

Bell Trace Newsletter

February 2019

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February Birthdays

Patty Cannon	1st
Carolyn Johnsen	2nd
Tommie Owens	3rd
Mona Mobley	4th
Betty Angstadt	10th
Dick Eherenman	11th
Nancy Cridland	13th
Chuck Bonser	15th
June Patton	19th
Mike Bush	19th
Bob Price	23rd

Birthday Party



Join us in wishing those
with February birthdays a
Happy Birthday!

Friday, February 1, 2:00 p.m.
The Commons

ALL ARE WELCOME!

Welcome New Residents!

Ann Hirth	Apt. 251
Dick & Marge Eherenman	Apt. 303
Doran & Maryellen May	CU 608

From the Desk of Joy Harter, Executive Director



Below are the highlights from the January Apartment and Cottage Chats:

Resident/Family Referral Program: If you or a family member refers someone to live at Bell Trace and they sign a residency agreement by April 1st, you will receive \$200 for those who move into a 1 or 2-bedroom apartment, and \$400 for those that sign for a studio apartment! Please see Marketing Director Barbara Carroll to obtain the Referral Form or if you have questions!

Maintenance Services at Bell Trace: Please see the article on Page 4 of this newsletter for a summary of what was discussed at the Chat regarding Maintenance Services.

Reminder to Wear Your Nurse Call Pendant: Joy reminded everyone how important it is to wear your nurse call pendant at all times for safety purposes. Please keep your nurse call pendant readily accessible when in your apartment or inside the main building. Also be reminded that the nurse call pendants are waterproof and can be worn in the shower. Report any problems with your nurse call system immediately. The nurse call pendants only work inside the building and not outside. Please take your cell phone with you when walking the Trace or outside of the building.

Have flashlight Readily Available and Working: Joy also reminded everyone to keep a useable flashlight in their apartments in case the building would ever lose power. Make sure that your flashlight has working batteries.

Handicap Parking/Resident Parking: Designated Handicap parking spots are not to be parked in on a long-term basis by residents. Those spots are intended for visitors and guests to the building. Resident designated spots should also not be parked in for prolonged periods of time. If you know you are not going to drive your car for several weeks or more at a time, please relocate your car to a parking spot that is not as close to the front entrance. Thank you for your consideration of other resident drivers who use their cars regularly. If you are in need of a parking tag for your car, please see Melissa.

Signage for First Floor Nurse's Station: There was a concern expressed that new residents have trouble locating the nurse's station and that there are no signs showing direction. Signs have now been posted to identify the location of the first-floor nurse's station.

Comment Cards in the Dining Room: It was mentioned that there were no Comment Cards or pencils on the tables in the Bistro Dining Room. Jacob will make sure to replenish the cards and the pencils.

Temperature in the Dining Room: It was mentioned that the Bistro Dining Room is often too cold. Joy has asked Brian to take care of this matter and see about increasing the temperature.

Resident Services

Lifespan Home Health at Bell Trace

Lifespan Home Health, LLC is an Indiana state-licensed home health agency providing nursing and attendant services to the Bell Trace community.

Lifespan nurses can assist with medication management and injections, assessment of vital signs, diabetic management, and other medical services.

Our Personal Attendants can assist with a variety of non-medical tasks, including:

- Assistance with bathing, dressing, hygiene, and grooming
- Escorts to and from meals and to and from activities/events
- Personalized transportation to appointments or on outings
- Running errands and personalized shopping
- Pet care and dog walking
- Move-in or move-out assistance

Do you want to know more about what Lifespan Home Health can do for you? Please contact Kellie Self, RN Administrator at 812-332-2355, ext. 220.



Podiatrist Visit

Preferred Podiatry

Dr. Ryan Jorgenson

If you have not seen Dr. Jorgenson before, please see Kris at the Front Desk for the Medicare forms.

Please sign up for an appointment time in the Activity Book in the Mail Room. Assisted Living residents do not need to sign up for an appointment; they can see the doctor after breakfast in the Sunroom.

Tuesday, February 19, Sunroom

Assisted Living Residents: 8:30—10:00 a.m.

Independent Residents: 10:00 a.m.—12:00 p.m.



Parking at Bell Trace

Residents are given a parking hang tag for their cars upon request. Please see Kris or Melissa to request one.

If you have a car but plan to park it for a week or more without driving it, please do not park in the resident or disabled spaces that are closest to the building, as these spots are intended for those residents who come and go often.

Please remind your family and friends that there is visitor parking on all sides of the building and to please reserve the spots marked "Resident" for the residents.

We appreciate your cooperation!

**RESIDENT
PARKING
ONLY**

**PERMIT
REQUIRED**

We want you to be involved! If you would like to contribute to this newsletter, please submit your article, letter, poem, artwork, etc. to Melissa!

