



CITY OF MARQUETTE

**SENIOR SERVICES**

# Horizons Newsletter



**APRIL 2025**

## **NEW AT THE SENIOR CENTER: CHAIR YOGA!**

We're excited to present a new, highly-requested program beginning in April, **Chair Yoga with Nicole Shereé!** Chair yoga is a gentle form of yoga that adapts traditional poses for seated practice, offering benefits including increased flexibility, strength, and relaxation. Nicole is an accredited instructor with over a decade of practice and teaching experience around the globe. Chair yoga will be offered on the first and second Wednesday of each month from 1:30pm-2:30pm in Room B. Pre-registration is not required. Donations are appreciated.

## **TALKING TRASH—LISTENING SESSION REGARDING THE CITY'S NEW WASTE AND RECYCLING SYSTEM**

**Friday, April 4 from 12:30pm-1:30pm in Room B**

The City of Marquette is transitioning to a cart-only system for all solid waste and recycling. This critical city service will be more efficient and safer with the new cart-only system. Before this change goes into effect in Summer 2025, the City is seeking input from community members to understand what questions residents may have and do what we can to make the shift as successful as possible for all. This listening session is a one-hour, facilitated conversation where patrons will have the opportunity to engage in conversation and speak with City staff.

**Senior Center and Baraga Gym Closed  
Friday, April 18, 2025**

**\*Also note, if Marquette Area Public Schools closes for Inclement Weather all Senior Center Activities are Cancelled\***

## **THE WINTER PARKING BAN ENDS APRIL 1ST**

In the event of a large snowfall, park as though the ban were still in place. Even when parking is allowed on the north side of Spring Street, we still ask that those who are able consider parking in the police station lot.

## 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.

**This month we are introducing a new system to help you know what hikes are an appropriate fit for you! Each hike will be labeled as Green Blue or Red. Each color will describe the intensity of each hike and the skill level required to participate.**

See [page 9](#) for the descriptions of each category.

APRIL 10 - 4:00 pm

### Bowling Superior Entertainment Center

Join us for a fun evening of bowling!

LIMIT 15 PARTICIPANTS. Call the Senior Center to reserve your spot.

APRIL 17 - 1:00 pm

### Easy Hike Songbird Trail, Little Presque Isle

Beginner hike of approximately 2.5 miles. The trail remains mostly in the woods with one section along the shoreline.

NO LIMIT

APRIL 24 - 1:00 pm

### Difficult Hike Dead River Falls

Advanced hike of approximately 3.5 miles. Uneven trail with steep climbs and muddy conditions. LIMIT 12 PAPER PARTICIPANTS



MAY 17TH

**BIG BAY RELAY** The Big Bay Relay is a team event walking from Marquette to Big Bay one mile at a time. We need a team of 7 who can walk or run/jog a total of 4 to 5 miles. This event is historic in our area and the Silvers have been welcomed and celebrated every year we have participated. If you are interested please sign up by April 25th.

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

**Also, all events need registration by calling the center at 228- 0456.**

**SPECIAL NOTE:** April events are coordinated and lead by our wonderful intern Naomi, so let's make her job easier by signing up early!!

*"DESPITE THE FORECAST,  
LIVE LIKE IT'S SPRING."*

LILLY PULITZER

**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.

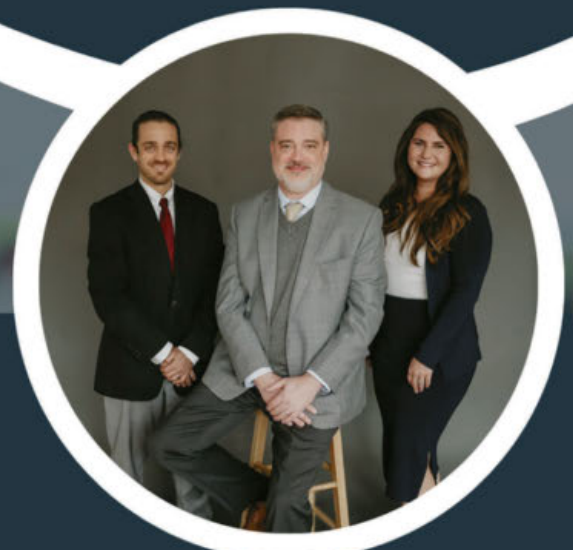
**ASAHI**

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 IN THE BARAGA GYM

Novice: 12:00-1:00PM Monday-Friday  
Intermediate:  
1:00-2:30PM Monday-Friday  
Advanced /Competitive:  
2:30-4:00PM Monday-Friday

