

Bell Trace Newsletter

March 2019

Thank You, Joy Harter!



Thank you, Joy, for your unwavering commitment to Bell Trace residents, families, and staff. You have created a welcoming and friendly place to live and work, and we will forever remember the "Joy" you brought to this building.



"Joy is well-named; she has been a blessing for Bell Trace. In the two years I've been here, I've often seen her generous dedication to the residents, whether it be in serving tables in emergencies or in gently addressing difficult questions during the monthly "chats" with residents. She has been a steady hand for us all during unanticipated challenges. May God continue to bless her and her loved ones in the future." —Jack Moore



"Rumor #1: Joy is leaving Bell Trace to run for president of the United States." —Bill and Shirley Portteus

"Oh! What a real joy she is in every way and a perfect fashion model, what can I say!" —Agnes Ingram

"Dear Joy, it's been a joy! Good luck on your next venture!" Fondly, —Velma Harrison

"Dear Joy. Though we find it hard to let you go, we also wish you well and hope you find fulfillment in your new career path. You have made yourself available to each of us and have been exceedingly patient as you listened to a wide variety of questions and issues, both large and small. We take comfort in hearing you say you will not forget us and will visit us when you can. We know from experience that you will keep your word. We wish you success and good health as you start a new chapter in your life and in your career of working with elders." With admiration and love, —Harriet Pfister

"I always think of Joy as well named—she is so active, positive, and joyous. I hate to see her leave, but wish her well in the future. She always seems to know everyone's name." —Anonymous

"May God bless you on your journey."
—Bernadette Barry



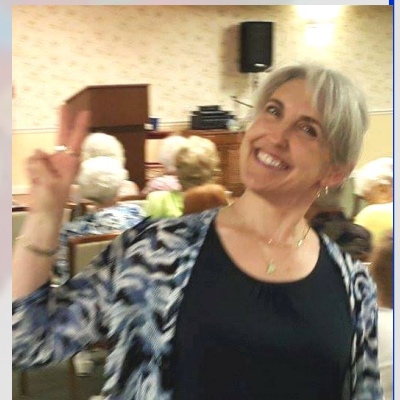
"Joy it's been a pleasure to meet you. We see and know the good work you have done here at Bell Trace. As you move on to your future dream, we wish you well. Don't forget us, we would love to hear how life is unfolding for you. God loves you and we do too!" The Lord Bless,
—Ray and Ruth

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"A man told me Joy was aptly named! I agree." —Anonymous

"Thank you, Joy, for all your years of leading Bell Trace with the residents' needs' importance to you. We know you cared. And much success and happiness in the future." —Ruth Augustine

"My dear Joy. It's with sadness and some trepidation that I see you leave Bell Trace—you are one hard act to follow—but you were so clearly happy and excited at the Apartment Chat that I can only say to you, 'Go well.'" With love, —Jenny Kander



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.



Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:30—10:00 a.m.

2nd Floor Game Tables

Hearing Aid Checks and Cleaning

Wednesday, March 13, 3:30—4:30 p.m.

March Birthdays

Cathie Lynch	1st
Marie Barrick	2nd
Gene Weinberg	4th
Martha Ellis	6th
Gene Shipp (100 years!!)	7th
Mary White (101 years!!)	8th
Marlen Rust	8th
Lyn Winstanley	11th
Sara Campbell	12th
Jean Schwartz	13th
John McCormick	13th
Ray Sager	13th
Gladys Conway	14th
Susie Voelkel	19th
Pat Brantlinger	20th
Clyde Ragan	25th

Holidays and Celebrations

March Birthday Party

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



Ash Wednesday Service with Kurt

Wednesday, March 6, 3:30 p.m., Chapel

Daylight Savings Time (Spring Forward)

Sunday, March 10, 2:00 a.m.



St. Patrick's Day Irish Coffee Bar

Stop by the Bistro Alcove for Bell Trace's Irish coffee, made with Bailey's Irish Cream!
Sunday, March 17, 9:00—11:30 a.m.
Bistro Alcove

Resident Services

Resident Committee Meetings



Resident Council—All residents are welcome!

