Marquette Mirror
August | 2021

GREETINGS FROM...

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Indiana State Fair

Celebrate the Hoosier spirit with a trip to the Fair! Spirited food, festivities, animals, music and more!

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Curated Curios...

Showcase your travel souvenirs! What have you collected from your global treks?

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Indianapolis City Market

The intersection of culture and culinary goodness!

Programs and Events Team

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page 4 *campus events*
Collectible postcards! Tech Talks! Travel Brag Book program, a Travel Triptych and Curated Curios programs. Don't forget the Contemporary Issues discussion.

page 5 *excursions*
Runs to Kroger/Target/Alterations/Mall/Walmart/Dollar Tree/5 Below/Trader Joe's/Kohl's. Community Church services. Active Adventure, baseball, The Indiana State Fair, City Market and lunch outings.

page 6 *campus services*
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page 7 *religious services*
NEW! Trinity Episcopal Communion Service! Shabbat and Anglican Mass have returned. Catholic Mass and Protestant services. Bible study.

pages 8 & 9 *health & fitness*
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Bored? Try a hobby! Watch summer-related and travel-themed Saturday night movies.

page 12 *knife & fork*
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Discover ways to help your Marquette neighbors and friends.

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

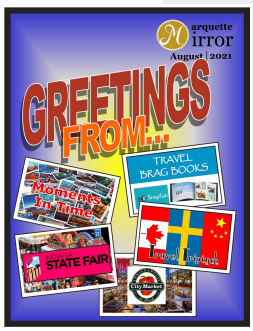
back cover *channel 91*
Channel 91 in-house lineup and live stream programs.

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

Greetings From...

Moments in Time—The History of Postcards

Monday, August 2
1:30 pm
Foundation Hall

Harley Sheets, past president of the Indianapolis Postcard Club (and owner of more than 20,000 vintage cards!), will bring a display of special travel-themed mailers to accompany his talk. Bring your postcards for a free appraisal!

Tech Talk I

Thursday, August 5
1:30 pm
Foundation Hall

Blue Maven IT Company Founder and Chief Technologist Angela Lacy will share smart ways to protect yourself from phishing and ransomware while on the Internet.

Travel Brag Books!

Monday, August 9
1:30 pm
Foundation Hall

Gather your travel memorabilia, photos and cards together and come for a fun 21st-century scrapbooking presentation. Session led by Casey Maish. Individual appointments will then be set to convert your treasures into a beautiful Snapfish photo-book "bound" to impress!

Contemporary Issues

Monday, August 9
7:00 pm
Foundation Hall

Barbara Furlow will lead this month's discussion topic: *Dreaming of Travel?* Come prepared with YOUR favorite travel story, unusual, funny, beautiful, life-changing, restorative, pleasurable, exciting, daring, or even a bad mistake, or one you wish you could do again!

Tech Talk II

Thursday, August 12
1:30 pm
Foundation Hall

Angela Lacy, Blue Maven IT, returns with a specific beginner's class—setting up a personal email account. Bring your questions! After the session, Angela is available to schedule one-on-one assistance to interested residents. Have a question regarding your cell phone, laptop or Ipad—all challenges will be solved with Angela's staff!

Travel Triptych

Monday, August 23
1:30 pm
Foundation Hall

The best of armchair travel offered by our very own Marquette residents!
1) Join Midge Decker & Hal Schimmelpfennig on a train trip across Canada via water, through the trees, on the plains and into the mountains.
2) Bill & Lou Stanley will take you on a 120-mile trip across Sweden to Stockholm on the Gota Canal and past ancient castles.
3) Barbara Furlow remembers her early educational experiences in China.

Curated Curios

Tuesday, August 31
1:00 pm—4:00 pm
Marquette's Main Floor Hallways

Showcase your travel souvenirs! What have you collected from your global treks? Tables will be set around the campus main hallways for you to display your souvenirs and answer any questions from your friends and neighbors. *Return Curated Curios registration form by Monday, August 16, to the Programs & Events Office.*

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 August 1, 9:00 am (8:45 am beginning August 8).

Back on the schedule!

A Sunday Afternoon Drive

Every Sunday (beginning August 1)
Bus leaves 1:30 pm

A nostalgic nod to the past! Explore country lanes; then stop for ice cream on the way back home!

