

MARQUETTE
JULY 2024

MIRROR

THE CULTURAL OLYMPIAD



Monthly Highlights

As France prepares to offer its global guests attending the 2024 Summer Olympics a diverse experience of athletic feats and cultural excellence, so too are we striving to bring you the unexpected ...and so much more!

All the details inside.



Spotlight Events



July 4th Tradition

Fireworks Over Marquette

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A Marquette Community Celebration!



A Night of Music

Welcome Jazz Elements

page 4

Great music for all to enjoy!



Mimes the Word

A Workshop Experience

page 4

Experience this non-verbal art form.



The Indianapolis Indians

Enjoy an Indians Game

page 5

Let's root for the home team!

Important July Dates

**WIMBLEDON
BEGINS**

Wednesday
July 3rd

**INDEPENDENCE
DAY**

Thursday
July 4th

**MLB
ALL-STAR GAME**

Tuesday
July 16th

**FULL
MOON**

Sunday
July 21st

SUMMER OLYMPICS OPENING CEREMONY

Friday July 26th





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- > Aged Terra Cotta Pots Craft
- > Jazz Elements Concert
- > Cooking Demonstration with Chef Hugo
- > Engineering Safety in the Olympics Video Series
- > Mimes the Word Workshop

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- > Runs to Kroger/Target/Mall/Walmart/Dollar Tree/5 Below/Trader Joe's/Kohl's/Meijer
- > Indianapolis Indians Game
- > St. Joan of Arc Church Tour & Lunch
- > Sunday Church Runs
- > 10th National Eucharistic Congress
- > Active Adventure
- > Global Village Museum & Lunch

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- > Episcopal Communion Service
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- > Protestant Church Service

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- > Fun for everyone!

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- > Check out the schedules and specials for the Fireside Grille, Hackl Legacy Dining Room and Township Tavern
- > Special Events: Lobster Night, Birthday Luncheon, TGIF, Monthly Buffet Dinner

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- > Discover ways to help your Marquette neighbors and friends

Photo Gallery 14-15

- > Fun snapshots of you and your Marquette neighbors and friends.

Channel 91 Back Cover

- > In-house television line-up and live stream programs.

Programs & Events

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Life Enrichment Director

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Campus Programs

Fireworks Over Marquette

Wednesday, July 3, 8:00 pm

Event Lawn

Enjoy fireworks, musical entertainment and refreshments at this Marquette Tradition for the whole campus. Family and staff are all invited to join us for a patriotic celebration

Contemporary Issues

Monday, July 8, 7:00 pm

Foundation Hall

Join Barbara Furlow to discuss this month's topic *Mini U Comes to Marquette*.

French Cultural Presentation with Gary Spurgin

Wednesday July 10, 7:00 pm

Foundation Hall

Cathedral High School French Instructor Gary Spurgin is just back from France and ready to share his experiences with you!

Aged Terra Cotta Pots Craft

Tuesday, July 16, 2:00 pm

Lower Level Craft Room

Give regular pots different treatments to make them look aged and much more romantic. Registration required. Limit of 10 residents.

Jazz Elements Concert

Wednesday, July 24, 7:00 pm

Foundation Hall

Jazz Elements is an ensemble that specializes in jazz standards and songs from The Great American Songbook. The sound is derived from the greats of the 40's and 50's. They love this music and strive to keep it alive in their performances.

Cooking Demonstration with Pastry Chef Hugo

Thursday, July 25, 2:00

Health Care Center Dining Room

Watch as Marquette Pastry Chef Hugo demonstrates how to make a beautiful Charlotte Cake with fresh berries. It's a perfect summer dessert. Registration required. Limit of 20 residents.

Engineering Safety in the Olympic Sports Video Series

Monday, July 29, 1:30 pm

Lower Level Multipurpose Room

Science of the Summer Olympics: Engineering in Sports, a video produced by the national Science Foundation, explores the science, engineering and technology that helped athletes maximize their performance at the 2012 London Games.

Mimes the Word

Tuesday, July 30, 1:30 pm

Foundation Hall

With Arts for Learning teaching artist Beverly Roche, experience the non-verbal language of mime at this workshop. Then try your "hands" at some the techniques she will demonstrate. Registration required.





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.

Keystone at the Crossing/ Castleton Runs

Wednesday, July 3 | Bus leaves at 10:45 am

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

Wednesday, July 3 | Bus leaves at 2:00 pm

Kroger/Target/Kohl's...