Resident Services

Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:30—10:00 a.m.
2nd Floor Game Tables

Hearing Aid Checks and Cleaning

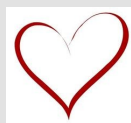
Wednesday, February 13, 3:30—4:30 p.m.
Private Dining Room

Give and Take Day

Tuesday, February 5, 9:00 a.m.—3:00 p.m.
Community Room

If you have items that you no longer need and want to get rid of, bring them down to Give and Take Day. Pick up any items brought by another resident that looks interesting to you. You do not have to give to take. Whatever is left at the end of the day will be taken to Goodwill, the Salvation Army, or Opportunity House. Coats, hats, and other winter attire will be taken to the homeless shelter.

Please only bring your items to the Community Room the morning of Give and Take Day (not before), and please do not bring undergarments or medication to Give and Take Day.



Religious Services

Church Services

Sundays, 4:00 p.m., Chapel
Fellowship follows in the Private Dining Room

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel
Fellowship follows in the Private Dining Room

Bible Study

Saturdays, 10:00 a.m., 3rd Floor Lounge

Monthly Chats with Joy

Our monthly resident conversations are an opportunity to ask questions and express concerns on any subject of importance. Family members are always welcome to attend.

Apartment Chat

Tuesday, February 19, 3:30 p.m., The Commons

Food Chat with Philippe, Joy, and Jacob

Saturday, February 23, 3:00 p.m., The Commons

Cottage Chat

Tuesday, February 26, 10:00 a.m., The Commons

Tech Heroes are here to help!!!!

Technology support for your hand-held devices (i.e. smart phone, tablet, Kindle, laptop, etc.) is now available! If you are having an issue with your device, Jenny Donegan, is here to fix it, or you can come learn how to use more features on your device.

Sundays, 1:00—3:00 p.m., 3rd Floor Lounge

Resident Committee Meetings



Resident Council—All residents are welcome!

Tuesday, February 5, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee decide on and shelve new acquisitions for the Bell Trace Library.

Friday, February 15, 1:30 p.m., Library

Hospitality Committee

We are looking for friendly residents who would like to welcome our newest residents and help make their transition a little easier.

Wednesday, February 20, 2:30 p.m.
Private Dining Room

Newcomers Meeting

This meeting is for all residents who have moved to Bell Trace within the past year and is a chance to get your questions answered and meet new people. Each month it is a little different, so please come often!

Tuesday, February 26, 1:30 p.m., The Commons

Resident Services

Bell Trace Beauty & Barber Shop

Located on the Lower Level, The Barber Shop / Beauty Salon is open Tuesday through Friday from 9:00 a.m.—3:00 p.m. Stop in or call for an appointment. Phone: 812-332-2355 ext. 218.

Massage [\$]

Massages are available on Tuesdays (by appointment only). Be sure to provide your phone number when you sign up so that Lisa Prickel, the massage therapist, can call you to schedule your appointment. The sign-up sheet is in front of the Activity Book in the Mail Room.

Monroe County Library Bookmobile

The Bookmobile collection includes best-sellers; compact discs; DVDs; magazines; and books-on-CD. Materials not available on the Bookmobile may be requested from the Main Library and then delivered to you the next visit. **For more information, call the Library at 812-349-3050 ext. 2059.**

Wednesdays, 11:30 a.m.—12:00 p.m.
Front Portico

Dry Cleaning Service

Crosstown Cleaners will pick up your dry cleaning and deliver it back to your apartment on Fridays. The Bell Trace Front Desk will not hold your dry cleaning for you—you must deal directly with an employee from the dry cleaner.

A \$2.00 delivery charge will be added to your dry cleaning bill. Phone: 812-332-4300.

First Financial Banking Services

A representative from First Financial Bank will be available on Tuesdays from 1:30—3:00 p.m. in the Bistro Alcove to meet with customers, answer questions, and provide a notary service.

The courier service for their customers is on Tuesdays, Thursdays, and Fridays. A bank representative will pick up transactions from the locked bank box near the Assisted Living elevator on the 2nd floor at 10:00 a.m. and will return with a receipt between 2:00 and 3:00 p.m. (Tuesdays and Thursdays only).



Maintenance Services at Bell Trace

The Maintenance Staff at Bell Trace takes great pride in responding to your service needs. When it comes to

changing lightbulbs or filters, plunging toilets, repairing your appliances, addressing your plumbing, heating and air conditioning concerns, Brian, Eddie, and Adam are happy to take care of your work order requests!

Be reminded that all work order requests are to be placed at the Front Desk either by phone or in person. All work orders are entered and tracked in our computer system and reporting to the Front Desk is the first step in this process. When you have multiple work orders, please detail all your requests at once so that we can be as efficient and prepared as possible! Unless it is a true emergency, please refrain from stopping Brian, Eddie, or Adam in the hallway to detail your request.

