

MARQUETTE

FEBRUARY 2024

MIRROR

FOREVER YOUNG AT HEART



Monthly Highlights

2022 Gold Medalist Violinist
SIRENA HUANG

Christina Nicastro, Soprano
VALENTINE'S
DAY CONCERT

A lot of Song and Dance
JILL KELLY HOWE
AND DAVID MEEK

...and so much more!
All the details inside.



Spotlight Events



Violinist Sirena Huang

page 4

Glen Kwok, Executive Director of the International Violin Competition of Indianapolis, presents violinist Sirena Huang, Gold Medal winner of the 2022 competition.



Christina Nicastro

Valentine's Day Concert

page 4

Dazzling soprano, Christina Nicastro, returns to our stage for a Valentine's Day concert.



Rising Star Pianists Recital

page 4

Well known Indianapolis musician, Dr. Charles Goehring, brings Carmel students Daniel Chen and Andrew Lee to play for us.



Jill Kelly Howe & David Meek

page 4

If you have been to any Beef & Boards Dinner Theatre productions, you have seen Jill Kelly Howe sing and dance in productions. Enjoy an intimate musical evening with Jill Kelly Howe, vocalist, and David Meek, pianist, on stage at Marquette.



In this Issue

Campus Programs 4

- > International Violin Competition of Indianapolis–2022 Gold Medalist, Sirena Huang
- > Contemporary Issues – The Electoral College...Anachronism or Timeless?
- > Valentine’s Day Concert with Christina Nicastro, Soprano
- > Rising Star Pianists
- > In Honor of Black History Month – A special showing of the movie, Selma
- > Jill Kelly Howe and David Meek

Excursions 5

- > Runs to Kroger/Target/Mall/Walmart/Dollar Tree/5 Below/
Trader Joe’s/Kohl’s/Meijer’s
- > The Dining Room at RH
- > Butler Theatre: Radium Girls
- > Beautiful: The Carole King Musical
- > Second Helpings Hunger Relief Kitchen > White River Trail & Lunch @ the Garage

Campus Services 6

- > Residents’ Association Meeting
- > Campus Conversation

Religious Services..... 7

- > Anglican Mass > Episcopal Communion Service > Protestant Church Service
- > Bible Study > Jewish Shabbat
- > Catholic Mass > Presbyterian Communion Service

Health & Fitness..... 8-9

- > Step to the Beat of Your Heart > Recreation Update
- > Favor the Flavor
- > Do You Know the Benefits of Massage?
- > Reminders & Announcements

Amenities 10

Hobbies & Movies 11

Knife & Fork 12

- > Check out the schedules and specials for the Fireside Grille, Hackl Legacy Dining Room and Township Tavern
- > Special Events: Lobster Night, Birthday Luncheon, Themed dinner night, TGIF, Monthly Buffet Dinner

Volunteer Opportunities 13

- > Discover ways to help your Marquette neighbors and friends

Photo Gallery..... 14-15

- > Fun snapshots of you and your Marquette neighbors and friends.

Channel Line-up Back Cover

- > Channel 91 in-house lineup and live stream programs

Programs & Events

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Campus Programs

International Violin Competition of Indianapolis – 2022 Gold Medalist, Sirena Huang

Monday, February 5, 7:00 pm
Foundation Hall

Praised by The Baltimore Sun for her “impeccable technique...deeply expressive phrasing...and poetic weight,” **Sirena Huang** is one of her generation’s most celebrated violinists. Sirena is the 2022 Gold Medalist of the 11th Quadrennial International Violin Competition of Indianapolis. As part of her prize, she is touring the country and has upcoming concerts with the Utah, Santa Barbara and North Carolina symphonies. She is in Indiana to perform with the Anderson Symphony and Orchestra Indiana in Muncie. Pianist Chih-Yi Chen will join her for a delightful evening of beautiful works by Amy Beach, Poulenc, Coleridge-Taylor and Chen Gang.

Contemporary Issues The Electoral College... Anachronism or Timeless?

Monday, February 12, 7:00 pm
Foundation Hall

Join Barbara Furlow to discuss current and relevant topics or challenges that our society faces in the present time.

Valentine’s Day Concert with Christina Nicastro, Soprano

Wednesday, February 14, 7:00 pm
Foundation Hall

Come explore the various themes of love through music with singer Christina Nicastro and pianist Carol Anne Smock. From the great operas of Puccini to the showtunes of Sondheim, this performance will warm your heart this Valentine’s Day.

