

#### SENIOR CENTER HOURS:

Vewsletter

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

The Winter Parking Ban is in effect from November 1st through April 1st. During that time there is NO PARKING on the north side of Spring Street. We understand that this affects our clients and user groups. We also ask that you please use the parking lot by the police station if you are able.

# PARKING DURING WASTE COLLECTION

### **RESTRICTIONS FOR CITY RESIDENTS**

Parking on public streets is prohibited in connection with scheduled garbage and recycling collections within the City.

- **General Restrictions:** On the scheduled collection day, on-street parking is prohibited from 12:00 AM to 2:00 PM in designated collection zones.
- A <u>Waste Collection Map</u> is available on the City of Marquette Website.

### **INCLEMENT WEATHER**

Please note that <u>if MAPS closes for Inclement</u> <u>Weather</u> all Senior Center Programs are cancelled that day.

### **CLOSED**

The Baraga Gym will be closed for Elections Nov. 3rd and 4th all day and Nov. 5th until 4:30pm

The Senior Center and the Baraga Gym will be closed in observance of Thanksgiving on November 26, 27, and 28.

# **MEDICARE**

THE MARQUETTE SENIOR CENTER IS NOT ABLE TO TAKE ANY NEW MEDICARE REFERRALS THIS SEASON.
You can call 1-800-MEDICARE for free assistance. That is 1-800-633-4227.

# **BIG BAY**

Big Bay Office Hours, we have a limited number of appointment times and days available in Big Bay, for Medicare and Social Work Services. Please call us if you are a Big Bay resident and would like to book an appointment.

# 2 OUR PROGRAMS

# **SILVER SAMPLER**

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

# November 8—2:00 pm

Forest Forensics Series
History Hike at Tory's
Woods in Deerton (this is
part of an MSU Extension
Series) Please register
with the Senior Center
and we will send you a link
to register with MSU
Extension.

# November 11—6:30 pm

Know Our Forest (this is part of the Know Your Wild Series at the Up North Lodge Event Center) Presentation with Anna Ellis, Forestry and Natural Resource Educator for MSU Extension, and Stacey Welling Haughey, UP Field Deputy for Michigan DNR.

No registration necessary.

# November 12—11:00 am

Christmas Wreath Building (downstairs of PWPL). All supplies provided, but you are welcome to bring anything you might like to add. Limit 15

# November 20—1:00 pm

Outdoor Preparedness at the Presque Isle Pavilion. Learn how to prepare for outdoor adventures, including basic outdoor first aid and more. Preference given to those who have not attended this class in the past. Limit 12

# December 2—3:00 pm

Potluck and Snowshoe
At 3:00 we will gather to share some holiday treats,
White Elephant exchange and celebrate Janet's retirement along with the 10 year anniversary of The Silvers! We will plan on a full moon snowshoe or hike on the Blueberry Trail system starting at 5:00.
No Limit but must be able to snowshoe/hike at least 2-3miles.

# December 11—1:00 pm

Snowshoe/Hike at Negaunee Twp Trails (approx. 4 miles)

# December 18—1:00 pm

Snowshoe/Hike Anderson Lake Trails in Gwinn (approx. 4 miles) Post Hike stop at UP North Lodge optional.

Register by calling the center at 906-228- 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 OCT NOV DEC

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

# **See Front Page for November Closures!**

#### **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 May 22: Hougl

Bay College West, 2801 US-2. Room 231 A

Bluffs Assis

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



906-228-6212





# **OUR PROGRAMS**

# **See Front Page for November Closures!**

#### **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

Monday, November 17, 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

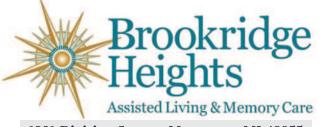
Wed: 7:30-9:00am, 10:30am-12pm

#### **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!

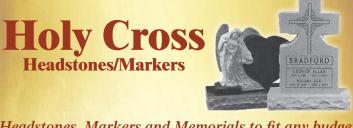


1901 Division Street • Marquette, MI 49855

- Assisted Living/Memory Support
- 24 Hour Staff & Security
- Quality Lifestyle and Engagement
- Chef-prepared Meals
- Specialized Care
- Safe, Supportive Environment

906-225-4488





Headstones, Markers and Memorials to fit any budget

Tomorrow's Needs...Today's Prices

We will work with you to create memorials to fit your budget and represent your wishes.

Dozens of styles and many colors are available with affordable payments.

Delivery to cemeteries throughout the U.P.

today and see how easy and affordable getting a great headstone can be!

1400 Wright Street

Get a free design and quote.

# LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME Terry Sweeney** 

tsweeney@lpicommunities.com

(800) 477-4574 x6407



#### **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, November 4th from 9am-3pm, and Wednesday, November 5th from 9am-11:30am. UP Home Health Care's Foot Clinic is Thursday, November 20th 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** Room B at the Senior Center, Wednesdays, November 5th and 12th 1:30-2:30pm

## PARKINSON'S SUPPORT GROUP

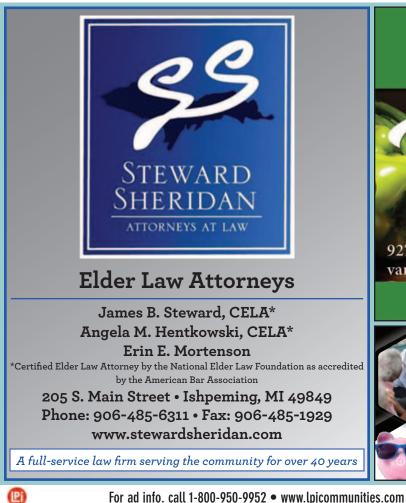
Wednesday, November 19, 2pm - 3pm at the Senior Center. This month we will have an Author Presentation from one of our own members. Caregivers welcome!

#### **UKULELE CLASSES**

#### TUESDAYS!

November 4 and 18 at 3pm at the Marquette Senior Center with Scott.

CRIBBAGE TEAMS FOLLOW ESTABLISHED LEAGUE SCHED. NO GAME NOV. 27TH Thursdays Oct.—April play starts at 12:00.







SKATING AT LAKEVIEW ARENA! 50+

FRIDAYS 7:00PM-8:30PM

November 7 and 21 December 12 and 19\*

**Secretary of State Mobile Office** 



Will be at the Marquette Senior Center again in May 2026.

#### **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.

# Baraga Gym Schedule (Senior Center Programs) These programs are for people 50+

| Monday               | Tuesday             | Wednesday            | Thursday            | Friday               |
|----------------------|---------------------|----------------------|---------------------|----------------------|
| Walking              | Walking             | Walking              | Walking             | Walking              |
| 7:30-9:00            | 7:30-8:45           | 7:30-9:00            | 7:30-8:45           | 7:30-9:00            |
| High -Low<br>Fitness | ABC Fitness<br>8:45 | High -Low<br>Fitness | ABC Fitness<br>8:45 | High -Low<br>Fitness |
| 9:00                 | 0.45                | 9:00                 | 6.45                | 9:00                 |
| Asahi                | Tai Chi             |                      | Tai Chi             | Asahi                |
| 10:30-11:30          | 10:30-11:30         | Walking              | 10:30-11:30         | 10:30-11:30          |
| Walking              | Walking             | 10:30-12:00          | Walking             | Walking              |
| 11:30-12:00          | 11:30-12:00         |                      | 11:30-12:00         | 11:30-12:00          |
| Novice               | Novice              | Novice               | Novice              | Novice               |
| Pickleball           | Pickleball          | Pickleball           | Pickleball          | Pickleball           |
| 12:00-1:00           | 12:00-1:00          | 12:00-1:00           | 12:00-1:00          | 12:00-1:00           |
| Intermediate         | Intermediate        | Intermediate         | Intermediate        | Intermediate         |
| Pickleball           | Pickleball          | Pickleball           | Pickleball          | Pickleball           |
| 1:00-2:30            | 1:00-2:30           | 1:00-2:30            | 1:00-2:30           | 1:00-2:30            |
| Adv./Comp.           | Adv./Comp.          | Adv./Comp.           | Adv./Comp.          | Adv./Comp.           |
| Pickleball           | Pickleball          | Pickleball           | Pickleball          | Pickleball           |
| 2:30-4:00            | 2:30-4:00           | 2:30-4:00            | 2:30-4:00           | 2:30-4:00            |
|                      | Senior Dance        |                      |                     |                      |
|                      | 4:00-5:00           | v-                   | 2                   |                      |

#### **CONGREGATE MEALS 12-1PM**

Wednesdays, November 5th, 12th, and 19th.

Call the Senior Center to sign up by noon the day before. \$4 suggested donation.

11/5 Scrambled Egg Casserole, Turkey Sausages (2), Diced Potatoes, Orange Juice, Syrup

11/12 Roast Pork Loin with Gravy, Mashed Potatoes, Capri Veggies, Strawberry Applesauce, Dinner Roll

