

Bell Trace Newsletter

February 2018

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From the Desk of Joy Harter, Executive Director



Summary from the January Chats with Joy

The following information was presented at the January Apartment Chat:

- Apartment Chats will now be on Tuesdays so as not to conflict with the Balance Class being held on Wednesdays.
- The Balance Class will be held in the Commons on Wednesdays from 3:30—4:30 p.m. The doors to the Commons will be kept closed until the conclusion of the Balance Class at 4:30 p.m. Please do not enter before the end of the class.
- RN Administrator Kellie Self and RN Supervisor Jessica Donica were present at the Apartment Chat to review Lifespan Home Health Nursing and Attendant Services. Please see Kellie or Jessica with any questions.
- The door access code will change on February 5. The new code will be distributed to your in-house mailbox or via e-mail. The door access code is only shared with residents and their families. The door access code is changed every 4 months for security purposes.
- There are new hosts for the monthly Birthday dinners! Department managers will now host the birthday dinner in the month of their own birthday. Community Engagement Director Jeanne May hosted the January birthday dinner. Housekeeping Director Heather Mullis will host the February dinner! Joy is sharing the pleasure of hosting the dinners and the opportunity to socialize with the wonderful residents of Bell Trace!
- Don't miss the Taste of Romance event on Tuesday evening, February 13th! This fundraising event for LIFE Designs will delight your senses with delectable chocolates, wine, and enchanting piano music from none other than Joy Harter! The event will be from 6:30—8:00 p.m. in The Commons.

- Recycling was discussed. Some residents have difficulty accessing the recycling bins that are outside in the Delivery Drive. There is a request to see if there can be more indoor recycling options. Options will be reviewed and brought to the February Resident Council meeting.
- Joy has placed a request for Security Cameras for the front entrance and the Delivery Drive.

Summary from the January 27th Food Chat with Joy and Philippe:

50+ residents attended the Food Chat on Saturday afternoon. A complete summary of the Food Chat has been distributed to resident mailboxes. Please see Philippe if you are interested in participating in the Food Committee. The Food Committee will meet regularly and will provide focused feedback on items to be added or deleted from the menu.

February Birthdays

Patty Cannon	1st
Carolyn Johnsen	2nd
Tommie Owens	3rd
Virginia Andrews	5th
Betty Angstadt	10th
Nancy Cridland	13th
Peta Patton	15th
June Patton	19th
Mike Bush	19th
Bob Price	23rd

Birthday Party



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

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

ALL ARE WELCOME!

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.



What Do You Want to Know About Senior Health?

(Excerpt taken from healthline.com)

As health needs change with age, one thing remains the same. Healthy living is the best way to avoid disease, prolong life, and live happier. Living a longer, healthier life can be made easier with these simple steps.

Diet

Eat natural foods. Processed foods are often full of: sugar, sodium, unhealthy fats, and calories. Avoid the fake stuff and opt for: fresh fruits and vegetables, whole grains, fiber-rich foods, lean cuts of meat, fresh fish, and poultry.

Exercise

Physical activity is vital for developing the strong bones and muscles you need to help avoid falls or accidental injuries. Exercise is the best way to avoid obesity and many diseases in people of any age. If you haven't been physically active in recent years or have concerns about beginning exercise again, talk to your doctor before you start. They may suggest a structured or supervised exercise environment like a rehabilitation clinic. Many hospitals have this type of clinic for patients and those with health concerns. Aim for 30 minutes of physical activity each day. You can break it up into three 10-minute sessions and get the same benefits.

Have Regular Checkups

Seeing your doctor on a regular basis for annual screenings or to discuss your general health will help you stay on top of any potential problems. As an older adult, you may need to take a number of different medications. It's helpful to review your prescriptions regularly so that your doctor can keep abreast of any changes or side effects.

Resident Services

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 outside the 2nd 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).

Support Group

Parkinson's Support Group

Friday, February 23, 1:30 p.m., Community Room

Car Starting

Does your car sit for days or weeks at a time without being started? Let our driver, Larry, start it for you! Larry will start your car on Fridays and let it run for about 30 minutes to keep your battery in tip-top shape. He will also scrape your windshield for you!

