

# Bell Trace Newsletter

November 2017

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## November Birthdays

Roberta Wysong	4th
Lou Atkinson	11th
Aleen Krebs	12th
Annette Keefe	12th
Rosemary Dever	20th
Mid Blackburn	22nd
John Droste	23rd
Bernie Waters	24th
Zelda Leslie	26th
Virginia Henderson	28th
Bernadette Boehmer	28th
Bill Beheler	29th
Mary Jane Compton	30th
Winnie Aston	30th

Join us in wishing all those residents with November birthdays a Happy Birthday!



Friday, November 3, 2017  
2:00 p.m., The Commons

ALL ARE WELCOME!

## From the Desk of Joy Harter, Executive Director



### Summary from the October Chats with Joy

The following information was presented at the October Apartment and Cottage Chats:

•Welcome Alyssa Jackson, Fitness Center Director!!

Alyssa's Hours are:

Monday through Thursday: 8:30 am – 4:30 pm, Friday:  
9:00 am – 2:30 pm

•Bell Trace residents who can exercise independently =  
no charge

•Fitness Assessment Fee = \$35.00

•1-1 Personal Assistance (1 hour, 1x/week) = \$40/month

•1-1 Personal Assistance (2-4 hours/week) = \$100/month

•Please stop by the Fitness Center to meet Alyssa and to ask any questions you may have!

•Employee Appreciation Reception: The annual Employee Appreciation Reception will be held on Friday, December 1 from 10 a.m.-11:30 a.m. in the Commons. Come one, come all!

•CarDon No Tipping/Gifting Policy: Please be reminded that employees are not permitted to accept any tip or gift from a resident. Please see Joy if you have any questions on this policy.

•The Old Exercise Room is now being called the "New Community Room!"

•Please return the Bell Trace grocery carts to the First Floor after you are done using them.

•Thank you for your patience as the Bistro transitions to our new food vendor GFS:

•And thank you for your patience while repairs were made to the kitchen elevator.

### MONTHLY SAFETY TIPS:

**1) Please be reminded to wear your nurse call pendant:** All residents are encouraged to always wear their nurse call pendants or have them readily accessible at all times in your apartment or in the building. We want to make sure you have a way to reach us should you experience an emergency where you need us!

**2) Please Update your Resident Data Forms:** If it has been a while since you looked at the Resident Data Form that is stored in your kitchen cabinet with the red dot on the outside, please check to see if any updates are needed to your emergency contact information. Maybe there are phone number changes or address changes. If there are, please write those changes on your current copy and submit it to the Front Desk. We will make the changes and deliver an updated sheet to you. If you have any questions, please contact Joy.

# LifeSpan Home Health

## LifeSpan Home Health and Attendant Services

**LifeSpan Home Health, LLC** is an Indiana state-licensed home health agency that is conveniently located on the campus of Bell Trace Senior Living Community.

LifeSpan is a CarDon company providing nursing and attendant services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Attendants can provide the following services to residents:

- Personal caregiving
- Assistance with bathing, dressing, hygiene, grooming, and other personal care
- Escort to meals and activities
- Transportation to the doctor or other appointments and outings
- Running errands and personalized shopping
- Light housekeeping
- Meal preparation
- Pet care and dog walking
- Companionship at home or for events and outings
- Move-in or move-out assistance

Our LifeSpan Nursing Services can provide:

- Medication management and injections
- Wound care
- Assessments of vital signs:
  - Blood pressure
  - Pulse
  - Respiratory status
  - Temperature
- Diabetic management
- Lab and x-ray coordination

For more information on what LifeSpan Home Health can do for you, please contact Kellie Self, RN Administrator of LifeSpan Home Health Services 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 & Cleaning

Wednesday, November 8, 3:30—4:30 p.m.  
Private Dining Room

## Keep yourself warm this winter

- Wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body. Woolly clothes or thermal clothes are ideal.
- A lot of heat is lost through the head and neck, so if you're chilly indoors, try wearing a hat and scarf.
- For those cold toes, remember to put thick socks on and preferably slippers too.
- Draw your curtains as soon as it gets dark to stop the heat escaping and the draughts coming in.
- Don't stand outside for long periods of time, as you can quickly get a chill.
- Use hot water bottles or electric blankets to warm the bed, however never use them together as this can be dangerous. *Always read the instructions when using electrical goods.*
- If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level.
- Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat.

