



# Spring Update 2019



## Spring is in the Air!

Let's celebrate the longer days and new beginnings of Spring! We will have favorite spring activities such as fishing, arts and crafts and of course, the Indepen-Dance! Come and join us and see what all the buzz is about!

Welcome to Ali Dehlin! Ali is our new Health & Recreation Advocate at SAIL. She has a background in Massage Therapy, Marketing/Management and Event Planning. She likes to fill her free time with outdoor activities including mountain biking, alpine and cross country skiing, camping, hiking and stand up paddle boarding. She enjoys working with people of all abilities and looks forward to adapting equipment to suit any person interested in adding physical activity into their life!

SPAR would like to thank Mallory MacDonald, who has been interning with the SPAR program since January. Mallory will be with SAIL until early May. Thank you

## Inside this issue:

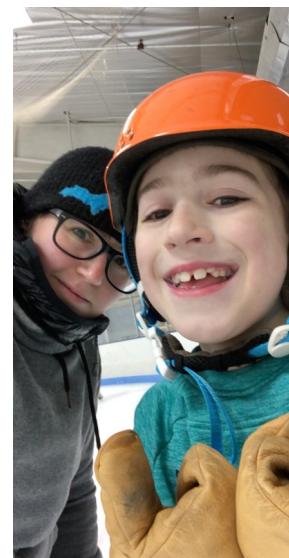
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| April, May, June<br>SPAR activity<br>calendar | 4,5,<br>and 6 |

## Find SAIL on the Internet!

- ♦ **SAIL website:** [www.upsail.org](http://www.upsail.org)
- ♦ **SAIL events Page:** [www.upsail.org/events/](http://www.upsail.org/events/)
- ♦ **Sign up for the electronic SPAR Newsletter too!**

Go to [www.upsail.org/healthandwellness/](http://www.upsail.org/healthandwellness/) and scroll to the bottom to sign up today!

- ♦ **Don't forget to "Like" us on**  
**Search: SAILDNUF**



**Ali Dehlin and her  
son Asen**

# **APRIL**

## **Arts and Crafts/ Music Workshop**

It's time to work the left side of the brain and get creativity flowing.

**REGISTRATION IS REQUIRED!! Space is limited.**

**Call Ali at 228-5744**

### **When and Where**

**Marquette County:** April 9th, 1:00pm-2:00pm

**Ontonagon County:** April 11th, 10:30am-11:30am

**Baraga County:** April 11th, 1:30pm-2:30pm

**Manistique:** April 16th, 11:00am-12:00pm

**Houghton County:** April 18th, 1:00pm-2:00pm

**Sault St Marie:** April 23rd, 1:00pm-2:00pm



# **MAY**

## **Nutrition / Cooking Class**

**FREE EVENT, REGISTRATION IS REQUIRED!!**

**Space is limited. Call Ali at 228-5744**

**Baraga County:** May 8th, 11:00am-12:00pm

**Houghton County:** May 8th, 3:00pm-4:00pm

**Ontonagon County:** May 9th, 10:30am-11:30am

**Gogebic County:** May 9th, 2:00pm-3:00pm

**Manistique:** May 14th, 10:00am-11:00am

**Escanaba:** May 14th 1:30pm-2:30pm

**Marquette:** May 20th, 4:30pm-5:30pm

**Sault St Marie:** May 28th, 1:00pm-2:00pm



## **U.P. Vets SERVED**

Veterans and military families are invited to attend.



**FREE EVENTS.  
REGISTRATION IS  
REQUIRED!!**

Call Ali at 228-5744 or email [upvetsserved@upsail.org](mailto:upvetsserved@upsail.org) for a registration packet.

Sign up to learn more about upcoming veteran events and receive electronic flyers by signing up for our U.P. Vets SERVED newsletter. Scroll to bottom when you visit this website:

[www.upsail.org/veterans/](http://www.upsail.org/veterans/)

## **Indepen-Dance**

Put your dancing shoes on!

