

MARQUETTE

FEBRUARY 2025

# MIRROR

HOME IS WHERE THE HEART IS







# Spotlight Events



## *Donuts for Veterans* A Time for Veterans

page 4

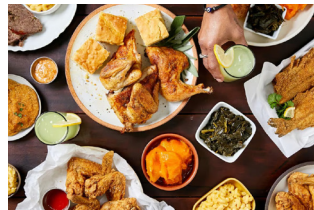
Share a donut and reminisce.



## *Valentine's Crooner* Chad Brown at TGIF

page 4

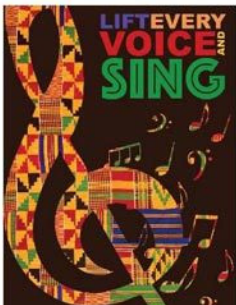
Hear the sweet tunes at a sweet TGIF!



## *Dinner Out* The Kountry Kitchen

page 5

Enjoy a delicious soul food menu.



## *An Inspirational Concert* Lift Every Voice at the Palladium

page 5

Sounds of unity.

## SPECIAL ANNOUNCEMENT

Our calendar is fueled by the interests of our residents; help us ignite 2025! Are you willing to share what you are passionate about and enjoy doing with the Marquette community? With support from the Programs and Events Department we can help **you develop your ideas** and support your enthusiasm as you bring new programs to the Marquette community.

Have fun starting a photography club, put on a dramatic arts workshop, or host a monthly game night. You are only limited by the things you love to do.



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- > Speed Friendshipping
- > Guchee Gullah Program
- > Piano with Sharon Watson
- > Songs with Chad Brown at TGIF
- > Donuts for Veterans
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## **Photo Gallery..... 14-16**

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

## **Programs & Events**

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*Life Enrichment Director*

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*Programs & Events  
Coordinator*

317-524-6535

[bledsoedee@marquetterc.org](mailto:bledsoedee@marquetterc.org)



## Campus Programs

### Quilters Club

*Tuesdays at 2:00 pm*

*Lower Level Craft Room*

A new group for those who enjoy quilting. Stop by and check it out. No supplies needed at this first meeting.

### Artist Reception

*Monday, February 3, 1:30 pm*

*Art Gallery Wall*

Join us to celebrate the works of Marquette Artist Jim Weaver.

### Programs & Events Feedback

*Tuesday, February 4, 1:30 pm*

*Foundation Hall A*

Help us grow the programs and events that are offered to Marquette residents. Give us your ideas and suggestions. Also hear about our process for developing the monthly calendar.

### Dip Chocolate Treats

*Wednesday, February 5, 1:30 pm*

*Lower Level Craft Room*

Have fun with melted chocolate and lots of treats. Registration required. Limit 15 people

### Floral Arranging

*Friday, February 7 at 1:30 pm*

*Lower Level Craft Room*

Roses are red, Violets are blue, we will arrange some flowers with you. It's almost Valentine's Day so treat yourself to a sweet little arrangement that you create. Registration required. Limit 10 people.

### Super Bowl Sunday Watch Party

*Sunday, February 9, 6:00 pm*

*Foundation Hall*

Get together and cheer for your favorite team on the largest screen in town! Registration required for planning purposes.

### Bark-quette Dog Owners Group

*Monday, February 10, 2:30 pm*

*Township Tavern*

A call out meeting for all dog owners -- no pooches at this first get together. Let's talk about planning some activities with our four-legged friends.

### Speed Friendshipping

*Tuesday, February 11, 2:00 pm*

*Foundation Hall*

Enjoy meeting Marquette friends you may not know yet at this fun social. Please register for planning purposes. Everyone welcome.

### Guchee Gullah with Queen Delphine

*Wednesday, February 12, 6:30 pm*  
*Foundation Hall*

Local Indy vocalist, Queen Delphine dresses in historic clothing to bring you the culture of people who settled in North Carolina.

### Valentine's Day

*Friday, February 14*

*11:30 am – 1:00 pm* Enjoy piano music at lunch with Sharon Watson at the Fireside Grille.

*4:30 pm – 5:30 pm* Chad Brown will sing at TGIF

### Donuts For Veterans

*Monday, February 18, 9:30 am*

*Fireside Grille*

A new group led way for Marquette Veterans to share comradery, reminisce and enjoy donuts with each other. This group will meet the third Monday of each month.

