Marquette Mirror

June | 2021

REACH for the STARS

Adventures in SPACE

with the Purdue Space Program

New Horizons

Triple Time In Concert

Cikana State Fish Hatchery

P&D Flower Farm — You Pick

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Celebrating 20 years of inspiration

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Adventures in Space!

Explore Indiana's role with NASA. Presentation offered by Purdue Space Program students.

Page 5

Cikana State Fish Hatchery

Tour a centralized warm water/ cool water site.

Page 5

Play Ball!

See the Indianapolis Indians vs. the Memphis Redbirds!

Programs and Events Team

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page 4 *campus events*

Adventures in space! Reach for the stars! Craft programs, a concert of standards and Contemporary Issues.

page 5 *excursions*

Kroger/Target/Alterations/Mall Runs. Community Church services are back! Active Adventure, the Zoo, a fish hatchery, baseball and a flower farm!

page 6 *campus services*

Residents' Association Meeting, Marquette Foundation News Flash, grocery deliveries.

page 7 *religious services*

Channel 91 scheduled services are listed here. Shabbat and Anglican Mass have returned. Catholic Mass and Protestant services. Bible study.

Daily Program Hotline

317-228-2291

Call the hotline to hear a recording of today's programs and events.

pages 8 & 9 *health & fitness*

The MAC is open—5 am—9 pm every day! Aging Brain Series is repeated. Improve your life with the Sit-to-Stand Challenge.

page 10 *amenities*

Explore your options.

page 11 *hobbies and movies*

Bored? Try a hobby! See titles for upcoming Saturday night movies.

page 12 *knife & fork*

See Fireside Grille/Hackl Legacy Dining Room and Township Tavern schedules and specials. Italian-themed dinner! Simple Sample Day!

page 13 *volunteer*

Discover ways to help your Marquette neighbors and friends.

pages 14 & 15 *photos*

See snapshots of you and your fellow residents.

back cover *channel 91*

Channel 91 in-house lineup and live stream programs.

ON THE COVER

2021 Amusements And Diversions

New Horizons

Adventures in Space!

Thursday, June 10
2:00 pm
Foundation Hall

Purdue Space Program students will share Indiana's space connection and introduce the new possibility of a private, first-class journey into the great unknown!

Woodland Tablescapes

Monday, June 14
1:30 pm
Meet at the Woods Entrance
Registration required
Limit 15 residents

Explore the Woods for natural decorations. Then, Casey will meet you at the outdoor crafting tables to create a beautifully rustic wood slice tablescape! This program is sponsored by the Woods Committee who will partner with individual participants.

Contemporary Issues

Monday, June 14
7:00 pm
Foundation Hall

Barbara Furlow will lead this month's discussion topic: *New Horizons? New Challenges in Outer Space.*

Triple Time Concert

Friday, June 18
2:00 pm
Foundation Hall

A refreshing summer afternoon of popular standards performed by Charles Goehring, piano; Steve Harris, sax and Lauren Walawender, vocals. Let the music take you away to another place and time!

Reach for the Stars!

Friday, June 25
1:30 pm
Foundation Hall

Steve Haines, from the Indiana Astronomical Society, will give a presentation highlighting telescopes (including a solar one!). Don't miss this informative lecture and demonstration.

Summer Inspirations

Tuesday, June 29
1:30 pm
Lower Level Craft Room
Limit 10 Residents

Marquette resident and artist Rosa Maria Dies will lead a class in collage crafting, 21st century-style!

PLEASE REGISTER

All trips on this page require registration in the Programs, Events & Transportation Book
***starting on the 26th of every month at 8 am.*

Church Services

St. Luke United Methodist Church
Bus leaves every Sunday, 9:00 am

Second Presbyterian Church
Bus leaves every Sunday, 10:00 am

Back on the schedule!

Kroger/Target Runs

Every Wednesday
Bus leaves 9:30 am—11:00 am
Every Wednesday
Bus leaves 1:30 pm—3:00 pm
(except June 2)

Travel to the 106th Street Kroger/ Target. Large selection, clean locale.