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

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, March 13, 2:30 p.m.

Private Dining Room

Library Committee

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

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

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, March 26, 1:30 p.m., The Commons

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



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

Monthly Chats

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, March 19, 3:30 p.m., The Commons

Cottage Chat

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

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

Book Discussion Group

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

Tech Heroes are here to help!!!!

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

This month, our tech hero Jenny Donegan will have how-to demonstrations on different topics.

March 3: Phone Basics (Jitterbug, volume, etc.)

March 10: Accessibility (magnification, text to speech, speech to text, hands free)

March 17: All Tech (focus on unusual but critical technology solutions, including replacing batteries in devices, and setting the time on watches, alarm clocks, flashlights, and more)

March 24: Digital Resources (have a question?

Most likely we can find someone who has published the answer. Free digital resources online—books, music, movies).

March 31: Web Publishing (how to record sound files and publish them? How to publish stories and articles online)

Resident Services

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

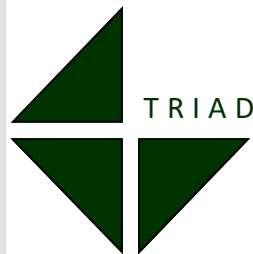
A representative from First Financial Bank will be available on Tuesdays from 1:30—3:00 p.m. in the Bistro Alcove to meet with customers, answer questions, and provide a notary service.

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).

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.

Pharmaceutical Round Up



A sheriff's deputy will collect your expired and unwanted prescription medications and sharps on a quarterly basis. No over-the-counter medicine can be collected.

The next pick up is
Wednesday, March 13
from 9:45—10:15 a.m.
in the Front Lobby.



Give and Take Day

Tuesday, March 5, 9:00 a.m.—3:00 p.m., **Gallery**

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.

Life Enrichment

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, 1:00—2:00 p.m.

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



Welcome New Residents!

Georgia Tucker Apt. 355

Harriet Curry Apt. 217

Tom Glastras Apt. 360

Nancy Rayfield Apt. 206

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 alignment when moving, this class will help you understand and improve your core strength—while giving 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, 1:15—2:15 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 exercise class that mirrors a classical ballet workout.

Sundays, 2:00—3:00 p.m., The Commons

Tributes to Joy Harter (continued)

"Do you believe everything you hear?"



It depends upon who says it. —→ Melissa said it.



Then I will cry if she said it for sure.

Joy usually means "Be Happy". In this case it means "We all wish you the best that life has for you. We all love you." —Ruth Rusie

"Along with everyone at Bell Trace, I will miss Joy's kind and steady hand at the helm. Good luck, Joy!" —Jean Harvey



"Thank you Joy. When I came to Bell Trace from Iowa, it was a BIG ADVENTURE ...I wish you the same happiness I have had, as you begin Your BIG ADVENTURE!" Take care, —Betty Johnson



"JOY...Our top administrator...An elegant lady, our friend

A few thoughts about Joy in our life at Bell Trace:

A good listener, Joy has always been supportive of our wishes and needs as residents.

A caring friend, Joy greets and welcomes us with a warm smile and kind words.

A willing worker, Joy does not hesitate working in the dining room to help staffing needs.

A good entertainer, Joy is also an excellent pianist.

Joy will be very much missed at Bell Trace but she deserves and we wish her the very best in her new endeavors. Au revoir..."

—Odette Shepherd

Tributes to Joy Harter (continued)



"To Joy

With friends and love
Life is good;
You offer friendship
To many who are walking
In the last few miles
Of long lives.

May our love in return Re-
Fill you with the Joy
You have in abundance given!
So that wherever you walk
Joy springs up to refill you and
your spring
Shall never run dry!"

