

MARQUETTE MIRROR

AUGUST 2026

Something to
Celebrate





ANNOUNCEMENTS & REMINDERS

**Be sure to
visit our
Raised
Garden
Beds
this
Summer!**



Resident Appreciation Week

August 10th – August 14th

*Every Resident,
Every Story, Every Smile.*



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.

ENVIRONMENTAL WELLNESS

According to LCS Living, Environmental Wellness can be defined as occupying pleasant, stimulating environments that support overall well-being. Emphasis on a lifestyle that respects the relationship between residents, and their immediate community. Within their senior living framework, this dimension transforms the community itself into a supportive ecosystem. Enjoy some of these treasured spaces during Resident Appreciation Week.

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Programs & Events

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CAMPUS PROGRAMS

Whimsical Wax Flowers

Saturday, August 1, 1:30 pm

Lower-Level Craft Room

Join us for a hands-on Wax Flower Bouquet Workshop where you'll learn how to create your own beautiful wax flower arrangement. Choose a signature scent and design a personalized bouquet to take home. This class is fun, creative, and perfect for beginners—no experience needed! Registration required. 15 spots available.

A Saxophone Spectacular

Monday, August 3, 7:00 pm

Foundation Hall

Experience the timeless magic of the 1950s and 1960s with The Raccoon Lake Sax Quartet. This energetic ensemble re-imagines the era's greatest hits with lush harmonies and dynamic horn arrangements. It is a nostalgic musical experience of the definitive sounds of a golden era.

Paint like the Impressionists

Tuesday, August 4, 1:30 pm

Lower-Level Craft Room

Explore the beauty of Impressionism in this acrylic painting workshop. You'll create your own landscape painting inspired by the techniques of Impressionist masters like Van Gogh and Monet. All materials are provided, perfect for both beginners and experienced artists alike. Registration required. 15 spots available.

Getting Jazzy with Monika Herzig

Wednesday, August 5, 7:00 pm

Foundation Hall

We are excited to welcome award-winning touring jazz pianist Monika Herzig. She will bring an exceptional hour of live music to our community. Known globally for her engaging, warm performance style, Dr. Herzig will treat us to a spectacular, genre-spanning musical journey featuring timeless Jazz Standards, energetic Swing, rhythmic Latin hits, and many more of your lifelong favorite tunes.

Step into the Marquette Woods

Saturday, August 8, 10:30 am

Trail Head

The Woods Committee invites you to connect with nature and your neighbors during our upcoming casual trail walks. Led by a knowledgeable committee member, these relaxed weekend strolls are the perfect opportunity to enjoy our local

greenery and get some fresh air. Meet at the bench located at the start of the woods and wear comfortable walking shoes, a hat, and sunglasses. Walking sticks will be available for anyone to borrow. Walks will be canceled in the event of rain or high winds.

Mix & Mingle

Saturday, August 15, 1:30 pm

Township Tavern

Join us for an afternoon of lively conversation, new friendships, and light refreshments. This welcoming, drop-in social event is specially designed to help new and long-time residents get to know one another in a warm, relaxed environment. Registration required for planning purposes

Music that Shaped Our Nation

Thursday, August 20, 7:00 pm

Foundation Hall

Join us for a dynamic, high-energy performance by husband-and-wife duo Emily Ann & Kelly Thompson. Together, they bring history to life through vibrant fiddle music and traditional songs spanning from the birth of our country in 1776 to the early 1900s.

Squeeze the Day Printed Tea Towels

Friday, August 21, 1:30 pm

Lower-Level Craft Room

Come play with your food as you explore using real fruits and vegetables to print your own cotton tea towels. After combining a variety of vibrantly colored fabric, paint with shapes such as apples, lemons, celery, artichokes, and bell peppers to create your own unique design, your towel will air dry overnight and be ready to use again and again. Who knew fruits and veggies could be this fun! Registration required. 15 spots available.

Flirting, Fighting, and Freedom: A Night Inside an 18th-Century Tavern

Monday, August 31, 1:30 pm

Foundation Hall

Speaker Jen Tousey is a writer, storyteller, and historical interpreter with a particular fondness for the lively taverns, spirited conversations, and social customs of eighteenth-century America. Her talks explore how early Americans gathered to debate politics, share gossip, flirt outrageously, and occasionally change the course of history over a punch bowl or tankard.