<https://www.homeinstead.co.uk/>

# Resident Services

## First Financial Banking Services

First Financial Bank offers a courier service for their customers on Tuesdays, Thursdays, and Fridays. A bank representative will pick up transactions from the locked bank box outside the 2<sup>nd</sup> Floor Lounge at 10:00 a.m. and will return with a receipt between 2:00 and 3:00 p.m. (Tuesdays and Thursdays only).

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

## 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.

## Instructional Help

Help is available if you are having problems or have questions regarding the use your cell phone, computer, tablet, etc. Please contact either Melissa Davis or Julie Hill to have your name placed on the Instructional Help Request List. A Bell Trace Staff member will contact you to set up an appointment for help.

## Massage [\$]

Massages are available on Tuesdays. 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.

## Chats

Chats are an opportunity to share your ideas and concerns regarding your experience living at Bell Trace. All are encouraged to attend!

### Food Chat with Philippe and Joy

Saturday, November 18, 10:00 a.m.  
(There will be no Bible Study that day)

### Apartment Chat with Joy

Wednesday, November 22, 3:30 p.m.  
The Commons

### Cottage Chat with Joy

Tuesday, November 28,  
10:00 a.m.  
The Commons



## 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, glass bottles and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags. 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.**

# Resident Services

## Resident Committee Meetings



### Resident Council—All residents are welcome!

Tuesday, November 7, 1:30 p.m., The Commons

### Hospitality Committee

Can you remember what a big adjustment it was for you when you first moved to Bell Trace? We are looking for friendly residents who would like to welcome our newest residents and help make their transition a little easier.

Wednesday, November 15, 2:30 p.m.  
Private Dining Room

### Library Committee

All residents are welcome and encouraged to help the committee.

Friday, November 17, 1:30 p.m., Library

### Newcomers Meeting

This meeting is for all residents who have moved to Bell Trace within the past year. Headed up by Executive Director Joy Harter and Activities Coordinator Melissa Davis, this is an informal gathering where you can get answers to any questions that may have come up during your time here at Bell Trace. Each month it is a little different, so please come often!

Tuesday, November 21, 1:30 p.m., The Commons

## Monroe County Library

### Bookmobile Visit

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

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.**

## 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

## Dry Cleaning Service

Crosstown Cleaners will pick up your dry cleaning and deliver it back to your door on Monday, Tuesday, Thursday, and Friday.

A \$2.00 delivery charge will be added to your dry cleaning bill. Phone: 812-333-6600.

## Give and Take Day

Tuesday, November 7, 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. Whatever is left at the end of the day will be taken to Goodwill. Coats, hats, and other winter attire will be taken to the homeless shelter. Please only bring your items to The Commons the morning of Give and Take Day, and please do not bring undergarments or medication to Give and Take Day.

## Daylight Savings Time—Fall Back!



Daylight Savings Time ends on Sunday, November 5 at 2:00 a.m. Please set your clocks back one hour before you go to bed on Saturday night, November 4!



# Life Enrichment

## Discussions

### Word Talk

Tuesdays, 11:00 a.m.—12:00 p.m., Sunroom  
Each week participants will bring a word beginning with that week's letter (see the daily schedule). The group will then vote on which words to discuss during the hour. It's always interesting to see what one word can mean to several different people.

### Coffee and Conversation

Monday—Saturday, 8:00 a.m.—7:00 p.m. and  
Sundays 11:00 a.m.—2:00 p.m., Bistro Alcove

### Current Events

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

### Bible Study

Saturdays, 10:00 a.m., 3<sup>rd</sup> Floor Lounge

### Conversations on Life (Men's Group)

This men's discussion group is sponsored by St. Mark's United Methodist Church, but is open to all male residents.

Fridays, 12:30—1:30 p.m., Private Dining Room

### Christian Discussion Group

Monday, November 6

Monday, November 20

2:30 p.m., 3rd Fl. Lounge

Listen to a sermon by Tom Ellsworth from Sherwood Oaks Christian Church on CD, followed by a discussion. Hosted by Phyllis Mangun. All are welcome!

