

# Bell Trace Newsletter

April 2018

## In This Issue

From the Desk of Alyssa Jackson	1
Resident Services	2—4
Life Enrichment	5—9
Out and About	10—12

## April Birthdays

Bill Stucky	2nd
Mary Belle Davis	4th
Ed Grant	6th
Gerda Fletcher	6th
Mary Price	8th
Charlotte House	11th
Ellen Pettay	13th
Ruth Augustine	16th
Pauline Weida	18th
Wain Martin	21st
Nancy Fenner	21st
Odette Shepherd	24th
Fran Weinberg	25th
Danna Moore	25th
Marjorie Woods	28th
Trudy Shaw	28th

## Birthday Party



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

Friday, April 6, 2:00 p.m.  
The Commons

ALL ARE WELCOME!

## From the Desk of Alyssa Jackson, Fitness Center Director



Dear Residents,

The Bell Trace Fitness Center is here **FOR YOU!** All that fancy equipment in the old Community Room is **FOR YOU!** When it comes to improving your health and staying active, you have so many options at Bell Trace. Not only do you have the option of weekly exercise classes, but you have opportunities for fun classes like Chair Ballet and Balance Class, as well as programming that focuses on all aspects of health, not just the physical.

You also have **FREE** access to the Bell Trace Fitness Center. For you to use the Fitness Center at your leisure, there is *no additional charge*. It is also open 24 hours to residents. To get started, come by and see me! I will give you a tour, teach you how to use the equipment, review the waiver with you, and then you will be good to go!

If you are interested in personalized programming, you can purchase a comprehensive fitness assessment and/or personal training packages. See the packages/pricing offered to residents below:

Fitness Assessment: \$35

Personal Training:

1 hour per week: \$40/month

2-4 hours per week: \$100/month

If you are interested in learning more, please come visit me in the Fitness Center! No matter what your goals, I will work with you to identify a program that will help you reach them! Not comfortable exercising *in* the Fitness Center? I will make you a program you can do **IN. YOUR. APARTMENT.**

Be on the lookout in future newsletters for Fitness Center articles. Each month, I will spotlight a muscle group and ways you can strengthen and/or improve its range of motion! In some of the articles, we will even have special **GIVEAWAYS** and **CONTESTS!** Stay tuned! Bell Trace provides you with a lot of opportunities to better your health! Take advantage of the classes, the equipment, and me—your personal trainer. All of this is **FOR YOU.**

Alyssa Jackson  
ALJackson@cardon.us

# 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.



## Reaching a Staff Member After Hours

Did you know there is a nurse on duty at Bell Trace 24 hours a day, 7 days a week? If you have an emergency, please press your call pendant for immediate help.

There is also a night security/maintenance person here from 8:00 p.m. until 6:00 a.m. His duties include patrolling the campus (indoors and outdoors), collecting trash, cleaning common areas, and answering emergent maintenance calls.

If you need to reach the night security/maintenance person, you may call the main Bell Trace phone number, (812) 332-2355. A recorded message will greet you and instruct you to press 226 to reach the nurse. The nurse can get a message to the night security/maintenance person for you.

If you are outside and cannot remember the door code to get back into the building, there is a call box at the front entrance between the two automatic doors. If you push the call button, the security/maintenance person will open the door for you.

The Nurse's Station is located on the First Floor just past the freight elevator and Assisted Living Café. Please keep in mind that the nurse and home health aides are often in residents' apartments and may not be at the station. If you have an emergency, please push your call pendant.

# 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 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).

## 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.

## Wellness Checks

### Blood Pressure Clinic

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

### Hearing Aid Checks & Cleaning

Wednesday, April 11, 3:30—4:30 p.m.

## 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.

## Support Group

### Parkinson's Support Group

Friday, April 27, 1:30 p.m., Community Room

## Chats

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

### Activities Chat with Joy, Melissa, and Julie

Tuesday, April 10, 4:00 p.m., The Commons

### Apartment Chat with Joy

Tuesday, April 17, 3:30 p.m., The Commons

### Cottage Chat with Joy

Tuesday, April 24, 10:00 a.m., The Commons

### Assisted Living Chat with Joy

Friday, April 27, 3:30 p.m., Sunroom

## Exercise Classes

### 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

### Mindful Movement and Meditation

Tuesday & Thursday, 10:15—11:00 a.m. Chapel  
Join us on Thursday, April 26, at 10:15 a.m. for a special session with Rick Clayton accompanying our meditation on the Irish harp.