When you do have a request that is above and beyond the scope of maintenance, there will be a minimum charge of \$25/hour for the service. This of course does not apply to repairs to equipment that are our responsibility to repair! Examples of services where there would be a charge include hanging pictures, mounting a TV, or putting together a new bookshelf you purchased. However, we do not move furniture that does not belong to Bell Trace.

Also be reminded that when you have requests for non-maintenance tasks such as helping to organize things, putting boxes away, filling your bird feeder, filling up humidifiers, etc., our Personal Services Assistants (PSA services) are available to help! Please call Amy at 812-340-8474 between 8:00 a.m. and 4:30 p.m., Monday through Friday, to schedule PSA services and to learn more about what PSA can do for you.

Your friendly Bell Trace Maintenance men thank you for your attention!

Life Enrichment

Discussions

Coffee and Conversation

Monday—Saturday, 8:00 a.m.—7:00 p.m. and
Sundays 11:00 a.m.—7:00 p.m., Bistro Alcove

Current Events

Thursdays, 11:00 a.m.—12:00 p.m., Sunroom

Bible Study

Saturdays, 10:00 a.m., 3rd Floor Lounge

Deep Listening

Mondays, February 4 and 18, 7:00—9:00 p.m.
Sunroom

Lunch with Rabbi Besser [\$]

Tuesday, February 12, 11:30 a.m., Bistro

Book Discussion Group

Sunday, February 17, 2:00 p.m., Library

Games and Trivia

Trivia

Have fun answering trivia questions or just stop
by to hear some interesting and fun facts!

Mondays, 1:00—1:30 p.m., Front Lobby

Thursdays, 1:00—1:45 p.m., Front Lobby

Bingo [\$]

Each game is a nickel per card. There is a limit of
three cards per game and the winner gets the pot!

Mondays, 3:00—4:15 p.m., Community Room

Saturdays, 3:00—4:00 p.m., Community Room

Dominoes

The group plays Mexican Train Dominoes, a
game that takes a combination of luck and skill.

Fridays, 2:30 p.m., Private Dining Room

Scrabble

Tuesdays and Saturdays, 2:00—3:00 p.m.
Sunroom

Mah Jongg

Play this fun Chinese tile-based game. If you
haven't played before, now's a great time to learn!

Mondays and Wednesdays

12:30—3:30 p.m. Sunroom

Game Night with IU APO Students

Play or learn how to play Euchre, or bring a board
game of your choice to play.

Fridays, 6:30—8:00 p.m., The Commons

Exercise Classes

Core Focus

Don't let the name fool you! This is a total-body
workout. We will focus on all your muscles, with
special consideration for muscles of the core. With
a heavy focus on proper posture, form, and align-
ment when moving, this class will help you under-
stand and improve your core strength—while giv-
ing you a workout!

Mondays and Fridays

10:00—10:45 a.m., The Commons

F.I.T. (Full-body Intentional Training)

Learn to be intentional with your training! Strengthen and train your whole body with focus and purpose! Find your “why” and apply your training to everyday life.

Mondays and Fridays

10:45—11:30 a.m., The Commons

Mindful Movement Meditation

Tuesdays and Thursdays, 10:15 a.m., Chapel

Balance Class [\$]

Tuesdays, 3:30—4:30 p.m., The Commons

Balloon Volleyball

Thursdays, 1:30—2:30 p.m., Sunroom

Yoga

Live Chair Yoga with Deb

Wednesdays, 10:00 a.m., The Commons

Live Mat Yoga with Deb

Wednesdays, 10:45 a.m., The Commons

Chair Yoga Video

Saturdays, 11:00 a.m., The Commons

Chair Ballet

Join Sarah Wroth from the Ballet Department at
Indiana University Jacob School of Music in an ex-
ercise class that mirrors a classical ballet workout.

Sundays, 2:00—3:00 p.m., The Commons

**Don't forget that as a Bell Trace resident, you
have 24-hour access to our Fitness Center!**

Arts Programming

Arts & Crafts

Mondays and Wednesdays, 1:30—3:00 p.m.
Arts Studio

Continuing with our exploration of the color blue, we will venture into the world of abstract expressionism and learn how to paint from our hearts. On Mondays, class will start in the Chapel where we will watch short instructional videos to help inform and inspire our work for the week.

(New) Timeline Project

Tuesdays, 2:30 –3:30 p.m., Sunroom

Our timeline will start at the turn of the twentieth century and continue through 1920. Potential topics: immigration, baseball, the labor movement, and the sinking of the Titanic.

Fiber Arts

Tuesday, 2:00—4:00 p.m. 3rd Floor Lounge

Residents gather to share their crafts and to learn from each other. Some quilt and some knit. There are those who crochet and do cross-stitch. All crafters are welcome. This is a great place to meet new people and just sit and chat.

