

MARQUETTE **MIRROR**
APRIL 2025

SPRING FEVER





Spotlight Events



A 3D Marvel Znyth Technologies is Here

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Hear about their latest project.



Create a Masterpiece Watercolor Workshop

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Try a class with an Indy Art Center Instructor.



Enjoy Some Throwback Music See Jersey Boys

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An evening at Beef & Boards.



Indianapolis Garden Club Presents Les Belles Fleurs

page 5

Swing into Spring.

APRIL FUN FACTS

Daisies have a circadian rhythm, which regulates sleep and wake cycles, just like humans do.

The largest game of “He Loves Me, He Loves Me Not” was played by 331 people in Milan, Italy. Participants plucked daisy petals to determine if their secret crush loved them back.

Daisy has been one of the top 200 female names in the United States since 1990, when previously the name was ranked as low as in the 600s.

- From the Farmers' Almanac



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Programs & Events

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Campus Programs

Programs & Events Feedback Session

Tuesday, April 1, 1:30 pm
Foundation Hall A

Help us grow the programs and events that are offered for Marquette residents. Give us your ideas and suggestions.

Indianapolis Opera

Wednesday, April 2, 7:00 pm
Foundation Hall

Here to promote their latest show, the classic *West Side Story*. The Indianapolis Opera will give you a little taste of why they are a premiere performance company.

Do Gooders' Group

Friday, April 4, 1:30 pm
Township Tavern

A new group that helps organize opportunities for volunteering in our greater Indianapolis area community. Everyone welcome.

Znyth Technologies

Monday, April 7, 7:00 pm
Foundation Hall

Did you know that the White House is no longer open to general tours? Never fear. Znyth Technologies recently completed a project to scan and 3D print the White House. They are here to tell us all about it.

Pavel & Leah in Concert

Wednesday, April 9, 7:00 pm
Foundation Hall

Pavel is known for energetic, fiery performances, much in the vein of today's Latin Jazz world. Led by internationally known Dominican pianist, Pavel Polanco-Safadit. With dancing shoes or not, you will be immersed into a world of entertainment!

Watercolor Workshop with Indy Art Center

Friday, April 11, 1:30 pm
Lower-Level Craft Room

Participants will learn various watercolor techniques, including color mixing, layering and blending. Through instructor demonstration and creative exploration, you'll gain the confidence to create your own beautiful painting. No prior experience is necessary—just bring your curiosity and enthusiasm!
Registration required. Open to 15 participants

Contemporary Issues

Monday, April 14, 7:00 pm
Foundation Hall

Join Barbara Furlow to discuss this month's topic.

Karaoke

Wednesday, April 16, 6:30 pm
Foundation Hall

Calling all singing wannabes! We are looking for the great, the not so great and those who just want to have fun. Everyone welcome.

Sweet Caroline-The Life and Music of Neil Diamond

Monday, April 21 7:00 pm
Foundation Hall

Rising from humble roots in working-class Brooklyn to global success, Neil Diamond became one of the best-selling recording artists of the 20th century. You will love celebrating the man whose songs helped define the sound of adult contemporary pop music with his landmark songs.

Exodus Refugee

Wednesday, April 23, 7:00 pm
Foundation Hall

Refugee 101. An information session led by local nonprofit Exodus Refugee Immigration. Learn about the history and current context of refugee resettlement in Indiana, as well as the services available to people rebuilding their lives.

Digital Literacy

Saturday, April 26, 2:00 pm
Foundation Hall

A new monthly program presented by Donna Pavese with Best Practice Consulting. Join Donna as she presents an interesting topic to help expand your digital understanding.

MAGIC Volunteer Dinner

Tuesday, April 29, 5:00 PM
Foundation Hall

Who will win one of the M-A-G-I-C awards? Who will be the Volunteer of the Year? Invitations will be in volunteers' mailboxes by April 8. Please return your rsvp by April 22 to the Programs & Events Office.

Clare Longendyke at the Piano

Wednesday, April 30, 7:00 pm
Foundation Hall

Clare's passion for the music she plays radiates through her artistry and in the way she speaks from the concert stage. She has a contagious commitment to the music of our time, and her programming celebrates works by favorite composers of the past.



