



CITY OF MARQUETTE
**SENIOR
SERVICES**

Horizons Newsletter



OCTOBER 2026

VISIT US OCTOBER 5TH



Walgreens Vaccine Clinic 9:30 am - 12:30 pm
Here at the Marquette Senior Center - Room C
You must register by calling 906-228-0456
Vaccines will be billed to participants' insurance.
Vaccines available: COVID-19, Flu, Shingles, RSV

Jimmy Johns sandwiches will be provided for those who participate in the vaccine clinic. Stop by the Senior Center office to get one!



Regularly scheduled Fitness Classes, feel free to drop in and join the exercise!

Medicare Open Enrollment 101
Due to staffing, we will have limited medicare appointments during open enrollment. If you are new to Medicare or would like to learn how to do it yourself, join us for this free seminar.
11:00am-1:00pm in Conference Room 103, located near the police department.



For those already enrolled in the Diabetes Prevention Series, meeting at your regularly scheduled time.



Senior Center Hours:

Mon-Thurs 7:30am - 4:30pm, Friday 7:30am - 11:30am
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 Nov. 2nd and 3rd all day, and Nov. 4th until noon due to elections.

300 WEST SPRING STREET • MARQUETTE, MI 49855 • (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



THURSDAY, OCTOBER 1 @ 11AM

Casual Canoe/Kayak Paddle

Au Train River; Au Train, MI

Must be able to swim LIMIT 10

Boat rentals available through Northwoods Resort.



THURSDAY, NOVEMBER 11 @ 11AM

Christmas Wreath Building

Peter White Public Library; Marquette, MI

LIMIT 15

All supplies provided, but BYO anything to add



THURSDAY, DECEMBER 3 @ 3PM

Potluck & Snowshoe

Blueberry Ridge Pavilion; Sands Township, MI

Must be able to snowshoe/hike 2-3 miles NO LIMIT

Bring a dish to pass and a White Elephant gift



Outdoor Preparedness in the U.P. Series with Tony Barnes

Al Quaal Recreation Area Pavilion; Ishpeming, MI

Hands-on instruction, discussion, demos, activities, and exercises

Session 1 | Thursday, October 15 @ 1PM-4PM

PREPARE: Being Ready Before You Leave

Session 2 | Thursday, November 19 @ 10AM-1PM

NAVIGATE: Knowing Where You Are

Session 3 | Thursday, December 17 @ 10AM-1PM

ADAPT: When Plans Change

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



HI-LOW GROUP FITNESS

Monday/Wednesday/Friday @ 9am

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

Tuesday/Thursday @ 8:45am

Abs, Balance, Core & Strength with instructor Gail Maki

ASAHI

Monday/Friday @ 10:30am-11:30am

Join instructor Don Bode for 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. It's great for strengthening, developing balance, and reducing stress. If you are interested, you can ask Don about Teacher Training!

TAI CHI

Tuesday/Thursday from 10:30am-11:30am

Tai Chi, led by instructor Maria, is a slow-moving, core-strengthening, great-for-your-balance routine which uses gentle, slow-moving motions.

**FITNESS PROGRAMS ARE HELD IN THE BARAGA GYM
UNLESS OTHERWISE NOTED**

****THE BARAGA GYM WILL BE CLOSED FOR ELECTIONS NOV. 2-4.**

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.



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.

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

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4 OUR PROGRAMS

PICKLEBALL IN THE BARAGA GYM

Monday-Friday

Novice: 12pm-1pm

Intermediate: 1pm-2:30pm

Advanced/Competitive: 2:30pm-4pm

PINOCHLE

Monday @ 11am Join the Pinochle fun.
Hope to see you there!

SENIOR FITNESS

**Monday/Wednesday/Friday
@ 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!

WALKING HOURS IN THE BARAGA GYM

Mon & Fri: 7:30-9am, 11:30am-12pm

Tue & Thu: 7:30-8:45am, 11:30am-12pm

Wed: 7:30-9am, 10:30am-12pm

DUPLICATE BRIDGE

Tuesday/Thursday/Friday @ 12:30pm

Classes Saturday at 10am.

Call 217-741-7867 to sign up.