### Deep Listening

Monday, November 6

Monday, November 20

7:00 p.m., Sunroom

### Book Discussion Group

Sunday, November 19, 2:00 p.m., Library



Please return  
your books



Please check your apartment for any Bell Trace library books that you may have forgotten to return. You may return them to the basket just inside the Library doors on the 2nd Floor. Thank you!

## What's in a Name??

Since the old Community Room has been remodeled to become the beautiful new Bell Trace Fitness Center, we have renamed the old Exercise Room the NEW Community Room!



## Cell Phone Etiquette Reminder

Please respect those around you and turn your cell phone ringer to either vibrate or silent when in the Bistro or at an activity or performance.

If you must take an urgent phone call, please move to a hallway when speaking.



# Life Enrichment

## Arts Programming

### Arts & Crafts

Monday & Wednesday 1:30—3:00 p.m., Arts Studio

November 1 & 6—Book making with Sandra

November 8 & 13—Origami with Sandra

November 15—Silk Scarves Dyeing

Jean Haley will lead the group in dyeing silk scarves. Each participant will receive two silk scarves to dye using tissue paper. Please sign up in the activities sign up book in the mail room.

November 20, 22, 27,—Watercolor Painting

November 29—Card Making

### Fiber Arts

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

This is an informal gathering of hand crafters. Bring a project or just come for the conversation.

### Writing Group

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

We talk about the prose and poetry of professionals and then we listen to the prose and poetry of our peers. This is a safe space for writers to both read and be heard. Beginners are welcome!

### Ukulele Practice

Thursdays, 4:00—5:30 p.m., Sunroom

Thursday, November 30, we will play in the Front Lobby

### Bloomington Peace Choir Practice

Wednesdays, 6:30—8:30 p.m., The Commons

This group is open to the general public. You are welcome to come and join the group in singing or just to listen to the four-part harmony.

### International Folk Dancing

Thursday, November 9, 7:30—9:00 p.m.

Lower Level

## Exercise and Wellness Activities

### Advanced Exercise

Mondays, Wednesdays, and Fridays

10:00—10:45 a.m., The Commons

### Intermediate Exercise

Mondays, Wednesdays, and Fridays

10:45—11:30 a.m., The Commons

### Qigong

Sundays, 2:00—3:00 p.m., The Commons

Qigong (Chi-Gong) is a form of tai chi. Qigong is specifically designed to work on all levels of life—balancing the body from head to toe, improving the flow of energy through your body, and calming the mind. This class will be taught by Jenny Yang.

### Mindful Movement and Meditation

Tuesdays and Thursdays, 10:00—11:00 a.m.

Chapel

This activity is designed to provide the participant an opportunity to experience the mind, body, and spirit connection. It involves deep breathing, chair yoga, adaptive tai chi movements and a guided meditation.

### Special Session in The Commons

#### Mindful Movement and Meditation

Tuesday, November 21, 10:00—11:00 a.m.

The Commons

Rev. Rick Clayton from Harmony Church in Brown County will be playing background music on the guitar during this session. Rick has been utilizing music in sound healing & palliative therapy for 20 years, mainly in medical and hospice settings.

### Chair Yoga

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

# Holidays and Celebrations



## **Bell Trace Free 19th Anniversary Pancake Breakfast**

Thursday, November 2, 8:30—9:30 a.m., Bistro

All residents and staff are welcome !

## **November Birthday Party**

Friday, November 3, 2:00—3:00 p.m., The Commons



All residents are invited to come down and celebrate those whose birthdays fall within the month.

## **Events to Honor Our Veterans**



### **An American Hero: The Gene T. Shipp Story**

Friday, November 10, 1:30 p.m., The Commons

There will be a special Veterans Day service following the video.

### **Searching for Civility in Our Discourse**

Saturday, November 11, 10:00 a.m.—3:00 p.m., The Commons

See next page for details of this special event hosted by Trinity Episcopal Church. RSVP is required by November 6.

## **World Kindness Day**

Monday, November 13, All Day

Show kindness to your friends and neighbors today, and if you are a recipient of a random act of kindness pay it forward.

