


# MARQUARDT VILLAGE SENIOR LIVING COMMUNITY




## OCTOBER CALENDAR OF EVENTS 2021




1045 Hill St. Watertown, WI 53098 - Phone (920) 206-4929 - [www.marquardtville.org](http://www.marquardtville.org)

Attendance at several programs is down. I'd love to hear from you; what you are interested in seeing added to calendars, what your barriers are for attending, etc.? Please contact me or stop in my office inside Stretches in Towne Centre! I'm here for YOU! Thanks!  
-Jenny Dawalt at (920) 206-4929 or [jdawalt@marquardtville.org](mailto:jdawalt@marquardtville.org). P.S., see newsletter below for November Craft Fair Info!

Did you know that in Watertown, we are blessed by the Breadbasket Wisconsin community group which provides free, healthy food choices at 1004 Hill Street (by the Riverside Park volleyball courts' pavilion)? Stop by between 4-5:30pm on October 4<sup>th</sup> and/or 18<sup>th</sup>: bring your own bags or totes to bring home what you choose. No ID required.

			FRIDAY	SATURDAY
31	<p>←</p> <p><b>PLEASE NOTE:</b></p> <p><b>The column to the left is the schedule for Sunday, October 31!</b></p> <p><b>Happy Halloween!</b></p>	<p><b>KEY:</b></p> <p>TC=Towne Centre</p> <p>PCN=Park Centre North</p> <p>MHC=Marquardt Health Center</p> <p>PH=Park Hill</p> <p>PCS=Park Centre South</p>	<p style="text-align: right;">1</p> <p><b>BALANCE MASTERS STRETCH AND FLEX COMBO (ADVANCED)</b> TC STRETCHES 9-9:30AM</p> <p><b>BALANCE BOOSTERS WITH BRAIN GAMES</b> TC STRETCHES 10-10:30AM</p> <p><b>MARQUARDT HOMECOMING DANCE AND SOCIAL</b> TC THE GROVE 1:30-3:30 Please join us for a social event with refreshments provided, and a dance from 2-3:30pm with music provided by the <b>RED HOT TRADJAZZ BAND!</b> (Dancing is not required!)</p> 	<p style="text-align: right;">2</p> <p>The Crave is happy to host our first ever Marquardt Village Homecoming Dinner! 12:00-6:00PM Make your reservation at the Bistro or Crave by 9/28/21 if you wish to enjoy the special that day of Beef Tenderloin w/2 Jumbo Prawns, Wild Rice Risotto and Vegetables!</p>
<p>CHAPEL SERVICE MHC CHAPEL 10:00AM Televised Marquardt Channel 3 only</p> <p>CHAPEL SERVICE TC THE GROVE 2:00PM DOORS OPEN AT 1:30PM.</p> <p>BRAIN GAMES DUE TO ALL GAMES BOX</p>				