Every Wednesday, except July 3
Bus leaves at 9:30 am

Meijer Run

Every Wednesday, except July 3
Bus leaves at 1:30 pm



Indianapolis Indians Baseball Game

Thursday, July 11
Bus leaves 6:00 pm

Root, Root, Root for the home team as they take on the Columbus Clippers. Any night in the Stadium is a great night. 20 tickets available at \$15 per ticket.

Excursions



Tour of Saint Joan of Arc Church with Lunch at Gallery Pastry Shop

Friday, July 12

Bus leaves 11:00 am \$\$

Enjoy lunch at a funky French bistro with delicious foods and wonderful pastries. Then head over to Saint Joan of Arc Parish for a tour. Founded in 1921, it is named for the 15th century heroine of the 100-year war who was canonized a Saint in 1920. Hear about its interior and expansions.

10th National Eucharistic Congress at the Indianapolis Convention Center

Thursday, July 18

Bus leaves 9:00 am

Marquette will be providing transportation to the conference for those who have registered and are interested in attending.

Active Adventure

Thursday, July 25

Bus leaves 10:00 am \$\$

Virginia B. Fairbanks Art & Nature Park, Café Patachou

This is a public interactive art park located on the Newfields campus in Indianapolis with an excellent plethora of sightseeing art pieces. We will be walking through the park for a total of two miles. Lunch will be at Café Patachou.



Global Village Cultural Museum with Lunch

Friday, July 26

Bus leaves 11:30 am \$\$

We will first stop for lunch at Yummy Bowl followed by a guided tour of the International Market Place exhibitions that highlight our differences, our similarities and our histories.





**Services listed are happening
here at Marquette.**

**Residents' Association
Meeting**

Tuesday, July 2, 10:00 am

Foundation Hall

Repeated 3:00 pm and 5:40 pm

Channel 91

This is your meeting! You may also tune into Channel 91 to hear reports from your fellow residents and the Executive Director.

Loss & Grief Support Group

Thursday, July 11, 1:00 pm

(Group will not meet Thursday, July 4)

Chapel

You are invited to join this weekly support group and together find a safe, friendly space to express your feelings of loss and grief. Led by geriatric Social Worker, Jennifer Berday.

**Marquette Foundation
News Flash**

Tuesdays, 10:00 am (except for July 2)

Channel 91

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

Town Hall Meeting

Thursday, July 18, 1:00 pm

Foundation Hall

All residents are invited to hear reports from Marquette Directors and the Executive Director.

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.



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.

Episcopal

Communion Service

Thursday, July 25

10:00 am

Chapel

Officiated by Staff from
Trinity Episcopal Church.

Bible Study

Tuesdays

2:00 pm

2nd Floor Card Room

Study and discuss the **Book of Genesis**.
Contact Jeff Fields (574-202-8330)
for more information.

Jewish

Shabbat

Friday, July 19

4:00 pm

Foundation Hall

Led by Rabbi Brett Krichiver
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.

Join the members of the Protestant
Chapel at Marquette for an Ice Cream
Social Sunday, July 21, 3:00 pm at
Fireside Grill Patio.
Everyone welcome.

Presbyterian

Next quarterly service will be held on

Friday, September 20

10:00 am

Chapel

Officiated by Staff from
Second Presbyterian Church.



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

JULY ACTIVITIES



Movement for Better Health

SENIOR FITNESS EVALUATION & JUMPSTART PROGRAM

A Senior Fitness Evaluation is a complementary 30-minute appointment for MAC Members that evaluates a person's muscular strength and endurance, aerobic endurance, flexibility, and balance. MAC staff recommends an annual SFE to use measurable data to tailor an exercise program to each individual's goals and abilities. Our Jumpstart Program is an extension of the Senior Fitness Evaluation in which new members and inactive users are given an 8-week fitness plan with a before and after SFE appointment to gain insight into improvement areas. If you are interested, please see MAC staff to get scheduled!





BOCCE BALL

Thursday Evening Recreation - Terrace Lawn

Gather your friends and meet at Terrace lawn every Thursday this summer for bocce ball! This will NOT be a staff-led event. It is up to you what time you would like to gather. Please sign the interest form at the MAC desk. All are welcome to play!