—Ann Burke

"I have said it before, 'there will be no Joy
in Mudville.'" —Steve Morrissey

"Best wishes for the future!" —Dorothy Dotlich



"Even in a rush, there is always a pause, a
smile, recognition (by name) and a brief
chat. Joy could just as well be called a
friend. As you continue to move forward in
your profession please continue with the
kind spirit you have shown here!" —Avis
and Bob McDaniel

**"Dear Joy, Good luck in your new career—you will
be greatly missed here." All the best, —Chuck**

"Enjoy your new chapter!" —Julia Brown

"Joy, Good luck on your new job." —Linda Mobley



"You are going to miss my forever question at cottage chat about the status of
the pondor maybe not. My best wishes." —Ivonne Vanderbilt

"Wherever you go,
Whatever you do,
Our very best wishes
Are going with you." —
Fran and Gene Weinberg

"Ode to Joy

Joy is leaving,
We are grieving,
As we say "farewell" today.
A mem'ry of Joy
Will e'er be with us
Our warm wishes will go with
her on her way." —Ralph and
Beth Gray



"Dear Joy, It is hard to write a "farewell" to you. We will miss
you. You are unfailingly kind. As you go forward into the next
phase of your life, you will continue to serve our population with
your ongoing contribution to Area 10 Agency on Aging. And as a
past president of Rotary, you will continue to participate in our city's
activities. I'm looking forward to our next opportunity to hear you
making beautiful music on one of our grand pianos. You were not
merely our administrator; you participated with us. I particular-
ly enjoyed your participation in the annual presentation of "The 12
Days of Christmas." Thank you. Best wishes for your fu-
ture." Gratefully, —Ellen Pettay

"Dear Joy: Happy trails to you.
Stay health and happy." Blessings,
—Mary Droste

"Enjoyed your time
with us!" —Jane Briley



**"Joy, her name says it all. Al-
ways a smile, never a cross
word, ready to listen to you,
and reassuring. A person like
this is what Bell Trace needs"
God bless you Joy." —Carol
Bentley**

Tributes to Joy Harter (continued)

"One of Joy's many skills that amaze us all is her awesome memory for names. Joy not only knows all of us by our first names, but she also recalls names of many "shirt-tail" relatives who visit us." —Anonymous



"Joy, First I remember any time we cross paths you have a smile and a hello for me. Second I think of the Saturday my washer and dryer full of wet clothes walked out the closet into the bathroom. I could not move them an inch so called for help. I expected to open the door to one of the big maintenance men, but no it was Joy. I told her she would not be able to push them back, but she said she was stronger than she looked. She was right. In one minute she had them back in the closet. I was so surprised I wonder if I ever said "Thank You." Best of luck in all your further adventures." —Doris Figel



"Dear Joy: Your parents knew what they were doing when they named you. You spread Joy and cheer wherever you go with your beautiful smile. In the twelve plus years I have known you, I don't think you had a "bad hair" day. Even during your time of surgery a few years ago, you always had the "up" feeling. What a lovely attitude you present before all the residents. Your door has always been open and you are ready to listen to our gripes and try to get us to be cheerful. You will be missed and our door is always open for you to say "Hello"." —Marie Barrick



"Joy, What an appropriate name! Wherever I see Joy: in the office, in the halls, in the dining room, throughout the building, there is joy. What a wonderful gift to share with everyone around you! I have been blessed by your gift of joy. Thank you!" —Jan Davis



"Dear Joy, I wish I could put into words how much you will be missed here, but I can't. Your always lovely smile and warm first-name greeting brightened many a day more than you could ever know. You were never too busy to lend an ear to personal concerns—thank you for that steady hand and loving support. You have definitely been our pillar. Our love and many many good wishes." —Fran Martin

Tributes to Joy Harter (continued)



"Wishing you every success in your new venture. Has been a real Joy to know you!" —Betty Farr



"Joy has always been available to residents and staff as evidenced by her open door office and beautiful blue glass collection. She has served as advocate and encourager when I shared a problem. After a decision was made, she returned with, "Your concern has been taken care of." Her attentiveness was shared with all in need. Her various chat times were appropriate to all at Bell Trace with separate times for independent apartments, cottages, and assisted living. Staff and residents became a cheering section for Joy when Joy had a health challenge. We demonstrated our respect, admiration and love, as we wore our "HEALING" bracelets with "Strong for Joy". —Sara Campbell



"Joy, I really have enjoyed knowing you, you are a fine and friendly lady. I, Geneva, wish you the very best in your career. I felt like I could talk to you anytime! I hope you have a safe and happy life!! Take care and remember all of us." Love—Geneva Houston



Best wishes, Joy! Thank you for everything and GOOD LUCK in your next chapter!!