Writing Group

Thursdays, 2:00—4:00 p.m., 3rd Floor Lounge

Ukulele Practice

Thursdays, 4:00—5:00 p.m., Sunroom

All new comers are welcome to join the fun and sing-a-long. We perform in the Front Lobby on the 4th Thursday of every month.

Sing-A-Long with Gladys

Wednesdays at 6:30 p.m., Front Lobby

Bloomington Peace Choir Practice

Tuesdays, 6:45—8:30 p.m., The Commons



Timeline Project

Using historical photographs we will discuss one or two decades each month over the course of the year. The hour will be spent sharing personal stories and reviewing significant events that shaped our personalities, our lives, and wove the social fabric of American culture.

Service-learning Students from Indiana University will join us to help capture stories and nuggets of wisdom that will be used in creating a collage to represent our discussion each month.

If you have photographs or other resources that you think might help support our work, please bring them to our discussion or contact Julie Hill.

All are welcome!

“Telling stories, and repeating those that hold particularly significance, is vital to the creative process of achieving psychological integration – a process rooted in the discovery and passing on of one’s legacy.”

- Dr. Robert Butler

A Taste of Romance



This evening will **delight your senses!**

TUESDAY, FEBRUARY 12TH from 6:30 pm - 8:00 pm

at Bell Trace Senior Living Center

Tickets: \$10

Benefits: LIFE Designs

A romantic evening filled with the ambiance of delicious homemade chocolates, local wines, enchanting musical performances, dance, and poetry. Come celebrate the season of love with a "Taste of Romance" at Bell Trace.

RSVP's are greatly appreciated! 812-332-2355



www.BellTrace.com

800 N Bell Trace Circle Bloomington, IN 47408

FAMILY-FIRST SENIOR LIVING FROM CARDON

INDEPENDENT LIVING • ASSISTED LIVING • REHABILITATION • LONG TERM CARE

BT-FL-0119



LIFE Designs is a comprehensive resource for people with disabilities and their families in south central Indiana. We offer services for every stage of life. We aim to facilitate active citizenship, fulfilling relationships, and rewarding employment through inclusive communities that foster dignity and respect.

Our Mission:

To partner with people of all ages and abilities to lead meaningful and active lives.

Our Vision:

We envision communities that support all people, where each person is valued, and where everyone belongs.

Our Strategic Plan Goals:

Our strategic plan goals are focused around the "LIFE" that we believe everyone deserves.

Leadership in person centered services that lead to jobs, homes, and full community lives.

Innovation in service delivery to adapt to current and future industry changes.

Foundation for new initiatives and continued growth.

Excellence in workforce development that stays and grows with us.

Our Values:

- The goals and expectations of our clients and their families direct our actions.
- We design services to achieve independence, employment, and enrich lives within the community.
- Every client, employee and stakeholder deserves dignity and respect.
- Creativity and innovation are the keys to our success.
- Collaboration is essential to achieving our mission.

LIFE Designs



LIFE Designs is a registered non-profit 501(c) 3 organization.

On the Big Screen

On the Big Screen

Saturday Movie Matinee

"Founding Brothers", Saturdays, 1:00 p.m., Chapel

Saturday Night at the Movies

"Lady Sings the Blues"

Pop star Diana Ross portrays legendary jazz singer Billie Holiday in this biographical drama. Beginning with Holiday's traumatic youth, the film depicts her early attempts at a singing career and her eventual rise to stardom, as well as her difficult relationship with Louis McKay (Billy Dee Williams), her boyfriend and manager. Casting a shadow over even Holiday's brightest moments is the vocalist's severe drug addiction, which threatens to end both her career and her life.

Saturday, February 2, 7:00 p.m., The Commons

"Dirty Dancing"

Baby (Jennifer Grey) is one listless summer away from the Peace Corps. Hoping to enjoy her youth while it lasts, she's disappointed when her summer plans deposit her at a sleepy resort in the Catskills with her parents. Her luck turns around, however, when the resort's dance instructor, Johnny (Patrick Swayze), enlists Baby as his new partner, and the two fall in love. Baby's father forbids her from seeing Johnny, but she's determined to help him perform the last big dance of the summer.

Saturday, February 9, 7:00 p.m., The Commons

"Amazing Grace"

In 18th-century England, House of Commons member William Wilberforce (Ioan Gruffudd) and his close friend and a future prime minister, William Pitt (Benedict Cumberbatch), begin a lengthy battle to abolish Great Britain's slave trade. Though Wilberforce's legislation is soundly defeated in 1791, his growing affection for Barbara Spooner (Romola Garai) inspires him to take up the fight once more.