Kroger/Kohl's/Target

Every Wednesday
Bus leaves 9:30 am & 1:30pm
(except August 4)

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

Wednesday, August 4
Bus leaves 9:30 am

Keystone at the Crossing/ Castleton Runs

Wednesday, August 4
Bus leaves 12 Noon

Alterations Run

Wednesdays, August 4 and 18
Bus leaves 3:00 pm

Indiana State Fair

Friday, August 6
Bus leaves 10:00 am

Celebrating the Hoosier spirit with Fair food, festivities, exhibits, music and more!

Indianapolis Indians Baseball Game

Thursday, August 12
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 St. Paul Saints! Don't forget the peanuts, crackerjacks, hot dogs, beer and soda—all available at the ballpark!

Bub's Burgers and Ice Cream

Friday, August 13
Bus leaves 11:15 am for Zionsville
Limit 15 Residents

Nothing says summer like a great burger and ice cream sundaes or cones! This place is known for its huge portions for both a meal and dessert!

Indianapolis City Market

Thursday, August 19
Bus leaves 10:30 am

An historic location featuring healthy organic fruits and vegetables, quick lunch restaurants and unique shopping booths.

Cobblestone Lunch

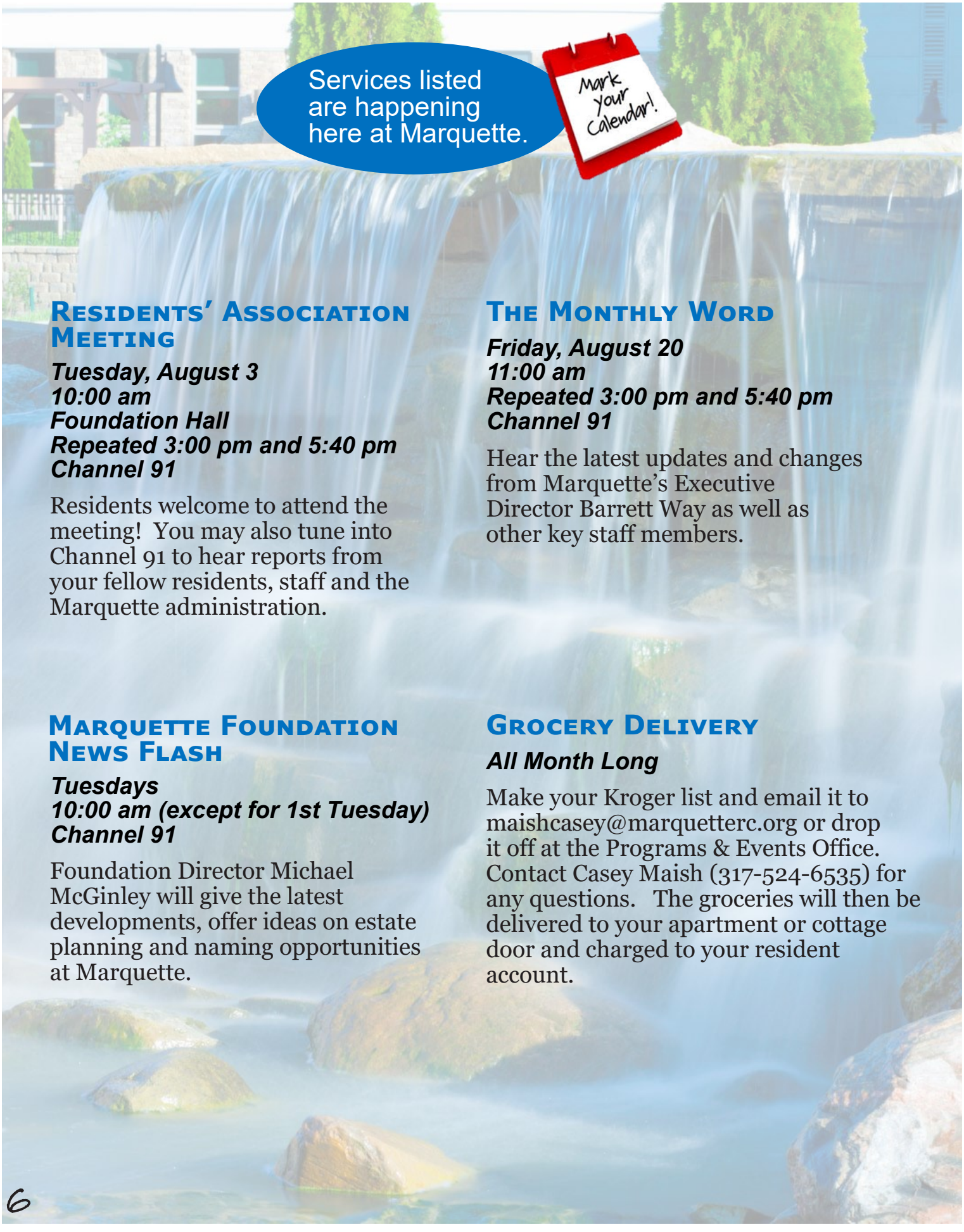
Friday, August 20
Bus leaves 11:15 am for Zionsville
Limit 20 residents

Have a sensational lunch with cocktails in the scenic garden alleyway!