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.

\$ symbol means money is
required on this outing.



Let's go shopping!

Keystone at the Crossing/Castleton Runs

Wednesday, April 2
Bus leaves at 10:45 am

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

Wednesday, April 2
Bus leaves at 2:00 pm

Kroger/Target/Kohl's...

Every Wednesday, except April 2
Bus leaves at 9:30 am

Meijer Run

Every Wednesday, except April 2
Bus leaves at 1:30 pm

American Piano Awards Concert at the Hilbert Theater

Friday, April 4
Bus leaves 6:00 pm

Hear the finalists of the 2025 American Piano Awards in concerto performances with the Indianapolis Symphony Orchestra under the direction of guest conductor JoAnn Falletta. **Registration required. 14 tickets available.**

Indy Winds Dancing in the Streets at the Palladium

Sunday, April 6
Bus leaves 3:00 pm

This spring concert showcases a diverse range of music, from ballet to Broadway. Among the featured pieces is "Three Dance Episodes" by Leonard Bernstein, a captivating composition originally from the Broadway musical *On The Town*. **Registration required. 14 tickets available.**

Jersey Boys at Beef & Boards Thursday, April 10 Bus leaves 5:00 pm

Discover the fascinating secret of a 40-year friendship that led Frankie Valli and the Four Seasons to work their way from the streets of New Jersey to the heights of stardom! **Registration required. 14 Tickets available.**

Butler University Lecture "The Rise and Fall of Dinosaurs" Thursday, April 17 Bus leaves 6:30 pm

In this talk, University of Edinburgh professor and paleontologist Steve Brusatte, consultant for the Jurassic World film franchise and author of the book *The Rise and Fall of the Dinosaurs* will recount the complete story of the dinosaurs and how some of them live on as today's birds. **Registration required.**

Twigs & Tea Thursday, April 24 Bus leaves 10:30 am

Enjoy an old-fashioned experience on a Spring day. A set menu lunch with friends at a quaint tea shop is a treat just for you. **Registration required. 18 spaces available**

Active Adventure Friday, April 25th The bus leaves at 10am Canal Walk

Take a walk along the canal in Indianapolis in the heart of downtown! The total distance for the walk will be 1.5 miles, paved with minimal elevation, and will involve walking over the bridge above the White River. Lunch will be at Guanajuato Mexican Restaurant close by.



Indianapolis Garden Club Spring Flower Show Friday, April 25 Bus leaves 12:30 pm

It's a trip to the Woodstock Club for the Les Belles Fleurs. Be delighted with the main floor floral arrangements, table settings, photographs and horticultural specimens on display. **Registration required.**



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, April 1, 10:00 am
Foundation Hall
 This is your meeting!

Town Hall Meeting
Thursday, April 17, 1:00 pm
Foundation Hall
 All residents are invited to hear reports from Marquette Directors and the Executive Director.

Saturday Night at the Movies
Foundation Hall, 7:00 pm



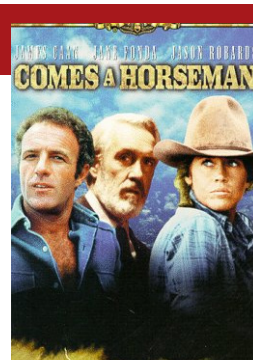
APRIL 5
An American in Paris
 (1951)
 This iconic musical stars Gene Kelly as a struggling artist caught in a love triangle between an affluent American woman and a French dancer.



APRIL 12
The Idea of You
 (2024)
 Starring Anne Hathaway and Nicholas Galitzine, it chronicles the love affair between a single mother and the lead singer of a popular boy band.



APRIL 19
Second Hand Lions
 (2003)
 Fourteen-year-old Walter Caldwell's irresponsible mother Mae sends him to live with his bachelor uncles, Hub and Garth, so that she can go on yet another husband-hunting trip.



APRIL 26
Comes a Horseman
 (1978)
 Determined single woman Ella Connors (Jane Fonda) struggles to maintain her ranch despite constant attempts by Jacob "J.W." Ewing (Jason Robards), the aging owner of the neighboring ranch, to coerce her into selling.



