GO FOR THE GOLD!
Marquette Mirror
July | 2021
LET THE GAMES BEGIN
FIREWORKS over Marquette
HISTORY of Indiana in the Olympics
NIFS Summer Fitness Games

INSIDE THIS ISSUE

Page 4

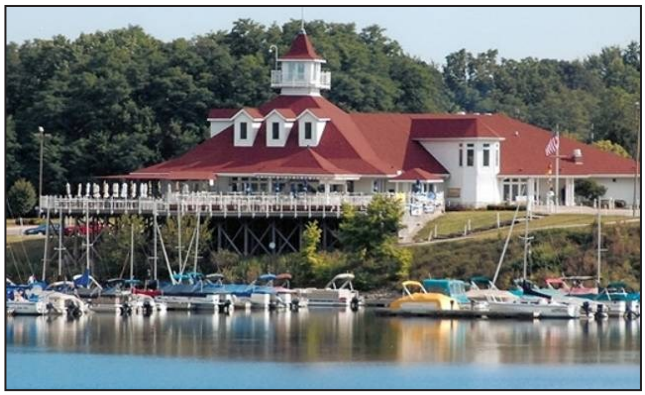
Fireworks over Marquette!

Dazzling displays by Ramsey Pyrotechnics, patriotic music by the Starlighters Big Band, cool drinks and ice cream novelties!

Pages 4 & 9

The Summer Games

Finally! Check out Marquette's opening ceremony, the games and fun finale!



Page 5

Rick's Boatyard!

Have lunch on the deck overlooking Eagle Creek Reservoir.

Programs and Events Team

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page 4 *campus events*
Fireworks celebration! Contemporary Issues, a Your Good Life presentation, summer craft programs and Olympic-themed events.

page 5 *excursions*
Kroger/Target/Alterations/Mall/Walmart/Dollar Tree/5 Below Runs. Community Church services. Active Adventure, baseball, Traders Point Creamery, Conner Prairie and Rick's Boatyard.

page 6 *campus services*
Residents' Association Meeting, Marquette Foundation News Flash, grocery deliveries.

page 7 *religious services*
Shabbat and Anglican Mass have returned. Catholic Mass and Protestant services. Bible study.

pages 8 & 9 *health & fitness*
The MAC is now open 24 hours! The Summer Fitness Games! Balance training and weekly community walks.

page 10 *amenities*
Explore your options.

page 11 *hobbies and movies*
Bored? Try a hobby! Watch Olympic-themed Saturday night movies.

page 12 *knife & fork*
See Fireside Grille/Hackl Legacy Dining Room and Township Tavern schedules and specials. 5th of July summer picnic! A South of the Border-themed dinner! Simple Samples Day!

page 13 *volunteer*
Discover ways to help your Marquette neighbors and friends.

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

back cover *channel 91*
Channel 91 in-house lineup and live stream programs.

Daily Program Hotline

317-228-2291

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

ON THE COVER

2021

Amusements And Diversions

Let the Games Begin!

Fireworks over Marquette!

Friday, July 2
8:00 pm
Event Lawn

The Starlighters Big Band will play star-spangled, patriotic tunes! A dazzling round of fireworks follows! Sip cool drinks, savor ice cream novelties and munch on assorted chips while you enjoy the shows. *Co-sponsored by the Marquette Manor Foundation.*

Contemporary Issues

Monday, July 12
7:00 pm
Foundation Hall

Barbara Furlow will lead this month's discussion topic: *Is the Olympics for Everyone?*

Your Good Life Presentation

Monday, July 19
1:30 pm
Foundation Hall

The Your Good Life Marquette team will share their literary website experience and explain how you can contribute your own writings. Save the date for a creative afternoon!

Flower Arranging

Wednesday, July 21
1:30 pm
Township Tavern
Limit 15 Residents

McNamara Florist Staff will bring all the flowers, vases and supplies (as well as the expertise) to teach you the best way to showcase your summer blooms!

