

MARQUETTE **MIRROR**
NOVEMBER 2024

THANKS & GIVING





Spotlight Events



Veteran's Day

We honor our Marquette Veterans

page 4

A day to be thankful!

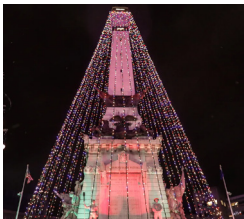


Poetry Workshop

Put the Power of Words to Paper

page 4

A workshop for all.



Behind the Circle of Lights

The History Behind the Tradition

page 4

Hear from the granddaughter of the founder.



Scottish Rite Cathedral Tour

A Tour of this Beautiful Building

page 5

Hear about the history and see their Festival of Trees.

SPECIAL ANNOUNCEMENTS

CALLING ALL ARTISTS

who would like to be featured on the Artist Wall outside of the Programs & Events Office. Please stop by so we can put you in the artist rotation.



IF YOU ARE A VETERAN

living at Marquette, please bring a copy of a picture of yourself in uniform to the Programs & Events office. The pictures will be used for a special part of our Veterans Day Celebration in November.



VETERANS DAY

HONORING ALL WHO SERVED



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- > Shadow Box Craft w/Dee Cramsie
- > Tom Wright Concert
- > Veterans Day Program
- > Contemporary Issues
- > Rather Be Reading
- > Annual Pavilion Bazaar
- > Poetry Workshop
- > Science of Happiness
- > Behind the Circle of Lights
- > Day of Remembrance

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- > Runs to Kroger/Target/Mall/Walmart/Dollar Tree/5 Below/Trader Joe's/Kohl's/Meijer
- > Indiana War Memorial Museum
- > Shapiros Lunch
- > A Motown Christmas at the Palladium
- > Active Adventure
- > Scottish Rite Cathedral Tour
- > Sullivan Hardware Shopping & Lunch at Sully's

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- > Episcopal Communion Service
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- > Check out the schedule for the Fireside Grille, Hackl Legacy Dining Room and Township Tavern
- > Special Events: Lobster Night, Birthday Luncheon, TGIF, Monthly Buffet Dinner at Fireside Grille Lobby

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- > Discover ways to help your Marquette neighbors and friends

Photo Gallery..... 14-16

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

Programs & Events

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Programs & Events Coordinator

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Campus Programs

Piano Music & Sing Along with Sharon Watson

Monday November 4, 1:30 pm
Foundation Hall

Sharon played for us at the Garden Stroll, and she is back with more beautiful piano tunes. You can also have fun singing along with a song list she has prepared.

Shadow Box Craft with Dee Cramsie

Wednesday, November 6, 1:30 pm
Craft Health Care Center Dining Room

Join Dee Cramsie and make your own personalized shadow box to display treasured memories. Bring your own items to put this together and leave with a memento of a special occasion. Registration Required. Limit of 20.

Tom Wright Concert

Wednesday November 6, 7:00 pm
Foundation Hall

Indiana's own Tom Wright will be performing for Marquette. Whether he is with his band, The Wright Brothers, or on his own, Tom Wright has a distinctive style that has made him one of Indiana's favorite performers.

Veterans Program

Monday November 11, 1:30 pm
Foundation Hall

On this special day we will honor our Marquette Veterans with a program to include music and refreshments.

Contemporary Issues

Monday, November 11, 7:00 pm
Foundation Hall

Join Barbara Furlow to discuss this month's topic: Thanks and giving, part two.

Rather Be Reading

Tuesday November 12, 1:30 pm
Board Room

Do you find you can't get enough good books in your life? Do you want to share what you have been reading and hear about what others have been reading? Join us.

Annual Pavilion Bazaar

Thursday November 14 & Friday November 15, 11:00 am – 4:00 pm Each Day
Pavilion Activity Room

Have a lovely time shopping for donated items of all kinds at this annual event to benefit the Assisted Living Activity Department.

Poetry Workshop

Thursday, November 14, 1:30 pm
LLMPR

We welcome Brick Street Poetry's own Joyce Brinkman, as she leads us through a poetry workshop emphasizing Japanese styles. Registration required. Limit of 20.

