

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** - **June 2nd** , **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, JUNE 6th** and **WEDNESDAY morning JUNE 7th** . 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.

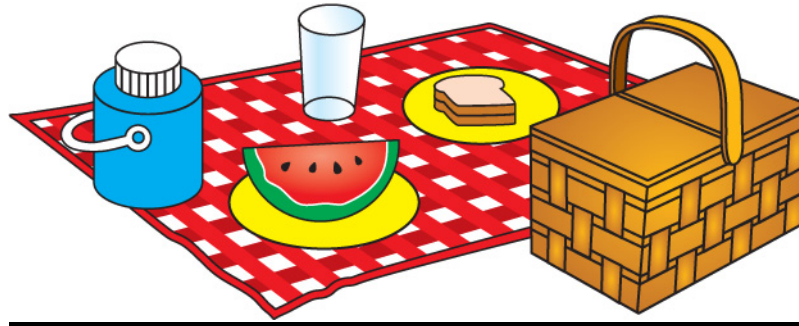
* **SCRABBLE** – Game on! Tuesday afternoons the Scrabble board is out and the competition begins at 2:00 pm.

* **TAI CHI** - Tuesday & Thursday @ 10:30 am in the Baraga Gym 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. 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.



JUNE 2017

- 1 POLISH SAUSAGE
- 2 SLICED TURKEY
- 5 ITALIAN BAKED CHICKEN
- 6 OVEN BAKED FISH
- 7 MEATLOAF
- 8 SHAGHETTI
- 9 BBQ PORK SANDWICH
- 12 SWISS STEAK
- 13 CHICKEN CHILI
- 14 TURKEY NOODLE BAKE
- 15 BAKED BREADED POLLOCK
- 16 ROAST PORK
- 19 HERB MARINATED CHICKEN
- 20 HAMBURGER STROGANOFF
- 21 TURKEY POT ROAST
- 22 GOULASH
- 23 SWEDISH MEATBALLS
- 26 SPAGHETI
- 27 BREADED BAKED CHICKEN
- 28 PORK LOIN
- 29 LEMON BAKED FISH
- 30 POT ROAST

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



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.

Silver Samplers is hoping to connect our participants in several new ways this summer by promoting our local 5K walks as opportunities to challenge ourselves and become aware of the many great causes that can be supported by walking. A schedule of suggested/optional 5K walks will be posted with the hike schedule. The great fundraising walks are also opportunities to volunteer and help promote health and wellness in our community.

We are also partnering with The **North Country Trail Association for their *100 MILE CHALLENGE*. Hikers will be challenged to hike various sections of the North Country Trail and log their miles for recognition with a 100 Mile Patch. Marquette will host a **NCTA** Celebration July 26-30, 2017 which will offer several hikes locally along with informational sessions, volunteer opportunities and networking opportunities. More information can be found at [Facebook.com/NCTA2017](https://www.facebook.com/NCTA2017) or NCTACelebration.org. Information on the 100 Mile Challenge can be found at <http://www.northcountrytrail.org/nct>.**

More information will be shared with our hikers at our sessions.

If you are interested in joining us for any of the hikes, please call the Center office 228-0456.



JUNE SCHEDULE

- JUNE 7 1:00 **North Country Trail**
Meet at Railroad Tracks at Forestville Road
Technical to Difficult Hike
- JUNE 14 10:00 **Kayak the Escanaba River (Gwinn)**
Meet at Peter Nordeen Park downtown Gwinn
We have a limited number of rental kayaks
(Due to terrain, please no fiberglass kayaks)
Post event at The UpNorth Lodge
- JUNE 21 1:00 **Negaunee Caving Grounds**
Meet at Negaunee Senior Center
Easy to Moderate Hike
- June 28 9:45 **Au Sable Falls—Grand Marais**
Meet at Lakeview Arena – Checker Cab Bus to transport
Seating is Limited
Full Day Event.
Easy to Moderate Hike
Option to Kayak or Stand Up PaddleBoard

JULY SCHEDULE

- July 12 1:00 **LAKENENLAND/NORTH COUNTY TRAIL**
Easy Beginner Hike
- July 19 1:00 **TOP OF THE WORLD**
Meet at Lakeview Arena parking lot
Technical to Difficult Hike



AARP SMART DRIVING Class Offered

AARP's Smart Driving course is a refresher course designed specifically to meet the needs of drivers over the age of 50. The course covers age related physical changes, declining perception skills, rules of the road. Local driving problems and also covers drivers license renewals. It is specially designed to help older citizens continue driving safely.

