

MARQUETTE **MIRROR**
MARCH 2024

SWING INTO SPRING



**Monthly
Highlights**

Take Classes to Learn
BALLROOM DANCING

ISO Chamber Music
**SCHUBERT CELLO
QUINTET**

A Traditional Irish Concert to
**CELEBRATE
ST. PATRICK'S DAY**

*...and so much more!
All the details inside.*



Spotlight Events



Learn the Beautiful Art of Ballroom Dance

Ballroom Dancing Classes

page 4

Austin Cassel, professional dance instructor, will lead four classes for those interested in a fun physical activity. It's a great way to get in shape, tone your muscles and enjoy the social aspect of having a great time.



Classical Guitarist

Alec Holcomb

page 4

Come hear this rising star present a beautiful solo program.



Chamber Music

Indianapolis Symphony Orchestra

page 4

Musicians from the ISO will be performing the Schubert Cello Quintet.



An Irish Concert

Celebrate St. Patrick's Day

page 4

Jan Aldridge-Clark, harp and Wyatt Watkins, violin will delight us with traditional Irish music played on a harp and a fiddle.



Learn About Circle City's

First Total Eclipse in 819 Years

page 4

Gain an understanding of this rare event with our eclipse program presented by Steve Haines, Chairman of the Indiana Astronomical Society Eclipse Committee.



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Channel Line-up Back Cover

- > Channel 9I in-house lineup and live stream programs

Programs & Events

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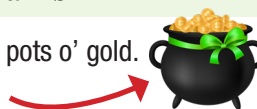
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PUZZLE: Hidden in this issue, we've been told, are 7 lucky pots o' gold.
Can you find them all? (hint: here's one of them!)





Campus Programs

Ballroom Dancing Classes

**Monday, March 4, 11, 18 at 1:30 pm &
Monday, March 25 at 7:00 pm**

Foundation Hall

Learn basic steps for the Waltz, Tango, Viennese Waltz, Foxtrot and Quickstep with dance instructor Austin Cassel. The high energy dances such as the Cha Cha, Samba and Rumba may be added if time permits.

Alec Holcomb, Classical Guitarist

Monday, March 4, 7:00 pm

Foundation Hall

A finalist in major competitions, Alex radiates the confidence of a virtuoso firmly in control of his instrument and the music. He plays a 2013 Gernot Wagner double-top guitar with spruce on the outside and cedar on the inside. The back and sides are African blackwood.

Contemporary Issues – Both Sides Now: A Look at the Other Point of View

Monday, March 11, 7:00 pm

Foundation Hall

Join Barbara Furlow to discuss current and relevant topics or challenges that our society faces in the present time.

**Easter Sunday is
March 31st!**



Flower Class with Dody Harvey

Thursday, March 14, 1:30 pm

Lower Level Craft Room

Limited to 12 people

Learn the skills of designing a small bouquet using fresh flowers taught by Marquette resident Dody Harvey.

St. Patrick's Day Concert

Friday, March 15, 7:00 pm

Foundation Hall

Harpist Jan Aldridge-Clark and violinist Wyatt Watkins conjure up leprechauns and shamrocks for this St. Patrick's Day concert.

ISO Chamber Music

Monday, March 18, 7:00 pm

Foundation Hall

Five musicians from the Indianapolis Symphony Orchestra will perform the Schubert Cello Quintet. Composed in 1828 and completed just two months before the composer's death, Franz Schubert's final chamber work, the String Quintet in C major, is sometimes called the "Cello Quintet" because it is scored for a standard string quartet plus an extra cello instead of the extra viola which is more usual in conventional string quintets.

Eclipse Program

Monday, March 25, 1:30 pm

Foundation Hall

Steve Haines, Chairman of the Indiana Astronomical Society Eclipse Committee, will present a program to help us learn what an eclipse is, the eclipse in history, how to safely view and photograph the eclipse and what to expect the day of the eclipse.



Keystone at the Crossing/ Castleton Runs

Wednesday, March 6
Bus leaves at 10:45 am

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

Wednesday, March 6
Bus leaves at 2:00 pm

Kroger/Target/Kohl's...