Active Adventure

Friday, August 27
Bus leaves 10:00 am

1.5 mile aggregated trail. MacGregor Park in Westfield consists of a 99-acre nature park that is home to rolling hillsides, nature woodlands, meandering creeks and native prairies. After exploring the park, enjoy lunch in one of the picnic shelters onsite.



Residents' Association Meeting

Tuesday, August 3
10:00 am
Foundation Hall
Repeated 3:00 pm and 5:40 pm
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 Monthly Word

Friday, August 20
11:00 am
Repeated 3:00 pm and 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.

Jewish

Shabbat

Friday, August 20
4:00 pm, Foundation Hall/A

Service offered by Rabbi Brett Krichiver,
Indianapolis Hebrew Congregation.

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 26
10:00 am
Chapel

Officiated by the staff of
Trinity Episcopal Church.

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
2:30 pm
Main Entrance

Meet at the Marquette Main Entrance to walk and socialize! Both residents and staff are welcome. Various routes will be available!

Dakim Brain Fitness

Tuesdays and Sundays
1:00 pm
Channel 91

Did you know that you have free access to a brain training program that's created specifically for people 70 years of age and older and is clinically proven to improve cognitive function? The Dakim Brain Fitness program is an easy-to-use virtual training platform that you can use at the MAC or in your own home.

Watch a video featuring MAC Staff and residents who use Dakim to learn more about what the program is like and why residents enjoy the 20-minute sessions.

Check the MAC Bulletin Board for more information and to pick up a Dakim registration slip! Not sure if you want to register? Give it a try at the MAC, just put in the initials DD for Demo and sample a session as many times as you want.

Pickleball Assembly Help!

Remember to sign-up for a Wednesday or Saturday shift to help set up or tear down the pickleball nets! Find the list at the MAC Desk! Thank you for your help! Earn MAGIC volunteer hours, too!

Group Fitness Possibilities

Residents have expressed interest in the classes below. We are considering an addition or trial. Please use the survey slip to give your input at the MAC Desk.

MAT Flow Yoga

This class practices slowing down by using a slow steady breath, holding postures, transitioning smoothly, and opening gently and mindfully with the ability to move deeper into one's body and self. It is a practice that builds strength, balance and de-stresses. Participants will practice on the floor on a mat and will be responsible for getting down to the floor and up independently. This is considered a high intensity class.

Tai Chi

Originally developed for self-defense, tai chi has evolved into a graceful form of exercise used for stress reduction, strength and balance. Tai chi promotes serenity through gentle, flowing movements, combined with deep breathing. This class could be seated, standing or a fusion of both. This class would be considered a low to moderate intensity class depending on whether it is seated or standing.

MAC Featured Members of the Month—Randy Trowbridge

Check the MAC bulletin board for Randy Trowbridge's active lifestyle story.

The MAC has resumed 24 hours of operation at full capacity. Registration is no longer required.

For more information regarding fitness class schedules and descriptions, please see the accompanying Group Fitness and Recreation Calendar!

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) 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.

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 Sue Hale (317-358-5964), Library Committee Chair, to offer title suggestions.

Massage Services

HOURS: Wednesdays/9:00 am—2:30 pm
Fridays/9:00 am—12:30 pm
24 hours business day — cancellation required.

SERVICES: Appointments required.

Call the MAC (317-524-6550) for pricing.
2021 schedule now open through the rest of this year.

Seamstress Services

RUNS: Alteration Run
(New location TBA).
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

Bingo

Tuesdays
7:00 pm, FH/A

Duplicate Bridge

Tuesdays
7:00 pm, FH/B

Book Club

Tuesday, August 24
10:00 am, 2FCR

Euchre!