Saturday, February 16, 7:00 p.m., The Commons

"Bluebeard's Eighth Wife"

Millionaire Michael Brandon (Gary Cooper) becomes smitten with French mademoiselle Nicole de Loiselle (Claudette Colbert) while vacationing on the Riviera. Michael asks her father, the titled but destitute Marquis de Loiselle (Edward Everett Horton), for his daughter's hand, but Nicole balks when she learns that the mercurial millionaire has already been married and divorced seven times. With the help of her platonic friend, Albert (David Niven), Nicole endeavors to change Michael's ways.

Saturday, February 23, 7:00 p.m., The Commons

Second Sunday Musical

"Blue Skies"

Aging New York radio star and former dance sensation Jed Potter (Fred Astaire) tells his life story on the air. It comes dramatized through a series of vignettes that recount a decades-long love triangle that started between a much younger Potter, his one-time Army buddy and show-business rival, Johnny Adams (Bing Crosby) and a spitfire showgirl and nightclub singer, Mary O'Hara (Joan Caulfield). Throughout, musical numbers featuring the songs of Irving Berlin punctuate the drama.

Sunday, February 10, 7:00 p.m., The Commons



Life Enrichment

Special In-House Events



A Visit with Rescue Ferrets

Ferrets are domestic animals and cousins of weasels, skunks, and otters. Their personality is somewhere between that of a cat and dog, but each is unique in its personality and temperament. Some are cuddly, while others more independent. They are very playful with each other and with you. They are also very inquisitive and remarkably determined, which is part of their charm. Several rescue ferrets will be brought to Bell Trace (dressed in Valentine's Day attire) for you to interact with and learn about. Tuesday, February 12, 1:00 p.m., Sunroom

Pet Visits with Kanika

Kanika is a Labrador/golden retriever mix therapy dog who visits schools, hospitals, and retirement communities to offer love and companionship to those who would benefit from it. Visit with Kanika in the Front Lobby or find her in the hallways.

Friday, February 15, 2:00—3:00 p.m.

Monday, February 25, 2:00—3:00 p.m.



Tom Wright Performs the Oldies

Monday, February 18, 7:00 p.m., The Commons



FOCUS ON FITNESS:

A monthly column by Bell Trace Fitness Center Director, Alyssa Jackson

With Valentine's Day this month—make it a priority to keep your heart healthy! Have you visited the Fitness Center? Whether you are new to exercise or an experienced exerciser looking for new movements, I can help you!

Residents have 24-hour access to our facility. To begin, all that is required is an orientation to learn how to safely and effectively use the equipment. We also offer Exercise-As-You-Please memberships to the public. Those members can access the facility any time the front doors to Bell Trace are open. Those are great options if you already have an established routine. If you are new to exercising, you may want some guidance on where you should start, what you should do, for how long, how many days per week, etc. I am your go-to person!

As a Certified Exercise Physiologist, I offer Comprehensive Fitness Assessments and Personal Training Services.

Fitness Assessments include:

- Resting Heart Rate, Blood Pressure, Waist/Hip Circumferences
- Posture Assessment
- Balance Assessment
- Cardiorespiratory Fitness Assessment
- Muscular Strength and Endurance
- Flexibility & Range of Motion
- Write-up of scores and program recommendations



The cost is \$35 for residents and \$50 for non-residents. After your assessment, we can discuss whether personal training is a good option for you! Personal Training costs vary depending on how many sessions per week you want! I can help you reach your goals! "It is never too early or too late to work toward being the healthiest you!" Contact me today!

Life Enrichment

Lifelong Learning Classes

Bloomington Humanities

All Classes meet in the Chapel

"Old Testament Survey"

This class continues from last month.

6 Wednesdays, January 6—February 13

"The Beach Boys and Pet Sounds: How They Influenced The Beatles and Sgt. Pepper"

This class continues from last month.

6 Thursdays, January 10—February 21

"Henry V and Joan of Arc: The Hundred Years War, Part II"

This class continues from last month.

6 Tuesdays, January 15—February 26

"Three Great American Films: *Casablanca*, *The Godfather*, *Singin' in the Rain*"

Join in the discussion of three of the greatest American motion pictures ever made; each a classic, each unique, and all three very, very different from one another. From Bogie to Gene Kelly to Brando, explore the greatest of films.

6 Wednesdays, February 27, March 6—April 10

Ivy Tech Lifelong Learning [\$29]

All classes meet in the Chapel on Tuesdays from 1:00—2:30 p.m.

"The Hermit Kingdom: A History of North Korea"

This class continues from last month.

6 Tuesdays, January 29—March 5

Lifelong Learning Classes (continued)

Science with Melissa

"Introduction to Earth Science"

Thursdays, 4:00 p.m., The Commons

Earth Science is an all-embracing term for the fields of science related to the planet Earth. It is a branch of planetary science (the study of planets). You can think of it as an "owners manual" for our planet.