The Science of Happiness

Tuesday, November 19, 1:30 pm
Foundation Hall

Presented by Butler Instructor Brandie Oliver, this interactive and thought-provoking session will examine what contributes to humans well-being and thriving.

Behind the Circle of Lights

Wednesday, November 20, 7:00 pm
Foundation Hall

Lisa Hendrickson, granddaughter of Edward Pierre, highlights the prolific Indianapolis architect and man behind the "World's Largest Christmas Tree."

Day of Remembrance

Monday, November 25, 1:30 pm
Foundation Hall

Residents of Marquette who have passed will be honored.



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, November 6

Bus leaves at 10:45 am

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

Wednesday, November 6

Bus leaves at 2:00 pm

Kroger/Target/Kohl's...

Every Wednesday, except November 6

Bus leaves at 9:30 am

Meijer Run

Every Wednesday, except November 6

Bus leaves at 1:30 pm

Indiana War Memorial Museum

Friday, November 1

Bus leaves 12:20pm

Enjoy a docent led War Memorial presentation in the Pershing Auditorium followed by an overview of the Shrine Room. Afterwards, proceed to the Museum for self-guided exploration.

Shapiro's Lunch

Friday, November 8

Bus leaves 10:45 am

Legendary house-made from scratch specialties featuring family recipes from the old world. Famous for enormous portions, award-winning sandwiches; homemade macaroni and cheese, baked chicken, stuffed peppers, incredible desserts and much more! This is a must trip for anyone new to Indianapolis.

Excursions



A Motown Christmas at the Palladium

Thursday, November 14

Bus leaves 6:00 pm

A Motown Christmas is a powerful, family-oriented show combining Motown's greatest hits with everyone's favorite holiday classics. This show features those famous Motown trademarks, dazzling choreography and unforgettable harmonies all performed in that memorable, soulful Motown style. 14 tickets are available.

Active Adventure

Friday, November 15

Bus leaves at 10am

Cool Creek Park &

Another Broken Egg Café \$



Join Michael and other residents to hike the Natalie Wheeler Trail and the Tulip/Pawpaw Trail Loop at Cool Creek Park in Westfield. It is a 2-mile walk with a combination of paved and dirt trail. Lunch will be at Another Broken Egg Café. Indoor backup option: Broad Ripple Park Family Center Walking Track.

Scottish Rite Cathedral Tour

Thursday, November 21

Bus leaves 9:30 am

Get in the holiday spirit as we view this magnificent example of neo-Gothic architecture that remains the largest building in the United States devoted to Freemasonry. Enjoy a guided tour and then residents can view the Festival of Trees at the Cathedral

Sullivan Hardware Shopping with Lunch at Sully's

Friday, November 22

Bus leaves 10:30 am

More than a hardware store, Sullivan transforms at the holidays with unique gifts and décor. The comfortable atmosphere is sure to put you in a festive mood. We will have lunch at Sully's inside the store.



Services listed are happening here at Marquette.

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.

Residents' Association Meeting

*Tuesday, November 5, 10:00 am
Foundation Hall*

This is your meeting!

Town Hall Meeting

*Thursday, November 21, 1:00 pm
Foundation Hall*

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



THANKSGIVING

*We ought to make the moments notes
Of happy, glad Thanksgiving;
The hours and days a silent phrase
Of music we are living.
And so the theme should swell and grow
As weeks and months pass o'er us,
And rise sublime at this good time,
A grand Thanksgiving chorus.*

by Ella Wheeler Wilcox



Anglican

Mass

Sundays

10:30 am, Chapel

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

Jewish

Shabbat

Friday, November 15

4:00 pm, Foundation Hall

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

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

Episcopal

Communion Service

Thursday, November 7 & November 21

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 Genesis**.

Contact Jeff Fields (574-202-8330)
for more information.

Presbyterian

Next quarterly service will be held on

December 20

10:00 am

Chapel

Officiated by Staff from
Second Presbyterian Church.

St. Luke's United Methodist Church Service Transportation

Sundays

Bus leaves at 9:00 am

Sign-up Required



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

NOVEMBER ACTIVITIES



FAVOR THE FLAVOR

A Healthy Serving

Thursday, November 14

12:30 – 1:30pm

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!





