



Marquette  
Mirror

January | 2019



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**Blizzard of Bricks  
LEGO Exhibit**

**A Snow-Capped  
Cabaret**

**Winter Landscape  
Painting Class**



# INSIDE THIS ISSUE



## Page 6

### A Snow-Capped Cabaret

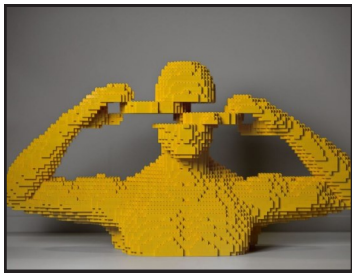
A one-woman music-dazzling show!



## Page 6

### Channel Your Inner Artist!

A winter landscape painting class.



## Page 7

### A Blizzard of Bricks!

Discover a unique exhibit of LEGOs, like you have never seen, at the Indiana State Museum!



## Page 7

### Hit the Ice!

Hockey at its best! Indy Fuel vs. the Fort Wayne Komets.

**Lifestyle** *and*  
**Health**  
*department*

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## *New Year's resolution: Donate to the Marquette Foundation!*

### **page 4**      *lectures*

Attend the Residents' Meeting. Writing talks! Learn about new ways to tell a story with Eugene Helveston and Rosemary Hume. Alzheimer's, dementia and advanced directives information, too.

### **page 5**      *discussions*

Do you like to read and discuss books or share opinions about the current events of the day? Check out this page for more details.

### **page 6**      *campus events*

Mix 'n' Mingle with your friends and neighbors. Remember Martin Luther King, Jr. by watching an historic documentary on his life and service. Paint a winter landscape. Come to Club Marquette for a Snow-Capped Cabaret!

### **page 7**      *excursions*

Get warm with lunch at Fire on the Monon or by attending an Indy Fuel hockey game! Have an exquisite dinner at Hyde Park Restaurant. See the Blizzard of Bricks LEGO exhibit or learn about the Spinosaurus.

### **pages 8 & 9**      *health & fitness*

The 5-Star Fit Club debuts! Wii bowling, mental aerobics and synchronized swimming! What a month!

### **page 10**      *amenities*

The Beauty Shop to The Corner Shoppe. Explore your options!

### **page 11**      *knife & fork*

Check this page for Sunday Brunch, the birthday luncheon and Lobster Night.

### **page 11**      *Saturday nights at the movies*

Choose among drama, comedy, a romantic musical or a documentary.

### **page 12**      *service/hobbies*

Volunteer. Play duplicate bridge or bingo. Join the Knit for Charity group.

### **page 13**      *religion*

Bible Study, Seeking the Way and scheduled services.

### **pages 14 & 15**      *photos*

See happenings around Marquette!



**Daily Program Hotline**  
**317-228-2291**  
*Call the hotline to hear a recording of today's programs and events.*



## **ON THE COVER**

**2019**  
**Seasonal Delights!**

**Let It Snow!**

# AT THE PODIUM



## WRITING TALKS!

**Monday, January 7**  
**1:30 pm**  
**Foundation Hall**

Looking for a snowstorm project? Take up writing! Eugene Helveston and Rosemary Hume will share their experiences at crafting a story through publishing books, connecting with StoryWorth and giving a sneak peak at creating a blog (more details about the blog are coming in a February program!). Don't miss an informative and exciting opportunity to tap into your creativity!

## RESIDENTS' ASSOCIATION MEETING

**Tuesday, January 8**  
**10:00 am**  
**Foundation Hall**

Call 317-524-6574 from home, if you have a question or comment.

## COMPLETING/UPDATING YOUR ADVANCED DIRECTIVES

**Wednesday, January 9**  
**11:00 am**  
**Aerobic Studio**

Take charge of your destiny! Everyone over the age of 18 has the right to make decisions regarding their health care. This includes health care decisions that you would want to be made known, if you are unable to speak for yourself. By planning ahead, you create your own opportunity to direct your care and avoid confusion in the future for your family and physician. Address advanced directives and see why it is important to keep them updated.

## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

**Thursday, January 24**  
**1:30 pm**  
**Foundation Hall**

Alzheimer's Association Staff will

- Explore the relationship between Alzheimer's disease and dementia.
- Examine what happens in a brain affected by Alzheimer's.
- Detail the risk factors for and three general stages of the disease.
- Identify FDA-approved treatments available to treat some symptoms.
- Look ahead to what's on the horizon for Alzheimer's research.
- Offer helpful Alzheimer's Association resources.

