



MQT COUNTY FAIR MARQUETTE SENIOR CENTER BUS TRIP

ENTRY FEE & TRANSPORTATION INCLUDED!

PICKUP TIMES

10:00 AM – MARQUETTE SENIOR CENTER
FOLLOWED BY PICKUP AT SNOWBERRY HEIGHTS

RETURN DEPARTURE

LEAVING THE FAIR AT 2:00 PM

PLEASE BRING YOUR OWN SPENDING MONEY FOR
SNACKS, DRINKS, AND SOUVENIRS.



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 Baraga Gym will be closed for Elections August 3 all day, August 4 all day, and August 5 until noon. The Senior Center and the Baraga Gym will be closed Monday, September 7th 7:30am—4:30 pm for Labor Day.

2 OUR PROGRAMS



SILVER SAMPLER

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



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.



Beginner
Difficulty



TUESDAY, AUG. 25 @ 12:00PM

Don Bode Picnic

Social gathering, potluck lunch, and water activities

NO LIMIT



Beginner
Difficulty



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



Moderate
Difficulty

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

Did you know, SEMCO offers no-cost Home Energy Assessments?

You can sign up online,
but SEMCO
representatives will be
here at the **Marquette
Senior Center**
August 19th, 10am-2pm
to answer questions and
assist people in signing up.

If you are already going to
be here for our regular
programming, stop and
ask them questions about
a NO-COST HEA!

BEHIND THE SCENES OF THE SUPREME COURT

Wednesday, August 19, at 6PM

Federal Courthouse, 202 W. Washington St.

**U.S. Magistrate Judge, Maarten Vermaat will be
joined by several lawyers who work in this court to
discuss the final results of the current term. We
will review the statistics of the term and the main
opinions.**

MUST REGISTER 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?

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(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.

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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, August 28, 2026 11am-12pm.

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City of Marquette Senior Center, Marquette, MI

01-1663

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, August 4th from 9am-3:30pm**, and **Thursday, August 20th 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, August 5th and 12th from 1:30-2:30pm**

PARKINSON'S SUPPORT GROUP

Wednesday, August 19, 2pm - 3pm at the Senior Center. Caregivers welcome!

UKULELE CLASSES

TUESDAYS!

August 4 and 18, Class begins at 3:15pm at the Marquette Senior Center with Scott.

CRIBBAGE Drop In Cribbage with Tacos. Thursdays 12-2, June-August. \$5 suggested donation.



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(800) 950-9952 x4541



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SCAN ME

August 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Diabetes Prevention Class	4 9-3:30 Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele Class	5 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga	6 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	7 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge
10 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	11 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	12 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga	13 8:45 ABC Fitness 10-2 Bus trip to Mt County Fair 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	14 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge
17 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Diabetes Prevention Class	18 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele 4:00 Senior Dance	19 9:00 Hi-Low Fitness 10-2 SEMCO representatives for No-Cost HEA info 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	20 8:30-1:30 Foot Clinic 8:45 ABC Fitness 9-12 Smiles on Wheels 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge Silver Sampler Event	21 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12-4 Pickleball 12:30 Bridge
24 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	25 8:45 ABC Fitness 10:30 Tai Chi 12:00 Picnic in the Park 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance Silver Sampler Event	26 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art	27 8:45 ABC Fitness 10:30 Tai Chi 12-2 Drop-in Cribbage and Taco Thursday 12-4 Pickleball 12:30 Bridge	28 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
31 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Diabetes Prevention Class	Notes			

CONGREGATE MEALS 12-1PM WEDNESDAYS

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

8/5 Roast Beef w/ Gravy, Mashed Potatoes, Broccoli, Watermelon-Applesauce, Dinner Roll

8/12, Spaghetti w/ Meat Sauce, California Veggies, Peach-Cherry Crisp, Garlic Bread

8/19, Chicken Salad w/ a Croissant, Chocolate Pudding, Italian Pasta Salad, Baby Carrots, Cherry Craisins

8/26, Roast Pork Loin w/ Gravy, Mashed Potatoes, Broccoli, Banana, Cookie, 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!

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

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
August 6th and 13th

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

8 THIS-N-THAT

POWERFUL TOOLS FOR CAREGIVERS

This engaging, in-person program provides caregivers with proven tools, helpful resources, and support from others who understand the caregiving journey.

No cost to attend. Classes are on **Thursdays, 8/13-9/17 from 1:30-3:00 PM at the Ishpeming Multi-Purpose Senior Center.**

Please call 2-1-1 or go to upcap.org to register.

FINDING HOPE TOGETHER: GRIEF SUPPORT SERIES

This is a 4-part Series. Each session combines practical tools and strategies for coping with grief with supportive group discussion, allowing participants to connect with others who understand the journey of loss. Your loss may be recent or have occurred some time ago.

When: Every other week beginning August 20th

Time: 10:30-11:30 a.m.

Where: Lake Superior Life Care & Hospice Office 914 W Baraga Ave. Registration is required. **Call 906.225.7760.**

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 **8/26/26.**

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 **8/12/26 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 **8/19/26 from 2:00-3:00pm** call (906) 225-7760 to register.

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, August 6th, Thursday, September 3.

FEEDING AMERICA TRUCKS

Thursday, August 13, 2026 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette
Wednesday, August 19, 2026 12:00pm - (Drive Thru), NMU Berry Events Center, Marquette

Secretary of State Mobile Office



will return to the Marquette Senior Center in September.

Picnic in the Park

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



Smiles on Wheels
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.)

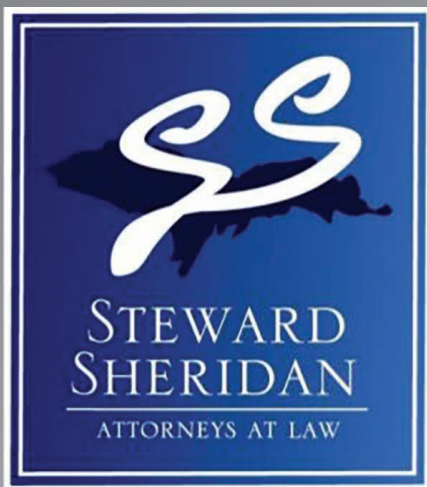
**Call the Senior Center if you
have questions or to sign up
in advance!**

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 in 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

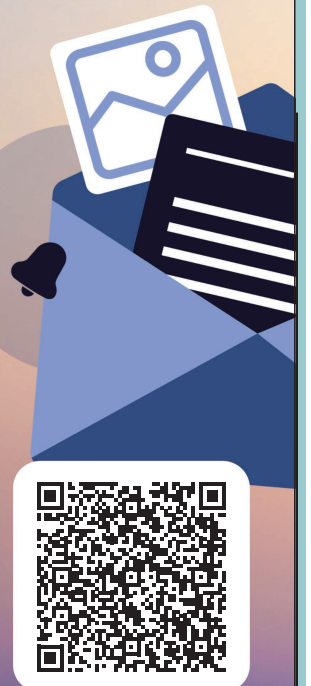
*Certified Elder Law Attorney by the National Elder Law Foundation as accredited by the American Bar Association

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ART CORNER 10

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.

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



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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!

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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. 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! **August classes are the 10th and 24th 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@marquettemi.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 August 4th.**



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

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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.

