



# 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

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## 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 Facebook.***
- **Search: SAILDNUP**



**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 on the**

**your  
on the  
spot  
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 <u>Arts &amp; Crafts</u> Marquette 1:00-2:00PM	10	11 <u>Arts &amp; Crafts</u> Ontonagon 10:30-11:30am <hr/> Baraga 1:30-2:30pm	12	13
14	15	16 <u>Arts &amp; Crafts</u> Manistique 11:00am- 12:00pm	17	18 <u>Arts &amp; Crafts</u> Houghton 1:00-2:00pm	19	20
21	22	23 <u>Arts &amp; Crafts</u> Sault Ste. Marie 1:00-2:00pm	24	25	26	27 U.P. Vets SERVED event Gwinn 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> <u>Nutrition</u> Baraga 11:00am-12:00pm <hr/> <u>Houghton</u> 3:00-4:00pm	<b>9</b> <u>Nutrition</u> Ontonagon 10:30-11:30am <hr/> <u>Gogebic</u> 2:00-3:00pm	10	11
12	13	<b>14</b> <u>Nutrition</u> Manistique 10:00-11:00am <hr/> <u>Escanaba</u> 1:30-2:30pm	15	<b>16</b> <u>Indepen-Dance</u> <u>Marquette</u> 7:00-8:30pm	17	<b>18</b> <u>U.P. Vets SERVED event</u> <u>Ontonagon</u> 11:00 - 3pm
19	<b>20</b> <u>Nutrition</u> <u>Marquette</u> 4:30-5:30pm	21	22	23	24	24
26	27	<b>28</b> <u>Nutrition</u> <u>Sault Ste. Marie</u> 1:00-2:00pm	29	30	31	

# JUNE 2019

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