

Something to be
Grateful
for





Wellness Shaped by You

LCS Life+ brings Connection, Movement, Nutrition and Longevity together into an integrated wellness lifestyle experience. From meaningful social connection and purposeful movement to thoughtfully curated research-based dining options and a more informed, data-driven approach to health and wellness, LCS Life+ is designed to elevate everyday life in ways that feel both practical and meaningful. It brings together people, insights and experiences in a way that simply isn't available elsewhere.

What makes LCS Life+ distinct is the “plus” — the added layer of intentional support and personalization that enhances every aspect of the experience. It's the difference between offering care and creating a truly proactive approach to living well, with opportunities that adapt to your individual needs, interests and goals.

At its core, LCS Life+ is a custom wellness experience built on one idea: adding more of what matters most and helping you live well longer. That's the LCS Life+ promise.

CONNECTION | Connection is about connecting to the people and the world around you. LCS Life+ creates opportunities to engage with others, explore shared interests, and deepen your sense of belonging. Whether it's joining a group centered around something you love, discovering a new hobby or simply spending more time with others who share your interests, there are always new ways to participate and connect. Research like the Harvard Study of Adult Development shows that strong personal connections are one of the most important factors in long-term health and happiness. Volunteering, traveling, and intergenerational programs encourage shared experiences and meaningful relationships. LCS Life+ supports a more fulfilling, connected everyday life.

MOVEMENT | Movement is about more than exercise — it's about confidence, independence and enjoying life on your terms while making an impact on your overall health and well-being. We will work with you to understand your goals and introduce opportunities that fit your lifestyle and comfort level. From strength and flexibility to balance-focused programs, each experience is designed to support how you want to move through your day. Partnering with experts like Zibrio for evaluating and improving balance, LCS Life+ brings innovative tools and insights that help support stability and confidence in every step. A more standardized, scalable fitness approach also helps create consistent opportunities for engagement, measurable progress, and improved health outcomes. Friendly challenges and shared community milestones add motivation and extra fun along the way.

NUTRITION | Good nutrition fuels both energy and enjoyment. In an exclusive partnership with the Culinary Institute of America, LCS chefs receive specialized training focused on nutrition, helping ensure menus offer balanced, flavorful options inspired by Mediterranean and other wellness-forward cuisines to promote disease prevention and longevity. LCS Life+ brings thoughtful, approachable ways to support brain health and overall well-being through food and drink. Educational experiences and interactive opportunities for both residents and team members make it easy to learn, try something new, and create shared understanding around healthy choices and everyday habits. With a focus on ingredients and menus that support brain health and overall vitality, meals are thoughtfully prepared to be both nourishing and delicious.

LONGEVITY | It's important to feel your best today while taking a proactive approach to your health for the years ahead. LCS Life+ uses comprehensive wellness and well-being evaluations, wearable technology and personalized insights to deepen your understanding of your overall wellness and help you create a more tailored approach to your health through the creation of a wellness journey map. LCS Life+ also has a strong focus on sleep — a key factor in energy, cognition and overall well-being — and reinforces the role of restorative sleep in long-term health and longevity. Brain health and medication awareness are also an important focus to ensure optimal health. Over time, tracking your own progress makes it easier to see improvements, celebrate milestones, and build on your well-being. It's a thoughtful, data-informed approach designed to help you live well longer.

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Programs & Events

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IN THIS ISSUE





CAMPUS PROGRAMS

Extension Chords Concert

Wednesday, November 4, 7:00 pm
Foundation Hall

We are thrilled to welcome Sentimental Sounds to our community for a wonderful musical performance! This diverse group of experienced women singers has been sharing their love of music for 20 years.

Crime Watch

Tuesday, November 10, 10:00 am
Foundation Hall

Join the Marquette Security Team and IMPD for a talk about general security issues. They will also inform folks about cyber security and give you a chance to ask questions. Donuts and coffee compliments of the Plant Services Department.

Weaving

Tuesday, November 10, 1:30 pm
Lower-Level Craft Room

Join us for COASTERS, a friendly beginning weaving class, no experience necessary. Fiber artist Patty Fulton will guide you step by step as you create your own woven coaster. Learn a new skill and leave with a handcrafted piece that's uniquely yours. All materials included. Registration required. 10 spots available.

