



CITY OF MARQUETTE  
**SENIOR  
SERVICES**

# Horizons Newsletter



**MAY 2024**

## **| WELCOME LETTER**

In the spirit of spring, you lovely readers may notice the BIG newsletter change. We have transitioned to taking on sponsors for our newsletter. We are very excited about this change and want to thank the local tax payers and business's who have supported us. Making this transition will save us and therefore the people in our service area money that we can otherwise put towards providing the best quality services and programs we can. Please bear with us as we

navigate this change. We appreciate your patience.

The services listed here are regularly scheduled at the Marquette Senior Center. We encourage you to take advantage of any or all of them. The Marquette Senior Services 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, Referral, Health, Recreation Services and Arts programming to those 50+ at no cost to those residents in our service area. Please consider making a donation if outside of our service area. Sincerely,

Maureen McFadden  
Senior Services Manager  
City of Marquette

## 2 OUR PROGRAMS

### SILVER SAMPLER

Silver Sampler is an Outdoor Recreation and Education Program offered through the Marquette Senior Center with the focus on bringing folks into the outdoors to build skills, knowledge and abilities so that they are more confident in participating in outdoor events and resilient in life.

#### \* BLOOD PRESSURE/ BLOOD SUGAR CLINIC

Friday, May 24th, 11:00am-12:00pm. A nurse from UP Home Health Care will be at the Center .

#### \* FOOT CLINIC – We

have several different choices. If you would like an appointment please do not wait to call and schedule. Call us today at (906) 228-0456. Cindy's Foot Clinic is Tuesday, May 7th from 9am -3pm, and Wednesday, May 8th from 9am-11:30am. UP Home Health Care's Foot Clinic is Thursday, May 16th from 8:30am-1:30pm. Cost: \$25 Please remember to bring a basin to soak your feet and a towel to dry them! 906 Foot Care, offers individual appointments and prices vary for services.

Each event is planned with a priority of safety for ALL GROUP MEMBERS. Every participant is responsible not only for their own safety, but the safety of the group. Given that, we do have some standard requirements for each participant. We ask that each person bring water/hydration and a snack WITH THEM FOR THE EVENT NO MATTER HOW SHORT. We also ask folks to wear “wicking” clothing that sheds moisture, good footwear for hikes, and not wear jeans/cotton as this could potentially make a difference in not only comfort, but safety. We ask that participants bring with them any essential medication, and inform the group leader of any concerns prior to the outing Generally, all equipment is covered.

For more information or to sign up for the events, call the Marquette Senior Center at 906-228-0456. *Note: You must sign up at least 2 days in advance.*

MAY 2 -- SONGBIRD TRAIL  
LITTLE PRESQUE ISLE  
Beginner Hike -- about 1.5 miles along the pines and beach by Little Presque Isle. Hiker must be able to do at least the stated distance unassisted.

1:00 No Limit.

MAY 22 -- CHAPEL FALLS  
Advanced Hike—must be able to navigate uneven terrain and hike more than 3 miles comfortably  
11:00 Bear Trap Inn,  
Munising  
Limit 15.

MAY 30 --FIT STRIP,  
MARQUETE Beginner  
Hike—must be able to hike approximately 1.5 miles comfortably  
1:00 No Limit

**NEW PARTICIPANTS  
MUST SIGN WAIVER TO  
PARTICIPATE PRIOR TO  
EVENT.**



## TAI CHI

Tai Chi is a slow moving, core strengthening, great for your balance routine. **Tuesdays and Thursdays from 10:30-11:30** in the Baraga Gym.

## ASAHI

A versatile, mind-body health practice from Finland, Asahi can be practiced by people of all ages and in all states of health or physical condition. **Mondays and Fridays 10:30-11:30am.**

## 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.

## ABC'S FITNESS

**Abs, Balance, Core & Strength!** Join Instructor Gail Maki on **Tuesday & Thursday at 8:45am** in the Baraga Gym.

## PICKLEBALL

See page 12 for the schedule. No need to call, drop in and join the games! *PLEASE ATTEND THE SESSION APPROPRIATE FOR YOUR SKILL LEVEL TO AVOID OVERCROWDING.*

## WALKING

In the Baraga Gym. Walking hours include Mondays, Wednesdays, Fridays 7:30am – 9:00am, Tuesdays & Thursdays 7:30am – 8:45am, and Wednesdays 3:00pm – 4:00pm.

