Marquette Mirror
March | 2020

WOMEN IN HISTORY MONTH

Digging in Their Heels
with Sally Perkins

Agatha Christie's ***Murder on the Orient Express*** at the IRT

Over the Shamrock Rainbow
with the Emily Ann Thompson Trio and Irish Dancers

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Digging in Their Heels!

A fast-paced, comedic, crazy, updated one-woman show on how women won the vote!

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Over the Shamrock Rainbow...

The Emily Ann Thompson Trio pays tribute to St. Patrick's Day, accompanied by Irish dancers.

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A "March Merriment" Mix 'n' Mingle Party

Dedicated to the classic popularity of Louisa May Alcott and *Little Women*!

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The Agitators at Phoenix Theatre

The enduring, but tempestuous, friendship of Susan B. Anthony and Frederick Douglass is showcased in this theatrical offering.

Programs and Events Team

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The Marquette Foundation Thought for the Month
Did St. Patrick have to adjust the clocks this month?

page 4 *lectures*
Attend the Residents' Meeting and lecture on the art of the St. John's Bible. Dr. Anita J. Morgan discusses Women's Suffrage in Indiana.

page 5 *discussions*
Do you like to read and discuss books or share opinions about current events? Check out this page for details!

Daily Program Hotline
317-228-2291
Call the hotline to hear a recording of today's programs and events.

page 6 *campus events*
A women's composer concert, a "March" Merriment Mix 'n' Mingle Party, a storyteller takes on Indiana and women's right to vote AND a St. Patrick's Day Celtic concert! Wow!

page 7 *excursions*
Lunch and dinner outings! A university lecture. Concerts, theatre and opera!
Active Adventure begins this month.

pages 8 & 9 *health & fitness*
The Balance Challenge returns! Schedule your fitness evaluation now!
Participate in a wide variety of balance activities. Have your assistive device tuned-up.

page 10 *amenities*
The Beauty Shop to The Corner Shoppe. Explore your options!

page 11 *knife & fork*

Lobster Night, Sunday Brunch, the Birthday Luncheon and the Social Table continue!

page 11 *Saturday nights at the movies*
Watch movies showcasing famous historical women.

page 12 *service/hobbies*
Volunteer. Have fun with Bingo, Duplicate Bridge or Garden Club.
Knit for Charity. Be a part of the Marquette Sings group.

page 13 *religion*
Scheduled services, a Lenten Series, Bible Study and Seeking the Way are listed here.

pages 14 & 15 *photos*
See snapshots of you and your fellow residents.

ON THE COVER
2020

Explore the Legendary Women in History

AT THE PODIUM

Residents' Association Meeting

Tuesday, March 3
10:00 am
Foundation Hall

All residents are invited to attend this monthly meeting. Hear reports from your fellow residents, staff and the Marquette administration. An excellent opportunity to keep up with what is happening on campus!

The Sacred Art of the St. John's Bible

Thursday, March 12
1:30 pm
Foundation Hall

The Saint John's Bible was commissioned by Saint John's Abbey and University and was created by Donald Jackson, Senior Scribe to Her Majesty Queen Elizabeth's Crown Office, along with a collaborative team of scribes and artists. This is the first illuminated, handwritten Bible of monumental size to be commissioned by a Benedictine monastery in more than 500 years. It is crafted with traditional materials such as vellum, ancient inks, gold and silver leaf and platinum, and written with quill pens fashioned from goose, turkey and swan feathers.

Jamie Higgs, Associate Professor of Art History, Marian University, will present the story, along with a 12-minute video of the production history. One of the beautifully illuminated books will be on display during the program. Save the date!

The History of Women's Suffrage in Indiana

Monday, March 23
1:30 pm
Foundation Hall

Dr. Anita J. Morgan, Senior Lecturer of History at IUPUI, will discuss the topic *Gaining the Power to Protect Herself: Sixty-Nine Years of the Women's Suffrage Movement in Indiana*. 2020 is the centennial of Indiana's ratification of the 19th Amendment.

Coffee Clips & Conversation

Thursdays, March 5, 12, 19, 26
10:30 am
3rd Floor Card Room

Just clip an article of interest to you from a current newspaper. Grab a cup'a. Then join the table for 45 minutes of friendly conversation. One person reads his/her article aloud and discussion follows. Then another article is read. Only requirements... a curious mind, a desire to discuss current events, an eagerness to talk, listen and respect other points of view.

Contemporary Issues

Monday, March 9
7:00 pm
Foundation Hall

This month's topic is *A Granddaughter's Future*.

