



OCTOBER 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.

Winter Parking Ban starts November 1st!

WELCOME LETTER

We want to take the time to encourage people to book their appointments for Medicare open enrollment with our certified MMAP counselors. You must be 65 and older and live within our service area. We will have limited appointment times available so the sooner you book the better! More details on page 8.

Please help us welcome our two student Social Work interns to our staff, MSW student Kristian Jackson and BSW student Madalyn Stern. We are so excited to have them here.

Are you interested in helping seniors with their taxes this season? There will be an introductory meeting for people interested in learning about volunteering with the local AARP Tax-Aide program in the Citizens Forum room at Lakeview Arena on Wednesday, October 22nd, at 1:30 p.m. No registration is necessary.

MY SENIOR CENTER— OUR COMPUTER LOGIN SYSTEM

Since January we have been asking all participants of Senior Center programming to sign in with the My Senior Center kiosks. If you think you may have filled out one of the registration forms but **have not received a keytag yet, please stop by the office and ask**, we have a lot of them waiting to be picked up. When you pick it up, we can show you how to use it (see page 7 for instructions), **making sure to scan the tag, then select the activities you are participating in that day!** If you are new to the Marquette Senior Center, you can fill out a registration form at the office and we can get you entered into the system and assign a keytag. Remember to sign in for all activities you attend (including **walking** before an exercise class)!

Your participation and signing in helps us report accurate numbers to our funding sources, and increases our chances of receiving additional funding in the future. Thank you for helping us serve the community and provide the services for you and others!

2 OUR PROGRAMS

SILVER SAMPLER

Silver Sampler is an Outdoor Recreation and Education Program with a focus on building skills, knowledge, abilities and resilience.

October 7—6:30 pm

“Know the Weather for Hunting and Safety”: Part of the Know Our Wild Lecture Series held at the Up North Lodge Event Center This presentation will provide important information on understanding weather for outdoor adventures. Free of charge. No registration required.

October 9—11:00 am

Big Bay Color Tour
Powell Township Trails
We will hike the Powel Twp Trails. Options for easier and more difficult hikes, between 3-5 miles. May include a stop at Thomas Rock to see fall colors as well as an optional stop at the Thunder Bay Inn for socializing after the hike. Please register with the Senior Center—**No Limit.**

October 12—11:00am

Secret 7 Hike at Verhamme’s Camp
5 mile advanced hike on private trails with a potluck to follow at their camp. Please register with the Senior Center—**Limit 10.**

October 16—3:30 pm

Preview of the Fresh Coast Film Festival and Cultural Trail Hike
Tristan will lead a walk along the Cultural Trail and present information on upcoming developments of the Arts and Culture Center currently under construction. Upon returning to the Lower Harbor, you’ll be able to view films for this year’s Fresh Coast Film Festival—**No Limit.**

October 23—1:00 pm

Gwinn Surprise!

Hike a new trail system in Gwinn. Easy hiking, up to 4.5 miles. Please register with the Senior Center—**No limit.**

Register by calling the center at 906-228- 0456.

Secretary of State Mobile Office



at the Marquette Senior Center 11am—2pm

October 23, 2025.

Call the Senior Center at 906-228-0456 to register for an appointment.

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!

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.

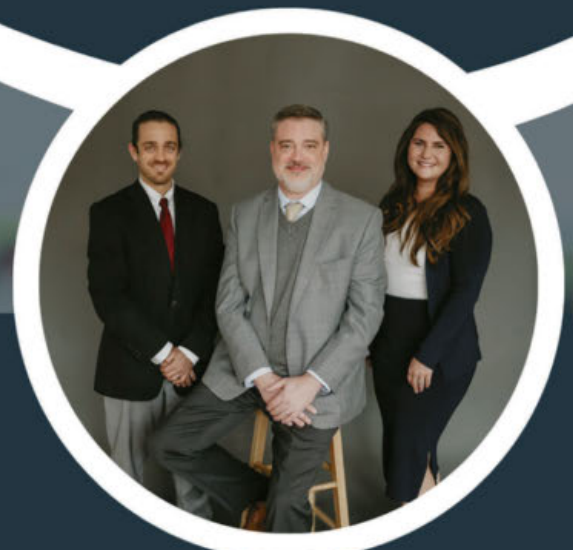
TAI CHI

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



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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, October 31, 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, October 7th from 9am-3pm**, and **Wednesday, October 8th from 9am-11:30am**. UP Home Health Care's Foot Clinic is **Thursday, October 16th 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.

October 8th and 22nd 1:30-2:30pm

PARKINSON'S SUPPORT GROUP

Wednesday, October 15th, 2pm - 3pm at the Senior Center. This month we will have an Author Presentation from one of our own members. Caregivers welcome!

UKULELE CLASSES

TUESDAYS!

October 7th and 21st at 3pm at the Marquette Senior Center with Scott.

CRIBBAGE TEAMS FOLLOW ESTABLISHED LEAGUE SCHED. (1ST GAME OCT. 2ND) Thursdays Oct.—April play starts at 12:00.



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 **10/8/25** 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 **10/15/25** from **2:00-3:00pm** call (906) 225-7760 to register.

MEMORY CAFÉ: POWER OF PLAY: BOARD GAMES

Tuesday, October 14, 2025 1:00-2:30pm at the Peter White Public Library Shiras Room

Free to attend, Registration Required: call 906-225-7760.

MEMORY CAFÉ:

MOMENTS IN TIME at the Marquette Regional History Museum.

October 22, 2025 Drop in anytime between 1:00-3:30pm for guided tours.

\$5 admission for the caregiver and free for the care receiver.

Registration Required: call 906-225-7760.

DROP IN GRIEF SUPPORT: MARQUETTE

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave. Join us to share, listen, or simply be among others who understand. 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. October Date: 10/22/25

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.