Keystone at the Crossing/ Castleton Runs

Wednesday, June 2
Bus leaves 12 Noon

Have lunch in a restaurant! Visit the Fashion Mall or one of the many fine stores in Castleton. An adventure awaits!

Elsa's Alterations Run

Wednesdays, June 2, June 16
Bus leaves 3:00 pm

"There is nothing we cannot alter." Elsa specializes in alterations for clothing and suits. She also offers zipper replacements, cushion repairs, hems and much more.

The Indianapolis Zoo

Friday, June 4
Bus leaves 1:00 pm

Lions and tigers and bears, oh my! Also, dolphins, exotic birds, orangutans and more!

Cikana State Fish Hatchery

Friday, June 11
Bus leaves 12:45 pm for Martinsville
Limit 20 registered residents

Operated by the Indiana Department of Natural Resources, the hatchery provides stock for all managed waters. The primary species raised are walleye, saugeye, channel catfish and smallmouth bass. A fun tour! Save the date!

Indianapolis Indians Baseball Game

Thursday, June 17
Bus leaves 6:05 pm for Victory Field
Limit 20 registered residents
$14 Ticket Charged to Resident Account

Play ball! It's the Indianapolis Indians vs. the Memphis Redbirds! Don't forget the peanuts, crackerjacks, hot dogs, beer and soda—all available at the ballpark!

P&D Flower Farm Excursion

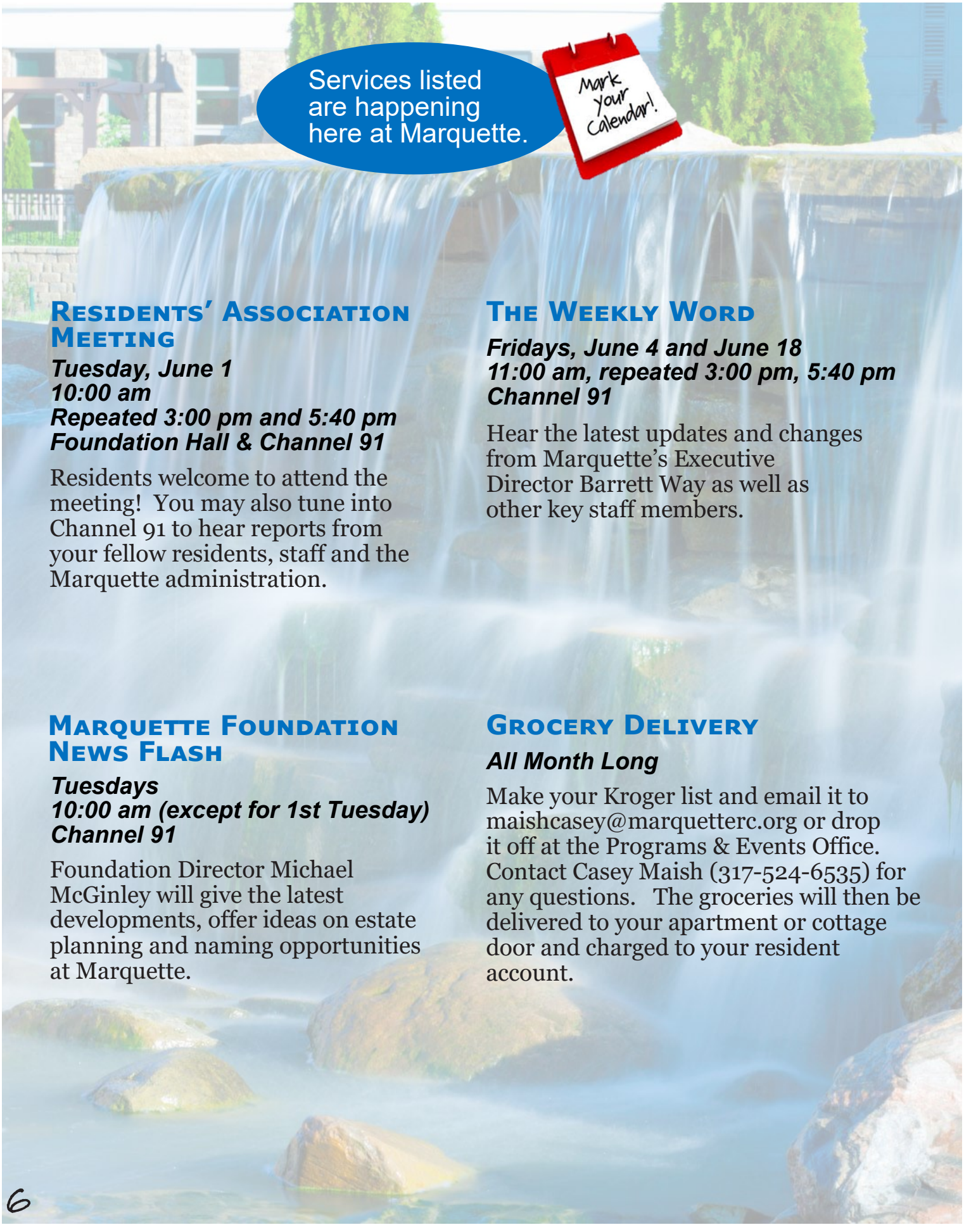
Thursday, June 24
Bus leaves 10:30 am
Note: Uneven terrain, grass, rocks.
Please be mindful of your abilities.