Please sign up in the Mail Room with your name, apartment number, and vehicle description/approximate location. Drop your keys off at the driver's desk (inside the Activities office) by 5:00 p.m. on Thursday. Grab a round identification tag from the corner of the desk, put your name and apartment number on it, then put it on your key ring. Larry will return your keys to your in-house mailbox on Friday afternoon.



Chats

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

Apartment Chat with Joy

Tuesday, February 20, 3:30 p.m., The Commons

Assisted Living Chat with Joy

Friday, February 23, 3:30 p.m., Sunroom

Cottage Chat with Joy

Tuesday, February 27, 10:00 a.m., The Commons

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.

Bell Trace Recycling Guidelines

The pickup day for recyclables has been changed from Friday to Wednesday.

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, February 6, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee.

Friday, February 16, 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, February 20, 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, February 21, 2:30 p.m.
Private Dining Room

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

Ash Wednesday Service with Kurt (for all)

Wednesday, February 14, 3:30 p.m., Chapel

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: 812-332-4300.

Give and Take Day

Tuesday, February 6, 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. 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 Commons the morning of Give and Take Day, and please do not bring undergarments or medication to Give and Take Day.

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.—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

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

Mondays, February 5 and 19

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

Mondays, February 5 and 19

7:00 p.m., Sunroom

Lunch with Rabbi Besser [\$]

Tuesday, February 6, 11:30 a.m., Bistro

Book Discussion Group

Sunday, February 18, 2:00 p.m., Library

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., Community Room

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

Special In-House Events

Musical Events

Gospel Lighthouse Band

Sunday, February 25, 2:00 p.m., The Commons

Tom Wright Sings the Oldies

Monday, February 26, 7:00 p.m., The Commons

Other Events

Los Angeles with Melissa—A Travelogue

Friday, February 2, 3:00 p.m., The Commons

Toddler Visit with Izzy Hovious (Kris Adams' granddaughter)

Thursday, February 15, 1:30 p.m., The Commons

Pet Visit with Kanika, the Retriever/Lab Mix

Monday, February 26, 2:00—3:00 p.m., Assisted Living Hallways and Front Lobby

If you would like a visit from Kanika, please leave your apartment door open.

Euchre and Board Games with APO Students

Fridays, 6:30—8:00 p.m., The Commons

On Friday, February 16, the APO Students will host a Euchre tournament with a Chinese New Year theme!

Life Enrichment

Arts Programming

Arts & Crafts

Monday & Wednesday, 1:30—3:00 p.m.

Arts Studio

We are continuing this month with our exploration on watercolor painting. We will move from landscape painting to still-life painting, focusing on fruits and flowers.

Friday, February 16, 2:00 p.m., The Commons
Chinese Brush Stroke Demonstration by artist James Yang.

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, February 22, we will play in the Front Lobby.

Come join the fun, sing-a-long or barrow a uke!

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

Thursdays, February 8 and 22, 7:30—9:00 p.m.
Lower Level

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.



Bell Trace's Visit to WonderLab



Betty Togikawa tests gravity.



Lyla Kimball and Lee Witt enjoy the tropical fish in the aquarium.



Dick Schutte and Lee Witt share their fish stories.

Life Enrichment

On the Big Screen

Saturday Movie Matinee

"Presidents" Series
Saturdays, 1:00 p.m., Chapel



Saturday Night at the Movies

This month's movies all have a local connection. If there is a particular movie that you want to see, please let Melissa, Kurt, or Julie know.

"Breaking Away"

Dave (Dennis Christopher) and his working-class friends Cyril (Daniel Stern), Moocher (Jackie Earle Haley) and Mike (Dennis Quaid) spend their post-high school days in Bloomington, Indiana, sparring with snooty students from the local university, chasing girls and--in Dave's case--dreaming of competitive bicycle racing. The four friends face opposition from all corners as they decide to make Dave's dreams come true in the university's annual bicycle endurance race.

