

# Horizons Newsletter



## WELCOME LETTER

### Don't hibernate on us!

Yes, it's cold. Yes, the couch is cozy. But adventure (and friends, and fun) are waiting just beyond the door! This winter we're bundling up, getting out, and proving that a little snow never stopped us from having a great time. Grab your boots, your mittens, and your sense of humor—we'll take care of the rest. Call us for questions about our programs and services! (906) 228-0456

## INCLEMENT WEATHER

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

## CLOSED

The Senior Center and the Baraga Gym will be closed Monday, February 16th in observance of Presidents' Day.

## 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

**February Dates are the 5th and 12th.**

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

## 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.

## 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.

**Register Required for All events call the center at 906-228- 0456.**

### FEBRUARY

#### Honey Bear Classic

Saturday, February 14th  
10:00 am we will have a 5 mile intermediate to advance snowshoe in Big Bay! Led by Maureen and Tristan, followed by lunch at Thunder Bay Inn. Limited to 15 participants.

#### Event at Blueberry Ridge

Thursday, February 26th  
Beginner at 12:00 pm and advanced at 1:00 pm  
cross-country skiing guided by Janet Koistinen. If the weather does not permit, there will be an alternative activity. Limited to 15 participants

### MARCH

#### Curling

Sunday, March 15th at Lakeview Arena 7pm  
limit 10

#### Bowling

Thursday, March 26th at Superior Lanes  
3pm limit 15 Cost of the event is covered

**Introducing** our Outdoor Recreation Intern for this



semester! Jessie Waelens, She is a student at NMU, and will graduate this spring! Jessie is from Casco, Michigan, and loves spending time in the outdoors, especially swimming, running, or backpacking. She is passionate about making recreation accessible to everyone, everywhere, and anytime!

### 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**

**Email:** [ncll@nmu.edu](mailto:ncll@nmu.edu)

**Phone:** (906) 227-2979

**Website:** [nmu.edu/ncll](http://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.**





## 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, February 27, 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, February 3rd from 9am-3:30pm**, and **Thursday, February 19th 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, February 11th and 25th**  
**from 1:30-2:30pm**

## PARKINSON'S SUPPORT GROUP

**Wednesday, February 18th, 2pm - 3pm**  
at the Senior Center. Caregivers welcome!

## UKULELE CLASSES

### TUESDAYS!

**February 3rd and 17th CLASS WILL BEGIN AT 3:15pm** at the Marquette Senior Center with Scott.

**CRIBBAGE TEAMS FOLLOW ESTABLISHED LEAGUE SCHED.** 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 **2/11/26** 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 **2/18/26** from **2:00-3:00pm** call (906) 225-7760 to register.

### 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. This Month is on 2/25/26

**Takes Place every 4th Wednesday at 4:00pm.**

### 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, February 12, 2026 10:00am** - (Drive Thru), Silver Creek Thrift Store, Marquette  
**Wednesday, February 18, 2026 12:00pm** - (Drive Thru), NMU Berry Events Center, Marquette

### LUNCH AND LEARN CONNECTIONS GROUP

**Friday, February 27th, 1:00 pm** at Jeffrey's  
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:



L. Raquel Clary-Lantis, DO  
UPHS - Marquette | Family Medicine

### Community Wellness Walk at the Dome

**Wednesday Feb. 18  
5:30 pm**

NMU Superior Dome | 1401 Presque Isle

Join us for a Walk and a Connection Event! Dr. Clary-Lantis of the Marquette Family Medicine Residency Program will provide a brief health talk on "Healthy Aging" Meet at the main entrance of the NMU Superior Dome. Walk at your own pace and distance. Connect with community and have fun!

### WINTER PARKING BAN

Is in effect 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.



**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**

**February 20 and 27**

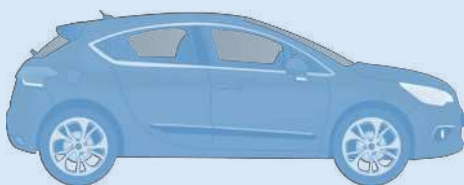
**March 6 and 13**

\*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, February 4th, 11th, 18th, and 25th.**

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

**2/4** Sloppy Joes, Baked Beans, Glazed Carrots, Tropical Fruit, Burger Bun

**2/11** Beef & Veg Stew, Cooked Squash, Apple Crisp, Banana, Dinner Roll

**2/18** Polish Sausage & Sauerkraut, Green Beans, Sweet Potato, Mandarins, Dinner Roll

**2/25** French Toast, Casserole, Sausage Patties, Diced Potatoes, Apple Juice, Syrup



# 6 CALENDAR



## February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	3 8:45 ABC Fitness 9-3:30 UPHHH Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele	4 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	5 8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	6 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge	7
8	9 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	10 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	11 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:30 Chair Yoga	12 8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	13 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Lunch & Learn Connections at Jeffrey's Restaurant Center Closes at 11:30 12-4 Pickleball 12:30 Bridge	14 Silver Sampler Event
15	16 <b>Presidents' Day Senior Center Closed Baraga Gym Closed 7:00-4:00</b>	17 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele 4:00 Senior Dance	18 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	19 8:45 ABC Fitness 8:30-1:30 UPHHH Foot Clinic 10:30 Tai Chi 12:00 Cribbage League 12:30 Bridge 12-4 Pickleball	20 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	21
22	23 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	24 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	25 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:30 Chair Yoga	26 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12:30 Bridge 12-4 Pickleball Silver Sampler Event	27 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 7:00 Senior Skate	28



## 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.

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., February 4 and 18—Collage** with Cindy Dupee

**Wed., February 11—Valentine's Cards** with Gene Bertram

**Wed., March 4, 11, and 25—Metal Stamping** with Mavis Farr

### 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 February 3rd or 24th. We will be Line dancing!**



## 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!

February classes are the 9th and 23rd 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.



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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.***