"I am so happy I have spent the last chapter of my life at Bell Trace. You have helped to make that possible. Many wishes you have a wonderful next chapter." —Anonymous



"During the fairly short time we have lived at Bell Trace, we have observed ourselves and heard from others that you are/were the BEST! Thank you for your years of service." —Bill and Karen Stucky

"We will miss you—Joy—your wonderful friendly way and calling everyone by name." Best wishes, —Gerry Morrison



Life Enrichment

Special In-House Events

Travelogue with Kurt: Iceland

Wednesday, March 13, 3:00 p.m., The Commons

Elvis Presley Rock 'n' Roll Rockabilly Blues and Gospel Tribute Band

Friday, March 15, 3:00 p.m., The Commons

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, March 22, 1:30—2:30 p.m.

Classical Guitar Performance by Michael Reardon

Saturday, March 16, 2:00 p.m., The Commons

Meet the New Executive Director, Jennifer Devitt!



I started with CarDon in 2015 as the Assistant Administrator at University Heights, have helped in numerous buildings on special projects, and have been the Administrator at Greenwood Health and Living

for the past 3 years. I attended Indiana University where I obtained my B.S. in Kinesiology. I look forward to being back in the Bloomington area, closer to home where I enjoy spending time with my family and being outdoors. I am married to my husband Dustin and we just had our first son 13 months ago named Derrick who is the absolute joy of my life. I am looking forward to the new opportunity to join the Big Bell team and am exciting to see what we can achieve.

WELCOME TO THE TEAM!

FOCUS ON FITNESS:

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

Warming Up: What, Why, When, & How

When exercising, it is SO important to complete a warm-up prior to exercising. This month, we will break down what a warm-up is and why it is important.

What is a warm-up?

A warm-up is a period of movement that helps prepare your body for the main workout. A warm-up focuses on increasing the heart rate and warming the muscles. There is also a focus on stretching through each joint's range of motion.

Why warm-up?

Warming up helps prepare your body for movement by gradually raising body temperature and increasing blood flow to your muscles. You can also reduce risk of injury and muscle soreness by completing a warm-up.

When should you warm-up?

You should complete a warm-up before each exercise session.

How do you warm-up?

A good rule-of-thumb to follow is to focus on your major muscle groups (shoulders, glutes, quadriceps, hamstrings, etc.). Performing aerobic activity is a great warm up. (Note: This is to get you started. A warm up generally won't leave you fatigued. Keep it light!) Aim for 8-10 minutes of warming up!

Good examples of a warm up:

- Go for a light walk
- Ride the NuStep or Recumbent Bike at an easy pace
- Perform seated warm-ups similar to exercise class

Just like you should perform a warm-up prior to exercising, be sure to cool down afterward! A cool down is similar to a warm-up, but focuses on reducing heart rate and blood pressure post-workout. Taking a short, slow walk or performing stretches after exercising are effective ways of cooling down.

If you have any questions on warming up or cooling down, come see me in the Fitness Center!

-Alyssa



Life Enrichment

Lifelong Learning Classes

Bloomington Humanities

All Classes meet in the Chapel

"Studies in Fascism and Authoritarianism"

Authoritarian governments and power structures are on the rise in Europe and the US. This course will provide an introductory study of the 20th century experience of both fascism and left-wing totalitarian states, and examine the components of militarism, racism, and nationalism. We will see how 21st century movements parallel and differ from their historical roots. Special attention will be paid to the work of Hannah Arendt.

6 Tuesdays, March 19—April 30

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

This class continues from last month.

6 Wednesdays, February 27, March 6—April 10

"The British Wars, Cromwell, and the Restoration: 1642—1660"

In 1642, England exploded into a Civil War between King and Parliament, a war that embraced Scotland and Ireland as well. The result cost Charles I his head and brought Oliver Cromwell to power as Lord Protector of England. Ironically, the monarchy was restored under Charles II shortly after Cromwell's death.