### President Jeopardy & US Trivia

*Monday, February 17, 1:30 pm*

*Foundation Hall*

Dust off the history books and test your skills on President's Day.

### I am Nobody's Slave

*Tuesday, February 18, 2:00 pm*

*Foundation Hall*

Watch a virtual program presented by the Indianapolis Public Library. A conversation with author Lee Hawkins as he talks about the examination of his family's legacy of post-enslavement trauma and resilience in his riveting memoir, "I am Nobody's Slave".

### Karaoke

*Wednesday, February 19, 6:30 pm*

*Foundation Hall*

Let your inner Diana Ross or Frankie Valli shine through. Registration required for planning purposes.

### Science of Happiness

*Monday, February 24, 2:00 pm*

*Foundation Hall*

The Science of Happiness, a unique opportunity to explore what truly contributes to well-being with Butler Professor Dr. Brandie Oliver.



## 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.*

*\$ symbol means money is  
required on this outing.*

### Chinese New Year at the Palladium Carmel

*Sunday, February 2  
Bus leaves  
at 2:30 pm*

The year of the Snake will start with a night full of exciting traditional dances and songs showcasing the beauty of Asian heritage. Registration required. 14 tickets available at no charge.



*Let's go shopping!*

### Keystone at the Crossing/Castleton Runs

*Wednesday, February 5  
Bus leaves at 10:45 am*

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

*Wednesday, February 5  
Bus leaves at 2:00 pm*

### Kroger/Target/Kohl's...

*Every Wednesday, except February 5  
Bus leaves at 9:30 am*

### Meijer Run

*Every Wednesday, except February 5  
Bus leaves at 1:30 pm*

### Lunch at His Place Eatery

*Thursday, February 6*

*Bus leaves 11:00 am \$*

During Black History Month come out to lunch at one of Indiana's finest soul food establishments. Owners Chef James Jones and wife Shawn bring their passion for flavor and hospitality to each meal. Enjoy a delicious lunch of BBQ, fried chicken, pot pie, collard greens, or maybe smoked meatloaf and save room for peach cobbler. Registration required.

### Dinner at Kountry Kitchen

*Thursday, February 13*

*Bus leaves 4:30 pm \$*

Issac and Cynthia Wilson serve beloved recipes passed down to them. A well-known and loved spot with wonderful soul food and an at-home atmosphere that will welcome you. Registration required.

### Lift Every Voice at the Palladium

*Sunday, February 16*

*Bus leaves 3:00 pm*

In celebration of Black History Month, join us for a special concert honoring the contributions of Black composers and musicians. This concert will strive to spread a message of unity and inspiration. Registration required. 20 tickets available at no charge.

### Active Adventure

*Friday, February 28th*

*Bus leaves at 10am*

*Broad Ripple Family Center \$*

The Active Adventure for February will be at the Broad Ripple Family Center. This is an indoor track located right inside the facility. Lunch will be at Yolk - IronWorks.







## Services listed are happening here at Marquette.

### **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.

### **Residents' Association Meeting**

*Tuesday, February 4, 10:00 am  
Foundation Hall*

This is your meeting!

### **Town Hall Meeting**

*Thursday, February 20, 1:00 pm  
Foundation Hall*

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

## *Hearts Were Made to Give Away*



*Hearts were made to give away  
On Valentine's good day;  
Wrap them up in dainty white,  
Send them off the thirteenth night.  
Any kind of heart that's handy—  
Hearts of lace, and hearts of candy,  
Hearts all trimmed with ribbons fine  
Send for good St. Valentine.  
Hearts were made to give away  
On Valentine's dear day.*

By Annette Wynne



## 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

*Thursday, February 27*

*10:00 am*

*Chapel*

Officiated by Staff from  
Trinity Episcopal Church.

## Presbyterian

*Next quarterly service will be held on*

*Friday, March 21*

*10:00 am*

*Chapel*

Officiated by Staff from  
Second Presbyterian Church.