<p>3</p> <p><b>CHAPEL SERVICE</b> MHC CHAPEL 10:00AM Televised Marquardt Channel 3 only</p> <p><b>CHAPEL SERVICE</b> TC THE GROVE 2:00PM DOORS OPEN AT 1:30PM.</p> <p><b>BRAIN GAMES DUE TO ALL GAMES BOX</b></p>	<p>4</p> <p><b>SHOP THE PIG!</b> Catch the bus for a free ride. PH 9:10, PCN 9:15, PCS 9:20</p> <p><b>STRETCH &amp; FLEX</b> TC Stretches 10-10:30A</p> <p><b>GREETING STAMPS &amp; CARDS TO PURCHASE</b> PH 2ND FLOOR LOBBY 1-2:30PM</p> <p><b>MAH JONGG</b> TC Stretches 1PM</p> <p><b>SHEEPSHEAD WITH DAN STRATMAN</b> TC The Grove 1:30-3:00PM Bring a quarter!</p> <p><b>Wii BOWLING</b> TC STRETCHES 1:30PM</p> <p><b>JUMP START</b> PH DINING ROOM 2:15-2:45</p>	<p>5</p> <p><b>BIKE WITH US</b> PCN Parking lot 9AM</p> <p><b>SIT &amp; BE STRONG</b> TC Stretches 10-10:30AM</p> <p><b>QUIDDLER CARD GAME</b> TC ESCAPADES 11:00AM</p> <p><b>BEGINNER CHAIR DANCE CLASS</b> TC Stretches 11:15-11:45A</p> <p><b>STRETCH &amp; FLEX</b> TC STRETCHES 1-1:30PM</p> <p><b>PING PONG</b> TC STRETCHES 1:30-2:30</p> <p><b>CARD CLUB</b> TC THE GROVE 1:45PM</p> <p><b>BIBLE STUDY WITH REV. JANE GEHLER</b> TC GROVE 4:00PM</p>	<p>6</p> <p><b>ST. JOHN'S (WELS) SERVICE</b> TC – THE GROVE – 10:00 AM These services will include Holy Communion. While as part of WELS tradition Communion cannot be extended to non-WELS, please feel welcome to join in prayer and thanksgiving</p> <p><b>CATHOLIC EUCHARIST</b> TC – OCCASSIONS DINING ROOM – 10:00 AM</p> <p><b>CORE BUILDERS</b> TC STRETCHES 10-10:30AM</p> <p><b>BEGINNER LINE DANCING</b> TC STRETCHES 12:30PM</p> <p><b>MARQUARDT VILLAGE BINGO</b> TC THE GROVE 1:30PM DOORS OPEN AT 1:00PM.</p>	<p>7</p> <p><b>THE ROSARY</b> TC GROVE 9:00-10:00AM</p> <p><b>FOREVER FIT</b> TC Stretches 10-10:30AM</p> <p><b>GREETING CARDS &amp; STAMPS TO PURCHASE</b> PCS 1ST FLOOR LOBBY 10:00-11:00AM</p> <p><b>ADVANCED CHAIR DANCE CLASS</b> TC Stretches 10:45-11:45</p> <p><b>COFFEE AND CONVERSATION</b> with Emily and Jessica TC Stretches 11AM-12PM</p> <p><b>CORE BUILDERS</b> TC STRETCHES 1-1:30PM</p> <p><b>BOARD PAINTING</b> with PEGGY REICH TC Stretches 2:00PM</p>	<p>8</p> <p><b>BALANCE MASTERS</b> STRETCH AND FLEX COMBO (ADVANCED) TC STRETCHES 9-9:30AM</p> <p><b>BALANCE BOOSTERS WITH BRAIN GAMES</b> TC STRETCHES 10-10:30AM</p> <p><b>MOVIE MATINEE</b> TC THE GROVE 1:30PM Sit back, relax, and enjoy the movie <i>Heaven Knows, Mr. Allison</i>. A light snack will be provided ☺</p> 	<p>9</p> <p><b>Main Stage Academy of Dance Presents DRACULA RETURNS</b> A Ballet production at the Oconomowoc Academy of Arts Center 641 East Forest St. Oconomowoc, WI 2PM or 7PM Call 262-560-3172 for more information!</p>
