elizabeth Sherman - *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 8 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.

