



BEHIND THE SCENES OF THE **SUPREME COURT**



How the U.S. Supreme Court Works
Federal Courthouse, 202 W. Washington St.
Wednesday, July 15, 2026—6:00pm

How does the Supreme Court get from a stack of competing briefs through oral argument and to a final, published decision? It's an amazingly complicated process that requires great precision. Learn how the U.S. Supreme Court works, specifically how a case gets there, what happens there, and how a citizen can stay abreast of events in the USCC.

MUST REGISTER Call us at 906-228-0456

OFFICE HOURS IN BIG BAY

Need help remaining independent or help with your Medicare?

Elizabeth Sherman will be at the Big Bay Township hall holding office hours free of charge on the first Thursday of each month. Please call 906 228-0456 to book an appointment. Upcoming Dates:
Thursday, July 2nd,
Thursday, August 6th.

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, July 3rd for the Holiday and the Baraga Gym will be closed for Elections August 3 all day, August 4 all day, and August 5 until noon.

2 OUR PROGRAMS



SILVER SAMPLER

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



**** THURSDAY, JULY 9 @ 11:00AM**

HIKE | *Miners Beach (Pictured Rocks)*

~ 2 mile round-trip hike & picnic lunch

Slight incline and uneven terrain LIMIT 12

****NOTE:** May change to guided canoe trip



THURSDAY, JULY 23 @ 1:00PM

KAYAK | *Cataract Basin (Gwinn)*

Casual paddle followed by food at Up North Lodge

Must be able to swim LIMIT 12

Boats supplied if needed, but providing your own is preferred



THURSDAY, AUG. 13 @ 12:30PM

KAYAK | *Dead River Mouth to Dam*

Casual paddle

Must be able to swim LIMIT 10

Must have your own boat/transportation at this time.



TUESDAY, AUG. 25 @ 12:00PM

Don Bode Picnic

Social gathering, potluck lunch, and water activities

NO LIMIT



THURSDAY, AUG. 20 @ 12:00PM

HIKE & OUTDOOR ART | *NTN North Trails*

2-3 mile round-trip hike + plein air painting class

Slight incline and uneven terrain LIMIT 10

In partnership with Fresh Coast Plein Air



Registration is required for all events: Please call us at 906-228-0456



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.

Need Help Choosing Your Medicare Supplement Plan?

Purchasing a Medicare Supplement plan for the first time doesn't have to be a complete guess.



We can help.
We're just a phone call away.

Let us help you pick a Medicare Supplement plan that fits your budget and lifestyle.



(906) 228-7500

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.

Support Our Advertisers!



PETER WHITE PUBLIC LIBRARY
Check Us Out.
www.pwpl.info

Little space. Big impact.

Advertise here
Call 800-950-9952

Marquette Outdoor Works, LLC

marquetteoutdoorworks@gmail.com

- Lawn Care & Maintenance
- Landscaping
- Spring/Fall Clean-up
- Edging
- Irrigation Repair
- and More

Ian O'Neil
906-869-2349

COLDWELL BANKER | **SCHMIDT, REALTORS®**

Helping you navigate lifes next chapter with care and compassion.



CRAIG HEINONEN
(906) 231-3635

407 S Lakeshore Blvd Marquette MI 49855



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

KNITTING GROUP

Meets 2nd and 4th Monday and Tuesday each month. 1-3pm

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!

BLOOD PRESSURE/BLOOD SUGAR CLINIC FREE

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

Reach Our Digital Subscribers

This publication is online and emailed to our community. Drive more traffic to your website with a digital ad on **MyCommunityOnline.com**

Get started today! Visit
www.lpicommunities.com/advertising-solutions



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, July 7th from 9am-3:30pm**, and **Thursday, July 16th from 8:30am-1:30pm**. Please remember to bring a basin to soak your feet and a towel to dry them! **The cost is \$30.**

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



YOGA WITH NICOLE SHEREE

Chair yoga Room B at the Senior Center, **Wednesdays, July 1st and 29th from 1:30-2:30pm**

PARKINSON'S SUPPORT GROUP

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

UKULELE CLASSES

TUESDAYS!

July 7 and 21, Class begins at 3:15pm at the Marquette Senior Center with Scott.

CRIBBAGE Drop In Cribbage with Tacos.

Tuesdays 12-2, June-August. \$5 suggested donation.



