



CITY OF MARQUETTE
**SENIOR
SERVICES**

Horizons Newsletter



MARCH 2025

CHANGES TO PICKLEBALL STARTING MARCH 1ST

We will be introducing a new 3 level system to our pickleball program! Our goal is that this will allow for more consistent play time, create less confusion, prevent over crowding while creating a safe and welcoming environment for people of multiple skill levels. YOU MUST BE 50+ to play. The schedule is below along with session descriptions.

Novice: 12:00-1:00PM Monday-Friday

Intermediate: 1:00-2:30PM Monday-Friday

Advanced /Competitive: 2:30-4:00PM Monday-Friday

Novice: Players that are new or inexperienced. Or someone willing to teach novice players.

Intermediate: Players of varying levels of experience , looking for a non-competitive game.

Advanced/ Competitive: Players that have several years of experience. Looking for more intense strict play.

If Marquette Area Public Schools closes for Inclement Weather all Senior Center Activities are Cancelled

WINTER PARKING BAN

The Winter Parking Ban is in effect through April 1st. During that time there is NO PARKING on the north side of Spring Street. We understand that this affects our clients and user groups. We also ask that you please use the parking lot by the police station if you are able.

2 OUR PROGRAMS



SILVER SAMPLER

Silver Sampler is an Outdoor Recreation and Education Program with a focus on bringing folks into the outdoors to build skills, knowledge, abilities and resilience.

Each event is planned with a priority of safety for ALL GROUP MEMBERS. Every participant is responsible not only for their own safety, but the safety of the group. We ask that each person bring water/hydration and a snack WITH THEM FOR THE EVENT NO MATTER HOW SHORT and any essential medication.

All events are weather dependent and may change. You will be contacted via email with details.

MARCH 13—5:45pm
**Moonlight Snowshoe
Blueberry Ridge Lighted
Loop**

Approximately 3 mile easy snowshoe with rolling terrain. All skill levels, with a shorter route option. A post event stop at the Crossroads may be an option.
No Limit

MARCH 20—1:00pm
**Snowshoe/Hike
Velmetti Peters Nature
Preserve : First Day of
Spring**

Easy snowshoe/ hike into the beautiful preserve about 3 miles. All skill levels.
No Limit

ALZHEIMER'S ASSOCIATION

Marquette county caregiver support group

Presented by the Alzheimer's Association
Every second Saturday of the month at 11am at the Peter White Public Library

Contact Jack Vander Lugt
906-373-3107 if you want to attend.

**CAREGIVER SUPPORT
GROUPS MARQUETTE**
**Lake Superior Life Care
& Hospice office, 914 W.
Baraga Ave.** Join us in person on **3/12/25** from **2:00-3:00pm**

**Telephone Based
Caregiver Support
Group:** Join us from your own home via telephone or cell phone on **3/19/25** from **2:00-3:00pm** call (906) 225-7760 to register.

NEW GRIEF SUPPORT SERIES STARTED IN FEBRUARY

Loss of a loved one can look different for everyone. We will be exploring feelings, support, and tools to help guide you on your grief journey. Please join us, in a safe place to learn and share about the tender moments of grief. Groups will take place every other Thursday February 6 – April 17, 2025 10:30 AM – 11:30 AM @ Lake Superior Life Care & Hospice, 914 W Baraga Ave, Marquette, MI 49855
RSVP by: 1/31/25
Contact number: 906.225.7760

HI-LOW GROUP FITNESS

Monday/Wednesday/Friday @ 9:00 am. This is a higher impact aerobics class using a variety of cardio, floor and some weights. Join Lynn, Sandi & Diane as they alternate routines.

ABC'S FITNESS

Abs, Balance, Core & Strength! Join Instructor Gail Maki on **Tuesday & Thursday at 8:45am** in the Baraga Gym.

TAI CHI

Tai Chi is a slow moving, core strengthening, great for your balance routine which uses gentle, slow-moving motions. Led by Maria on **Tuesdays and Thursdays from 10:30-11:30** in the Baraga Gym.

