



ONGOING PROGRAMS

The programs and services listed below are regularly scheduled at the Marquette Senior Center. We encourage you to take advantage of any or all of them. You are required to make an appointment – so if you need that particular service please call the office for your appointment, 228-0456. 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 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.

- * **BLOOD PRESSURE - APRIL 7 , 11:00 am – 12-Noon** Room B of the Center. Nurses from UP Home Health will be at the Center checking Blood Pressure and Blood Sugar free of charge.. No appointment necessary – donations are accepted.
- * **FOOT CLINIC** - Foot Clinic will be held this month all day on **Tuesday, APRIL 4th and WEDNESDAY morning APRIL 5th** . Appointments are necessary and can be made by calling 228-0456. The cost of the Foot Clinic is \$20.00.
- * **ABC'S FITNESS – Abs, Balance, Core & Strength !** Join Instructor Gail Maki Tuesday & Thursday mornings @ 8:45 a.m. in the Baraga Gym. This morning workout targets the ABC'S of your fitness routine. Stop down and check it out!
- * **SENIOR FITNESS** – Every Monday, Wednesday & Friday at 10:30 a.m . This fitness class offers a low impact exercise at a pace everyone can handle. This is an excellent group to get involved with – stop in and check it out.
- * **SCRABBLE** – Game on! Tuesday afternoons the Scrabble board is out and the competition begins at 2:00 pm.
- * **TAI CHI** - Tuesday & Thursday @ 10:30 am in the Baraga Gym. WINTER session is in full swing right here in the Baraga Gym. Instructor Maria Formolo. Tai Chi is a slow moving, core strengthening, great for your balance routine which uses gentle slow moving motions. Stop down and check it out!
- * **PAULA'S FITNESS** – Monday/Wednesday/Friday @ 9:00 am. Paula's Fitness will remain in the Baraga Gym despite the Spring Street closure!! This is a higher impact aerobics class using a variety of cardio, floor and some weights. Paula Saari, Lynn Johnson and Sandy Hendrickson alternate routines.
- * **PICKLEBALL** - Superiorland Pickleball is now playing inside the Lakeview Arena – we'll welcome the Pickleball players back in the fall.
- * **Wii BOWLING** – Offered in the lobby of **Lakeview Arena**. There are two great groups that play. Join the crew every Wednesday morning at 10:00 or the gang that plays the first and third Thursday of each month. Wii Bowling is a great way to rid those winter blues. It's fun and easy – and there is always someone that's willing to show a new comer how to play.
- * **MAHJONG** – Is played every **THURSDAY** afternoon @ 1:00.



APRIL 2017 MENU

- 3 CHICKEN STRIPS
- 4 SWEDISH MEATBALLS
- 5 PORK ROAST
- 6 TURKEY POT ROAST
- 7 PASTY
- 10 SCALLOPED POTATOES
- 11 CHICKEN BREAST
- 12 FISH BURGER
- 13 SPAGHETTI
- 14 GOOD FRIDAY – CENTER CLOSED**
- 17 CUBED BEEF STEAK
- 18 OVEN FRIED CHICKEN
- 19 FRENCH TOAST
- 20 LASAGNA
- 21 LEMON PEPPER FISH
- 24 POLISH SAUSAGE
- 25 PORK ROAST
- 26 SLICED TURKEY
- 27 CHICKEN CHILI
- 28 GOULASH

For reservations call the Center at 228-0456 a day in advance or before 8:45 am on the day you wish to have the meal.

For assistance with Meals on Wheels (Home Delivered Meals), please contact the Nutrition Office at 228-6522, ext. 301



PETER WHITE PUBLIC LIBRARY

COMPUTER COACHING

3:00 pm

Computer Lab

APRIL & MAY

1st Monday DOWNLOAD E-books and Audio Books

2nd Monday NEW COMPUTER APPS

3rd Monday DOWNLOAD E-books & Audio Books

4th Monday Q & A for your device

GENEALOGY

Spring Workshop

Beginners Workshop

April 6 & 8

6:30 pm

Shiras Room

Intermediate Genealogy

April 11 & 13

6:30 pm

Shiras Room

*Hosted by Marquette County Genealogical Society, Marquette Regional History Center,
Family History Center, Central UP and NMU Archives, Onahomingkway Chapter NSDAR, PWPL Reference Staff*

For more information, please contact Peter White Public Library at 226-4312



NeuroTrainer Tour Let's exercise your brain!

Just as our body needs proper nutrition and activity, our brain needs proper exercise. It is critical to feed our brains with new experiences and exercise. Join us as we tour NeuroTrainer, Marquette's one and only brain gym, on Friday afternoon, April 20th. We'll meet at the Center at 12-Noon and walk to their location up the street on Washington Street.

After the tour of NeuroTrainer, we'll continue our walk on Washington Street and treat ourselves to a delicious Gropher's Bakery cupcake!

Call the Center today 228-0456 to sign up or for further information.