Rising Star Pianists

Thursday, February 15, 7:00 pm
Foundation Hall

Dr. Charles Goehring, retired Director of Music/Organist and coordinator of the Butler Artist Series at Hoosier Village, will introduce us to two award winning pianists, Daniel Chen and Andrew Lee, both age 14. Daniel is in 9th grade at Carmel High School and he received First Place in the Young Hoosier State Piano Competition in the Classic Category in 2019. He will perform music by Chopin, Beethoven and Rachmaninoff. Andrew is in 8th grade at Carmel Clay Middle School and he has received numerous prizes in statewide, national and international competitions. Andrew will play music by Chopin, Liszt and Khachaturian.

In Honor of Black History Month – A special showing of the movie, Selma (2014-PG13)

Monday, February 19, 1:00 pm
Foundation Hall

The unforgettable true story chronicles the tumultuous three-month period in 1965, when Dr. Martin Luther King, Jr. led a dangerous campaign to secure equal voting rights in the face of violent opposition. The epic march from Selma to Montgomery culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement.

Jill Kelly Howe and David Meek

Thursday, February 29, 7:00 pm
Foundation Hall

Jill Kelly Howe, vocalist, and David Meek, pianist, have a good time performing together on the downtown scene and it shows! A few seasons of sharing a stage has brought out the best of their act and from “These Boots Were Made for Walking” to “Reunited,” they happily share their crowd favorites with you.



**Keystone at the Crossing/
Castleton Runs**

*Wednesday, February 7
Bus leaves at 10:45 am*

**Walmart/Dollar Tree/
Five Below/Trader Joe's**

*Wednesday, February 7
Bus leaves at 2:00 pm*

Kroger/Target/Kohl's...

*Every Wednesday, except February 7
Bus leaves at 9:30 am*

Meijer Run

*Every Wednesday, except February 7
Bus leaves at 1:30 pm*

The Dining Room at RH

*Friday, February 16 – Linden House
Bus leaves at 11:00 am/ Limited to 20*

Located on a 151-acre Palladian-style estate, which once belonged to celebrated philanthropist Christel DeHaan, the Dining Room at RH is a dramatic restaurant featuring a thoughtfully curated menu of elegant classics. Dine in an immersive space with soaring windows, a lighting installation by master glass designer Alison Berger, and mesmerizing views of the lake and surrounding landscape.

MEN'S GROUP NOTICE

Join this group for fun outings in and around Indianapolis. For details contact: Gene Parker at 630-330-7407 or eparkint@sbcglobal.net

Butler Theatre: Radium Girls

*Wednesday, February 21
Clowes Memorial Hall/70-minute runtime, no intermission. Bus leaves at 6:30 pm for 7:30 pm curtain time. \$20.00/16 tickets available*

Radium Girls follows the true story of young girls working in a 1920s factory at jobs considered to be prestigious, but which turn out to be lethal. This compelling 70-minute play has been on stages across the US and was the subject of a 2018 movie.

Beautiful: The Carole King Musical

*Thursday, February 22
Beef and Boards Dinner Theatre
Bus leaves at 6:15 pm
20 tickets @ \$62.50*

Beautiful is the inspiring true story of Carole King's remarkable journey from teenage songwriter to the Rock & Roll Hall of Fame. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing solo album, Beautiful takes you back to where it all began — and takes you on the ride of a lifetime.

Second Helpings Hunger Relief Kitchen

*Thursday, February 22
Bus leaves at 11:45 am/Limited to 10 people*

Our group may be chopping produce or protein, preparing sandwiches, or sorting rescued food. Regardless of our assignment, we will be making a direct impact by supporting the meals they prepare for our community every day.

White River Trail and Lunch at The Garage

*Thursday, February 29
Bus leaves at 10:00am*

Bundle up for this outdoor adventure. We will start at the NIFS downtown location and walk 0.75-mile along the White River Trail and 0.75-mile back for a total of 1.5-miles along a paved surface. If weather conditions are poor, we will walk the NIFS indoor track. Lunch will be in the Bottleworks District at 'The Garage' food court.

IMPORTANT!

Please register starting on the 26th of each month at 8:00 am.

All trips on this page require registration in the Programs, Events & Transportation Book.



Services listed are happening here at Marquette.

Residents' Association Meeting

*Tuesday, February 6 at 10:00 am
Foundation Hall
Repeated 3:00 pm and 5:40 pm
Channel 91*

Residents are invited to attend the meeting! You may also tune into Channel 91 to hear reports from your fellow residents, staff and the Marquette administration.

Campus Conversation

*Monday, February 12 at 10:00 am
Foundation Hall*

Join our Plant Services and Environmental Services Departments for an informative chat about what's new on campus.