## Jewish

SHABBAT

*Friday, February 21*

*4:00 pm*

*Foundation Hall*

## Protestant

CHURCH SERVICE

*Sundays*

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

## St. Luke's United Methodist Church Service Transportation

*Sundays*

*Bus leaves at 9:00 am*

*Sign-up Required*



## **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**

## **FEBRUARY ACTIVITIES**



### **Understanding Blood Pressure and Cholesterol**

Allocating attention towards the relationship between blood pressure, cholesterol and overall heart health may be beneficial for individuals of all ages.

- **BLOOD PRESSURE** – Blood pressure consists of systolic and diastolic numbers displayed when an individual has their blood pressure checked by their primary physician. The systolic number often gets more attention to more as it can indicate a greater risk for cardiovascular disease, so individuals should strive to have the “optimal” being 120 (or a range given by your physician).
- **CHOLESTEROL** – Cholesterol has two main components named HDL and LDL. HDL is “good” cholesterol which helps the body remove excess cholesterol from the human body. LDL is “bad” cholesterol and is highly focused on due to the abundance we see in the standard diet. LDLs may lead to the accumulation of cholesterol throughout the human body which forces the body to exert more effort when engaging in activities we love.
- **HEART HEALTH** – Keeping heart health in mind when planning exercise routines, diets, and overall lifestyles may allow individuals to reap benefits throughout their lifespan and keep blood pressure and cholesterol in check.

Improving our overall health may allow us to continue to spread the LOVE that we all need from each other.





## FAVOR THE FLAVOR

Thursday, February 13

12:30-1:30pm

Fireside Grille Lobby

Each month, MAC staff and Chef Brian Klett collaborate to bring residents the opportunity to taste a variety of food while learning about the health and nutritional benefits.



## GROUP FITNESS UPDATES

### BALANCE CORE LEVEL 2



- Wednesdays from 10:15-10:45am
- This is an intermediate balance class and only recommended for members without assistive devices who can stand for at least 30 minutes at a time.

### BALANCE

- Wednesdays at 11am followed by Core at 11:35am have been added back to the schedule.



### MAC Manager

HANNAH MORRIS

317-228-2249

[morrishannah@marquetterc.org](mailto:morrishannah@marquetterc.org)

### MAC Assistant Manager

MICHAEL PASSMORE

317-228-2248

[passmoremichael@marquetterc.org](mailto:passmoremichael@marquetterc.org)



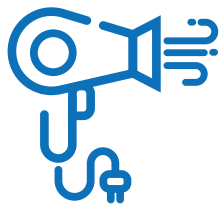
### Reminders & Announcements

- > No Aqua Class on Tuesday, February 4 due to the Resident's Association Meeting.
- > Pool Closed for monthly cleaning on Wednesday, February 12 from 7-10am.
- > No Bold Moves Class on Thursday, February 20 due to the Town Hall Meeting.



## 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 making 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:**

Jennifer Duke  
Wednesdays and Fridays 9am – 5pm  
Shannon Spence  
Mondays 9:00 am – 5:00 pm &  
Thursdays 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 (317-524-6538) for authorization, key and training session.



### Tech Center



**HOURS:** 24 hours a day

Four 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, FH/A*



## Duplicate Bridge

*Tuesdays, 7:00  
pm, FH/B*

## Book Club

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



## Euchre

*Wednesdays, 7:00 pm, 2FCR*



## Contract Bridge

*Fridays, 1:00 pm—4:00 pm,  
2FCR*

## Marquette Choir Rehearsal

*Thursdays,  
3:00 pm  
LP*



## Rather Be Reading

*Second Tuesday  
1:30 pm  
Tavern*



## Coffee Clips & Conversation

*Thursdays, 10:30 am, 3FCR*



## Garden Club

*Friday, Feb. 28,  
10:00 am, LLCR*

# Saturday Night at the Movies



*Foundation Hall, 7:00 pm*

**February 1**

## Loving

(2016)



The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision.

**February 8**

## To Sir with Love

(1967)



Idealistic engineer-trainee and his experiences in teaching a group of rambunctious white high school students from the slums of London's East End.

**February 15**

## Origin

(2023)



The unspoken system that has shaped America and chronicles how lives today are defined by a hierarchy of human divisions.

