



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 - MAY 5th** , 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, MAY 2nd** and **WEDNESDAY morning May 3rd** . 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. SPRING/SUMMER session begins Tuesday, May 2nd. 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.



MAY MENU

- 1 MEATBALL SANDWICH
- 2 PORK STIR FRY
- 3 PEPPER STEAK
- 4 BEEF POT ROAST
- 5 CHICKEN TORTELLINI
- 8 SWEDISH MEATBALLS
- 9 CHICKEN STRIPS
- 10 PORK ROAST
- 11 PASTY
- 12 TURKEY POT ROAST
- 15 SPAGHETTI & MEATBALLS
- 16 SCALLOPED POTATOES & HAM
- 17 FISH BURGER
- 18 CHICKEN BREAST
- 19 PULLED PORK
- 22 OVEN FRIED CHICKEN
- 23 CUBED BEEF STEAK
- 24 FRENCH TOAST & TURKEY SAUSAGE
- 25 LASAGNA
- 26 LEMON PEPPER FISH
- 29 **C L O S E D**
- 30 GOULASH
- 31 PORK 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.



MAY 2017 SCHEDULE:

- May 10 1:00 pm **Dead River Falls**
Meet the boat access site off the Forestville Road
Moderate/Difficult Hike 1 ½ -2 hours
- May 17 1:00 pm **Emerick Homestead**
Meet at Cherry Creek Market in Harvey
Easy to Moderate Hike 1 ½ -2 Hours.
Bring treat to share.
- May 24 1:00 pm **Laughing Whitefish Falls (NCT)**
Meet at the Chatam Coop
Moderate Hike 1-1 ½ Hours
Post Hike at Chatam Pub.
- May 31 1:00 pm **Hill Street/Jasper Knob**
Meet at the Negaunee Senior Center
Easy to Moderate Hike 1-1 ½ Hours.
Jackson Pit Restaurant - Post Hike

MAY'S SUGGESTED 5K EVENTS

- May 13 9:00 am 2017 River Valley Bank Hope Starts Here Challenge
<https://runsignup.com>. Lakeview Arena
- May 20 2:00 pm Over the River and Through the Woods 5K
www.uplandconservancy.org



JUNE SCHEDULE

- JUNE 7 5:30 pm **North Country Trail**
Meet at Railroad Tracks at Forestville Road
Moderate to Difficult Hike 1-1 ½ Hours.
- JUNE 14 10:00 am **Kayak the Iron River**
Meet at The Big Bay Outfitter, Big Bay
Day Trip/Kayak/Canoe.
Post event at The Thunder Bay Inn
- JUNE 21 10:00 am **Craig Lake State Park**
Meet at Lakeview Arena to car pool
Moderate to Difficult Hike—1 ½ -2 Hours
- June 28 10:00 am **Au Sable Falls—Grand Marais**
Meet at Lakeview Arena to Car pool
Full Day Event. Easy to Moderate Hike.

JUNE'S SUGGESTED 5K EVENTS

- JUNE 3 North Star Academy 5 K www.active.com.
- JUNE 10 UP Run For Life--Mattson Lower Harbor Park
Fundraiser for Organ Donation <https://runsignup.com>

***ALL HIKES ARE TO BE CONFIRMED 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.



HEALTHY ON A BUDGET Getting to Know your Co-Op

On Tuesday, June 13th at 1:00, join us at the Marquette Food Co-Op for a tour and food demonstration. "Healthy on a Budget"

The afternoon will begin with a comprehensive Co-Op tour. We'll be guided through the aisles of wonderful products, we will see the deli, kitchen and classroom areas. Shopping for Healthy choices on a Budget will be the theme of the afternoon.

After the tour, we will gather in the classroom. Continuing with our Healthy on a Budget theme, a food demonstration will take place.

There is no charge to attend the afternoon of Healthy on A Budget, however, space is limited.

Call the Senior Center today and reserve your spot. 228-0456.



THIS – N- THAT

- **SUMMER HOURS**..... for Senior Center staff, 7:30 am – 4:30 pm begin on Tuesday, May 30th
- Thursday afternoon **Cribbage Leagues** ends on Thursday, May 18th.
- The Senior Center will be **CLOSED** on Monday, May 29th in observance of Memorial Day.
- The **Downtown Farmers Market** is opening for the season on Saturday, May 20th. 9:00 am – 1:00 pm at the Marquette Commons. The Farmers Market is open every Saturday (rain or shine) through Saturday, December 16th
- We are working with AARP to schedule a **Safe Driving Class** in June or July. Keep your eye on the newsletter for confirmed dates/time