



CITY OF MARQUETTE

**SENIOR
SERVICES**



Horizons Newsletter

NOVEMBER 2025

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

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 Waste Collection Map is available on the City of Marquette Website.

INCLEMENT WEATHER

Please note that if MAPS closes for Inclement Weather 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
	4 & 11	2 & 9	6 & 13	4 & 11

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**
- 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

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!



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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, 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.



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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MEMBER FDIC



6 OUR PROGRAMS



Senior Skate

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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 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 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			

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 Baraga Gym Closed 10:30 Senior Fitness 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 Senior Art 1:30 Chair Yoga	6 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 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	11 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 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 8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	14 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge
17 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 BP Clinic 11:00 Pinochle 12-4 Pickleball	18 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele 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 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	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 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	25 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	26 Senior Center and Baraga Gym Closed	27 Thanksgiving Senior Center and Baraga Gym Closed	28 Senior Center and Baraga Gym 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 most-needed 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 12th, 2025

DON'T WASTE THIS YEAR'S INSURANCE BENEFITS!

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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, 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 November 4th or November 25th.**



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!

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



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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.

