

Horizons Newsletter

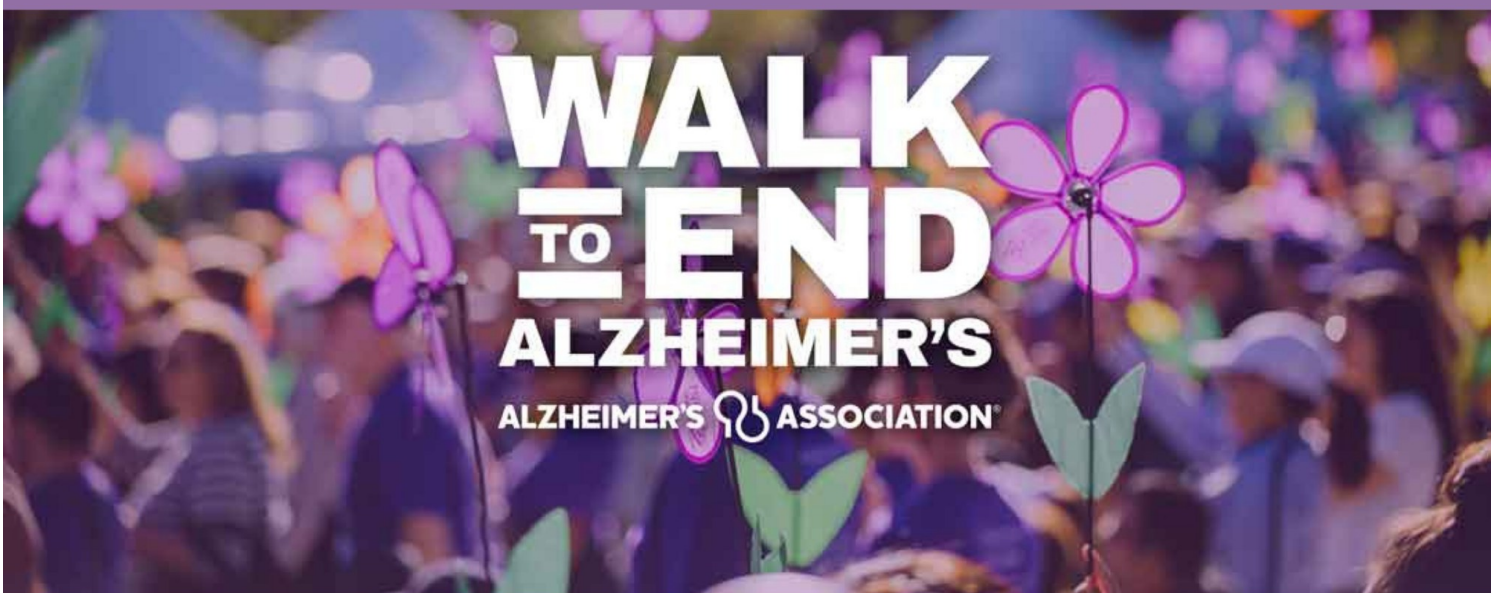


SENIOR CENTER HOURS:

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, September 7th for Labor Day.



WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

Saturday, September 26, 2026—10:00am (registration at 9:00)
Ellwood A Mattson Lower Harbor Park

If you would like to participate by joining the Marquette Senior Center team, we can help you register. If you are interested in making a donation, you can talk to the Marquette Senior Center staff.

Call (906) 228-0456!

2 OUR PROGRAMS



SILVER SAMPLER

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



SATURDAY, SEP. 12 @ 9:00AM

HIKE | *Lake Superior Shore Hike*

Scenic, 5-mile hike

Rocky terrain. LIMIT 10



Intermediate
Difficulty



THURSDAY, SEP. 24 @ 1:00PM

HIKE | *Harlow Lake > Top of the World*

4-5 mile round-trip hike

Moderate incline, rocky terrain, rewarding views! LIMIT 12



Intermediate
Difficulty



THURSDAY, OCT. 1 @ 11:00AM

CANOE OR KAYAK | *Au Train River*

Casual paddle

Must be able to swim LIMIT 10

Boat rentals available through Northwoods Resort.



Beginner
Difficulty



THURSDAY, OCT. 15 @ 1:00PM

HIKE | *Ishpeming*

Casual, beginner-level hike, specific location TBA

Potential inclines and uneven terrain LIMIT 12



Beginner
Difficulty

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?

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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

PARKINSON'S SUPPORT GROUP

Wednesday, Sep. 16, 2pm – 3pm at Lakeview Arena for adaptive bike event this month. Caregivers welcome!

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, September 25th, 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, September 1st from 9am-3:30pm**, and **Thursday, September 17th 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, September 9th and 23rd from 1:30-2:30pm**

KNITTING GROUP

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

UKULELE CLASSES

TUESDAYS!

September 1 and 15. Class begins at 3:15pm at the Marquette Senior Center with Scott.

CRIBBAGE League will be starting in October! Call us if you are interested in playing regularly or subbing!!!



