

HORIZONS

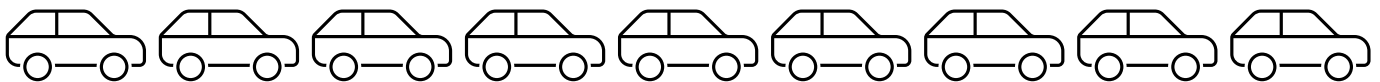
A Newsletter For and About Older Adults

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 no cost to those residents in our service area.



Parking and Winter Parking Ban

The City-wide winter Parking ban started November 1st. Please keep that in mind at your homes this winter. There is no street parking from 1am-7am every night. This also affects parking at the Marquette Senior Center as there is 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 or Individuals with More Physical Mobility

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!

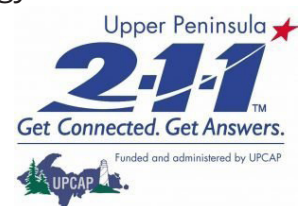
Winter Closure Policy

If MAPS public schools are closed due to inclement weather, MEANING A SNOW DAY NOT COLD DAY, the Marquette Senior Center and Baraga gym are open, however all Official Programming will be cancelled.



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 which includes 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.

JANUARY EVENTS

JANUARY 6

MOUNT MARQUETTE/RIPPLING RIVERS SNOWSHOE • 4:30!!! • ALL LEVELS, NO LIMIT

We will combine our hike with the Rippling Rivers Lantern Lit Snowshoe. First Snowshoe or hike up to Mount Marquette and then back to Rippling Rivers for their festivities.

For those who just want to do Rippling Rivers, meet at their lodge at 5:45.

JANUARY 11

SUICIDE BOWL SNOWSHOE • 1:00 PM • NEGAUNEE • SNOWSHOE/HIKE • ADVANCED ONLY, NO LIMIT

This will be an advanced Snowshoe around Suicide Bowl in Negaunee.

Approximately 3 miles with ups and downs.

JANUARY 18

ANDERSON LAKES SNOWSHOE • 1:00 • GWINN • ALL LEVELS, NO LIMIT • Maureen will do a short loop.

This will be a Snowshoe around Anderson Lakes pathway, approximately 3 to 4 miles - route dependent.

We will plan a stop at the UP North Lodge after!



Ongoing Programs

* **BLOOD PRESSURE/BLOOD SUGAR CLINIC – Friday, January 26th, 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 January, please do not wait to call and schedule. Call us today at (906) 228-0456. Cindy's January Foot Clinic is **Tuesday, January 9th from 9:00-3:00pm, and Wednesday, January 10th from 9:00-11:30am.** UP Home Health Care's January Foot Clinic is **Thursday, December 18th 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 five dates for January: January 3rd, 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.

* **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, JANUARY 2ND.**

* **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, JANUARY 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 MONDAY, JANUARY 1ST AND MONDAY, JANUARY 15TH.**

* **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. **NO HI-LOW FITNESS MONDAY, JANUARY 1ST AND MONDAY, JANUARY 15TH.**

* **PINOCHLE –** Join the Pinochle fun on Monday mornings beginning at 11:00am. Hope to see you there! **NO PINOCHLE MONDAY, JANUARY 1ST AND MONDAY, JANUARY 15TH.**

* **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 , MONDAY, JANUARY 1ST, TUESDAY, JANUARY 2ND, AND MONDAY, JANUARY 15TH.

* **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 an instructor **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 MONDAYS JAN. 1ST- FEB. 5TH. The normal schedule of Monday's and Fridays will resume Feb. 12th.**

* **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 JANUARY 1ST, TUESDAY, JANUARY 2ND, AND MONDAY, JANUARY 15TH.**

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



Check it Out!

Marquette Senior Center to Install Automated Check-In System in the New Year

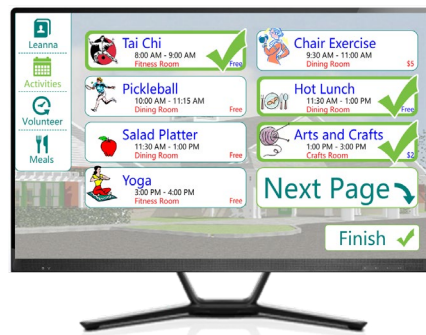
A new, automated check-in system called MySeniorCenter will soon be installed in the foyer at the Marquette Senior Center and the Baraga Gym. It's specifically designed to help our staff members manage the various sign-ups and sign-ins and improve the way we report our services to our funders.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada—so it's a proven tool.

