



CITY OF MARQUETTE
SENIOR SERVICES

Horizons Newsletter



MAY 2025

SENIOR PROJECT FRESH

Please call us at 906-228-0456 if you need help registering to receive the Senior Project Fresh benefits or to see if you qualify. There is a income requirement.

Note: Unlike in the past years there will **NOT** be an event at our Senior Center to sign up to receive coupons. Registration and benefits are now done electronically. They will be dispersed through a debit card or through the downloadable app.

Senior Project Fresh is now digital



- Sign up May 1st online or on the Healthy together app
- <https://app.healthytogether.co/register>
- Download the Healthy Together App via QR codes below
- Questions? Email: MDHHS-SeniorProjectFRESH@michigan.gov



Healthy Together for iOS



Healthy Together for Android

AGE & ACTION CONFERENCE

Two of our staff, Maureen McFadden and Janet Koistenen were selected to present at the 2025 Age and Action conference in Washington D.C. this year. They will be promoting resilience through outdoor recreation as we age. The conference will be held the week of May 26th. There will be opportunities to network with senior centers from across the country, sit in on professional development opportunities and advocate for the Older Adult Americans Act on Capitol Hill to encourage continued funding of some of our most vital direct care services. It is paramount to have representation from our region and we are honored to be selected to speak and attend. We thank you all for your support.



SEE PAGE 2 FOR HOURS AND CLOSURES!

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.

May 8 - 1:00 pm

Easy Hike

Tory's Woods/ Lakenenland M-28

Tory's Woods is a unique Nature Preserve area just off M-28. Lakenenland is a fun sculpture park with hiking paths throughout in the same area. This is an easy hike with mostly flat terrain and a total of approximately 4 miles for both hikes. We can plan on snacks at the pavilion. NO LIMIT

May 17 - 1:00 pm

BIG BAY RELAY Silvers have been welcomed and celebrated every year we have participated. Participants needed to be signed up by April 25th.

May 22 - 1:00 pm

Moderate Hike

Powell Township Trails Big Bay

Powell Township Trails are part of the NTN system. These trails are moderate difficulty with some hills and uneven

terrain. This will be approximately 3.5 miles in length. We will make a stop at the Thunder Bay Inn post hike for refreshments.

NO LIMIT

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.

**Senior Center and
Baraga Gym Closed
May 26, 2025**

**Starting June 1st the
City of Marquette
will be moving to our
summer hours. That
means we will be open
to the public
Mon-Thur. 7:30-4:30 pm
Friday 7:30-11:30 am**

**Baraga Gym
programming for
Fridays will not be
affected, but gym users
will not have access to
the senior center as it
will be closed.**

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 & 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.

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.

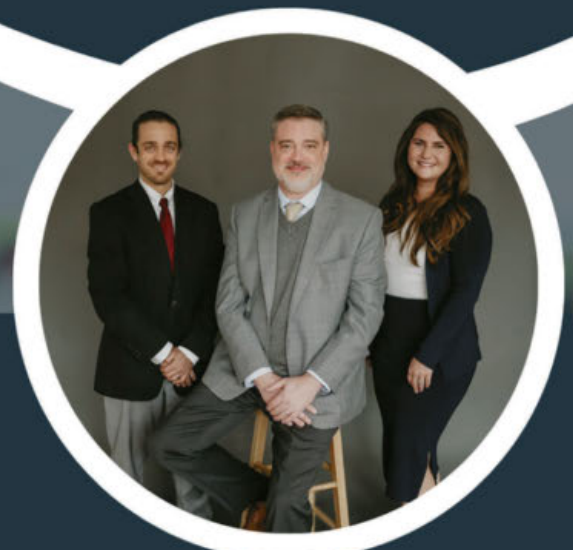
TAI CHI

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.

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, May 23, 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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FOOT CLINIC

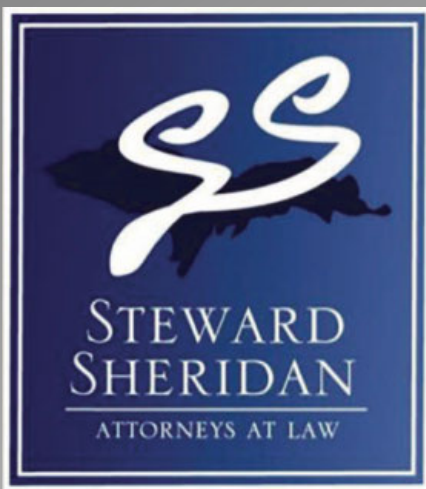
We have several different choices. If you would like an appointment please call us today at (906) 228-0456. Cindy's Foot Clinic is **Tuesday, May 6th from 9am-3pm**, and **Wednesday, May 7th from 9am-11:30am**. UP Home Health Care's Foot Clinic is **Thursday, May 15th from 8:30am-1:30pm**. Cost: \$25 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*
Erin E. Mortenson

*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 MAY

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

5/7- Spaghetti w/ Meat Sauce, Peas & Carrots, Apple Crisp, Garlic Bread

5/14- Cabbage Rolls, Baby Carrots, Diced Potatoes, Peaches in Gelatin, Dinner Roll

5/21- Meatball Stroganoff, Egg Noodles, Key West Veggies, Fig Cookie, Mandarin Oranges, Dinner Roll

5/28- Cheesy Goulash, Sweet Corn, Green Peas, Banana, Garlic Bread

GRIEF SUPPORT SERIES

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave.