Walk the fields of a true flower farm! Pick a personalized bouquet of your choice! Enjoy a box lunch at the outdoor picnic tables. Fresh air and nature!

Active Adventure

Friday, June 25
Bus leaves 10:00 am

A 1.5 mile aggregated trail.
MacGregor Park in Westfield consists of a 99-acre Nature park that is home to rolling hillsides, natural woodlands, meandering creeks and native prairies. After exploring the park, enjoy lunch in one of the picnic shelters onsite.



Residents' Association Meeting

Tuesday, June 1
10:00 am
Repeated 3:00 pm and 5:40 pm
Foundation Hall & Channel 91

Residents welcome to attend the meeting! You may also tune into Channel 91 to hear reports from your fellow residents, staff and the Marquette administration.

The Weekly Word

Fridays, June 4 and June 18
11:00 am, repeated 3:00 pm, 5:40 pm
Channel 91

Hear the latest updates and changes from Marquette's Executive Director Barrett Way as well as other key staff members.

Marquette Foundation News Flash

Tuesdays
10:00 am (except for 1st Tuesday)
Channel 91

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

Grocery Delivery

All Month Long

Make your Kroger list and email it to maishcasey@marquetterc.org or drop it off at the Programs & Events Office. Contact Casey Maish (317-524-6535) for any questions. The groceries will then be delivered to your apartment or cottage door and charged to your resident account.

RELIGIOUS SERVICES

Anglican

Mass

Sundays (beginning June 6)
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

Jewish

Shabbat

Friday, June 18
4:00 pm, Foundation Hall

Service offered by Cantor Janice Roger,
Indianapolis Hebrew Congregation

Protestant

Church Service

Sundays
1:50 pm, Foundation Hall
Live on Channel 91

Officiated by Rev. Joe Johnson.
Music provided by Greg Gibson and guest musicians.

Bible Study

Tuesdays
2:00 pm
2nd Floor Card Room

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

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 317-525-6533

Health at Home

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Private Duty Care
- Skilled Nursing Services
- Medication Management

Call 317-875-6630

Registered Dietitian

- Nutrition Services

Ask for Rachel Mahon
Call 317-524-6588

Social Services

- Care planning Assistance
- Adjusting to the Community
- Concerns & Grievances
- Needs Assessments
- Referrals to Psychologist
- Other Services

Call 317-524-6503

MAC Menu Pick—Mediterranean-Inspired

Get a taste of the Mediterranean diet and the benefits that can come along with it. This month, the MAC Menu Pick will feature Mediterranean-inspired meals. The Mediterranean diet is high in fruits, vegetables, whole grains, beans, nuts and seeds and healthy fats. Benefits of consuming a Mediterranean diet can include decreased risk for cardiovascular disease and stroke; reduction in systemic inflammation, blood glucose and cholesterol; a healthier body composition, as well as increased energy. Check out the options you will see this month on your Fireside Grille Menu!

