

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 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 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*.

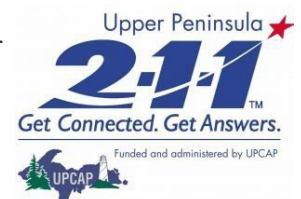


National Conference of Aging

The Marquette Senior Center was selected to present at the National Council on Aging Conference in Arlington Virginia in May. We will have the opportunity to present about programming that helps fight ageism and promotes aging actively. We are so excited to get national recognition and thank our community for all their support. #AgeAction

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.

We are planning for changing weather and conditions with some inside adventures! If we do get good usable snow, we will schedule another outside adventure during the month which will be posted in the Silver Sampler Facebook page.

Please sign up early, as events fill quickly! (906) 228-0456.

NEW PARTICIPANTS MUST SIGN WAIVER TO PARTICIPATE PRIOR TO EVENT.

MARCH EVENTS

MARCH 14 (TENTATIVE!)

NMU CLIMBING WALL • 1:00-2:00 • LIMIT 10

We will get to test our skills on the NMU climbing wall, learning techniques and safety.

No experience necessary.



Website: nmu.edu/recsports/climbing-wall



MARCH 22

BOWLING • SUPERIOR LANES, SUPERIOR ENTERTAINMENT CENTER, MARQUETTE • 4:00-5:00 PM • LIMIT 20

Both beginners and advanced are welcome!

Ongoing Programs

* **BLOOD PRESSURE/BLOOD SUGAR CLINIC** – **Friday, March 22nd, 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 March, please do not wait to call and schedule. Call us today at (906) 228-0456. Cindy's March Foot Clinic is **Tuesday, March 5th from 9:00am-3:00pm, and Wednesday, March 6th from 9:00-11:30.** UP Home Health Care's March Foot Clinic is **Thursday, March 21st 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 March: March 6th, 13th, 20th, and 27th 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.

* **ABC'S FITNESS**– Abs, Balance, Core & Strength! 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 FRIDAY, MARCH 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 Lynn,

Sandi & Diane as they alternate routines. **NO HI-LOW FITNESS FRIDAY, MARCH 29TH.**

* **PINOCHLE** – Join the Pinochle fun on Monday mornings beginning at 11:00am. Hope to see you there!

* **DUPLICATE BRIDGE** – Bridge is played at the senior center on Tuesdays, Thursdays, and Fridays at 12:30pm. The Superiorland Bridge Club honors a player of the month - the one who earns the most Master Points. With 17+ points accrued; Geri Grimes is the latest honoree to be pictured on the Club's wall of fame. "I like the fact that I use my mind," Geri says, "and that these people are all my friends." **NO BRIDGE FRIDAY, MARCH 29TH. The group also offers lessons! Please call the Senior Center if interested.**

* **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 FRIDAY, MARCH 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 & 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 FRIDAY, MARCH 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 FRIDAY, MARCH 29TH.**

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

This - n - That

- **Closures** – The Senior Center and the Baraga Gym will be closed on March 29th for Good Friday. Note: This does not include private gym rentals that take place after 4pm on that date.
- **Senior Skate** – Senior Skate is back! March 1st and March 15th at 7pm at the Lakeview Arena! Join us for our end of the year party on March 15th.
- **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. **March meeting date: March 20th.**
- **BYOD** – Bring your own device workshop for Seniors!!! We will be hosting a couple of bring your own device workshops, where there will be volunteers on site to help you with simple things regarding some of your technology. Please call us at 906-228-0456 to sign up.
- **Community Grief Support** – 3/20/24 • 5:30-6:30 p.m. – Loss of a loved one can look different for everyone. Let our team help you on your journey to new beginnings. Choose the location that works best for you! Please call 906.225.7760 if you have any questions. Lake Superior Life Care & Hospice office, 914 W Baraga Ave.
- **Caregiver Support Groups** – 3/20/24 • 2:00-3:00 p.m. – Are you feeling isolated or burned out as a caregiver? Do you experience frustration or guilt and need a safe place to process? Join us for opportunities to share your feelings, develop friendships, receive emotional support, and to learn about available community resources. Lake Superior Life Care & Hospice Office, 914 W. Baraga Ave.
- **Live & Learn** – 3/21/24 from 2-3 p.m. Topic: Exercise your brain! We all know that our bodies need physical exercise, but did you know our brain needs exercise as well? Licensed pathologist Chris Harkness, MS-CCC-SLP will be presenting another presentation in her Aging U.P. series that will teach you how to focus on strategies that will sharpen your brain skills including attention, concentration, decision-making, memory and problem solving. Location: Millcreek Clubhouse 1728 Windstone Dr in Marquette. This presentation is free and open to the public! Please call Jamie Barbieri with any questions 906. 225.7760.
- **Powerful Tools for Caregivers (Virtual)** – This 6-week workshop is designed for the informal caregiver and will help you take care of yourself while caring for a parent, spouse, or friend. This workshop will provide YOU, the caregiver tools to: Reduce stress and help you relax, make tough decisions. When will it happen?: Thursdays, March 28th – May 2nd, 2024 2:00-3:00 p.m. EST. To register visit our website at: www.upcap.org (click on EVENTS) or call 2-1-1 for assistance. There is no charge for this online workshop.
- **FEEDING AMERICA TRUCKS** – Thursday, March 14, 2024 – 10:00 AM - Marquette County (Drive Thru), Silver Creek Thrift Store, 219 Silver Creek Road, Marquette, MI 49855



March 2024




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1 NOTES:					

