

MARQUETTE
JUNE 2024

MIRROR

SUMMER COMFORT



Monthly Highlights

Philip Gulley
**HUMOROUS STORIES
FROM HARMONY**

Birdies Miniature Golf
IT'S A HOLE-IN-ONE

Driving Wind Berry Farm
**A MARQUETTE
TRADITION**

Downtown Indy
WALKING TOUR

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



Spotlight Events



Duo Performers

Shoshana Kay & Emmet Hanick

page 4

Enjoy the sounds of violin and bass.

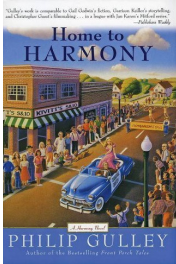


Sharing History Through Song

Freetown Village Singers

page 4

Experience the joy and dynamic power of music!



Good for a Laugh

Philip Gulley

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Humorous stories from Harmony!



Eat Play Fun

Birdies Miniature Golf

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Play 18 holes and enjoy a great lunch.

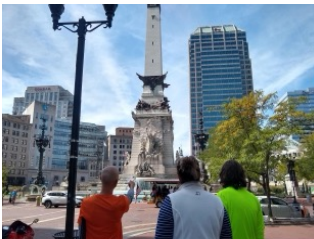


Sweet Summer Treat

Driving Wind Berry Farm

page 5

A lovely urban u-pick oasis!



Out & About in Indy

Downtown Walking Tour

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Explore the historical looks of Indy!

Important June Dates

**D-DAY
ANNIVERSARY**

Thursday
June 6th

**FLAG
DAY**

Friday
June 14th

**FATHER'S
DAY**

Sunday
June 16th

JUNETEENTH

Wednesday
June 19th

**SUMMER
SOLSTICE**

Friday
June 21th



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- > Glass Fused Garden Stakes
- > Shoshana Kay & Emmit Hanick Perform

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- > Runs to Kroger/Target/Mall/Walmart/Dollar Tree/5 Below/Trader Joe's/Kohl's/Meijer
- > Angry Donkey Lunch
- > Acts of Faith Exhibition at the Eiteljorg Museum
- > Birdies Miniature Golf & Lunch
- > Indianapolis Indians Baseball Game
- > Active Adventure/Historic Indy Walking Tour
- > Driving Wind Berry Farm

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- > Bible Study
- > Catholic Mass
- > Episcopal Communion Service
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- > 2nd Presbyterian Church Service

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- > 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

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- > Discover ways to help your Marquette neighbors and friends

Photo Gallery..... 14-15

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

Channel 91 Back Cover

- > In-house television line-up and live stream programs.

Programs & Events

Tracy Lyngholm

Editor/

Life Enrichment Director

317-524-6517

lyngholmtracy@marquetterc.org

Dee Bledsoe

Programs & Events Coordinator

317-524-6535

bledsoedee@marquetterc.org



Contemporary Issues

Monday, June 10, 7:00 pm

Foundation Hall

Join Barbara Furlow to discuss this month's topic *How Much Does Free Speech Cost?*



Freetown Village Singers

Wednesday, June 12, 7:00 pm

Foundation Hall

Preserving African American traditions and culture through storytelling and song. Listen and be moved by the Freetown Village Singers as they share this American traditional music and learn the often hidden meanings tucked into the words of the songs.

Employee Service Awards

Friday, June 14, 10:30 am

Foundation Hall

Residents are encouraged to attend this staff anniversary awards program!

**Humorous Stories from
Harmony with Philip Gulley**

Monday, June 24, 7:00 pm

Foundation Hall

An evening with Hoosier favorite Philip Gulley. Hear the latest Harmony tales and leave with a smile on your face.



Fused Glass Garden Stakes

Tuesday, June 25, 1:30 pm

Lower Level Craft Room

Transform an outdoor space into a creative haven with artist-made art glass. Registration required. Limit of 10 residents. All supplies provided.

**Shoshana Kay &
Emmit Hanick Perform**

Wednesday, June 26, 7:00 pm

Foundation Hall

Straight from the Indianapolis Chamber Orchestra this duo is sure to delight with their performance on violin and bass.



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.

**Keystone at the Crossing/
Castleton Runs**

Wednesday, June 5 | Bus leaves at 10:45 am

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

Wednesday, June 5 | Bus leaves at 2:00 pm

Kroger/Target/Kohl's...

Every Wednesday, except June 5
Bus leaves at 9:30 am

Meijer Run

Every Wednesday, except June 5
Bus leaves at 1:30 pm



The Angry Donkey

Thursday, June 6

Bus leaves 10:45 am \$

A full-service, family-friendly restaurant that offers a wide variety of Hoosier-inspired cuisine made from scratch. Make sure to ask them how they got the name.

