



NOVEMBER 2026

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.**

**The Marquette Senior Center and the Baraga Gym will be closed 7:00-4:00
November 25-27 for the Thanksgiving Holiday.**

INCLEMENT WEATHER

Please note that if MAPS closes for Inclement Weather all Senior Center Programs are cancelled that day.



MMAP

**MICHIGAN MEDICARE
ASSISTANCE PROGRAM**

Navigating Medicare



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.

**November 2nd and 23rd, 11:00am-1:00pm in
Conference Room 103, located near the police
department.**

WINTER PARKING BAN

The City's Winter Parking Ban is in effect from November 1st through April 1st. During that time there is NO PARKING on the north side of Spring Street. We understand that this affects our clients and user groups. We also ask that you please use the parking lot by the police station if you are able.

2 OUR PROGRAMS



SILVER SAMPLER

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



THURSDAY, NOVEMBER 11 @ 10AM & 1PM

Christmas Wreath Building

Peter Vini, Ellsworth, Marquette, MI

LIMIT 15/SESSION

All supplies provided, but BYO anything to add

Event Full



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 NOV. 2-4 as well as Nov. 25-27 (7-4)**

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4 OUR PROGRAMS

PICKLEBALL IN THE BARAGA GYM

Monday-Thursday

Novice: 12pm-1pm

Intermediate: 1pm-2:30pm

Advanced/Competitive: 2:30pm-4pm

Friday: All Skill Levels 2:30-4pm

Note
Changes!

WALKING HOURS IN THE BARAGA GYM

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

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

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

Fri: 7:39-9am

DUPLICATE BRIDGE

Tuesday/Thursday/Friday @ 12:30pm

Classes Saturday at 10am.

Call 217-741-7867 to sign up.

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!

FREE BLOOD PRESSURE & BLOOD SUGAR CLINIC

Monday, November 23rd @ 11am-12pm

PARKINSON'S SUPPORT GROUP

Wednesday, November 18th

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

****THE BARAGA GYM WILL BE CLOSED NOV. 2-4 as well as Nov. 25-27 (7-4)**

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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, November 3, 9am-3:30pm
Thursday, November 19, 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

November 4th and 18th

Senior Center Room B

\$5 Suggested Donation

CRIBBAGE LEAGUE

Thursdays starting at 12:00

Senior Center Room B

Call if you are interested in subbing!

KNITTING GROUP

2nd and 4th Monday 1-3pm

UKULELE CLASSES

Tuesdays, November 3rd and 17th

Class with Scott begins at 3:15pm
 at the Senior Center



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SCAN ME

6 CALENDAR

November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Baraga Gym Closed 10:30 Senior Fitness 11:00 Pinochle	3 Election Day Baraga Gym Closed 9:30 Foot Clinic 12:30 Bridge 3:15 Ukulele	4 Baraga Gym Closed 10:30 Senior Fitness 12:00 Congregate Meal 1:00 Senior Art 1:30 Chair Yoga	5 8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge	6 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12:30 Bridge 2:30-4 Pickleball	7
8	9 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	10 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	11 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball	12 8:45 ABC Fitness 10:30 Tai Chi 11-1 Pharmacist Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge Silver Sampler Events	13 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12:30 Bridge 2:30-4 Pickleball 7:00 Senior Skate	14
15	16 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	17 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele 4:00 Senior Dance	18 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga 2:00 Parkinson's Support Group	19 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	20 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi Center Closes at 11:30 12:30 Bridge 2:30-4 Pickleball	21
22	23 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 11-12 BP Clinic 12-4 Pickleball 1:00 Knitting 4:00 Senior Theatre	24 8:45 ABC Fitness 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance	25 Senior Center and Baraga Gym Closed (7am-4:30pm)	26 Thanksgiving Senior Center and Baraga Gym Closed (7am-4:30pm)	27 Senior Center and Baraga Gym Closed (7am-4:30pm)	28
29	30 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball	1	2	3	4	5

CONGREGATE MEALS

12-1pm Wednesdays

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

Dates for November: 11/4, 11/11, and 11/18. Call us or stop by to ask about the menu.