## **Thanksgiving Dinner**

Thursday, November 24, 11:30 a.m.—1:30 p.m.

Our annual Thanksgiving Dinner will be served in the Bistro Dining Room from 11:30 a.m.—1:30 p.m. Please make a reservation with Stephanie no later than Sunday, November 19. You must have a reservation to assure that we can accommodate you and your family!



# Trinity Bloomington Hosting a Workshop on Civil Discourse with Lee Hamilton

## *Searching for Civility in Our Discourse*

**Saturday, November 11, 10:00 a.m.—3:00 p.m., The Commons**

Sponsored by Trinity Bloomington's Compassion, Peace and Reconciliation (CPR) commission. Lee Hamilton, US Representative from the 9th District for 37 years and internationally recognized statesman will speak, and, Joeline Bergonzi, a facilitator and mediator from Indiana University, will lead the workshop activities.

A box lunch will be provided. Please RSVP by signing up at the Front Desk by November 6. A free-will donation will be payable at the door.

dialogue

The following is an excerpt from **The Power of Dialogue** By Scott London

“As we move into times of accelerating change and deepening uncertainty, we need to get smart about how to talk to one another. We need to be able to overcome differences, find common ground, build meaning and purpose, and set directions together. We need to be able to think together as groups, as teams, as committees, as communities, and as citizens.

The way to do that is through dialogue. The word *dialogue* is often contrasted with *monologue*, as if it were a two-way, rather than a one-way, process. But that's misleading. Dialogue is a contraction from the Greek words for *through* and *words*. It suggests an activity aimed at eliciting meaning.

The Greeks may not have invented dialogue, but they introduced the idea that individuals are not intelligent on their own, that it's only by reasoning together that they are able to uncover the truth for themselves. The Greeks understood that if two or more people are unsure about a question, they can accomplish something together they can't do on their own. By questioning and probing each other, carefully dissecting and analyzing ideas, finding the inconsistencies, never attacking or insulting but always searching for what they can accept between them, they can gradually attain deeper understanding and insight.

That's what dialogue is: a form of discussion aimed at fostering mutual insight and common purpose. The process involves listening with empathy, searching for common ground, exploring new ideas and perspectives, and bringing unexamined assumptions into the open.”

<http://www.scottlondon.com/articles/ondialogue.html>



# Life Enrichment

## On the Big Screen

### **Saturday Movie Matinee**

"Ancient History" Series

Saturdays, 1:00 p.m., Chapel



### **Saturday Night at the Movies**

If there is a particular movie that you want to see, please let Melissa, Kurt, or Julie know.

### **"Calendar Girls"**

After the death of her best friend's husband from cancer, spirited Yorkshire housewife Chris Harper (Helen Mirren) hatches a scheme to raise money for a memorial to him. Utilizing a tradition from the hidebound Woman's Institute association, Chris encourages Annie (Julie Walters) and their friends to create a calendar -- with the novel detail of using the middle-aged women of their village as nude models. The idea stuns the husbands and a wary young photographer (Philip Glenister).

Saturday, November 4, 7:00 p.m., The Commons

### **"Casablanca"**

Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.

Saturday, November 11, 7:00 p.m., The Commons

### **"Grumpy Old Men"**

John Gustafson (Jack Lemmon) and Max Goldman (Walter Matthau) are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel (Ann-Margret) comes along and provides a love interest for both of them. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend.

Saturday, November 18, 7:00 p.m., The Commons

### **Second Sunday Musical**

#### **"Singin' in the Rain"**

A spoof of the turmoil that afflicted the movie industry in the late 1920s when movies went from silent to sound. When two silent movie stars', Don Lockwood and Lina Lamont, latest movie is made into a musical a chorus girl is brought in to dub Lina's speaking and singing. Don is on top of the world until Lina finds out.

Sunday, October 8, 7:00 p.m., The Commons

### **Special Video Presentation**

#### **"An American Hero: The Gene T. Shipp Story"**

Friday, November 10, 1:30 p.m., The Commons



# Life Enrichment

## Special In-House Events

### Musical Events

#### Andre Souza Piano Performance

Sunday, November 5, 3:00 p.m., The Commons

#### A Taste of the Nutcracker

Selected dances hosted by Sarah Wroth, Kyra Nichols, Christian Claessens, and dancers from the Ballet Department at Indiana University.

