



AUGUST 2025

Join the Marquette Senior Center for a day trip to the
Marquette County Fair!
Thursday, August 7, 2025
10:00AM—2:30PM

Transportation Provided: 10:00am pickup at the Marquette Senior Center, followed immediately by pickup at Snowberry Heights. We'll be picked up from the fairgrounds at 2:00pm and return to the Senior Center/Snowberry by 2:30pm.

There is a \$1 charge for the bus, but entry to the fair will be paid for.

Please bring your own spending money for things you may want to purchase at the fair.

This event is open to those 50+ residing in the City of Marquette or Marquette, Chocolay, or Powell Townships.

Register by calling the Senior Center
at (906) 228-0456



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 FRIDAY AFTERNOONS FOR PICKLEBALL AS BARAGA GYM DOORS WILL BE LOCKED. See p. 3 for Gym Closure.

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.



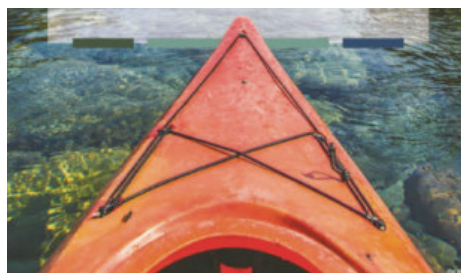
August 14th we will gather at Don and Linda Bode's for our **annual picnic** and fun on the water. This is a potluck and will be limited to 20 folks. It's always a special gathering!

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.



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

8/6- Tuna Salad with a Croissant, Cucumber Salad, Butterscotch Pudding, Apple

8/13- Turkey Pot Roast, Mashed Potatoes, Mixed Veggies, Tropical Fruit, Dinner Roll

8/20- Roast Beef w/ Gravy, Mashed Potatoes, Green Beans, Cherry Applesauce, Dinner Roll

8/27- Salisbury Steak, Egg Noodles, Sliced Carrots, Diced Peaches, Dinner Roll

UKULELE CLASSES

When: **Mondays, Aug. 4 and 18 — 3pm** at the Marquette Senior Center



PARKINSON'S SUPPORT GROUP

Wednesday, August 20th, 2pm – 3pm at the Marquette Senior Center. Caregivers welcome!

**Secretary of State
Mobile Office will be at
the Senior Center
again in October!**

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.

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

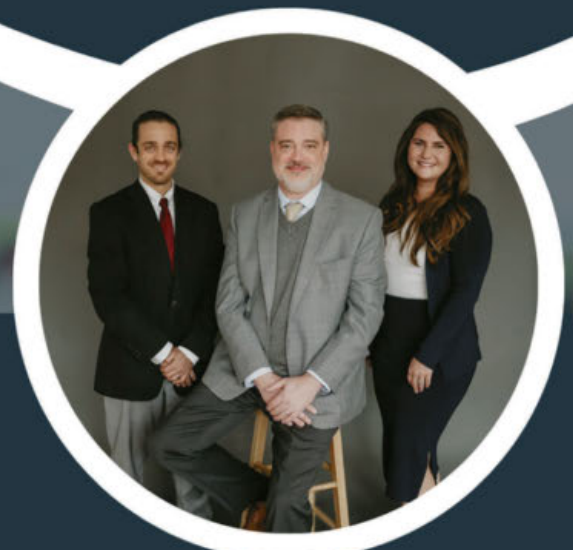
A mind-body health practice from Finland that can be practiced by people of all ages and in all states of health or physical condition. Join instructor, Don Bode on **Mondays and Fridays 10:30-11:30am** in the Baraga Gym. It is great for strengthening, developing balance, and reducing stress. If you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

BARAGA GYM CLOSED FOR MAINTENANCE AUGUST 14TH—19TH

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

**BARAGA GYM CLOSED FOR MAINTENANCE
AUGUST 14TH—19TH**

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
ENTRANCE**

BLOOD PRESSURE/BLOOD SUGAR CLINIC FREE

Friday, August 22, 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, August 5th from 9am-3pm**, and **Wednesday, August 6th from 9am-11:30am**. UP Home Health Care's Foot Clinic is **Thursday, August 21st 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.

August 6th and 13th 1:30-2:30pm

DROP IN CRIBBAGE AND TACOS

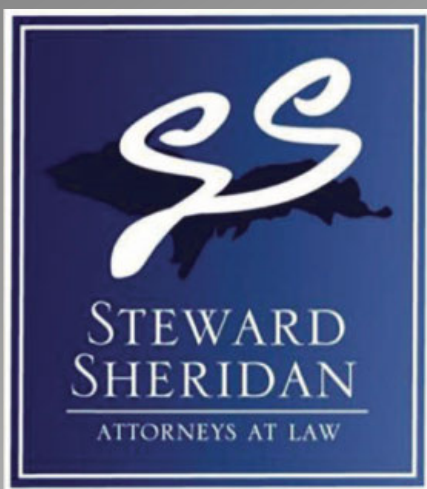
Thursdays in June, July, and August in Room B at the Senior Center.

