

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.

INCLEMENT WEATHER

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

CLOSED

The Senior Center and the Baraga Gym will be closed in observance of Christmas on December 24, and 25 and in observance of New Years on December 31, and January 1.

The Senior Center will be closed to the public December 11th for professional development.

The Baraga Gym will still be open for programming, but senior center staff will not be available.

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.



A MESSAGE FROM THE REST OF THE STAFF

Many of you have heard that our Senior Services Manager, Maureen McFadden was recently named Director of the Year by the Michigan Association of Senior Centers. We as a staff are thrilled for her to receive this award. Maureen works endlessly to advocate for seniors in our community and provide the services that are needed. She is filled with gratitude at receiving this honor, and I encourage you to congratulate her. She deserves the recognition!



2 OUR PROGRAMS

SILVER SAMPLER

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

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

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.



A LETTER TO THE SILVER SAMPLERS

Dear Silver Samplers,

Many of you already know that I will be "retiring" as the program coordinator for the Silver Samplers at the end of December after 10 years of fun and adventures. The program will continue through the Marquette Senior Center and I will still be involved in the transition through March. We know the program will be in good hands and will continue to provide great adventures in our outdoors. For me, well, I can say that I have had a blast over the last 10 years! I can also say that when we created an outdoor adventure program for seniors, we had no idea of how impactful it would be. Over the last ten years, we have brought hundreds into the outdoors, inspired new group leaders, received national recognition in the aging network and have made a Silver footprint in our community. Out of all I have done during my life, I have loved the Silvers the most! I am so proud of all of those who took the leap and let me lead you into the outdoors. You put your faith and trust in me, and I in turn, was able to witness your growth as an outdoors person, your confidence and especially the connections. I am humbled and so very grateful to have played a part in your adventures! You all kept me on my toes, made me up my game and definitely gave me my "why" all of these years. Part of being in nature is practicing gratitude....so here is my gratitude basket....I am grateful for each and every one of you who participated! For Karl's inspiration and Jane's willingness to try anything, for the City of Marquette for supporting the Silvers, for the wonderful mentors, community agencies/ race directors and businesses who graciously welcomed us without hesitation AND especially for Mo, Michelle and the entire Marquette Senior Center staff who kept this program alive and well for so many years. My future plans are open at this point....but I know for sure I will be out and about exploring and loving the outdoors. I hope you will take a few of my tips along with you in your mental backpack and continue to hear my words of "encouragement" in your ear—or at least remember your hydration and snacks!!! It has been a joy!

Be safe.....make good decisions!

-Your fearless leader, Janet



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

Monday, December 15, 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!

No Bridge Dec. 11, 24, 25, 31, & Jan. 1

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!

KNITTING GROUP 1-3pm

Meets 2nd and 4th Monday each month.



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

Room B at the Senior Center,
Wednesdays, December 3rd and 10th
1:30-2:30pm

PARKINSON'S SUPPORT GROUP

Wednesday, December 17, 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!

December 2 and 16 at 3pm at the Marquette Senior Center with Scott.

CRIBBAGE TEAMS FOLLOW ESTABLISHED LEAGUE SCHED. Play starts at 12:00.
No Games: Dec 11, 25, & Jan 1



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 **12/10/25** 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 **12/17/25** from **2:00-3:00pm** call (906) 225-7760 to register.

A MATTER OF BALANCE CLASS

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave. Class begins January 8th. You must register by calling Jamie at **906-225-7760** or email at Outreach@Lakesuperiorhospice.org

MINDFUL AGING-AGING U.P. LEARNING SERIES

Join us for a 4-part virtual workshop series that will guide you through understanding how our brains work and practical strategies to strengthen memory. **Register at 906.225.7760.** Classes will take place weekly from 1/14-2/4.

COPING THROUGH THE HOLIDAYS:

Ways to Navigate the Season -Join us for a supportive afternoon to help those who have experienced the loss of a loved one navigate the season. **December 4, 2025, 2:00-3:00pm at Big Boy -Marquette.** Pie and beverages will be provided. Together we'll find support and a comforting treat. Sponsored by Lake Superior Life Care & Hospice. A limited number of grief totes will be available.

Free to attend. Call 906.225.7760 to register.