Questions? Call Barbara Furlow (317-228-0218).

Poets' Corner

Tuesdays, March 10 and 24
1:30 pm
4th Floor Card Room

On March 10, the group will read Emily Dickinson's poetry and learn about her life. The March 24 session will focus on A. E. Housman, his life and poetry.

ALL ARE WELCOME! Questions?
Call Margaret Simpson (317-251-6976).

Book Review

Tuesday, March 24
10:00 am
2nd Floor Card Room

The reading selection is *The Things They Carried* by Tim O'Brien.—A ground-breaking meditation on war, memory, imagination and the redemptive power of storytelling.

For more information, contact Joanne Coquillard (317-876-5829).

Events listed are happening here at Marquette.

Blazing a musical Path

Wednesday, March 4
1:30 pm
Foundation Hall

Classical Music Indy will showcase women composers in this musical matinee performed by Bethany Walters, violin; Leilah Smith, cello and Allison Vickery, piano.

A "March Merriment" Mix 'n' Mingle Party

Friday, March 13
4:30 pm
Foundation Hall

Little Women marches on! Observe the 150th plus anniversary with a fun gathering in honor of Louisa May Alcott's timeless and beloved novel. Enjoy hors d'oeuvres inspired by the food shared among the March family and their friends and neighbors: bonbons and mottoes, trifle, deviled eggs, a crudités platter, and shepherd's pie. Your favorite wine and cocktails will also be available. Background music by Susan Herner, piano.

Digging in Their Heels!

Monday, March 16
1:30 pm
Foundation Hall

If Susan B. Anthony and her pals had iPhones, Twitter and Uber drivers, maybe it wouldn't have taken 72 years to win the vote! Storyteller Sally Perkins takes a history lesson and creates an interactive, hilarious and poignant story, revealing the suffragists' struggles, strategies, racism and endurance.

Over the Shamrock Rainbow!

Tuesday, March 17
1:30 pm
Foundation Hall

From fast, high-energy jigs and reels to captivating airs and songs, the Emily Ann Thompson Trio and Irish dancers are energetic and passionate! Celebrate St. Patrick's Day in Celtic style!

PLEASE REGISTER

All trips on this page require registration in the Programs, Events & Transportation Book
***starting on the 26th of every month at 8 am.*

Pops on Pipes at WPAC

Sunday, March 1
Bus leaves 1:30 pm
$15 ticket charged to resident's account
20 tickets available

Theatre organist Tedde Gibson will play songs from America's treasure trove of musical history.

The Agitators at Phoenix Theatre

Sunday, March 8
Bus leaves 1:00 pm
$31 ticket charged to resident's account
20 tickets available

An intelligent play which casts Susan B. Anthony and Frederick Douglass as American history heroes in a beautifully illustrated light.

Morning's Brunch Outing at 86th and Township Line Road

Thursday, March 12 **$$**
Bus leaves 10:45 am

Start your day with a lot of flavor! Try breakfast, brunch or lunch!

Agatha Christie's *Murder on The Orient Express* at IRT

Sunday, March 15
Bus leaves 1:00 pm
$52 ticket charged to resident's account
15 tickets available

A golden-age detective story springs to life from the pages of the world's bestselling author! A thrilling whodunit!

The Woods Science Lecture at Atherton Union, Butler University

Wednesday, March 18
Bus leaves 6:45 pm
Free Lecture

This month's topic is *Neuroscience for the 99%. Developing low-fi, high-tech experiments to understand our brains.*

Indianapolis Opera Presents *Don Giovanni*

Sunday, March 22
Bus leaves 2:00 pm
$65 ticket charged to resident's account
12 tickets available

Based on the legend of Don Juan, the opera is the story of power, pleasure, violence and justice and the consequences which follow.

Ocean Prime Dinner Outing

Wednesday, March 25 **$$$$**
Bus leaves 4:30 pm

Upscale restaurant known for its sophisticated décor, long wine list, and classic steak and seafood menu.

Active Adventure—Smooth 1-Mile Walk

Thursday, March 26
Bus leaves 10:00 am

Start at Leonard Park for a smooth walk down the paved path of the Speedway Trail to Main Street. Lunch at Dawson's.

Piaf! The Show! at Palladium

Saturday, March 28
Bus leaves 7:00 pm
$37 ticket charged to resident's account
10 tickets available

The life and music of the celebrated chanteuse Edith Piaf.

health & fitness

Balance Fair

Monday, March 2
1:00 pm—3:00 pm
Foundation Hall

The Balance Fair is a great way to kick-off an entire month focused on improving your balance! Check out the balance resources that are available to you and learn more about the Balance Challenge! Look for additional details in your mailbox.