Marquette Foundation News Flash

*Tuesdays
10:00 am (except for the February 6)
Channel 91*

Foundation Director Michael McGinley will give the latest developments, offer ideas on estate planning and naming opportunities at Marquette.

Marquette Cares— A Service Spotlight

Arranged at Resident's Convenience

Welcome to an in-home companion care service provided by Marquette. Customized services include personal/grocery shopping and errands, light housekeeping, laundry and ironing, pet and houseplant care, grooming assistance and more! Contact Ashley Hunt, Home Care Coordinator, (317-524-6534) for more information.

ATTENTION SPORTS FANS!

**FEB. 11
SUPER BOWL
LVIII**



**FEB. 18
DAYTONA 500**



**FEB. 22
MLB SPRING
TRAINING
BEGINS**



**FEB. 27
NCAA CONFERENCE
TOURNAMENT
BEGINS**





Anglican

Mass

Sundays

10:30 am, Chapel

Officiated by Rev. Todd Bragg,
Rector of St. Margaret Anglican Church

Jewish

Shabbat

Friday, February 16

4:00 pm, Foundation Hall A

Led by Rabbi Brett Krichiver
Indianapolis Hebrew Congregation

Catholic

Daily Mass

Monday—Friday

4:00 pm, Chapel

Saturday—Anticipation Mass for Sunday

4:00 pm, Chapel

Masses celebrated by Rev. Cliff Vogelsang,
as well as guest officiants

Protestant

Church Service

Sundays

1:50 pm, Foundation Hall

Live on Channel 91

Officiated by Rev. Joe Johnson.
Music provided by Greg Gibson
and guest musicians

Episcopal

Communion Service

Thursday, February 22

10:00 am

Chapel

Officiated by Staff from
Trinity Episcopal Church

Bible Study

Tuesdays

2:00 pm

2nd Floor Card Room

Study and discuss the **Book of Acts**.
Contact Jeff Fields (574-202-8330)
for more information.

Presbyterian

Next quarterly service will be held on

Friday, March 15

10:00 am

Chapel

Officiated by Staff from
Second Presbyterian Church



Marquette Wellness Resources

LYNNE O'DAY CLINIC

- > Geriatric Internist
- > Dermatologist
- > Podiatrist
- > Optometrist
- > Dentist
- > Hearing Aid Info

Call 317-524-6509

MASSAGE SERVICES

Call 317-524-6550

SELECT REHAB

- > Physical Therapy
- > Occupational Therapy
- > Speech Therapy

Call 317-524-6509

MARQUETTE CARES

- > Medication reminders
- > Laundry assistance
- > Grocery shopping
- > Personal care assistance and more

Ask for Ashley Hunt

Call 317-524-6534

REGISTERED DIETITIAN

- > Nutrition Services

Ask for Debra Melendez

Call 574-383-0035

WELLNESS NAVIGATOR

- > Care planning Assistance
- > Adjusting to the Community
- > Needs Assessments
- > Referrals to Psychologist
- > Other Services

Call 317-524-6504

FEBRUARY ACTIVITIES

STEP TO THE BEAT OF YOUR HEART



February 1 - 29

February is American Heart Month, so we encourage you to take advantage of the MAC "Step to the Beat of Your Heart" Program for cardiovascular exercise to improve your heart health! This program runs February 1 to February 29 and has many components that will be featured, such as daily step count trackers, step classes, heart health blogs, handouts for cardio machine recommendations and more. Program brochures will be available at the MAC desk on Friday, January 26.



step to the beat



FAVOR THE FLAVOR

Thursday, February 15

1:00-2:00pm

Fireside Grille Lobby

There is an important relationship between the food we eat and our health. Each month, MAC staff and Chef Brian Klett collaborate to bring residents and guests the opportunity to taste a variety of food while learning about the health and nutritional benefits. Join us for a tasty, healthy snack!



Recreation Updates

We will no longer have Wii Sports on Mondays in the Lower-Level Multipurpose Room. If you wish to play on Mondays, MAC staff will be happy to set it up for you in the Aerobics Studio from 12:30 – 2:30pm. Please speak to staff to set up a time slot. Otherwise, join us for Wii Sports on Wednesdays from 2 – 4:30pm and Fridays from 1 – 4:30pm! Staff will have the Wii set up during those time slots but turned off to save energy and battery life. Ask for help if needed!

DO YOU KNOW THE BENEFITS OF MASSAGE??

Often times, people view massage as a luxury. But there's more to massage than relaxation. In fact, after reading about some of the physical and mental benefits, you may want to schedule that massage ASAP!