<p>10</p> <p><b>CHAPEL SERVICE</b> MHC CHAPEL 10:00AM Televised Marquardt Channel 3 only</p> <p><b>CHAPEL SERVICE</b> TC THE GROVE 2:00PM DOORS OPEN AT 1:30PM.</p> <p><b>BRAIN GAMES DUE TO ALL GAMES BOX</b></p>	<p>*SHOP THE PIG!</p> <p>Catch the bus for a free ride. PH 9:10, PCN 9:15, PCS 9:20</p> <p><b>STRETCH &amp; FLEX</b> TC Stretches 10-10:30A</p> <p><b>LADIES BOOK CLUB</b> TC THE GROVE 10:30A</p> <p><b>GREETING STAMPS &amp; CARDS</b> PH 2ND FLOOR LOBBY 1-2:30PM</p> <p><b>MAH JONGG</b> TC Stretches 1PM</p> <p><b>SHEEPSHEAD W/Dan S</b> TC The Grove 1:30-3:00 Bring a quarter!</p> <p><b>Wii BOWLING</b> TC STRETCHES 1:30PM</p> <p><b>JUMP START</b> PH Dining Rm. 2:15-2:45</p>	<p>12</p> <p><b>BIKE WITH US</b> PCN Parking lot 9AM</p> <p><b>SIT &amp; BE STRONG</b> TC STRETCHES 10-10:30A</p> <p><b>LEARN AND LIVE WELL</b> TC STRETCHES 10:30AM</p> <p><b>QUIDDLER CARD GAME</b> TC ESCAPADES 11:00AM</p> <p><b>BEGINNER CHAIR DANCE CLASS</b> TC Stretches 11:15-11:45A</p> <p><b>STRETCH &amp; FLEX</b> TC Stretches 1-1:30PM</p> <p><b>CARING CRAFTERS</b> PCN CRAFT ROOM 1:30-3:00PM</p> <p><b>PING PONG</b> TC STRETCHES 1:30-2:30</p>	<p>13</p> <p><b>CATHOLIC EUCHARIST</b> TC – OCCASSIONS – 10:00 AM</p> <p><b>CORE BUILDERS</b> TC STRETCHES 10-10:30AM</p> <p><b>TECHNOLOGY ASSISTANCE</b> TC THE GROVE 10:00-11:00AM FREE personalized technology help for most devices! Instructed by Regina Thompson.</p>  <p><b>BEGINNER LINE DANCING</b> TC STRETCHES 12:30PM</p> <p><b>MARQUARDT VILLAGE BINGO</b> TC THE GROVE 1:30PM DOORS OPEN AT 1:00PM.</p>	<p>14</p> <p><b>THE ROSARY WITH MONICA KOEPPPEL</b> TC GROVE 9:00-10:00AM</p> <p><b>GREETING CARDS &amp; STAMPS FOR PURCHASE</b> PCN 1ST FLOOR LOBBY 9:00-10:00AM</p> <p><b>FOREVER FIT</b> TC Stretches 10-10:30AM</p> <p><b>ADVANCED CHAIR DANCE CLASS</b> TC Stretches 10:45-11:45a</p> <p><b>CORE BUILDERS</b> TC STRETCHES 1-1:30PM</p> <p><b>CRAFTS N' THINGS</b> TC Stretches 1:30-2:30</p> <p><b>BREATHE SALT AND SAUNA EXPERIENCE</b> TC THE GROVE 2:00-3:00PM</p>	<p>15</p> <p><b>BALANCE MASTERS</b> STRETCH AND FLEX COMBO (ADVANCED) TC STRETCHES 9-9:30AM</p> <p><b>BALANCE BOOSTERS WITH BRAIN GAMES</b> TC STRETCHES 10-10:30AM</p> <p><b>PUMPKIN DECORATING</b> TC STRETCHES 11AM-12PM</p>  <p><b>JIM HETZEL</b> TC THE GROVE 1:30PM Strap on your cowboy boots and enjoy live music and familiar songs!</p>	<p>16</p> <p><b>WALDVOGEL'S FARM</b> N7416 County Road I Juneau, WI <b>PRINCESSES AND PUMPKINS WEEKEND!</b> Come for an enchanting afternoon with Cinderella and more! Starts at 11am and runs all day. Enjoy treats, purchase pumpkins, go for a hayride, have an adventure! For more information, visit <a href="http://www.waldvogelfarm.com">www.waldvogelfarm.com</a></p>

