



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 February 3rd , 11:00 am – 1:00 pm.** 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, FEBRUARY 7th and WEDNESDAY morning FEBRUARY 8th** . Appointments are necessary and can be made by calling 228-0456. The cost of the Foot Clinic is \$20.00.

* **PINOCHLE** – Join the fun on Monday afternoon's beginning at 1:00 is where the Pinochle fun is. Hope to see you there!

* **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 1:30 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.

* **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.



FEBRUARY MEALS-ON-WHEELS

- 1 FISH BURGER
- 2 SPAGHETTI
- 3 PULLED PORK
- 6 CUBED BEEF STEAK
- 7 OVEN FRIED CHICKEN
- 8 FRENCH TOAST
- 9 LASAGNA
- 10 LEMON PEPPER FISH
- 13 SLICED TURKEY
- 14 PORK ROAST
- 15 GOULASH
- 16 CHICKEN CHILI
- 17 POLISH SAUSAGE
- 20 CENTER CLOSED
- 21 PORK STIR FRY
- 22 MEATBALL SANDWICH
- 23 BEEF POT ROAST
- 24 CHICKEN TORTELLINI
- 27 SWEDISH MEATBALLS
- 28 CHICKEN STRIPS

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



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) at the Marquette Senior Center beginning in February. March appointments will open up mid-February. Call the Center for details.

Friday	Feb 3	10:00 am – 3:00 pm
Tuesday	Feb 7	10:00 am – 3:00 pm
Friday	Feb 10	10:00 am – 3:00 pm
Tuesday	Feb 14	10:00 am – 3:00 pm
Friday	Feb 17	10:00 am – 3:00 pm
Tuesday	Feb 21	10:00 am – 3:00 pm
Friday	Feb 24	10:00 am – 3:00 pm
Tuesday	Feb 28	10:00 am – 3:00 pm

MARCH APPOINTMENT DATE WILL BE AVAILABLE AFTER FEBRUARY 14TH

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 2015 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 2016 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.**





Silver Sampler – ‘Silver Snowshoe’ Events

The conditions are perfect. Grab your snowshoe’s and join the fun. Each event is open to those interested. Transportation to and from each event is on your own responsibility. Call the Center office today and let us know you’re coming along – we’ll let you know where we are meeting to begin each event

Wed	FEB 8	NEGAUNEE CAVINGGROUNDS	1:00 pm
Sun	FEB 12	EBEN ICE CAVES	1:00 pm
Wed	FEB 15	VELMETTI RESERVE	1:00 pm
SUN	FEB 19	MAPLE LANE (Skandia)	1:00 pm
Wed	FEB 22	ANDERSON LAKE (Gwinn)	4:30 pm
Wed	MAR 1	COLLINSVILLE	4:30 PM
SUN	MAR 5	LAKENENLAND	1:00 pm

There are a limited number of snowshoes for rent. Pre-registration is requested, and can be made by calling the Center at 228-0456. Dates and locations are subject to change due to weather conditions.



Senior Arts is the first and third Tuesday of every month from 1-3 pm. Professional artists instruct participants in this successful program for Seniors only. Each month a new professional artist will lead the group. Funded by the Reynolds Foundation and the City of Marquette Senior Center. Non City seniors- there will be a \$5.00 per class charge, to cover the costs of supplies and instruction.

Here is what's planned for this month:

Tuesday, February 7 & 21 - ***Sand Art Terrarium***
with artist Jeff Heidtman

Tuesday, March 7 & 21 – ***Acrylic Painting***
With artist Gene Bertram

PRE-REGISTRATION IS REQUIRED and can be made by calling the senior center office today at 228-0456

Classes are held at the Arts & Culture center located in the lower level of peter white public library



This-N-That

COMING SOON.....PICKLEBALL INSTRUCTIONS: The Superiorland Pickleball club have been playing Pickleball in the Baraga Gym for the past few months. Beginning in March, they are opening up the 1st Monday of each month to beginners offering lessons to newbies who are interested. They will supply the know-how and the equipment needed to get you started. Circle Monday, March 6th. 10:5 am – 12-Noon.

CLOSED FOR PRESIDENTS' DAY....The Senior Center will be CLOSED in observance of Presidents' Day on Monday, February 20th.

UP200 & Midnight Run... Come celebrate the start of both races in Downtown Marquette, beginning with the Opening Ceremony at 6:30 p.m on Friday, February 17th, in front of The Mining Journal on the 200 block of West Washington Street. Join Walt Lindala and Frida Waara in welcoming sponsors, representatives and spectators to the race, while the Marquette Male Chorus gives a special performance. UP200 teams will hit the trail at 7 p.m., followed by Midnight Run teams at 8 p.m. The race route is set on Washington Street, heading east along Lakeshore Boulevard.