Friday, November 17, 1:30 p.m., The Commons

#### Dawn Evans' Students Piano Recital

Saturday, November 18, 2:00 p.m.

The Commons

#### Doug Haise Plays Ragtime Music

Wednesday, November 22, 1:30 p.m.

The Commons

### Other Events

#### Bingo with the Bloomington High School South Softball Team

Play Bingo with the kids from the team and win great prizes! This Bingo is FREE!

Wednesday, November 8, 7:00 p.m.

New Community Room (Old Exercise Room)

#### String Quartet Concert from the Unitarian Universalist Church

Wednesday, November 15, 3:30 p.m.

The Commons

#### Pet Visit with Kanika

Spend time with Kanika, the golden retriever/black lab therapy dog. Kanika will be in the Front Lobby and Assisted Living hallways.

Friday, November 10, 2:00—3:00 p.m.

## Games and Trivia

### Trivia

Mondays, 1:00—1:30 p.m., Front Lobby

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

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

### 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., New Community Room (Old Exercise Room)

Saturdays, 1:00—2:00 p.m., New Community Room (Old Exercise Room)

\*Please note there will be no Bingo on Saturday, November 18 or 25

### Dominoes

Fridays, 1:30—2:30 p.m., Private Dining Room

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

### Scrabble

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

Sunroom

### Euchre and Board Games with IU APO Students

Fridays, 6:30—8:00 p.m., The Commons

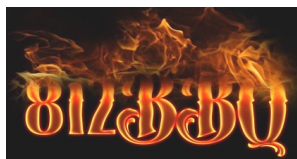
\*Please note there will be no Euchre and Board Games on Friday, November 17 or 24

## 812 BBQ Food Truck is coming back to Bell Trace!

**Sundays, November 5**

**and 19** the **812 BBQ** food truck will be parked on the

Bell Trace campus from 5:00—6:30 p.m. Since the Bistro will not be open for dinner that evening, we encourage you to try their barbecue fare. Please see the menu in the Mail Room. Cash, credit, and debit cards are accepted.



## Welcome New Residents!

Pat Riesenman Apt. 359

Mary Belle Davis Apt. 224

Betty Mercer Apt. 251

# Life Enrichment

## Lifelong Learning Classes

### Bloomington Humanities

#### "The Hundred Years War: 1337—1453"

This class continues from last month.

6 Tuesdays, October 17—November 28

7:00—9:00 p.m., Chapel

(Note there is no class on November 14)

#### "Studies in Poetry: John Donne and T.S. Eliot"

This class continues from last month.

6 Wednesdays, October 25—November 29

7:00—9:00 p.m., Chapel

### Ivy Tech Lifelong Learning [\$29]

#### "From Sea to Shining Sea: America after the Civil War"

This class continues from last month.

6 Tuesdays, October 31—December 12

1:00—2:30 p.m., Chapel

(Note there is no class on November 21)

#### "Iceland and Game of Thrones"

Iceland has been a hot spot, growing (both literally and figuratively) for quite some time. In the past decade Iceland has become an incredibly popular tourist destination, as well as the home of many major films and television programs trying to capture the sense of a thousand years of Viking influence. We'll explore what's true and what's not in terms of the Vikings, some pieces of language and literature (among the oldest remaining European literature that can still be read by those who only know current languages, the culture of Iceland, and how it figures in fantasy and adventure stories such as the popular current series, Game of Thrones. Taught by Kurt Messick

4 Thursdays, November 9—December 6

7:00—8:30 p.m., Chapel

(Note there is no class on November 23)

### Science with Melissa—"Modern Marvels"

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

#### "Bread"

Different cultures' history, production, and consumption of bread reveal its variety of forms, ranging from baguettes to pita, corn bread, and flour tortillas.

Thursday, November 2

#### "Strangest Countdown"

A gooey slime that could be a terrorist's worst nightmare; an exacting art form requiring the help of millions of ravenous beetles; a device so strange and destructive that its inventor allegedly destroyed it to avert a catastrophe.