## 4 OUR PROGRAMS

### CONGREGATE MEALS

In partnership with Alger-Marquette Community Action nutrition program, come enjoy a healthy, nutritionally balanced lunch! 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. See the calendar for dates. It is important that you register in advance **BY NOON THE DAY BEFORE** by calling (906) 228-0456. Meals on **Wednesdays at 12:00.**

### 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!

### PINOCHLE

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

### DUPLICATE BRIDGE

**Tuesdays, Thursdays, and Fridays at 12:30pm.**  
The group also offers lessons! Please call the Senior Center if interested .



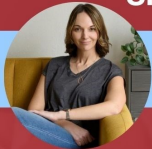




# CARING FOR AN AGING LOVED ONE

This presentation, question and answer period will cover how to navigate the experience of caring for an aging loved one. Through storytelling, you will learn what to expect about legal matters related to this topic. You'll also receive guidance on having hard conversations now, legal matters, and hospice.

## SPEAKERS



Erica Payne  
Attorney  
Taproot Law



Jamie Barbieri, RN  
Community Outreach Coordinator  
Lake Superior Life Care & Hospice

**May 7, 2024**

**1:00 - 2:30 PM**

**Peter White Public Library**

**Heritage Room**

**217 N. Front St, Marquette**

LakeSuperiorHospice.org  
906.225.7760  
Taprootadvocates.com  
906.284.8426

**FREE & OPEN  
TO THE PUBLIC**

# THIS-N-THAT 5



**Playing with Change:  
Putting More LIFE  
in Your Years!**

**with Nancy Uschold**  
Physical Therapist, Lifestyle Medicine Coach,  
and Certified Health & Well-Being Coach

**WEDNESDAYS, MAY 15 & 22 1-2PM  
MARQUETTE SENIOR CENTER**

Discover the area of Lifestyle Medicine.  
Registration is required call 228-0456.  
Strongly recommended to attend both sessions.

## 6 THIS-N-THAT

### CENTER CLOSURES

The Marquette Senior Center and the Baraga Gym will be closed in observance of Memorial Day on Monday, May 27th.

### DROP IN CRIBBAGE

**Starts May 23rd**

**12pm-2pm**

No Partner Necessary  
Tacos will be provided  
Instruction provided if needed

### CAREGIVER SUPPORT GROUPS MARQUETTE

**5/8/24 2:00-3:00pm**

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.

### PARKINSON'S SUPPORT GROUP

**2pm – 3pm** Marquette Senior Center. Open to people living with Parkinson's disease and their caregivers. **Next meeting date: May 15th.**

### FEEDING AMERICA TRUCKS

**Thursday, May 2, 2024:**

**9:00 AM** - (Drive Thru), North Iron

Church, Ishpeming

**Thursday, May 9, 2024:**

**10:00 AM** - (Drive Thru), Silver Creek Thrift Store, Marquette

### COMMUNITY GRIEF SUPPORT MARQUETTE

**5/15/24 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. 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.

### MOST WANTED

- Swiffer Wet Jets
- Swiffer Wet Jet refills
- Clorox spray for our Homemaking program.
- Coffee Grounds for the Senior Center.

### COGNITIVE ASSESSMENTS

**May 21<sup>st</sup> 9am-12pm at the Marquette Senior Center**

**Appointments Required call 906-228-0456**

Some providers recommend that a cognitive test be done at age 60 or one year after retirement. Cognitive testing is often used to screen older adults. 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.

City of Marquette Brush and Rubbish Drop Off—Composting Site open Tuesdays 3-7pm and Saturdays 9am-1pm. Household rubbish site open Mondays and Wednesdays 3-7pm and the Second Sat of each month 1-4pm.

# May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal	2 8:45 ABC Fitness 10:30 Tai Chi 12:30 Bridge 2-4 Pickleball	3 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
6 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	7 8:45 ABC Fitness <b>9-3 Cindy's Foot Clinic</b> 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	8 9:00 Hi-Low Fitness <b>9-11:30 Cindy's Foot Clinic</b> 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class	9 8:45 ABC Fitness 10:30 Tai Chi 12:30 Bridge 2-4 Pickleball	10 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
13 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	14 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	15 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class	16 <b>8:30-1:30 UPHHH Foot Clinic</b> 8:45 ABC Fitness 10:30 Tai Chi 12:30 Bridge 2-4 Pickleball	17 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
20 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	21 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	22 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal 1:00 Senior Art Class	23 8:45 ABC Fitness 10:30 Tai Chi 12:30 Bridge 2-4 Pickleball	24 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi <b>11-12 BP Clinic</b> 12-4 Pickleball 12:30 Bridge
27 <b>Memorial Day</b> <b>Senior Center Closed</b> <b>Baraga Gym Closed 7:00-4:00</b>	28 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	29 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball 12:00 Congregate Meal	30 8:45 ABC Fitness 10:30 Tai Chi 12:30 Bridge 2-4 Pickleball	31 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge





# May 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>To cancel or restart a meal:</b>  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>				
<p>6. Chicken Tenders Ranch Dip Green Beans Wedge Fries Diced Peaches Dinner Roll</p>	<p>7. BBQ Pork Chop Baked Potato Sour Cream California Veggies Cherry Applesauce Dinner Roll</p>	<p>1. Chicken Salad On a Croissant Coleslaw Tapioca Pudding Apple Slices</p>	<p>2. Macaroni &amp; Cheese Baked Beans Stewed Tomatoes Tropical Fruit Orange Loaf</p>	<p>3. Beef-Veg Stew Sweet Corn Peach-Cherry Crisp Buttermilk Biscuit Fresh Pear</p>
<p>13. Roast Beef Mashed Potatoes &amp; Gravy Broccoli Peaches in Gelatin Dinner Roll</p>	<p>14. Cheeseburger. Baked Beans Sweet Potato Puffs Diced Pears Burger Bun Ketchup &amp; Mustard</p>	<p>15. Polish Sausage w/ Kraut Red Bliss Potatoes Baby Carrots On a Hot Dog Bun Peaches in Gelatin</p>	<p>16. Cheesy Goulash Sweet Corn Apple Crisp Fresh Banana Garlic Bread</p>	<p>17. Roast Pork Loin &amp; Gravy Garden Blend Rice California Veggies Mixed Fruit Dinner Roll</p>
<p>20. Meatloaf Baked Potato Sour Cream Green Beans Diced Peaches Dinner Roll</p>	<p>21. Roast Turkey Mashed Potatoes w/ Gravy Nantucket Blend Veg Mandarin Oranges Dinner Roll</p>	<p>22. Mild Beef Chili Capri Veggies Apple Slices Chocolate Pudding Dinner Roll</p>	<p>23. Ham &amp; Scalloped Potatoes Baby Carrots Tropical Fruit Orange Loaf</p>	<p>24. Chicken Lasagna Prince Charles Veg. Fig Cookie Pineapple Tidbits Garlic Bread</p>
<p>27. Sweet &amp; Sour Chicken over Brown Rice Oriental Veggies Strawb. Applesauce Dinner Roll</p>	<p>28. Breaded Pollock Sweet Potato Half Broccoli Fig Cookie Diced Pears Dinner Roll</p>	<p>29. Roast Beef Mashed Potatoes &amp; Gravy Mixed Veggies Mandarin Oranges Dinner Roll</p>	<p>30. Chicken Tenders Ranch Dip Sweet Potato Cubes Green Beans Diced Peaches</p>	<p>31. Cabbage Roll Diced Sweet Potato Chocolate Chip Cookie Fresh Orange Dinner Roll</p>

## News

Senior Nutrition Program meals are provided by Community Action Alger Marquette for persons 60 or older & their spouses. Your Senior Nutrition Council recommends a donation of \$3.50 per meal, which is applied to the purchase of food and its preparation. Guests under 60 pay \$6.50.

The Senior Nutrition Program is provided through OSA, UP/CA/P/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.



### Senior Visual Art Classes

are typically held on the **first and third Wednesday of each month from 1:00pm-3:00pm (unless otherwise noted)** at the Marquette Arts & Culture Center, located in the lower level of Peter White Public Library. 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., May 8, 15 & 22—*Silk Scarf Painting* with Diane Kribs-Mays**

**Wed., June 5 & 19—*TBD - Art Week Project* with Alesia Braund**

### 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, MAY 7**

## ART CORNER CONT 10

### |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 NMU Theatre classes, backstage tours, tech design, and performance rehearsals, as well as free admission to local theatre company productions!

**May class dates are Mondays, May 6 and 20** 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@marquettemi.gov](mailto:tluoma@marquettemi.gov) for more information about the Senior Theater Experience.



## **RIDE TRANSPORT**

- 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.

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



MARQUETTE SENIOR SERVICES  
 300 WEST SPRING STREET  
 MARQUETTE, MI 49855

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

**SENIOR SERVICES STAFF**

**(906) 228-0456**

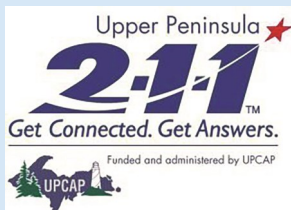
Maureen McFadden  
*Senior Center Manager*

Michelle Marzec  
*Administrative Assistant*

Lisa Balko  
*Social Work Coordinator*

Gail Hermann &  
 Elizabeth Sherman and Angela  
 Davis  
*Social Workers*

Tristan Luoma  
*Arts & Senior  
 Services Coordinator*



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