Fear of Falling Small Group Discussions

Thursday, March 5
1:00 pm
Foundation Hall
Register at the MAC Desk

Interested in learning and/or sharing more about how others process, change, and live with the fear of falling? Please join us. MAC Staff will be present to initiate the conversation in a safe environment for you to share your experiences, fears, improvement tactics, emotions, etc.

Floor to Chair Practice

Wednesdays, March 11, 18, 25
11:30 am—12:00 Noon
Aerobic Studio

Practice getting up from a lying position on the floor to a chair and standing back up, safely. Participants must be able to get to the lying "starting" position independently or have a caregiver present. MAC Staff will be present to coach you. Please keep in mind that we cannot physically help a resident up.

Fall Prevention Presentation

Wednesday, March 11
1:00 pm
Foundation Hall

Here's an additional opportunity to learn more about balance and fall prevention! You are invited to an interactive and educational lecture! MAC Staff, Rehab Care, Marquette Social Services, Health at Home and Kroger Pharmacy will present a variety of balance factors, provide tips for balance improvement and decreased fall risks. Participants will also hear advice for what to do when you begin to fall, as well as the safest way to get up, especially if you happen to fall while alone. All residents are encouraged to attend!

Shake, Rattle & Roll Workshop

Wednesday, March 18
1:00 pm—3:00 pm
Foundation Hall
Registration Required at the MAC Desk

MAC Staff and therapists from Health at Home invite residents who ambulate independently with walker or rollator to register for this 30-minute session. Learn proper posture, walking and general assistive device usage. Take the tips you will have learned and apply them in our ADL (Activities of Daily Living) Obstacle Course, followed by a group discussion.

Assistive Device Tune-Up Clinic

Friday, March 27
1:00 pm
Aerobics Studio

Calling everyone with a cane, walker, rollator or motorized scooter! Bring your assistive device to the MAC for a quick tune-up: cleaning, tightening and minor repairs. AutoFarm Group will be available to service your device on a first come, first served basis.

BALANCE CHALLENGE

nifs active aging

Monday, March 2—Tuesday, March 31

During March, Marquette will focus resident education on fall prevention and provide special balance programs and events. Bring a neighbor, bring a friend and visit the MAC to register for the annual Balance Challenge! The Challenge will provide a comprehensive approach to improving balance. Residents of all ability levels are encouraged to participate. Participants will be provided with a scorecard, a calendar of events and instructions on how to complete the various activities at their own pace throughout the month. If you have not had a Fitness Evaluation this year, schedule an appointment in the Fitness Evaluation Book at the MAC Desk. Registration is required, so sign-up today! Check out the highlighted offerings on page 8.

MAC Featured Members of the Month—Jean and Ray Gnat

Check the MAC bulletin board for Mr. and Mrs. Gnats' active lifestyle story.

The mac
Marquette Athletic Center

Wellness Coordinator and MAC Manager
Rebecca Kraus
317-228-2249
krausrebecca@marquetterc.org

MAC Assistant Manager
Moira Cogswell
317-228-2248
cogswellmoira@marquetterc.org

nifs for fitness
National Institute for Fitness and Sport

Health Services

Health at Home—Blood Pressure Clinic
Tuesdays
8:30 am—11:00 am
MAC Cove

Ask-the-Pharmacist
No session this month.
Lyndi Martin, Kroger Pharmacist, will be at the Balance Fair and the Fall Prevention presentation.

Beauty Shop

HOURS: Tuesday—Saturday
By Appointment Only (317-524-6566)

SERVICES:
- Shampoo and Set
- Perms
- Haircuts
- Color and Conditioner
- Tints
- Manicures
- Pedicures

BMO Harris Bank

HOURS: Monday—Friday
9:00 am—4:00 pm

Contact Shad Rohrer or Robin Duncan for any of your financial needs or questions (317-228-0525).

Concierge

HOURS: Monday—Friday
9:30 am—5:00 pm

SERVICES: Assists residents with packages and postage, ordering flowers, printing airline boarding passes and room reservations. Arranges Lyft transportation requests.

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.

Contact Dawn Ashcraft (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
- Newspapers
- Fiction
- Books-on-CD
- Magazines
- DVDs

Contact Ann Lunsford (317-255-8630), Library Committee Chair, to offer title suggestions.