<p>17</p> <p><b>CHAPEL SERVICE</b> MHC CHAPEL 10:00AM Televised Marquardt Channel 3 only</p> <p><b>CHAPEL SERVICE</b> TC THE GROVE 2:00PM DOORS OPEN AT 1:30PM.</p> <p><b>BRAIN GAMES DUE TO ALL GAMES BOX</b></p>	<p>18</p> <p><b>SHOP THE PIG!</b> Catch the bus for a free ride. PH 9:10, PCN 9:15, PCS 9:20</p> <p><b>STRETCH &amp; FLEX</b> TC Stretches 10-10:30A</p> <p><b>GREETING STAMPS &amp; CARDS TO PURCHASE</b> PH 2ND FLOOR LOBBY 1-2:30PM</p> <p><b>MAH JONGG</b> TC Stretches 1PM</p> <p><b>SHEEPSHEAD WITH DAN STRATMAN</b> TC The Grove 1:30-3:00 Bring a quarter!</p> <p><b>Wii BOWLING</b> TC STRETCHES 1:30PM</p> <p><b>JUMP START</b> PH Dining Room 2:15-2:45</p>	<p>19</p> <p><b>BIKE WITH US</b> PCN Parking lot 9AM</p> <p><b>SIT &amp; BE STRONG</b> TC STRETCHES 10-10:30AM</p> <p><b>QUIDDLER CARD GAME</b> TC ESCAPADES 11:00AM</p> <p><b>BEGINNER CHAIR DANCE CLASS</b> TC STRETCHES 11:15-11:45AM</p> <p><b>STRETCH &amp; FLEX</b> TC STRETCHES 1-1:30PM</p> <p><b>THE GRACE OF ORDINARY DAYS</b> Presented by Bernie Saunders TC THE GROVE 2:00-3:00PM</p>	<p>20</p> <p><b>CORE BUILDERS</b> TC STRETCHES 10-10:30AM</p> <p><b>CATHOLIC MASS</b> TC THE GROVE 10:00AM These services will include Holy Communion. While as part of Catholic tradition Communion cannot be extended to non-Catholics, please feel welcome to join in prayer and thanksgiving.</p> <p><b>BEGINNER LINE DANCING</b> TC STRETCHES 12:30PM</p> <p><b>MARQUARDT VILLAGE BINGO</b> TC THE GROVE 1:30PM DOORS OPEN AT 1:00PM.</p> 	<p>21</p> <p><b>THE ROSARY WITH MONICA KOEPPPEL</b> TC GROVE 9:00-10:00AM</p> <p><b>FOREVER FIT</b> TC STRETCHES 10-10:30AM</p> <p><b>GREETING CARD SALES</b> PCS 1ST FLOOR LOBBY 10:00-11:00AM</p> <p><b>ADVANCED CHAIR DANCE CLASS</b> TC STRETCHES 10:45-11:45AM</p> <p><b>CORE BUILDERS</b> TC STRETCHES 1-1:30PM</p> <p><b>CRAFTS N' THINGS</b> TC STRETCHES 1:30-2:30PM</p>	<p>22</p> <p><b>BALANCE MASTERS</b> STRETCH AND FLEX COMBO (ADVANCED) TC STRETCHES 9-9:30AM</p> <p><b>BALANCE BOOSTERS WITH BRAIN GAMES</b> TC STRETCHES 10-10:30AM</p>  <p><b>FANTASTIC JOURNEYS</b> Travel Group: This month's presenter is Rosalie Norem! 1:30PM Gather together with your neighbors, learn about their trips and share your travel experiences! Rosalie was in the Foreign Aid!</p>	<p>23</p> <p><b>LUTHER PREP FALL PLAY</b> "No Place Like Nowhere" 5:15PM Dinner/Theatre (reservations required) 7:00PM Play only 1300 Western Ave., Watertown, WI Visit <a href="http://www.lps.wels.net">www.lps.wels.net</a> for more information!</p>
<p>24</p> <p><b>CHAPEL SERVICE</b> MHC CHAPEL 10:00AM Televised Marquardt Channel 3 only</p> <p><b>CHAPEL SERVICE</b> TC THE GROVE 2:00PM DOORS OPEN AT 1:30PM.</p> <p><b>BRAIN GAMES DUE TO ALL GAMES BOX</b></p>	<p>25</p> <p><b>SHOP THE PIG!</b> Catch the free bus. PH 9:10, PCN9:15, PCS9:20</p> <p><b>STRETCH &amp; FLEX</b> TC Stretches 10-10:30A</p> <p><b>GREETING STAMPS &amp; CARDS TO PURCHASE</b> PH 2ND FLOOR LOBBY 1-2:30PM</p> <p><b>MAH JONGG</b> TC Stretches 1PM</p> <p><b>SHEEPSHEAD WITH DAN STRATMAN</b> TC The Grove 1:30-3:00p Bring a quarter!</p> <p><b>*Wii BOWLING</b> TC STRETCHES 1:30PM</p> <p><b>*JUMP START</b> PH DINING ROOM 2:15-2:45</p>	<p>26</p> <p><b>BIKE WITH US</b> PCN Parking lot 9AM</p> <p><b>SIT &amp; BE STRONG</b> TC STRETCHES 10-10:30a</p> <p><b>QUIDDLER CARD GAME</b> TC ESCAPADES 11:00AM</p> <p><b>BEGINNER CHAIR DANCE CLASS</b> TC Stretches 11:15-11:45a</p> <p><b>STRETCH &amp; FLEX</b> TC STRETCHES 1-1:30PM</p> <p><b>SENIOR PENTATHLON</b> TC Stretches 1:30-3:00PM</p> <p><b>CARING CRAFTERS</b> PCN Craft Room 1:30-3:00P</p> <p><b>CARD CLUB</b> TC THE GROVE 1:45PM</p> <p><b>BIBLE STUDY WITH REV. JANE GEHLER</b> TC GROVE 4:00PM</p>	<p>27</p> <p><b>CATHOLIC EUCHARIST</b> TC - OCCASSIONS - 10:00 AM</p> <p><b>ST. JOHN'S (WELS) SERVICE</b> TC - THE GROVE - 10:00 AM These services will include Holy Communion. While as part of WELS tradition Communion cannot be extended to non-WELS, please feel welcome to join in prayer and thanksgiving</p> <p><b>CORE BUILDERS</b> TC STRETCHES 10-10:30AM</p> <p><b>TED TALKS EDUCATIONAL PROGRAM AND DEBRIEF</b> TC THE GROVE 11:00AM-12:00PM See description below in the newsletter!</p> <p><b>MARQUARDT VILLAGE BINGO</b> TC THE GROVE 1:30PM DOORS OPEN AT 1:00PM</p>	<p>28</p> <p><b>THE ROSARY</b> TC GROVE 9:00-10:00AM</p> <p><b>FOREVER FIT</b> TC Stretches 10-10:30AM</p> <p><b>GREETING CARD SALES</b> PCS 1ST FLOOR LOBBY 10:00-11:00AM</p> <p><b>ADVANCED CHAIR DANCE CLASS</b> TC Stretches 10:45-11:45a</p> <p><b>CORE BUILDERS</b> TC Stretches 1-1:30PM</p> <p><b>CRAFTS N' THINGS</b> TC Stretches 1:30-2:30PM</p> <p><b>MOVIE TIME</b> <i>Age of Champions</i> TC The Grove 1:30PM Be inspired by this film highlighting 5 Senior athletes chasing gold at the 2009 National Senior Games. Snacks provided!</p>	<p>29</p> <p><b>FITNESS TRICK-For-TREAT</b> TC FITNESS CENTER 7:00AM-3:00PM</p> <p><b>BALANCE MASTERS</b> STRETCH AND FLEX COMBO (ADVANCED) TC STRETCHES 9-9:30AM</p> <p><b>BALANCE BOOSTERS WITH BRAIN GAMES</b> TC STRETCHES 10-10:30AM</p>  <p><b>DOLCE DUO</b> with Mark Wenzlaff and Carrie Lebinski 1:30PM Come sing, clap, and move along to all your favorite songs of yesteryear!</p>	<p>30</p> <p><b>PUMPKIN PALOOZA</b> 10am-4pm Downtown Watertown Check the Watertown Main Street Program Facebook Page for more info!</p> <p>***Please see page 1 for October 31 schedule*** (I am saving paper by not using a whole sheet of paper for 1 day!) ☺</p>