11/19 Swedish Meatballs, Garden Blend Rice, Broccoli, Banana, Dinner Roll



# November 2025



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| 3<br><b>Baraga Gym</b><br><b>Closed</b><br>10:30 Senior Fitness<br>11:00 Pinochle   | 4 Election Day Baraga Gym Closed 9-3 Cindy's Foot Clinic 12:30 Bridge 3:00 Ukulele                              | 5 Baraga Gym Closed 9-11:30 Cindy's Foot Clinic 10:30 Senior Fitness 12:00 Congregate Meal 1:00 Seinior Art 1:30 Chair Yoga                         | 8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge  | 7 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      |
| 10<br>9:00 Hi-Low Fitness<br>10:30 Senior Fitness<br>10:30 Asahi<br>11:00 Pinochle<br>12-4 Pickleball<br>4:00 Senior Theatre    | 11<br>8:45 ABC Fitness<br>10:30 Tai Chi<br>12-4 Pickleball<br>12:30 Bridge<br>4:00 Senior Dance                 | 12 9:00 Hi-Low Fitness 10:30 Senior Fitness Silver Sampler Event 12:00 Congregate Meal 12:30 Nutrition Presentation 12:4 Pickleball 1:30 Chair Yoga | 13<br>8:45 ABC Fitness<br>10:30 Tai Chi<br><b>11-1 Pharmacist</b><br><b>Hours</b><br>12:00 Cribbage League<br>12-4 Pickleball<br>12:30 Bridge                    | 9:00 Hi-Low Fitness<br>10:30 Senior Fitness<br>10:30 Asahi<br><b>Center Closes at</b><br>11:30<br>12-4 Pickleball<br>12:30 Bridge |
| 17<br>9:00 Hi-Low Fitness<br>10:30 Senior Fitness<br>10:30 Asahi<br><b>11-12 BP Clinic</b><br>11:00 Pinochle<br>12-4 Pickleball | 18<br>8:45 ABC Fitness<br>10:30 Tai Chi<br>12-4 Pickleball<br>12:30 Bridge<br>3:00 Ukulele<br>4:00 Senior Dance | 19 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                    | 20<br>8:30-1:30 UPHHH<br>Foot Clinic<br>8:45 ABC Fitness<br>10:30 Tai Chi<br>12:00 Cribbage League<br>12-4 Pickleball<br>12:30 Bridge<br>Silver Sampler<br>Event | 21 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     |
| 24<br>9:00 Hi-Low Fitness<br>10:30 Senior Fitness<br>10:30 Asahi<br>11:00 Pinochle<br>12-4 Pickleball<br>4:00 Senior Theatre    | 25<br>8:45 ABC Fitness<br>10:30 Tai Chi<br>12-4 Pickleball<br>12:30 Bridge                                      | 26<br>Senior Center and<br>Baraga Gym<br>Closed   | Thanksgiving Senior Center and Baraga Gym Closed   | 28<br>Senior Center and<br>Baraga Gym<br>Closed   |

# National Home Care Hospice Month

**Lake Superior Life Care** and Hospice Events—

**November 12**—Caregiver Support Group 2-3pm Lake Superior Hospice Office

**November 14**—A Slice of Support: Caregivers Pie Social **2-3 pm** Big Boy Marquette

**November 17**—Advance Care Planning Workshop **1-2 pm** Peter White Library - Heritage Rm

November 18—Pop in for Hospice - Free Movie Admission to "The Bucket List" **3 pm** Thomas Theatre - Marquette

November 20—Learn about Upcoming Matter of Balance Class & how to register! 1-2 pm Lake Superior Hospice Office

November 20—Art After Loss - Mask Creation **5 pm** Peter White Library -Lower Level

November 20—Texas Roadhouse MQT Fundraiser 3-8 pm 10% Donated for Dine-in or Takeout

Call 906-225-7760 to register or w/ questions!

November 26—Drop-in Grief Support 4-5:30 pm Lake Superior Hospice Office

**December 4**—Coping through the Holidays Pie Social **2-3 pm** Big Boy Marquette

Sign up open for virtual event—Mindful Aging: Aging U.P. Learning Series—Virtual Class begins Jan. 14, 2026

# **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

# **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

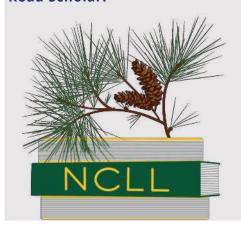
Contact Jack Vander Lugt 906-373-3107 if you want to attend.

# FEEDING AMERICA **TRUCKS**

Thursday, November 13, 2025 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette Wednesday, November **19, 2025 12:00pm - (Drive** Thru), NMU Berry Events Center, Marquette

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.



#### **HOLIDAY ADOPT-A-SENIOR**

The holidays are a joyful time for many, but they can also be difficult for those in need. Help us spread love and support to Marquette area seniors this season! The Marquette Senior Center is collecting gifts and essential items for local seniors in need. You can drop off donations to the Marquette Senior Center.

To participate, scan the QR code or ask our staff where you can find our giving trees to pick an ornament with an item on it. The QR code will have a list of the mostneeded items. Every gift helps make the season brighter for our community's seniors.



Are you a Senior in need during this holiday season? Give us a call! Drop-off locations: The Marquette Senior Center 300 West Spring Street Marquette, MI 49855 Now through: December 12<sup>th</sup>, 2025





# **ART CORNER 10**

#### Senior Visual Art Classes

Wednesdays from 1:00pm-3:00pm in the lower level studios of Peter White Public Library. Supplies are provided. 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., November 5 and 19—Silk Scarf **Painting** with Diane Kribs-Mays Wed., December 3 and 10—Hand-**Painted Holiday Cards** with Gene Bertram

#### **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, lowintensity 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 November 4th or November 25th.





# **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!

November classes are the 10th and 24th 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@marquettemi.gov for more information about the Senior Theater





MARQUETTE SENIOR SERVICES 300 WEST SPRING STREET MARQUETTE, MI 49855

PRSRT STD
US POSTAGE PAID
Permit #140
Marquette, MI
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.