A Change for the Better

The new system is extremely easy to use. Here's how it works:

1. All visitors and clients will receive a small key tag. (The card contains no personal information, but it will allow the new system to recognize you.)
2. Instead of signing in on our clipboards, you'll swipe your key tag at the scanner, or you can enter your name on the touchscreen (see below).
3. Press the touchscreen to select the programs you'll be participating in that day.
4. Press FINISH.

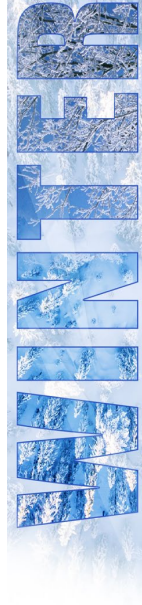




A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, Marquette Senior Center staff members will be available to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be more efficient, and we'll stand a better chance of receiving funding for future activities.

January 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 New Years Eve 	1 NEW YEARS DAY Senior Center Closed Baraga Gym Closed 7-4 	2 Senior Center Closed Baraga Gym closed 7-4	3 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class	4 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball	5 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 7:00 Senior Skate	6 Silver Sampler Event
7	8 9:00 Hi-Low Fitness 10:30 Senior Fitness Asahi Cancelled 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre Experience Class	9 8:45 ABC Fitness 9-3 Cindy's Foot Clinic 10:30 Tai Chi 12-4 Pickleball 4:00 Senior Dance	10 9:00 Hi-Low Fitness 9-11:30 Cindy's Foot Clinic 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 12:30 Lunch and Learn	11 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball Silver Sampler Event	12 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 7:00 Senior Skate	13
14	15 Senior Center Closed Baraga Gym Closed 7-4	16 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 4:00 Senior Dance	17 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's Group 3-4 Wild Pups Therapy Dogs	18 8:30-1:30 UPHHH Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball Silver Sampler Event	19 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 7:00 Senior Skate	20
21	22 9:00 Hi-Low Fitness 10:30 Senior Fitness Asahi Cancelled 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre Experience Class	23 8:45 ABC Fitness 9-12 Cognitive Assessments 10:30 Tai Chi 12-4 Pickleball 4:00 Senior Dance	24 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal	25 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 2-4 Pickleball	26 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 BP Clinic 12-4 Pickleball 7:00 Senior Skate	27
28	29 9:00 Hi-Low Fitness 10:30 Senior Fitness Asahi Cancelled 11:00 Pinochle 12-4 Pickleball	30 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 4:00 Senior Dance	31 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1-4 Senior Art Class	1	2	3
4	5	NOTES: Starting January 23rd, we will take appointments for taxes.				



ALAMEDA COUNTY
COMMUNITY ACTION
COUNCIL
HELPING PEOPLE CHANGE LIVES

January 2024

To cancel or restart a meal: Please call 228-6522, Press 1 for senior nutrition--Press 1 again to leave a message. **Please call before 9:00am day of service.** Thank You!

Monday	Tuesday	Wednesday	Thursday	Friday
1. Happy New Year! No Meal Delivery	2. CAAM Scheduled Day Off No Meal Delivery	3. Hawaiian Meatballs Garden Rice Blend Mixed Veggies Tropical Fruit Cornbread	4. Roast Beef Mashed Potatoes Green Beans Fig Cookie Diced Pear Dinner Roll	5. Chicken Lasagna Sliced Carrots Cinnamon-Applesauce Dinner Roll
8. Beef-Veggie Stew California Veggies Apple Crisp Buttermilk Biscuit	9. Tuscan Herb Tilapia Fillet Sweet Potato half Mixed Vegetables Tartar Sauce Mandarin Oranges Cornbread	10. Spaghetti w/ Meat Sauce Green Beans Sweet Corn Choc-Chip Cookie Pineapple Tidbits Garlic Bread	11. French Toast Bake w/ Syrup Turkey Sausages Hash-browns Orange Juice	12. Meatloaf Au Gratin Potatoes Peas & Carrots Diced Pears Dinner Roll
15. Martin Luther King Jr. Day No Meal Delivery	16. Cheeseburger Baked Beans Wedge Fries Applesauce Burger Bun Ketchup & Mustard	17. Pork Chop Suey Over Brown Rice Stir Fry Blend Veggie Tropical Fruit Dinner Roll	18. Sliced Ham w/ Gravy Mashed Potatoes Baby Carrots Pineapple Tidbits Dinner Roll	19. BBQ Chick-thigh (bone-in) Creamy Coleslaw Red Bliss Potatoes Diced Peaches Cornbread
22. Swedish Meatballs Garden Rice Blend Mixed Vegetables Mandarin Oranges Dinner Roll	23. Breaded Pollock Tartar Sauce Cheesy Potatoes Sliced Carrots Dinner Roll Diced Peaches	24. Chicken Chili Capri Vegetables Cherry Crisp Fresh Pear Cornbread	25. Roast Beef in Gravy Garden Rice Blend California Veggies Mixed Fruit Dinner Roll	26. Breakfast for Lunch!!-Bacon, Egg and Cheese Bake Diced Potatoes Orange Juice Blueberry Muffin
29. Cheesy Salsa Chicken Breast Black Bean & Rice Mexi-Corn Applesauce Cornbread	30. Cheesy Goulash Peas & Carrots Cherry Crisp Garlic Bread	31. BBQ Pulled Pork On a Burger Bun Wedge Fries Baked Beans Peaches in Gelatin	The snowy months are upon us!! With this being said, check the local radio and TV stations for Meal Delivery Closures if the weather is really bad. (TV-3, 6 & 10.)	