ANGLICAN MASS

Mass Sundays | 10:30 am | Chapel

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

CATHOLIC MASS

Daily Monday–Friday | 4:00 pm | Chapel

Anticipation Mass for Sunday Saturday | 4:00 pm | Chapel

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

EPISCOPAL SERVICE

Thursday | April 24 | 10:00 am | Chapel

Officiated by Staff from Trinity Episcopal Church.

PRESBYTERIAN GOOD FRIDAY SERVICE

Friday | April 18 | 2:00 pm | Chapel

Officiated by Staff from Second Presbyterian Church.

JEWISH PASSOVER LUNCH

Invitation only

Tuesday | April 15 | 11:30 am | Legacy Dining Room

PROTESTANT SERVICE

Sundays | 1:50 pm | Foundation Hall

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

BIBLE STUDY

Tuesdays | 2:00 pm | 2nd Floor Card Room

Study and discuss the Book of Exodus.

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

APRIL ACTIVITIES

3rd Annual Pump It For Parkinson's



April is Parkinson's Awareness Month, and Marquette is thrilled to join the National Institute for Fitness and Sport (NIFS)

in Pump It For Parkinson's on Thursday, April 10, 2025! This nationwide event connects senior living providers across the country to raise awareness of Parkinson's Disease and highlight how exercise can ease the symptoms many experience daily. We are excited to host a NuStep-A-Thon, challenging our residents and staff to contribute to the nationwide goal of 25 million steps! In addition to movement, we'll have an info booth where you can learn about the experiences of those living with Parkinson's and the critical role exercise plays in managing their symptoms. Let's make a difference together as we represent Marquette in this nationwide effort to raise awareness, promote movement, and support the fight against Parkinson's Disease! More information to come.



JOIN IN FOR THE NATIONAL 25,000,000 MILLION STEP GOAL!



Practical Tips for Managing Parkinson's Symptoms

Parkinson's symptoms can appear in a variety of ways and the combination is often unique to that individual. It takes a bit of trial and error to find which tips will be best suited for the person and prepare them for the activities of their day.

1. **GOOD SLEEP** is essential and investing in the comfiest pillows, sheets and sleepwear will help decrease wakefulness during the night and allow the body to heal to its potential.
2. **NUTRITION** is next, and a plant-based or pescatarian diet that includes healthy fats such as those found in nuts, avocados and fish is recommended. Of course, check with a Registered Dietitian to learn the best diet plan for you.
3. Also, **TIMING PD MEDICATIONS** so the person with Parkinson's can get the most out of their daily exercise routine is helpful and should be done with input from the prescribing physician.
4. Regarding **EXERCISE**, higher intensity cardiovascular activities such as dancing or boxing have been shown to improve cognition, mobility and balance. Incorporating these basic tips will provide a strong foundation for the person to work from and they will be able to tailor the management of their other symptoms by partnering with a healthcare team that focuses on Parkinson's.

FAVOR THE FLAVOR



Thursday, April 10
12:30-1:30pm

Fireside Grille Lobby

Each month, MAC staff and Chef Brian Klett collaborate to bring residents the opportunity to taste a variety of food while learning about the health and nutritional benefits. The theme for this month is spring salads.



MAC Manager

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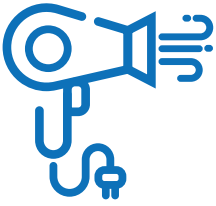
Reminders & Announcements

- > No Aqua Class or Mind Body Balance Class on Tuesday, April 1 due to the Resident's Association Meeting.
- > Pool Closed for monthly cleaning on Wednesday, April 9 from 7-10am.
- > Pickleball is rescheduled from Wednesday, April 16 to Thursday, April 17 from 9am-12pm.
- > No Bold Moves Class on Thursday, April 17 due to the Town Hall Meeting.
- > Marcia, the Yoga Instructor, will host a special meditation in the Aerobics Studio every 4th Monday of each month from 6:45-7:30pm. Mark your calendars for April 28!



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:

Jennifer Duke
Wednesdays and Fridays 9am - 5pm
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 (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.



THERE'S FUN FOR EVERYONE!