**Thursday, May 16th  
7:00pm-8:30pm**

**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 re-serve your spot on the bus!!**



## ***JUNE***

### **Fishing**

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

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

**Call Ali at 228-5744**



### **When and Where**

**Baraga County:** June 4th,  
10:30am-11:30am

**Houghton County:** June 4th,  
3:30pm-4:30pm

**Ontonagon County:** June 5th,  
10:30am-11:30am

**Gogebic County:** June 5th,  
3:00pm-4:00pm

**Marquette County:** June 10th,  
1:00pm-2:00pm.

**Manistique:** June 12th,  
10:30am-11:30am

**Escanaba:** June 12th,  
3:00pm-4:00pm

**Sault St Marie:** June 18th,  
1:30pm-2:30pm

# APRIL 2019

| SUN | MON | TUES   | WED | THUR  | FRI | SAT  |
|-----|-----|--|-----|---|-----|--|
|     | 1   | 2  | 3   | 4   | 5   | 6  |
| 7   | 8   | 9<br><u>Arts &amp; Crafts</u><br>Marquette<br>1:00-2:00PM            | 10  | 11<br><u>Arts &amp; Crafts</u><br>Ontonagon<br>10:30-11:30am<br><hr/> Baraga<br>1:30-2:30pm | 12  | 13   |
| 14  | 15  | 16<br><u>Arts &amp; Crafts</u><br>Manistique<br>11:00am-<br>12:00pm  | 17  | 18<br><u>Arts &amp; Crafts</u><br>Houghton<br>1:00-2:00pm                                   | 19  | 20   |
| 21  | 22  | 23<br><u>Arts &amp; Crafts</u><br>Sault Ste.<br>Marie<br>1:00-2:00pm | 24  | 25  | 26  | 27<br>U.P. Vets<br>SERVED<br>event<br>Gwinn<br>11:00 - 3pm |
| 28  | 29  | 30   |     |   |     |  |

# MAY 2019

| SUN | MON  | TUES  | WED  | THUR   | FRI | SAT  |
|-----|--|---|--|--|-----|--|
|     |  |   | 1  | 2  | 3   | 4  |
| 5   | 6  | 7   | <b>8</b><br><u>Nutrition</u><br><b>Baraga</b><br>11:00am-12:00pm<br><hr/> <b>Houghton</b><br>3:00-4:00pm | <b>9</b><br><u>Nutrition</u><br><b>Ontonagon</b><br>10:30-11:30am<br><hr/> <b>Gogebic</b><br>2:00-3:00pm | 10  | 11   |
| 12  | 13   | <b>14</b><br><u>Nutrition</u><br><b>Manistique</b><br>10:00-11:00am<br><hr/> <b>Escanaba</b><br>1:30-2:30pm | 15   | <b>16</b><br><br><b>Indepen-</b><br><b>Dance</b><br><b>Marquette</b><br>7:00-8:30pm                      | 17  | <b>18</b><br><br><b>U.P. Vets</b><br><b>SERVED</b><br>event<br><br><b>Ontonagon</b><br>11:00 - 3pm |
| 19  | <b>20</b><br><u>Nutrition</u><br><br><b>Marquette</b><br>4:30-5:30pm | 21  | 22   | 23   | 24  | 24   |
| 26  | 27   | <b>28</b><br><u>Nutrition</u><br><b>Sault Ste.</b><br><b>Marie</b><br>1:00-2:00pm                           | 29   | 30   | 31  |  |

# JUNE 2019

| SUN      | MON  | TUES   | WED   | THUR | FRI | SAT   |
|----------|--|--|---|------|-----|---|
|          |  |  |   |      |     | 1   |
| 2        | 3  | <b>4</b><br><u>Fishing</u><br><b>Baraga</b><br>10:30-11:30am<br><hr/> <b>Houghton</b><br>3:30-4:30pm | <b>5</b><br><u>Fishing</u><br><b>Ontonagon</b><br>10:30-11:30am<br><hr/> <b>Gogebic</b><br>3:00-4:00pm    | 6    | 7   | <b>8</b><br><b>U.P. Vets</b><br><b>SERVED</b><br>event<br><b>DeYoung</b><br><b>Zoo</b><br>11:00 - 3pm |
| 9        | <b>10</b><br><u>Fishing</u><br><b>Marquette</b><br>1:00-2:00pm | 11   | <b>12</b><br><u>Fishing</u><br><b>Manistique</b><br>10:30-11:30am<br><hr/> <b>Escanaba</b><br>3:00-4:00pm | 13   | 14  | 15  |
| 16       | 17   | <b>18</b><br><u>Fishing</u><br><b>Sault Ste.</b><br><b>Marie</b><br>1:30-2:30pm                      | 19  | 20   | 21  | 22  |
| 23       | 24   | 25   | 26  | 27   | 28  | 29  |
| <hr/> 30 |  |  |   |      |     |   |