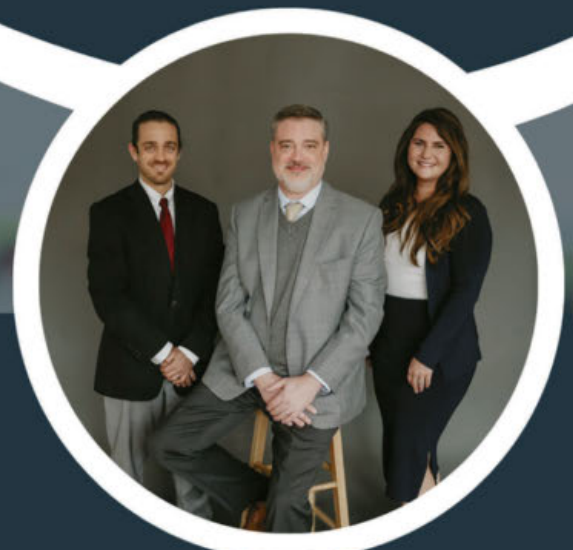
ASAHI

A mind-body health practice from Finland that can be practiced by people of all ages and in all states of health or physical condition. Join instructor, Don Bode on **Mondays and Fridays 10:30-11:30am** in the Baraga Gym. It is great for strengthening, developing balance, and reducing stress. If you are interested, you can text Don about Teacher Training information 906-236-0960.

BROGAN & YONKERS, P.C.

ESTATE PLANNING SEMINARS

Estate Planning can be overwhelming, but it doesn't have to be. Learn from our experienced and caring attorneys by attending one of our **FREE** educational seminars near you.



- April 30: Iron Mountain, 6:00-8:00 pm CT**
 - Bay College West, 2801 US-2, Room 231 A
- May 2: Gladstone, 6:00-8:00 pm ET**
 - Terrace Bay Hotel, 7146 P Rd
- May 8: Manistique, 6:00-8:00 pm ET**
 - Comfort Inn, 617 E Lakeshore Dr
- May 9: Marinette, WI 6:00-8:00 pm CT**
 - Little River Country Club- N2235 Shore Dr
- May 13: Marquette, 6:00-8:00 pm ET**
 - Peter White Public Library, Heritage Room

- May 22: Houghton, 6:00-8:00 pm ET**
 - Bluffs Assisted Living, 1000 Bluff View Dr
- May 22: Sault Ste. Marie, 6:00-8:00 pm ET**
 - Best Western, 4335 I-75 Business Spur
- May 23: Ironwood, 6:00-8:00 pm CT**
 - Elk and Hound, 200 Country Club Rd
- May 28: Munising, 5:00-7:00 pm ET**
 - Lakeshore Manor, 200 City Park Dr
- June 5: Baraga, 6:00-8:00 pm ET**
 - Baraga Lakeside Inn, 900 US-41

Call us today to register:

906-228-6212

BY BROGAN & YONKERS, P.C.
Life-Focused Estate Planning



4 OUR PROGRAMS

PICKLEBALL

NEW HOURS STARTING THIS MONTH!

SEE FRONT PAGE FOR DETAILS

BLOOD PRESSURE/BLOOD SUGAR CLINIC

Friday, March 28, 2025

11:00am-12:00pm. A nurse from UP Home Health Care will be at the Center.

DUPLICATE BRIDGE

Tuesdays, Thursdays, and Fridays at 12:30pm. The group also offers lessons!

WALKING

In the Baraga Gym. Walking hours include **Mon. & Fri. 7:30am-9:00am and 11:30am-12:00, Tues. & Thurs. 7:30am-8:45am and 11:30am-12:00, Wed. 7:30am-9:00am and 10:30am-12:00.**

SENIOR FITNESS

Every **Monday, Wednesday & Friday at 10:30am** This fitness class offers a low impact, chair exercise at a pace everyone can handle. Watch the video and get your arms and legs moving!