Every Wednesday, except March 6
Bus leaves at 9:30 am

Meijer Run

Every Wednesday, except March 6
Bus leaves at 1:30 pm

MEN'S GROUP NOTICE

Join this group for fun outings
in and around Indianapolis.

For details contact:

Gene Parker at 630-330-7407 or
eparkint@sbcglobal.net

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.



SPRING FORWARD

Reminder,
Daylight Savings Begins
**SUNDAY
MARCH 10TH**

Don't forget to move your
clocks forward 1 hour.

It's Just Lunch

Thursday,
March 14
Brockway Pub in
Carmel
Bus leaves at
11:00 am

The Brockway Pub
is an authentic Irish
pub that brings the
culture of Dublin right here to Carmel, Indiana.
The Brockway Pub serves Irish-inspired bar food
and the coldest, freshest brews around.



THE LUME Indianapolis featuring Dali Alive

Wednesday, March 20, IMA at Newfields
Bus leaves at 1:00 pm, 19 tickets @ \$20.00
The exhibition will showcase four large, vibrant
watercolor paintings by Salvador Dali and it will
feature brand-new digital content in all three
digital gallery spaces.

Active Adventure

Friday, March 29
Bus Leaves at 10am
Zionsville Railtrail and
Lunch at The Friendly Tavern



This is a paved trail through the main spine of
Zionsville as a part of a network of interconnected
pathways. It has a nice view of nature throughout
the entire walk. The walk will be a little over 2
miles for those who want to walk the whole way.
Lunch will be at The Friendly Tavern in Zionsville.



Services listed are happening here at Marquette.

Residents' Association Meeting

Tuesday, March 5 at 10:00 am

Foundation Hall

Repeated 3:00 pm and 5:40 pm

Channel 91

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

Campus Conversation

Monday, March 11 at 10:00 am

Foundation Hall

Join our Plant Services and Environmental Services Departments for an informative chat about what's new on campus.

Marquette Foundation News Flash

Tuesdays at 10:00 am (except for March 5)

Channel 91

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

Marquette Cares— A Service Spotlight

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 Ashley Hunt, Home Care Coordinator, (317-524-6534) for more information.

Absentee Ballot Applications

Wednesday, March 20 &

Thursday, March 21

11:00 am—2:00 pm

Fireside Grille Lobby

Volunteers will assist Marquette residents with their absentee applications so you can vote via the Traveling Election Board in April.



NCAA Men's Playoffs 2024 Schedule

- Selection Sunday: Sunday, March 17
- First Four: March 19-20
- First round: March 21-22
- Second round: March 23-24
- Sweet 16: March 28-29
- Elite Eight: March 30-31
- Final Four: Saturday, April 6 at State Farm Stadium in Glendale, Arizona.
- NCAA championship game: Monday, April 8 at State Farm Stadium in Glendale, Arizona.





Anglican

Mass

Sundays

10:30 am, Chapel

Easter Sunday Mass, March 31

11:00 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

NO Mass on Saturday, March 30

Good Friday Service, March 29

4:00 pm, Chapel

Easter Sunday Mass, March 31

10:00 am, Chapel

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

Episcopal

Communion Service

Thursday, March 28

10:00 am

Chapel

Officiated by Staff from
Trinity Episcopal Church

Presbyterian

Next quarterly service will be held on

Friday, March 15

10:00 am

Chapel

Officiated by Staff from
Second Presbyterian Church

Jewish

Shabbat

Friday, March 15

4:00 pm, Foundation Hall A

Led by Cantor Melissa Cohen

Congregation Beth-El Zedeck

Protestant

Church Service

Sundays

1:50 pm, Foundation Hall

Live on Channel 91

Good Friday Service, March 29

2:00 pm, Foundation Hall

Easter Sunday, March 31

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

Lenten Study Series

Based on Lord's Prayer Sermon Series

by Rev. Rob Fuquay

(St. Luke's Methodist Church)

Wednesdays in March

2:00 pm

5th Floor Card Room



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

Ask for Ashley Hunt

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

MARCH ACTIVITIES

NIFS Wellness Retreat Week

**Unplug, Unwind,
Unleash Joy!**



Monday, March 18 – Friday, March 22

Join us for a journey of rejuvenation and self-discovery during our exclusive Wellness Retreat Week at Marquette. This experience promises a blend of mindfulness, meditation, physical exercise, education and more. Come immerse yourself as we guide you through activities and practices aimed to enhancing your mental, physical, and emotional well-being. Embrace this opportunity to unplug, unwind, and unleash joy! Detailed information and sign-ups will be available at the MAC on Friday, March 1.