1901 Division Street • Marquette, MI 49855

- Assisted Living/Memory Support
- 24 Hour Staff & Security
- Quality Lifestyle and Engagement
- Chef-prepared Meals
- Specialized Care
- Safe, Supportive Environment

906-225-4488



Made you look.

Advertise here to reach your local audience.

Visit lpicommunities.com/advertising-solutions

Scan to get started!



ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502



Call us FIRST
your partner in financial success!

FIRST BANK



877-848-5533

WWW.FIRST-BANK.COM

MEMBER FDIC



July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
		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 11-1 Pharmacist Office Hours 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	Independence Day Senior Center Closed 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 1:00 Diabetes Prevention Class	9-3:30 Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele Class	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Office Hours 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 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 Diabetes Prevention Class 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 1:00 Senior Art 2:00 Parkinson's Support Group 6:00 Court Tour	8:30-1:30 Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 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 1:00 Diabetes Prevention Class	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele 4:00 Senior Dance	9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11-12 Blood Pressure Clinic Center Closes at 11:30 12-4 Pickleball 12:30 Bridge
27	28	29	30	31
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Diabetes Prevention Class 1:00 Knitting 4:00 Senior Theatre	8:45 ABC Fitness 10:30 Tai Chi 12:00 Picnic in the Park 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 1:30 Chair Yoga	8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge 1:00 Lunch and Learn Group

CONGREGATE MEALS 12-1PM WEDNESDAYS

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

7/1, Chicken Salad W/ Croissant, Italian Pasta Salad, Chocolate pudding, baby carrots, cherry craisins.

7/8, Roasted Pork Loins W/ Gravy, Garden Rice Blend, Prince Charles Veg. Banana & cookie, Dinner roll

7/15, BBQ Chicken thighs, Mac & cheese, Coleslaw, Cinna.-Applesauce, dinner roll

7/22, Cheeseburger, Black Beans, Wedge Fries, Mandarin Oranges, Burger Bun

7/29. Cheese Ravioli W/ Marinara sauce. Peas & Pearl Onion, Apple Crisp, Garlic Bread

MOST WANTED

Items must be new and unopened. Items are used at the center, and also for our homemaking program. Your generosity is extremely appreciated!

- Coffee
- Small individually wrapped chocolate candy.
- Febreze Air Mist (Aerosol spray)
- Clorox Disinfecting Wipes
- Swiffer Wet Jet Mops, refill pads, and refill solutions.

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			

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
July 2nd and 9th

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

8 THIS-N-THAT

GRIEVING—BEFORE GOODBYE

Understanding Anticipatory Grief and the Emotions that Come Before Loss. Presented by Lisa Marttila, Social Worker & Bereavement Coordinator. Join us, **July 16, 2026, 12:30-1:30pm**, to learn: What anticipatory grief really is, why it happens before a loss, how to cope with difficult emotions, and ways to care for yourself while caring for others. Presented at the **Ishpeming Multi-Purpose Senior Center 121 Greenwood St, Ishpeming.**

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.

FEEDING AMERICA TRUCKS

Thursday, July 9, 2026 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette
Wednesday, July 15, 2026 12:00pm - (Drive Thru), NMU Berry Events Center, Marquette

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.** This Month is on **7/22/26.**

CAREGIVER SUPPORT GROUPS MARQUETTE

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave. Join us for opportunities to share your feelings, develop friendships, receive emotional support, and to learn about available community resources. In person meeting on **7/8/26** from **2:00-3:00pm**

Telephone Based Caregiver Support Group:

This is 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 **7/15/26** from **2:00-3:00pm** call (906) 225-7760 to register.

Picnic in the Park

July 28th—12:00pm

Lunch provided (Pasties) at Fr. Marquette Park with a presentation by Tiina Morin, Marquette Arts and Culture Manager

August 25th—12:00pm

Lunch provided (Donkers sandwiches) at the Presque Isle Pavilion with a presentation by the Marquette Regional History Center

\$5 suggested donation

LUNCH AND LEARN CONNECTIONS GROUP

This month's meeting for lunch will be at Lake Superior Smokehouse Brewpub at **1pm** on Friday, **July 31st.** This is a self-paid, social lunch. Call the Marquette Center at **906-228-0456** to sign up.

**Secretary of State
Mobile Office**



will return to the Marquette Senior Center in September.



Smiles on Wheels

501(c)(3)

ACCESS TO DENTAL HYGIENE CARE

Free Oral Health Assessments for those age 60 and up at the Marquette Senior Center August 20th 9am-12pm

Each participant will have an oral health assessment, including an Oral Cancer Screening - FREE!