Veterans Lunch

Wednesday, November 11, 11:30 am
Legacy Dining Room

Please join us for a special Veterans' Luncheon as we gather to express our deep gratitude to our community's heroes. This is an invitation only event for Veterans and their partners. RSVP required.

Pumpkin-Spice Up Your Space!

Friday, November 13, 1:30 pm
Lower-Level Craft Room

We will craft adorable, no-sew sock pumpkins. There is absolutely no sewing required for this project—just a little stuffing, tying, and shaping! To add the perfect rustic touch, use real cinnamon sticks for the stems, making your handmade creations look cute and smell amazing. Registration required. 15 spots available.

Mindful Nature Stroll with Michelle, Pond Edition

Monday, November 16, 11:30 am
At the Marquette Pond

This mindful nature stroll is less about counting steps or reaching a destination, and more about slowing down to notice the world around you. It is an intentional, relaxed walk where you use all five senses to fully connect with the present moment.

Pond Edition means we will stay on the paved path around the back pond and take plenty of breaks on the benches. Registration required. 14 spots available.

Necklace Workshop

Tuesday, November 17, 1:30 pm
Lower-Level Craft Room

We are excited to host an Art with a Purpose artist for a fun class. Wire wrapping pendants is a classic jewelry-making technique and you will receive instruction on making your own necklace. Registration required. 10 spots available.

Thanksgiving Centerpieces

Wednesday, November 18, 1:30 pm
Lower-Level Craft Room

Bring the beauty of autumn to your dining table! We are delighted to partner with the experts from George Thomas Florist for a special workshop. Together we will design and create a gorgeous, custom Thanksgiving centerpiece using vibrant seasonal flowers and festive accents. Registration required. 15 spots available.

History in Harmony

Wednesday, November 18, 7:00 pm
Foundation Hall

Join us for this multimedia program by the ISO and ISO violist Amy Kniffen that explores history through live music and storytelling. The Native American Voices program features ISO musicians and narrator Mike Pace celebrating contemporary Native culture. Composed to commemorate the 50th anniversary of the Apollo 11 moon landing, Moonstrike features three American Indian stories, unexpected twists, competition and trickster characters.

Klezmer Band

Sunday, November 22, 4:00 pm
Foundation Hall

Operating under musical direction for over 25 years, this lively ensemble preserves traditional Jewish folk music while introducing playful, worldwide interpretations. They perform regularly across the greater Indy area and we are excited to have them back at Marquette.

Light Up Marquette

Monday, November 30, 6:00 pm
Legacy Dining Room Lobby

It is time to make our community shine! Join us for a magical evening as we officially flip the switch and turn on our beautiful holiday lights for the first time this season. We are throwing a festive party to celebrate the occasion, complete with a warm, joyful atmosphere, lively seasonal music, and plenty of holiday cheer.

As part of the 2026 Spirit and Place festival presented by IU, please join us at the following events below.

*Where people and ideas meet. Building community through the arts, humanities, and religion.
More than events. Moments of CONNECTION.*

Connections in a Divided Time

Thursday, Nov. 5 Bus leaves at 5:30 pm

At a moment when democratic life feels increasingly strained, this year's Public Conversation brings together nationally recognized voices in civic life, sociology, and public thought to explore a timely question: What does it take to rebuild connections in ourselves, our communities, and our democracy? Registration required. 16 spots available.

Stairway to Heaven

Friday, Nov. 6 Bus leaves at 6:30 pm

Experience a musical journey from heaven to earth through four centuries of music. From Baroque meditations on the Glorious Mysteries to deeply personal works celebrating friendship, family, loss, and acceptance. Violinist Colette Abel has curated an evening of music that explores the many connections shaping our lives. Registration required. 20 spots available.

Building Community with Music & Movement

Monday, Nov. 9 Bus leaves at 5:00 pm

Experience the beauty and expressive power of ballet through conversation, performance, and audience participation. The Indianapolis Ballet dancers will perform both beloved repertoire and audience-inspired improvisations that explore themes of trust, friendship, forgiveness, and connection. A partnership between Indianapolis Ballet and Indianapolis Symphony Orchestra. Registration required. 20 spots available.