March 2024



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

Monday	Tuesday	Wednesday	Thursday	Friday	News
To cancel or restart a meal: Please call 906-228-6522 before 9:00am day of service. Press 1 for senior nutrition--Press 1 again to leave a message. Thank You!					<p>Senior Nutrition Program meals are provided by Community Action Alger Marquette for persons 60 or older & their spouses.</p> <p>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>
4. Lemon Pepper Chicken Baby Carrots Red Bliss Potatoes Diced Peaches Dinner Roll	5. Macaroni & Cheese Baked Beans Sweet Potato half Cherry Applesauce	6. Beef-Veg Stew Key West Veggies Apple Crisp Buttermilk Biscuit	 7. Sliced Ham Mashed Potatoes & Gravy Green Beans Pineapple Tidbits Dinner Roll	1. Roast Turkey Mashed Potatoes w/ Gravy Peas & Carrots Tropical Fruit Dinner Roll	
11. Cheeseburger Baked Beans Wedge Fries Cinn.-Applesauce Burger Bun Ketchup & Mustard	12. Breaded Chicken Sweet Potato half Capri Veggies Diced Pears Dinner Roll	13. Cheesy Goulash Sweet Corn Fresh Pear Cherry Crisp Garlic Bread	14. Slices Turkey Mashed Potatoes & Gravy Broccoli Peaches in Gelatin Dinner Roll	15. Spaghetti w/ Meat Sauce Green Beans Sweet Corn Mandarin Oranges Garlic Bread	
18. Sausage w/Kraut Red Bliss Potatoes Baby Carrots Chocolate Mint Dessert Dinner Roll	19. Swedish Meatballs Garden Rice Blend Mixed Vegetables Tropical Fruit Dinner Roll	20. Breakfast for Lunch-Bacon, Egg and Cheese Bake Diced Potatoes Orange Juice Blueberry Muffin	21. Roast Beef & Gravy Garden Blend Rice California Veggies Mixed Fruit Dinner Roll	22. Chicken Lasagna Prince Charles Veg. Fig Cookie Pineapple Tidbits Garlic Bread	
25. Roast Beef Mashed Potatoes & Gravy Capri Veggies Diced Pears Dinner Roll	26. Breaded Pollock Tartar Sauce Cheesy Potatoes Sliced Carrots Peaches in Gelatin Dinner Roll	27. Cabbage Roll Diced Sweet Potato Chocolate Chip Cookie Tropical Fruit Dinner Roll	28. Chicken Enchiladas Mexican Rice Sweet Corn Chocolate Pudding Cornbread	29. Roast Pork Mashed Potatoes & Gravy Mixed Veggies Cinn.-Applesauce Dinner Roll	

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

The Marquette Senior Center is offering Cognitive Assessments!!!

March 26th 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.

MEATLOAF BITES

Do you love meatloaf but hate to make a huge loaf for one or two people, try making mini loaves in a muffin pan and freeze them for future meals!!!

INGREDIENTS

- 2 pounds Ground Beef
- 1 ½ cups Quick Oats
- ½ cup White Onion finely diced or grated
- 3 large Eggs beaten
- 1 teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon ground black pepper
- ½ teaspoon onion powder
- 1/3 cup Ketchup
- Additional Ketchup and Brown Sugar (optional) for glaze



DIRECTIONS

1. Preheat the oven to 375°F. Lightly spray a standard-size metal or silicone muffin pan with non-stick cooking spray.
2. In a large bowl, combine the ground beef, quick oats, onion, eggs, seasoning, and ketchup. Mix together all the ingredients until they are completely incorporated.
3. Spoon the meatloaf mixture into the muffin cups, filling each cup to the top.
4. If desired, mix ketchup and brown sugar (according to your liking), then using a teaspoon, top each muffin with the glaze.
5. Bake for 30 minutes.

STORING & REHEATING

Let it cool and wrap it in foil or plastic wrap. then place in a heavy-duty freezer bag or airtight container and freeze for up to 3 months!

Defrost any frozen leftovers overnight in the fridge before reheating.

The oven is my favorite way to reheat without drying it out. Preheat your oven to 250°F (121°C) and place the leftovers into a baking dish.

Add a splash of water or broth to the dish, then cover with a lid or aluminum foil. Reheat in your oven for 20 to 30 minutes, or until the center is at least 165°F (74°C).

(You can also reheat them in a microwave)





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, MARCH 5.**

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., March 6 & 20

Gelli Prints with Cindy Dupee

****CLASS IS FULL – call to join wait list***

Wed., March 13

Winter Roots: Acrylic Painting of Instruments with Gene Bertram

****CLASS IS FULL – call to join wait list***

Wed., April 3 & 17

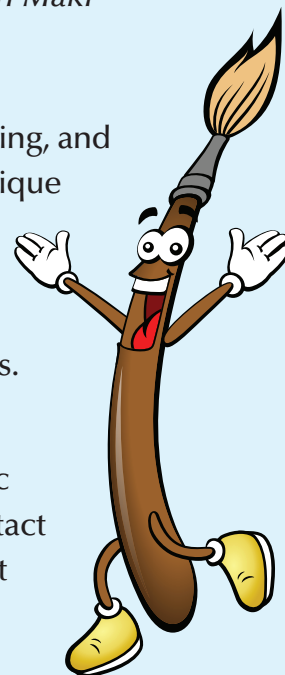
Oil Pastels inspired by Georgia O'Keefe with Colleen Maki

Wed., April 24

Wax Resist with Colleen Maki (1pm-4pm)

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.

March class dates are Mondays, March 11 and 25 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.