No appointment necessary!

Each participant will also receive free oral health aids (toothbrush, toothpaste, denture supplies, dry mouth products, etc.)

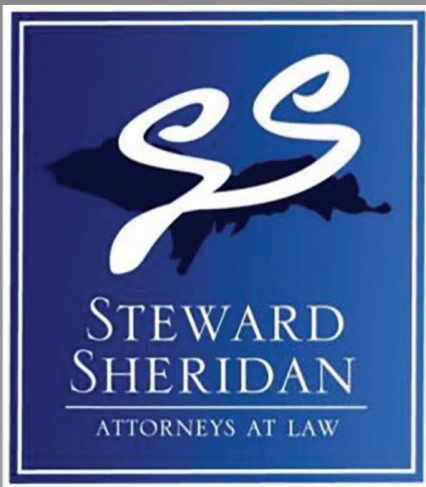
Please call the Marquette Senior Center if you have questions or to sign up in advance.

RSVP RIDE TRANSPORT

In partnership with RSVP of Marquette County we help provide a non emergent medical transportation program. You must **call the Marquette Senior Center** at least one week 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.



Elder Law Attorneys

James B. Steward, CELA*
Angela M. Hentkowski, CELA*
Erin E. Mortenson

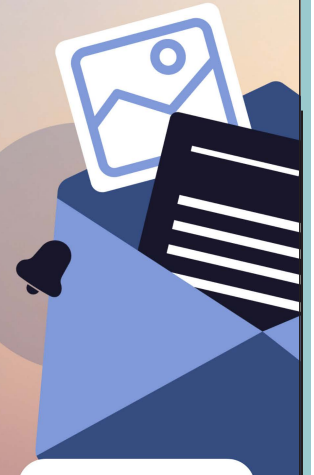
*Certified Elder Law Attorney by the National Elder Law Foundation as accredited by the American Bar Association

205 S. Main Street • Ishpeming, MI 49849
Phone: 906-485-6311 • Fax: 906-485-1929
www.stewardsheridan.com

A full-service law firm serving the community for over 40 years

Never miss our publication!

Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com



ART CORNER 10

Visual Art Classes

Wednesdays from 1:00pm-3:00pm in Studio #1 in the lower level of Peter White Public Library ***unless otherwise noted**. Free to attend for residents, with all supplies provided. Participants residing outside of the Senior Center's service area may still attend for a suggested \$5 donation. **PRE-REGISTRATION IS REQUIRED**; call Tristan at (906) 225-8655 or email tluoma@marquettetmi.gov to sign up.

July 1 & 15—Gelli Printing with Cindy Dupee

***July 8—Cyanotype** with Mavis Farr, 1pm-4pm @ Presque Isle Pavilion

***July 22—Collaborative Project: Paper Crane Mobile** with Colleen Maki, 1pm-3pm @ Presque Isle Pavilion

August 5 & 19—Acrylic Painting: Lake Superior Waves with Gene Bertram

***August 12—Cyanotype** with Mavis Farr, 1pm-4pm @ Presque Isle Pavilion

August 26—Reverse Glass Painting with Colleen Maki



MICHIGAN
**ARTS &
CULTURE**
COUNCIL

The City of Marquette's *Senior Arts Program* is supported by the **Michigan Arts & Culture Council**. Thank you to the MACC for making these programs possible!

**FREE AD
DESIGN WITH
PURCHASE OF
THIS SPACE**

Call 800.950.9952

**PUT THE SPRING BACK IN
YOUR STEP!**

Schedule your consultation to start
sleeping better now!



Dr. Anja Hoffstrom



906.242.2443

304 State Hwy. 553
Marquette, MI 49855

www.levatasleep.com



The Senior Theatre Experience

is a free program that encourages discovery, learning, and having fun while exploring different aspects of the world of theatre. Participants enjoy twice-monthly, discussion-based classes; Experiences attending NMU Theatre classes, backstage tours, tech design, and performance rehearsals; as well as free admission to local theatre company productions! **July 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@marquettetmi.gov for more information about the STE.

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 ENCOURAGED** and can be made by calling Tristan at (906) 225-8655. **No Senior Dance July 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



MARQUETTE SENIOR SERVICES
300 WEST SPRING STREET
MARQUETTE, MI 49855

PRSR STD
US POSTAGE PAID
Permit #140
Marquette, MI
49855

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

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.

