

*Something
to*

LOVE





SPOTLIGHT EVENTS



The Newlywed Game He Said, She Said

page 4

Be prepared to be entertained



Cookie Decorating A Yummy Activity

page 4

Take home your creation



Music on the Silver Screen A Night out at Hendricks Live!

page 5

The songs of popular films brought to life



Marquette utilizes a comprehensive, **holistic wellness model** grounded in eight interconnected dimensions to enrich residents' lives: **Emotional, Physical, Social Intellectual, Spiritual, Vocational, Environmental and Health Care.**

These dimensions inherently overlap, offering multiple avenues for engagement. For example, an event attended for social connection might simultaneously provide a profound emotional or spiritual experience for another resident.

We leverage these eight categories to meticulously design and deliver a well-rounded, interesting and purposeful calendar of events tailored to meet the diverse needs and interests of our community.

SOCIAL WELLNESS

Social wellness requires one to not only reach out to others but also accept similar efforts returned by their peers. To maintain your Social Wellness try inviting someone to dinner or strike up a conversation with someone new. Share a passion you have at the Things We Love Showcase or actively participate by asking others about their interests and hobbies.

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Programs & Events

Tracy Lyngholm
Editor/

Life Enrichment Director

317-524-6517

lyngholmtracy@marquetterc.org

Dee Bledsoe

*Programs & Events
Coordinator*

317-524-6535

bledsoedee@marquetterc.org



CAMPUS PROGRAMS

We Love Bingo

Monday, February 2, 1:30 pm
Foundation Hall

Join friends for classic Bingo, plus a few fun twists to keep things interesting! With refreshments, prizes and plenty of laughs, this is sure to be a memorable afternoon. Everyone welcome. Registration required for planning purposes.

Touch of Grass in Concert

Wednesday, February 4, 7:00 pm
Foundation Hall

The Touch of Grass has been around for 25 plus years and plays songs that are recognizable to all audiences, a nostalgic blend of country, light rock, vintage oldies...a mixture of all brands of music with an emphasis on a country sound.

Cookie Decorating Workshop

Thursday, February 5, 1:30 pm
Lower-Level Craft Room

Celebrate the season of love with a sweet and creative afternoon! You'll love decorating festive cookies using colorful icing, sprinkles and plenty of imagination. Registration required. 15 spots available.

The Things We Love Showcase

Thursday, February 12, 12:30 -2:00 pm
Foundation Hall

Residents wishing to participate will be given table space to display collections, hobbies, or treasured keepsakes. Residents wishing to attend will be given a chance to socialize with neighbors at this fun event. Registration required for those wishing to display. Everyone welcome.

Social Justice and Black Storytelling

Monday, February 16, 1:30 pm
Foundation Hall

Meet Dr. Tony Dickerson, an Indiana-based quilter and educator. She will discuss quilting and African American storytelling. She will

highlight the role of quilts in expressing identity, struggles and social justice within the community.

The Newlywed Game

Thursday, February 19, 2:00 pm
Foundation Hall

It's our version of the classic television game show. Get ready to laugh and reminisce as we learn something new about these Marquette Sweethearts.

Eric Zhong on the Handpan

Tuesday, February 24, 12:00 pm
Fireside Grille Lobby

A handpan is a melodic percussion instrument shaped like a UFO or convex shell, played with the hands to create ethereal, bell-like tones. Eric was here in November as part of a poetry program but he is back to play this unique instrument for us.

Floral Arrangements with George Thomas Florist

Wednesday, February 25 1:30 pm
Lower-Level Craft Room

Whether you're a seasoned flower lover or trying your hands at arranging for the first time, our friends at George Thomas Florists are here to help guide participants to create stunning arrangements. Registration required. 15 spots available.

Expressive Collage Workshop with Indy Art Center

Thursday, February 26 1:30 pm
Lower-Level Craft Room

Experiment with abstract and expressive collage on a 3D object. Participants will be given the opportunity to use collage techniques to personalize a reclaimed cigar box, gift box, or create a composition on paper. All materials will be provided, but participants are welcome to bring personal ephemera—magazine clippings, correspondence, photos, maps, or other meaningful items—to incorporate into their artwork. All skill levels are welcome! Registration required. 15 spots available.