MINDFULNESS



MEDITATION



BREATHE



BALANCE



STRESS REDUCTION



AWARENESS



BODY



SOUL



New! Aqua Cardio Dance

Tuesdays from 10am-10:45am

Starts on Tuesday, February 27



Music makes the body move! Join us for a fun, moderate to high intensity cardio class (modifications included) in the pool. No dance skills needed – just come prepared to have a good time while exercising!



A Bold Moves Parkinson's Presentation

Thursday, March 28, 2:00 – 3:00pm

Foundation Hall

This event will be open to all Marquette residents and guests. There will be an overview of Parkinson's Disease and how family, friends, and caregivers can support those with this diagnosis. We will also talk about the NIFS Pump It for Parkinson's Event that will take place on April 11; an all day NuStep-athon with a nationwide goal of 10-million steps!



Physical Therapy & Fitness:

The Differences and How They Work Together

It is not unusual for there to be a blurred line between physical therapy and fitness. Both services focus on your physical capabilities, but there is a difference! How do you know who you should work with? To help discern the differences, we have broken it down here.

- Physical Therapists perform an evaluation based on your area of concern and create a plan to treat pain or move better. This can include hands-on treatments, special exercises, and other modalities.
- Fitness professionals assess your overall physical fitness and balance to help you set goals for your personal exercise program. They can create fitness programs that assist with fitness imbalances but do not treat injuries.

How can they work together? Typically, PT is sending you with exercise homework during your treatment so you can keep progressing, but once you have completed your sessions with PT, you can share your PT journey with a fitness professional. They will be able to continue building upon your physical gains based on your needs and interests. If you are not sure who to reach out to regarding your physical health, you can't go wrong by starting with your doctor and asking their opinion!



MAC Manager

HANNAH MORRIS

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MAC Assistant Manager

MICHAEL PASSMORE

317-228-2248

passmoremichael@marquetterc.org



MAC Member of the Month

Dov Feldman

Dov Feldman regularly plays Pickleball and enjoys riding the recumbent bike. He is an active MAC Committee member and engages in MAC programs quite frequently. See his story at the MAC bulletin boards!

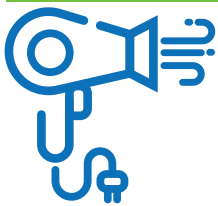
Reminders & Announcements

- > No Aqua Class on Tuesday, March 5. Please attend the Residents' Meeting.
- > Bold Moves Class starts at 11:30am on Tuesday, March 5.
- > Pool closed from 7:00am – 9:45am on Wednesday, March 13.



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 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 new 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



Bingo

Tuesdays, 7:00 pm, FH/A



Book Club

4th Tuesday of every month,
10:00 am, 2 FCR



Euchre

Wednesdays, 7:00 pm, 2FCR



Contract Bridge

Fridays, 1:00 pm—4:00 pm, 2FCR



Knit for Charity

Mondays, 1:30 pm, LLCR



Duplicate Bridge

Tuesdays, 7:00 pm, FH/B



Poker

Wednesdays, 6:45 pm, LLMPR



Coffee Clips & Conversation

Thursdays, 10:30 am, 3FCR

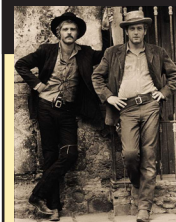


Garden Club

Friday, Mar. 29, 1:00 pm, LLCR

Saturday Night at the Movies

Foundation Hall, 7:00 pm

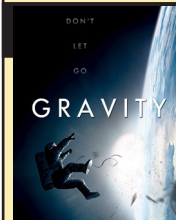


March 2

Butch Cassidy & the Sundance Kid

(1969 – PG)

One of the biggest films of the late sixties and into 1970 and the film that made Robert Redford a superstar. Winner of four Oscars including Best Picture.