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SCAN ME

September 2026

National Senior Center Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		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 12-4 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	
6	7	8	9	10	11	12
	Labor Day Senior Center and Baraga Gym Closed 7:30-4:30	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 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 Center Closes at 11:30 12-4 Pickleball 12:30 Bridge	Silver Sampler Event (Lake Superior Shore Run)
13	14	15	16	17	18	19
Grandparents Day	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 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 2:00 Parkinson's Support Group	8:30-1:30 Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 11-3 SOS Mobile Office 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	25	26
	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 4:00 Senior Dance	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 12-4 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	10:00 Walk to End Alzheimer's (Mattson Lower Harbor Park-registration at 9:00)
27	28	29	30	1	2	3
	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 1:00 Senior Art			

Holiday Adopt-a-Senior

If you are a Senior in need during this holiday season, call the Marquette Senior Center, (906) 228-0456!

We would love to have seniors sign up early so that we can fill their special requests and make the season a little bit brighter!

If you are interested in donating, look for more information in coming newsletters and we will be putting up wish-list ornaments at City Hall and the Senior Center in November!



CONGREGATE MEALS 12-1PM WEDNESDAYS

Call the Senior Center to sign up by noon the day before. \$4 suggested donation. Call us if you have questions about the menu! September dates are 9/2, 9/9, 9/16, 9/23, and 9/30.

CARDIO DRUMMING

The Marquette Senior Center, in partnership with UP Health Systems is piloting a new exercise class in the Baraga Gym! Thursdays, 4-5pm
Sep. 17, Sep. 24th,
Oct. 1st, Oct 8th

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
September 3rd and 10th

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

8 THIS-N-THAT

COMMUNITY MEMORIAL SERVICE

Lake Superior Life Care & Hospice invites you to join us for our Community Memorial Service, a special time to pause, remember, and honor the loved ones we have lost. This non-denominational service is open to anyone in the community who has experienced the loss of someone special.

The service will take place at the Presque Isle Pavilion, 3 Peter White Drive, Marquette. If you would like to have your loved one's name read during the service with a candle lit in their memory, please email call 906.225.7760 or email:

Outreach@Lakesuperiorhospice.org

DROP IN GRIEF SUPPORT: MARQUETTE

Cancelled for this month but will resume next month!

FEEDING AMERICA TRUCKS

**Thursday, Sep. 10, 2026
10:00am** - (Drive Thru), Silver Creek Thrift Store, Marquette

**Wednesday, Sep. 16,
2026 12:00pm** - (Drive Thru), NMU Berry Events Center, Marquette

POWERFUL TOOLS FOR CAREGIVERS (VIRTUAL)

Are you caring for a spouse, parent, relative, or friend? Join our Powerful Tools for Caregivers class and gain practical skills to help you reduce stress, communicate more effectively, set healthy boundaries, and take better care of yourself while caring for others.

- No cost to attend
- Virtual Workshop via Zoom
- Practical tips and tools you can use right away
- Supportive and welcoming environment

Space may be limited—sign up today and invest in your well-being while continuing to provide the best care possible. Registration ends September 25th or when class is full. Classes are on Thursdays, 10/15-11/19 from 1:30-3:30 PM. **Please call 2-1-1 to register our go to upcap.org to register.**

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 **9/9/26** 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 **9/16/26** 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, September 3,
Thursday, October 1.**



BetterAge **RESEARCH STUDY**

Over age 60 and comfortable using the internet, you can Participate from home and receive short, supportive emails or texts weekly. It takes about 20 minutes per week and goes on for 6 months.

You can also receive a **\$100 thank-you** for completing the study.

Contact Diana Yin at
betterage@bententech.com

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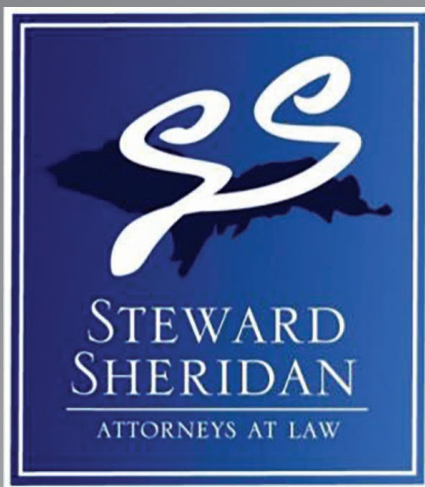
**will be at the
Marquette
Senior Center
Thursday,
September 17, 2026.**

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. Wait lists are held if classes are full.

September 2 and 16—Sun Prints with Mavis Farr

***September 9—Collaborative Project: Paper Crane Mobile** with Colleen Maki, 1pm-4pm @ *Presque Isle Pavilion (full)

September 23—Reverse Glass Painting (Sous-Verre) with Colleen Maki

September 30 & October 14—Fall Leaves in Watercolor with Colleen Maki

October 7 and 21—Silk Scarf Painting with Diane Kribs-Mays



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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! **September classes are the 14th and 28th 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 Sept. 1.**



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.