LUNCH AND LEARN CONNECTIONS GROUP

Will be meeting for dinner this month! 5:00pm December 4 At Northern Lights Dining on NMU's campus located between The Woods and Spalding Hall. Connect with others and discover local resources while enjoying a meal (self-pay).

Call the Senior Center at **906-228-0456** to sign up.

Upcoming:

January 10—11:00Am at Big Boy and February 14—11:00am at Jeffrey's

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



PHARMACIST OFFICE HOURS

Anna Rumbles, PharmD
Director of Pharmacy, Upper Great Lakes Family Health
Anna will be available to answer general questions at the Marquette Senior Center, feel free to bring your pill bottles! Call the Senior Center for an appointment time.

Thursday, Dec. 4th 11:00am-1:00pm



Secretary of State Mobile Office
Will be at the Marquette Senior Center again in May 2026.



Senior Skate

**FREE, DROP-IN ICE
SKATING**

AT LAKEVIEW ARENA! 50+

FRIDAYS 7:00PM-8:30PM

December 12 and 19

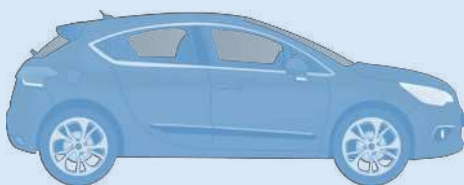
(December 19th will be a holiday party. Come celebrate and skate.)

January 9 and 16

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, December 3rd, 10th , and 17th.

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

12/3 Scrambled Egg Bake (bacon/cheese), Turkey Sausages (2), Diced Potatoes, Orange Juice, Syrup

12/10 Chicken Lasagna, Key West Veggies, Cherry Crisp, Garlic Bread

12/17 Beef & Vegetable Stew, Cooked Squash, Cherry/ Peach Crisp, Dinner Roll



December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball</p>	<p>2</p> <p>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</p>	<p>3</p> <p>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</p>	<p>4</p> <p>8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge 5:00 "Lunch and Learn" Dinner</p>	<p>5</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge</p>
<p>8</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Knitting Group 4:00 Senior Theatre</p>	<p>9</p> <p>8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance</p>	<p>10</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga</p>	<p>11</p> <p>8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball Silver Sampler Event SENIOR CENTER CLOSED NO CRIBBAGE OR BRIDGE</p>	<p>12</p> <p>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</p>
<p>15</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 BP Clinic 11:00 Pinochle 12-4 Pickleball</p>	<p>16</p> <p>8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele 4:00 Senior Dance</p>	<p>17</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 2:00 Parkinson's Support Group</p>	<p>18</p> <p>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</p>	<p>19</p> <p>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-Holiday Party</p>
<p>22</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Knitting Group 4:00 Senior Theatre</p>	<p>23</p> <p>8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance</p>	<p>24</p> <p>Christmas Eve Senior Center and Baraga Gym Closed</p>	<p>25</p> <p>Christmas Day Senior Center and Baraga Gym Closed</p>	<p>26</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge</p>
<p>29</p> <p>9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball</p>	<p>30</p> <p>8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance</p>	<p>31</p> <p>New Years Eve Senior Center and Baraga Gym Closed</p>	<p>1</p> <p>New Year's Day Senior Center and Baraga Gym Closed</p>	<p>2</p>

HOLIDAY ADOPT-A-SENIOR

It isn't too late to 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 until December 12, 2025.

Ask our staff where you can find our giving trees to pick an ornament with an item on it, or ask for a list of the most-needed items. Every gift helps make the season brighter for our community's seniors.



CHRISTMAS LIGHT TOUR

In partnership with Checker Bus we will be participating in the Holiday Light Tour!

Date: Sign up for your choice of
12/12, 12/17 or 12/19

Pickup Location: Marquette Senior Center
Cost: Discounted Price of \$10 if you say you are with the Marquette Senior Center when you sign up.

Other Details: **You must call Checker Bus at 906-226-7772 ext. 3 to sign up**



DON'T WASTE THIS YEAR'S INSURANCE BENEFITS!

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Dr. Anja Hoffstrom



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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., December 3 and 10—Hand-Painted Holiday Cards with Gene Bertram

Wed., January 7 and 21—Fauvist Art in Oil Pastels 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 December 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!

December 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 tuoma@marquettemi.gov for more information about the Senior Theater Experience.



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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.

