

MARQUETTE

AUGUST 2024

MIRROR

COUNTRY ROADS



Many country roads I've traveled, a lifetime of them to be exact.
No better place on earth to be my friends, that is just a fact.
The swirling, twirling clouds above set off the country scene.
If you drove those country roads, you know just what I mean.
So, rest assured, if you've some worries to unload,
just live the best life possible and travel those country roads!

A short poem by Marilyn Lott



Spotlight Events



The Art & Nature of Fun
PRESENTED BY NEWFIELDS

Indiana State Fair **The Art & Nature of Fun**

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Always a new experience!



A Night of Music **The Blue Box Quartet**

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Great music for all to enjoy!



Total Wine & More **A French Inspired Tasting**

page 5

Learn everything you need to know.



The Indianapolis Indians **Enjoy an Indians Game**

page 5

Let's root for the home team!

IMPORTANT ANNOUNCEMENTS

FOUNDATION HALL & MAC RENOVATIONS

August 7 - August 16

Marquette Directors have been communicating with many of the groups whose activities could be effected by this work. At this point, the Mirror and the Calendar will reflect some of the changes that need to happen to accommodate the work being done. We will also give daily updates as needed. We appreciate your patience as our goal is to provide residents with an enhanced experience in Foundation Hall and the MAC.

MEN'S GROUP PLANNING MEETING

Friday, August 23rd

at 1:30 in the Tavern. For more information, contact Gene Parker at 630.330.7407 or eparkint@sbcglobal.net
New residents are encouraged to join the group.



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Dollar Tree/5 Below/Trader Joe's/Kohl's/Meijer
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Channel 91 Back Cover

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

Programs & Events

Tracy Lyngholm

Editor/

Life Enrichment Director

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Dee Bledsoe

Programs & Events Coordinator

317-524-6535

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Campus Programs

Garden Stroll

Monday, August 5, 1:00 pm

Legacy Patio and Gardens

Enjoy a chance to view the lovely gardens of Marquette Residents. Mix and mingle with refreshments and music.

Billiards Open House

Tuesday August 6, 3:30 pm

Terrace Billiards Table

For those interested in connecting with other Marquette residents who enjoy playing Pool. Play a game or two, enjoy some music and refreshments. Registration required.

Contemporary Issues

Will not meet in August

Blue Box Quartet

Monday August 19, 7:00 pm

Foundation Hall

The Quartet was established as a chamber ensemble made up of four music students from Butler University: Mia Traverse (soprano saxophone), Aaron Wilson (alto saxophone), Zoe Klotz (tenor saxophone), and Megan Dudenhoeffer (baritone saxophone). The group has covered a range of styles from classical string transcriptions to driving jazz pieces to contemporary new music.

Friendship Social

Tuesday, August 27, 1:00 pm

Tavern

Have a chance to meet new Marquette neighbors and get acquainted with others you may not know as well. Registration required. Limit of 28 residents.

Lakota Flute Workshop

Monday, August 26, 1:30 pm

Foundation Hall A

Through rhythm, song and dance Residents will learn about Native American historical and cultural roots. These lifeways will help residents to understand the Native American's relevance for restoration of nature. Registration required. Limit of 56.

Bomar & Ritter Concert

Monday, August 26, 7:00 pm

Foundation Hall

Mary Bomar and Bob Ritter have been performing their brand of contemporary folk/folk rock music for nearly 35 years. They are proficient performers, drawing on diverse influences such as Joni Mitchell, Ray Charles, The Beatles and the Eagles (to name a few!)

Resident Appreciation Week

AUGUST 12 - AUGUST 16

Set Sail on the SS Marquette for a Caribbean Voyage
Ports of Call to include

Cozumel, Jamaica, Belize and More!

Each day will feature special events and programs designed for your enjoyment and to show our Marquette Residents how much you mean to us.

There's something for every kind of seeker on board the SS Marquette, the Indy areas #1 senior living cruise ship filled with the Indy areas #1 residents. You will be treated to special services, daily programs, events and chances to mix and mingle with friends.

MORE DETAILS TO COME!



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.

Hamilton Town Center

Thursday, August 1

Bus leaves 10:30 am \$

We will eat at Fords Garage as a group and then enjoy an afternoon of shopping.

Keystone at the Crossing/ Castleton Runs

Wednesday, August 7 | Bus leaves at 10:45 am

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

Wednesday, August 7 | Bus leaves at 2:00 pm

Kroger/Target/Kohl's...

