



APRIL 2026

Horizons Newsletter



COMING IN MAY MARK YOUR CALENDERS!!!

The National Diabetes Prevention Program at the Marquette Senior Center Free and Space is Limited

As part of the Centers for Disease Control and Prevention's (CDC) National Diabetes Prevention Program, UPCAP in partnership with the Marquette Senior Center will offer the lifestyle change program (LCP) that can help delay type 2 diabetes and improve your quality of life.

Type 2 diabetes is a serious disease that can lead to major health issues. If you have prediabetes, making modest lifestyle changes now like eating healthier, being more physically active, and reducing stress can help you avoid the bigger changes that come with managing type 2 diabetes. Many people with prediabetes who do not lose weight or participate in moderate physical activity, can develop type 2 diabetes within 5 years. In the PreventT2 program you can make changes to prevent type 2 diabetes. Enroll today and learn to make lifestyle changes that can help you prevent type 2 diabetes.



INCLEMENT WEATHER

Please note that if MAPS closes for Inclement Weather all Senior Center activities are cancelled that day. **Winter Parking Ban ends April 1st**

**Secretary of State Office Hours
Coming May 2026 Call us for to
book 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.

The Senior Center will be Closed Friday April 3rd for a Holiday.

300 WEST SPRING STREET • MARQUETTE, MI 49855 • (906) 228-0456

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.

APRIL

Salamander Migration Hike

Thursday April 2nd,

1pm limit 12

We will partake in an easy hike around the Presque Isle followed by a brief presentation from the Superior Watershed on the Blue Spotted Salamander Migration.

Rock Climbing

Thursday, April 23rd

4pm Limit 10

Join us at the PEIF rock wall for an introduction to indoor climbing! We will be meeting at the PEIF Rec Center at 4pm, and the wall will be open for our private use until 6pm.

MAY

Dead River Falls Hike

Thursday May 7th

1pm limit 12

This scenic intermediate trek leads us along a 2.5-mile route that begins with an uphill stretch behind the hydro plant. As we make our way toward the falls, we'll enjoy the rugged terrain, spring forest views, and the refreshing sound of rushing water.

Big Bay Relay

Saturday May 16th

6am limit 12

Early risers will gather at the Kaufman Sports Complex for our annual journey from Marquette to Big Bay. With each relay leg just about a mile, it's a spirited community tradition centered on movement, teamwork, and cheering one another along the route. You do not have to be able to run to join in on the fun. All race fees will be covered



Disc Golf

Thursday May 21st

1pm limit 12

For a relaxed and beginner friendly afternoon, join us on the disc golf course to learn the basics and enjoy guided play. It's an easygoing way to get outside, get moving, and try something new with friends. All material will be provided

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 **4/30/26**

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

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

BY BROGAN & YONKERS, P.C.
Life-Focused Estate Planning



4 OUR PROGRAMS

PICKLEBALL

IN THE BARAGA GYM

Novice: 12:00-1:00PM Monday-Thursday

Intermediate:

1:00-2:30PM Monday-Thursday

Advanced /Competitive:

2:30-4:00PM Monday-Thursday

All Skill Levels:

2:30-4:00pm Every Friday

BLOOD PRESSURE/BLOOD SUGAR CLINIC FREE

Friday, April 24, 2026 11am-12pm.

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: 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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FOOT CLINIC

We have several different choices. If you would like an appointment please call us today at (906) 228-0456. UP Home Health Care offers two dates: **Tuesday, April 7th from 9am-3:30pm**, and **Thursday, April 16th from 8:30am-1:30pm**. Please remember to bring a basin to soak your feet and a towel to dry them! **Please note that the cost is now \$30.**

906 Foot Care, offers individual appointments and prices vary for services.



CHAIR YOGA WITH NICOLE SHEREE

Room B at the Senior Center, **Wednesdays, April 8th and 22nd from 1:30-2:30pm**

PARKINSON'S SUPPORT GROUP

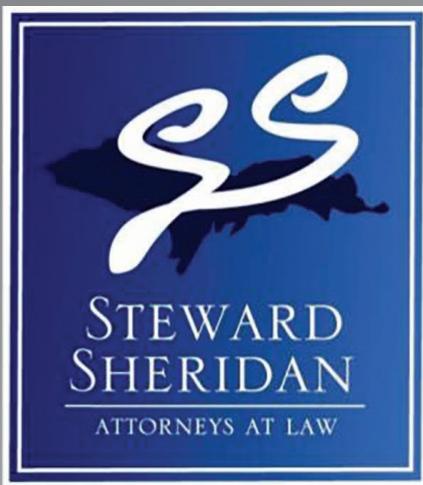
Wednesday, April 15th, 2pm - 3pm at the Senior Center. Caregivers welcome!

UKULELE CLASSES

TUESDAYS!

April 7th and 21st 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

OFFICE HOURS IN BIG BAY

Need help remaining independent or with your Medicare? Social Worker Elizabeth Sherman will big at the Big Bay Township hall holding office hours free of charge on April 2nd and May 7th. Please call 906 228-0456 to book an appointment.