## **CALENDAR HIGHLIGHTS**

### **GREETING CARDS**

Shop unique greeting cards for every occasion. Find cards perfect for birthdays, anniversary, wedding, get well, sympathy, thank you and seasonal. Books of stamps are also available.

#### **Mondays**

**Park Hill Second Floor**

**10:00-11:30am**

#### **Thursdays (1<sup>st</sup> & 3<sup>rd</sup>)**

**Park Centre North First Floor**

**9:00-10:00am**

#### **Thursdays**

**Park Centre South First Floor**

**10:00-11:00am**

### **LADIES BOOK CLUB**

#### **IT'S HERE!**

**Towne Centre The Grove, Occasions**

You are invited to join the Ladies Book Club beginning **Monday, October 11 at 10:30 am in the Grove**. The Book Club will meet each second Monday, October 2021 – June of 2022 in the Grove and Occasions. On October 11, there will be refreshments and materials for you to register for this enjoyable program.

You may choose from one of the three sessions – 9:30 am, 11:00 am and 1:00 pm.

Each session will be an hour of lively discussion in groups of 7 - 8 women. There is no cost for the Book Club and the books will be provided by the Watertown Public Library. See you October 11th - Kay Ward and Nancy VonBoeckmann.

### **COFFEE AND CONVERSATION**

**Thursday, October 7**

**Towne Centre Stretches/Patio**

**11:00am**

Join Jessica Nickels and Emily Boyd who will provide an overview of Marquardt's Drone! See it fly!

### **BOARD PAINTING PARTY**

**Presented by Peggy Reich of**

**Wooden Wonders**

**Thursday, October 7, 2:00PM**

**Towne Centre Stretches**

Join us for a fun filled afternoon of learning about creating your own fall décor, and then by actually doing it! You will get to go home with a new decoration created by you! Please let Jenny know if you are interested in participating so that we ensure we have enough boards, but feel free to drop in just to observe! You can reach Jenny at (920) 206-4929, [jdawalt@marquardtvillage.org](mailto:jdawalt@marquardtvillage.org) OR leave her a note/stop in by her office by Stretches!

### **BREATHE SALT AND SAUNA EXPERIENCE**

**Thursday, October 14 at 2:00PM**

**Towne Centre The Grove**

Learn about how to naturally improve your immune system in today's world. Also receive education about how Breathe's services can help you to find relief from respiratory and skin conditions, reduce stress and anxiety, detoxify, improve circulation, reduce pain and inflammation, and improve overall wellness. Breathe is an independent wellness center offering two types of holistic healing!

### **THE GRACE OF ORDINARY DAYS**

**Presented by Bernie Saunders**

**Tuesday, October 19 at 2:00PM**

**Towne Centre The Grove**

Bernie will present us with his beautiful book which offers a rare glimpse into the separate

but linked lives of a mother and son. His photography contributions paired with his mother's words and poems serves as an inspiration to families and individuals who want to rediscover themselves through intimate conversations with those they love and care for most. Discover how you can strengthen your relationships in ways you've never imagined.