- Greek Chicken Gyro Salad
- Cantaloupe & Mozzarella Caprese Salad
- Mediterranean Quinoa Stuffed Peppers
- Pesto Shrimp & White Bean Arugula Salad with Parmesan

Pickleball at Marquette

Wednesday, June 16
2:00 pm
Foundation Hall

Hearing about pickleball and wondering what the buzz is all about? Join Becca, Frank Pilcher and a few others to discover what pickleball is like! Learn about the benefits of Pickleball, a little bit about the game and what to expect as a player or spectator when you join your fellow friends and neighbors at the next pickleball game.

Sit-to-Stand Challenge

June 1—June 30

Challenge yourself to a daily Sit-to-Stand program! Setting a daily sit-to-stand goal in the month of June can improve your total body fitness! We know the sit-to-stand exercise can be challenging and during COVID-19 restrictions, many of us may have missed implementing these into your regular routine. So, let's jump back into it by doing this simple yet effective exercise.

- First, commit to the challenge by registering at the MAC Desk.
- Second, review the "How to Do a Sit-to-Stand" brochure or talk to the NIFS staff.
- Third, set a daily goal of 5, 8, or 10 sit-to-stands 4x/day.
- Finally, track our sit-to-stands daily on the provided calendar. For each week you complete your set goal of sit-to-stands, your name will be entered into a prize drawing.
- Additionally, an add-on exercise routine will be provided each week. If you also complete the add-on exercise routine, you will have an additional prize drawing entry.

MAC Featured Members of the Month—Bob & Lucy Riegel

Check the MAC bulletin board for the Riegels' active lifestyle story.

Aging Brain Series Returns

Saturdays
2:00 pm
Foundation Hall
50 Seats Available
First Come, First Served

June 5: Parkinson's Disease & Stroke
June 12: Aging Well: Staying Active
June 19: Aging Well: Diet & Stress
June 26: The Science of Immortality

Hours of Operation

Daily 5:00 am—9:00 pm

Staffed 7:30 am—4:00 pm

Monday—Friday

Wellness Coordinator and MAC Manager
Rebecca Guetig
317-228-2249
guetigrebecca@marquetterc.org

MAC Assistant Manager
Moira Cogswell
317-228-2248
cogswellmoira@marquetterc.org

Beauty Shop

HOURS: **Appointment Only!**

SERVICES: Salon services. Masks required and must be worn during visit. No walk-ins accepted and no waiting. Call 317-524-6566 to schedule.

BMO Harris Bank

HOURS: Monday—Friday
9:00 am—4:00 pm

Shad Rohrer (317-228-2038) or Robin Duncan (317-228-2037) are available to help with your banking needs or questions.

Concierge

HOURS: Monday—Friday
10:00 am—3:00 pm

SERVICES: Assists residents with packages and postage, ordering flowers, printing airline boarding passes and room reservations. Arranges Lyft transportation requests.

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	Books-on-CD
Newspapers	Magazines
Fiction	DVDs

Contact Ann Lunsford (317-255-8630), Library Committee Chair, to offer title suggestions.

Massage Services

HOURS: Mondays/Thursdays
11:30 am—5:00 pm
Wednesdays/9:00 am—2:30 pm
24 hours business day — cancellation required.

SERVICES: Appointments required.
Call the MAC (317-524-6550).
Four residents can be accommodated Mondays/Wednesdays/Thursdays
Recurring appointments limited to every other week.
$10 COVID fee per appointment.
2021 schedule now open through September.

Seamstress Services

RUNS: Elsa's Alteration Run
(86th & Ditch)
Beginning in June, bus runs will be 1st and 3rd Wednesdays at 3 pm.

Tech Center

HOURS: 24 hours a day

Several computers are available for resident email and internet use. Black and white printers are available.