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

Meijer Run

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

Indiana State Fair

Thursday, August 8
Bus leaves 10:00 am \$

Enjoy a day at the fair. New to the fair this year are such events as Indiana lore & tall tales, Pogo Fred, Illuminate! Outdoors, the Great American Duck Race and more.

Indianapolis Indians Baseball Game

Thursday, August 15
Bus leaves 6:00 pm \$

Root, Root, Root for the home team as they take on the Columbus Clippers. Any night in the Stadium is a great night. 20 tickets available at \$15 per ticket.

Excursions



Mayberry Café & Beasley's Orchard

Friday, August 16

Bus leaves at 10:30 am \$

Have lunch at the time-tested, old-fashioned restaurant inspired by The Andy Griffith Show with home style American dishes. Then we will make a stop at Beasley's Orchard for a visit to the store and see what is ripe and ready on the farm.

Total Wine & More Wine Tasting Event

Thursday, August 22

Bus leaves 3:30 pm \$

Explore the greatest wine-making regions in France so you can master any wine aisle or any restaurant wine list! Space is limited to 15 residents.

Active Adventure

Thursday, August 29

Bus leaves at 10am

Crown Hill Cemetery \$



The August Active Adventure will be taking us to the 3rd largest cemetery in the United States, Crown Hill Cemetery. This will be a 2-mile walk around a section of the cemetery that will encounter the Confederate Mound, the Gothic Chapel, and the grave site of former President Benjamin Harrison. Lunch will be at Broad Ripple Brew Pub. *This is a challenging walk.*





Services listed are happening here at Marquette.

Residents' Association Meeting

Tuesday, August 6, 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.

Marquette Foundation News Flash

Tuesdays, 10:00 am (except for August 6)

Channel 91

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

Town Hall Meeting

Tuesday, August 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!

Contact

Emily Lowe

Home Care Coordinator

317-524-6504

for more information.



It's not about how fast you get there; it's about the memories you create along the way.



Anglican

Mass

Sundays

10:30 am, Chapel

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

Jewish

Shabbat

Friday, August 16

4:00 pm

Foundation Hall

Led by Cantor Melissa Cohen
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, August 22

10:00 am

Chapel

Officiated by Staff from
Trinity Episcopal Church.

Presbyterian

Next quarterly service will be held on

Friday, September 20

10:00 am

Chapel

Officiated by Staff from
Second Presbyterian Church.

Bible Study

Tuesdays

2:00 pm

2nd Floor Card Room

Study and discuss the **Book of Genesis**.

Contact Jeff Fields (574-202-8330)

for more information.



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

AUGUST ACTIVITIES



AUGUST 22-23

Join us for our Summer Symposium on Thursday, August 22 – Friday, August 23 for two days dedicated to education and enhancing your well-being and lifestyle here at Marquette. You can expect to participate in valuable breakout sessions, engaging activities and expert talks designed to help you thrive in your golden years. Registration will be required. You may choose to sign up for both days, one full day, or individual sessions. Lunch will be provided to attendees that register for a full day. As we finalize the session details, take a look at the schedule outline, and mark your calendars – you will not want to miss this event! Register at the MAC desk by Friday, August 16.



SUMMER SYMPOSIUM
NATIONAL INSTITUTE FOR FITNESS AND SPORT

THURSDAY

- Sign-in & Badge Pick Up
- Morning Resource Fair
- Two Morning Break-out Sessions
- Lunch in the Legacy (for full-day participants only)
- Two Afternoon Break-out Sessions

FRIDAY

- Morning Move Session
- Keynote Speaker
- Two Morning Break-out Sessions
- Lunch n' Learn (for full-day participants only)
- Closing Ceremony



GROUP FITNESS UPDATES

NEW CLASS

- **B3: BOXING, BALANCE, & BIG MOVES!** This class is tailored toward individuals with Parkinson’s Disease, but open to anyone who likes a challenge! Join us in the aerobics studio on Thursdays from 1:00-1:45pm. **We will not have class on August 22 due to the Summer Symposium.*

There are several class time changes! See group fitness schedule for updates and ask MAC staff if you have any questions.

POP UP CLASSES: Try out these feature classes! We will consider adding the class that is well-attended and enjoyed!

CLASS DESCRIPTIONS

- **Cardio Drumming** (30-minutes): You will have so much fun, you won’t realize it’s exercise! Sit or stand while we drum to the beat of music.
- **Zumba Gold** (30-minutes): Lace up your dance shoes and come groove with Hannah!
- **Zumba Roll** (20-minutes): This senior dance class is for individuals with rollators – yes, you can still dance even with an assistive device!