6 Thursdays, March 7—April 18

TED Talk Fridays

Fridays, 2:30 p.m., The Commons

TED Talks are short, educational lectures covering all different topics—some fun, some serious. In the month of March, the talks will be focused on neurology and brain health.



**HELP US FIND A FEW
GREAT NEW 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!!

Lifelong Learning Classes (continued)

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

"The Space Race and the Cold War"

With the approach of the 50th anniversary of the moon landing, we will look back at how putting a man on the moon was the penultimate moment in the space race between the U.S. and the Soviet Union. The competition began before the end of World War II and culminated in dazzling technical and human achievements while it wasn't always clear who would win.

6 Tuesdays, March 26—April 30

Science with Melissa

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

"Introduction to Earth Science"

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.

March topics will include: Running water and groundwater, the hydrologic cycle, glaciers, deserts, sand dunes, plate tectonics, convergent boundaries, and earthquakes and seismic waves.

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.

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.

My Sister's Closet

Friday, March 15, 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

The Tudor Room at the IMU

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

Joella's Hot Chicken

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

Wee Willie's

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

Cheddar's

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

On the Stage [\$]

Jawing with Richard Dreyfuss at the IU Auditorium

Thursday, March 7, Depart at 7:00 p.m.

Alvin Ailey American Dance Theatre at the IU Auditorium

Tuesday, March 19, Depart at 7:30 p.m.

Spring Celebration (Spring Ballet) at The MAC
Saturday, March 23, Depart at 7:00 p.m.

The Glass Menagerie at the Waldron Auditorium
Saturday, March 30, Depart at 1:30 p.m.

Shopping Carts

Bell Trace has four shopping carts located in the Front Lobby for you to use to take groceries or supplies to your apartments.

Please return carts to the Front Lobby as soon as you are finished with them, so that others may use them. Please do not keep carts any longer than necessary since they are limited in number.

THANK YOU for your cooperation!

Out and About

Free Music Events

Simin Ganatra (violin) and Eric Kim (cello) and Brandon Vamos (cello): Faculty/Student Chamber Music Recital at Auer Hall

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

Don Freund (composer/piano) at Auer Hall

Saturday, March 2, Depart at 7:30 p.m.

Joanna Blendulf (viola da gamba) and Elisabeth Wright (harpsichord): Faculty Recital at Auer Hall

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

Rostislav Dubinsky Memorial Concert at Auer Hall

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

Concert Orchestra at The MAC

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

NOTUS Contemporary Vocal Ensemble and Chamber Orchestra at Auer Hall

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

Genevans Choir: Free Spring Concert at Bloomington Reformed Presbyterian Church

Friday, March 8, Depart at 7:00 p.m.

Katherine Jolly (soprano): Faculty Recital at Auer Hall

Tuesday, March 19, Depart at 7:15 p.m.

James Giles (piano): Guest Recital at Auer Hall

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

Pacifica Quartet at Auer Hall

Thursday, March 21, Depart at 7:15 p.m.

Choral Invitational Festival at Auer Hall

Saturday, March 23, Depart at 7:30 p.m.

Grigory Kalinovsky (violin) and Howard Klug (clarinet): Faculty Chamber Music Recital at Auer Hall

Sunday, March 24, Depart at 7:30 p.m.

John Raymond Jazz Ensemble at The MAC

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

Free Music Events (continued)

Wind Ensemble at Auer Hall

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

Symphony Orchestra at Auer Hall

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

David Higgs (organ): Guest Recital at Auer Hall

Friday, March 29, Depart at 7:30 p.m.

Conductors Orchestra at Auer Hall

Saturday, March 30, Depart at 7:30 p.m.

Bloomington Chamber Singers: Messiah Sing-Along, Parts 2 and 3 at St. Mark's UMC

Sunday, March 31, Depart at 2:30 p.m.

Faculty Chamber Music Recital at Auer Hall

Sunday, March 31, Depart at 3:30 p.m.

Ticketed Music Events [\$]

"Love Songs for a Lasting World" (Malcolm Dalglish and the Ooolites) in honor of Toby Strout at the Buskirk-Chumley Theatre [\$35]

Saturday, March 2, Depart at 6:15 p.m.