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

Wednesday, August 5
Bus leaves at 10:45 am

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

Wednesday, August 5
Bus leaves at 2:00 pm

KROGER/TARGET/ KOHL'S/ALDI...

Every Wednesday,
except Wednesday, Aug. 5
Bus leaves at 9:30 am

MEIJER RUN

Every Wed., except
Wednesday, Aug. 5
Bus leaves at 1:30 pm

Art Walk with Ieva (Ava) at Newfields

Thursday, August 6

Bus leaves at 11:00 am

Marquette resident Ava Straatman has many years of experience as a museum docent with at Newfields. You will enjoy a relaxed, conversational walk through the galleries as Ava shares personal insights, favorite artistic masterpieces, and the fascinating stories behind the creators. Afterward, residents will have a chance to enjoy lunch in the café. The museum entrance is free but bring money for lunch. Registration required. 13 spaces available.

Indians Baseball Game

Friday, August 7

Bus leaves at 6:00 pm \$

You will hit a home run if you join us for this game at Victory Field. The hometown Indians take on the Iowa Cubs. Have a great time with friends cheering on the team. Residents will be charged \$20 to their account. 18 spots available. Please bring a credit card for food & beverages.

Decades at McGowan Hall

Sunday, August 9

Bus leaves at 1:30 pm \$

Back by popular demand for America's 250th Anniversary, the most popular show in Claude McNeal Productions' history, Decades, takes the audience on a nostalgic trip through musical Americana. A smash hit for two seasons off-Broadway, the show has toured all across the country over the past 50 years. Through a collage of popular songs, dance, and fast-paced images, Decades touches certain times and emotions in American history over the past 175 years. Residents will be charged \$20 to their account. Registration required. 20 tickets available.

EXCURSIONS



Ballet in the Park

Saturday, August 15

Bus leaves at 6:30 pm

Join us at the Taggart Memorial Amphitheater at Riverside Regional Park for **Ballet in the Park**, a free night of dance! This mixed-repertoire production is the perfect addition to your summer and offers the chance to experience ballet in an outdoor setting. Food Trucks & Family Activities 6:00 – 8:00 pm. Performance 8:00 – 9:00 pm. Bring chairs, blankets, food or drink, bug spray and anything to make your evening more enjoyable. Registration required. 14 tickets available

Batter Up at the State Fair

Thursday, August 20

Bus leaves at 10:00 am \$

This year's Fair theme is Batter Up and we will be stepping up to this Indiana tradition and Marquette favorite. Enjoy time at the State Fair. Residents will be charged \$15 to their account. Registration required. 20 tickets available.

Providence Home & Garden

Thursday, August 27

Bus leaves at 10:30 am \$

Imagine taking a moment for yourself. If that includes a refreshing drink with a delicious snack, browsing a cute shop and chatting with friends then take that moment at Providence Home & Garden. It won't take all day, but it will give you the all day feels you are looking for. Bring a credit card for purchases. Registration required. 20 spaces available.

Starkey Nature Park

Friday, August 28

Bus leaves at 10:00 am \$

Join MAC staff on this active adventure to

Starkey Nature Park, an 80-acre wooded scenic park in Zionsville.

We will hike between 1.25-2 miles on trails with uneven terrain and no rest stops. Hiking sticks recommended. Bring money for lunch afterwards at Olive Garden.





CAMPUS SERVICES & FEATURED FILMS

Services listed are happening here at Marquette.

Residents' Association Meeting

Tuesday, August 4, 10:00 am

Foundation Hall

This is your meeting!

Chat with Programs & Events

Monday, August 10, 10:00 am

Fireside Grille

Ask questions and give feedback to the Department.

Grief Support Group Meeting

Second Wednesday, 2:00 pm

Foundation Hall

A supportive environment to share and heal.

Town Hall Meeting

Thursday, August 20, 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.

Services customized to your needs.

Contact Emily Lowe, Home Care Coordinator
317-524-6504 for more information.



Saturday Night at the Movies

Foundation Hall, 7:00 pm



AUGUST 1



Dances with Wolves

(1990)

A lieutenant assigned to a remote Civil

War outpost starts questioning his purpose after making contact with a neighboring Sioux settlement.