Indiana in the Summer Olympics

Friday, July 23
1:30 pm
Foundation Hall

Hoosier journalist, radio host and author Nelson Price will share highlights of Indiana's past involvement in the Summer Olympics. Test your basic knowledge during the icebreaker segment and win related prizes. Nelson will also bring a display of related news articles, books and photos.

Gardens under Glass

Wednesday, July 28
1:00 pm
Township Tavern
Limit 10 Residents

Design, create and plant a modern, miniature indoor garden. Stylish terrarium kits provided. Session taught by Casey.

Go for the Gold!

Friday, July 30
1:30 pm
Event Lawn

An Olympics finale! Prove your mettle in unusual ways! A wide variety of contests from which to choose: Stone Skipping, Explode a Virus, Mask Revenge, Summer Bingo, Olympics Trivia, a crazy triathlon, putting competition, goal kicking soccer competition, table tennis (not your father's table tennis!) and volleyball—bump the balls into a bucket....! Fun prizes awarded to all participants. There will be a ceremony for winners from the MAC's monthlong Summer Games Competition, too! See if you can win a bronze, silver or gold medal!

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.*

Church Services

***Second Presbyterian Church**
***St. Luke Catholic Church**
***St. Luke's United Methodist Church**
Bus leaves every Sunday, 9:00 am for all three churches (except July 4)

Back on the schedule!

Kroger/Target Runs

Every Wednesday
Bus leaves 9:30 am & 1:30pm (except July 7)

Travel to the 106th Street Kroger and Target. Large selection, clean locale.

Walmart/Dollar Tree/ Five Below Runs

Wednesday, July 7
Bus leaves 9:30 am

Have a special need from hardware to décor to cards? Great options!

Keystone at the Crossing/ Castleton Runs

Wednesday, July 7
Bus leaves 12 Noon

Have lunch in a restaurant! Visit the Fashion Mall or one of the many fine stores in Castleton.

Elsa's Alterations Run

Wednesdays, July 7 and July 21
Bus leaves 3:00 pm

"There is nothing we cannot alter." Elsa specializes in alterations for clothing and suits. She also offers zipper replacements, cushion repairs, hems and much more.

Traders Point Creamery

Thursday, July 8
Bus leaves 10:30 am
Limit 15 Residents

Have lunch on the patio deck with a choice of farm-to-table specialties. Enjoy the fresh, country air!

Indianapolis Indians Baseball Game

Thursday, July 15
Bus leaves 6:05 pm for Victory Field
Limit 20 registered residents
$14 Ticket Charged to Resident Account

Play ball! It's the Indianapolis Indians vs. the Omaha Storm Chasers! Don't forget the peanuts, crackerjacks, hot dogs, beer and soda—all available at the ballpark!

Conner Prairie

Friday, July 16
Bus leaves 1:00 pm

CONNER PRAIRIE

A living history museum which recreates 19th century life along the White River. Explore Prairietown, the William Conner House, the 1859 Balloon Voyage or cross the bridge into the Civil War Experience.