Senior Skate

2026-2027 SCHEDULE

FRIDAYS FROM 7:00PM-8:30PM

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

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, November 5,
Thursday, December 3.

Baraga Gym Schedule (Senior Center Programs)

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 Skill Levels Pickleball 2:30-4:00
	Senior Dance 4:00-5:00			

Changes to accomodate cleaning will starting 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
November 5th and 12th

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



8 THIS-N-THAT

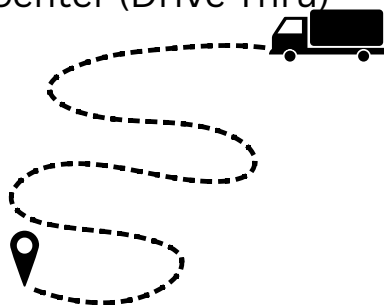
FEEDING AMERICA TRUCKS

Thursday, Nov. 12 @ 10am

at Silver Creek Thrift Store (Drive Thru)

Wednesday, November 18 @ 12pm

at NMU Berry Events Center (Drive Thru)



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.

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.

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.



ADOPT -A- SENIOR

The holidays are a time for kindness, connection, and giving. Our Adopt a Senior program offers an opportunity to brighten the holidays for local seniors by providing thoughtful gifts and spreading a little extra cheer. Wish list will be located at City Hall & Senior Center

If you are a Senior in need during this holiday season, call the Marquette Senior Center 906-228-0456 to put in a wish list request

Donations can be brought to the Senior Center

November Dining and Learning Opportunity



LUNCH WITH SERVPRO

Tuesday, Nov. 17 @ 1:00pm

Enjoy a complimentary holiday-themed lunch while learning helpful tips to protect your home from fire, water, mold, sewage, and biohazard damage. SERVPRO will share prevention tips and explain what to expect if restoration services are needed.

Space is limited to 30 participants. Call to register 906-228-0456

HOLIDAY DINNER AT NORTHERN MICHIGAN UNIVERSITY

Join us for a festive holiday meal at NMU! Our usual Lunch & Learn becomes dinner as we enjoy good food and great company. We'll meet at the Marquette Senior Center and carpool together.

Tuesday, November 17 — Depart at 4:30 PM

Wednesday, December 2 — Depart at 4:30 PM

Cost: \$14 per person

Please call the Marquette Senior Center to sign up!

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same **without you!**

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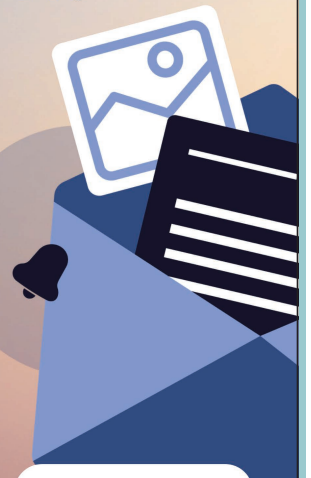


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10 SENIOR ARTS

SENIOR VISUAL ART CLASSES

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

November 4 & 18 - Stamped Leather
with Mavis Farr **(11/4 FULL)**

**December 2 & 9 - Hand-Painted
Holiday Cards** with Gene Bertram

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@marquettetmi.gov
Wait list held in the event of full classes!



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@marquettetmi.gov

NO SENIOR DANCE 12/22 or 12/29

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THE SENIOR THEATRE EXPERIENCE

November Classes: Mondays, November 9 and 23

December Classes: Mondays, December 14 and 21

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
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SENIOR SERVICES STAFF (906) 228-0456

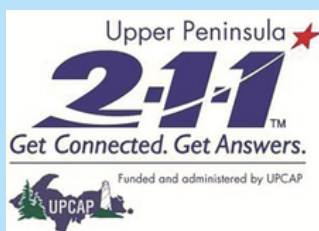
Maureen McFadden
Senior Center Manager

Michelle Marzec
Administrative Assistant

Lisa Balko
Social Work Coordinator

Elizabeth Sherman
Angela Davis
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.