Donuts for Veterans

3rd Monday | 9:30 am | Fireside Grille



Knit for Charity

Mondays | 1:30 pm | LLCR



Bark-quette Dog Owners Group

Monday | 1:30 pm | April 14
Township Tavern



Scrabble

Mondays | 3:00 pm | 3FCR



Book Club

4th Tuesday | 10:00 am | 2FCR



Rather Be Reading

2nd Tuesday | 1:30 pm | Tavern



Bingo

Tuesdays | 7:00 pm | FH/A



Duplicate Bridge

Tuesdays | 7:00 pm | FH/B



Poker

Wednesdays | 6:15 pm | 4FCR



Euchre

Wednesdays | 7:00 pm | 2FCR



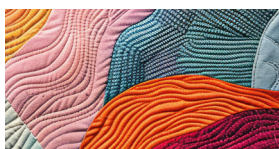
Coffee Clips & Conversation

Thursdays | 10:30 am | 3FCR



Marquette Choir Rehearsal

Thursdays | 3:00 pm | LP



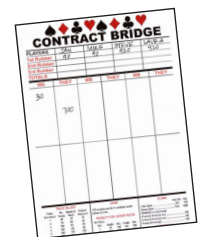
Quilting Group

Thursday | April 24 | 2:00 pm
Terrace Apt. 21412



Garden Club

Friday, April 25 | 10:00 am
LLCR



Contract Bridge

Fridays | 1:00 pm–4:00 pm
2FCR



HACKL LEGACY DINING ROOM

SATURDAY, APRIL 19TH DINING ROOM IS CLOSED DUE TO HIGH SCHOOL PROM.

Thank you for understanding this student tradition. Please visit Fireside Grille, Township Tavern or enjoy room service for alternate dining options.

-OPEN-

WEDNESDAY | THURSDAY | FRIDAY | SATURDAY
with seatings each 1/2 hour
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)

LOBSTER NIGHT



Wednesday, April 2

5:00 pm | 5:30 pm | 6:00 pm | 6:30 pm | 7:00 pm
Reservations required

BIRTHDAY LUNCHEON

Wednesday, April 9 - Noon

Reservations Required

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

TGIF

FOUNDATION HALL

Friday, April 11
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 -

MONDAY–SATURDAY
7:30 am–10:00 am

- LUNCH & DINNER -

MONDAY–SATURDAY
11:30 am–6:30 pm

MONTHLY BUFFET DINNER

FIRESIDE GRILLE LOBBY

Wednesday, April 30

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

EASTER SUNDAY

FIRESIDE GRILLE

Breakfast Menu 8:30 am – 10:30 am

Easter Buffet 11:30 am – 2:00 pm

Reservations Required

No parties larger than 8 people. Call 317.524.6549
\$18 per person Children 12 and under half price

TOWNSHIP TAVERN

-OPEN-

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, July 11th.

Contact Tracy Lyngholm
317-524-6517

Passionate for Programs

Our calendar is fueled by the interests of our residents. Are you willing to share what you are passionate about and enjoy doing with the Marquette community?

With support from the Programs and Events Department we can help **you develop your ideas** and support your enthusiasm as you bring new programs to the Marquette community.

Have fun starting a photography club, putting on a dramatic arts workshop, or hosting a monthly game night. You are only limited by the things you love to do.

Contact Tracy Lyngholm,
Life Enrichment Director
(317-524-6517) for additional ideas.

Corner Shoppe Associates

2-hour shifts available; Monday–Friday

We are looking for Residents who are interested in working 2-hour shifts in the Corner Shoppe. Please stop by the Programs & Events office if you have a great smile and sparkling personality!

Contact Dee Bledsoe
317-524-6535

Important April Dates

Parkinson's Awareness Month

**APRIL
FOOL'S DAY**
Tuesday
April 1st

**NATIONAL
WALKING DAY**
Wednesday
April 2nd

PASSOVER
Saturday
April 12th

TAX DAY
Tuesday
April 15th

GOOD FRIDAY
Friday
April 18th

EASTER SUNDAY
Sunday
April 20th

ARBOR DAY
Friday
April 25th



Photos



