



CITY OF MARQUETTE
SENIOR SERVICES

SEPTEMBER 2025

Horizons Newsletter



SENIOR CENTER HOURS:

Mon.-Thur. 7:30am-4:30 pm, Friday 7:30am -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 to the public Friday afternoons.

Walk to End Alzheimer's: Marquette

Saturday, September 27, 2024—10:00am (registration at 9:00)

The Marquette Senior Center has a team that will be walking at this event. The event takes place at the Lower Harbor Mattson Park. If you would like to participate by **joining our team**, we can help you register. If you are interested in making a donation, you can talk to the Marquette Senior Center staff. **Call 228-0456!**



SEPTEMBER
SENIOR CENTER MONTH

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.

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

9/03- Breaded Lemon Chicken Breast, Rice Pilaf, Peas & Carrots, Peaches in Gelatin, Dinner Roll

09/10- Roast Pork W/ Gravy, Mashed Potatoes, Carrot Coins, Cinnamon Applesauce, Dinner Roll

09/17- Cheesy Chicken Rotini Casserole, Key West Veggies, Sweet Potato Half, Garlic Bread

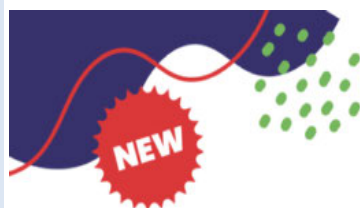
09/24- BBQ Chicken, Wedge Fries, Baked Beans, Diced Pears, Blueberry Muffin

**Sep. 4th 11AM - 2PM
Powell TWP Trails & Resilience 101** NO Limit.
Hike several Powell TWP Trails and then head to Thunder Bay Inn to have lunch and explore some ways to boost our **Resilience** by using nature as our guide. *All Day Event.*

Sep. 13th 8:15 AM
Our group will be participating in the Lake Superior Shore Run- but we will be hiking—5 miles Limit 10
Hike Bareback along Lake Superior back to Little Presque Isle. **Sign up before Sept. 8th.**

**Sep. 18th 11 AM - 2 PM
Blueberry Ridge Wildcat & Superior Loop & Resilience 101**
ADVANCED HIKE
Long, hilly hike with a side trip to a hidden stream. Spend time on the trail and explore how to boost our **Resilience** in Nature. No Limit

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



Pharmacist Office Hours

with **Anna Rumbles, PharmD**
Director of Pharmacy, Upper Great Lakes Family Health

Anna will be available to answer general questions you may have about your medications. Please feel free to bring in your pill bottles!

First and second Thursday of each month from 11:00am-1:00pm

2025 | SEP 4 & 11 | OCT 2 & 9 | NOV 6 & 13 | DEC 4 & 11

Please call the Center at (906) 228-0456 to make an appointment!

CITY OF MARQUETTE • WWW.MARQUETTEMI.GOV

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.

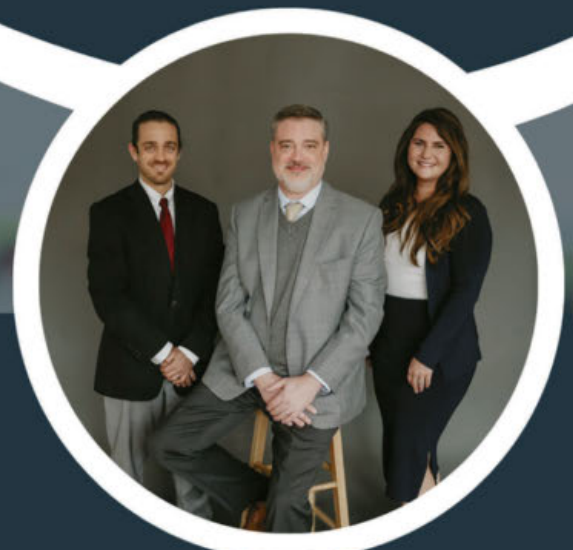
TAI CHI

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

BLOOD PRESSURE/BLOOD SUGAR CLINIC FREE

Friday, September 26th, 2025

11:00am-12:00pm.

DUPLICATE BRIDGE

Tuesdays, Thursdays, and Fridays at

12:30pm. Classes Saturday at 10am.