In the Earth Science class, you will learn about the nature of science, in general, and as applied to the Earth. You will also learn about how the various parts of the Earth are interrelated.

Topics will include: Earth's evolution through time; rocks and minerals; faults and earthquakes; plate tectonics; weathering and erosion; the water cycle; glaciers, deserts, and wind; volcanoes, landslides, floods and other natural disasters; mountain building; the oceans and coasts; atmospheric composition; moisture, clouds, and precipitation; weather patterns and severe storms; climate change; the Solar System and the Milky Way Galaxy; and Earth's place in the universe.

The class is not cumulative; therefore you may come to any or all sessions. And don't worry—there won't be any math in the course! Each week's topics will be included on the daily schedule.



LOOKING FOR A FEW GREAT RESIDENTS!!!

Refer a friend to Bell Trace. If they sign an agreement by April 1, you will receive \$200 for independent apartments and \$400 for studio apartments!

See Barbara to pick up a form!!



Beauty and Barber Shop Open House

Come join us in celebrating your newly-remodeled salon!

There will be door prizes, gifts and refreshments!

Monday, February 11,
9:00—11:30 a.m.



Out and About

Medical Transportation

Bell Trace offers transportation on Tuesdays and Thursdays for medical appointments that are scheduled between **8:00 a.m.** and **3:00 p.m.** Please sign up at the Front Desk **at least 24 hours** before your appointment. Please be in the Front Lobby and ready to go at the departure time set by the driver.

NO SAME-DAY APPOINTMENTS WILL BE ADDED ON TUESDAYS AND THURSDAYS UNLESS IT IS A TRUE EMERGENCY!

If you are *in a wheelchair* and need transportation to a medical appointment, you no longer have to use BT Access. A driver from the Bell Trace Health and Living Center can take you Monday through Friday. Please call Debbie Beasley at 812-323-2858 in order to schedule your transportation.

If you have a medical appointment on a Monday, Wednesday, or Friday, please contact Amy Brough at 812-340-8474 to schedule a Personal Services Chauffeur to take you for an additional cost. Bell Trace Health and Living does not transport our residents to medical appointments unless the resident is in a wheelchair and is unable to transfer to the minivan.

Shopping/Banking Transportation

Because space is limited on the bus, please limit your purchases to only two (2) bags.

Banking

Mondays Depart at 9:00 a.m.

East Side Shopping (this includes Kroger north!)

1st and 3rd Mondays, Depart at 10:00 a.m.

Mondays, Depart at 1:30 p.m.

Wednesdays, Depart at 2:00 p.m.

West Side Shopping

2nd and 4th Mondays, Depart at 10:00 a.m.

Bloomington Winter Market

Fresh food, local produce, and artisan products.

Saturday, February 23, Depart at 10:00 a.m.

Dining Out [\$]

Menus will be in the Transportation Book in the Mail Room when available. A minimum of four residents is required for lunch excursions.

Lunch Excursions

Mr. Hibachi

Wednesday, February 6, Depart at 11:15 a.m.

Fazoli's

Wednesday, February 13, Depart at 11:15 a.m.

McAlister's Deli

Wednesday, February 20, Depart at 11:15 a.m.

Bob Evans

Wednesday, February 27, Depart at 11:15 a.m.

On the Stage [\$]

Rounding Third at the Waldron Auditorium

Saturday, February 2, Depart at 1:30 p.m.

Giulio Cesare at The MAC

Saturday, February 2, Depart at 7:00 p.m.

At First Sight—A Festival of New Plays

Play 1: Only Child at Wells-Metz Theatre

Friday, February 22, Depart at 7:00 p.m.

Play 2: Haus of Mirth at Studio Theatre

Wednesday, February 27, Depart at 7:00 p.m.

Something Rotten! at the IU Auditorium

Thursday, February 28, Depart at 7:30 p.m.

You're Invited to the Lincoln Street Boys and Girls Club Open House

Wednesday, February 20

We will depart at 1:30 p.m.

Tour the newly renovated Boys & Girls Club and listen to a brief presentation on the state of the club. Light refreshments will be served.

Out and About

Free Music Events

ChoralFest: A Concert of Choral and Organ Music at Auer Hall

Friday, February 1, Depart at 7:30 p.m.

Nigel North, Lute: "Bach on the Lute" (6 of 6) at Auer Hall

Saturday, February 2, Depart at 3:30 p.m.

Brent Wallarab Jazz Ensemble at The MAC

Monday, February 4, Depart at 7:30 p.m.

Wind Ensemble at The MAC

Tuesday, February 5, Depart at 7:30 p.m.

Concert Orchestra at The MAC

Wednesday, February 6, Depart at 7:30 p.m.

Conductors Orchestra at The MAC

Thursday, February 7, Depart at 7:30 p.m.