Save the date for this timely discussion!

**COFFEE CLIPS  
& CONVERSATION**

**Thursdays, Jan. 3, 10, 17, 24, 31**  
**10:30 am**  
**5th Floor Card Room**

Just clip an article of interest to you from a current newspaper. Grab a cup'a. Then join the table for 45 minutes of friendly conversation. One person reads his/her article aloud and discussion follows. Then another article is read. Only requirements... a curious mind, a desire to discuss current events, an eagerness to talk, listen and respect other points of view.

**CONTEMPORARY  
ISSUES**

**Monday, January 14**  
**7:00 pm**  
**Foundation Hall**

This month's topic: *Automation/Robotics: Will They Be the Driving Force to a Universal Basic Income?*

Questions? Call Barbara Furlow (317-228-0218).

**POETS' CORNER**

**Tuesdays, January 8 and 22**  
**1:30 pm**  
**4th Floor Card Room**

Poetry lovers (and all interested residents!) are invited to this get-together. You won't have to stand in front of the class and recite a poem from memory like you did in elementary school (I promise!). Come to listen, read and enjoy! Questions? Call Margaret Simpson (317-251-6976).

**BOOK REVIEW**

**Tuesday, January 22**  
**10:00 am**  
**2nd Floor Card Room**

Read and discuss *84, Charing Cross Road* by Helene Hanff. A charming, classic love story that details the warm relationship borne of an American woman's correspondence with the manager of a London book store, post WWII.

For more information, contact Sandra Hamilton (317-902-6595).



Events listed are happening right here at Marquette.



### MIX 'N' MINGLE

**Friday, January 11**  
**4:30 pm**  
**Foundation Hall**

Bring a new resident, meet your neighbors, have a cocktail and relax to the smooth sounds of pianist Warren Grimwood.

### MARTIN LUTHER KING, JR. REMEMBRANCE MOVIE

**Monday, January 21**  
**1:30 pm**  
**Foundation Hall**

Watch *American Experience: Citizen King* (2004, PG), a documentary that draws on input from a broad cross-section of people to examine the last five years of Dr. Martin Luther King, Jr.'s life.

### WINTER LANDSCAPE PAINTING CLASS

**Tuesday, January 22**  
**1:30 pm**  
**Lower Level Craft Room**



Enjoy wine and cheese as you create your masterpiece! Beth Ann Broadhurst will lead the class that will channel your inner artist. **Registration required.**

### MIX 'N' MINGLE

**Friday, January 25**  
**4:30 pm**  
**Foundation Hall**

Marquette resident Bob Riegel takes you on a musical excursion through the upcoming seasons! Bring a friend for drinks and conversation!

### A SNOW-CAPPED CABARET



**Monday, January 28**  
**7:00 pm**  
**Foundation Hall**

**Welcome to Club Marquette!** Singer Cheryl Wyatt will present a one-woman after-dinner show in an award-winning style! She is an 11-year veteran of the United States Air Force, in which she was enlisted as the lead vocalist with the Air Force Band at the age of 18. Cheryl has a multi-octave range and natural gifting towards many different styles including jazz, country, soul, rock and gospel.

Come to "The Club" for after-dinner drinks and a fabulous musical show!



All trips on this page require registration in the Programs, Events & Transportation Book

*\*\*starting on the 26th of every month at 8 am.*

### A "BLIZZARD OF BRICKS" EXHIBIT

**Thursday, January 3**  
**Bus leaves 1:00 pm**  
**\$15 Museum Admission**

A blockbuster of an exhibition, featuring more than 80 original sculptures made entirely of LEGOs, now at the Indiana State Museum! Marquette resident Herb Darling will showcase the exhibit pieces up close and personally!

### FIRE ON THE MONON LUNCH OUTING

\$\$

**Friday, January 11**  
**Bus leaves 10:45 am**

Imaginative pub grub and craft brews on tap served in a warm, laid back tavern. Try house favorites, salads, sandwiches or dinner menu items, complete with savory sides. Finish with their specialty bread pudding or brownies! Save the date and come hungry!

### NATIONAL GEOGRAPHIC LIVE: SPEAKER SERIES AT CLOWES HALL

**Thursday, January 24**  
**Bus leaves 6:30 pm**  
**\$23 Ticket charged to resident account**

Discover the *Spinosaurus: Lost Giant of the Cretaceous* with your host Nizar Ibrahim. National Geographic is renowned for bringing the top photographers, scientists, filmmakers and adventurers to you, the audience. Don't miss unbelievable behind-the-scenes stories and stunning images and video—live onstage!