PHYSICAL BENEFITS (source: Mayo Clinic Health System)

- Improved circulation
- Decreased muscle stiffness
- Decreased joint inflammation
- Better quality of sleep
- Quicker recovery between workouts
- Improved flexibility
- Less pain and soreness
- Strengthened immune response

OTHER MENTAL BENEFITS INCLUDE:

- Lower stress levels
- Improved relaxation
- Improved mood
- Decreased anxiety
- More energy
- Increased feeling of wellness

If you would like to schedule a massage for yourself, or gift a massage to your friend, please call 317-228-2249 for availability and pricing. Want a tour of the Marquette massage room? Let MAC staff know!



MAC Manager

HANNAH MORRIS

317-228-2249

morrishannah@marquetterc.org

MAC Assistant Manager

MICHAEL PASSMORE

317-228-2248



MAC Member of the Month

Mary Margaret O'Connor

Mary Margaret is an active participant in MAC services and has been an inspiration to many! She consistently shows up for Core Classes, you can often find her in the gym on the NuStep getting in some cardio and out-and-about the halls of Marquette staying physically active!

Stop by the bulletin boards to read her story.

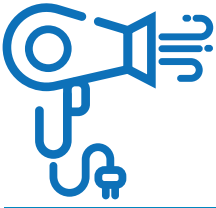
Reminders & Announcements

- > Pickleball rescheduled from February 7 to February 8.
- > No Aqua Class on Tuesday, February 6. Please attend the Residents' Meeting.
- > Bold Moves Class starts at 11:30am on Tuesday, February 6.
- > Pool closed from 7:00am – 9:45am on Wednesday, February 14.
- > Blood Pressure Clinic is every Wednesday from 11:30am-12:30pm in the MAC hallway.



Amenities

Beauty Shop



HOURS: Tuesday – Friday
9:00 am – 3:00 pm *Appointment Only*
PS Salon & Spa
Call: 317-524-6566 to schedule an appointment.

BMO Bank

HOURS: Monday–Friday
9:00 am–4:00 pm

Either Shad Rohrer (317-228-2038) or Robin Duncan (317-228-2037) is available to help with your banking needs or questions.



Concierge



HOURS: Monday–Friday
10:00 am–3:00 pm

SERVICES: Assists residents with packages and postage, ordering flowers, printing airline boarding passes and room reservations. Arranges Lyft transportation requests. Schedules tech assists. Is reading about programs and events a challenge? The concierge has the answer and will provide specialized brochures and help to address any visual needs. Call (317-524-6597) with your requests.

Craft Room

HOURS: 24 hours a day

Whether it's making cards, knitting, painting or drawing, this room is open to all. Explore your hidden talents with a room chock full of supplies, handbooks and materials.



Library



HOURS: 24 hours a day
OPTIONS: Non-Fiction Fiction
Books-on-CD Newspapers
Magazines DVDs

Contact Fran Cull (708-289-3759), Library Committee Chair, to offer title suggestions.

Massage Services



HOURS: Susan Herner England
Wednesdays, 9:00 am–1:00 pm
Fridays, 9:00 am–1:00 pm
Shannon Spence
Mondays, 9:00 am – 5:00 pm

SERVICES: Appointments required.

Pendants required during session

Call the MAC for pricing. 24 hour business day cancellation required.

Woodworking Shop

HOURS: Authorized Access Only!

SERVICES: Various hand and power tools available for use.



Contact Maintenance Services Coordinator Debra Taylor (317-524-6538) for authorization, key and training session.

Tech Center



HOURS: 24 hours a day
Three computers are available for resident email and internet use. A black and white printer is available.

I.T. Support Tech Spencer Sanchez is available for assistance with laptops, tablets, smartphones, social media, virtual meetings, software, printing and scanning, websites and purchasing advice.

Contact the Concierge (317-524-6597) or Spencer Sanchez (317-524-6589) to schedule an appointment.

The Corner Shoppe

HOURS: Monday–Friday
10:00 am – 4:00 pm

CONVENIENCES:

Office Supplies	Snacks
Health & Beauty	Beverages
Gifts & Seasonal	Stamps
Greeting Cards	



Cash purchases only.



Fun for Everyone!