Call 217-741-7867 to sign up!

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, September 2nd from 9am-3pm**, and **Wednesday, September 3rd from 9am-11:30am**. UP Home Health Care's Foot Clinic is **Thursday, September 18th 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. **September 3rd and 10th 1:30-2:30pm**

PARKINSON'S SUPPORT GROUP

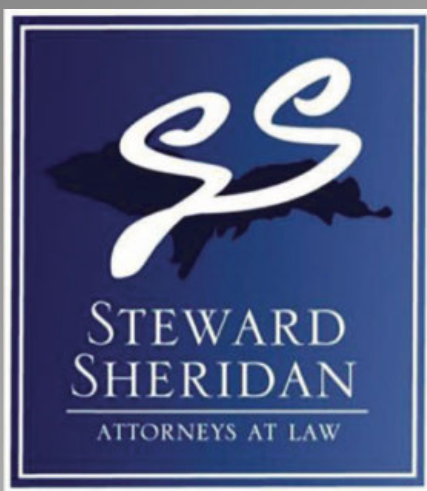
Wednesday, September 17th, 2pm - 3pm at the Lakeview Arena. This month we will have a bike clinic. Caregivers welcome!

UKULELE CLASSES

Please note that Ukulele classes are moving to TUESDAYS!

September 2nd & 16th at 3pm at the Marquette Senior Center with Scott.

CRIBBAGE NO CRIBBAGE IN SEPTEMBER. (Page 7 has info about league in Oct.)



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

CAREGIVER SUPPORT GROUPS MARQUETTE

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave. Join us in person on **9/10/25** from **2:00-3:00pm**

Telephone Based Caregiver Support Group:

a great opportunity for caregivers who are unable to leave the person they are caring for. Join us from your own home via telephone or cell phone on **09/17/25** from **2:00-3:00pm** call (906) 225-7760 to register.

COMMUNITY

MEMORIAL SERVICE –

Are you grieving the loss of a family member or friend? We invite you to gather with us in remembrance of loved ones who have passed. This special service is open to all members of the community. If you'd like to have your loved one's name added and read during the service, please contact us at 906.225.7760 or email outreach@lakesuperiorhospice.org.

9/10/25 at D.J. Jacobetti Home for Veterans Chapel, 6:30 PM.

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. No registration or affiliation to our hospice is required.

Takes Place every 4th Wednesday at 4:00pm. September Date: 9/24/25

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.

POWERFUL TOOLS FOR CAREGIVERS

Virtual class starting in October. **Thursdays, October 9 – November 13th . 2 – 3:00 PM.** This 6- week workshop is designed to help YOU the caregiver and will help you take care of yourself while caring for a parent, spouse, or friend, at home, in a nursing home, or across the country. This workshop will provide YOU the caregiver tools to reduce stress and help you relax, make tough decisions, reduce guilt, anger, and depression, communicate effectively with family members, your doctor, paid help, take care of yourself, and to set goals and problem solve.

Call 2-1-1 to register or register online at www.upcap.org (click on OTHER then EVENTS).

FEEDING AMERICA TRUCKS

Thursday, September 11, 2025 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette
Wednesday, September 17, 2025 12:00pm - (Drive Thru), NMU Berry Events Center, Marquette

Lake Superior
LIFE CARE & HOSPICE

Join us ...

Memory Café

CREATE, CONNECT, AND PAINT TOGETHER

Memory Cafés are a welcoming, stigma-free social gathering for individuals with memory loss and their care partners.

Take a Moment to Unwind with Gentle Painting. Explore Color, Spark Memories, and Enjoy Creative Time Together - no experience needed.




DATE: September 22, 2025
TIME: 10:30 AM - 12 PM
PLACE: Peter White Library Arts & Culture Center (downstairs)
FREE REGISTRATION: 906.225.7760

Galut Martine Howe

Cribbage League

STARTING SOON

Thursday afternoons, October—April!

League begins in October, so if you need a partner, now is the time to find one, if you don't have a partner and are still interested, we can help you find a partner or add you to our sub list! Please let us know during the month of September so that we can have our lists and schedules ready!

Questions: Call (906) 228-0456

No Cribbage in September!

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.