Remedying the Loneliness Epidemic

Zionsville Library Tuesday, Nov. 10

Bus leaves at 5:00 pm

Through insights from Mary Shelley's *Frankenstein*, the writings of St. Augustine, the life of Vincent van Gogh, and today's public health research, IU Chancellor's Professor Dr. Richard Gunderman invites you to explore the causes of loneliness and practical ways to foster deeper connections in our lives and communities. Registration Required. 14 spots available.

Beyond these Gates

Wednesday, Nov. 11 Bus leaves at 6:30 pm

Engage in an immersive multimedia experience blending oral histories, live poetry, original music, and commissioned video art to explore the history and enduring connections of the former Indiana Women's Prison. Registration required. 14 spots available.

Sacred Spaces

Thursday, Nov. 12 Bus leaves at 11:00 am

This conversation invites leaders of various religious communities to reflect on what makes a space sacred. Is it a building, landscape, historic site, or something else entirely? Discuss how these spaces connect us to our communities, histories, and one another, and what practices can help us interact with sacred spaces in ways that foster connection and understanding. Registration required. 9 spots available.

EXCURSIONS



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

PLEASE NOTE: the shopping trips have changed days. Please look at the schedule and sign-up accordingly.

KEYSTONE AT THE CROSSING/CASTLETON

Wednesday, Nov. 4

Bus leaves at 10:45 am

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

Wednesday, Nov. 4

Bus leaves at 2:00 pm

KROGER

Wednesday, Nov. 11 & 25

Bus leaves at 9:30 am

TARGET/KOHL'S/ALDI

Wednesday, Nov. 18

Bus leaves at 9:30 am

MEIJER RUN

Every Wed., except Nov. 4

Bus leaves at 1:30 pm

Art Walk

with Ava at Newfields

Thursday, November 5

Bus leaves at 11:00 am

Enjoy a relaxed, conversational walk through the galleries with Marquette resident Ava Straatman. With many years of docent experience she shares personal insights, favorite artistic masterpieces, and the fascinating stories behind the creators. After, residents will have a chance to enjoy lunch in the café. The museum entrance is free but bring money for lunch. 13 spots available.

Eagle Creek Park

"Awe Walk"

Thursday, November 12

10am – 2pm

We will host two staff led groups for this "Awe Walk" Active Adventure – one group will stay on paved paths at an easy pace for a total of 1.25 miles, another group will be on dirt trails at a moderate pace for 2 miles with several scenic observation stops along the way. Picnic lunch at Eagle Creek provided.



LCS

Life+



CAMPUS SERVICES & FEATURED FILMS

Services listed are happening here at Marquette.

Residents' Association Meeting

Tuesday, November 3, 10:00 am

Foundation Hall

This is your meeting!

Chat with Programs & Events

Monday, Nov. 9, 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, November 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.

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



NOVEMBER 7

NOVEMBER 14

The Shop Around the Corner



The Shop Around the Corner

Two employees at a gift shop can barely stand each other, without realizing that they are falling in love through the post as each other's anonymous pen pal.



Oklahoma!

In Oklahoma, several farmers, cowboys and a traveling salesman compete for the romantic favors of various local ladies.

NOVEMBER 21

NOVEMBER 28



Silver Linings Playbook

After a stint in a mental institution, former teacher Pat Solitano moves back in with his parents and tries to reconcile with his ex-wife.



An Affair to Remember

A couple falls in love and agrees to meet in six months at the Empire State Building - but will it happen?



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

Service will be announced to participants

Officiated by Staff from Trinity Episcopal Church

PRESBYTERIAN COMMUNION

Friday, December 18 10:00 am Chapel

Officiated by Staff from Second Presbyterian Church

Musical ensemble will perform after service

JEWISH SHABBAT

Friday, November 20 3:00 pm Foundation Hall

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

Book of Romans



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 Michelle Bennett

Call 317-524-6504

OPERATION GRATITUDE

Monday, November 2 –
Monday, November 23



With Thanksgiving Day around the corner, let's celebrate all there is to be thankful for with Operation Gratitude; a program designed to boost your mood, enjoy the crisp autumn air, connect with your peers, unwind and de-stress. Check out the weekly events and make sure to add the dates to your calendar – you don't want to miss these Life+ opportunities!

GRATITUDE TREE

Monday, November 2 – Friday, November 6

Fill up the tree with autumn leaves and a note of gratitude.

