

Horizons Newsletter



LETTER FROM THE MANAGER

Dear Friends,

We made it! After what felt like the longest winter in Upper Michigan history, summer has finally arrived in beautiful Marquette — and I don't think any of us are taking these sunny days for granted! To put this winter into perspective, the City's Public Works Department moved an incredible **140,000 cubic yards of snow** during the major storms alone. That's enough snow to fill **43 Olympic-sized swimming pools** or bury **6 football fields under 10 feet of snow!** Needless to say, we earned this summer. Now it's time to trade snow boots for sandals, get outside, reconnect with friends, and enjoy everything our community has to offer. Here at the Marquette Senior Center, we are excited for a season full of activities, laughter, wellness programs, outings, and opportunities to stay connected.

A SPECIAL THANK YOU

We would also like to extend our heartfelt gratitude to **Carol Stienhaus** for her incredibly generous donation to the Marquette Senior Center. Because of Carol's support, we were able to expand our Social Work Services to better meet the growing needs of some of the most vulnerable members of our community and help reduce wait times for services. Her generosity is already making a meaningful difference in the lives of local older adults and families. Thank you, Carol, for investing in our community and helping us continue this important work!

Did You Know? The Marquette Senior Center gladly accepts donations! We are newly able to accept donations of one thousand dollars or more, which may be tax deductible and publicly recognized in our newsletter. However, every dollar truly makes a difference and we are deeply appreciative of every donation of any amount! Community support helps us expand programs, provide critical services, and continue creating a welcoming place for older adults throughout the community. Together, we make our center stronger. Wishing you a safe, sunny, and joy-filled summer.

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.

The Senior Center will be Closed Friday, July 3rd for the Holiday.

2 OUR PROGRAMS



SILVER SAMPLER

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



THURSDAY, JUNE 11 @ 11:00AM

HIKE | *Powell Township Trails: Sweet Pine*

~ 4 mile round-trip hike & lunch at Thunder Bay Inn

Slight incline and uneven terrain LIMIT 12



THURSDAY, JUNE 25 @ 12:30PM

INTRO TO E-BIKES | *Love & Bicycles (Neg.)*

Shop tour, maintenance clinic, and guided e-bike tour

Must be able to ride a bike LIMIT 10

Rentals \$20, financial assistance available



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

HIKE | *Miners Beach (Pictured Rocks)*

~ 2 mile round-trip hike & picnic lunch

Slight incline and uneven terrain LIMIT 12



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



Registration is required for all events

To sign up, please call the Center at 906-228-0456

** This event may change to a guided canoe trip with the National Park Service



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.

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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, June 26, 2026 11am-12pm.

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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, June 2nd from 9am-3:30pm**, and **Thursday, June 18th 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, June 10th and 24th from 1:30-2:30pm**

PARKINSON'S SUPPORT GROUP

Wednesday, June 17th, 2pm - 3pm at the Senior Center. Caregivers welcome!

UKULELE CLASSES

TUESDAYS!

June 2nd and 16th, Class begins at 3:15pm at the Marquette Senior Center with Scott.

CRIBBAGE DROP IN CRIBBAGE WITH

TACOS. TUESDAYS 12-2. Starting June 4th.



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6 CALENDAR

June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 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	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge
8	9	10	11	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 Diabetes Prevention Class	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 1:30 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 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
15	16	17	18	19
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele Class 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	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
22	23	24	25	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	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 1:30 Chair Yoga	8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge 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
29	30	1	2	3
9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	8:45 ABC Fitness 10:30 Tai Chi 12:00 Picnic in the Park 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance			

CONGREGATE MEALS 12-1PM WEDNESDAYS

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

6/3 Cheeseburger with bun, baked beans, wedge fries, and tropical fruit.

6/10 Swedish meatballs, garden rice blend, mixed veggies, pineapple tidbits, and a dinner roll.