### Chair Yoga

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

### Chair Ballet

Saturdays, 1:30—2:30 p.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

# Resident Services

## Resident Committee Meetings



### Resident Council—All residents are welcome!

Tuesday, April 3, 1:30 p.m., **3rd Floor Lounge**

### 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, April 18, 2:30 p.m.

Private Dining Room

### Library Committee

All residents are welcome and encouraged to help the committee.

Friday, April 20, 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, April 24, 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: 812-332-4300.

## Give and Take Day

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

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

Please only bring your items to The 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  
An hour dedicated to story telling. This is a great way to get to know your peers. All are welcome!

### 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., 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., Chapel

### Christian Discussion Group

Mondays, April 2 and 16, 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, April 2 and 16, 7:00 p.m., Sunroom

### Book Discussion Group

Sunday, April 15, 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  
Saturdays, 3:00 p.m., Community Room

### Dominoes

Fridays, 2:00 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 APO Students

Fridays, 6:30—8:00 p.m., The Commons

## Folklore Class at IU

Residents living at Bell Trace have been invited to participate in a Folk Lore course at IU the second eight weeks of this semester. This FREE course, “**Stories, Art, and Aging**” will explore the creative practices of older adults and how stories and other expressive forms support positive aging. In class, residents will view a film alongside the students and then participate in a group discussion afterwards. **The class will meet Tuesdays from 2:30 – 3:45 p.m. at the Mathers Museum.** Bell Trace will provide transportation. If you are interested in attending the class on campus please sign up in the Mail Room or see Julie. You may attend any or all of the classes.

### Stories, Art, and Aging Folklore Class

**March 20 – April 24, depart at 2:00 p.m., Front Lobby**

April 3: Life Story Objects  
April 10: Folk Groups and Identity in Aging  
April 17: Traditional Music and Aging  
April 24: Class meets at Bell Trace for presentation of Shelf Project

## NEW ACTIVITY!

## Zest UP

Put a little zest in your life and join us for this hour of fun. We'll explore everything from A to Y and the **Zest** is up to

Thursdays, 1:00 p.m.—2:00 p.m.  
Sunroom



# Life Enrichment

## Arts Programming

### Arts & Crafts

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

Starting in April, art making in the studio will be all about “ish”. We will be drawing and painting with acrylics on canvas, preparing for our roles as art mentors in an upcoming community collaboration with Indiana University and the Monroe County Community Schools.

### 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  
On April 26, we will be 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.

### NEW ACTIVITY!

#### Sing For Joy Sing-A-Long Choir

Saturday, April 14, 21, & 28 3:00—4:00 p.m.  
The Commons

A choir specially geared to the interests and abilities of senior citizens. Open to the public. All are welcome. Singers living with dementia can attend with a care partner.

### 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, April 6, 2:00—3:00 p.m.

Friday, April 27, 2:00—3:00 p.m.

## Special In-House Events

### The Singing Hoosiers

Monday, April 2, 7:00 p.m., The Commons

### Poetry on Tuesday

To celebrate national Poetry Month we will host a poetry reading every Tuesday evening at 7:00 p.m. in The Commons

April 3—Five Women Poets with Antonia Mathew

April 10—Jenny Kander's Tuesday Poets

April 17—Bloomington Writers Guild

April 24— TBA

### "Family Wealth Management: Generation Wealth Concerns"—A presentation by AJ Hillebrand of First Financial Bank

AJ will discuss understanding the mistakes that other families have made so as to not repeat them, developing your plan for what you want to have happen, and sharing your hopes and dreams and plan with your children.

Tuesday, April 3, 3:00 p.m., The Commons

### "Severe Weather in Indiana"—A presentation by Melissa Davis

Tuesday, April 17, 2:30 p.m., The Commons

### Ballet Performance

This show is a celebration of excerpts from four incredible ballets. Excerpts will be presented from George Balanchine's *Four Temperaments* and *La Source*, an excerpt from Martha Graham's *Diversion of Angels* and a part of *Sandpaper Ballet* by Mark Morris. Each of these pieces is danced by students of our very own Jacobs School of Music Ballet Department.

Thursday, April 19, 2:00 p.m., The Commons

### Poster Presentation (Resident Shelf Project) by the "Stories, Art, and Aging" Folklore Class

Tuesday, April 24, 2:30 p.m., The Commons

### IU Harp Ensemble and Chamber Music Concert by Students of Elzbieta Szmyt

Sunday, April 29, 1:00 p.m., The Commons

### Sing For Joy Senior Choir Sing-a-Long

Sunday, April 29, 3:00 p.m., The Commons

# 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.

### "The Theory of Everything"

Saturday, April 7, 7:00 p.m., The Commons

In the 1960s, Cambridge University student and future physicist Stephen Hawking (Eddie Redmayne) falls in love with fellow collegian Jane Wilde (Felicity Jones). At 21, Hawking learns that he has motor neuron disease. Despite this -- and with Jane at his side -- he begins an ambitious study of time, of which he has very little left, according to his doctor. He and Jane defy terrible odds and break new ground in the fields of medicine and science, achieving more than either could hope to imagine.