Rick's Boatyard Lunch

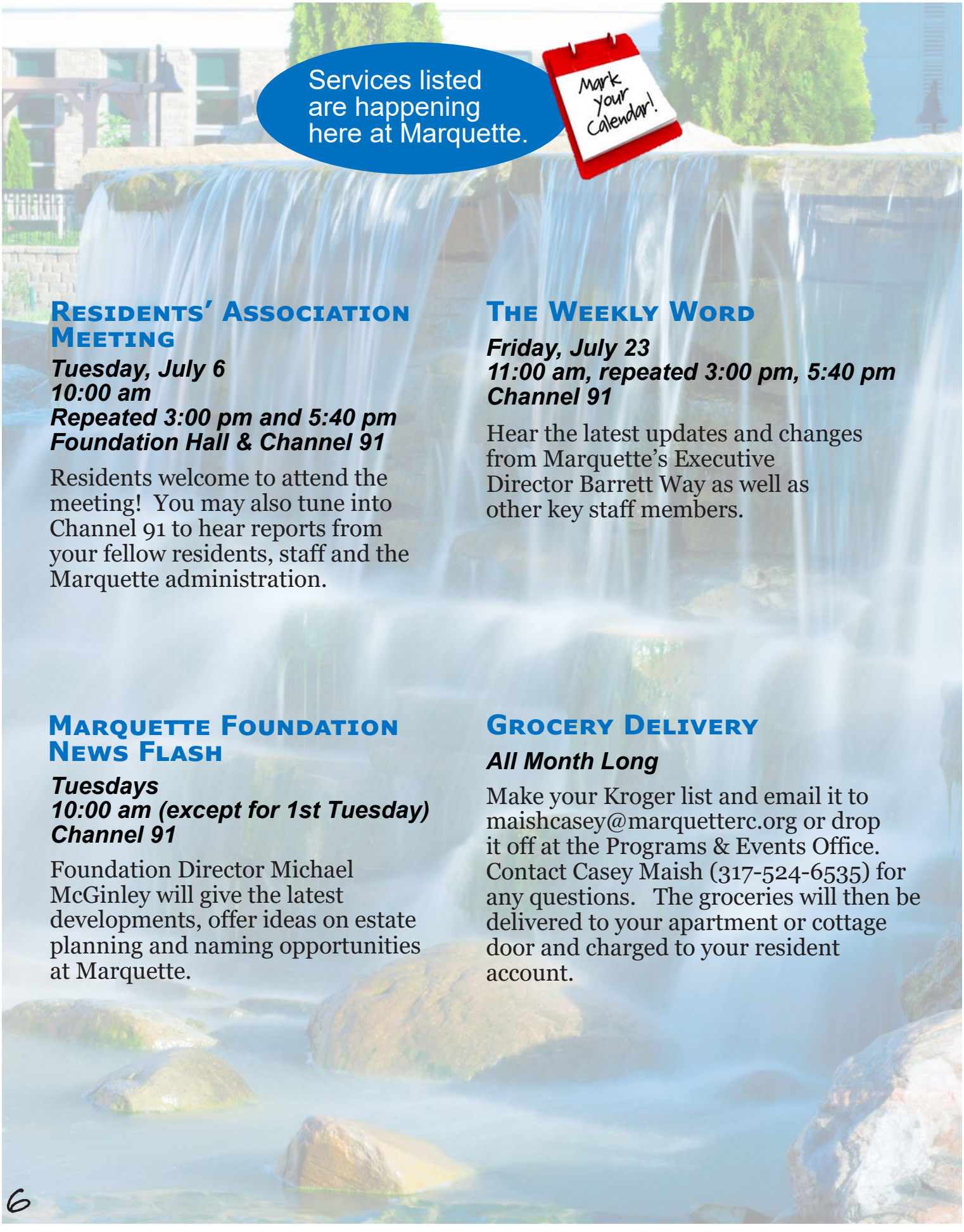
Thursday, July 22
Bus leaves 11:00 am
Limit 20 residents

Wow! A panoramic view of Eagle Creek Reservoir while you eat! Best known for seafood, prime steaks and craft cocktails.

Active Adventure

Thursday, July 29
Bus leaves 10:00 am

1.0 mile paved, varying grade trail. Appreciate the beauty where Eagle Creek crosses through Zionsville, starting at Creekside Nature Park. Venture around the baseball fields of Lions Park to Elm Street Green. Enjoy a boxed lunch at the Elm Street Green picnic tables.



Residents' Association Meeting

Tuesday, July 6
10:00 am
Repeated 3:00 pm and 5:40 pm
Foundation Hall & Channel 91

Residents welcome to attend the meeting! You may also tune into Channel 91 to hear reports from your fellow residents, staff and the Marquette administration.

The Weekly Word

Friday, July 23
11:00 am, repeated 3:00 pm, 5:40 pm
Channel 91

Hear the latest updates and changes from Marquette's Executive Director Barrett Way as well as other key staff members.