## **FANTASTIC JOURNEYS GROUP!!!**

### **We Need YOU!**

Isn't it fun to relive our favorite vacations, share them with others, and obtain ideas of our future travels from those who've experienced them? If you have travelled anywhere, anytime, and would like to share your story with your neighbors through speaking, sharing photos, etc., please contact Jenny so we can plan a session for November! (920) 206-4929 or [jdawalt@marquardtvillage.org](mailto:jdawalt@marquardtvillage.org).

### **THE GROVE TED TALKS**

**Fourth Wednesday of the month: 11:00AM**

**Towne Centre The Grove**

Join us to watch a short video together followed by a lively conversation about the topic. Bring an open mind! This month's topic is "How to stop languishing and start finding flow". Let's challenge ourselves to dive into discovering what stops us from truly living and talk about how to support each other!

### **SHEEPSHEAD CARD GAME**

**Mondays**

**Towne Centre The Grove**

**1:30PM**

Come and join us in a relaxed, fun atmosphere to play or learn to play sheepshead. All levels of experience are welcome to join, from





beginners to experienced! Volunteer instructor Dan Stratman will teach or help refresh skills if needed. No cost to play. A special prize will be awarded to the top finisher! Invite your friends to join us!

## **FREE TECHNOLOGY ASSISTANCE** **OCTOBER 13<sup>th</sup>**

**Towne Centre The Grove**  
**10:00-11:00am**

**Instructor: Regina Thompson**

This open session is a friendly place where you can take your time, learn at your own pace, and gain a level of comfort with computers and technology. Bring your own smartphone, iPad or laptop and any questions and get one-on-one help with a volunteer instructor. Don't be intimidated by technology, come and learn with us!

**Free for all participants!**

## **THE GROVE CONCERT SERIES**

**Fridays in September at 1:30pm**

**Towne Centre The Grove**

Join together, socialize, get to know your neighbors, and enjoy entertainment of all sorts. Review the calendar for a diverse selection of musical concerts, artistic performances, educational presentations, and beyond!

## **MOVIE MATINEE**

**Friday, October 8th, 1:30pm**

**Towne Centre The Grove**

Come socialize, enjoy snacks and water provided for you, and watch a movie with your neighbors on the big screen! *HEAVEN KNOWS, MRS. ALLISON* is a drama set in WWII starring Robert Mitchum and Deborah Kerr. An Irish nun and a Marine Sargeant get stranded on an island together which is

occupied by Japanese troops. Together they must evade the opposition in this classic film.

## **WORSHIP**

**Bethany Chapel Services**

**Sundays**

**10:00 a.m.** at MHC Chapel  
*Services are televised on channel (3)*

**The Grove Chapel Services**

**Sundays:**

**2:00pm** at Towne Centre The Grove

**Catholic Service**

**Wednesday, September 15<sup>th</sup>**

**10:00am at Towne Centre The Grove**

These services will include Holy Communion. While as part of Catholic tradition Communion cannot be extended to non-Catholics, please feel welcome to join in prayer and thanksgiving.

## **BIBLE STUDY**

**Tuesday, September 7<sup>th</sup> & 28<sup>th</sup>**

**Towne Centre The Grove**

**4:00pm**

Join the study of the book of Acts. All are invited to come. For questions, please contact Chaplain Jane Gehler at 920.206.4921.

**Everyone is welcome to attend.**

## **THE ROSARY**

**Thursdays 9:00-10:00am**

**Towne Centre The Grove**

With Monica Koeppel

## **FUN AND GAMES**

### **OPEN CARD & BOARD GAMES**

**Towne Centre Escapades**

Enjoy playing card and board games, billiards



or television at your own leisure in the Escapades! Friends and family are welcome to join you.

## **QUIDDLER CARD GAME**

**Tuesdays**

**Towne Centre Escapades**

**11am**

Join us for Quiddler in Escapades! Barbara Rich will teach the card game Quiddler, a short word game using a deck of cards. This is a fun and easy game to learn!

**Fun for all, it might be your next favorite word game!**

## **CARD CLUB**

**Tuesday October 5 and 26**

**Towne Centre The Grove**

**1:45pm**

Join us for Cards! By resident request, we will have multiple tables set up for the game you choose. Of particular interest is Hand & Foot and Poker. For Poker, please bring cash/change. Betting will be held to friendly games with maximums. It is ok if you do not know how to play; there will be people there who can help you learn! Depending on turnout, we will separate into "beginner and advanced" groups.

