



CITY OF MARQUETTE  
**SENIOR SERVICES**

# Horizons Newsletter



**JUNE 2024**

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## **WELCOME LETTER**

This month we celebrate the retirement of our Social Worker of 12 years Gail Hermann. If you know her or have worked with her in the past you know that she deserves the best. Please join us in wishing her the best in this next chapter. We are so appreciative of her service.

Sincerely,  
 Maureen McFadden  
 Senior Services Manager

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 , Information, Referral, Health, Recreation Services and Arts programming to those 50+ Social Work (60+) at no cost to residents in our service area. The City of Marquette, Marquette Township, Chocolay Township, and Powell Township are all included in our service area. ***Please consider making a suggested donation of \$5 if outside of our service area.***

## 2 OUR PROGRAMS

### SILVER SAMPLER

Silver Sampler is an Outdoor Recreation and Education Program with a focus on bringing folks into the outdoors to build skills, knowledge, abilities and resilience.

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.

**ART WEEK CHALLENGE 6/24- 6/29: No Limit**  
**This is a self guided challenge, but we will have Maps available! Participants must visit at least 7 sites of bike path murals during this time frame. If you complete the challenge you get a prize. Registration required.**

JUNE 13—SONGBIRD TRAIL, LITTLE PRESQUE ISLE—Beginner Hike, about 1.5 miles.  
1:00 No Limit.

JUNE 20—DAY'S RIVER, GLADSTONE HIKE/BIKE  
Hikers will go about 3-4 miles over variable terrain. Bikers will mountain bike around 8 miles. We will have guides for both, please indicate which event when signing up. Helmets are mandatory!  
11:00 No Limit

JUNE 27—TOP OF THE WORLD Beginner to intermediate hike, approximately 2.5 miles with uneven terrain and some climbs.  
1:00 No Limit

JULY 11—BIG BAY TRAIL SYSTEM Beginner to intermediate hike, 3-5 miles over uneven terrain.  
11:00 No Limit

JULY 18—KAYAK CATARACT BASIN, GWINN  
This is an inland basin, but can get choppy! A larger boat is recommended. Provide your own gear and transport. If you need gear, you can be put on a waiting list.  
1:00 Limit 12

JULY 25—HARLOW FARMS  
Beginner to intermediate hike, about 3 miles over uneven terrain and hills.  
1:00 No Limit

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.*

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



**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.

**TAI CHI**

Tai Chi is a slow moving, core strengthening, great for your balance routine which uses gentle, slow-moving motions. Led by Maria on **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. Join instructor, Don Bode on **Mondays and Fridays 10:30-11:30am** in the Baraga Gym. It is great for strengthening, developing balance, and reducing stress.

## 4 OUR PROGRAMS

### 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.**

### 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!

**BLOOD PRESSURE/BLOOD SUGAR CLINIC**

**Friday, June 28th, 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 call us today at (906) 228-0456. Cindy's Foot Clinic is **Tuesday, June 11th from 9am-3pm,** and **Wednesday, June 12th from 9am-11:30am.** UP Home Health Care's Foot Clinic is **Thursday, June 20th 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.

**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.**

## 6 THIS-N-THAT

### LAKE SUPERIOR LIFE CARE & HOSPICE

914 W BARAGA AVE.

### CAREGIVER SUPPORT GROUPS MARQUETTE

6/12/24 2:00-3:00pm

Share your feelings, develop friendships, receive emotional support, and to learn about available community resources.

### COMMUNITY GRIEF SUPPORT MARQUETTE

6/19/24 5:30-6:30pm

Let our team help you on your journey to new beginnings. Please call 906.225.7760 if you have any questions.

### LIVE & LEARN MILLCREEK

6/20/24 2-3pm Topic:

#### Advance Directives:

Learn how to make your healthcare preferences known. Free and open to the public, optional 5 wishes document may be purchased for \$5.

Millcreek Clubhouse

1728 Windstone Dr,  
Marquette.

### COGNITIVE ASSESSMENTS

June 18th 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.