MAC Manager

HANNAH MORRIS

317-228-2249

morrishannah@marquetterc.org

MAC Assistant Manager

MICHAEL PASSMORE

317-228-2248

passmoremichael@marquetterc.org

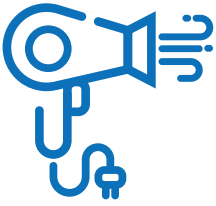
Reminders & Announcements

- > Corn Toss will end at 5:30pm on Tuesdays for the next month or so to accommodate the Bingo players.
- > No Aqua Class on Tuesday, July 2. Please attend Resident Association Meeting.
- > Bold Moves Class at 11:30am on Tuesday, July 2.
- > No staff or classes on Thursday, July 4.
- > Pool Closed for cleaning from 7-10am on Wednesday, July 10.
- > No Pickleball on Saturday, July 20. The make up date is Friday, July 19 from 9am-1pm.
- > No Favor the Flavor this month.



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



Knit for Charity

Mondays, 1:30 pm, LLCR



Bingo

Tuesdays, 7:00 pm, AS



Duplicate Bridge

Tuesdays, 7:00 pm, FH/B



Book Club

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



Poker

Wednesdays, 6:45 pm, 4FCR



Euchre

Wednesdays, 7:00 pm, 2FCR



Coffee Clips & Conversation

Thursdays, 10:30 am, 3FCR



Contract Bridge

Fridays, 1:00 pm—4:00 pm, 2FCR



Garden Club

Friday, July 26, 2:30 pm, LLCR

Saturday Night at the Movies



LLMPR, 7:00 pm

July 6

Chariots of Fire

(1982 - PG)



Two British track athletes, one a determined Jew and the other a devout

Christian, are driven to win in the 1924 Olympics as they wrestle with issues of pride and conscience.

July 13

Boys in the Boat

(2023 - PG-13)



A 1930s-set story centered on the University of

Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.

July 20

The Simone Biles Story: Courage to Soar

(2018 - PG)



The America gymnast **Simone Biles'** road to success including all the trials and tribulations that she faced.

July 27

RACE

Race

(2016 - PG-13)



Young Jesse Owens (Stephan James) becomes a track and field sensation while attending the Ohio State University in the early 1930s with guidance from his coach.



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, July 3

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

Reservations required

BIRTHDAY LUNCHEON

Wednesday, July 10 - Noon

Reservations Required

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

TGIF

Friday, July 12

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, July 3

4:30 pm—6:30 pm

Hackl Legacy Dining Room Closed

Fireside Grille closes at 2:00 pm

>> COOKOUT <<

Fireside Grille Patio

Join us on Thursday, July 4

11:30 am—2:00 pm

Rain location will be Foundation Hall

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

Literary Quarterly Submissions

Calling all writers!
Poetry, essays, short stories wanted.

Contact Tracy Lyngholm
317-524-6517

Concert Assistants

Volunteers needed to
hand out music programs
July 23 at 6:30 pm

Contact Programs &
Events Staff
(317-524-6517 or 317-524-6535)

Marquette Scribes Service

Happy Birthday Grandson! Get well soon, Sister.

Thank you for the gift

(Employee name) did a great job helping me.

You don't have to forego sending notes or cards or filling out a Pearl Card if you find it 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, envelope and stamp.

Please contact Tom Otey
317-385-1600

Corner Shoppe Associates

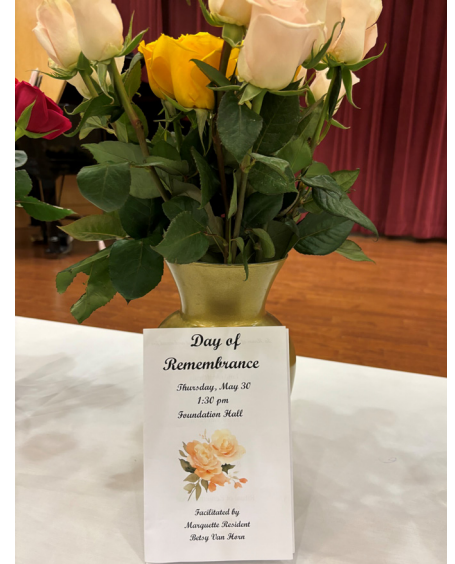
2-hour shifts available; Monday—Friday

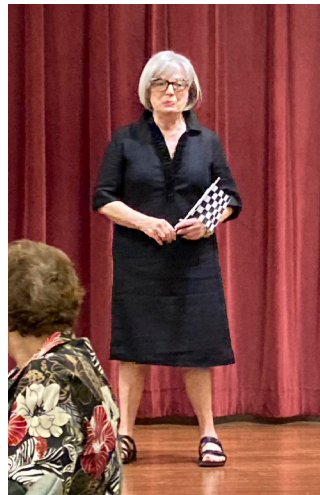
Contact Dee Bledsoe
317-524-6535

Contact Tracy Lyngholm,
Life Enrichment Director
(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, July 2, 10:00 am