The Corner Shoppe

HOURS: Monday—Friday
10 am —4:00 pm

CONVENIENCES:

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

Contact Casey Maish (317-524-6535) to offer stock suggestions. Cash purchases only.

Knit for Charity

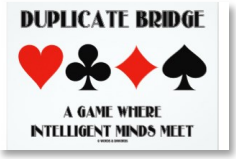
Mondays
1:30 pm, LLCR

Euchre!

Wednesdays
7:00 pm, 2FCR

Book Club

Tuesday, June 22
10:00 am, 2FCR



Duplicate Bridge

Tuesdays
7:00 pm, FH

Bingo

Thursdays
7:00 pm, FH

Garden Club

Friday, June 25
2:30 pm, LLCR

Coffee Clips & Conversation

Thursdays
10:30 am, 3FCR

Saturday Nights at the Movies

Foundation Hall 7 pm

June 5

October Sky

(1999, PG)

The true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.

June 12

Fly Away Home

(1996, PG)

A father and daughter attempt to lead a flock of orphaned Canadian Geese south by air.

June 19

August Rush

(2007, PG)

An orphaned musical prodigy uses his gifts to find his birth parents.

June 26

A Beautiful Mind

(2001, PG-13)

After John Nash, a brilliant, but asocial mathematician, accepts secret work in cryptography, his life takes a nightmarish turn.

Hackl Legacy Dining Room

Open, with seatings each 1/2 hour
Wednesday, Thursday, Friday, Saturday
5:00 pm, 5:30 pm, 6:00 pm, 6:30 pm, 7:00 pm

Closed Sunday, Monday, Tuesday
Reservations 48 hrs ahead (317-524-6549)

- Reservations required.

Township Tavern

Tuesdays—Saturdays
4:30 pm—7:00 pm
No Reservations Required

- Small plates on Tuesdays & Thursdays
- $8 includes small plate & wine or beer
- $6 small plate only

Room Service

- Deliveries for lunch, please call by 10 am.
- Deliveries for dinner, please call by 2 pm. All meals delivered before 5 pm.
- Deliveries for breakfast, please call the evening before.

Call 317-524-6506 for ALL Room Service orders.

You can also complete the sheets and place in the F&B mailroom box.

Birthday Luncheon

Wednesday, June 9
Hackl Legacy Dining Room
Noon
Reservations Required

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

Father's Day

Sunday, June 20
11:30 am—6:30 pm
Fireside Grille Only

75% occupancy

Fireside Grille

Monday, Tuesday, Friday, Sunday
11:30 am—6:30 pm

Wednesday, Thursday, Saturday
11:30 am—2:00 pm

75% occupancy

Grab 'n' Go

- Variety changes daily
- Salads, cold sandwiches, appetizers featured
- Available 7 days a week

Heat 'n' Serve

- Quick dinners/cost varies

Italian-Themed Dinner

Wednesday, June 16
Hackl Legacy Dining Room
5 pm, 5:30 pm, 6 pm, 6:30 pm, 7 pm
Reservations Required

Simple Samples Day

Thursday, June 17
Fireside Grille Lobby
1:00 pm

- Chef-inspired favorites. Free!

MAGIC

Volunteer Opportunities

WANTED!

Woods Buddy Crafters

Partner with resident crafters to hunt and gather natural materials.

Monday, June 14
1:30 pm
Meet at Marquette's Woods

WANTED!

Writers!

Pen essays, stories, poetry for *The Literary Quarterly*.

Contact Casey Maish
Programs & Events Office

WANTED!

Saturday Night Film Captains

Welcome residents, dim lights and show the film.

Contact
Programs & Events Office

WANTED!

Bus Captains

Ensure all residents board the bus to and from an excursion.

Contact
Programs & Events Office

Contact Marilyn Martin, Programs, Events and Volunteer Manager, (317-524-6517) to help.

Recent Programs!

Active adventurers walked along the downtown canal.

Olé! Let's celebrate Cinco de Mayo!