### "Darkest Hour"

Saturday, April 14, 7:00 p.m., The Commons

A thrilling and inspiring true story begins at the precipice of World War II as, within days of becoming Prime Minister of Great Britain, Winston Churchill (Academy Award nominee Gary Oldman) must face one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation. As the unstoppable Nazi forces roll across Western Europe and the threat of invasion is imminent, and with an unprepared public, a skeptical King, and his own party plotting against him, Churchill must withstand his darkest hour, rally a nation, and attempt to change the course of world history.

### "Key Largo"

Saturday, April 21, 7:00 p.m., The Commons

This classic film noir by John Huston stars Humphrey Bogart as World War II vet Frank McCloud. Visiting Key Largo to pay his respects to the family of his late war buddy, McCloud attempts to comfort his comrade's widow, Nora (Lauren Bacall), and father, James Temple (Lionel Barrymore), who operate a hotel. But McCloud realizes that mobsters, led by the infamous Johnny Rocco (Edward G. Robinson), are staying in the hotel. When the criminals take over the establishment, conflict is inevitable.

### "Sabrina"

Saturday, April 28, 7:00 p.m., The Commons

Chauffeur's daughter Sabrina (Audrey Hepburn) returns home from two years in Paris a beautiful young woman, and immediately catches the attention of David (William Holden), the playboy son of her father's rich employers. David woos and wins Sabrina, who has always been in love with him, however their romance is threatened by David's serious older brother, Linus (Humphrey Bogart), who runs the family business and is relying on David to marry an heiress in order for a crucial merger to take place.

### Second Sunday Musical on the Third Sunday

#### "Les Misérables"

Sunday, April 15, 7:00 p.m., The Commons

After 19 years as a prisoner, Jean Valjean (Hugh Jackman) is freed by Javert (Russell Crowe), the officer in charge of the prison workforce. Valjean promptly breaks parole but later uses money from stolen silver to reinvent himself as a mayor and factory owner. Javert vows to bring Valjean back to prison. Eight years later, Valjean becomes the guardian of a child named Cosette after her mother's (Anne Hathaway) death, but Javert's relentless pursuit means that peace will be a long time coming.

## Bell Trace Library News

We are not accepting book donations at this time, but you may take books to Give and Take Day on Tuesday, April 3 in the Community Room. The Monroe County Public Library will also accept donations.

If you would like to check out a book from the Bell Trace Library, please fill out the check-out form in the notebook on the table to the left of the fireplace. There is no limit on how long you may keep the book, but we ask that you return it to the basket located just inside the door. Library committee members will check it in and re-shelve it.

Please see Melissa if you have any questions.

Find something new



## Welcome New Residents!

Mary Schumacher, Apt. 116  
Steve Morrissey, Apt. 261  
Carol Dickson, CU 515  
Ann Strong, Apt. 304  
Carol Bentley, CU 513  
Corie Kase & John Minton, Apt. 173  
Mary Ann Van Buskirk, Apt. 364  
Oliver Feschyn, Apt. 301  
Lorelle Sarchet, Apt. 223  
Jan Davis, Apt. 227  
Jane Marsh, Apt. 114

## Holidays and Celebrations

### Easter Sunday (April 1)



**Brunch [\$]**, 11:30 a.m.—1:30 p.m.  
Please make your reservations with Stephanie in the Bistro.

**Easter Service**, 4:00 p.m., Chapel

### April Birthday Party

Friday, April 6, 2:00 p.m.  
The Commons  
We always have cupcakes,  
ice cream, balloons, and a song!  
All are invited!



### Celebration of Life for Anabel Newman

Saturday, April 7, 2:00—5:00 p.m., The Commons

### Pauline Weida's 94th Birthday Party

Wednesday, April 18, 1:00—3:00 p.m.  
The Commons

### Paula Mueller's 106th Birthday Celebration

Friday, April 27, 2:00 p.m., The Commons

## Need a card for a special occasion?

Handmade cards from the arts group will be for sale in the Front Lobby.  
\$1.00 each or 6 for \$5.00.

## 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

## Lifelong Learning Classes

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

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

#### "Machines that Made America"

This class continues from last month.

Tuesdays, March 20—April 24

### Bloomington Humanities

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

#### "Film Noir"

This class continues from last month.