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. **Every other Thursday starting 6/5/25-8/14/25 from 10:30 a.m. - 11:30 a.m.**

Please RSVP by June 3rd at 906-225-7760.

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 **05/14/25** from **2:00-3:00pm**

Telephone Based Caregiver Support

Group: Join us from your own home via telephone or cell phone on **05/21/25** from **2:00-3:00pm** call (906) 225-7760 to register.



FEEDING AMERICA TRUCKS

Thursday, May 8, 2025 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette

Wednesday, May 21 2025 12:00pm - (Drive Thru), NMU Berry Events Center, Marquette



SAVVY SENIOR FINANCES

Marquette Senior Center 5/28/25 3:00pm—4:00pm

Tips for everyday Banking every senior citizen should know! Join us for an informative session on smart and secure banking tips tailored just for seniors! Learn how to avoid scams and fraud, learn safe banking practices and tips, what to do if you are scammed, and how to secure your accounts. Brought to you by Marquette Community Federal Credit Union & Lake Superior Life Care & Hospice. Please call to register at 906.225.7760.

PARKINSON'S SUPPORT GROUP

Wednesday, May 21st, 2pm - 3pm at the Marquette Senior Center. Caregivers welcome!

UKULELE CLASSES

When: **Mondays, May 5, and 19— 3pm** at the Marquette Senior Center



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			



Chair Yoga
with Nicole Shereé

Breathe, move and feel good,
all from the comfort of a chair!

2025 Classes are held on the
first and second Wednesday of each month
from 1:30-2:30pm in Room B

MAY 7 & 14 | JUNE 4 & 11

Pre-registration is not required
A suggested donation of \$5/class is appreciated!

WHAT TO LOOK FOR THIS SUMMER!

Drop in Cribbage & Taco
Thursdays: Starting June 5th from 12-2pm. Takes place every Thursday through August.

\$5 suggested donation.

Picnic in the Park Series:
Takes place Tuesday 6/24/25, 7/29/25 & 8/26/25 at 12pm. Registration Required.

\$5 suggested donation.

Secretary of State Mobile Office: July 21st. By appointment only.

Art Week: June 23rd - 28th

Aging Well Series: Dates and info to come !!!

Word Twist Camping

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!

hgifsn _____

hinkig _____

iefr _____

siteors _____

entt _____

cnsuresen _____

sfetor _____

tobso _____

nhssieun _____

esmors _____

©LPI

JOKE OF THE MONTH
IF APRIL SHOWERS BRING MAY FLOWERS, WHAT DO MAYFLOWERS BRING?

ANSWER: PILGRIMS

8 CALENDAR

May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
			8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League Party 12-4 Pickleball 12:30 Bridge 1:00 Senior Art	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
5	6	7	8	9
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 3:00 Ukulele Class	9-3 Cindy's Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	9-11:30 Cindy's Foot Clinic 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:30 Chair Yoga	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
12	13	14	15	16
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge No Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:30 Chair Yoga	8:30-1:30 UPHHH Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 1:00 Senior Art	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge
19	20	21	22	23
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	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge No Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 2:00 Parkinson's Support Group	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 BP Clinic 12-4 Pickleball 12:30 Bridge
26	27	28	29	30
Memorial Day Senior Center Closed Baraga Gym Closed 7:00-4:00	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge No Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 12-4 Pickleball 12:30 Bridge

Saturday May 17
Silver Sampler Event:
Big Bay Relay

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.

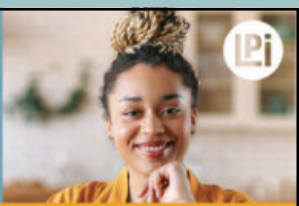

Hills may be large but often steady, some elevation changes are likely. You should be able to walk/hike 3 to 4 miles comfortable navigating uneven terrain where balance and endurance may be challenged.

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.

****Thu., May 1, 8, and 15—Linocut Print Cards** with Mavis Farr

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

Wed., June 4 and 18—Quilt Sculptures with Air Dry Clay with Marlene Wood

Senior Dance Classes

No Senior Dance for May 2025.

Please visit our YouTube Channel at City of Marquette Senior Services to watch videos & practice from home!

Normal schedule will resume in June. 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.



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!

May classes are May 12th and 19th 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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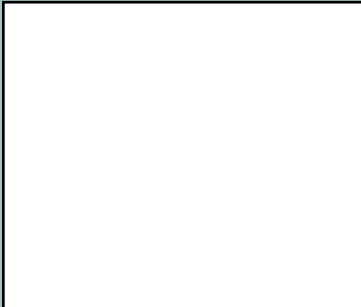
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SENIOR SERVICES STAFF

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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.