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. **August 26th at 12:00pm** at Father Marquette Park, with a presentation by Tiina Morin. 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 THIS-N-THAT



MEMORY CAFÉ PRESENTS:

AUG 20 WEDNESDAY 1:00 PM

DEMENTIA FRIENDLY MOVIE MATINEE: 80 FOR BRADY

Come share a joyful dementia-friendly movie experience! **At Thomas Theatre 1525 Commerce Drive. August 20th 1:00 – 2:45 PM.** Join us for a special Memory Café event designed for individuals living with dementia and their caregivers. Enjoy a free, relaxed screening of *80 for Brady* – a light-hearted comedy celebrating friendship and adventure. Free with pre-registration – all ticket fees are generously covered by Lake Superior Life Care & Hospice. Space is limited so please RSVP by August 13th by calling 906.225.7760 or e-mail outreach@lakesuperiorhospice.org

TECHNOLOGY HELP SESSION

**Thursday, August 28th
10:00AM – 11:30AM**

Marquette Senior Center Room B

Drop in and we will be available to chat, help with technology set up, or answer questions about technology to the best of our ability. Register by calling

906-228-0456



FEEDING AMERICA TRUCKS

Thursday, August 14, 2025 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette

Wednesday, August 20, 2025 12:00pm - (Drive Thru), NMU Berry 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 8/13/25 from 2:00-3:00pm

POWERFUL TOOLS FOR CAREGIVERS

In Person Class at the Negaunee Senior Center 410 Jackson ST. Negaunee. Thursdays, August 21— September 25th 1:00 –2:30 PM S

Now is your chance to register for this six week workshop designed to help you, the caregiver! This class happens once a year!

Call 2-1-1 to register

or register online at

www.upcap.org

(click on OTHER then EVENTS).



2025 Supreme Court Roundup for Non-Lawyers

Thursday, August 21 | 4:00pm-6:00pm

Enjoy a visit to the U.S. District Courthouse in Marquette.
Learn about real life court cases and
how the judicial process works!

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



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

ART AFTER LOSS

Presents: Creating Grief Journals –a powerful way to process loss, offering space for reflection and healing. Journaling can help us make sense of our emotions and honor the memory of those we've lost. We invite you to create your own grief journals. Please bring a blank journal and any items you'd like to include: Poems, photographs, inspirational quotes, etc. **8/28 at 4:30 PM at the Peter White Library** lower level. 217 N. Front St, Marquette. Please RSVP to 906.225.7760 or email cvoce@lakesuperiorhospice.org

DROP IN GRIEF SUPPORT: MARQUETTE

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave. Grief doesn't follow a schedule - and neither do we. Our drop-in grief support group offers a safe, welcoming space for anyone navigating the loss of a loved one. Join us to share, listen, or simply be among others who understand. No registration required. Come as you are when you need it most. Takes place on the 4th Wednesday of every month. No registration or affiliation to our hospice is required.

Takes Place every 4th Wednesday at 4:00pm. August Date: 8/27/25

Smiles on Wheels

	11:00 -12:00 Dental Checks	
	12:00-1:00 Presentation & Lunch	
	1:00 - 2:00 Bingo and door prizes	

Join Us

Date: August 6th, 2025
Location: Marquette Senior Center
Time: 11:00AM -2:00PM
CALL to RSVP: (906) 228-0456



8 CALENDAR

August 2025



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
				9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closing at 11:30 12-4 Pickleball 12:30 Bridge
4	5	6	7	8
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 3:00 Ukulele Class	8:45 ABC Fitness 9-3 Cindy's Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 9-11:30 Cindy's Foot Clinic 10:30 Senior Fitness 11-2 Smiles on Wheels 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga	8:45 ABC Fitness 10-3 Bus trip to Mt County Fair 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closing at 11:30 12-4 Pickleball 12:30 Bridge
11	12	13	14	15
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 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art Retreat 1:30 Chair Yoga	Baraga Gym Closed for Maintenance NO GYM ACTIVITIES 12-2 Drop-in Cribbage and Taco Thursday 12:30 Bridge Silver Sampler Event	Baraga Gym Closed for Maintenance NO GYM ACTIVITIES 10:30 Senior Fitness Center Closing at 11:30 12:30 Bridge
18	19	20	21	22
Baraga Gym Closed for Maintenance NO GYM ACTIVITIES 10:30 Senior Fitness 11:00 Pinochle 3:00 Ukulele Class	Baraga Gym Closed for Maintenance NO GYM ACTIVITIES 12:30 Bridge	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	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 4-6 Courthouse Tour	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
25	26	27	28	29
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 12:00 Picnic in the Park 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	8:45 ABC Fitness 10-11:30 Tech Help Workshop with SAIL 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closing at 11:30 12-4 Pickleball 12:30 Bridge
1	Notes			
SUNDAY, AUGUST 31 Silver Sampler Retreat				



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.

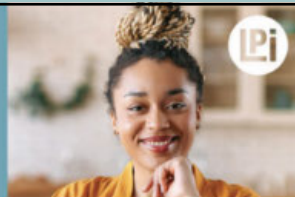
CALL 906.226.4311 to schedule a 30 minute session with Christine Ault, retired teacher and librarian. At Peter White Public Library. Aug. 5,12, 26.

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

Wed., August 13 and 20—**Mandala Dot Painting on Rocks** with Colleen Maki (1pm-3:30pm)

Wed., September 10 and 24—**Needle Felting** with Jody Trost

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 August 5th and August 19th.**



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!

August classes are the 11th and 25th 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@marquettetmi.gov for more information about the Senior Theater Experience.



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City of Marquette Senior Center, Marquette, MI

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49855

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.