Thursday, November 9

#### "The Turkey"

The turkey is the centerpiece of Thanksgiving dinners and one of the dumbest birds in the animal kingdom, but it has managed to survive since the dinosaurs; Butterball factory; turkey hunting; dining on turkey testicles and eggs.

Thursday, November 16

#### "Retro Tech"

The evolution of technology; how things now considered obsolete worked such as the typewriter, VCR, analog TV, vinyl record, film camera, and brick-sized mobile phone, as well as products that superseded them.

Thursday, November 30

### Are You a Philatelist?

A.k.a. are you a stamp collector? Are you interested in learning about stamp collecting?



If so, please see Melissa in the Activities Office.

# Out & About

## On the Stage [\$]

**Motown the Musical** at the IU Auditorium [\$38-71]  
Thursday, November 2, Depart at 7:30 p.m.

**Frankenstein** at the Buskirk-Chumley Theatre  
Saturday, November 4, Depart at 1:30 p.m.

**It's a Wonderful Life** at The MAC  
Saturday, November 11, Depart at 6:45 p.m.

**Alton Brown Live** at the IU Auditorium  
Tuesday, November 14, Depart at 6:15 p.m.

## Music Performances [\$]

**In Accord and East European Ensemble** at The Players Pub [\$5]  
Wednesday, November 1, Depart at 5:30 p.m.

**Florence Sitruk, Harp Faculty Recital** at Recital Hall [\$20 suggested donation]  
Thursday, November 2, Depart at 8:00 p.m.

**Gary Allan** at the IU Auditorium  
Friday, November 3, Depart at 7:30 p.m.

**Potpourri of the Arts in the African American Tradition** at the IU Auditorium [\$30]  
Saturday, November 11, Depart at 6:45 p.m.

**The Knights** at the IU Auditorium  
Wednesday, November 15, Depart at 7:15 p.m.

**Quarryland Men's Chorus** at the Buskirk-Chumley  
Sunday, November 19, Depart at 6:15 p.m.

**Bloomington Symphony Orchestra—Holly Days** at the Buskirk-Chumley Theatre  
Friday, November 24, Depart at 4:45 p.m.

**Believe: A Brown County Christmas Tradition** at the Brown County Playhouse  
Sunday, November 26, Depart at 12:30 p.m.

## Free Music Performances

**Conductors Orchestra** at Auer Hall  
Wednesday, November 1, Depart at 7:30 p.m.

**Jazz Voice Ensembles** at Auer Hall  
Saturday, November 4, Depart at 7:30 p.m.

**Sundays in Auer—"Mostly Schubert"** at Auer Hall  
Sunday, November 5, Depart at 3:30 p.m.

## Free Music Performances (cont.)

**Supersax Ensemble** at John Waldron Arts  
Monday, November 6, Depart at 7:15 p.m.

**Wind Ensemble** at Auer Hall  
Tuesday, November 7, Depart at 7:30 p.m.

**Chamber Orchestra** at Auer Hall  
Wednesday, November 8, Depart at 7:30 p.m.

**American Liszt Society—"A Tribute to Jorge Bolet"** at Auer Hall  
Friday, November 10, Depart at 7:30 p.m.

**Concert Orchestra** at The MAC  
Sunday, November 12, Depart at 2:30 p.m.

**Concert Band and Symphonic Band** at The MAC  
Tuesday, November 14, Depart at 7:30 p.m.

**Oratorio Chorus and Philharmonic Orchestra** at The MAC  
Wednesday, November 15, Depart at 7:15 p.m.

## Shopping/Banking Transportation

Your opportunity to go to the bank will be on Mondays at 9:00 a.m. Please sign up with your destination in the Mail Room. Please remember that this is a shopping and errand trip only—no medical appointments.

**East Side Banking**  
Mondays Depart at 9:00 a.m.

**East Side Shopping**  
Mondays, Depart at 10:00 a.m. and 1:30 p.m.  
Wednesdays, Depart at 2:00 p.m.

**Holiday Craft and Vendor Bazaar** at the Monroe County Fairgrounds  
Sunday, November 5, Depart at 1:00 p.m.

**Holiday Market** at City Hall, Showers Building  
Shop for locally grown farm products, and arts and fine crafts created by local artisans, all while listening to the music of the season.  
Saturday, November 25, Depart at 10:00 a.m.

