



Marie began coming to The Helm about four years ago when a friend suggested joining the Body Alignment class. During those years, Marie hit a life milestone and took advantage of the New to Medicare program and the Medicare Open Enrollment Counseling.

Marie enjoys participating at The Helm. “I like that there are a variety of classes and activities for every stage of later life, especially for us ‘modern seniors.’ I’ve always tried to stay physically active and find Body Alignment helps with my strength and balance.”

Marie has spent most of her life in the area. She moved here when she was around 10 years old and graduated from Cass Technical High School. She studied at the Center for Creative Studies and worked as an art director at various ad agencies before beginning her own business.

In her free time, Marie likes to cook and go for walks. She and her husband, Bob, live in Grosse Pointe Park. They enjoy traveling, especially to various places across the country to visit relatives.

One piece of advice Marie would give her younger self is “to prepare to retire. Without a plan, retirement can be lonely and unfulfilling. It should be an opportunity for ‘You’ time. Stay involved – whether through activities, hobbies, or volunteering. It keeps you healthier and happier.”