Mary Poppins

(1964)

In turn of the century London, a magical nanny

employs music and adventure to help two neglected children become closer to their father.



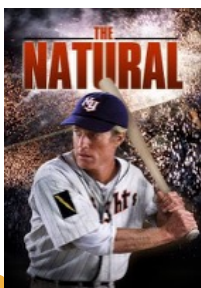
Places in the Heart

(1984)

In north Texas in the 1930s, a widow with two small children tries to

save her small 40-acre farm with the help of a blind boarder and an itinerant black handyman.

AUGUST 22

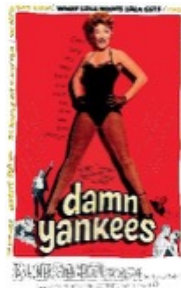


The Natural

(1984)

A middle-aged unknown comes seemingly out of nowhere to become a legendary baseball player with almost supernatural talent.

AUGUST 29



Damn Yankees

(1958)

A frustrated fan of the hopeless Washington Senators makes a pact with the Devil to help the baseball team win the league pennant.



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 guest officiants.

EPISCOPAL SERVICE

Thursday, August 27 10:00 am Chapel

Officiated by Staff from Trinity Episcopal Church.

PRESBYTERIAN COMMUNION

Friday, September 18 10:00 am Chapel

Officiated by Staff from Second Presbyterian Church.

Musical ensemble will perform after service.

JEWISH SHABBAT

Friday, August 21 3:00 pm Foundation Hall A

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 Listening to God by Carolyn Nystrom.

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 10

Call 317-228-2249

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

WELLNESS NAVIGATOR

- > Care planning Assistance
- > Adjusting to the Community
- > Needs Assessments
- > Referrals to Psychologist
- > Other Services

Ask for Emily Lowe
Call 317-524-6504

GROUP FITNESS CLASSES

New Opportunities!



AQUA DEEP AEROBICS

Every Monday at 10:00-10:45 am

A high intensity class done with either a flotation belt or noodle and water weights for a great cardiovascular, low-impact workout.

WATER WALKING (NOT a staff led class)

Fridays at 10:00 am

An opportunity for residents to gather in the pool and walk or exercise together. Laminated exercise cards provided.

BEGINNER BALANCE

Tuesdays at 1:00-1:15 pm

A low intensity 15-minute balance class perfect for individuals ready to improve their balance but who need to start slowly.

QUICK STRETCH BREAK

Tuesdays at 1:20-1:30 pm

A low intensity 10-minute flexibility class, mostly seated, perfect for anyone who needs to stretch out some stiffness.

GROUP FITNESS INTENSITY LEVELS EXPLAINED

HIGH INTENSITY = RED

MODERATE INTENSITY = BLUE

LOW INTENSITY = GREEN

The intensity levels are determined by any of the following characteristics: movement speed, standing or seated, balance challenge, combination patterns, impact on joints, and resistance level. The group fitness schedule with intensity levels and descriptions can be found at the MAC, the Program & Events office, and on the community app in the MAC folder. Staff can help you find the classes that are most appropriate for you!



ATTENTION: Group Fitness Changes

- The **BOLD MOVES PARKINSON'S CLASS** has switched from Tuesday afternoons to Mondays at 9:45-10:35 AM.
- The **BALANCE AND CORE CLASSES** on Mondays have been switched to match Wednesdays and Fridays again. Balance will be at 11:00-11:30 AM and Core at 11:35-11:50 AM.

RECURRING EVENTS

BLOOD PRESSURE CLINIC

Tuesdays
10:45 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, Aug. 5
3:00 pm
Lower-level Craft Room

This group is open to those who are diagnosed with Parkinson's Disease, those who are caregivers, or those who have family members with Parkinson's and want to learn more.

FAVOR THE FLAVOR WITH CHEF BRIAN

Thursday, Aug. 6
12:30-1:30 pm
Fireside Grille Lobby

August Theme: Different Types of Fats
(an important macronutrient)

GUIDED MEDITATION

Monday, Aug. 24
6:45 – 7:30 pm
Aerobics Studio

A relaxation event led by yoga instructor, Marcia. Chairs and mats will be available.