# Out and About

## IU Sports [\$]

### **IU Football**

#### **IU vs. Wisconsin**

Saturday, November 4, Depart at 11:00 a.m.

#### **IU vs. Rutgers**

Saturday, November 18, Depart TBA

### **IU Men's Basketball**

#### **IU vs. IUPUI**

Sunday, November 5, Depart at 1:00 p.m.

#### **IU vs. Indiana State**

Friday, November 10, Depart at 6:00 p.m.

#### **IU vs. Howard**

Sunday, November 12, Depart at 7:00 p.m.

#### **IU vs. South Florida**

Sunday, November 19, Depart at 5:00 p.m.

#### **IU vs. Arkansas State**

Wednesday, November 22, Depart at 6:00 p.m.

#### **IU vs. Eastern Michigan**

Friday, November 24, Depart at 3:30 p.m.

#### **IU vs. Duke**

Wednesday, November 29, Depart at 8:30 p.m.

### **IU Women's Basketball**

#### **IU vs. Gannon University**

Monday, November 6, Depart at 6:30 p.m.

#### **IU vs. Arkansas State**

Saturday, November 11, Depart at 1:30 p.m.

#### **IU vs. Southern University**

Tuesday, November 14, Depart at 6:15 p.m.

#### **IU vs. Western Kentucky**

Friday, November 17, Depart at 6:30 p.m.

#### **IU vs. Chattanooga**

Monday, November 20, Depart at 6:30 p.m.

#### **IU vs. Louisville**

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

## Other Events

### **Pub Quiz** at The Players Pub [\$3 + dinner]

Monday, November 13, Depart at 5:15 p.m.

### **Kinsey Institute Tour**

Friday, November 17, Depart at 1:00 p.m.

## Dining Out [\$]

A minimum of four residents is required for all dining out excursions. See menus in the Mail Room.

### **Lunch Excursions**

#### **Fazoli's**

Wednesday, November 1, Depart at 11:15 a.m.

#### **Cracker Barrel**

Wednesday, November 8, Depart at 11:15 a.m.

#### **King Dough Pizza**

Wednesday, November 22, Depart at 11:15 a.m.

#### **Upland Brewing Co.**

Wednesday, November 29, Depart at 11:15 p.m.

### **Men's Lunch Excursion**

This lunch is for men only!

#### **Wee Willie's**

Wednesday, November 15, Depart at 11:15 a.m.

### **Ladies' Breakfast Outing**

This outing is for ladies only!

#### **B-Town Diner**

Friday, November 10, Depart at 9:00 a.m.

## Wheelchair Medical Transportation

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. Debbie will have to ***make the doctor's appointment for you*** in order to schedule your transportation. Please see Melissa if you have any questions about this procedure.



## WOW Award Recipient—Jacob Appelman



### WOW Award!

**Jacob Appelman** recently received the WOW Award for being a **Wonderful Outstanding Worker!** Jacob is a server extraordinaire in the Bistro Dining Room! Jacob is kind, courteous, and he does a fantastic job in the Bistro. He helps the Bistro team out as much as he can, and he is as reliable as they come. Thank you for everything you do Jacob!!



## New Staff Member—Jessica Donica



### Jessica Donica, RN Supervisor

Jessica is a graduate of Wabash Valley College and was awarded a scholarship for academic excellence in her first year of Nursing school after being selected by her nursing instructors for this honor. Jessica was also a member of Phi Theta Kappa and was on the Dean's list. Jessica has a passion for nursing and helping others. Jessica has been working as a Registered Nurse in the Home Health field for many years now and is excited to be a part of the LifeSpan team. When not at work, Jessica enjoys spending time with her family

which includes her husband and five children. Jessica loves outdoor activities such as fishing, hiking and sitting by a campfire. She encourages anyone with questions on how LifeSpan may be of service to them to please not hesitate to ask her. Jessica's office is on the 3rd floor.

*Welcome* to the Team!