### INDY FUEL HOCKEY GAME AT THE FARMERS COLISEUM

**Friday, January 25**  
**Bus leaves 6:35 pm**  
**\$32 Ticket charged to resident account**

Indy Fuel and the Fort Wayne Komets turn up the heat! Reserve your seat today!



### HYDE PARK DINNER OUTING

**Thursday, January 17**      \$\$\$\$  
**Bus leaves 3:45 pm**

A high-end steakhouse serving grilled meats, seafood and cocktails in a sophisticated setting.

## LYNNE O'DAY CLINIC SCHEDULE

**8:00 AM—4:30 PM  
MONDAY—FRIDAY**

**CONTACT  
CLINIC NURSE  
BERNADINE MERRIWETHER  
317-524-6509**

- **GERIATRIC INTERNIST**
  - **DERMATOLOGIST**
  - **PODIATRIST**
  - **OPTOMETRIST**
  - **DENTIST**
- **HEARING AID INFO**



## WII BOWLING "FUN COMPETITION"

**Every Friday  
2:00 pm—4:00 pm  
Aerobic Studio**

**\*Register at the MAC  
on Friday, December 28**

Compete with yourself and others to see how many prizes for strikes, spares and total pins you can get! The MAC will provide sheets for you to track the number of games you play as well as total points, spares and strikes. The perfect way to practice while trying to improve your Wii Bowling skills. Competition is open to anyone who would like to play, whether you're an ole pro or new to the game!

## MENTAL AEROBICS (NO PHYSICAL EXERCISE REQUIRED!)

**Wednesday, January 16  
11:00 am  
Aerobic Studio**

This monthly 30-minute offering is designed to enhance cognitive function and self-esteem using a variety of resources. The MAC invites you to the first of 12 sessions that will help maintain brain efficiency. Lindsay and Max will give you a sneak peek of the upcoming monthly sessions. All residents are invited to participate!

## SYNCHRONIZED SWIMMING WITH THE INDY SYNCHRO TEAM!

**Saturday, January 19  
2:00 pm  
Aquatic Center**

Esther Williams has nothing on the ladies and gentlemen of Marquette! Indy Synchro is a non-profit, nationally-ranked synchronized swim team, representing Indianapolis and surrounding areas. Two members of the team will be coming to Marquette to demonstrate fifteen minutes of synchronized swimming and then will invite members into the pool to try a few basic moves in the water.

**\*Participants will not be required to put their head underwater.\***

If you are interested in getting in the pool for this program, please **rsvp** at the **MAC Desk** by **Monday, January 7**. We need committed participants to enjoy this program!

By the way, don't miss the Esther Williams feature film *This Time for Keeps* (1947, NR) on Saturday evening, January 19, 7:00 pm in Foundation Hall!





# 5-STAR FIT CLUB

**Thursday, January 3—Thursday, January 31  
at the MAC**



Begin the year with a 5-Star start this January! Join NIFS 5-Star Fit Club and find the motivation you need to reach your next fitness goal. This incentive program is five weeks long and includes a personalized assessment and exercise prescription, an open gym to help you utilize exercise equipment efficiently and a chance to win prizes at the end of it all. **Register at the MAC desk starting December 24, but no later than Sunday, January 6 to join!** This is a perfect New Year plan for beginners and experienced exercisers!

**NO CLASSES**

**OR**

**MAC STAFF**

**New Year's Day  
Tuesday, January 1**



## **HEALTH SERVICES**

**Health at Home—  
Blood Pressure Clinic**

**Tuesdays (except January 1)  
8:30 am—11:00 am  
MAC Cove**

**Ask-the-Pharmacist**

**Tuesday, January 8  
9:00 am—11:00 am  
MAC Cove**

Learn about supplements and different ways to stay healthy during this flu season.

Live Well and Be Well

## amenities

### Beauty Shop



**HOURS:** Tuesday—Saturday  
By Appointment Only (317-524-6566)

**SERVICES:** Shampoo and Set      Tints  
                     Perms                                      Manicures  
                     Haircuts                                      Pedicures  
                     Color and Conditioner

### BMO Harris Bank



**HOURS:** Monday—Friday  
9:00 am—4:00 pm

Contact Shad Rohrer or Robin Duncan for any of your financial needs or questions (317-228-0525).

