

# Horizons Newsletter



## HAPPY NEW YEAR!

We're pleased to continue our **Pharmacy Office Hours**, providing convenient access to information and support to help you manage your health with confidence. In addition, we'll be creating **opportunities for community feedback** so you can help shape the future of our Senior Center. Your voices, ideas, and experiences matter, and we look forward to hearing from you. You can also expect **new health and wellness programming** designed to support active, engaged, and healthy aging. .

Thank you for being part of our vibrant community. Stay tuned for more details in the coming months—and as always, stay engaged, stay connected, and **stay aging well**. Warm wishes for a happy and healthy New Year,

*Maureen McFadden*  
Senior Services Manager

## SENIOR CENTER HOURS:

**Mon.-Thur. 7:30am-4:30 pm,**

**Friday 7:30am -11:30 am**

Baraga Gym programming for Fridays is not affected, but gym users do not have access to the senior center as it is 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 Thursday, January 1  
and Monday, January 19th.

## 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.

## 2 OUR PROGRAMS

### SILVER SAMPLER

Silver Sampler is an Outdoor Recreation and Education Program with a focus on building skills, knowledge, abilities and resilience. This semester we will have another Recreation Intern joining us at all activities.



### LUNCH AND LEARN CONNECTIONS GROUP

**Friday, January 9th—  
11:00am at Big Boy  
Restaurant in  
Marquette.**

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:

Friday, February 13—  
11:00am at Jeffrey's



**Secretary of State  
Mobile Office**

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

### JANUARY EVENTS:

#### **Snowshoe at Lakenenland**

Thursday, January 15,  
2026 at

Lead by Tristan

#### **Harlow Lake Winter Sampler Getaway**

Thursday, January 29,  
2026 at

Activities include ice  
fishing, snowshoeing, and  
cozy cabin time. Lead by  
Maureen and Tristan

### FEBRUARY EVENTS:

#### **Honey Bear Classic**

Sat. Feb. 14th

#### **Event at Al Quaal**

Thurs. Feb. 26th.

### MARCH EVENTS:

#### **Curling**

Thurs. Mar. 12th

#### **Bowling**

Thurs. Mar. 26th

**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 11:00-1:00pm  
**January dates are the 8th and 15th.**

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

### WINTER RIDDLES

**1.) I fall from the sky but never get hurt.**

**What am I?** *Answer: Snow*

**2.) What can you catch in winter but never throw?**

*Answer: A cold*

**3.) I'm dressed in white from head to toe, the more I work the smaller I grow. What am I?** *Answer: A bar of soap (winter bonus—dry skin season!)*



## 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

### 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, January 23, 2026

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!

### 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. Please note that Cindy retired, and we wish her all the best! So UP Home Health Care will now offer two dates: **Tuesday, January 6th from 9am-3:30pm**, and **Thursday, January 15th 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, January 14th and 28th**  
**from 1:30-2:30pm**

## PARKINSON'S SUPPORT GROUP

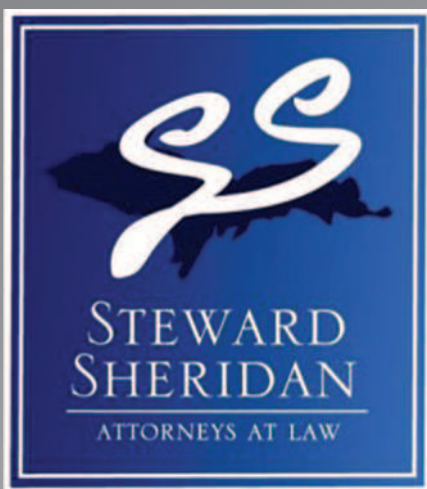
**Wednesday, January 21st, 2pm - 3pm** at the Senior Center. Caregivers welcome!

## UKULELE CLASSES

### TUESDAYS!

**January 6th and 20th at 3pm** at the Marquette Senior Center with Scott.

**CRIBBAGE TEAMS FOLLOW ESTABLISHED LEAGUE SCHED.** Play starts at 12:00.  
**No Game on January 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 **1/14/26** 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 **1/21/26** from **2:00-3:00pm** call (906) 225-7760 to register.

### 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. Class size is limited and there is no charge. **Register by January 9th at 906.225.7760.** Classes will take place on Wednesdays, weekly from Jan. 14—Feb. 4 from 10:00am—11:00am.

### GRIEF SUPPORT SERIES

#### 4-part series

Every other Thursday from Jan. 8th—Feb. 19th, 10:30-11:30am at Lake Superior Life Care and Hospice, 914 W. Baraga Ave. **Free and open to the public.** Call **906.225.7760** to register by January 5th.