PINOCHLE

Join the Pinochle fun on **Monday** mornings beginning at **11:00am.** Hope to see you there!



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FOOT CLINIC

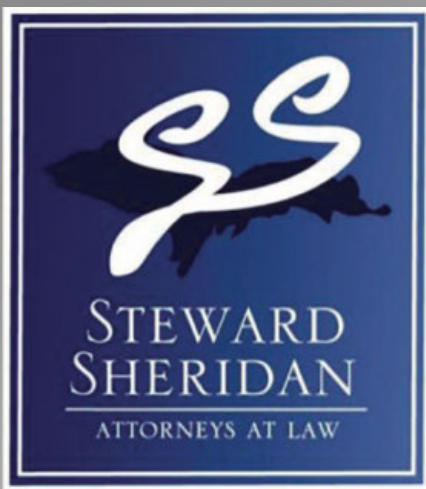
We have several different choices. If you would like an appointment please call us today at (906) 228-0456. Cindy's Foot Clinic is **Tuesday, March 4th from 9am-3pm**, and **Wednesday, March 5th from 9am-11:30am**. UP Home Health Care's Foot Clinic is **Thursday, March 20th from 8:30am-1:30pm**. Cost: \$25 Please remember to bring a basin to soak your feet and a towel to dry them! 906 Foot Care, offers individual appointments and prices vary for services.



RSVP RIDE TRANSPORT

In partnership with RSVP of Marquette County we help provide a non emergent medical transportation program. You must call our office at least 5 business days before your appointment. This service is free of charge to seniors in the community. Limit 1 transport/ week.

If you are in interested in becoming a volunteer driver for the program you can reach out to us as well! Mileage is reimbursed.



Elder Law Attorneys

James B. Steward, CELA*

Angela M. Hentkowski, CELA*

*Certified Elder Law Attorney by the National Elder Law Foundation as accredited by the American Bar Association

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6 THIS-N-THAT

CONGREGATE MEALS FOR MARCH

12-1PM CALL US TO SIGN
UP \$4 SUGGESTED
DONATION

3/5- Spaghetti w/ Meat
Sauce, Sweet Corn, Green
Beans, Strawberry
Applesauce, Garlic Bread

3/12- Cheeseburger, Burger
Bun, Baked Beans, Wedge
Fries, Mandarin Oranges

3/19- Sweet & Sour
Chicken, Brown Rice, Key
West Veggies, Papaya &
Mango, Orange Bread

3/26- Sausage & Kraut, Red
Bliss Potatoes, Baby
Carrots, Dinner Roll, Fresh
Apple

PARKINSON'S SUPPORT GROUP

**Wednesday, March 19th,
2pm - 3pm** at the
Marquette Senior Center.
Caregivers welcome!

UKULELE CLASSES

Want to learn how to
play or even just brush
up on your skills? Join us
for this free music class.
Instruments are
provided but space is
limited.

When: Monday, March
3rd & 17th, 3pm at the
Marquette Senior Center

CONNECTED AT HOME TOPIC:

Protect yourself from Scams!

Scammers are constantly
trying to find ways to steal
from people. In this
presentation you will learn
how these scammers try
to steal from you and
steps that you can take to
prevent that from
happening. Join us for a
presentation on how to
recognize, react, and
prevent scammers from
taking your hard-earned
money or information.
This presentation is
offered via telephone!
Registration is required.
After registering your
phone will simply ring at
the meeting time and date
allowing you to participate
from the comfort of your
own home.