Tuesdays, March 6, 20, 27, April 3, 17, 24

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

This class continues from last month.

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

#### "Six Great Disasters"

Join guest instructor Jamie Acres for the second in her series of courses on great disasters—what causes them, their human and economic toll, and how some people survived them. Jamie's 2017 course was so popular that the 2018 installment is being prepared by popular demand.

Wednesdays, April 18—May 23

#### "Three Greek Tragedies: Prometheus Bound, Antigone, and Medea"

We will read and discuss three Greek tragedies, one by each of the three greatest Greek tragedians: Aeschylus: Prometheus Bound; Sophocles: Antigone; and Euripides: Medea. Specific editions and translations will be announced before the class begins.

Thursdays, April 12—May 17

## Coming Next Month:

"A History of Western Christianity (with Much Left Out)" taught by Bell Trace's Jack Moore.

### Science with Melissa—"Modern Marvels"

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

#### "Tea"

After water, tea is the second most popular drink in the world. It has been around as a drink for 5000 years, and 6 billion pounds of tea are harvested annually. We'll follow the flow of tea from England to the Colonies, where a tea tax precipitated the Boston Tea Party, and chronicle the brief but glorious age of the Clipper Ships, speed craft that brought tea from China to London in less than 100 days. Big news in the 20th century for the tea trade includes the emergence of herbal, powdered, iced and decaf teas. Thursday, April 5

#### "DaVinci Tech"

Nearly 500 years after his death, Leonardo da Vinci still intrigues us. Most people think of him as a great artist, but he was also a remarkable scientist and inventor. His love of mechanics was unparalleled and he filled his notebooks with pages of incredible machines--from weapons of war to "Ships of the Skies", from submarines and scuba suits to robots and an analogue computer...even contact lenses and alarm clocks! We explore the fascinating intersection of his art, science, and engineering marvels, and use them to offer insight into this "Genius of Geniuses", who remains as elusive as Mona Lisa's smile.

Thursday, April 12

#### "Baseball Parks"

To those who consider baseball a religion, the stadium is the temple at which they worship. But the modern park is also a marvel of design and construction. Visit some of baseball's greatest shrines, including Wrigley Field, Yankee Stadium and Camden Yards, and see how the years have changed the way they were conceived and built. Get a behind-the-scenes look at how they work and tour areas off-limits to the public.

Thursday, April 19

#### "Paving America"

The story of the construction of our grand national highway system, from its beginnings in 1912 (it was conceived by auto and headlight tycoons) to its completion in 1984 (when the last stoplight was removed—and buried).

Thursday, April 26

# 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.

## Dining Out [\$]

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

### Lunch Excursions

#### BJ's Brewhouse

Wednesday, April 4, Depart at 11:15 a.m.

#### Chambers Smorgasbord

Wednesday, April 11, Depart at 10:45 a.m.

#### Gray Brothers Cafeteria

Wednesday, April 25, Depart at 10:30 a.m.

### Men's Lunch Excursion

#### Mr. Hibachi

Wednesday, April 18, Depart at 11:15 a.m.

### Ladies' Breakfast Outing

#### Bedrāk Café

Friday, April 20, Depart at 8:30 a.m.

## IU Sports

### IU Softball [free]

#### IU vs. Penn State

Friday, April 20, Depart at 5:15 p.m.

#### IU vs. Michigan

Sunday, April 29, Depart at 12:15 p.m.

### IU Baseball [\$5]

#### IU vs. Purdue

Sunday, April 8, Depart at 2:15 p.m.

#### IU vs. Northwestern

Sunday, April 15, Depart at 12:20 p.m.

### IU Football [free]

#### Cream and Crimson Spring Scrimmage

Saturday, April 14, Depart at 11:15 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.

### 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.

### JC Penney (Bedford)

Ride with us to Bedford to shop at JC Penney! After shopping, our driver, Larry, will take you to a nearby restaurant of your choice for lunch. Some of your choices include: Golden Corral, Smokin' Jim's BBQ and Steakhouse, Asian Pearl, and Steak 'n' Shake.

Friday, April 27, Depart at 10:00 a.m.

IT'S  
SHOPPING  
TIME!