FREE BLOOD PRESSURE & BLOOD SUGAR CLINIC

Friday, October 23 @ 11am-12pm

PARKINSON'S SUPPORT GROUP

Wednesday, August 20

2pm-3pm at the Senior Center
Caregivers welcome!

****THE BARAGA GYM WILL BE CLOSED FOR ELECTIONS NOV. 2-4.**

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.

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148 W Hewitt Ave Marquette MI 49855



Call us today to register:

(906) 228-6212



BROGAN & YONKERS, P.C.
Life-Focused Estate Planning



FOOT CLINIC

We have several different choices. If you would like an appointment, please call us today at 228-0456.

UP Home Health Care offers two dates each month:

Tuesday, October 6, 9am-3:30pm
Thursday, October 15, 8:30am-1:30pm

Cost: \$30

Please remember to bring a basin to soak your feet and a towel to dry them!

906 Foot Care also offers individual appointments, with prices varying for services.



CHAIR YOGA WITH NICOLE SHEREE

Wednesdays, twice per month

October 14 and 28

Senior Center Room B

\$5 Suggested Donation

CRIBBAGE LEAGUE

Thursdays starting at 12:00

Senior Center Room B

Call if you are interested in playing!

KNITTING GROUP

2nd and 4th Monday 1-3pm

UKULELE CLASSES

Tuesdays, October 6th and 20th
 Class with Scott begins at 3:15pm
 at the Senior Center



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SCAN ME

October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Office Hours 12:00 Cribbage League 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	
4	5	6	7	8	9	10
	9:00 Hi-Low Fitness 9:30-12:30 Vaccine Clinic 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 11-1 Medicare 101 Seminar 12-4 Pickleball 1:00 Diabetes Prevention Series	8:45 ABC Fitness 9-3:30 Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele	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 12:00 Cribbage League 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	
11	12	13	14	15	16	17
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 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 1:30 Chair Yoga	8:30-1:30 Foot Clinic 8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 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	
18	19	20	21	22	23	24
	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 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	8:45 ABC Fitness 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	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	
25	26	27	28	29	30	31
	9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 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 12:00 Cribbage League 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	

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!



Office Hours in Big Bay

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, October 1,
Thursday, November 5.

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			

Changes to accomodate cleaning will start in November!

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
October 1ST and 8TH

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



8 THIS-N-THAT

DROP-IN GRIEF SUPPORT: MARQUETTE

4th Wednesday at 4pm
This month: Oct. 28, 2026
at Lake Superior Life Care & Hospice Office, 914 W. Baraga Ave. Grief doesn't follow a schedule - and neither do we. Our drop-in grief support group offers a safe, welcoming space for anyone navigating the loss of a loved one. Join us to share, listen, or simply be among others who understand.

No registration required, and no affiliation to Lake Superior Life Care & Hospice required. Come as you are when you need it the most.

HOSPICE VOLUNTEER TRAINING

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

October 14, 9am-2pm

Are you interested in meaningful ways you can support patients, families, and our hospice team.

Whether you're interested providing companionship, special projects, or supporting our staff behind the scenes, there's a place for you!

Registration is required.

Please call 906.225.7760 or email

Volunteers@lakesuperiorhospice.org

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 **10/14/26** 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 **10/21/26** from **2:00-3:00pm** call (906) 225-7760 to register.



FEEDING AMERICA TRUCKS

Thursday, October 8 @ 10am

at Silver Creek Thrift Store (Drive Thru)

Wednesday, October 21 @ 12pm

at NMU Berry Events Center (Drive Thru)



Senior Skate

2026-2027 SCHEDULE

FRIDAYS FROM 7:00PM-8:30PM

October 16 and 30
November 13
December 11 and 18*
January 15 and 22
February 12 and 26
March 12 and 26*

BRUSH AND LEAF COLLECTIONS

City of Marquette Brush collection will take place October 26 to October 30 and Leaves will be collected November 2 to November 6 and again November 9 to November 13.

More information can be found on the city's website: <https://marquettemi.gov/public-works/garbage-recycling-compost-rubbish/>



PARKING BAN

City Winter parking ban

The parking ban goes into effect starting Nov. 1st.

