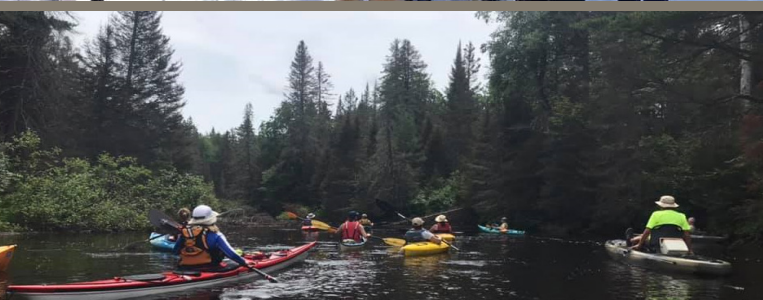





SILVER SAMPLER

OUTDOOR RECREATION
& EDUCATION PROGRAM



CITY OF MARQUETTE
SENIOR SERVICES

For more information, call the
Marquette Senior Center at (906) 228-0456
www.marquettemi.gov  Marquette Senior Center



What is the **Silver Sampler Program**?

- A Recreation and Education Program provided by the City of Marquette Senior Services
- Exposes participants to recreational adventures they might otherwise not try in Marquette County
- Eliminates typical barriers associated with participating in recreational programs, such as fees and equipment
- Provides expert instruction and guides
- Increases confidence and capacity for people to recreate safely
- Advocates for older adult recreation within the community
- Geared toward physically active older adults

Who is it for?

- Adults 55+ residing in the City of Marquette, Marquette Township, Chocolay Township, and Powell Township

The Samplers program helped me develop the skills to enjoy the outdoors around Marquette. Since joining, I've been introduced to kayaking, snowshoeing, cross country skiing, rowing, and even rock climbing, while learning about hiking trails I never knew existed. I also love the social interaction and the friendships I've developed, and the training on proper techniques and safety have truly enhanced my confidence and enjoyment of what the Marquette area has to offer.

- Silver Sampler Participant