Links Between Physical Exercise and Brain Health

Can exercise and fitness help alleviate the effects of Alzheimer’s disease and delay the onset of dementia? There is still little data to show that exercise is the cure, but there are plenty of links to improved brain function as a result of exercise. Doctors at the Mayo Clinic weigh in on the topic and how exercise is beneficial in more ways than we know.

Studies show that people who are physically active are less likely to experience a decline in their mental function, have a lowered risk of developing Alzheimer’s disease, and possibly have improved thinking among people with vascular cognitive impairment.

According to the Mayo Clinic, with exercise comes improved blood circulation throughout the body, including the brain, leading to improvement in overall health. Exercise every day. Doing something is better than doing nothing at all. It is recommended that older adults get 150 minutes per week of moderate-intensity cardiovascular activity (ACSM), some strength training to help maintain muscular strength and functionality, and a competent harmony of flexibility and balance.

Pick up a copy of this blog at the MAC desk to read more.

DAKIM BRAIN FITNESS



November is National Alzheimer’s Disease Awareness Month which means it’s a good time to remind you all of the Dakim Brain Fitness program. These brain games are useful for improving cognition speed, memory, and decreasing the risk of dementia and Alzheimer’s Disease. It’s complementary with your MAC membership and can be utilized at the Dakim touch screen computer or

downloaded to your personal device. Each session is about 20-minutes and is tailored to the challenge level that is right for you. Please see MAC staff to sign up for an account and get started!



MAC Manager

HANNAH MORRIS

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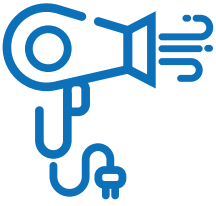
Reminders & Announcements

- > No Aqua Class on Tuesday, November 5 due to Residents’ Association Meeting.
- > No B3 Class on Thursday, November 21 due to Town Hall Meeting.
- > Pool Closed for monthly cleaning on Wednesday, November 13 from 7-10am.
- > No MAC staff or classes on Thursday, November 28 and Friday, November 29 for the Thanksgiving Holiday.



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 making 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.



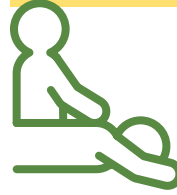
Library



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, 2FCR



Poker

Wednesdays, 6:15 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, Nov. 29, 10:00 am, LLCR



Saturday Night at the Movies

Foundation Hall, 7:00 pm

LION

November 2



Lion

(2016 - PG-13)

A five-year-old Indian boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. 25 years later, he sets out to find his lost family.



November 9

Kramer vs. Kramer

(1979 - PG)

After his wife leaves him, a work-obsessed Manhattan advertising executive is forced to learn long-neglected parenting skills, but a heated custody battle over the couple's young son deepens the wounds left by the separation.



November 16

Billy Elliot

(2000, R)

A talented young boy becomes torn between his unexpected love of dance and the disintegration of his family.



November 23

Planes, Trains & Automobiles

(1987, R)

A Chicago advertising man must struggle to travel home from New York for Thanksgiving, with a lovable oaf of a shower-curtain-ring salesman as his only companion.



November 30

Little Miss Sunshine

(2021, PG-13)

A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus.



Thanksgiving Day

Hackl Legacy Dining Room

12:00 Noon – 2:00 pm

*Fireside Grille closes
at 2:00 pm*

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, November 6

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

Reservations required

BIRTHDAY LUNCHEON

Wednesday, November 13 - Noon

Reservations Required

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

TGIF

Friday, November 8

Foundation Hall

4:30 pm–6:00 pm

- > Wine, beer, cocktails at the bar
- > Buffet style
- > Hot & cold hors d'oeuvres
- > 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, November 27

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

Open for dinner until 6:30 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. Please no political or religious submissions. Next due date is Friday, December 13th.

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 November Dates

DAYLIGHT
SAVINGS ENDS

Sunday
November 3rd

ELECTION
DAY

Tuesday
November 5th

VETERANS
DAY

Monday
November 11th

MICKEY MOUSE'S
BIRTHDAY

Monday
November 18th

GIVING
TUESDAY

Tuesday
November 26th

THANKGIVING
DAY

Thursday
November 28th



Photos







Photos