FEEDING AMERICA TRUCKS

Thursday, October 9, 2025 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette
Wednesday, October 15, 2025 12:00pm - (Drive Thru), NMU Berry Events Center, Marquette

NCLL CORNER

Interested in programs that may not be offered here at the Marquette Senior Center? Try out our wonderful community partner—the **Northern Center for Lifelong Learning (NCLL)!**

Founded in 1996, NCLL is organized by and primarily for actively engaged seniors who are interested in pursuing **intellectual, recreational, and social activities.**

Membership is open to adults of any age, and you do not need to be a member to attend events. If you'd like to learn more, contact NCLL

Office Manager

Lisa Stasiuk at:

Email: ncll@nmu.edu

Phone: (906) 227-2979

Website: nmu.edu/ncll

NCLL is an affiliate organization of Northern Michigan University sponsored by Continuing Education and Workforce Development (CEWD). It is also a registered Lifelong Learning Institute of Road Scholar.





Senior Skate

FREE, DROP-IN ICE SKATING

AT LAKEVIEW ARENA! 50+

FRIDAYS 7:00PM-8:30PM

October 3, 10, and 24
November 7 and 21

CONGREGATE MEALS 12-1PM

Wednesdays, October 1st, 8th, 15th, 22nd, and 29th.

Call the Senior Center with menu questions and to sign up. \$4 suggested donation

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 interested in becoming a volunteer driver for the program you can reach out to us as well! Mileage is reimbursed.



FREE DIGITAL SKILLS TRAINING

Hosted by the Marquette Senior Center at 300 W. Spring St.

THURSDAY, OCTOBER 9

10:00am—Mobile Device Basics

11:30am—Open Lab Workshop

Register at 906-228-0456

The My Senior Center system is extremely easy to use. Here's how it works:

All visitors will receive a small keytag. (The card contains no personal information, but it will allow the system to recognize you.)

You'll swipe your keytag at the scanner, or you can enter your name on the touchscreen.

Press the touchscreen to select the programs you'll be participating in that day.

Press FINISH.



Cribbage League

Thursday afternoons,
October—April!

League begins in October, it isn't too late, call if interested. We would love to add to our sub list as well.

Questions:
Call (906) 228-0456

NUTRITION CLASS

Join us on **10/22 at 12pm** for a fun and healthy session with Clinical Director **Sherry Aho** at UP Health Systems Homecare and Hospice & former Bay College instructor. Learn about the powerful nutrients in nuts, enjoy easy and delicious smoothie recipes, and experience the joy of engaging all five senses in the process. Perfect for seniors looking to boost daily wellness, energy, and nutrition in a simple, tasty way!

LUNCH AND LEARN CONNECTIONS GROUP

JOIN US FOR A LUNCH & LEARN AT VANGOS ON OCTOBER 24! CONNECT WITH OTHERS AND DISCOVER LOCAL RESOURCES WHILE ENJOYING A MEAL (SELF-PAY). CALL THE SENIOR CENTER AT 906-228-0456 TO SIGN UP.

October 2025



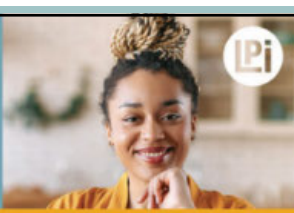
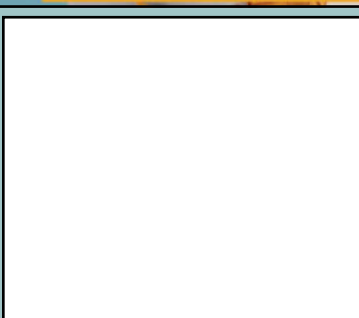
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball	8:45 ABC Fitness 10:30 Tai Chi Pharmacist Office Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate	
5	6	7	8	9	10	11
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	8:45 ABC Fitness 9-3 Cindy's Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele Silver Sampler Event	9:00 Hi-Low Fitness 9-11:30 Cindy's Foot Clinic 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga	8:45 ABC Fitness 10:00 Digital Skills Training 10:30 Tai Chi Pharmacist Office Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate	
12	13	14	15	16	17	18
Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	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 2:00 Parkinson's Support Group	8:30-1:30 UPHHH Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge	
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	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 3:00 Ukulele 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga	8:45 ABC Fitness 10:30 Tai Chi 11-2 SOS Mobile Office 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate	
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	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	8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 BP Clinic Center Closes at 11:30 12-4 Pickleball 12:30 Bridge	

Are You in the Best Prescription Drug Plan for 2026?

Each year Medicare beneficiaries have an opportunity to enroll in a prescription drug plan for the new calendar year. While individuals may stay with their current plan, the Michigan Medicare/Medicaid Assistance Program (MMAP) recommends reviewing your options each year.

Anyone who joined a Medicare prescription drug plan last year will soon receive an Annual Notice of Change from the company with which they have drug coverage. **READ THIS CAREFULLY**, as this notice will identify whether the plan is changing their premiums, co-pays, deductibles, and/or the medications they will cover. **You will need to make sure that the medications you are currently taking will still be covered by your plan in 2026.** If you need help understanding the notice, call a MMAP counselor for assistance at 211 or contact your social worker at the Marquette Senior Center.

Open enrollment begins October 15th and ends on December 7th. This is the time to change plans, if you choose, for the 2026 calendar year. Beneficiaries who did not join a Medicare drug plan during their initial open enrollment period may also now apply for a drug plan.

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

Wed., November 5 and 19—*Silk Scarf Painting* with Diane Kribs-Mays

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 October 7th.**



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!

October classes are the 20th and 27th 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.



Need Help Choosing Your Medicare Supplement Plan?

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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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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.