**The Eiteljorg
Museum's Acts of
Faith Exhibition**

Friday, June 7

Bus leaves 1:00 pm

Explore how a diverse range of religious practices shaped the American West and how the American West shaped religion. Only 16 tickets available at \$16 per ticket.

**Birdies Miniature Golf
with Lunch**

Thursday June 13

Bus leaves 10:15 am \$

Have a great time at this mini golf course and enjoy the delicious food. You'll sink a hole-in-one when you join us for this outing.

**Indianapolis Indians
Baseball Game**

Thursday, June 20

Bus leaves 6:00 pm

Check out the Indians as they take on the Iowa Cubs. Thirsty Thursday drink specials will be in effect as the crowd cheers on the home team. 20 tickets available at \$15 per ticket.

Active Adventure

Thursday, June 27

Bus leaves 11:00 pm

We are excited to welcome Nelson Price to narrate a historical Walking Tour of Downtown Indianapolis. We will enjoy lunch at MCL before the bus heads downtown.



**Driving Wind
Berry Farm**

Friday, June 28

Bus leaves 1:00 pm

A wide range of berries to pick on a lovely property. The store is stocked and beautiful with herbs, vegetable plants, flowers and more.





Services listed are happening here at Marquette.

Residents' Association Meeting

Tuesday, June 4, 10:00 am

Foundation Hall

Repeated 3:00 pm and 5:40 pm

Channel 91

This is your meeting! You may also tune into Channel 91 to hear reports from your fellow residents and the Executive Director.

Loss & Grief Support Group

Thursdays, 1:00 pm (beginning June 6)

CH

You are invited to join this weekly support group and together find a safe, friendly space to express your feelings of loss and grief. Led by geriatric Social Worker, Jennifer Berday.

Marquette Foundation News Flash

Tuesdays, 10:00 am (except for June 4)

Channel 91

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

Bosma Vision Services

Monday, June 17, 1:30 pm

Foundation Hall

All residents are welcome to hear about the latest technology for the vision impaired.

Town Hall Meeting

Thursday, June 20, 1:00 pm

Foundation Hall

All residents are invited to hear reports from Marquette Directors and the Executive Director.

A SERVICE SPOTLIGHT

Marquette Cares

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!

Call
317-524-6534
for more information.



NEW SERVICE!
**Daily Program
Hotline**

317-228-2291

Call the hotline to hear a recording
of today's programs and events



Anglican

Mass

Sundays

10:30 am, Chapel

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

Jewish

Shabbat

Friday, June 21

4:00 pm

Foundation Hall

Led by Rabbi Hal Schevitz
Congregation Beth-El Zedeck.

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, June 27

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, June 21

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

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

Ask for Emily Lowe

Call 317-524-6504

JUNE ACTIVITIES

BALANCE CHALLENGE

Saturday, June 1 – Sunday, June 30

It is important to practice balance exercises for many reasons – fall prevention, improved stability and posture, increased muscular and core strength, increased independence, and more. Sign up for a month-long balance challenge to reap the benefits! Just for signing up for the challenge, members get five MAC points.



CHOOSE YOUR GOAL:

LEVEL 1

- Attend a total of 8 balance offerings for the month of June
- Prize: Five MAC points

LEVEL 2

- Attend a total of 12 balance offerings for the month of June
 - > 10 offerings of your choice + 2 Mind Body Balance classes
- Prize: 10 MAC points + an invite to a seated meditation class lead by Marcia Ford with light movement and a quick shoulder massage

LEVEL 3

- Attend 16 balance offerings during the month of June
 - > 12 offerings of your choice + 4 Mind Body Balance classes
- Prize: 10 MAC points + a 30-minute massage gift certificate + an invite to a seated meditation class lead by Marcia Ford with light movement and a quick shoulder massage

BALANCE OFFERINGS:

BEGINNER & INTERMEDIATE

- Balance Class (3x per week)
- Mind Body Balance Class (2x per week)
- Tai Chi for Health (1x per week)

ADVANCED

- Step & Strength (1x per week)
- Mat Yoga (1x per week)
- Pickleball (2x per week)



INTRODUCING MAC POINTS SYSTEM



We are going to launch a reward system that is point-based. MAC points will be awarded to members for a variety of things such as participating in monthly programs, challenges, MAC events, presentations, and more. MAC staff will track points for all members. Earn points, then “spend” your points on a gift or reward. Start earning points this month by signing up for the Balance Challenge!