## **PUMPKIN PAINTING**

**Friday, October 15**

**Towne Centre Stretches**

**11AM-12PM**

Join us for a crafty morning of pumpkin decorating. We'll also have carving kits if you prefer to get your hands dirty! Let's be social and feel free to bring your own craft to do if you prefer, or just come to visit! Keep your pumpkin if you decorate one!

**Everyone is welcome to attend.**

## **CRAFTS N' THINGS**

**Thursday, October 14, 21 and 28**

**Towne Centre Stretches**

**1:30-2:30pm**

Join a crafty and social group to work on a variety of crafts and other tasks, often contributing items produced to enhance the lives of the residents in our healthcare facilities on campus!

**Everyone is welcome to attend.**

## **MAH JONGG**

**Mondays**

**Towne Centre Escapades**

**1pm**

Mah Jongg is a game of skill, strategy, and calculation and involves a certain degree of chance. Challenge your skills and mind!

## **PING PONG**

**Tuesday, October 5 and 12**

**Towne Centre Stretches**

**1:30-2:30pm**

Check out our newest opportunity for active leisure thanks to a generous donation! Come play ping-pong (table tennis) and cheer on others as they play. Come with a friend or alone and we'll match you up! Then you'll know who to call when you want to play on your own!

**Everyone is welcome to attend.**

## **WII BOWLING**

**Mondays**

**Towne Centre Stretches**

**1:30pm**

Come and learn how to play this fun and easy bowling game, using our Nintendo Wii gaming system. It's **bowling** with a simple sweep of your arm using a

lightweight **Wii Remote Controller**. It's just like regular **bowling** without throwing the heavy **bowling** ball. We will play on a big screen TV. No experience necessary. **Come** and experience the **fun of Wii Bowling!** **Friends and family welcome.**

## **CARING CRAFTERS**

**Tuesdays**

**Park Centre North Craft Room**

**1:30pm**

If you enjoy knitting or crocheting, this program is for you. Bring your needles and make plans now to join us for this fun, inspiring afternoon! Drop in anytime. Caring Crafters is a community service group who knits or crochets for many charities, including Marquardt Hospice. We would love for you to join us! Everyone is welcome.

## **EXERCISE AND FITNESS**

### **BEGINNER CHAIR DANCE CLASS**

**Tuesdays**

**11:15-11:45am**

**Towne Centre Stretches Room**

Looking for a fun way to dance? Join Instructor Rita Ensminger who will lead you through easy-to-follow choreographed dance moves all done without leaving the chair. No dance experience required. If you like music, you'll love the class! Come and join the fun! **No class fee.**



### **ADVANCED CHAIR DANCE CLASS**

**Thursdays**

**10:45-11:45am**

**Towne Centre Stretches Room**

Join Instructor Rita Ensminger who will lead you through easy-to-follow choreographed dance moves all done without leaving the

chair. This class uses a variety of music, creating a captivating period filled with fun moves for each song. A great way to be active, integrate socially, and have fun at the same time! If you like music, you'll love the class! Come and experience the joy of dance in a fun way with Rita! **No class fee.**

## **BEGINNER LINE DANCING IS BACK!**

**Wednesdays (not on 10/27)**

**Towne Centre Stretches Room**

**12:30pm**

**Instructor: Nancy Wensch**

**Fee paid directly to instructor**

The beginner line dance class is a great place to start! No previous dance experience is necessary. Learn the basics of country line dancing. It's exercise disguised as **fun!** No partner needed, just come as you are! Invite your friends and join us on the dance floor!



## **ACTIVE AGING WEEK**

**Towne Centre Stretches/Fitness Center**

**Mondays Through Friday 10/25-29/21**

-**Healthy Heart Walking Challenge** in Towne Centre and Park Hill. See included worksheet.  
-Tuesday October 26 **Marquardt Senior Pentathlon** 1:30-3pm: Compete in 5 fun Olympic-style events designed for seniors.  
\*Medals awarded to top performer in each event and overall winner!

-Thursday, October 28 1:30pm **Movie Time!**

Relax and be inspired with a showing of Age of Champions. Prepare to be inspired by this film highlighting 5 senior athletes chasing gold at the 2009 National Senior Games. Popcorn and beverages provided!

-Friday, October 29, 7am-3pm in the Fitness Center, **Trick-for-Treat!** Stop by the Fitness Center and draw an exercise from Tracy's

cauldron. Complete the exercise to receive a treat.