James Campbell, Clarinet; Adrian Fung, Cello; Min-Jeong Koh, Violin; Futaba Niekawa, Piano: Faculty/Guest Chamber Music Recital at Auer Hall

Saturday, February 9, Depart at 3:30 p.m.

Handel's "Parnasso in festa": Conventus and Baroque Orchestra at Auer Hall

Saturday, February 9, Depart at 7:30 p.m.

Bloomington Symphony Orchestra: "The Orchestra Games" at Bloomington High School South

Sunday, February 10, Depart at 2:30 p.m.

Elzbieta Szmyt, Harp: Faculty Recital at Auer Hall

Sunday, February 10, Depart at 5:30 p.m.

John Raymond Jazz Ensemble at The MAC

Monday, February 11, Depart at 7:30 p.m.

Marcin Dylla, Guitar: Guest Recital at Auer Hall

Monday, February 11, Depart at 7:30 p.m.

Concert Band and Symphonic Band at The MAC

Tuesday, March 12, Depart at 7:30 p.m.

University Orchestra at The MAC

Wednesday, February 13, Depart at 7:30 p.m.

Free Music Events (continued)

Jessica Gould, Soprano; Nigel North, Lute and Theorbo: Faculty/Guest Recital at Auer Hall

Wednesday, February 13, Depart at 7:30 p.m.

Woodwind Department Faculty Recital at Auer Hall

Thursday, February 14, Depart at 7:30 p.m.

Conductors Chorus at Auer Hall

Saturday, February 16, Depart at 3:30 p.m.

Kyung Sun Lee, Violin; Sung-Mi Im, Piano: Faculty/Guest Recital at Auer Hall

Saturday, February 16, Depart at 7:30 p.m.

Jean-Louis Haguenaer, Piano: Faculty Recital at Auer Hall

Wednesday, February 20, Depart at 7:30 p.m.

Vincent Carr, Organ: Faculty Recital at Auer Hall

Friday, February 22, Depart at 7:30 p.m.

Tom Walsh Jazz Ensemble at The MAC

Monday, February 25, Depart at 7:30 p.m.

University Chorale and Conductors Orchestra at Auer Hall

Tuesday, February 26, Depart at 7:30 p.m.

Philharmonic Orchestra at The MAC

Wednesday, February 27, Depart at 7:30 p.m.

Ticketed Music Events [\$]

Mariachi Los Camperos at the IU Auditorium

Saturday, February 9, Depart at 6:30 p.m.

2019 Winter Dance Concert: *Making Spaces* at Ruth N. Halls Theatre

Saturday, February 9, Depart at 7:00 p.m.



Please take a moment to make sure your cell phone is on silent when attending any events or activities. Thank you.

Out and About

IU Sports [\$]

IU Women's Basketball

IU vs. Minnesota

Wednesday, February 6, Depart at 6:30 p.m.

IU vs. Rutgers

Monday, February 18, Depart at 6:30 p.m.

IU vs. Iowa

Thursday, February 21, Depart at 7:30 p.m.

IU Men's Basketball

IU vs. Iowa

Thursday, February 7, Depart at 8:00 p.m.

IU vs. Ohio State

Sunday, February 10, Depart at 12:00 p.m.

IU vs. Purdue

Friday, February 22, Depart at 6:00 p.m.

IU vs. Wisconsin

Tuesday, February 26, Depart at 8:00 p.m.

Other Outings

Medical Marijuana Informational Talk at the Monroe County Public Library
Presented by Brian Kaskie, Associate Professor of Health Management and Policy at the University of Iowa.

Thursday, February 7, Depart at 5:30 p.m.



Tour of the Tibetan Mongolian Buddhist Cultural Center [\$5]

Dedicated to the people of Tibet, this Cultural Center, located on 90 acres just south of town, offers a relaxing and peaceful setting for meditation and reflection. The Tibetan Chortens here are the only ones in the nation. The TMBCC was established by Indiana University Professor Emeritus Thubten J. Norbu in 1979 to acquaint people with the history and culture of Tibet and to support Tibetans everywhere. Throughout the year, it provides a place for workshops, teachings, seminars, initiations, retreats and ceremonies relating to

the Tibetan and Mongolian cultures. Highlights include the Kumbum Chamtse Ling Temple, butter sculptures, a permanent sand mandala and many other works of art. Don't miss the opportunity to see one of the greatest cultural centers in the entire Midwest!

Friday, February 8, Depart at 10:00 a.m.

*Please be aware that you will need to remove your shoes when entering the temple.

Boys and Girls Club Open House

We will take a tour of the newly renovated Lincoln Street Club. A brief presentation on the state of the Club will be given by Executive Director, Jeff Baldwin. Light refreshments will be served.

Wednesday, February 20, Depart at 1:30 p.m.



