

November

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 SCREENING – New Day / New Time!!!** Blood Pressure Screening will take place on **Friday, November 4TH 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 **MONDAY, NOVEMBER 7TH and WEDNESDAY morning NOVEMBER 9TH** . 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 – A**bs, **B**alance, **C**ore & **S**trength ! 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 & 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!
- “**Y**” **WEDNESDAY** – Every Wednesday morning at 10:30 am_get into shape with “Y” Wednesday. YMCA Fitness will alternate a fitness class one week then a YOGA class the next. There is no charge to attend this great workout tailored especially for YOU.
- * **TAI CHI** - Fall session is in full swing ! Tuesday & Thursday @ 10:30 in the Baraga Gym. We welcome back expert 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.



NOON MEAL MENU

NOVEMBER

- 1 PORK ROAST
- 2 SLICED TURKEY
- 3 CHICKEN CHILI
- 4 POLISH SAUSAGE
- 7 PEPPER STEAK
- 8 PORK STIR FRY
- 9 MEATBALL SANDWICH
- 10 BEEF POT ROAST
- 11 CHCKEN TORTELLINI
- 14 SWEDISH MEATBALLS
- 15 CHICKEN STRIPS
- 16 PORK ROAST
- 17 PASTY
- 18 TURKEY POT ROAST
- 21 CHICKEN BREAST
- 22 CHILI TOPPED POTATO
- 23 THANKSGIVING DINNER
- 24 CLOSED – NO MEAL
- 25 CLOSED – NO MEAL
- 28 CUYBED BEEF STEAK
- 29 OVEN FRIED CHICKEN



Little Brothers
Friends of the Elderly
CELEBRATE THANKSGIVING

The Marquette Senior Center, in partnership with Little Brothers- Friends of the Elderly, is please to extend an invitation to ***THANKSGIVING DINNER.***

The meal will take place on Thanksgiving Day – Thursday, November 24th @ 1:00 pm, at St. Christopher Church, 2372 Badger Street in Marquette

Traditional, delicious home-cooked holiday meal, entertainment, and plenty of conversation is offered to area seniors (age 60 and older), who would otherwise be spending the holiday alone, at no charge.

Transportation is available to and from the holiday meal. Home delivery, to a limited area, will be offered.

Volunteers are also needed!! If you would like to cook, bake, set-up, transport a senior, deliver a meal, serve, provide entertainment or help clean-up, please call Little Brothers at **906-482-6944.**

Reservations are necessary and can be made by calling Little Brother's Friend of the Elderly at **906-482-6944.**



Help Feed A Hungry Neighbor

The Marquette Senior Center is once again this year participating in the TV6 Can-A-Thon acting a drop off site.

Last year, over 150,000 pounds of food was donated in 10 Upper Michigan Counties. Since the event began in 1982, the people of Upper Michigan have donated over 3.19 million pounds of food to their local food pantries. The food stays in the communities in which it is collected, with the goal being to **help feed a hungry neighbor.**

The Can-A-Thon kicks off on **MONDAY, NOVEMBER 1st** and wraps up on **WEDNESDAY, DECEMBER 7th**

Please drop off your non-perishable food donation items to the drop box located right outside the Center office anytime Monday-Friday, 8 am-5pm



AARP State & Federal Income Tax Seeking Volunteers

For over a decade the AARP Tax-Aide Volunteers have provided hundreds of area residents State & Federal Income tax preparation services at no cost. We are pleased to announce that they will again provide the service this coming tax season.

To meet the anticipated increase in area residents needing to file returns, AARP is looking for volunteers who would like to serve their community. If you can send an E-mail, you can work the tax program. Can't work a computer - there are many other ways you can help. Training will begin in December.

If you are interested in becoming a volunteer, or want more information, please call the Senior Center at 228-0456.



Medicare Open Enrollment

The Marquette Senior Center is pleased to announce that their Social Work staff will be offering MMAP (Medicare/Medicaid Assistance Program) assistance again this year. As MMAP counselors they are available to assist seniors with the important and often confusing decisions pertaining to health insurance. MMAP counselors are trained in health benefits counseling, including Medicare, Medicaid and other insurance products. The Social Work staff are not licensed insurance agents and do not advocate for any insurance company. The Social Workers can help you:

- ❖ Understand Medicare and Medicaid
- ❖ Compare and enroll in Medicare part D or Medicare Advantage plans
- ❖ Review your Medicare Supplemental Insurance needs
- ❖ Apply for Medicaid or a Medicare Savings Program
- ❖ Determine Eligibility and apply for Low Income Subsidy Assistance

This year the annual enrollment period for Medicare prescription drug plans will be October 15, – December 7. During this time people should have their current plan reviewed and also see if that is still the best plan for 2017. Everyone should have their plan reviewed at this time as your plan may have made changes for the following year that could adversely affect your coverage. For those who have opted not to join a plan in the past, now is also the time to see if enrollment into a plan would be beneficial to you. Also for those seniors who are turning 65, the Social Work staff can assist you in understanding what your options are as well as when you will need to enroll for the first time.

If you have questions or would like to schedule an appointment, contact the Senior Center today at 228-0456.



FALL BACK.....Don't forget to set you clocks **BACK** 1-hour before you go to bed Saturday night, November 5thas daylight savings begins November 6th !!



MONDAY NIGHT SENIOR/ADULT SKATE ...is in full swing. 7:30 – 9:20 pm on the Olson Rink inside Lakeview Arena. Stop down and check it out – and bring a friend!



NO TAI CHIon **Tuesday, November 22** or **Thursday, November 24th** .



LADIES NIGHT.... The 20th Annual Ladies Night is set for Thursday, **November 17, 2016 from 4 p.m. to 8 p.m.** in Downtown Marquette. Enjoy a night of shopping, delicacies, entertainment and fun as Ladies Night provides the perfect opportunity to spend a night on the town in Marquette's Downtown District. Participating businesses pamper customers with in-store giveaways, hors d'oeuvres, sales, specials, prizes and more.

Complimentary transportation will once again be provided for the evening. Ladies can take advantage of this opportunity to explore everything Marquette's Downtown District has to offer. Shoppers can also register custom gift baskets each valued over \$800 and stocked full of gift certificates and goods from participating businesses.