IMPORTANT!

Please register monthly beginning on the 26th 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.

SHOPPING TRIPS

KEYSTONE AT THE CROSSING/CASTLETON

Wed., Feb. 4 Bus leaves at 10:45 am

WALMART/DOLLAR TREE/FIVE BELOW/ TRADER JOE'S

Wed., Feb. 4 Bus leaves at 2:00 pm

KROGER/TARGET/KOHL'S...

Every Wed., except Wednesday, Feb. 4
Bus leaves at 9:30 am

MEIJER RUN

Every Wed., except Wednesday, Feb. 4
Bus leaves at 1:30 pm

Ladies in Red Lunch at Newfields

Friday, February 6 Bus leaves 11:00 am

Join us for a stylish and fun afternoon as we wear red and enjoy a visit to Newfields Art Museum. Ladies can enjoy lunch at the Newfields Café, browse the Museum & Garden Shop and of course stroll the Newfields beautiful art galleries. It is another thing to love in February. Residents may pay upon arrival.

Black Violin at Butler

Wednesday, Feb. 11 Bus leaves 7:00 pm \$

Step into Black Violin's Full Circle Tour, where GRAMMY-nominated duo Wil Baptiste and Kev Marcus redefine the possibilities of music by merging classical depth with contemporary pulse. Black Violin transcends the stage and inspires everyone to dream boldly. Join them for an unforgettable night that celebrates growth, music, and the beauty of coming full circle. Residents will be charged \$60 to their account. 13 tickets available.

Music of the Silver Screen at Hendricks Live

Friday, Feb. 13 Bus leaves 6:30 pm \$

You'll hear some of John Williams' most famous hits from movies like Star Wars and Raiders of the Lost Ark. We'll play a celebrated arrangement of Morricone Gabriel's Oboe from The Mission. You'll also discover how many fabulous classical pieces you've learned through movies, like the iconic opening of Also sprach Zarathustra by Strauss from 2001: A Space Odyssey. You'll be humming along with all these silver screen musical wonders! Residents will be charged \$20 to their account. 14 spots available.

EXCURSIONS



Masquerade Ball at the Palladium

Sunday, Feb. 15 Bus leaves 3:00 pm \$

Embrace the rhythm at the Indiana Wind Symphony's concert Mardi Gras Masquerade Ball. This event pays tribute to the Mardi Gras celebration in the U.S. and parallels the Carnival festivities in South America. This concert will also feature guest soloist Doreen Ketchens, known as the "female Louis Armstrong" for her passionate performing style in Gospel, Blues, Jazz and more. Residents will be charged \$12 to account. 14 spots available.

Lenten Concert at Second Presbyterian

Sunday, Feb. 22 Bus leaves 2:00 pm

Join us for a free concert to begin the Lenten season. Second Presbyterian presents Dieterich Buxtehude Membra Jesu nostri Alchymy Viols & Professional Chorus Director Michelle Louer, conductor. This is a free concert. 28 spots available.

Active Adventure

Thursday, Feb. 26 Bus leaves 10:00 am
Monon Trail and RIZE

The Monon Trail is a smoothly paved asphalt trail that includes rest stops along the way. We will be starting at the Central Park shelters next to the Monon Community Center and will be walking for up to 2 miles. Please dress accordingly! Lunch will be after the walk at RIZE Carmel.

Peking Acrobats at the Palladium

Thurs., Feb. 26 Bus leaves 6:30 pm \$

The Peking Acrobats are bringing their program of sensational Chinese acrobatics, balancing feats, comedy, pageantry and much more. In this spectacular show for all ages, the grace and precision of the acrobats demonstrate the triumph of years of dedicated training and discipline. Residents will be charged \$30 to account. 14 spots available.