Marquette Foundation News Flash

Tuesdays
10:00 am (except for 1st Tuesday)
Channel 91

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

Grocery Delivery

All Month Long

Make your Kroger list and email it to maishcasey@marquetterc.org or drop it off at the Programs & Events Office. Contact Casey Maish (317-524-6535) for any questions. The groceries will then be delivered to your apartment or cottage door and charged to your resident account.

RELIGIOUS SERVICES

Anglican

Mass

Sundays
10:30 am, Chapel

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

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.

Jewish

Shabbat

Friday, July 16
4:00 pm, Foundation Hall/A

Service offered by Norm Sider,
Indianapolis Hebrew Congregation.

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.

Bible Study

Tuesdays
2:00 pm
2nd Floor Card Room

Study and discuss ***The Book of John.***
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 317-525-6533

Health at Home

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Private Duty Care
- Skilled Nursing Services
- Medication Management

Call 317-875-6630

Registered Dietitian

- Nutrition Services

Ask for Rachel Mahon

Call 317-524-6588

Wellness Navigator

- Care planning Assistance
- Adjusting to the Community
- Needs Assessments
- Referrals to Psychologist
- Other Services

Call 317-524-6503

Weekly Community Walks

Thursdays (starting July 8)
2:30 pm
Main Entrance

Come to the Marquette Main Entrance to walk and socialize! Both residents and staff are welcome. Various routes will be available! Participating in the NIFS Summer Games? Use one of these walks to earn points for the event!

Balance Training

Tuesdays, July 13 and July 20
11:00 am—12 Noon
Aerobics Studio

Gymnasts must have exquisite balance and body control to execute simple and complex moves. Ignite your inner gymnast with balance training for the Summer Fitness Games! Take yourself through 5 balance stations and gain as many points as possible. This event will be offered twice to allow for more participants. Please attend only one class. Register at the MAC desk.

Group Fitness Updates

Make sure to check out the July Group Fitness Calendar for updates.

- Balance & Core (separate classes)
- Strides & Strength (time change)
- Aqua Strength & Aqua Total Fit are back!
- Water Walking (new addition)

NIFS Summer Fitness Games

Month of July

Let's get into the competitive summer spirit this July as we participate in the NIFS Summer Fitness Games! Test your skills in various events for a chance to earn a medal and contribute points to our team total as we compete against other NIFS communities. There's something for everyone this month: traditional fitness like walking, swimming and a few that require more skill like putting and soccer. Come to the opening Ceremony to learn about the program.

NIFS Summer Fitness Games Opening Ceremony

Thursday, July 1
1:30 pm
Foundation Hall

Come to the NIFS Summer Fitness Games Opening Ceremony to find out when the events are and to register for the Summer Games! Stop by the Fitness Center and talk to your MAC Staff for more information.

MAC Featured Members of the Month—Gary Ahlrichs

Check the MAC bulletin board for Gary Ahlrichs' active lifestyle story.

The MAC will resume 24 hours of operation. Current hours requiring registration will remain the same. All times require adherence to the room capacities here listed.

- Fitness Center: 7 residents capacity
- Aerobics Studio: 15 residents capacity
- Aquatic Center: No limited capacity except for classes
- Locker Rooms: No limited capacity

Wellness Coordinator and MAC Manager
Rebecca Guetig
317-228-2249
guetigrebecca@marquetterc.org

MAC Assistant Manager
Jennifer Adams
317-228-2248
adamsjennifer@marquetterc.org

Beauty Shop

HOURS: **Appointment Only!**

SERVICES: Salon services. Masks required and must be worn during visit. No walk-ins accepted and no waiting. Call 317-524-6566 to schedule.

BMO Harris Bank

HOURS: Monday—Friday
9:00 am—4:00 pm

Shad Rohrer (317-228-2038) or Robin Duncan (317-228-2037) are 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.

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	Books-on-CD
Newspapers	Magazines
Fiction	DVDs

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

Massage Services

HOURS: Wednesdays/9:00 am—2:30 pm
24 hours business day — cancellation required.

SERVICES: Appointments required.
Call the MAC (317-524-6550).
Four residents can be accommodated Mondays/Wednesdays/Thursdays
Recurring appointments limited to every other week.