### A MATTER OF BALANCE CLASS

**Lake Superior Life Care & Hospice office, 914 W. Baraga Ave.** This is an eight week program that emphasizes practical strategies to manage falls and is free to attend. Class takes place on Thursdays from Jan. 8—Feb. 26th, 1-3pm. Class size is limited. You must register by calling Jamie at **906-225-7760** or email at Outreach@Lakesuperiorhospice.org

### FEEDING AMERICA TRUCKS

**Thursday, January 8, 2025 10:00am -** (Drive Thru), Silver Creek Thrift Store, Marquette  
**Wednesday, January 21, 2025 12:00pm -** (Drive Thru), NMU Berry Events Center, Marquette

### 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.

### 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. January 28th, 2026**



January





## Senior Skate

**FREE, DROP-IN ICE  
SKATING**

**AT LAKEVIEW ARENA! 50+**

**FRIDAYS 7:00PM-8:30PM**

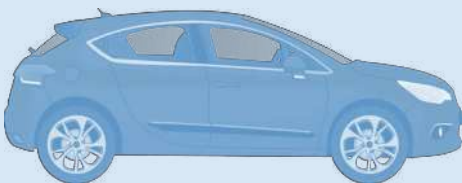
**January 9 and 16  
February 20 and 27  
March 6 and 13\***

\*March 13 is the  
End of Season Party

### 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, January 7th, 14th, 21st, and 28th.**

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

**1/7** Roast Pork Loin w/ Gravy, Mashed Potatoes, Green Beans, Cinnamon Applesauce, and a Dinner Roll

**1/14** Gnocchi w/ Meat Sauce, Cauliflower, Baby Carrots, Diced Pears, and Garlic Bread

**1/21** Roast Beef w/ Gravy, Mashed Potatoes, Prince Charles Vegetables, Mixed Fruit, and a Dinner Roll

**1/28** Chicken Pot Pie over Buttermilk Biscuit, Green Beans, and Blueberry Crisp



# 6 CALENDAR

## January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31 <b><u>New Year's Eve</u></b> <b>Senior Center and Baraga Gym Closed</b> <b>7:00-4:00</b>	1 <b><u>New Year's Day</u></b> <b>Senior Center and Baraga Gym Closed</b> <b>7:00-4:00</b>	2 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi <b>Center Closes at 11:30</b> 12-4 Pickleball 12:30 Bridge
5 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	6 8:45 ABC Fitness <b>9-3:30 UPHHH Foot Clinic</b> 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele	7 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	8 8:45 ABC Fitness 10:30 Tai Chi <b>11-1 Pharmacist Hours</b> 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	9 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Lunch & Learn at Big Boy, Mqt <b>Center Closes at 11:30</b> 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate
12 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	13 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	14 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:30 Chair Yoga	15 8:45 ABC Fitness <b>8:30-1:30 UPHHH Foot Clinic</b> <b>11-1 Pharmacist Hours</b> 10:30 Tai Chi 12:00 Cribbage League 12:30 Bridge 12-4 Pickleball Silver Sampler Event	16 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi <b>Center Closes at 11:30</b> 12-4 Pickleball 12:30 Bridge 7:00 Senior Skate
19 Martin Luther King Jr. Day <b>Senior Center and Baraga Gym Closed</b> <b>7:00-4:00</b>	20 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele 4:00 Senior Dance	21 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art <b>2:00 Parkinson's Support Group</b>	22 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12:30 Bridge 12-4 Pickleball	23 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi <b>11-12 BP Clinic</b> <b>Center Closes at 11:30</b> 12-4 Pickleball 12:30 Bridge
26 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	27 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	28 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:30 Chair Yoga	29 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12:30 Bridge 12-4 Pickleball Silver Sampler Event	30 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi <b>Center Closes at 11:30</b> 12-4 Pickleball 12:30 Bridge



## AARP E – Filing Tax Assistance

If you need to file State and Federal Income Taxes, as well as the Homestead Property Tax Credit and/or the Home Heating Credit, AARP volunteers will be available (by appointment only) through the Marquette Senior Center beginning in February. LOCATION OF APPOINTMENTS WILL BE IN THE COMMUNITY FORUM ROOM AT LAKEVIEW ARENA. Call the Center for details.

**WE WILL START TAKING APPOINTMENTS ON TUESDAY, JANUARY 20th**

IF WE DO NOT ANSWER PLEASE LEAVE A DETAILED MESSAGE WITH THE TIME YOU CALLED SO WE CAN BOOK APPOINTMENTS IN THE ORDER THEY WERE RECEIVED. Information about what to bring will be available when you make an appointment. We (AARP) do not retain any personal information.

### **Returns AARP cannot do:**

Rental income, farm credits, business except for CEZ forms, very complicated stock sales or **other returns we are not comfortable or trained to complete.**

## **DON'T WASTE THIS YEAR'S INSURANCE BENEFITS!**

To start sleeping better now,  
get in for your consultation  
before the cutoff in November.



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., 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 January 6th.**



## 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!

January classes are the 12th and 26th 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](mailto: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.***