**February 22**

## The Color Purple

(Musical Version, 2023)



Torn apart from her sister and her children, Celie faces many hardships in life, including an abusive husband. With support from a sultry singer named Shug Avery, as well as her stepdaughter, Celie ultimately finds strength in the unbreakable bonds of a new kind of sisterhood.





## HACKL LEGACY DINING ROOM

### - OPEN -

WEDNESDAY | THURSDAY | FRIDAY | SATURDAY  
*with seatings each 1/2 hour*  
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)*

## LOBSTER NIGHT

*Wednesday, February 5*

5:00 pm | 5:30 pm | 6:00 pm | 6:30 pm | 7:00 pm  
*Reservations required*

## BIRTHDAY LUNCHEON

*Wednesday, February 12 - Noon*  
*Reservations Required*

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

## VALENTINE'S DINNER

*Friday, February 14*  
*5:00 pm - 7:00 pm*

*Reservations Required. Guests Welcome.*

## TGIF

**Swoon to the Valentine's Songs  
of Crooner Chad Brown**  
**FOUNDATION HALL**

*Friday, February 14*  
*4:30 pm-6:00 pm*

- > Wine, beer, cocktails
- > Hot & cold hors d'oeuvres
- > Buffet style
- > Please, no guests

## FIRESIDE GRILLE

### - BREAKFAST -

MONDAY-SATURDAY  
7:30 am-10:00 am

### - LUNCH & DINNER -

MONDAY-SATURDAY  
11:30 am-6:30 pm

## MONTHLY BUFFET DINNER

**FIRESIDE GRILLE LOBBY**  
*Wednesday, February 26*

4:30 pm-6:30 pm

Hackl Legacy Dining Room Closed  
Fireside Grille closes at 2:00 pm

## SUNDAY BRUNCH

*Sundays | 10:30 am-1:30 pm*  
*Open for dinner until 6:30 pm*

## TOWNSHIP TAVERN

### - OPEN -

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. Please no political or religious submissions. Next due date is Friday, March 14th.

Contact Tracy Lyngholm  
317-524-6517

### 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

*We are looking for Residents who are interested in working 2-hour shifts in the Corner Shoppe. Please stop by the Programs & Events office if you have a great smile and sparkling personality!*

Contact Dee Bledsoe  
317-524-6535

Contact Tracy Lyngholm,  
Life Enrichment Director  
(317-524-6517) for additional ideas.

## Important February Dates

GROUNDHOG  
DAY  
Sunday  
February 2nd

SUPER BOWL  
SUNDAY  
Sunday  
February 9th

VALENTINE'S  
DAY  
Friday  
February 14th

PRESIDENT'S  
DAY  
Monday  
February 17th

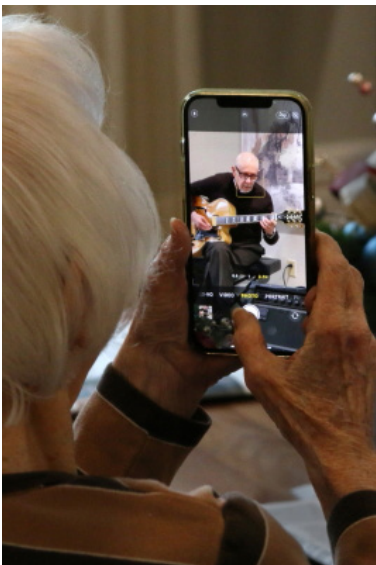
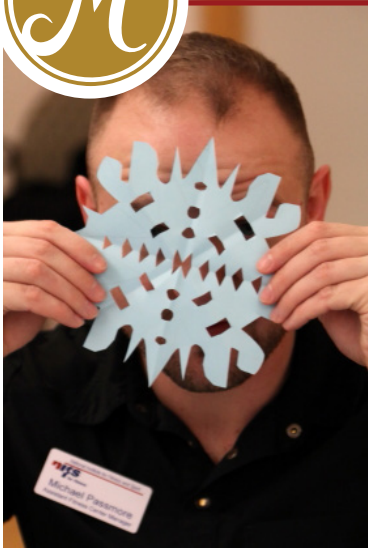
BATTLE OF THE  
ALAMO BEGAN  
Sunday  
February 23rd

NATIONAL  
CHILI DAY  
Thursday  
February 27th





## Photos











## Photos