Massage Services

HOURS: Monday—Tuesday, Susan Herner
By Appointment Only
9:00 am—1:00 pm

Monday—Thursday, Lori Robinson
Afternoons, by appointment only

Grief Massage, Angela Hershey
Availability varies (317-954-0977)

SERVICES: 30-minute massage—$30
60-minute massage—$60

Call the MAC front desk (317-524-6550) to schedule a personal appointment. Voicemails left on the week-ends will be answered when staff return on Monday.

Seamstress

HOURS: Fridays
10:00 am—2:00 pm

LOCATION: MAC massage waiting room

Linda Clark is an experienced seamstress and prior owner of an alteration shop in town.

Appointments not necessary. Come any time during the listed hours.

Tech Center

HOURS: 24 hours a day

Several computers are available for resident email and internet use. Black and white printers are available.

Technology assistance is available on Mondays, 2:30 pm—4:00 pm with Marion Harcourt or by appointment with Bill Bosron (317-714-7169).

The Corner Shoppe

HOURS: Monday—Friday
10:00 am—4:00 pm

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

Contact Casey Maish (317-524-6535) to offer stock suggestions. Cash purchases only.

Knife & Fork

Hackl Legacy Room

The Social Table!

Mondays and Fridays
5:30 pm

Meet new and established residents. Reservations required. Call 317-524-6549.

Lobster Night!

Wednesday, March 4
5:00 pm—7:00 pm

Reservations required. Call 317-524-6549.

Sunday Brunch

Sundays, March 1, 8, 15, 22, 29
11:30 am—1:30 pm

Reservations (317-524-6549) are a must!

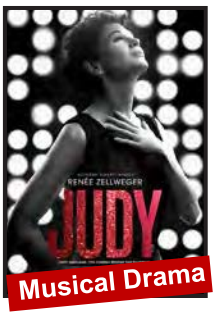
Birthday Luncheon

Tuesday, March 10
11:30 am

Residents with a birthday in March are invited to the complimentary Birthday Luncheon. A spouse is also welcome; his or her meal cost will be deducted from your food account. Please make your reservation **no later than March 7** (317-524-6549.)

Saturday Nights at the Movies

Foundation Hall 7 pm

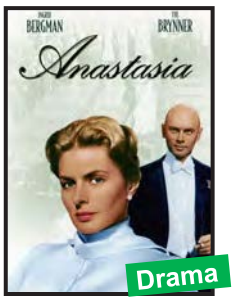


March 7

Judy

(2019,PG-13)

Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.



March 14

Anastasia

(1956, NR)

An opportunistic Russian businessman tries to pass a mysterious imposter as the Grand Duchess Anastasia. She is so convincing that even the biggest skeptics believe her.

March 21

Madame Curie
(1943, NR)

A love story encompassed by the scientific discovery of radium.

March 28

Betty and Coretta
(2013, PG-13)

The widows of Malcom X and Martin Luther King, Jr. show how they are able to carry on as single mothers after the assassination of their husbands.

MAGIC

Volunteer Opportunities

WANTED!

Resident Program Presenters

Are you passionate about a place you have visited or have a topic you believe would be of interest to your fellow residents? Contact Marilyn Martin for more information on how to present your program.

WANTED!

Resident Assistance

Contact Barb Irwin, Assisted Living, (317-524-6569) or Bethany Hill, HealthCare, (317-524-6536) to assist residents to weekend religious services or to daily MAC exercise classes.

Contact Marilyn Martin, Program, Event and Volunteer Manager, (317-524-6517) for more opportunities.

Four Seasons at the Art Wall

Kathleen Sheehan

The Art Wall displays professionally-framed paintings (oils, watercolors, pastels, etc.) by Marquette residents and is coordinated by Kathleen Sheehan, Marilyn Martin and Casey Maish. The display is refreshed every six months with a new exhibit by another artist in the community.

Our new featured artist is Kathleen Sheehan. Her interest in art piqued as a young adult. She studied under the tutelage of a plein air artist. Kathleen's creative process includes scouting for outside venues, taking a photograph, then a sketch, followed by a painting in oils. After spending most of her life in the south, she returned to the Midwest, enchanted by the change of seasons. Her exhibit captures spring and summer on the Lilly estate, autumn at Conner Prairie and winter at Holliday Park. Stop by the Art Wall to see Kathleen's artistic interpretation of Indiana's four seasons!

Marquette Sings!