Saturday, February 3, 7:00 p.m., The Commons



"The Good Catholic"

Daniel is an idealistic and dedicated priest who loves his work more than anything else, until a chance meeting with a woman at confession stirs up emotions that make him question his true calling.

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

"Columbus"

When a renowned architecture scholar falls suddenly ill during a speaking tour, his son Jin finds himself stranded in Columbus, Ind., a small Midwestern city celebrated for its many significant modernist buildings. Jin strikes up a friendship with Casey, a young architecture enthusiast who works at the local library. As their intimacy develops, Jin and Casey explore both the town and their own conflicted emotions.

Saturday, February 17, 7:00 p.m., The Commons

"Hoosiers"

Failed college coach Norman Dale (Gene Hackman) gets a chance at redemption when he is hired to direct the basketball program at a high school in a tiny Indiana town. After a teacher (Barbara Hershey) persuades star player Jimmy Chitwood to quit and focus on his long-neglected studies, Dale struggles to develop a winning team in the face of community criticism for his temper and his unconventional choice of assistant coach: Shooter (Dennis Hopper), a notorious alcoholic.

Saturday, February 24, 7:00 p.m., The Commons

Second Sunday Musical

"Oklahoma"

There's a box social coming up, and Curly (Gordon MacRae) asks Laurey (Shirley Jones) if she'll be his date. Trouble is, Laurey thinks he's waited too long, and in a fit of pique accepts an offer from the boorish Jud (Rod Steiger) instead. Meanwhile, Laurey's friend Ado Annie (Gloria Grahame) is also torn between two men: a cowboy named Will (Gene Nelson) and a foreign peddler, Ali Hakim (Eddie Albert). Both women struggle to know their own hearts before it's too late.

Sunday, February 11, 7:00 p.m., The Commons

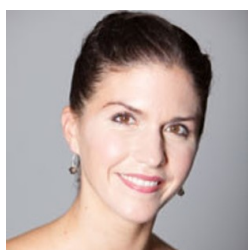
NEW ACTIVITY

CHAIR BALLET

EVERY SATURDAY!

Starting Saturday, February 3rd

Taught by Sarah Wroth with the Jacob School of Music at Indiana University



Sarah Wroth is a visiting Associate Professor of Music in Ballet at the IU Jacobs School of Music.

Wroth performed numerous roles in a variety of styles while dancing with Boston Ballet. You won't want to miss the opportunity to work with this premier ballerina. She will be teaching an adaptive dance program specifically designed for you. Classes will begin with a warm up exercise and then work on a routine synchronized to



Research has found that dance is the only physical activity that slows the progression of Alzheimer's, reduces Parkinson symptoms and is the number one recommended exercise for older adults.



Exercise and Wellness

Blood Pressure Clinic

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

Hearing Aid Checks & Cleaning

Wednesday, February 14, 3:30—4:30 p.m.
Private Dining Room

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.

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

*Please note that there will be no Exercise on Monday, January 1.

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, 10:15—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.

Chair Yoga

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

Balance Class (1/24—4/18) [\$80]

This class will help you work on all the many body systems that will enhance your mobility and stability so that you are better movers in your daily life.
Wednesdays, 3:30—4:30 p.m., The Commons

Life Enrichment

Lifelong Learning Classes

Ivy Tech Lifelong Learning [\$29]

"The French Revolution"

This class continues from last month.
6 Tuesdays, January 30—March 6
1:00—2:30 p.m., Chapel

Bloomington Humanities

All classes meet in the Chapel from 7:00—9:00 p.m.

"Six Great Women of the Middle Ages"

This class continues from last month.
6 Tuesdays, January 2—February 20

"Islam and Current Affairs"

This class continues from last month.
6 Wednesdays, January 10—February 21

"Sgt. Pepper's Lonely Hearts Club Band 50th Anniversary"

This class continues from last month.
5 Thursdays, January 11—February 8

"The Wars of the Roses"

The course looks at the great personalities, social history, and military history of the struggle for England's crown from 1455 to the ascension of Henry Tudor in 1485. But the struggle's roots go much further back to the time of Richard II. We will cover it all, whenever possible using period artwork to augment our lectures and period documents to aid our discussion.