Scrabble

Mondays, 10:00 am, 2FCR



Bingo

Tuesdays, 7:00 pm, FH/A



Book Club

4th Tuesday of every month,
10:00 am, 2 FCR



Euchre

Wednesdays, 7:00 pm, 2FCR



Contract Bridge

Fridays, 1:00 pm—4:00 pm, 2FCR



Knit for Charity

Mondays, 1:30 pm, LLCR



Duplicate Bridge

Tuesdays, 7:00 pm, FH/B



Poker

Wednesdays, 6:45 pm, LLMPR



Coffee Clips & Conversation

Thursdays, 10:30 am, 3FCR



Garden Club

Friday, Feb. 23, 1:00 pm, LLCR

Saturday Night at the Movies



Foundation Hall, 7:00 pm



February 3 Lilies of the Field

(1963 - Not rated)

Sidney Poitier won the Best Actor Oscar as a warm, sensitive handyman who, while stranded in an Arizona desert town, builds a chapel for a lively group of nuns.

February 10



Till

(2022 - PG-13)

Till is a profoundly emotional and cinematic film about the true story of Mamie Till Mobley's relentless pursuit of justice for her 14 year old son, Emmett Till, who, in 1955, was brutally lynched while visiting his cousins in Mississippi.

February 17



Hidden Figures

(2016 - PG)

The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

February 24



The Iron Lady

(2011 - PG 13)

An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene.



Hackl Legacy Dining Room

Open, with seatings each 1/2 hour

Wednesday, Thursday, Friday, Saturday

5:00 pm, 5:30 pm, 6:00 pm, 6:30 pm, 7:00 pm

Closed Sunday, Monday, Tuesday

Reservations 48 hrs ahead (317-524-6549)

Reservations required

LOBSTER NIGHT

Wednesday, February 7

5:00 pm, 5:30 pm, 6:00 pm, 6:30 pm, 7:00 pm

Reservations required

BIRTHDAY LUNCHEON

Wednesday, February 13 - Noon

Reservations Required

- > Residents with a birthday in February
- > Complimentary luncheon
- > Spouse welcome, will be charged to Resident's Account

THEMED DINNER

Wednesday, February 14

5:00 pm, 5:30 pm, 6:00 pm, 6:30 pm, 7:00 pm

Reservations required

TGIF

Friday, February 9

Foundation Hall

4:30 pm—6:00 pm

- > Wine, beer, cocktails at the bar
- > Hot & cold hors d'oeuvres
- > Buffet style
- > Please, no guests

Fireside Grille

Breakfast 7:30 am—10:00 am

Monday—Saturday

Lunch & Dinner 11:30 am—6:30 pm,

Monday—Saturday

MONTHLY BUFFET DINNER

Fireside Grille Lobby

Wednesday, February 28

5:00 pm—7:00 pm

Reservations required

Hackl Legacy Dining Room Closed

Fireside Grille closes at 2:00 pm

SUNDAY BRUNCH

Sundays

10:30 am—1:30 pm

Township Tavern

Monday—Saturday

4:30 pm—7:00 pm

No Reservations Required

Room Service

Call 317-524-6506

for ALL Room Service orders

You can also complete the sheets and place in the F&B mailroom box.



Volunteer Opportunities

Masters and Mistresses of Ceremonies Wanted

Volunteers needed to present performers, announce programs, keep events moving.

*Contact Suzy Killen
317-524-6517*

Movie Captains Needed

Welcome residents, turn down the lights and show the Saturday night movie (once a month opportunity).

Contact Programs & Events Staff

Excursion Captains Wanted

Occasional help needed

*Contact Suzy Killen
317-524-6517*

Corner Shoppe Associates

2-hour shifts available; Monday—Friday

*Contact Dee Bledsoe
317-524-6535*

Marquette Scribes Offers New Service

If you would like to send a Thank you note, Birthday (or other) card, or Pearl Card, but find it too difficult to write, Marquette Scribes can help. Our volunteers will write out the message you want, address the envelope and sign or print your name if you would like. You simply supply the card and envelope.

Please contact Tom Otey at 317-385-1600 for more information.

**Contact Suzy Killen,
Life Enrichment Director,
(317-524-6517) for additional ideas.**



Photos







Channel 91 In-House Lineup



Channel 91 Daily



8:00 am	Guided Morning Meditation
9:00 am	High Intensity Exercise Class
10:00 am	Administration Information
11:00 am	Administration Information
12:00 pm	Programming Slides
1:00 pm	Moderate Intensity Exercise
2:00 pm	Programming Slides
3:00 pm	Administration Information
4:00 pm	Programming Slides
5:00 pm	Administration Information
6:00 pm	Programming Slides
7:00 pm	Programming Slides
8:00 pm	Nightcap—Evening Meditation

Channel 91 Live Stream Programs

Protestant Prelude Music and Service

Sundays, 1:50 pm

Marquette Foundation News Flash

Tuesdays, 10:00 am

Residents' Association Meeting

Tuesday, February 6, 10:00 am