Schokolade Chocolate Making Experience

Friday, Feb. 27 Bus leaves 10:00 am \$

Everyone who is a fan of chocolate will love this! Schokolade is a local Mom & Pop shop in Zionsville. You will learn the history of Chocolate, where it comes from and how it is made, along with a tasting. Each participant will mold out a treat to take with you. The shop is also offering a 15% discount on all purchases. Residents will pay \$25 upon arrival. 14 spots available.



CAMPUS SERVICES & FEATURED FILMS

Services listed are happening here at Marquette.

Residents' Association Meeting

Tuesday, February 3, 10:00 am
Foundation Hall

This is your meeting!

Town Hall Meeting

Thursday, February 19, 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.



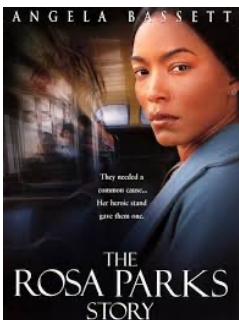
Saturday Night at the Movies

Foundation Hall, 7:00 pm



FEBRUARY 7

FEBRUARY 14



Ride to Freedom: The Rosa Parks Story (2022)

A seamstress recalls events leading to her act of peaceful defiance that prompted the 1955 bus boycott in Montgomery, Alabama.



Sleepless In Seattle (1993)

A recently widowed man's son calls a radio talk-show in an attempt to find his father a partner.

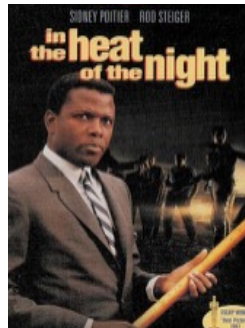
FEBRUARY 21

FEBRUARY 28



Show Boat (1951)

The daughter of a riverboat captain falls in love with a charming gambler, but their fairy tale romance is threatened after his luck turns sour.



In the Heat of the Night (1967)

A black Philadelphia police detective is mistakenly suspected of a local murder while passing through a racially hostile Mississippi town, and after being cleared is reluctantly asked by the police chief to investigate the case.



ANGLICAN MASS

Mass Sundays 10:30 am Chapel

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

CATHOLIC MASS

Daily Monday–Friday 4:00 pm Chapel

Anticipation Mass for Sunday Saturday 4:00 pm Chapel

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

EPISCOPAL SERVICE

Thursday, February 26 10:00 am Chapel

Officiated by Staff from Trinity Episcopal Church.

PRESBYTERIAN COMMUNION

Friday, March 20 10:00 am Chapel

Officiated by Staff from Second Presbyterian Church.

JEWISH SHABBAT

Friday, February 20

4:00 pm

PROTESTANT 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 3rd Floor Card Room

Study and discuss the Book of Joshua.

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



Marquette Wellness Resources

LYNNE O'DAY CLINIC

- > Geriatric Internist
- > Dermatologist
- > Podiatrist
- > Dentist
- > Hearing Aid Info

Call 317-524-6509

MASSAGE SERVICES

See page 9

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

BRAIN GAMES

Wednesday, February 18

2:00 – 2:45 PM

Foundation Hall

Join Michael for the quarterly Brain Games event in which you will participate in fun activities that test your cognition and coordination. You will be seated the majority of the time. Please sign up at the MAC desk.



SUPERVISED SUPERPOWERS

Wednesdays @ 1:00–2:00 PM

Fridays @ 1:30 – 2:30 PM

MAC Gym

A weekly gym session to practice exercises to improve your posture and “earn” a fitness superpower! Self-led with fitness staff support.



LiveWell Lecture Series

Monday, February 23

12:00–12:45pm

Aerobics Studio

A monthly education series on the last Monday covering a variety of fitness and wellness topics presented by MAC staff – lunch appetizers will be available for snacking during the presentation!



NEW! VSTBalance Gait and Balance Screening

Mondays from 1:30–3pm by appointment only

Massage Room

VSTBalance utilizes Artificial Intelligence (AI) with machine vision to objectively identify deficits in balance, gait, and function – The three main indicators of fall risk. For more information or to schedule an appointment for a screening, please contact Kelly Wunderly, OTR/Therapy Director at (317) 524-6533 or kelly.wunderly@selectrehab.com.



