



West End SPAR Update

Spring 2017

Superior Alliance For Independent Living



Spring Has Sprung!

Earlier this year SAIL received a grant from the MI Health Endowment Fund that allows us to expand our Single Point for Activities and Recreation (SPAR) program. SAIL's SPAR program strives to help provide health and recreational activities to improve individuals with disabilities social, physical, mental and cognitive health.

Expansion will include activities for Baraga, Houghton, Keweenaw, Ontonagon and Gogebic counties. We at SAIL look forward to programming for this part of the U.P. and spreading the word to people interested. If you have any questions please call Mo at (906)-228-5744!

Lets Celebrate the long days and new beginnings of spring. In the spirit of spring we are going to try something new by offering dance classes, fishing and gardening. Look inside this issue for more information and a highlight of other community events.

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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



Spring 2017 SPAR Update

What else is Happening in your community?

Are community Highlights this month includes your local public library. We encourage you to call them and see what is available !

Baraga County

Baraga County Public Library
201 N 4th St.
L'Anse, MI 49946
Phone: (906) 524-6213

Houghton County

Portage Lake Public Library
58 Huron St.
Houghton, MI 49931
Phone: (906) 452-4570

Keweenaw County

Calumet Public Library
57070 Mine St
Calumet, MI 49913-2949
Phone: (906) 337-0311 ext.1107
Fax: (906) 337-3848

Ontonagon County

Ontonagon Public Library
311. N. Steel St.
Ontonagon, MI 49953
Phone: (906) 884-4411

Gogebic County

Carnegie Library
235 E Aurora St
Ironwood, MI 49938
Phone: (906) 932-0203

&

Bessemer Public Library
411 S Sophie St
Bessemer, MI 49911
Phone: (906) 667-0404

Fishing

Lets get outside and connect with nature. Join us for fishing. 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.**



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

When and Where:

**Au Train River and
Munising**

June 24th-25th



Gardening

Lets plan, plant and beautify the Western U.P. together! We will have four Gardening sessions, Location to be announced

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

Call Mo at 228-5744

When:

Baraga: 5/09/2017, 5/16/2017, 5/30/2017

Houghton: 5/09/2017, 5/16/2017, 5/30/2017

Calumet: 5/09/2017, 5/16/2017, 5/30/2017

Ontonagon: 5/10/2017, 5/17/2017, 5/31/2017

Gogebic: 5/10/2017, 5/17/2017, 5/31/2017



Dance Classes

Time to get Moving. We are going to be learning Jazz and Hip-Hop dance taught by Mo. All skill levels and abilities welcome! Location to be announced upon registration.

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

Call Mo at 228-5744

When:

Baraga: 4/04/2017, 4/11/2017, 4/25/2017, 5/02/2017

Houghton: 4/04/2017, 4/11/2017, 4/25/2017, 5/02/2017

Calumet: 4/04/2017, 4/11/2017, 4/25/2017, 5/02/2017

Ontonagon: 4/05/2017, 4/12/2017, 4/26/2017, 5/03/2017

Gogebic: 4/05/2017, 4/12/2017, 4/26/2017, 5/03/2017



April 2017

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Wed

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Fri

Sat

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**Dance
Classes**

**Dance
Classes**

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**Dance
Classes**

**Dance
Classes**

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**Dance
Classes**

**Dance
Classes**

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May 2017

Sun

Mon

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Fri

Sat

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**Dance
Classes**

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**Dance
Classes**

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Gardening

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Gardening

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Gardening

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Gardening

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Gardening

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Gardening

June 2017

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Fishing

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Fishing

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Fishing

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Fishing

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**Healthy
U.P.Vets
Weekend**

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**Healthy U.P.
Vets
Weekend**