March 9

Gravity

(2013 – PG-13)

George Clooney and Sandra Bullock star in this award-winning sci-fi thriller. Seasoned astronaut Matt Kowalsky (Clooney) is on his final mission in space, while medical engineer Dr. Ryan Stone (Bullock) is making her first outing on the NASA Space Shuttle Explorer. While they are engaged in extra-vehicular activity, debris collides into the shuttle, damaging it irreparably.



March 16

Brooklyn

(2015 – PG-13)

As she settles into her new life, Eilis finds love with an Italian-American man, but is faced with a difficult decision when tragedy strikes back home.

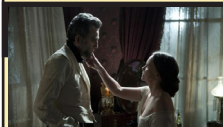


March 23

The Barefoot Contessa

(1954 – Not Rated)

A washed-up film director gets a second chance at stardom when he discovers a stunning peasant girl dancing in a nightclub in Madrid, Spain. Ava Gardner gives probably her greatest performance along with Humphrey Bogart and Edmond O'Brien who won an Oscar for his role.



March 30

Lincoln

(2012 – PG-13)

Steven Spielberg directs two-time Academy Award winner Daniel Day-Lewis in Lincoln, a revealing drama that focuses on the 16th President's tumultuous final months in office.



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, March 6

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

Reservations required

BIRTHDAY LUNCHEON

Wednesday, March 13 - Noon

Reservations Required

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

THEMED DINNER

Wednesday, March 20

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

Reservations required

EASTER SUNDAY DINNER

Sunday, March 31

12:00 am - 2:00 pm

Seatings every 1/2 hour

Reservations required

TGIF

Friday, March 8

Foundation Hall

4:30 pm—6:00 pm

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

5:00 pm—7:00 pm

Hackl Legacy Dining Room Closed

Fireside Grille closes at 2:00 pm

SUNDAY BRUNCH

Sundays

10:30 am—1:30 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

St. Patrick's Day Concert Program Assistants

Volunteers needed to hand out
music programs and Irish Treats!

*Friday, March 15, 7:00 pm
Foundation Hall*

*Contact Marilyn Martin
317-524-6517*

Movie Captains Needed

Welcome residents, turn down the lights
and show the Saturday night movie
(once a month opportunity).

*Contact Programs & Event Staff
317-524-6517*

Excursion Captains Wanted

Occasional help needed

*Contact Programs & Event Staff
317-524-6517*

Corner Shoppe Associates

2-hour shifts available; Monday—Friday

*Contact Dee Bledsoe
317-524-6535*

Marquette Scribes Offers Service

If you would like to send a Thank you note,
Birthday (or other) card, or Pearl Card, but find it
too 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 and envelope.

*Please contact Tom Otey
317-385-1600*

*Contact Programs &
Events Staff
(317-524-6517)
for additional ideas.*



Photos







Channel 91 In-House Lineup



Channel 91 Daily



8:00 am	Guided Morning Meditation
9:00 am	High Intensity Exercise Class
10:00 am	Administration Information
11:00 am	Administration Information
12:00 pm	Programming Slides
1:00 pm	Moderate Intensity Exercise
2:00 pm	Programming Slides
3:00 pm	Administration Information
4:00 pm	Programming Slides
5:00 pm	Administration Information
6:00 pm	Programming Slides
7:00 pm	Programming Slides
8:00 pm	Nightcap—Evening Meditation

Channel 91 Live Stream Programs

Protestant Prelude Music and Service

Sundays, 1:50 pm

Marquette Foundation News Flash

Tuesdays, 10:00 am

Residents' Association Meeting

Tuesday, March 5, 10:00 am

PUZZLE CLUE:

Pots o' gold can be hard to find.
Start on page 3, if you don't mind.

Spring to find the one on the front cover.
Hunt pages 2, 5, 11 and 16 for all the others!

Hint: there are 2 on page 11.