



JULY 2025

YOU ARE INVITED TO
THE MARQUETTE SENIOR CENTER'S
Birthday Party!
WE ARE
Celebrating Sixty

FRIDAY ♥ 07.18.25
AT 1:00PM - 4:00 PM

112 S 3RD ST, MARQUETTE, MI 49855

RSVP: 1 (906) 228-0456

LEARN ABOUT US AND THE OLDER
AMERICANS ACT! FOOD, ENTERTAINMENT,
RESOURCES & MORE!



♥
We age not
by years, but
by stories.

— MAZA DOHTA



No ABC fitness July 3rd, Senior Center and Baraga Gym Closed: Friday, July 4th
Summer Hours: 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
MUST ENTER THROUGH POLICE DEPARTMENT ON FRIDAYS AFTERNOON FOR
PICKLEBALL AS BARAGA GYM DOORS WILL BE LOCKED.

2 OUR PROGRAMS

SILVER SAMPLER

Silver Sampler is an Outdoor Recreation and Education Program with a focus on building 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.

July 10 - 11:00 am

Miner's Falls, Miner's Beach, and Elliot Falls, MUNISING

Miner's Falls is an easy hike, accessible to most novice hikers. Miner's Beach can be accessed by trail or by car for the hike to Elliot Falls at the end of the beach. This will be a full day to enjoy the area.

BEGINNER FOR MINER'S FALLS, **ADVANCED** FOR THE HIKE TO MINER'S BEACH AND ELLIOT FALLS
No Limit

July 17 - 1:00 pm

Kayak Cataract Basin GWINN

We will paddle the lovely Cataract Basin and plan a stop at the UP North after. A larger kayak is recommended (not a 10 footer). PFDs are required. You must have your own gear and know how to swim.

Limit 12

August 14th we will gather at Don and Linda Bode's for our **annual picnic** and fun on the water. This is a potluck and will be limited to 20 folks. It's always a special gathering!

August 31, we are holding our **retreat** in Little Lake. This will be a full day of activities embracing building resilience through nature. We'll share the program we developed for our DC presentation at the National Council on Aging and explore more in depth the concept of building resilience. We will have

access to the main house and beach along with kayaks, canoes, etc. and we will spend time on both structured activities and play time. For those who feel like you might need to renew your spirits and celebrate strength in nature, come and join us. Limit 20.

We will follow our retreat with September sessions Resilience 101.

All events are weather dependent and may change. You will be contacted via email with details. Register by calling the center at 228- 0456.

UKULELE CLASSES

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



PARKINSON'S SUPPORT GROUP

Wednesday, July 16th, 2pm – 3pm at the Marquette Senior Center. Caregivers welcome!

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. **NO ABC FITNESS JULY 3rd**

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.

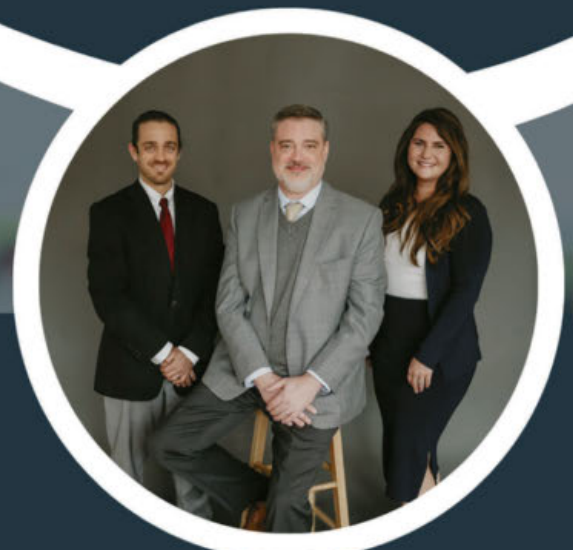
TAI CHI

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



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 **FRIDAY AFTERNOONS YOU MUST ENTER THROUGH THE POLICE DEPARTMENT**

BLOOD PRESSURE/BLOOD SUGAR CLINIC FREE

Friday, July 25, 2025

11:00am-12:00pm.

DUPLICATE BRIDGE

Tuesdays, Thursdays, and Fridays at 12:30pm. The group also offers lessons! Call us for more information.

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

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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City of Marquette Senior Center, Marquette, MI

B 4C 01-1663

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, July 1st from 9am-3pm**, and **Wednesday, July 2nd from 9am-11:30am**. UP Home Health Care's Foot Clinic is **Thursday, July 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.



CHAIR YOGA WITH NICOLE SHEREE

First and Second Wednesday of each month in Room B at the Senior Center.

July 2nd and 9th 1:30-2:30pm

DROP IN CRIBBAGE AND TACOS

Thursdays in June, July, and August in Room B at the Senior Center.

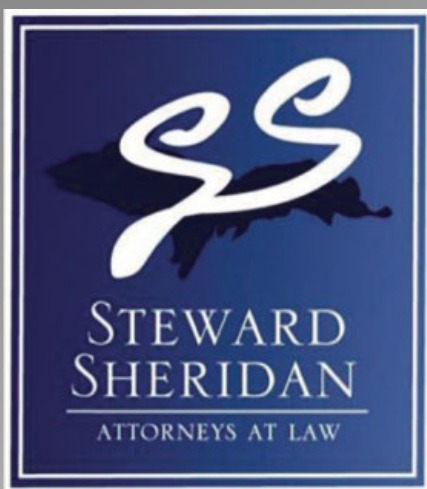
Enjoy tacos and a fun game of cribbage between **12:00—2:00pm**

\$5 suggested donation.