**Wednesday 3/5/25 1:00 -
2:00 p.m.**

**From your telephone
(landline or cell phone)**

Call the Ishpeming Senior
Center to register at
906.485.5527

LIVE & LEARN: ADAPTIVE EQUIPMENT PRESENTED BY: SAIL

**Marquette Senior Center
3/26/25 3:00pm—4:00pm**

Do you ever struggle with
certain everyday tasks due
to a disability or from de-
creased range of motion?
Did you know that SAIL
offers assistive technology
(AT) that is used to help
persons with disabilities to
live their day-to-day life
with more independence?
Most AT technology is low-
tech. This presentation will
give you an overview of
different types of AT, how
they can improve your life,
and how SAIL can help as-
sist you in getting the AT
you need. We will also
have some Assistive Tech-
nology on hand for you to
try for yourself!

Sponsored by Lake Superi-
or Life Care & Hospice.

FEEDING AMERICA TRUCKS

Thursday, Mar. 13, 2025

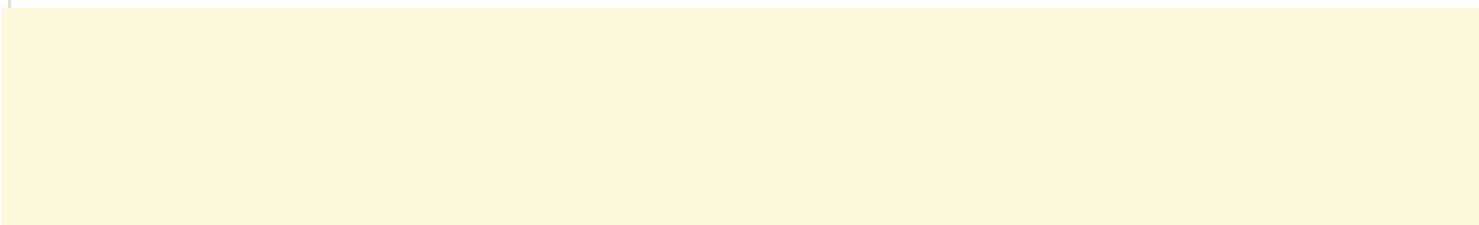
10:00am - (Drive Thru),
Silver Creek Thrift Store,
Marquette

**Wednesday, Mar. 19,
2025 12:00pm** - (Drive
Thru), NMU Barry Events
Center, Marquette

Baraga Gym Schedule (Senior Center Programs)

These programs are for people 50+

Monday	Tuesday	Wednesday	Thursday	Friday
Walking 7:30-9:00	Walking 7:30-8:45	Walking 7:30-9:00	Walking 7:30-8:45	Walking 7:30-9:00
High -Low Fitness 9:00	ABC Fitness 8:45	High -Low Fitness 9:00	ABC Fitness 8:45	High -Low Fitness 9:00
Asahi 10:30-11:30	Tai Chi 10:30-11:30	Walking 10:30-12:00	Tai Chi 10:30-11:30	Asahi 10:30-11:30
Walking 11:30-12:00	Walking 11:30-12:00		Walking 11:30-12:00	Walking 11:30-12:00
Novice Pickleball 12:00-1:00	Novice Pickleball 12:00-1:00	Novice Pickleball 12:00-1:00	Novice Pickleball 12:00-1:00	Novice Pickleball 12:00-1:00
Intermediate Pickleball 1:00-2:30	Intermediate Pickleball 1:00-2:30	Intermediate Pickleball 1:00-2:30	Intermediate Pickleball 1:00-2:30	Intermediate Pickleball 1:00-2:30
Adv./Comp. Pickleball 2:30-4:00	Adv./Comp. Pickleball 2:30-4:00	Adv./Comp. Pickleball 2:30-4:00	Adv./Comp. Pickleball 2:30-4:00	Adv./Comp. Pickleball 2:30-4:00
	Senior Dance 4:00-5:00			



8 CALENDAR

March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Silver Sampler Event	3 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 3:00 Ukulele Class	4 9-3 Cindy's Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	5 9-11:30 Cindy's Foot Clinic 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	6 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	7 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate	8
9 Daylight Savings (set clocks ahead one hour)	10 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	11 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	12 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball	13 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge Silver Sampler Event	14 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate	15
16	17 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 3:00 Ukulele Class	18 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	19 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 2:00 Parkinson Support Group	20 8:30-1:30 Foot Clinic 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge Silver Sampler Event	21 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate	22
23	24 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	25 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	26 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball	27 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	28 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Blood Pressure Clinic 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate	29
30	31 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	Notes				



