



## 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 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** - **Friday, JULY 7<sup>th</sup>, 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, JULY 11<sup>th</sup> and WEDNESDAY morning JULY 12<sup>th</sup>**. 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** - Is on Summer break! Tai Chi starts up again after Labor Day!

\* **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. Join Paula, Lynn, Sandy & Diane as they 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.



## JULY 2017

- 3 CHICKEN MARSALA
- 4 CLOSED
- 5 PEPPER STEAK
- 6 CHICKEN ALA KING
- 7 CABBAGE ROLL CASSEROLE
- 10 ITALIAN BAKED CHICKEN
- 11 OVEN BAKED FISH
- 12 MEATLOAF
- 13 SPAGHETTI
- 14 BBQ PORK
- 17 SWISS STEAK
- 18 CHICKEN CHILI
- 19 TURKEY NOODLE CASSEROLE
- 20 BAKED BREADED POLLOCK
- 21 ROAST PORK
- 24 HERB MARINATED CHICKEN
- 25 HAMBURGER STROGANOFF
- 26 TURKEY POT ROAST
- 27 GOULASH
- 28 SWEDISH MEATBALLS
- 31 SPAGHETTI

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



## 2017 Marquette Area 4<sup>th</sup> of July!

---

### Schedule:

**Tuesday, July 4, 2017**

Noon: International Food Festival Lower Harbor

1:45 pm: [Rolling Thunder Motor Cycle Ride](#): Washington St.

2:00 pm: [Parade](#): Washington St.

9:30 pm: [Boat Parade](#): (Dusk) Lower Harbor

10:00 pm: [Fireworks](#): (Dark) Lower Harbor



## *WHAT'S HAPPENING IN JULY.....*

### **International Food Fest**

July 2 - July 4 @

Mattson Park

12 – Noon until 10:30 pm

### **The Marquette Regional History Center presents: 2016 Historical Bus Tours**

July Bus Tours—all tours meet at MRHC

July 12 & 25 at 1:00 pm

July 20 & 26 at 6:00 pm

Historical Bus Tours are back! Take an entertaining, narrated journey through Marquette. Hear the stories of colorful characters and their time in our Queen City of the North. Travel through multiple decades while meeting both every day folks and celebrities that walked the shores and streets of town. The 2016 route takes you through the Historic District, down to the Waterfront, through the streets of Marquette and a special stop at the Marquette Lighthouse to celebrate its 150th year. The Historical Bus Tours are a great way to see the town as it is today, while reflecting on the early days of the bustling Marquette. Eight tours are available and advance purchase of tickets is strongly recommended. Tickets are on sale and are available by calling **906-226-3571**, visiting [marquettehistory.org](http://marquettehistory.org), or stopping by the Marquette Regional History Center during regular operating hours. Tickets are \$20.00 for all tours and will embark from the History Center. Arrive ten minutes early to claim your seat. Travel in an air-conditioned Checker Bus for the duration of the tour: 90 minutes

### **The Marquette Regional History Center presents: *The Docks of Iron Bay Walking Tour***

July 19 at 6:00 pm - Meet at MRHC parking lot.

Ore docks, coal docks, freight docks - all crowded the lower harbor over the years. Learn about what's left, as well as the many structures that have disappeared along with the stories that went with them. Presented by Jim Koski. \$5 suggested donation.

## **Music on Third Street**

July 20

6:00 pm - 8:00 pm

- Each summer an eclectic mix of local musicians will play along the sidewalks of Third Street in Marquette's Downtown District from 6 p.m. to 8 p.m. as part of a summer series titled Music on Third. Held the third Thursday of the month, June through September, Music on Third brings the community out onto the summer streets of Marquette's Downtown District to enjoy fresh, local music and visit the more than 100 unique shops and restaurants that line Third Street.

## **Blueberry Festival**

July 28

10:00 am - 7:00 pm

- Washington and Front streets will be bustling with sidewalk sales, food vendors, artists, demonstrations, pony rides, inflatable arcade games, and activities for children and families. Downtown restaurants will satisfy your cravings for blueberry fare, from blueberry pizza to blueberry beer, while many downtown shops offer will offer "blue" specials. Local farmers will be on-hand throughout the day selling fresh produce, including mounds of plump blueberries and music fills the streets as live musicians perform throughout the day.

## **Art on the Rocks**

July 29 & 30

10:00 am - 6:00 pm

- Art on the Rocks™ has grown to one of the finest art shows in the country, attracting over 175 artists and 10,000 people each year. In 2017, we will be celebrating our 59th annual fine art and crafts festival in Mattson Lower Harbor Park, sandwiched between Marquette's historic downtown and the Cinder Pond Marina on beautiful Lake Superior the weekend of July 29<sup>th</sup> and July 30<sup>th</sup> .



## SILVER SAMPLER SUMMER SERIES

The ***Silver Sampler Summer Series*** will offer a new set of outdoor recreation experiences for seniors 55 and over who live within the service area of the Marquette Senior Center. Our goal is to introduce you to new hiking trails and water pathways and hopefully revisit some of the special places we discovered in the past along with challenging ourselves to achieve positive health goals.



## JULY SCHEDULE

- JULY 12    12-Noon            **KAYAK - Upper Cataract Basin**  
*Meet at Up North Lodge Parking Lot*  
We have a limited number of rental kayaks  
Call today to reserve, 228-0456
- JUNE 19    10:00            **HIKE – Top of the World**  
*Meet in the Lakeview Arena Parking Lot*  
We have a limited number of rental kayaks  
**TECHNICAL** to **DIFFICULT** hike
- July 26-30                    North Country Trail Association Annual Celebration!  
Visit: <https://www.northcountrytrail.org>

**\*ALL HIKES ARE TO BE CONFIRMED via E-MAIL PRIOR TO THE EVENT IN CASE OF WEATHER!**

Participants must sign up with The Marquette Senior Center and confirm prior to the event as slots are limited for some events. Please call: 906-228-0456.



**We Are Going to  
SENIOR DAY  
THE COUNTY FAIR.....**

It's Marquette County Fair time....and we are going!!!!!! Join us on the bus for SENIOR DAY at the County Fair.....**Sunday, August 13<sup>TH</sup>** . Circle the date on your calendar and call today to reserve your seat on the bus!!

The bus will leave the Senior Center (City Hall) at 12:00 - NOON and we will spend the afternoon at the fairgrounds . At 3:00 pm, we'll be picked-up and head back to the Center.

There is no charge to you for this event, the bus and entry to the fair will be paid for – however it is recommended that you bring along spending money as there are many delicious vendors at the Fair and many items for sale in the exhibits.

Call the Center today and reserve your seat.....and we'll see you on the 13<sup>th</sup> !!

**228-0456**