6 Thursdays, February 15, 22, March 1, 8, 22, 29

"God and Evil—Can God be all powerful and good if He/She allows evil and suffering?"

Since ancient times, men have struggled with the question of why a good God (or gods) allows the obvious existence of both physical and moral evil. The question become especially difficult for Judaism, Christianity, and Islam, all of which traditionally posit an all-powerful, perfectly good, and merciful or benevolent God. This course will look at traditional formulations of problem and various answers proposed by philosophers and theologians through the ages, as well as suggesting new ways of looking at the problem.

6 Wednesdays, February 28, March 7, 21, 28, April 4, 11

Science with Melissa—"Modern Marvels"

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

"Swamp Tech"

The assembly and surprising history behind the airboat; a wild ride on a big-tired swamp buggy; local delicacies that bring new meaning to acquired taste; a massive engineering project to divert the mighty Mississippi River; pythons and alligators.

Thursday, February 1

"Emergency Room"

A behind-the-scenes look at an emergency room includes the history and evolution of treating severe trauma injuries from hospitals of 1050 A.D. to the present.

Thursday, February 8

"Dogs"

Man's best friend--fearless, faithful, determined and swift. They're our sharpest eyes, noses and ears--and among the bravest hunters, soldiers, rescuers, and protectors. From natural instincts to complex training, see what makes dogs a perfectly engineered Modern Marvel.

Friday, February 16 (Chinese New Year)

"Beans"

Beans; converting soybeans into vegetable oils, flour and soy meal; Nebraska's Kelley Bean Co. cleans 80,000 pounds of dry beans daily; New England baked beans made by B&M; Italian chef Cesare Casella uses heirloom beans; hummus.

Thursday, February 22



Out & 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.

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.

Free Musical Performances

University Orchestra at The MAC
Sunday, February 4, Depart at 2:30 p.m.

Brent Wallarab Jazz Ensemble at The MAC
Monday, February 5, Depart at 7:30 p.m.

**NOTUS: Contemporary Vocal Ensemble—
"Echoes and Storms"** at Auer Hall
Tuesday, February 6, Depart at 7:30 p.m.

Concert Band and Symphonic Band at The MAC
Tuesday, February 6, Depart at 7:30 p.m.

Philharmonic Orchestra at The MAC
Wednesday, February 7, Depart at 7:15 p.m.

Pacifica Quartet at Auer Hall
Friday, February 9, Depart at 7:30 p.m.

**Sundays in Auer—"Mostly Schubert" (Concert 3
of 4)** at Auer Hall
Sunday, February 11, Depart at 3:30 p.m.

Wind Ensemble at The MAC
Tuesday, February 13, Depart at 7:30 p.m.

Handel: Alexander's Feast at Auer Hall
Tuesday, February 13, Depart at 7:30 p.m.

Symphony Orchestra at The MAC
Wednesday, February 14, Depart at 7:15 p.m.

Janette Fishell, Organ Faculty Recital at Auer Hall
Monday, February 19, Depart at 7:30 p.m.

Nigel North—"Bach on the Lute" at Auer Hall
Sunday, February 25, Depart at 3:30 p.m.

Free Musical Performances (cont.)

Tom Walsh Jazz Ensemble at The MAC
Monday, February 26, Depart at 7:30 p.m.

Grigory Kalinovsky, Violin, and Gulrukh shakirova, Piano, Faculty/Guest Recital at Auer Hall
Monday, February 26, Depart at 7:30 p.m.

University Chorale at Auer Hall
Tuesday, February 27, Depart at 7:30 p.m.

Philharmonic Orchestra at The MAC
Wednesday, February 28, Depart at 7:15 p.m.

Paid Musical Performances [\$]

**Bloomington Chamber singers—Feast on Bach!
Feast 2** at St. Mark's United Methodist Church
[\$20]
Saturday, February 17, Depart at 7:00 p.m.