CONGREGATE MEALS**12-1pm Wednesdays**

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

Dates for October:

10/7 Shepherd's Pie, Broccoli, Apple Crisp, Dinner Roll, and Fresh Banana

10/14 Roast Pork w/ Gravy, Red Bliss Potatoes, Carrot Coins, Cinn. Applesauce, and Dinner Roll

10/21 Cheese Ravioli w/ Marinara Sauce, Peas & Pearl Onions, Apple Crisp, and Garlic Bread

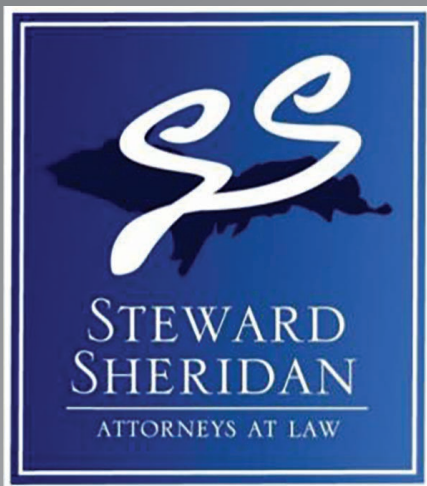
10/28 Roast Turkey w/ Gravy, Mashed Potatoes, Green Beans, Diced Peaches, and Dinner Roll

**Secretary of State
Mobile Office will be
at the Senior Center
again in May!**

**RSVP RIDE TRANSPORT**

In partnership with RSVP of Marquette County we help provide a non-emergency 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

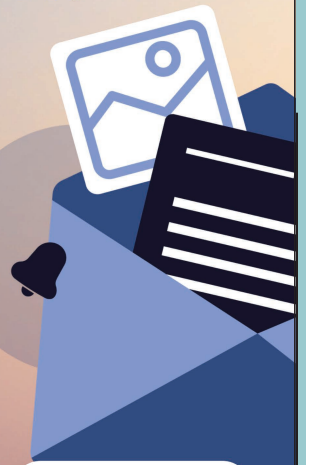
*Certified Elder Law Attorney by the National Elder Law Foundation as accredited by the American Bar Association

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10 SENIOR ARTS

SENIOR VISUAL ART CLASSES

Wednesdays @ 1-3pm in the lower level of Peter White Public Library
unless otherwise noted

October 7 & 21 - Silk Scarf Painting
with Diane Kribs-Mays **(FULL)**

October 14 - Watercolor Fall Leaves
with Colleen Maki

November 4 & 18 - Stamped Leather
with Mavis Farr

All supplies provided. Free to attend for residents. Participants residing outside of the Center's service area may still attend for a suggested \$5 donation. Please sign up for only one date per class offering. **PRE-REGISTRATION IS REQUIRED** - contact Tristan to sign up, 225-8655 or tluoma@marquettemi.gov

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The City of Marquette's *Senior Arts Program* is supported by the **Michigan Arts & Culture Council, National Endowment for the Arts, & The Ray & Peg Hirvonen Foundation.** THANK YOU for making these programs possible!

SENIOR DANCE CLASSES

Tuesdays @ 4-5pm in the Baraga Gym

These are beginner-level classes designed for folks 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 - contact Tristan to sign up, 225-8655 or tluoma@marquettemi.gov

NO SENIOR DANCE OCTOBER 6

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

October Classes: Mondays, October 12 and 26
November Classes: Mondays, November 9 and 23
 4-5pm @ Senior Center Room B

Experiences & Performances: Scheduled on a rolling basis

The Senior Theatre Experience (STE) 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. The STE cohort enjoys twice-monthly, discussion-based classes in addition to Experiences attending NMU Theatre courses, backstage tours, tech design, and performance rehearsals, as well as free admission to local theatre productions!

No prior acting nor theatre experience necessary to take part! **Please contact Tristan at 225-8655 or tluoma@marquettemi.gov for more information about the Senior Theatre Experience or to sign up.**

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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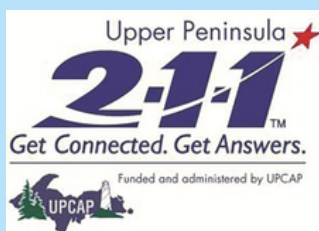
Maureen McFadden
Senior Center Manager

Michelle Marzec
Administrative Assistant

Lisa Balko
Social Work Coordinator

Elizabeth Sherman
Angela Davis
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 you reside outside of our service area.