



MAY 2026

Horizons Newsletter



STARTING THIS MONTH!!!

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 type2diabetes.

The program Starts May 11th. Classes will take place every Monday at 1pm.

- You must be 18 or older to participate
- You have to have a pre diabetes diagnosis or have had been diagnosed previously with gestational diabetes
- You cannot already be a diabetic

Call us to sign up for this free program today !



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 Monday May 25th 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.

Registration Required for all events call the center at 906-228- 0456.

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.

MEDICARE SCAMS

We have noticed an increase in Medicare scams. Review your statements to spot supplies ordered under your account that you did not order, get, or use, such as catheters, diabetic supplies, and other medical supplies.

**CALL 1-(844) 677-6424
TO REPORT**

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.

Secretary of State Mobile Office



**at the Marquette Senior
Center 11am—3pm**

May 7, 2026

Call for an appointment
or just stop in

OFFICE HOURS IN BIG BAY

Need help remaining
independent or help with
your Medicare?

**Social Worker Elizabeth
Sherman will be at the
Big Bay Township hall
holding office hours free
of charge on May 7th.
Please call 906 228-0456
to book an appointment.**



FBI FEDERAL BUREAU
OF INVESTIGATION

**A presentation about
scams** will be available at
multiple locations in
Marquette County,
including Snowberry
Heights in Marquette
(11am May 18th) and the
**Marquette Senior Center
on Monday, May 18 at
1:00pm**

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, May 22, 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, May 5th from 9am-3:30pm**, and **Thursday, May 21st 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, May 13th and 27th from 1:30-2:30pm**

PARKINSON'S SUPPORT GROUP

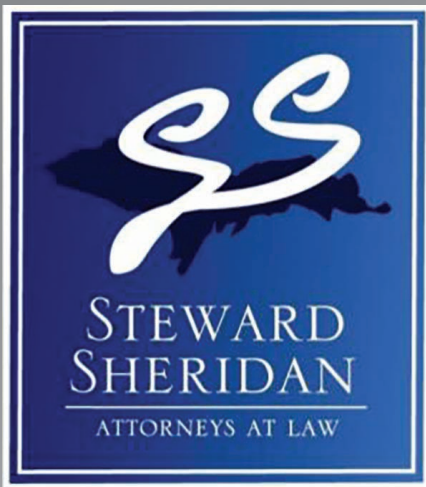
Wednesday, May 20th, 2pm - 3pm at the Senior Center. Caregivers welcome!

UKULELE CLASSES

TUESDAYS!

May 5th and 19th, Class begins at 3:15pm at the Marquette Senior Center with Scott.

CRIBBAGE NO CRIBBAGE IN MAY. DROP IN CRIBBAGE BEGINS ON JUNE 4TH 12-2.



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 CALENDAR

May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge	
3	4	5	6	7	8	9
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	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 11-3 Secretary of State Mobile Office at the Senior Center 12-4 Pickleball 12:30 Bridge Silver Sampler Event	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge	
10	11	12	13	14	15	16
Mother's Day	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 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge	Silver Sampler Event: Big Bay Relay
17	18	19	20	21	22	23
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 FBI Scam Presentation 4:00 Senior Theatre Diabetes Prevention Class	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 12-4 Pickleball 12:30 Bridge 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	
24	25	26	27	28	29	30
	Memorial Day Senior Center Closed Baraga Gym Closed 7:00-4:00	8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge	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 12-4 Pickleball 12:30 Bridge	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge 1:00 Lunch and Learn (Vango's)	

OUR PROGRAMS 7

CONGREGATE MEALS 12-1PM WEDNESDAYS

Call the Senior Center to sign up by noon the day before. \$4 suggested donation. Dates include: **5/6, 5/13, 5/20, and 5/27.** If you have questions about the menu for this month, feel free to call the Senior Center.

MOST WANTED

Items must be new and unopened. Some of these items are used at the center, and some are used for our homemaking program. Your generosity is extremely appreciated!

- Kleenex Tissues
- Febreze Air Mist (Aerosol spray)
- Clorox Disinfecting All Purpose Cleaner Spray
- Swiffer Wet Jet Mops, refill pads, and refill solutions.

LUNCH AND LEARN CONNECTIONS GROUP

This month's meeting for lunch will be at **Vango's** at **1pm** on Friday, **May 29th.**

This is a self-paid, social lunch. Call the Marquette Center at **906-228-0456** to sign up.

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			

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
May 14th

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



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.



Aldrich
Technology Fund

FEEDING AMERICA TRUCKS

Thursday, May 14th, 2026 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette

Wednesday, May 20th, 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.

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 **5/27/26**

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 **5/13/26** 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 **5/20/26** from **2:00-3:00pm** call (906) 225-7760 to register.

Picnic in the Park
SUMMER SERIES

JUNE 30TH
 Lunch near the Captain's Residence followed by a tour of the Marquette Lighthouse
 *must be able to climb 45 steps

JULY 28TH
 Lunch at Fr. Marquette Park with a presentation by Tiina Morin, Marquette Arts and Culture Manager

AUGUST 25TH
 Lunch 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.

PUT THE SPRING BACK IN YOUR STEP!
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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., May 6 and 20—Oil Pastels a la Georgia O'Keefe with Colleen Maki

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

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 May 5 and 25**



MICHIGAN
ARTS &
CULTURE
COUNCIL

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!

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



backstage tours, tech design, and performance rehearsals, as well as free admission to local theatre company productions!

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,

May classes are the **11th and 18th** from **4:00pm-5:00pm** at the **Marquette Senior Center**



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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.