Updates

• NEW! WARRIOR STRENGTH

- > Wednesdays at 9:30-10:00am in the Aerobics Studio (starts on February 11th)
- > A standing yoga-based class focused on strength, balance, and concentration with chair support as needed.

• UPDATE! MAT YOGA

- > Tuesdays and Thursdays at 9:50-10:50am in the Aerobics Studio (starts on February 10th)
- > This does replace the Mind Body Balance Class, which we will no longer offer. If you enjoyed Mind Body Balance, we highly recommend the new Warrior Strength class!

RECURRING EVENTS

BLOOD PRESSURE CLINIC

Wednesdays
11:30 am
Across from the MAC Desk

Stop by to check your blood pressure, oxygen saturation, and heart rate. Clinic led by Emily Lowe, Wellness Nurse.

PARKINSONS SUPPORT GROUP

1st Wednesday
3:00 pm
LL Multipurpose Room

FAVOR THE FLAVOR WITH CHEF BRIAN

2nd Thursday
12:30-1:30pm
Fireside Grille Lobby

EVENING MEDITATION WITH MARCIA

4th Monday
6:45 – 7:30pm
Aerobics Studio

Chairs and yoga mats are available.

MASSAGE THERAPY

If you are interested in scheduling a massage appointment, please call MAC Manager, Hannah Morris, at 317-228-2249.

HOURS:

Christian Hines

Tuesdays 12:00 – 7:00 PM

Thursdays 9:00 AM – 5:00 PM

Jennifer Duke

Wednesdays 9:00 AM – 5:00 PM

Fridays 9:00 AM – 5:00 PM

PRICES:

30-minute \$45.00

45-minute \$65.00

60-minute \$85.00

90-minute \$125.00



MAC Manager HANNAH MORRIS

317-228-2249

morrishannah@marquetterc.org

MAC Assistant Manager MICHAEL PASSMORE

317-228-2248

passmoremichael@marquetterc.org



REMINDERS & ANNOUNCEMENTS

- > No 10am aqua class on Tuesday, February 3 for Resident Association Meeting
- > Yoga classes cancelled the week of February 2nd – this includes Mind Body Balance, Seated Yoga, and Mat Yoga
- > Pool closed for cleaning on Wednesday, February 4th from 11am-2pm
- > No Chair Fit n' Tone on Thursday, February 19 for Town Hall Meeting



AMENITIES

BEAUTY & BARBER



Barber Services available on Mondays
HOURS: Monday – 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. She arranges Lyft transportation requests and schedules tech assistance.

Is reading about programs and events a challenge? The concierge has the answer and can provide specialized brochures and will help to address any visual needs. Call (317-524-6597) with your requests.

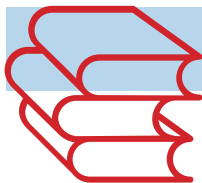
CRAFT ROOM



HOURS: 24 hours a day

Whether it's making cards, knitting, painting or drawing, this room has it 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:

Christian Hines

Tuesdays 12:00 – 7:00 PM

Thursdays 9:00 AM – 5:00 PM

Jennifer Duke

Wednesdays 9:00 AM – 5:00 PM

Fridays 9:00 AM – 5:00 PM

SERVICES: Appointments required. 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

Two computers are available for resident email, internet and MS Office programs. A combination BW/color printer is available. Located near the MAC.

I.T. Support Tech 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 I.T. Support (317-524-6589) to schedule an appointment.

CORNER SHOPPE



HOURS: Monday–Friday
10:00 am – 4:00 pm

CONVENIENCES:

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

Cash purchases only.

THERE'S FUN FOR EVERYONE!