AWE WALK + MINDFUL PICNIC LUNCH

Thursday, November 12 Bus leaves at 10:00 am

Walk with us at Eagle Creek Park to soak in the beauty of nature followed by a relaxing picnic lunch, see excursion page for more details. Sign up required.

GRATITUDE LETTERS

Monday, November 16 – Friday, November 20

Pick up a card at the MAC, write a letter of thankfulness to a Marquette friend or employee, drop it back off at the MAC by the end of the week and staff will distribute those letters the following week.

GRATITUDE MEDITATION

Monday, November 23

A relaxing, guided meditation to focus on gratitude from 6:45-7:30 pm in the Aerobics Studio.



GRIP STRENGTH: A FITNESS SUPERPOWER!



Wednesday, November 4 –
Wednesday, December 30

Did you know studies have shown better grip strength is associated with a lower risk of all-cause mortality? In November and December, we will focus on exercises that will improve your grip strength which can decrease your risk for declining nervous and motor systems that come from hand dexterity and strength. Please join us for pre-assessments, exercise demonstrations, and practice on Wednesday, November 4 at 1:00 PM in the Fitness Center. The assigned weekly practice/class time is Wednesday at 1:00 PM, but you can practice anytime throughout the week. Call Jackie Williams if you have questions at 317-228-2248.

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 Michele Bennett, Wellness Nurse.

PARKINSON'S SUPPORT GROUP

Wednesday, Nov. 4
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.

GUIDED MEDITATION

Monday, Nov. 23
6:45 – 7:30 pm
Aerobics Studio

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

LIVWELL LECTURE SERIES

Monday, Nov. 30
12:00–12:30 pm
Aerobics Studio

Lunch appetizers provided; first come first serve.



MAC Manager HANNAH MORRIS

317-228-2249

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MAC Assistant Manager JACKIE WILLIAMS

317-228-2248

williamsjackie@marquetterc.org



REMINDERS & ANNOUNCEMENTS

- Mat Yoga and Aqua Total Fit not offered during the Resident Association Meeting on Tuesday, November 3.
- Pool closed for monthly cleaning on Wednesday, November 4 from 11:00 AM – 2:00 PM.
- Chair Fit n' Tone not offered during the Town Hall Meeting on Thursday, November 19.
- No MAC staff or classes on Thursday, November 26 – Friday, November 27 for the Thanksgiving Holiday.



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.

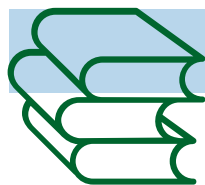
Is reading about programs and events a challenge? The concierge has the answer and can provide specialized brochures and will help to address any visual needs. Call (317-524-6597) with your requests.



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.

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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



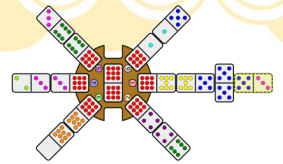
New Movie

Nov. 9 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

Canceled for November
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



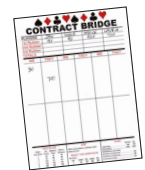
IWFC Retirees

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

Closed for the
holidays



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

Thanksgiving Day

Hackl Legacy Dining Room 12:00 Noon – 2:00 pm

Fireside Grille
closes at 2:00 pm

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, November 4

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

Reservations required

BIRTHDAY LUNCHEON

Wednesday, November 11 - Noon

Reservations Required

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

TGIF

Featuring a Musical Performance

FOUNDATION HALL

Friday, Nov. 13 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, November 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 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.



Your Personalized Wellness Journey

At LCS, we believe true wellness isn't one-size-fits-all — it's as unique as the individual living it. That's why we created LCS Life+, a personalized wellness lifestyle experience designed to support well-being in the ways that matter most to you.

Built around four key pillars — Connection, Movement, Nutrition, and Longevity — LCS Life+ brings together meaningful opportunities, thoughtful guidance and support tailored to your everyday life. Whether you're looking to improve balance, stay active, try something new, connect with others or make more informed choices about your health, LCS Life+ is designed to meet you exactly where you are and gently guide you toward where you want to be. Each experience is meant to build on what's already working, adding new possibilities, greater support and personalized ways to enhance your overall well-being. Because whatever LCS Life+ experience you're after, your plus is personal.



PHOTOS







PHOTOS