### 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.

Contact Dawn Ashcraft (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 Suzanne Kenny (317-876-0645), Library Committee Chair, to volunteer or offer title suggestions.

### Massage Services



**HOURS:** Monday—Tuesday, Susan Herner  
By Appointment Only  
9:00 am—1:00 pm

Wednesdays, Dave Johnson  
By Appointment Only  
12:00 pm—5:00 pm

**SERVICES:** 30-minute massage—\$30  
60-minute massage—\$60

Call the MAC front desk (317-524-6550) to schedule a personal appointment. Voicemails left on the weekends will be answered when staff return on Monday.

### Seamstress



**HOURS:** Fridays  
(except January 4 & 11)  
10:00 am—2:00 pm

**LOCATION:** MAC message waiting room

Linda Clark is an experienced seamstress and prior owner of an alteration shop in town.

Call the MAC desk (317-524-6550) to schedule a personal appointment.

### Tech Center



**HOURS:** 24 hours a day

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

Technology assistance is available on Mondays, 3:00 pm—4:00 pm with Marion Harcourt or by appointment with Bill Bosron (317-255-7914)..

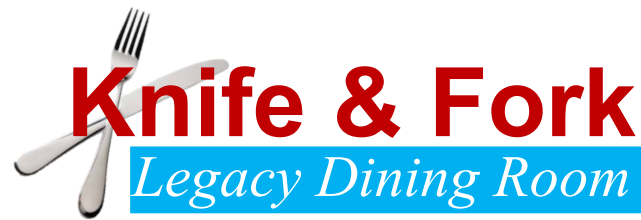
### The Corner Shoppe



**HOURS:** Monday—Friday  
10:00 am—4:00 pm

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

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



# Knife & Fork

Legacy Dining Room



## LOBSTER NIGHT!

Wednesday, January 2  
5:00 pm—7:00 pm



Reservations required. Call 317-524-6549.

## SUNDAY BRUNCH

Sundays, January 6, 13, 20, 27  
11:30 am—2:00 pm



Reservations (317-524-6549) are a must!

## BIRTHDAY LUNCHEON

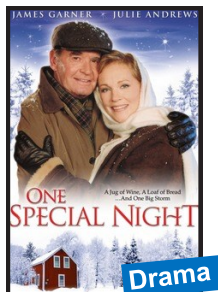
Tuesday, January 8  
11:30 am



Residents with a birthday in January are invited to the complimentary Birthday Luncheon. A spouse is also welcome; his or her meal will be taken from your food account. **Please make your reservation no later than January 5 by calling 317-524-6549.**

# Saturday Nights at the Movies

Foundation  
Hall  
7 pm



January 5

**ONE SPECIAL NIGHT**  
(1999, PG)

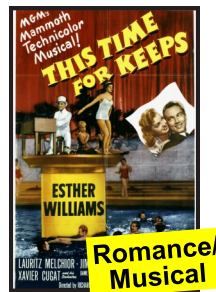
One big storm brought them together! The final collaboration of James Garner and Julie Andrews!



January 12

**DOG DAYS**  
(2018, PG)

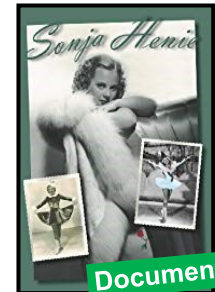
A group of people in Los Angeles are brought together by their canine counterparts.



January 19

**THIS TIME FOR KEEPS**  
(1947, NR)

A young man pursues a career in popular music and romances an aquatic ballet dancer he met during WWII.



January 26

**SONJA HENIE: QUEEN OF THE ICE**  
(1995, NR, Docu)

She received her first pair of skates at the age of six. Eight years later she was the Norwegian skating champion, winning an Olympic gold medal in 1928.

# MAGIC



## Volunteer Opportunities

### WANTED!

#### ***Calling All Poets!***

Contribute your original poetry for inclusion in the next Literary Quarterly. Contact Casey Maish (317-524-6535) for additional information.