Senior Skate

**FREE, DROP-IN ICE SKATING
AT LAKEVIEW ARENA! 50+**

**FRIDAYS 7:00PM-8:30PM
March 7, 14, 21, and 28**

Word Twist

Step into Spring

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

lmoob _____ wdoeam _____

anrewel _____ niar _____

nisuhnes _____ zeerbe _____

sosbmlo _____ ndgare _____

htowgr _____ waekninga _____

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City of Marquette Senior Center, Marquette, MI

D 4C 01-1663

ART CORNER CONT 10

Senior Visual Art Classes

Wednesdays from 1:00pm-3:00pm at the Marquette Arts & Culture Center (unless otherwise noted), located in the lower level of Peter White Public Library.

Participants residing outside of the Senior Center's service area may attend for a suggested \$5 donation. **PRE-REGISTRATION IS REQUIRED**; call Tristan at (906) 225-8655 to sign up.

Wed., March 5 and 19—Wax Resist with Colleen Maki

Wed., April 2 and 16—Coiled Bracelets with Diane Kribs-Mays

Senior Dance Classes

Tuesdays, from 4:00pm-5:00pm, in the Baraga Gym These are beginner-level classes designed for folks who are looking for a fun and engaging, low-intensity workout. No prior dance experience necessary, and you do not need a partner to attend. **PRE-REGISTRATION IS REQUIRED** and can be made by calling Tristan at (906) 225-8655. **No Senior Dance March 4th.**

EAT. LEARN. TOUR.

Join us for

Welcome
WEDNESDAYS

Each Wednesday at Trillium House, we welcome anyone interested in a fresh cup of Dead River Coffee, lunch and a tour from noon to 1pm.

Welcome Wednesday is a great way to learn about volunteer opportunities, general information on end-of-life care and how we partner with medical hospice teams, where a donation could be most impactful or if our home-away-from-home could be the perfect fit for you or your loved one.



RSVP
(906) 264-5026



The Senior Theatre Experience

is a free program that encourages discovery, learning, and having fun while exploring different aspects of the world of theatre by offering unique experiences which illuminate the creativity, collaboration, and innovation behind the curtain. Participants in the STE enjoy twice-monthly, discussion-based classes in addition to Experiences attending NMU Theatre classes, backstage tours, tech design, and performance rehearsals, as well as free admission to local theatre company productions!

March classes are **March 10th and 24th** from **4:00pm-5:00pm** at the **Marquette Senior Center** Room B. No prior acting or theater experience necessary to take part! Please contact Tristan at (906) 225-8655 or tuoma@marquettemi.gov for more information about the Senior Theater Experience.



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SENIOR SERVICES STAFF

(906) 228-0456

Maureen McFadden
Senior Center Manager

Michelle Marzec
Administrative Assistant

Lisa Balko
Social Work Coordinator

Elizabeth Sherman, Angela
Davis and Katie Huhta
Social Workers

Tristan Luoma
*Arts & Senior
Services Coordinator*

The Marquette Senior Services are supported by the services of the City of Marquette, Marquette County Senior Millage, Office of Services to the Aging, Region II Area Agency on Aging UPCAP and the generous donations of individuals and organizations in the community. In accordance with all applicable State and Federal Laws – Marquette Senior Services does not discriminate in employment or the provisions of its services.

We provide , Information, Referral, Health, Recreation Services and Arts programming to those 50+ Social Work(60+) at no cost to residents in our service area. The City of Marquette, Marquette Township, Chocolay Township, and Powell Township are all included in our service area.

Please consider making a suggested donation of \$5 if outside of our service area.

