

# SPRING SPAR Update

Spring 2017

*SAIL, Disability Network of the U.P.*

## Spring Has Sprung!

Lets celebrate the long days and new beginnings of spring. We will have returning favorite activities such as fishing, arts and crafts with local artists and of course the Indepen-dance.

In the spirit of spring we are going to try something new by offering dance classes and gardening! Look inside this issue for more information and a highlight of other community events.

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| April, May, June SPAR activity calendar     | 5.6 and 7 |

### Meet the SAIL Staff

- Sarah Peurakoski
- Maureen Sullivan
- Kristine Tollefson
- Jessica Manier
- Nancy Uschold
- Angela Davis
- Marcy Griffen
- Sheila Grady
- Carolyn Boyle
- Patti Polkinghorne
- Anthony Perino
- Rita Keilholtz
- Brenda Pingel
- Joy Verlinden
- Leslie Hannah
- Lizz Shaw
- Gary Fullerton



**Mission: Healthy U.P. Vets**

**Program**

**Attention Veterans!!**

Veterans and their families are invited to kayak the Au Train river during the June event. Hiking, sight-seeing and an evening campfire also included.

**No Cost event for Veterans and family members**

**REGISTRATION IS REQUIRED!!**

**Call Sarah at 228-5744**

**Email: [healthyupvets@upsail.com](mailto:healthyupvets@upsail.com)**

**When and Where:**

**Au Train River and Munising**

**June 24th-25th**



**Fishing**

Let's get outside and connect with nature. Join us for fishing on the river. All skill levels welcome!!

**FREE EVENT, REGISTRATION IS REQUIRED!! Space is limited,**

**Call Mo at 228-5744**

**Location and Time to be announced based on Registration.**



**Dance Classes**

Time to get Moving! Learn Jazz and Hip-Hop dance taught by Mo. All skill levels and abilities welcome! Classes will be held at SAIL.

**FREE EVENT, REGISTRATION IS REQUIRED!! Space is limited**

**Call Mo at 228-5744**

**When:**

**Thursday April 6th 4:30pm-5:30pm Jazz Class**

**Thursday April 13th 4:30pm-5:30pm Jazz Class**

**Thursday April 20th 4:30pm-5:30pm Hip-Hop Class**

**Thursday April 27th 4:30pm-5:30pm Hip-Hop Class**

## Gardening

Let's plan, plant and beautify Marquette together! The four gardening sessions will meet at SAIL.

**FREE EVENT, REGISTRATION IS REQUIRED!! Space is limited,**

**Call Mo at 228-5744**

### When:

**Tuesday May 16th 4:30pm-5:30pm**

**Tuesday May 23rd 4:30pm-5:30pm**

**Tuesday May 30th 4:30pm-5:30pm**

**Tuesday June 6th 4:30pm-5:30pm**



## **Indepen-Dance**

Put your dancing shoes on!

**Thursday, May 18th 7p-9p**

**Where: *Masonic Building,***  
128 West Washington,  
Marquette (Banquet Room)

\*\*MarqTran bus service available  
for \$1 per-person round-trip.

**Call SAIL @ 228-5744 each time  
to reserve your spot on the  
bus!!**



## Arts and Crafts

It's time to work the left side of the brain and get your creativity flowing! Hosted at SAIL by local artist Kitty Hendricks.

**Suggested Donation is \$2.00  
REGISTRATION IS REQUIRED!!**

**Space is limited,**



**Call Mo at 228-5744**

### When:

**Tuesday April 4th 5:30pm-6:30pm**

**Tuesday April 11th 5:30pm-6:30pm**

**Tuesday April 18th 5:30pm-6:30pm**

**Tuesday April 25th 5:30pm-6:30pm**

**Our Quarterly Community Highlight:**

**Peter White Public Library**

Not only does the library have amazing FREE events listed below, but they have information of other ways to get involved in your local community.

**Autism Awareness:** Movie on Tuesday, April 4<sup>th</sup> at 6:30pm

**Docu Monday:** Documentary films the first Monday of every month at 7:00 pm (April 3, May 1, June 5)

**Bluesday Tuesday:** Blues music the 4<sup>th</sup> Tuesday of every month at 7:00 pm ( April 25, may 30, June 27)

**WWI film series:** All films showing at 6:30 pm (April 10, 20; May 8, 11, 16)

**Swing Dance:** May 4<sup>th</sup> from 7-9 pm.

**Used book sale:** June 15, 16 and 17

**If you have any questions contact the  
Peter White Public Library at 906-228-9510**

**Kayaking coming soon, Let  
us know if you would be  
interested!**



**Volunteers always  
needed if you are  
interested  
Call Mo at  
228-5744**

# April 2017

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**1**

**2**

**3**

**4**

**Arts and  
Crafts**

**5**

**6**

**Dance  
Class**

**7**

**8**

**9**

**10**

**11**

**Arts and  
Crafts**

**12**

**13**

**Dance  
Class**

**14**

**15**

**16**

**17**

**18**

**Arts and  
Crafts**

**19**

**20**

**Dance  
Class**

**21**

**22**

**23**

**24**

**25**

**Arts and  
Crafts**

**26**

**27**

**Dance  
Class**

**28**

**29**

**30**

# May 2017

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**1**

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**6**

**Native Amer-  
ican Dance  
Demonstra-  
tion**

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**20**

**Gardening**

**Indepen-  
dance**

**21**

**22**

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**25**

**26**

**27**

**Gardening**

**28**

**29**

**30**

**31**

**Gardening**

# June 2017

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**1**

**Fishing**

**2**

**Petunia  
Pande-  
monium**

**3**

**Petunia  
Pande-  
monium**

**4**

**5**

**6**

**Gardening**

**7**

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**Fishing**

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**12**

**13**

**14**

**15**

**Fishing**

**16**

**17**

**18**

**19**

**20**

**21**

**22**

**Fishing**

**23**

**24**

**U.P. Vets  
Kayaking  
Au Train**

**25**

**26**

**27**

**28**

**29**

**30**