### FEEDING AMERICA TRUCKS

**Thursday, June 6, 2024:**

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

Church, Ishpeming

**Friday, June 7, 2024**

**2:00pm - (Drive Thru),**  
NMU Berry Events  
Center, Marquette

### CENTER CLOSURES

The Marquette Senior is closing early on **Friday, June 14, 2024 at 12pm.**

Also, the Marquette Senior Center and the Baraga Gym will be closed on **Thursday, July 4th**, in observance of Independence Day.

### DROP IN CRIBBAGE

**12pm-2pm**

No Partner Necessary  
Tacos will be provided  
Instruction provided if  
needed.

### PICNIC IN THE PARK

**Tuesday, June 25th,**  
**12:00pm at the Presque**  
**Isle Pavilion.**

Join us for a free lunch  
and a presentation.

**Registration is required.**

### PARKINSON'S SUPPORT GROUP

**2pm - 3pm** Marquette  
Senior Center. Open to  
people living with  
Parkinson's disease and  
their caregivers. **Next**  
**meeting: Wed. Jun. 19th.**

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.



# June 2024



Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	8:45 ABC Fitness <b>Tai Chi Cancelled</b> 12-4 Pickleball 12:30 Bridge	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 <b>Tai Chi Cancelled</b> 12-2 Drop in Cribbage 12:30 Bridge 2-4 Pickleball	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
10	11	12	13	14
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	8:45 ABC Fitness <b>9-3 Cindy's Foot Clinic</b> <b>Tai Chi Cancelled</b> 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	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	8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop in Cribbage 12:30 Bridge 2-4 Pickleball <b>Silver Sampler Event</b>	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge <b>Senior Center Closing at 12:00</b>
17	18	19	20	21
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	8:45 ABC Fitness <b>9-12 Cognitive Assessments</b> 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30-3:00 Pickleball <b>No Congregate Meal</b> 1:00 Senior Art Class	<b>8:30-1:30 UPHH Foot Clinic</b> 8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop in Cribbage 12:30 Bridge 2-4 Pickleball <b>Silver Sampler Event</b>	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
24	25	26	27	28
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 <b>12:00 Picnic in the Park</b> 12-4 Pickleball 12:30 Bridge 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 12-2 Drop in Cribbage 12:30 Bridge 2-4 Pickleball <b>Silver Sampler Event</b>	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi <b>11-12 BP Clinic</b> 12-4 Pickleball 12:30 Bridge



# June 2024



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

Monday

Tuesday

Wednesday

Thursday

Friday

To cancel or restart a meal:  
Please call 906-228-6522 before 9:00am the day of service. Press 1 for senior nutrition--Press 1 again to leave a message. Thank You!