-Prize Raffle: Receive a raffle ticket for each group fitness class and Active Aging Week event attended October 25-29! Receive an extra ticket for any event you attend in costume!

## **BIKE WITH US**

**Park Centre North Parking Lot**

**Tuesdays, 9am**

Do you enjoy exercise, and do you have a bike? Come meet others with the same interest! Bring your bike and go for a ride with your neighbors. Bike as long as you wish!

## **SENIOR FITNESS PROGRAMS**

**Towne Centre Stretches**

Looking for a fun, friendly environment to motivate and challenge you? Come and try out all the NEW fun classes being offered at the Towne Centre. Explore new options! Classes are designed for all fitness levels. A chair is used for seated or standing support. You will enjoy the camaraderie and the encouragement of the group! Get fit with us and meet new faces! (See attached flyer)

## **LEARN AND LIVE WELL SESSIONS**

**Tuesday September 14<sup>th</sup>**

**10:30am**

**Towne Centre Stretches**

Join us to learn and discuss living well with arthritis and other joint conditions.

## **STRETCH AND FLEX**

**Mondays (except September 6<sup>th</sup>)**

**10:00am**

**Tuesdays**

**1:00PM**

## **Towne Centre Stretches**

### **JUMP START**

**Mondays (except September 6<sup>th</sup>)**

**2:15PM**

**Park Hill Dining Room**

### **SIT AND BE STRONG**

**Tuesdays**

**10:00am**

**Towne Centre Stretches**

### **CORE BUILDERS**

**Wednesdays**

**10:00am**

**Thursdays**

**1:00pm**

**Towne Centre Stretches**

### **FOREVER FIT**

**Thursdays**

**10:00am**

**Towne Centre Stretches**

### **BALANCE MASTERS STRETCH AND FLEX COMBO (ADVANCED)**

**Fridays**

**9:00am**

**Towne Centre Stretches**

### **BALANCE BOOSTERS WITH BRAIN GAMES**

**Fridays**

**10:00am**

**Towne Centre Stretches**

Sharpen your brain and your balance with this fun class that combines balance exercises and fun thinking games.

**No class fee.**

## **MARQUARDT VILLAGE VETERANS**

### **CALLING ALL VETERANS**

#### **We Want To Honor You!**



Thank you so much for serving our country! Marquardt Village is reaching out to all of our veterans to ask for your help in identifying yourself and/or a spouse. To commemorate your service, we have launched a weekly flying of a new flag at the Towne Centre in honor of all veterans. The flag is presented to the veteran or spouse the following week by Jennifer Johnson, Campus Administrator. We want to salute **our** heroes for the sacrifices they made for **our** nation. If you or a spouse who has passed are a veteran and would like your name added to our list and you have not already done so, please contact Emily Boyd at 920-206-4617.

## **TRIPS**

### **SHOP THE PIG!**

#### **Community**

Get your groceries using Free Transportation, courtesy of Piggly Wiggly, right from your apartment! Every Monday morning (except holidays), the bus picks up at the following places, and returns around 10:45am:  
PH 9:10am PCN 9:15am PCS 9:20am  
Garden Homes residents can board at any of the above.

## **MESSAGE FROM JENNY**

### **UPDATES:**

For those who “get” Channel 3, our closed circuit television system which televises programs from our MHC Chapel, please tune in on Wednesdays at 3:30pm to watch the live entertainment we have there!

10/6 features Dan Sullivan

10/13 features Bahama Bob

10/20 features Jay Hoffman

10/27 features Vicki Belleville

## **NOVEMBER CRAFT FAIR**

### **WE WILL HAVE ONE! (kind of):**

Due to Covid-19 precautions, we will not be hosting a community craft fair at Marquardt again this year. **HOWEVER**, we **WILL** hold our own Marquardt Craft Fair! If you make anything that you would like to sell to your fellow neighbors living or working on our campus, please let Jenny know. We’ll get you a table and the opportunity to sell your things! If you are part of a group that Life Enrichment obtains supplies for you to create things, we can also sell these items and put the revenue from the proceeds back into our budget to fund future projects! We will plan to hold this on the first Friday of November like usual. Please call Jenny at (920) 206-4929, email at [jdawalt@marquardtvillage.org](mailto:jdawalt@marquardtvillage.org) or stop in and see her in her office inside Stretches to reserve your spot!

## **JOB UPDATE**

### **WELCOME SHANNON FINGER!!!**

I am so excited to announce that Shannon Finger has accepted the Lifestyle/Volunteer Coordinator position in Independent Living. She will begin on October 11, 2021, and will be in orientation for a few weeks. Her office will be where Joan’s was (inside of Stretches).