### WALKING HOURS IN THE BARAGA GYM

**Mon & Fri:** 7:30-9:00am, 11:30am-12pm  
**Tue & Thu:** 7:30-8:45am, 11:30am-12pm  
**Wed:** 7:30-9:00am, 10:30am-12pm

### BLOOD PRESSURE/BLOOD SUGAR CLINIC

**Friday, April 25, 2025**

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

### 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!

### DUPLICATE BRIDGE

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

### PINOCHLE

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



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**(800) 477-4574 x6407**



**FOOT CLINIC**

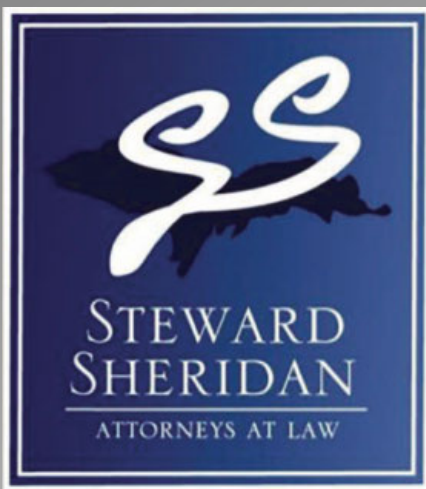
We have several different choices. If you would like an appointment please call us today at (906) 228-0456. Cindy's Foot Clinic is **Tuesday, April 1st from 9am-3pm**, and **Wednesday, April 2nd from 9am-11:30am**. UP Home Health Care's Foot Clinic is **Thursday, April 17th from 8:30am-1:30pm**. Cost: \$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 APRIL

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

**4/2-** French Toast Bake, Turkey Sausages, Hash Browns, Cinnamon Applesauce, Syrup

**4/9-** Roast Beef w/ Gravy, Mashed Potatoes, Green Beans, Peaches in Gelatin, Dinner Roll

**4/16-** Cheesy Goulash, Sweet Corn, Green Beans, Banana, Garlic Bread

**4/23-** Egg, Bacon, & Cheese Bake, Diced Potatoes, Orange Juice, Blueberry Muffin

**4/30-** Chicken Lasagna, California Veggies, Cherry Crisp, Garlic Bread

### UKULELE CLASSES

When: Mondays, April 7, and 21— 3pm at the Marquette Senior Center

### 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

### 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 **04/09/25** from **2:00-3:00pm**

**Telephone Based Caregiver Support**

**Group:** Join us from your own home via telephone or cell phone on **04/16/25** from **2:00-3:00pm** call (906) 225-7760 to register.

### ADVANCED DIRECTIVES PRESENTATION: LAKE SUPERIOR LIFE CARE & HOSPICE

**Peter White Public Library Heritage Room 04/15/2025 3:00 - 4:30PM**

we'll guide you through the *5 Wishes*—a simple yet powerful way to ensure your healthcare choices are honored. Contact number: 906.225.7760

### ASSISTIVE TECHNOLOGY WITH SAIL

**Marquette Senior Center 4/30/25 3:00pm—5:00pm**

Navigating smartphones, tablets, laptops, and email can feel overwhelming without the right support. Join us for this special event, where you'll receive assistance to troubleshoot your devices, answer your questions, and gain confidence in using technology with ease.

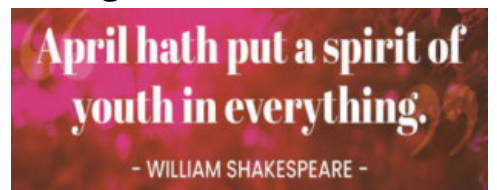
### WALKING WITH PURPOSE: CAMINO FOR HOSPICE

**Drifa Brewing Company 04/13/2025 1:00-3:00 PM**

Hospice volunteer Bart Carroll recently embarked on an inspiring 260-mile journey on the renowned Camino de Santiago to raise funds and awareness for Lake Superior Life Care & Hospice. Join us as Bart shares stories and photos from his pilgrimage.