3. Macaroni & Cheese  
Baked Beans  
Sliced Carrots  
Tropical Fruit  
Orange Loaf

4. Chicken Salad  
Sweet & Sour Slaw  
Chocolate Pudding  
Apple Slices  
Croissant

5. Swedish Meatballs  
Garden Rice Blend  
Mixed Vegetables  
Mandarin Oranges  
Dinner Roll

6. Rotini Pizza Bake  
Sweet Corn  
Fig Cookie  
Diced Pears  
Garlic Bread

7. Beef-Veg Stew  
Green Beans  
Peach-Cherry Crisp  
Buttermilk Biscuit  
Fresh Banana

10. Polish Sausage w/ Kraut  
Red Bliss Potatoes  
Baby Carrots  
On a Hot Dog Bun  
Cherry Applesauce

11. Roast Beef  
Mashed Potatoes & Gravy  
Broccoli  
Peaches in Gelatin  
Dinner Roll

12. Cheeseburger  
Baked Beans  
Sweet Potato Puffs  
Mixed Fruit  
Burger Bun  
Ketchup & Mustard

13. Beef Chili  
Sliced Carrots  
Blueberry Crisp  
Dinner Roll

14. Country Pork Patty w/ Gravy  
Rice Pilaf  
Mixed Veggies  
Mixed Fruit  
Dinner Roll

17. Sliced Turkey  
Mashed Potatoes w/ Gravy  
Nantucket Blend Veg  
Mandarin Oranges  
Dinner Roll

18. Meatloaf  
Baked Potato  
Sour Cream  
Green Beans  
Diced Peaches  
Dinner Roll

19. Juneteenth  
No Meal Delivery Today—please eat the frozen meal that was provided.

20. Tuna Sammies  
Italian Pasta Salad  
Cold Baby Carrots  
Ranch Dip  
Chocolate Pudding  
Croissant

21. Cheesy Goulash  
Sweet Corn  
Apple Crisp  
Fresh Banana  
Garlic Bread

24. Sweet & Sour  
Chicken Over  
Brown Rice  
Mixed Veggies  
Diced Pears  
Dinner Roll

25. Breaded Pollock  
Sweet Potato Half  
Broccoli  
Fig Cookie  
Cinnamon-Applesauce  
Dinner Roll

26. Roast Beef  
Mashed Potatoes & Gravy  
California Veggies  
Mandarin Oranges  
Dinner Roll

27. Chicken Tenders  
Ranch Dip  
Sweet Potato Cubes  
Green Beans  
Diced Peaches

28. Cabbage Roll  
Diced Sweet Potato  
Chocolate Chip  
Cookie  
Fresh Orange  
Dinner Roll

## 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, UPCAP/AAA, and funding from the State of Michigan, the Older Americans Act, local donations and complies with Title VI of the Civil Rights Act.

PLEASE NOTE: This is the menu for the overall Senior Nutrition Program.

It is subject to change at the individual sites due to several factors including availability of specific food items, inventory and cook's discretion. Although you may experience some changes from this menu, always rest assured that each meal meets one third of your daily nutritional requirements and we make every effort to provide you with a variety of well-balanced, appealing and tasty meals.



### 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., June 5 & 19—*What Does Growth Mean to You?* an Explorative Class with Alesia Braund inspired by the 2024 City of Marquette Art Week**

**Wed., July 10 & 24—TBD - TBD with TBD**

### Senior Dance Classes

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. 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, June 4th. Tuesday 6/25 class will be held in the Baraga Gym. Let us know if you want to be a part of our flashmob dance for ART Week.**

## 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!

**June class dates are Mondays, June 3 and 17** 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.



## **VOLUNTEERS NEEDED**

- Seniors in Marquette County need your help. Volunteers age 55+ are needed to transport seniors in your community to their non-emergency medical appointments. Many seniors do not have family or friends available to drive them to medical appointments, and riding the bus is difficult or impossible for some.
- Volunteers through the Retired Senior Volunteer Program decide when and how often they want to transport. RSVP provides training, mileage reimbursement of 67 cents per mile, and excess accident and liability insurance while volunteering.
- Last year 276 clients received 475 rides from RSVP volunteers. We are on pace to far surpass those numbers this year, and we could use a few more drivers to help out.
- If you have a few hours to give, a reliable vehicle and a desire to help seniors, please contact RSVP at [906-315-2658](tel:906-315-2658) for more information or to sign up. Please pass this information on to any friends or neighbors who you think may be interested in volunteering for this worthwhile program.

MARQUETTE SENIOR SERVICES  
 300 WEST SPRING STREET  
 MARQUETTE, MI 49855

PRSRT STD  
 US POSTAGE PAID  
 Permit #10  
 Marquette, MI  
 49855

**SENIOR SERVICES STAFF**

**(906) 228-0456**

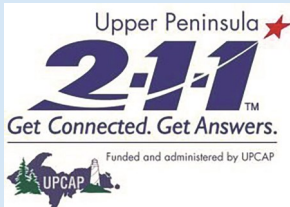
Maureen McFadden  
*Senior Center Manager*

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			Advanced/ Intermediate	Advanced/ Intermediate	Advanced/ Intermediate Pickleball 2:00-4:00
1:00	Pickleball 12:00-2:30				
1:30			Walking 3:00-4:00	Pickleball 2:00-4:00	Pickleball 2:00-4:00
2:00	Ad/Int. Pickleball 2:30-4:00				
2:30					
3:00					
3:30					
4:00					