# Out and About



## On the Stage [\$]

**At First Sight** at the IU Theatre  
Tuesday, April 3, Depart at 7:00 p.m.

**History of Comedy** at The Waldron Auditorium  
Saturday, April 7, Depart at 1:30 p.m.

**West Side Story** at The MAC  
Saturday, April 7, Depart at 7:00 p.m.

**City of Angels** at the IU Theatre  
Tuesday, April 17, Depart at 7:00 p.m.

**The Wizard of Oz** at The IU Auditorium  
Wednesday, April 18, Depart at 7:00 p.m.

**Ballet @ the BCT—The Choreography Project** at the Buskirk-Chumley Theatre  
Wednesday, April 25, Depart at 7:00 p.m.

**New Moves: Student Choreographers' Showcase** at the IU Theatre  
Friday, April 27, Depart at 7:30 p.m.

## Paid Musical Events [\$]

**Singing Hoosiers 68th Annual Spring Concert—"The Long Road Home"** at The IU Auditorium  
Saturday, April 14, Depart at 1:30 p.m.

**Bloomington Chamber Singers—"Feast on Bach! Feast II"** at St. Mark's UMC  
Sunday, April 15, Depart at 2:30 p.m.

**Jazz Celebration** at The MAC  
Saturday, April 21, Depart at 7:30 p.m.

## Free Musical Events

**Guitar Ensemble** at Auer Hall  
Sunday, April 1, Depart at 7:30 p.m.

**Concert Band & Symphonic Band** at Auer Hall  
Tuesday, April 3, Depart at 7:30 p.m.

**Chamber Orchestra** at Auer Hall  
Wednesday, April 4, Depart at 7:30 p.m.

**Jazz Voice Ensembles** at Auer Hall  
Thursday, April 5, Depart at 7:30 p.m.

**Jacobs at the Library** at Mo. Co. Public Library  
IU students perform a mix of classical, jazz, and folk music. Meet the people behind the music.  
Saturday, April 7, Depart at 2:30 p.m.

**Bloomington Bach Cantata Project—J.S. Bach, "Erschallet, ihr Lieder", BWV 172** at St. Thomas Lutheran Church  
Sunday, April 8, Depart at 2:00 p.m.

**Bloomington Symphony Orchestra—"Family—Side-by-Side"** at Bloomington High School South  
Sunday, April 8, Depart at 3:00 p.m.

**NOTUS: Contemporary Vocal Ensemble—"The Solitude of the Spirit"** at Auer Hall  
Tuesday, April 10, Depart at 7:30 p.m.

**University Orchestra** at The MAC  
Wednesday, April 11, Depart at 7:30 p.m.

**Maximiliano Larrea, Guitar—"Música Popular Argentina"** at Auer Hall  
Friday, April 13, Depart at 7:30 p.m.

**Wind Ensemble** at The MAC  
Sunday, April 15, Depart at 2:30 p.m.

**Tom Walsh Jazz Ensemble** at The MAC  
Monday, April 16, Depart at 7:30 p.m.

**University Singers** at Auer Hall  
Tuesday, April 17, Depart at 7:30 p.m.

**All-Campus Band** at The MAC  
Tuesday, April 17, Depart at 7:30 p.m.

(Continued on Page 12)

# Out and About

## Free Musical Events (cont.)

**Philharmonic Orchestra** at The MAC  
Wednesday, April 18, Depart at 7:30 p.m.

**Concert Band and Symphonic Band** at The MAC  
Thursday, April 19, Depart at 7:30 p.m.

**University Chorale** at Auer Hall  
Friday, April 20, Depart at 7:30 p.m.

**Classical Orchestra** at Auer Hall  
Saturday, April 21, Depart at 3:30 p.m.

**Concert Orchestra** at Auer Hall  
Sunday, April 22, Depart at 2:30 p.m.

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

**Sundays, April 8 & 22**  
the **812 BBQ** food truck  
will be parked on the Bell  
Trace campus from 4:30—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.

## Other Events

**Reading with Kindergartners**  
Friday, April 6, Depart at 9:00 a.m.

**Pub Quiz** at Danny Boy [\$]  
Monday, April 9, Depart at 5:15 p.m.

**"Understanding and Treating Pain"—a lecture by Physical Therapist and Wellness Coach Janet DeLong** at the Monroe County Public Library  
Tuesday, April 10, Depart at 5:00 p.m.

**"Voices of '68: Conformity and Dissent at Indiana University"** at The IU Wells Library  
This exhibit tells the stories of the individuals and groups who made their voices heard via the channels of the IU administration and student government, symposiums, speeches, publications, protests, and other demonstrations.  
Friday, April 13, Depart at 1:30 p.m.

**Bell Trace Day at the Bloomington High School South Softball Game**  
The BHSS softball team has invited Bell Trace residents to watch them play! Each resident in attendance will be escorted to a special seating area and will receive free admission to the game and complimentary popcorn and soft drinks! The team will also honor Bell Trace by announcing each resident's name during the game. Go Panthers! Let's fill the bus for this!  
Saturday, April 28, Depart at 9:30 a.m.