Saturdays
3:00 pm, Legacy Piano

Knit for Charity

Mondays
1:30 pm, Craft Room

Bingo

Tuesdays
7:00 pm, Foundation Hall A

Duplicate Bridge

Tuesdays
7:00 pm, Foundation Hall B

Garden Club

Thursdays
2:00 pm, Craft Room

RELIGIOUS SERVICES

Anglican

Mass
Sundays
9:30 am, Chapel

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

Catholic

Mass
Monday through Saturday
4:00 pm, Chapel

Services offered by Fr. Clifford Vogelsang, Fr. James Bonke, Monsignor William Stumpf and Fr. David Lawler.

Episcopal

Communion
Thursday, March 19
11:00 am, Chapel

Thank you to the staff from St. Paul's Episcopal Church.

Jewish

Shabbat
Friday, March 20
4:00 pm, Foundation Hall

Service offered by Rabbi Scott Fox, Indianapolis Hebrew Congregation.

Protestant

Church Service
Sundays, Foundation Hall
1:45 pm, Piano Prelude of Hymns
2:00 pm, Chapel Service

Officiated by Rev. Joe Johnson. Music by Greg Gibson and his guest vocalist. Residents may also watch in-house TV Channel 91 from home.

Bible Study

Tuesdays
2:00 pm
2nd Floor Card Room

Study and discuss the book *Meeting God.* Book provided. Contact Jeff Fields for information (574-202-8330).

Seeking the Way

Fridays, March 6 and March 20
1:00 pm
Board Room

St. Luke's United Methodist Church Pastor Rob Fuquay's sermons will be discussed. Contact Priscilla Keenan (317-459-6040) for more information on this weekly study.

Lenten Series

Saturdays
2:30 pm
Chapel/Foundation Hall

Catholics in United States History is the title of a series of seven weekly talks delivered during Lent. Marquette resident John F. (Jack) Fink, editor emeritus of *The Criterion,* the newspaper of the Archdiocese of Indianapolis, and author of 17 books about Catholicism, will give the talks. The program is open to all interested residents.

Programs and Excursions

The Marquette Jazz Four: Bob Riegel, Norm Turchan, Randy Trowbridge and Jim Weaver.

A snow globe sipper! What a Mix 'n' Mingle!

Residents enjoyed lunch at the Famous Tomato!

That is one huge lollipop that Justyn Hindersman is admiring!

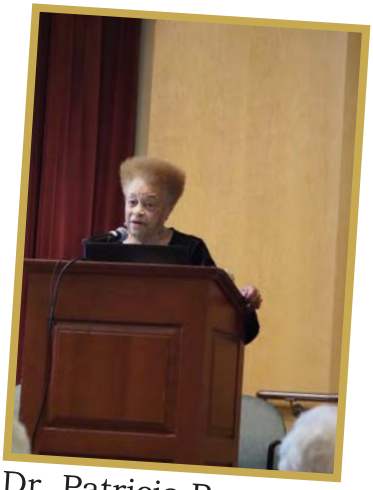
The Legendary singer Brenda Williams!

The Brenda Williams Trio!

The spotlight on the bass and then piano improvisations!

Additional Programs & Events

The Contemporary Issues Discussion Group celebrated Black History Month with the topic *Diversity—There is More to Know.*



Dr. Patricia Payne, Director of the Office of Racial Equity, IPS, jumpstarted the diversity discussion.

Marquette resident Barbara Furlow (at the podium), Dr. Payne and residents visited after the program.

A Party Hearty celebration for Valentine's Day!

Charles Goehring, piano and Scott Kelley, saxophone, entertained with romantic background music during the party.

President Benjamin Harrison gave a tour of his home on Delaware Street!

The Harrisons' cook shared dining secrets with Marquette's residents.

Transportation Schedule

Register in the Programs, Events & Transportation Book no later than 48 hours before your trip.

Monday and Tuesday

Doctor Appointment Days

Please turn in a transportation slip
as soon as you make the appointment.
There will be a charge for appointments not scheduled
for Monday or Tuesday.

Wednesday

Grocery Morning

Kroger—9:30 am—10:30 am
Kroger—10:45 am—12:00 Noon

Shopping Afternoon
1:30 pm —3:00 pm

1st Wednesday——Super Target
2nd Wednesday—Walmart & Willow Lake West
3rd Wednesday—Meijer
4th Wednesday—Walmart & Willow Lake West

March 6

Mall Day

10:00 am—1:00 pm
Keystone & Castleton Malls

Sunday

Church Day

St. Luke's Methodist Church—departs at 9:00 am