$10 COVID fee per appointment.
2021 schedule now open through September.

Seamstress Services

RUNS: Elsa's Alteration Run
(86th & Ditch)
Bus runs are the 1st and 3rd Wednesdays at 3 pm.

Tech Center

HOURS: 24 hours a day

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

The Corner Shoppe

HOURS: Monday—Friday
10 am —4:00 pm

CONVENIENCES:

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

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

Knit for Charity

Mondays
1:30 pm, LLCR

Euchre!

Wednesdays
7:00 pm, 2FCR

Book Club

Tuesday, July 27
10:00 am, 2FCR

Duplicate Bridge

Tuesdays
7:00 pm, FH

Bingo

Thursdays
7:00 pm, FH

Garden Club

Friday, July 30
2:30 pm, LLCR

Your Good Life Storytellers

Tuesday, July 20
1:30 pm, 4FCR

Coffee Clips & Conversation

Thursdays
10:30 am, 3FCR

Saturday Nights at the Movies

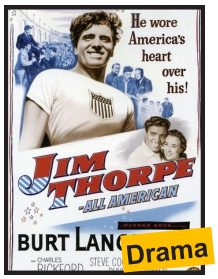
Foundation Hall 7 pm

July 3

Chariots Of Fire

(1981, PG)

Two British track athletes, one a determined Jew, and the other a devout Christian, compete in the 1924 Olymics.



July 10

Jim Thorpe, All-American

(1951, NR)

The triumph and tragedy of Native American Jim Thorpe, who, after winning both the pentathlon and decathlon in the same Olympics, was stripped of his medals on a technicality.

July 17

International Velvet

(1978, PG)

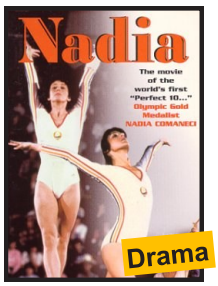
Velvet's orphaned niece, Sarah, follows her dream of Olympic glory with her horse, Arizona Pie.

July 24

Race

(2016, PG-13)

Jesse Owen's quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olymics.



July 31

Nadia

(1984, NR)

The story of gymnast Nadia Comaneche, from her childhood beginnings to her discovery by Belya Karolyi. She received 7 perfect 10s in the Montreal Olympics.

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.

Township Tavern

Tuesdays—Saturdays
4:30 pm—7:00 pm
No Reservations Required

- Small plates on Tues./Thurs./Saturdays
- $8 includes small plate & wine or beer
- $6 small plate only

Room Service

- Deliveries for lunch, please call by 10 am.
- Deliveries for dinner, please call by 2 pm. All meals delivered before 5 pm.
- Deliveries for breakfast, please call the evening before.

Call 317-524-6506
for ALL Room Service orders
You can also complete the sheets and place in the F&B mailroom box.

Lobster Week

Wednesday, July 14—Saturday, July 17
Hackl Legacy Dining Room
5 pm, 5:30 pm, 6 pm, 6:30 pm, 7 pm
Reservations Required

Birthday Luncheon

Wednesday, July 14
Hackl Legacy Dining Room
Noon
Reservations Required

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

Independence Day Picnic

Monday, July 5
11:30 am—1:30 pm
Fireside Grille Patio

Fireside Grille

Monday, Tuesday, Friday, Sunday
11:30 am—6:30 pm

Wednesday, Thursday, Saturday
11:30 am—2:00 pm

Grab 'n' Go

- Variety changes daily
- Salads, cold sandwiches, appetizers featured
- Available 7 days a week

Heat 'n' Serve

- Quick dinners/cost varies

Simple Samples Day

Thursday, July 15
Fireside Grille Lobby
1:00 pm

- Chef-inspired favorites. Free!

South of the Border! A Themed Dinner

Wednesday, July 21
Hackl Legacy Dining Room
5 pm, 5:30 pm, 6 pm, 6:30 pm, 7 pm
Reservations Required

MAGIC

Volunteer Opportunities

WANTED!