6/17 Smoked ham, buttery red potatoes, Prince Charles veggies, cinnamon applesauce, and a dinner roll.

6/24 Hawaiian meatballs, garden rice blend, carrot coins, mandarin oranges, and a dinner roll.

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.
- Kleenex Tissues
- Febreze Air Mist (Aerosol spray)
- Clorox Disinfecting All Purpose Cleaner Spray
- 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
June 4th and 11th

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.

Are you caring for someone and feeling overwhelmed, anxious, or grieving...even before a loss? When someone you care for is declining, grief doesn't always wait. Join us 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. **Free & open to the public.**

Presented by: Lisa Marttila, Social Worker & Bereavement Coordinator.

June 10th 2026, 2-3 PM

At Lake Superior Life Care & Hospice Office
914 W. Baraga Ave 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.

WALKING WITH PURPOSE – CAMINO FOR HOSPICE

Hospice volunteer Bart Carroll set out on a journey along the Camino de Santiago in Spain. Join us for an inspiring afternoon as Bart shares stories, reflections, photos, and the powerful impact of walking with purpose.

June 28th, 1-3 PM at Ore Dock Brewing - 114 Spring St, Mqt

FEEDING AMERICA TRUCKS

Thursday, June 11, 2026 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette

Wednesday, June 17, 2026 12:00pm - (Drive Thru), NMU Berry Events Center, Marquette

LUNCH AND LEARN CONNECTIONS GROUP

This month's meeting for lunch will be at Donckers at **1pm** on Friday, **June 26th**. 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.

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 **6/24/26**

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 **6/10/26** 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 **6/17/26** from **2:00-3:00pm** call (906) 225-7760 to register.

Picnic in the Park
SUMMER SERIES

JUNE 30TH

Lunch provided near the Captain's Residence followed by a tour of the Marquette Lighthouse
*must be able to climb 45 steps



JULY 28TH

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



AUGUST 25TH

Lunch provided at the Presque Isle Pavillion with a presentation by the Marquette Regional History Center



Smiles on Wheels
501(c)(3)
ACCESS TO DENTAL HYGIENE CARE

Will be visiting the Marquette Senior Center in August.

Look for more details in the coming months' newsletters!

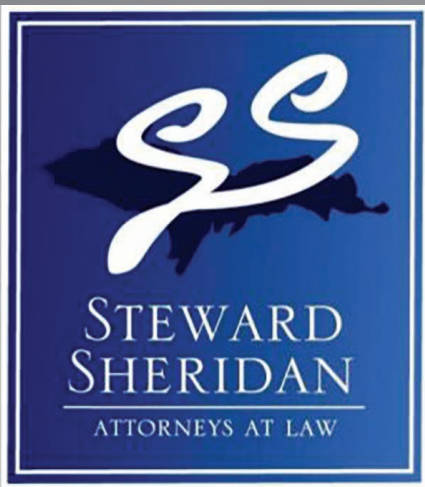


RSVP RIDE TRANSPORT

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

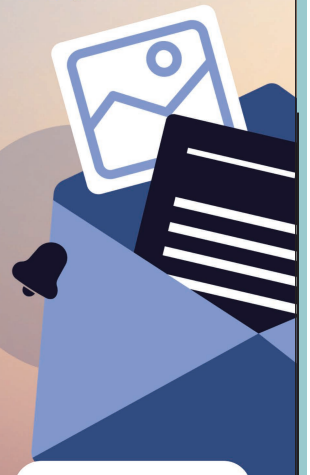
*Certified Elder Law Attorney by the National Elder Law Foundation as accredited by the American Bar Association

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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., June 3 and 17—Recycled Materials, Renewed Creativity with Marlene Wood

Wed., July 1 and 15—Gelli Printing with Cindy Dupee

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

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 June 2nd.**



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

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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!

June 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@marquettetmi.gov for more information about the Senior Theater Experience.



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
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MARQUETTE SENIOR SERVICES
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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

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.