Ukulele Orchestra of Great Britain at the Buskirk-Chumley [\$37-47]

Thursday, March 21, Depart at 7:15 p.m.

"From the Depth" (Bloomington Symphony Orchestra) at the Buskirk-Chumley Theatre [\$18]

Saturday, March 23, Depart at 6:30 p.m.

IU Sports [\$]

IU Women's Basketball

IU vs. Purdue

Sunday, March 3, Depart at 11:30 a.m.

IU Men's Basketball

IU vs. Rutgers

Sunday, March 10, Depart at 11:00 a.m.



Out and About

Other Outings

Trip to WonderLab [\$10]

WonderLab has more than 65 hands-on science exhibits, both inside the museum and outside in the garden, to capture your imagination and make learning fun! Whatever your age, we encourage you to bring your curiosity to the museum and experiment, build, observe and discover. Our exhibits are both educational and fun, reinforcing concepts and skills set forth by Indiana Academic Standards and also incorporating principles of universal design.



Friday, March 8, Depart at 1:00 p.m.

"Hungry Planet: What the World Eats" Exhibit at The Mathers Museum

HUNGRY PLANET WHAT THE WORLD EATS



A new exhibit exploring community and food—"Hungry Planet: What the World Eats"—is on exhibit at IU's Mathers Museum of World Cultures.

The traveling exhibit is based on the best-selling book by photographer Peter Menzel and writer Faith D'Aluisio, who sat down to dinner with 30 families in 24 different countries to document their

meals and lives around food. The exhibit features stories, grocery lists, and photos of each family surrounded by a week's worth of groceries, and gives visitors snapshots to compare these families with their own. "Hungry Planet: What the World Eats" will be open to the public through May 1. Admission to the museum is free, but the museum is encouraging visitors to bring canned goods to the exhibit for donation to the Community Kitchen of Monroe County. The exhibit is toured by COSI, the Center of Science and Industry in Columbus, Ohio.

Friday, March 22, Depart at 1:30 p.m.

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, March 29, Depart at 9:00 a.m.

Bell Trace Recycling Guidelines

There are large recycling totes in the Delivery Drive for apartment residents and totes in the north parking lot for cottage residents. The following items can be recycled: metal and aluminum cans, plastic containers and bottles, styrofoam, and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags. **Glass may no longer be put in the recycling bins. PLEASE BREAK DOWN ALL CARDBOARD BOXES! Please do NOT leave ANY bags of recyclables on the outside of the totes. All bags must fit into the inside of the tote. If the totes are full, you will have to return the following week to place your recycled items INSIDE the totes.**

On the Big Screen

On the Big Screen

Saturday Movie Matinee

"The Celts", Saturdays, 1:00 p.m., Chapel

Saturday Night at the Movies

"Wonder"

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

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

"Duck Soup"

When the tiny nation of Freedonia goes bankrupt, its wealthy benefactor, Mrs. Teasdale (Margaret Dumont), insists that the wacky Rufus T. Firefly (Groucho Marx) become the country's president. Sensing a weakness in leadership, the bordering nation of Sylvania sends in the spies Pinky (Harpo Marx) and Chicolini (Chico Marx) to set the stage for a revolution. As Firefly clashes with the Sylvanian ambassador (Louis Calhern), plenty of mayhem ensues, and the countries verge on all-out war.

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

"A Star is Born" (2018)

Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

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

"Green Book"

Dr Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighbourhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

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

"Wonder Woman"

Before she was Wonder Woman (Gal Gadot), she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, Diana meets an American pilot (Chris Pine) who tells her about the massive conflict that's raging in the outside world. Convinced that she can stop the threat, Diana leaves her home for the first time. Fighting alongside men in a war to end all wars, she finally discovers her full powers and true destiny.

Saturday, March 30, 7:00 p.m., The Commons

Third Sunday Musical

"Brigadoon"

Two Americans on a hunting trip in Scotland become lost. They encounter a small village, not on the map, called Brigadoon, in which people harbor a mysterious secret, and behave as if they were still living two hundred years in the past.

Sunday, March 17, 7:00 p.m., The Commons