News

Senior Nutrition Program meals are provided by Community Action Alameda County 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, UPCA/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.

The Marquette Senior Center is offering Cognitive Assessments!!!

January 23rd from 9am-12pm at the Marquette Senior Center

Appointments Required call 906-228-0456

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.

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	High -Low Fitness 9:00	ABC Fitness 8:45	High -Low Fitness 9:00	ABC Fitness 8:45	High -Low Fitness 9:00
9:00					
9:30					
10:00	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
10:30					
11:00					
11:30	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
12:00					
12:30					
1:00	Ad/Int. Pickleball 2:30-4:00		Walking 3:00-4:00	Advanced/ Intermediate Pickleball 2:00-4:00	Advanced/ Intermediate Pickleball 2:00-4:00
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					

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) through the Marquette Senior Center beginning in February. **LOCATION OF APPOINTMENTS WILL BE IN THE COMMUNITY FORUM ROOM AT LAKEVIEW ARENA.** Call the Center for details.

WE WILL START TAKING APPOINTMENTS ON JANUARY 23rd

IF WE DO NOT ANSWER PLEASE LEAVE A DETAILED MESSAGE WITH THE TIME YOU CALLED SO WE CAN BOOK APPOINTMENTS IN THE ORDER THEY WERE RECEIVED.

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 2022 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 2023 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.**

This - n - That

- **Closures** – The Senior Center and the Baraga Gym will be closed all day Monday January 1st, Tuesday January 2nd, and Monday, January 15th.
- **Cribbage** – Cribbage league is going on, and it isn't too late to be involved. Call us if you are interested. We would love to add to our sub list.
- **Senior Skate** - Senior Skate is back! January 5th, 12th, 19th, and 26th at 7pm at the Lakeview Arena!
- **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.
- **PARKINSON'S SUPPORT GROUP** – Typically the 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. **January meeting date: January 17th.**
- **NMU WILDPUPS THERAPY DOG PROGRAM** - If you haven't seen the fliers yet, the therapy dogs will be back again this month, the dogs will be in the Baraga Gym from 3-4pm on Wednesday, January 17th.

9 CAN VEGETABLE SOUP

Incredibly healthy, very tasty, perfectly suited for a make-ahead meal.

Serves: 12 servings

Prep Time: 10 mins Total Time: 10 mins

INGREDIENTS

- 1 can Chili with beans
- 1 can Chili without beans
- 1 can vegetable soup
- 1 can green beans
- 1 can sliced new potatoes
- 1 can mixed vegetables
- 1 can corn
- 2 cans diced tomatoes



DIRECTIONS

1. Empty entire contents of each can into the crockpot.
2. Heat on low all day or on high for 2 hours or less.



Happy New Year
2024



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, JANUARY 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 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., January 3 & 17 ***The Functional Art of Paper Crafting** with Alesia Braund*

Wed., January 24** ***Paint Like Picasso – Learning about Cubism** with Colleen Maki*
****1:00pm-4:00pm**

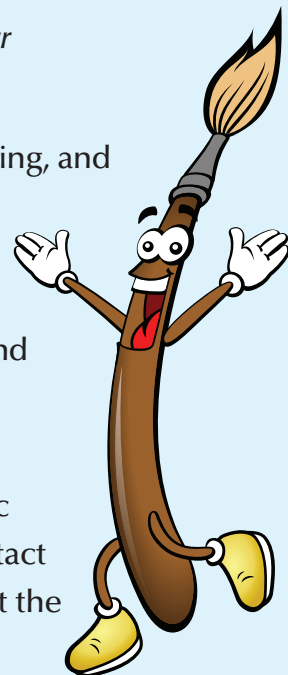
Wed., February 7 & 21 ***TBD** with Gene Bertram*

Wed., February 14 ***Metalsmithing: Making Metal Charms** with Mavis Farr*

Wed., February 28 ***Linocut Print Card Making** with Mavis Farr*

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.

January class dates are Mondays, January 8 and 22 from 4:00pm-5:00pm 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@marquettetmi.gov for more information about the Senior Theater Experience.



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*

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.