**BOYS & GIRLS CLUBS
OF BLOOMINGTON**

Reading with Kindergartners

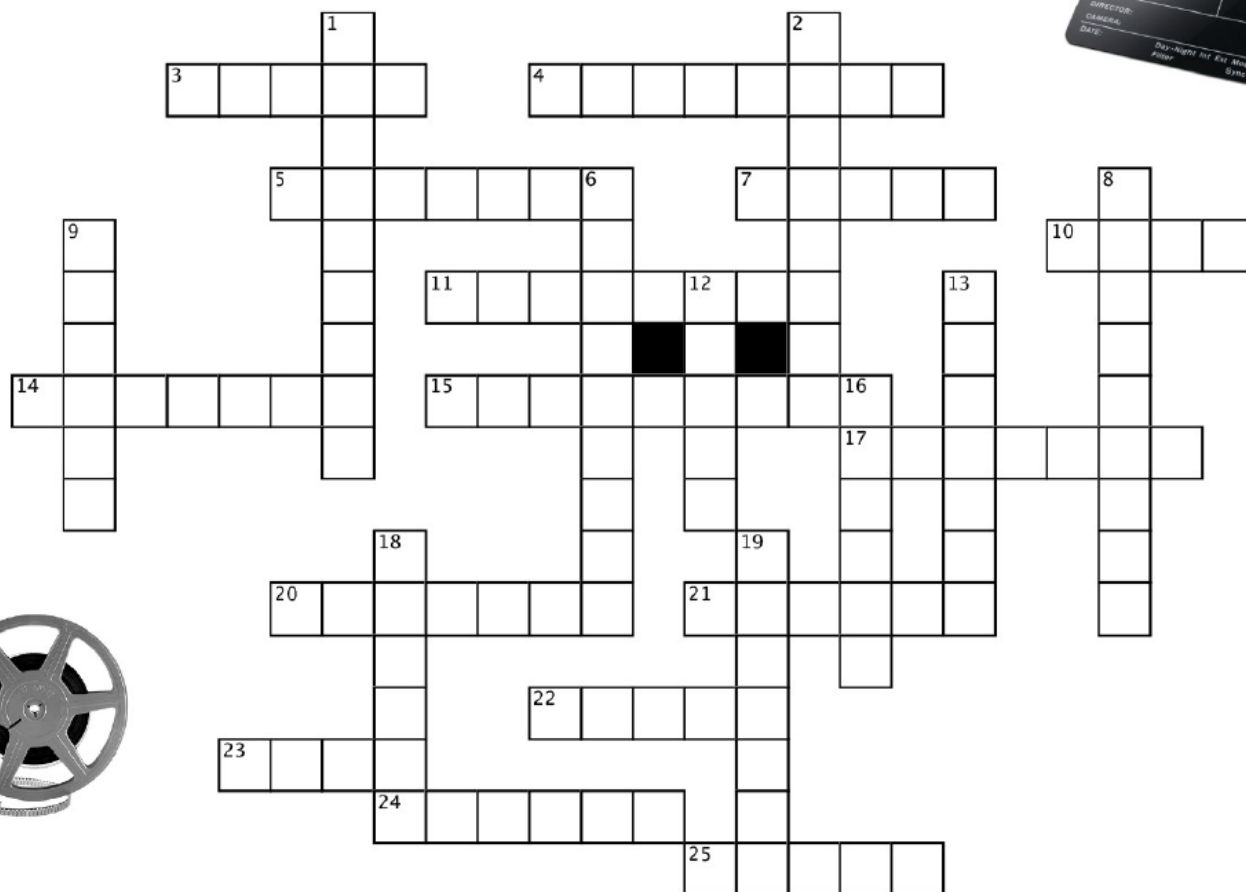
Join us as we travel to Unionville Elementary School where each resident will be paired up with a kindergartner, who will read to us! It's a truly uplifting and fulfilling experience to see the wonder in the young children's eyes as they discover the joy of reading.

Friday, February 22, Depart at 9:00 a.m.

Crossword Puzzle

Academy Awards

Use the clues to fill in the crossword.



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Academy Awards

(clues)

ACROSS

3. *All About Eve* star
4. Academy Awards prop
5. *Dances with Wolves* star
7. Motion pictures
10. Run the show
11. Costume collection
14. *Guess Who's Coming to Dinner* actress
15. Put on the air
17. *Mary Poppins* star
20. Tom Hanks character, _____ Gump
21. Noted name in animation
22. Serious movie category
23. Oscar color
24. Dickens-based musical
25. Thespian

DOWN

1. VIP vehicle
2. They're up for awards
6. It's "rolled out" for big stars
8. Tinseltown
9. Funny genre
12. Prized statuette
13. _____ Award
16. Special skill
18. *On the Waterfront* actor
19. Winner of 11 Oscars in 1997