Rebranded Group Fitness Class: Mind Body Balance



Tuesdays at 1:00 pm and Thursdays at 10:00 am

Led by Marcia Ford, this 45-minute Mind Body Balance class encompasses seated stretching, mindful breathing, relaxation and meditation, and standing balance poses with chair support. This class is required for those wishing to reach the level 2 or level 3 goal of the Balance Challenge.

Camp NIFS Recreation Week

Monday, June 24 – Friday, June 28



Get ready to ignite your spirit of adventure at Camp NIFS! Our one-week Summer Camp is all about movement, fun, games, and the great outdoors. This experience is more than just physical activity; it’s a celebration of life, laughter, and community! Details will be released during the first week of June.



MAC Manager

HANNAH MORRIS

317-228-2249

morrishannah@marquetterc.org

MAC Assistant Manager

MICHAEL PASSMORE

317-228-2248

passmoremichael@marquetterc.org

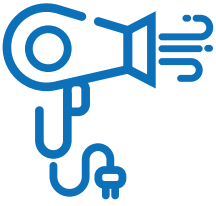
Reminders & Announcements

- > No Aqua Class on Tuesday, June 4. Please attend the Residents’ Meeting.
- > Bold Moves Class starts at 11:30am on Tuesday, June 4.
- > Pool closed for cleaning on Wednesday, June 12 from 7:00am – 10:00am.
- > Favor the Flavor will be on Thursday, June 13 from 1-2 pm in Fireside Grille Lobby
- > Pickleball players need to sign a Marquette waiver
- > Remember to scan your MAC card for all MAC services. This helps us accurately reflect monthly usage.



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
Four new computers are available for resident email and internet use. A combination BW/color printer is available.

I.T. Support Tech Christopher Hill 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 Christopher Hill (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, AS



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, June 28, 2:30 pm, LLCR

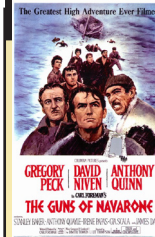
Saturday Night at the Movies

LLMPR, 7:00 pm

June 1

The Guns of Navarone

(1961 - NR)



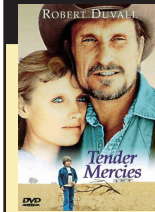
A team of Allied saboteurs is assigned an impossible mission: infiltrate an impregnable Nazi-held

Greek Island and rescue 2,000 trapped British soldiers.

June 8

Tender Mercies

(1983 - PG)



A broken-down, middle-aged country singer gets a new wife, reaches out to his long lost daughter, and tries to put his troubled life back together.

June 15

True Grit

(2010 - PG-13)



A stubborn teenager enlists the help of a tough US Marshall to track down her father's murderer.

June 22

Elvis

(2023 - PG-13)



The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950's. And his complicated relationship with Colonel Tom Parker.

June 29

Remains of the Day

(2023 - PG-13)



A butler who sacrificed body and soul to service in the years leading up to World War II, realizes too late how misguided his loyalty was to his lordly employer. **11**



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, June 5

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

Reservations required

BIRTHDAY LUNCHEON

Wednesday, June 12 - Noon

Reservations Required

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

THEMED DINNER

Wednesday, June 19

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

Reservations required

TGIF

Friday, June 14

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, June 26

5:00 pm—7:00 pm

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.



MAGIC

Marquette
Auxiliary
Getting
Involved
Creatively

Volunteer Opportunities

Literary Quarterly Submissions

Calling all writers!
Poetry, essays, short stories wanted.

Contact Tracy Lyngholm
317-524-6517

Concert Assistants

Volunteers needed to
hand out music programs
June 12 at 7 pm and June 26 at 7 pm

Contact Programs &
Events Staff
(317-524-6517 or 317-524-6535)

Marquette Scribes Service

Happy Birthday Grandson! Get well soon, Sister.

Thank you for the gift

(Employee name) did a great job helping me.

You don't have to forego sending notes or cards or filling out a Pearl Card if you find it 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, envelope and stamp.

Please contact Tom Otey
317-385-1600

Corner Shoppe Associates

2-hour shifts available; Monday—Friday

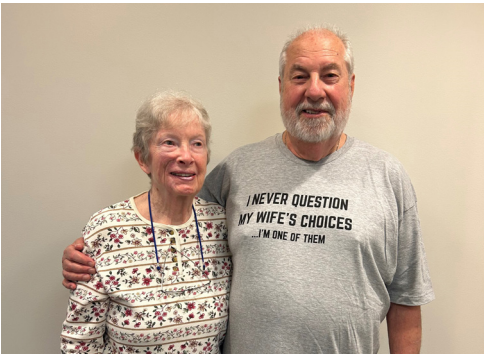
Contact Dee Bledsoe
317-524-6535

Contact Tracy Lyngholm,
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, June 4, 10:00 am