Terrarium Craft Helpers

One-to-one artistic assistance.

Wednesday, July 28
1:00 pm
Township Tavern

WANTED!

Pen Pals

Correspond with Pavilion, Healthcare & Reflections residents.

Contact
Programs & Events Office

WANTED!

Hospitality Assistants

Special assignments as needed in AL, HCC, Reflections.

Contact
Programs & Events Office

WANTED!

Summer Fitness Games Guides

Assist with various game stations and as community walk leaders.

Contact
MAC/Programs & Events Office

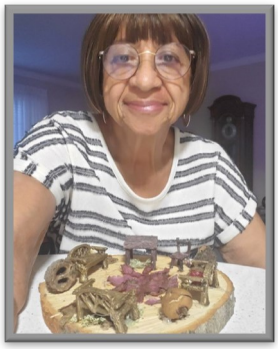
Contact Marilyn Martin, Programs, Events and Volunteer Manager, (317-524-6517) to help.

Recent Programs!

A Memorial Day tribute! U. S. Air Force 1st Lieutenant (Retired) Jack Scheid sang patriotic tunes to and with his wife, Connie.

Residents visited the Indianapolis Zoo. The Macaw exhibit was a highlight.

Larry Dorsch's fitness watch mapped out his walk, speed and location at the zoo!



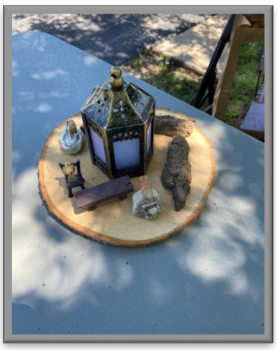
Connie Brown's living room!

Susan Yohe's seaside inspiration.

Nancy Koskie's outdoor habitat.

Foraging in the Woods for tablescape decorations.

Midge Decker's natural décor.



Elly McNamara said seashells will be added to her scene.

Marilyn Goeke's creation.

Purdue Space Program students Eric Williamson, Ayush Srivastava and Cameron McCoy discussed Indiana's space connection.

Cikana State Fish Hatchery, at one of the indoor tanks, looking at catfish eggs.

Showing how the fish eggs feel like a sponge!

National Senior Health & Fitness Day

"Plant Your Commitment" Station.

"What Grounds You" booth.

Wii Bowling Demo.

Senior Home Companions —information and a raffle.

Custom home furniture risers for comfort, safety and style.

Summer soups and salads from Food & Beverage.

"How many items can you remember in one minute?"

Tai Chi Class.

Rebus puzzlers aka the "Concentration Game."

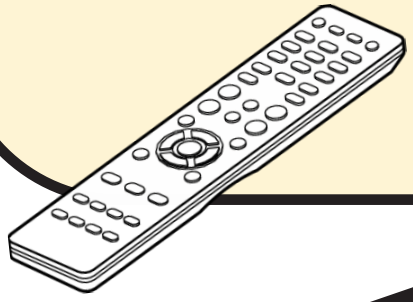
Posture Assessments.

Final stop: a tavern social and wine tasting!

Channel 91 In-House Lineup
(as of July 1, 2021)

CHANNEL 91
DAILY

8:00 am	Guided Meditation
9:00 am	High Intensity Exercise Class
10:00 am	Administration Information
11:00 am	Administration Information
12:00 pm	Author Talks
1:00 pm	Moderate Intensity Exercise Class
2:00 pm	Light Entertainment
3:00 pm	Administration Information
4:00 pm	Crafternoons
5:00 pm	Did you Know?—Indiana Facts
6:00 pm	Historic Home Tours
7:00 pm	Concerts
8:00 pm	Scienterrific Lectures
9:00 pm	Nightcap



Channel 91 Live Stream Programs

Sundays, 1:50 pm	Protestant Prelude Music and Service
Tuesdays, 10:00 am	Marquette Foundation News Flash
Tuesday, July 6, 10:00 am	Residents' Association Meeting
Friday, July 23 11:00 am, 3:00 pm & 5:40 pm	The Weekly Word