The **two-part class** will take place in Marquette City Hall – Conference Room 103.

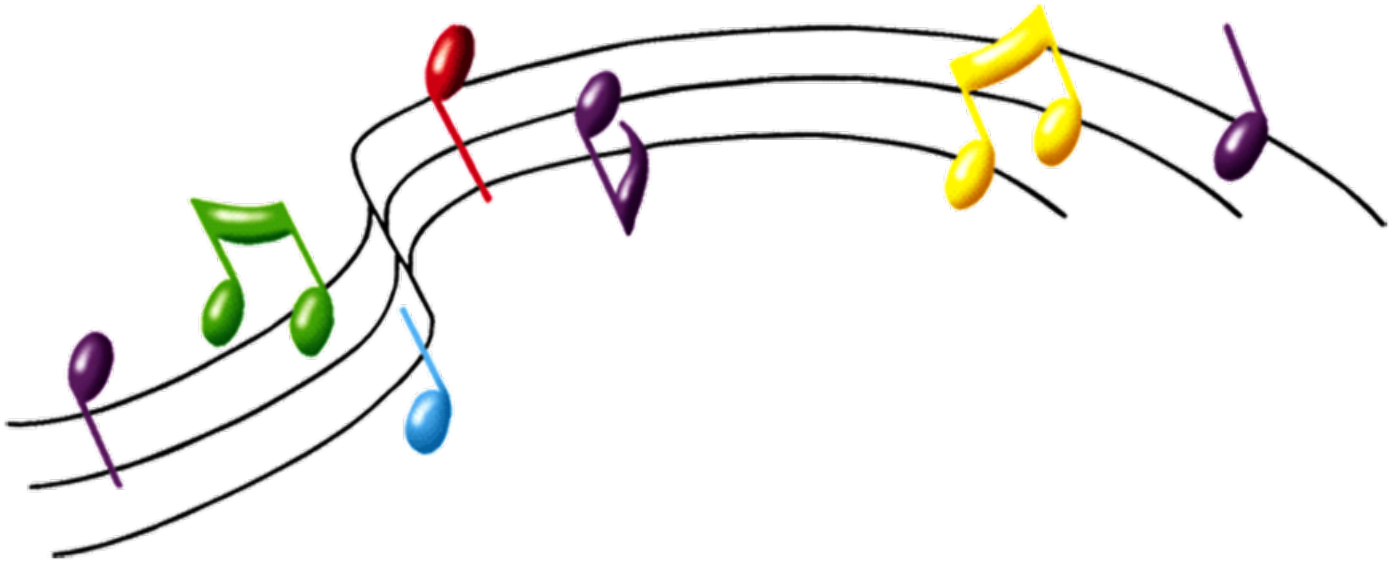
Thursday, June 22nd - AND - Friday, June 23rd
10:00 am – 3:00 pm
(lunch break 12:00 noon – 1:00)

The instructor will be Don Balmer, a retired public school teacher who taught Driver's Education for over 30 years and who is certified to teach the AARP Driving Classes.

There is a \$15 fee for AARP members, \$20 for non-members, for the course and that fee is for AARP's text book, hand out material and video.

Class size is limited and pre-registration is necessary.

If you are interested in participating in the AARP *SAFE DRIVING* Course, please call the Marquette Senior Center today at **228-0456**.



Music on Third Street Summer Enjoyment

- 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.

The dates for Music on Third for 2017 are as follows:

- Thursday, June 15
- Thursday, July 20
- Thursday, August 17
- Thursday, September 21