### PARKINSON'S SUPPORT GROUP

**Wednesday, April 16th, 2pm - 3pm** at the Marquette Senior Center. Caregivers welcome!





**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			



**An Introduction to the Federal Court**

**Thursday, April 10 | 4:00pm-6:00pm**

Enjoy a visit to the U.S. District Courthouse in Marquette, including presentations by a retired federal judge and various members of the court family, plus a look at the US Marshal Service lock-up as time allows!

**4:00pm** Arrival and Security Screening  
**4:45pm** Presentation

Attendees must bring a drivers license or other form of ID card



Phones are allowed, but will be held by court security while attendees are in the courtroom



**Creating Memorial Collages**

**DATE/TIME:**

**PLACE:**

📅 4/29/25  
🕒 4:30 - 6:30 p.m.

📍 Peter White Public Library  
Arts & Culture Room

Creating collages to honor a loved one after loss can be a deeply personal and healing process. Please bring photographs, handwritten notes, letters, or anything else special to add to your collage. Poster boards and craft supplies will be provided.

Register at 906.225.7760  
LakeSuperiorHospice.org

Free & open to the public



This civic outreach event is a program of the City of Marquette Senior Center, in partnership with the U.S. District Courthouse

The event is free to attend, but pre-registration is required. To sign up, or for more information about upcoming programs, please contact the Marquette Senior Center at (906) 228-0456



**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 \_\_\_\_\_
- sosbml \_\_\_\_\_ ndgare \_\_\_\_\_
- htowgr \_\_\_\_\_ waekninga \_\_\_\_\_

# 8 CALENDAR

## April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
31	1 <b>9-3 Cindy's Foot Clinic</b> 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	2 <b>9-11:30 Cindy's Foot Clinic</b> 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball <b>1:30 Chair Yoga</b>	3 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	4 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
7 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 3:00 Ukulele Class 4:00 Senior Theatre	8 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	9 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art <b>1:30 Chair Yoga</b>	10 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge <b>4:00 Courthouse Tour Silver Sampler Event</b>	11 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
14 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	15 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	16 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball <b>2:00 Parkinson's Support Group</b>	17 <b>8:30-1:30 UPHHH Foot Clinic</b> 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge <b>Silver Sampler Event</b>	18 <b>Senior Center and Baraga Gym Closed 7:00-4:00</b>
21 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 3:00 Ukulele Class 4:00 Senior Theatre	22 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	23 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	24 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge <b>Silver Sampler Event</b>	25 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi <b>11-12 BP Clinic</b> 12-4 Pickleball 12:30 Bridge
28 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	29 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	30 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball	1	2



The description of each are as follows:

### Green - Easy Hike

Natural, highly compacted trails with possible small short inclines. Relatively easy terrain for all skill levels. You should be able to walk/hike comfortable for at least 2 miles at an easy pace. Balance and basic cardio fitness are needed.

### Blue - Moderate

Natural trails that are compacted by high use.

Hills may be large but often steady, some elevation changes are likely. You should be able to walk/hike 3 to 4 miles comfortable navigating uneven terrain where balance and endurance may be challenged.

### Red - Difficult

Natural trails that are rough and difficult to differentiate from the surrounding area. Difficult inclines which may require careful

footing, scrambling, or short climbs. Strenuous and only for experienced hikers. Mileage may exceed 4 miles. These events for those who hike or recreate on a regular basis and are confident in their abilities.

(Specific coding will be applied to outings such as biking, skiing, kayaking, etc.)

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## 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., April 9 and 23—Matisse Paper Collage** with Colleen Maki

**\*\*Thu., May 1 and 15—Linocut Print Cards** with Mavis Farr

*PLEASE NOTE: May's visual art classes will be held on Thursdays*

### 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 April 1st.**

## 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!

April classes are April 7th and 21st 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](mailto: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.***