Volunteers Pat Sperlik, Dee Cramsie and Gretchen Hall with Ruben Aguayo.

Residents contemplating the variety of choices at the walk-through, grab 'n' go party.

Mexican flower crafting for Cinco de Mayo festivities.

Yeah! An excursion away from the campus to visit Wilson's Farm Market.

What a beautiful day to eat outdoors at the picnic area.

Midge Decker says, "This is one scoop of ice cream??!!"

Mingling in the Marquette Woods on Earth Day.

The Butler Jazz Ensemble played a tribute to Ella Fitzgerald.

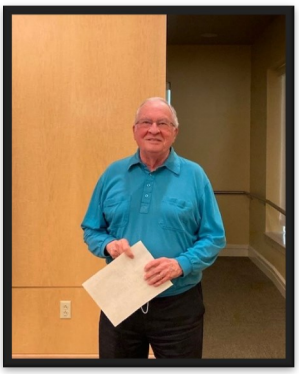
Residents toured local historic gardens: Here they are at Riverdale.

A lecture by Mark Zelonis, the gallivanting gardener!

BMO Harris Bank offered a 4-part financial series.

MAGICAL Volunteer Awards

"M" Award for Sue & the late Guy Miller.



"M" Award for Charles Miller.

"A" Award for Ruth & Frank Tout.

"A" Award for Randy Trowbridge.

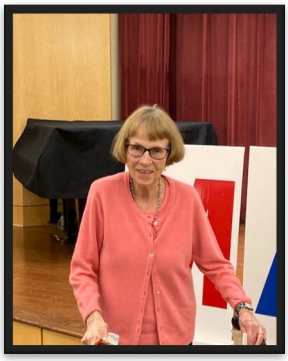
"G" Award for Carole & Larry Dorsch.

"G" Award for Marilyn & Don Griffith.

"I" Award for Diane & Rod Black.

"I" Award for Millie Perry.

"C" Award for Frank & Hester Pilcher.



"C" Award for Mary Kay Matson.

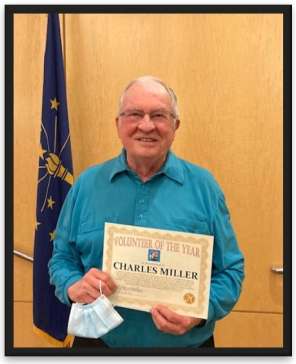
"A" Award for Hal Schimmelpfennig.

"A" Award for Midge Decker.

"L" Award for Jim Loughery.

"L" Award for Ed & Nancy Koskie.

The Angel Award went to Justyn Hindersman.

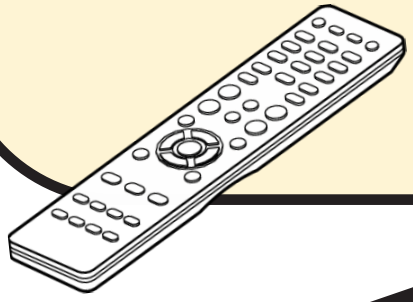


Charles Miller is the 2020 Volunteer of the Year!

Channel 91 In-House Lineup
(as of June 1, 2021)

CHANNEL 91
DAILY

8:00 am	Guided Meditation
9:00 am	High Intensity Exercise Class
10:00 am	Administration Information
11:00 am	Administration Information
12:00 pm	Author Talks
1:00 pm	Moderate Intensity Exercise Class
2:00 pm	Light Entertainment
3:00 pm	Administration Information
4:00 pm	Crafternoons
5:00 pm	Did you Know?—Indiana Facts
6:00 pm	Historic Home Tours
7:00 pm	Concerts
8:00 pm	Scienterrific Lectures
9:00 pm	Nightcap



Channel 91 Live Stream Programs

Sundays, 1:50 pm	Protestant Prelude Music and Service
Tuesdays, 10:00 am	Marquette Foundation News Flash
Tuesday, June 1, 10:00 am	Residents' Association Meeting
Fridays, June 4 & June 18 11:00 am, 3:00 pm & 5:40 pm	The Weekly Word