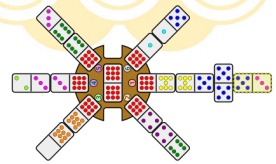
Bark-quette Dog Owners Group

Third Monday 1:00 pm 3FCR



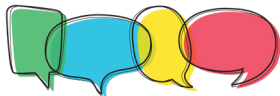
Knit for Charity

Mondays 1:30 pm LLCR



Mexican Train

Mondays 6:30 pm 3FCR
Thursdays 1:30 pm 3FCR



Contemporary Issues

2nd Monday 7:00 pm
Foundation Hall



Scrabble

Mondays 3:00 pm 3FCR



Donuts for Veterans

3rd Monday 9:30 am
Fireside Grille



Book Club

4th Tuesday 10:00 am 3FCR



Bingo

Tuesdays 7:00 pm FH/A



Duplicate Bridge

Tuesdays 7:00 pm FH/B



Karaoke

3rd Wednesday 6:30 pm
Foundation Hall



Poker

Thursdays 7:00 pm 5FCR



Quilting Group

4th Thursday 2:00 pm
Terrace apt. 21412



Coffee, Clips & Conversation

Thursdays 10:30 am 3FCR



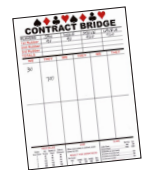
IWFC Retirees

First Thursday 12 noon
FSG



Euchre

Thursdays 7:00 pm
2FCR



Contract Bridge

Fridays 1:00 pm—
4:00 pm 2FCR



Rather Be Reading

2nd Friday 1:30 pm TT



Digital Literacy

4th Saturday 2:00 pm FH/A



Devotional Piano

3rd Sunday 12:50 pm FSG



KNIFE & FORK

*For all Dining Room Reservations please call 317-524-6549
or go to <https://portal.fullcount.net/cp/marquette>*

*To have the weekly menus emailed to you contact
Amanda Lane at 317-524-6558 or email laneamanda@marquetterc.org*

HACKL LEGACY DINING ROOM

- OPEN -

TUESDAY-SATURDAY

with seatings each 1/2 hour

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

Reservations 48 hrs ahead (317-524-6549)

- CLOSED -

SUNDAY MONDAY

LOBSTER NIGHT



Wednesday, February 4

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

Reservations required

BIRTHDAY LUNCHEON

Wednesday, February 11 - Noon

Reservations Required

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

TGIF

TOWNSHIP TAVERN

SECOND FRIDAY OF EACH MONTH

5:00 pm - 6:00 pm

Lite Appetizers Served with Drink Order

Regular Bar Menu Not Available

\$2 Donation per Drink

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 25

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-FRIDAY

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. Submissions are accepted ongoing.

Contact Tracy Lyngholm
317-524-6517

Passionate for Programs

Our calendar is fueled by the interests of our residents. 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, putting on a dramatic arts workshop, or hosting a monthly game night.

You are only limited by the things you love to do.

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



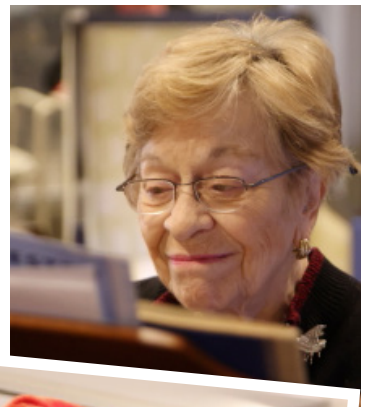
At Marquette, friendly competition and community spirit come together in a favorite activity: Corn Toss. With years of maintaining a winning record, this team has become a point of pride for residents and a great, low impact way to stay active.

The corn toss team which consists of Randy Trowbridge, Jeff Fields, Gene Parker, Tom Otey, Frank & Hester Pilcher, Marcia Young and others, face off twice a year against other Indiana, LCS properties. Games are played until 31 points are reached. The team takes pride in its success, with a focus on

fun and enjoying the game. Practices are at the MAC on Tuesdays and Thursdays with open play over the weekends. Everyone is invited to stop by and try their hand. They even encourage staff to stop in and give it a try.



PHOTOS







PHOTOS