PICNIC IN THE PARK

Last Tuesday of each month in the summer. Locations to be determined.

Dates include, **June 24th, July 29th, and August 26th at 12:00pm**. Registration required. \$5 suggested donation.



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 OUR PROGRAMS

CONGREGATE MEALS FOR JULY 12-1PM CALL US TO SIGN UP \$4 SUGGESTED DONATION

7/2- Turkey Pot Roast,
Mashed Potatoes, Gravy,
Mixed Veggies,
Applesauce, Dinner Roll

7/9- Pork Egg Rolls, Fried
Rice, Capri Veggies,
Mandarin Oranges,
Dinner Roll

7/16- Macaroni & Cheese,
Stewed Tomatoes, Green
beans, Tropical Fruit,
Dinner Roll

7/23- Roast Turkey w/
Gravy, Mashed Potatoes,
Green Beans, Cherry
Applesauce, Dinner Roll

7/30- Salisbury Steak,
Mashed Potatoes, Sliced
Carrots, Diced Peaches,
Dinner Roll

**Secretary of State
Mobile Office will be at
the Marquette Senior
Center July 21st, 2025.**

By appointment only.
Call the Senior Center at
906-228-0456 to
register.



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			

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.

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 **07/09/25** from **2:00-3:00pm**

TELEPHONE BASED SUPPORT GROUP

Are you feeling isolated or burned out as a caregiver? Do you experience frustration or guilt and need a safe place to process? Join us for our new **phone-based** support group. **07/16/25 at 3:00PM** For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. Please call Jamie Barbieri at 906.225.7760.

DROP IN GRIEF SUPPORT: MARQUETTE

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.

No registration required.

Takes Place every 4th Wednesday of the month. 07/23/25 at 4:00

POWERFUL TOOLS FOR CAREGIVERS

Negaunee Senior Center 410 Jackson ST. Negaunee.

August 21— September 25th 1:00 –2:30 PM Six week workshop designed to help you the caregiver and will help you take care of yourself while caring for a parent, spouse, or friend. Providing you with tools to communicate with family, doctors, and paid help, make tough decisions, reduce guilt, stress, anger, and depression. **Call 2-1-1 to register.**

FEEDING AMERICA TRUCKS

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

Wednesday, July 16, 2025 12:00pm - (Drive Thru), NMU Berry Events Center, Marquette



MEMORY CAFÉ: ASAHI FOR ALL: MINDFUL MOVEMENTS FOR CARE & CONNECTION

Lower Mattson Harbor Park near Playground. 07/16/25 at 1:00 PM— 2:00PM

No experience needed. This is a free class open to individuals living with dementia and their caregivers, offering a supportive space to move connect and care for both body and mind—together. **Please RSVP at 906.225.7760 by 7/15** or call for more information.

8 CALENDAR

July 2025

SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday
30	1 9-3 Cindy's Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	2 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	3 8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	4 Independence Day Senior Center Closed Baraga Gym Closed 7:00-4:00
7 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 3:00 Ukulele Class	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 1:30 Chair Yoga	10 8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge Silver Sampler Event	11 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closing at 11:30 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 4:00 Senior Theatre	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 1:00 Senior Art 2:00 Parkinson's Support Group	17 8:30-1:30 UPHHH Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge Silver Sampler Event	18 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closing at 11:30 12-4 Pickleball 12:30 Bridge 1-4 Senior Center Birthday Celebration!
21 9:00 Hi-Low Fitness SOS Mobile Office Appointments 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 3:00 Ukulele Class	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	24 8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	25 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 BP Clinic Center Closing at 11:30 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 4:00 Senior Theatre	29 8:45 ABC Fitness 10:30 Tai Chi 12:00 Picnic in the Park 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	31 8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	1



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.



SENIOR TECH HELP AT PETER WHITE PUBLIC LIBRARY

TUESDAY MORNINGS FROM 10 AM - 1 PM

Need help setting up your phone or iPad? Learn how to make your device the way you want it. Electronic devices should be charged prior to session. Bring all Passwords with you.

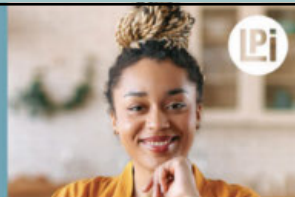
CALL 906.226.4311 to schedule a 30 minute session with Christine Ault, retired teacher and librarian. At Peter White Public Library.

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ART CORNER 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., July 9 and 16—Portrait Drawing with Colleen Maki (1pm-3:30pm)

Wed., August 6, 20, and 27—Silk Scarf Painting with Diane Kribs-Mays

Wed., August 13—Art Retreat with Colleen Maki (1pm-4pm) at Colleen's home in North Marquette

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 July 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!

July classes are July 14th and 28th 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 tluoma@marquettetemi.gov for more information about the Senior Theater Experience.



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City of Marquette Senior Center, Marquette, MI

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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.