### WANTED!

#### ***MAC Hospitality Desk***

Direct residents to classes and visitors to requested locations. Assemble small projects and answer the telephone. Contact Marilyn Martin (317-524-6517)

**Contact Marilyn Martin,  
Program, Event and  
Volunteer Coordinator,  
(317-524-6517) for more  
opportunities.**



#### **Knit for Charity**

**Mondays  
1:30 pm, Craft Room**



#### **Bingo**

**Tuesdays *except January 1*  
7:00 pm, Foundation Hall A**



#### **Duplicate Bridge**

**Tuesdays *except January 1*  
7:00 pm, Foundation Hall B**





## RELIGIOUS SERVICES

### ANGLICAN

#### Mass

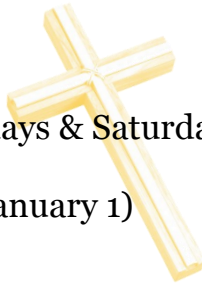
Sundays  
9:30 am, Chapel

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

### CATHOLIC

#### Mass

Mondays, Wednesdays, Fridays & Saturdays  
4:00 pm, Chapel  
New Year's Day (Tuesday, January 1)  
10:00 am, Chapel



#### Communion

Tuesdays (**except January 1**) & Thursdays  
4:00 pm, Chapel

*Services offered by Fr. Clifford Vogelsang,  
Fr. James Bonke, Monsignor William Stumpf  
and Fr. David Lawler.*

### EPISCOPAL

#### Communion

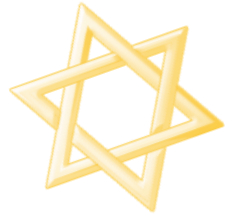
Thursday, January 17  
11:00 am, Chapel

*Thank you to the staff from St. Paul's  
Episcopal Church.*

### JEWISH

#### Shabbat

Friday, January 18  
4:00 pm, Foundation Hall



### PROTESTANT

#### Church Service

Sundays  
2:00 pm, Foundation Hall

*Officiated by Rev. Joe Johnson.  
Music by Greg Gibson and his guest vocalist.*

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### BIBLE STUDY

**Tuesdays (except January 1)**  
**2:00 pm**  
**2nd Floor Card Room**

Study and discuss the Book of Ruth, from the Old Testament. Contact Jeff Fields (574-202-8330) for information.

### SEEKING THE WAY

**Fridays, January 4 and January 18**  
**1:00 pm**  
**Board Room**

St. Luke's United Methodist Church Pastor Rob Fuquay's sermons will be discussed. Contact Priscilla Keenan (317-459-6040) for more information.

## Holiday Party!



This year's party theme: "A Snowed-Inn Holiday!"



Justyn and Charles Hindersman were among the many residents who enjoyed the evening.



A table of eight residents (Margaret McClelland, Sue Gleason, Anne Rudy, Karol Bergstadt, Priscilla Keenan, Mary Rita Jamison and Marilyn Rickard) took delight in the roaring fire, decorations and a fabulous dinner added to the "snowed-inn" atmosphere!



ISO principal flute Karen Evans Moratz directed the Butler University Flute Choir.



A full house listened to the "Sounds of the Season."

# Additional Activities!



The Pavilion Bell Choir, under the direction of Barb Irwin, entertained with festive tunes!



Many residents participated in the Hanukkah luncheon.



Shirley Shallenberg displayed her beautifully wrapped gifts!



Gretchen Hall, Sue Gleason and Zan Hall prepared the centerpieces for November's Mix 'n' Mingle.



Standing room only for the annual BMO Harris Bank Party!



Paula Riggs and Mary Steppe worked together to add the final touches to the Garden Club's plants.



Marquette resident Jim Weaver discussed his artwork with Marquette residents.



Pam Stanley, seated next to her husband Dick, retired after 38 dedicated years of service to Marquette!



There were 338 submissions to the Wall of Gratitude this year!

# Transportation Schedule

*Register in the Programs, Events & Transportation Book no later than 48 hours before your trip.*

## Monday and Tuesday Doctor Appointment Days

Please turn in a transportation slip as soon as you make the appointment. There will be a charge for appointments not scheduled for Monday or Tuesday.

## Wednesday Grocery Morning

Kroger—9:30 am—10:30 am  
Kroger—10:45 am—12:00 Noon

## Shopping Afternoon 1:30 pm —3:00 pm

1st Wednesday—Super Target  
2nd Wednesday—Walmart & Willow Lake West  
3rd Wednesday—Meijer  
4th Wednesday—Walmart & Willow Lake West

## Friday, January 4 Mall Day

10:00 am—1:00 pm  
Keystone & Castleton Malls

## Sunday Church Day

St. Luke's Methodist Church—departs at 9:00 am  
Second Presbyterian Church—departs at 9:00 am  
St. Luke Catholic Church—departs at 11:00 am



Marquette

317.875.9700  
www.marquetteseniorliving.org