LiveWell Lecture Series: THE SCIENCE OF ISOMETRICS & MINDFULNESS

Monday, Aug. 31
12:00-12:45 pm
Aerobics Studio

Lunch appetizers provided, first come first serve.



MAC Manager HANNAH MORRIS

317-228-2249

morrishannah@marquetterc.org

MAC Assistant Manager JACKIE WILLIAMS

317-228-2248

williamsjackie@marquetterc.org



REMINDERS & ANNOUNCEMENTS

- No 10:00 am classes offered during the Resident Association Meeting on Tuesday, August 4.
- Chair Fit n' Tone not offered during the Town Hall Meeting on Thursday, August 20.



AMENITIES

BEAUTY & BARBER



PS Salon & Spa Call 317-524-6566 to schedule an appointment

HOURS: Monday–Friday
9:30 am– 3:30 pm

Barber Services available on Mondays with 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
10:30 am–3:30 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.

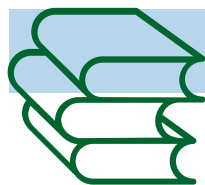
Is reading about programs and events a challenge? The concierge has the answer and can provide specialized brochures and will help to address any visual needs. Call (317-524-6597) with your requests.



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 Jan Rice 317-371-3474 and Becky Peyton 317-442-4308, to offer title suggestions.

MASSAGE SERVICES



HOURS:

Christian Hines

Tuesdays 10:00 AM – 2:00 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

See Programs & Events for Information



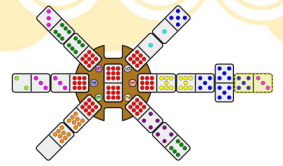
New Movie: Residents' Choice

August 11 1:00 pm FH



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 TT



Bingo

Tuesdays 7:00 pm AS



Duplicate Bridge

Tuesdays 7:00 pm FH/B



Karaoke

3rd Wednesday
6:00 pm TT



Pub Trivia

4th Wednesday
6:00 pm TT



Poker

Thursdays
7:00 pm 5FCR



Quilting Group

4th Thursday 2:00 pm
LLCR



Coffee, Clips & Conversation

Thursdays 10:30 am TT



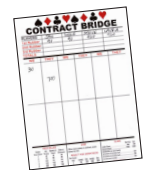
IWFC Retirees

First Thursday 12 noon
FSG



Euchre

Thursdays 7:00 pm
2FCR



Contract Bridge

Fridays 1:00 pm—
4:00 pm 2FCR



Comfort Concert with Dave Laskey

1st Friday 1:00 pm FH



Rather Be Reading

2nd Friday 1:30 pm TT



Digital Literacy

Saturday, August 22
2:00 pm FH



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, August 5

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

Reservations required

BIRTHDAY LUNCHEON

Wednesday, August 12 - Noon

Reservations Required

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

TGIF

Featuring a Musical Performance

FOUNDATION HALL

Friday, August 7 4:30 pm-6:00 pm

- > Wine, beer, cocktails at the bar
- > Hors d'oeuvres
- > 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, August 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 2:00 pm-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.*



Make an Impact: Join Our Community Volunteers!

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*

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.

It's... **M** Marquette
A Auxiliary
G Getting
I Involved
C Creatively

When we come together to build a Community.

Corner Shoppe Associates

Looking for a way to get involved? If you love greeting people and staying in the loop, then the Corner Shoppe is your spot. Volunteering is the perfect way to help out our community. We offer easy 2-hour shifts, Monday through Friday. The Vibe: High energy, big smiles and great company. Be the friendly face that turns a simple errand into the highlight of a neighbor's day.

If this sounds like you, see Dee Bledsoe in the Programs and Events Office to join in our premier team of volunteers.



Participants for Resident Appreciation Week August 10th–14th

Looking for folks to show off their apartments. Highlighting a collection, a craft or anything you are particularly proud of. Even a great view or nice décor!

Looking for Marquette Resident led groups to participate in the 2nd annual Activity Fair to recruit new members and highlight your groups' activities.

Looking for Residents who would like to perform or present a talent for a Talent Showcase to close out Resident Appreciation Week.

For more information and to sign up, stop by the Programs & Events Department Today!



PHOTOS



PHOTOS





PHOTOS