WEDNESDAYS AT 1:00PM

- August 7th - Cardio Drumming
- August 14th - Zumba Gold
- August 21st - Zumba Roll

FRIDAYS AT 10:00AM

- August 2nd - Zumba Gold
- August 9th - Cardio Drumming
- August 16th - Zumba Roll



MAC Manager

HANNAH MORRIS

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MAC Assistant Manager

MICHAEL PASSMORE

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passmoremichael@marquetterc.org



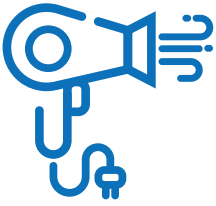
Reminders & Announcements

- > No Aqua Cardio Dance on Tuesday, August 6 due to Resident’s Association meeting.
- > Mind Body Balance class will still be held on Tuesday, August 6 at 10:00am.
- > Pickleball players: There may be changes &/or cancellations from August 7 – August 17 due to A/V work in Foundation Hall.
- > Pool closed for monthly cleaning on Wednesday, August 14 from 7-10am.
- > All MAC group fitness classes will be cancelled on Thursday, August 22 and Friday, August 23 due to the Summer Symposium Event.



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.



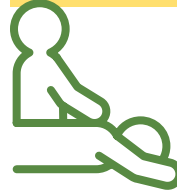
Library



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 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



Knit for Charity

Mondays, 1:30 pm, LLCR



Bingo

Tuesdays, 7:00 pm, AS



Duplicate Bridge

Tuesdays, 7:00 pm, FH/B



Book Club

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



Poker

Wednesdays, 6:45 pm, 4FCR



Euchre

Euchre

Wednesdays, 7:00 pm, 2FCR

Coffee Talk

Coffee Clips & Conversation

Thursdays, 10:30 am, 3FCR



Contract Bridge

Fridays, 1:00 pm—4:00 pm, 2FCR




Garden Club

Friday, August 23, 10:00 am, LLCR

Saturday Night at the Movies

LLMPR, 7:00 pm



August 3

Oppenheimer

(2023 - R)

A dramatization of the life story of J. Robert Oppenheimer, the physicist who had a large hand in the development of the atomic bomb, thus helping end World War 2. See his life from university days all the way to post-WW2, where his fame saw him embroiled in political machinations




August 10

Can You Ever Forgive Me?

(2018 - R)

In the early 1990s, Lee Israel, a biographer with a modicum of writing success, has fallen on hard times largely of her own doing. Her choice of subjects is in general not of interest to today's book buying public. With her only true friend being her aged cat Jersey and not really liking people and people in turn not really liking her, has burned bridges with everyone her agent Marjorie has built for her.




August 17

Arrival

(2016, PG-13)

Linguistics professor Louise Banks leads an elite team of investigators when gigantic spaceships touchdown in 12 locations around the world.




August 17

Mamma Mia!

(2008, PG-13)

The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.



August 31

Funny Girl

(1968)

The life of Fanny Brice, famed comedienne and entertainer of the early 1900s. We see her rise to fame as a Ziegfeld girl, subsequent career, and her personal life, particularly her relationship with Nick Arnstein.



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, August 7

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

Reservations required

BIRTHDAY LUNCHEON

Wednesday, August 14 - Noon

Reservations Required

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

TGIF

Friday, August 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, August 28

4:30 pm—6:30 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

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.

Important August Dates

NATIONAL
COLORING BOOK
DAY
Friday
August 2nd

NATIONAL
FRIENDSHIP
DAY
Wednesday
August 7th

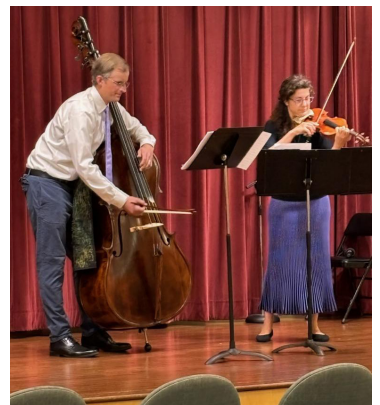
OLYMPICS
END
Sunday
August 11th

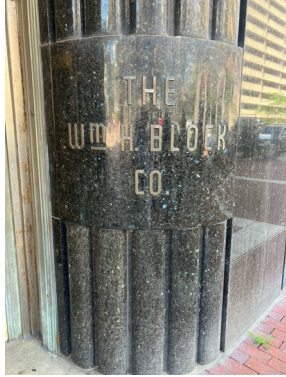
55th ANNIVERSARY
OF WOODSTOCK
Thursday
August 15th

US OPEN
BEGINS
Monday
August 26th



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, August 6, 10:00 am