Wednesdays
7:00 pm, 2FCR

Garden Club

Friday, August 27
2:30 pm, LLCR

Coffee Clips & Conversation

Thursdays
10:30 am, 3FCR

Saturday Nights at the Movies

Foundation Hall 7 pm

August 7

State Fair

(1945, NR)

A Rodgers & Hammerstein musical highlighting the Frake family. Each member has a particular reason to attend the Fair.

August 14

August Rush

(2007, PG)

An orphaned musical prodigy uses his gift to find his birth parents.

August 21

The Accidental Tourist

(1988, PG)

An emotionally distant writer of travel guides must carry on with his life after his son is killed and his marriage crumbles.

August 28

Summer Stock

(1950, NR)

A small-town farmer, down on her luck, finds her homestead invaded by a theatrical troupe invited by her ne'er-do-well sister.

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

Birthday Luncheon

Wednesday, August 11
Hackl Legacy Dining Room
Noon
Reservations Required

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

Coastal Seafood Favorites Themed Dinner

Wednesday, August 18
Hackl Legacy Dining Room
5 pm, 5:30 pm, 6 pm, 6:30 pm, 7 pm
Reservations Required

Simple Samples Day

Thursday, August 19
Fireside Grille Lobby
1:00 pm

- Chef-inspired favorites. Free!

Fireside Grille

Monday, Tuesday, Friday, Sunday
11:30 am—6:30 pm
NEW! Now open Wednesday, too!
11:30 am—6:30 pm (beginning Aug. 4)

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

Sunday Brunch

Every Sunday
Fireside Grille
11:30 am—1:30 pm

- Omelet Bar
- Smoked Salmon Plates
- Cheeze Blintzes
- Sausage Gravy & Biscuits
- Rotating Selection of Waffles, French Toast, Pancakes
- Check Menu for Additional Choices

Room Service

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

$4.00 Delivery Charge.

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

MAGIC

Volunteer Opportunities

WANTED!

Lunch/Dinner Captains

Check-in passengers on bus and at the restaurant.

Contact
Programs & Events Office

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!

Curated Curios

Display your travel memorabilia during the August 31 event!

Contact
Programs & Events Office

Contact Marilyn Martin,
Life Enrichment Director,
(317-524-6517) to help.

What's Happening!

Nancy Devore and Jean Mathias celebrated Grace Fadarishan's birthday in the Hackl Legacy Room.

Bob Riegel, piano, and Norm Turchan, clarinet. They entertained at the Hackl Legacy Dining Room.

At the baseball game: The Parkers and McKennas were joined by Fred Hecker (standing) and Fritz Lalendorf (seated).

Wayne Campbell and Larry Peyton said, "We're winning!"

Dale Witte raised a glass for good luck!

Connie Brown says, "The Indians are #1!

Jim Siler—"What a great sporting event!"

The whole Marquette gang! (Photos courtesy of Bob Crisp).

Community walks! Every Thursday, staff and residents walk together for a healthy break!

Frank Pilcher shares the fun aspects about pickleball to many interested residents.

Your Good Life panelists shared their online literary endeavors.

Fireworks over Marquette!

Starlighters Orchestra and vocalist performed "musical" fireworks.

Explosions of white in the night sky.

Colorful fireworks burst photographed by Bill Bosron.

Standing for the National Anthem.

A wonderful mix of residents, families and staff!

Jeff Maish's photo of a barrage of color!

More Programs!

And away we go to the flower fields!

Acres of sunflowers and other blooms!

The happy group returned with handfuls of bouquets!

McNamara Florist & Manager Chad Leitschuh led the flower arranging class.

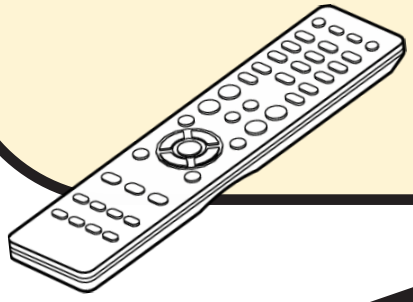
Pat Sperlik, Ruth Hillmer and Midge Decker creating the perfect centerpiece.

Elly McNamara, Diane Black, Shirley Delaney, Barbara Stark & Sue Hale choosing the proper leaves to complement the design..

Channel 91 In-House Lineup
(as of August 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/ Tuesday & Sunday: Dakim Brain Fitness
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, August 3, 10:00 am	Residents' Association Meeting
Friday, August 20 11:00 am, 3:00 pm & 5:40 pm	The Monthly Word