Lake Superior
LIFE CARE & HOSPICE

WHO IS YOUR PERSON?
WHAT IS YOUR PLAN?

Advance Directive Presentation

WEDNESDAY APRIL 29, 2026
2:00 - 3:00 PM
MARQUETTE SENIOR CENTER
QUESTIONS: JAMIE BARBIERE AT +906.225.7760

Each attendee will receive a *FREE* advance directive!

HAVE YOU SHARED YOUR HEALTHCARE WISHES WITH THE PEOPLE WHO MATTER MOST?

An advance directive is important for **every** adult, not just during times of illness. This free presentation introduces The Five Wishes, a simple and easy-to-understand tool that **helps you express your healthcare wishes and medical preferences.**

Learn how planning ahead can ensure your wishes are honored and **reduce stress** and uncertainty for your loved ones in the future.

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
April 2nd and 9th.

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

FEEDING AMERICA TRUCKS

Thursday, April 9th, 2026

10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette

Wednesday, April 15th, 2026

12:00pm - (Drive Thru), NMU Berry Events Center, Marquette

ALZHEIMER'S ASSOCIATION

Marquette county caregiver support group

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.

CAREGIVER SUPPORT GROUPS MARQUETTE

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave.

Join us in person on **4/8/26** from **2:00-3:00pm**

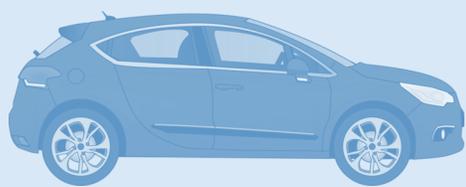
Telephone Based Caregiver Support Group: a great

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 **4/15/26** from **2:00-3:00pm** call (906) 225-7760 to register.

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.



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	Gym Cleaning 11:30-2:30
Novice Pickleball 12:00-1:00	Novice Pickleball 12:00-1:00	Novice Pickleball 12:00-1:00	Novice Pickleball 12:00-1:00	Gym Cleaning 11:30-2:30
Intermediate Pickleball 1:00-2:30	Intermediate Pickleball 1:00-2:30	Intermediate Pickleball 1:00-2:30	Intermediate Pickleball 1:00-2:30	Gym Cleaning 11:30-2:30
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	All Sill Levels Pickleball 2:30-4:00
	Senior Dance 4:00-5:00			

**CONGREGATE MEALS
12-1PM WEDNESDAYS**

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

- 4/1** Polish Sausage & Sauerkraut Carrot Coins Red Bliss Peaches in Gelatin Dinner Roll
- 4/8** Spaghetti w/ Meat-Sauce California Veggies Peach-Cherry Crisp Garlic Bread
- 4/15** Swedish Meatballs Garden Rice Blend Mixed Veggies Pineapple Tidbits Dinner Roll
- 4/22** Hawaiian Meatballs Garden Rice Blend Carrot Coins Cherry Applesauce Dinner Roll
- 4/29** Scrambled Egg Bake (bacon/cheese) Sausage Patties-2 Diced Potatoes Orange Juice Blueberry Muffin

6 CALENDAR

April 2026



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
		9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 1:00 Senior Art 12-4 Pickleball	8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge 1:00 Silver Sampler Event	Senior Center and Baraga Gym Closed 7:00-4:00
6	7	8	9	10
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	8:45 ABC Fitness 9:00 Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 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	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge
13	14	15	16	17
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Knitting 4:00 Senior Theatre	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 2:00 Parkinson's Support Group	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	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge
20	21	22	23	24
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 4:00 Senior Theatre	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:00 Ukulele Class	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga	8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge 4:00 Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 BP Clinic 2:30-4 Pickleball 12:30 Bridge
27	28	29	30	1
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Knitting	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball Advanced Directive Workshop		



Tech Coaching for Seniors

1-On-1

Learn how to customize your cellphones, ChromeBooks, iPads etc. with Christine Ault, retired teacher and librarian, during a 1-on-1 session.

When: Tuesdays 10 AM - 1 PM
April 7, 14, 21, 28
May 5, 12, 26

Where: Local History Research Room

Special Topic

Learn more about a special tech topic in a group setting. Space limited, registration required.

When: Thursday 10:30 AM
April 16, 23
May 7, 28

Where: The Heritage Room

Call 906-226-4311 for more info or to sign up today.



The Marquette Senior Center
presents...

BINGO!

WITH GREAT LAKES WEATHERIZATION

Wednesday, April 1st
1:30 PM – 3:00 PM
Senior Center, Room B

Join us at the Senior Center for a fun and informative afternoon of Bingo! Learn how Great Lakes Weatherization can help you! There will be prizes!



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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., April 1 and 15—Acrylic Painting, April Showers Bring May Flowers: Scenic Spring Flowers with Gene Bertram

Wed., May 6 and 20—Flower Vase Collaborative Painting 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 April 7**



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!

April classes are the 13th and 27th 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@marquettetemi.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.