RETIRED SENIOR VEHICLE PROGRAM VOLUNTEERS NEEDED

If you're a retired senior looking to serve our community, consider becoming a volunteer driver! Help fellow seniors get to their non-emergency appointments

RSVP

IF INTERESTED CALL MARQUETTE COUNTY AGING SERVICES (906) 315-2658

- Valid Driver's License needed
- Mileage Reimbursement




September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Labor Day Senior Center and Baraga Gym Closed 7:00-4:00	2 8:45 ABC Fitness 9-3 Cindy's Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele	3 9:00 HI-Low Fitness 9-11:30 Cindy's Foot Clinic 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:30 Chair Yoga	4 8:45 ABC Fitness 10:30 Tai Chi Pharmacist Office Hours 12-4 Pickleball 12:30 Bridge Silver Sampler Event	5 9:00 HI-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closing at 11:30 12-4 Pickleball 12:30 Bridge	6
7 Grandparents Day	8 9:00 HI-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	9 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	10 9:00 HI-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga	11 8:45 ABC Fitness 10:30 Tai Chi Pharmacist Office Hours 12-4 Pickleball 12:30 Bridge	12 9:00 HI-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closing at 11:30 12-4 Pickleball 12:30 Bridge	13 Silver Sampler Event (Lake Superior Shore Run)
14	15 9:00 HI-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	16 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele 4:00 Senior Dance	17 9:00 HI-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 2:00 Parkinson's Support Group	18 8:30-1:30 UPHHH Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge Silver Sampler Event	19 9:00 HI-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closing at 11:30 12-4 Pickleball 12:30 Bridge	20
21	22 9:00 HI-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	23 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	24 9:00 HI-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	25 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	26 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	27 10:00 Walk to End Alzheimer's (Mattson Lower Harbor Park- registration at 9:00)
28	29 9:00 HI-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	30 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	1	2	3	4

Coming this
OCTOBER!

SENIOR SKATE
WILL BE STARTING IN OCTOBER, LOOK FOR DATES IN OUR NEXT NEWSLETTER OR CALL THE CENTER FOR MORE INFORMATION.

SECRETARY OF STATE MOBILE OFFICE
WILL BE AT THE SENIOR CENTER AGAIN ON OCTOBER 23RD. CALL TO SCHEDULE AN APPOINTMENT, OR WALK IN THAT DAY.

MEDICARE—OPEN ENROLLMENT
OCTOBER 15TH - DECEMBER 7TH
MAKE AN APPOINTMENT WITH A MMAPS CERTIFIED SOCIAL WORKER. SPACE IS LIMITED. CALL (906) 228-0456

FREE DIGITAL SKILLS TRAINING
Thursday, October 9
At the Marquette Senior Center
10:00am—Mobile Device Basics
11:30am—Open Lab Workshop

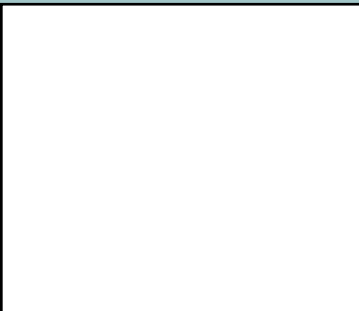
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ART CORNER 10

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

Wed., October 8 and 22—Fall Leaves in Watercolor with Colleen Maki

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 September 2nd**



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!

September classes are the 8th and 22nd 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 luoma@marquettemi.gov for more information about the Senior Theater Experience.



Need Help Choosing Your Medicare Supplement Plan?

Purchasing a Medicare Supplement plan for the first time doesn't have to be a complete guess.

We can help. Let us help you pick a Medicare Supplement plan that fits your budget and lifestyle.

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We do not offer every plan available in your area. Currently, we represent 5 Medicare Advantage and Part D organizations which offer 47 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all your options.

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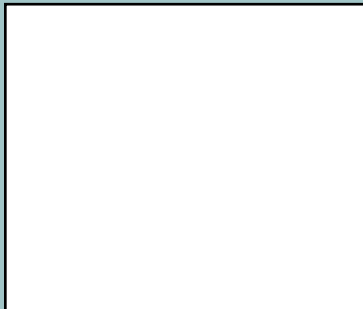
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SENIOR SERVICES STAFF

(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.