Other Events

Roaring Twenties Murder Mystery at The Fields
[\$45]

Join us and Life Designs for an interactive murder mystery where you are a custom character helping your team solve the crime to win prizes! Your ticket includes: Admission to the murder mystery at The Fields; a custom written character (you will receive a brief description of your character ahead of time for costuming purposes); two complimentary drinks; hors d'oeuvres; family-style dinner and dessert; and a chance to win prizes

Friday, February 16, Depart at 6:15 p.m.

Brown County Art Guild [\$]
Friday, February 23, Depart at 2:00 p.m.

Out and About

On the Stage [\$]

Ariadne Auf Naxos at The MAC
Saturday, February 3, Depart at 7:00 p.m.

Winter Dance Concert—Bodies of Light at the IU Theatre
Friday, February 9, Depart at 7:00 p.m.

Sex with Strangers at the Waldron Auditorium
Saturday, February 17, Depart at 1:30 p.m.

Birdland All-Stars "The Art of Jazz" at the IU Auditorium
Friday, February 23, Depart at 7:30 p.m.

Lucia di Lammermoor at The MAC
Saturday, February 24, Depart at 7:00 p.m.

Machinel at the IU Theatre
Tuesday, February 27, Depart at 7:00 p.m.

Rogers and Hammerstein's Cinderella at the IU Auditorium
Wednesday, February 28, Depart at 7:15 p.m.

IU Sports [\$]

IU Men's Basketball

IU vs. Michigan State
Saturday, February 3, Depart 7:00 p.m.

IU vs. Minnesota
Friday, February 9, Depart at 6:30 p.m.

IU vs. Illinois
Wednesday, February 14, Depart at 7:15 p.m.

IU vs. Ohio State
Friday, February 23, Depart at 7:00 p.m.

IU Women's Basketball

IU vs. Northwestern
Sunday, February 4, Depart at 11:30 a.m.

IU vs. Illinois
Thursday, February 8, Depart at 6:30 p.m.

IU vs. Nebraska
Saturday, February 17, Depart at 11:30 a.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 1:30 p.m.

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

Wednesdays, Depart at 2:00 p.m.

West Side Shopping

We are now offering transportation to the west side for shopping twice a month! Visit stores like Aldi, Fresh Thyme, Walmart, Menard's, etc.

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

My Sister's Closet

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

Bloomington Winter Farmers' Market

Saturday, February 10, Depart at 9:00 a.m.

Dining Out [\$]

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

Lunch Excursions

Hoosier Bar and Grill

Wednesday, February 7, Depart at 11:15 a.m.

Malibu Grill

Wednesday, February 14, Depart at 11:15 a.m.

O'Charley's

Wednesday, February 28, Depart at 10:45 a.m.

Men's Lunch Excursion

Brother's Bar and Grill

Wednesday, February 21, Depart at 11:15 a.m.

Ladies' Breakfast Outing

Village Deli

Friday, February 23, Depart at 8:30 a.m.

Special Events



This evening will delight your senses!

TUESDAY, FEBRUARY 13TH 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!

Please contact Barbara Carroll at 812-332-2355



www.BellTrace.com

800 N Bell Trace Circle Bloomington, IN 47408 812-332-2355

FAMILY-FIRST SENIOR LIVING FROM CARDON

INDEPENDENT LIVING • ASSISTED LIVING • REHABILITATION • LONG TERM CARE
(PRIVATE PAY AND MEDICAID NOW AVAILABLE)

BT-PL-0118

Chinese New Year!

2018 is the Year of the Dog!

Friday, February 16

10:00 a.m.: Fortune cookies and green tea in the Bistro Alcove

1:30 p.m.: Dog parade in The Commons

2:00 p.m.: Chinese brush stroke demonstration in The Commons
(Artist James Yang will demonstrate. Supplies will be provided if you would like to try your hand at this ancient painting technique)

4:00 p.m.: Science with Melissa—"Dogs"

6:30 p.m.: APO Euchre tournament with a Chinese New Year theme!