

# Bell Trace Newsletter

May 2018

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## May Birthdays

Mike Hriso	1st
Jay Far	3rd
Paula Mueller	7th
Barbara Snyder	11th
Ivonne Vanderbilt	12th
Jack Moore	17th
Harriet Pfister	17th
Pat Agnew	18th
Rita O'Shaughnessey	18th
Shirley Porteus	20th
Helene Jones	24th
Mildred Isom	25th
Joan Alexander	26th
Richie Epps	29th

## Birthday Party



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

Friday, May 4, 2:00 p.m.  
The Commons

ALL ARE WELCOME!

## From the Desk of Joy Harter, Executive Director



### Summary of the April Apartment and Cottage Chats with Joy

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

**•Reader's Choice:** Bell Trace was voted "Best Retirement Community" through the Herald Times Readers Choice Poll! Thank you to all the residents, family members, and employees who voted for Bell Trace! We are quite proud to be recognized in 2018, especially since this is the year of the Bell Trace 20<sup>th</sup> Anniversary!

**•Severe Weather/Tornado Preparedness:** Joy reviewed what apartment residents should do in the event of severe weather and other emergency situations. If you were unable to attend the Chat, you can pick up a copy of the document entitled "Severe Weather/Tornado and Fire Emergency Preparedness" at the Front Desk. Remember that the #1 thing to do in the event of a weather emergency is to remain in your apartment away from windows. If you are not in your apartment, seek a safe area away from windows, like The Commons or any other space on the Lower Level, the Second Floor Library, or an interior hallway. Do not use the elevator during any emergency situation.

**•Emergency Nurse Call System:** At the Cottage Chat, Joy reviewed what cottage residents need to know about the nurse call system. All residents are reminded that the pendants only work inside your home or within the main building. Pendants do not function outside.

**•Summary from The Activities Chat:** Over 35 residents attended the Activities Chat on Tuesday, April 10. Fitness Center Manager Alyssa Jackson was present at the meeting. Alyssa will begin teaching the in-house exercise class on Wednesdays starting in May. Alyssa reminded everyone that The Fitness Center is open to everyone! Julie Hill spoke about the "ish" movement and what that really means! If you have questions about "ish," please see Julie! If you have any suggestions on new activities or trips that you would like to see Bell Trace offer, please share your ideas with Julie or Melissa. We're always open to new ideas!

**•My Sister's Closet Fundraiser Event on June 7:** Bell Trace will host a fundraiser lunch and fashion show for My Sister's Closet on Thursday, June 7. This will be a ticketed event and tickets will need to be purchased in advance of the event. Please read more about the My Sister's Closet event in this newsletter!

# Resident Services

## Lifespan Home Health at Bell Trace

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

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

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

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

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



## Podiatrist Visit

### Preferred Podiatry

#### Dr. Ryan Jorgenson

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

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

#### Assisted Living Residents

Tuesday, May 22, 8:30—10:00 a.m., Sunroom

#### Independent Residents

Tuesday, May 22, 10:30 a.m.—12:00 p.m.  
2nd Floor Lounge

## Meet Sharon Dhume, RN Clinical Supervisor

Sharon joins the LifeSpan team as the RN Clinical Supervisor, working closely with Kellie and the other nursing staff here at Bell Trace.



Sharon has been a nurse since 2009 and obtained her Bachelor of Nursing in 2013. She started her nursing career in a skilled nursing facility in Dublin, Ohio, then transitioned to another skilled nursing facility as a Unit Manager. Sharon has been in home health care for the past 7 years working with geriatric and more recently, pediatric patients. Sharon just got married in January, 2018 and moved to Indiana. She has no children of her own but gained three grown step-children, and has an 8-year old pomeranian named Sonny.

# 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, May 9, 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, May 25, 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!

### Apartment Chat with Joy

Tuesday, May 22, 3:30 p.m., The Commons

### Cottage Chat with Joy

Tuesday, May 29, 10:00 a.m., The Commons

## 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

### Chair Yoga

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

### Chair Ballet

Saturdays, 1:30—2:30 p.m., The Commons

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

**Sunday, May 20**, 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.

# Resident Services

## Resident Committee Meetings



### Resident Council—All residents are welcome!

Tuesday, May 1, 1:30 p.m., The Commons

### Library Committee

All residents are welcome and encouraged to help the committee.

Friday, April 20, 1:30 p.m., Library

### 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, May 23, 2:30 p.m.

Private Dining Room

### Newcomers Meeting

This meeting is for all residents who have moved to Bell Trace within the past year. 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, May 29, 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

## 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, May 1, 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, May 7 and 21, 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, May 7 and 21, 7:00 p.m., Sunroom

### Book Discussion Group

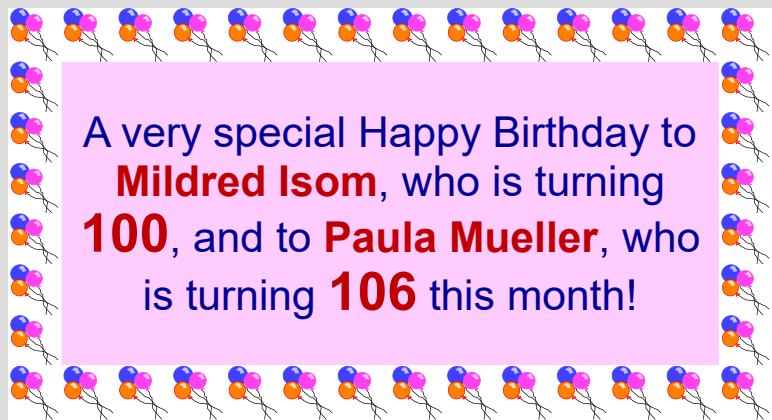
Sunday, May 20, 2:00 p.m., Library

## 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.



## 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

Mondays & 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

## Welcome New Residents!

John Davis	Apt. 127
JoAnn Hogan	Apt. 263
Ginger Ferguson	Apt. 260
Mary McGann	Apt. 361
Susan Stewart	Apt. 203
Charlotte Templin	Apt. 354
Pat Brantlinger	Apt. 308
Roberta Van Pelt	Apt. 252
Gates and Pat Agnew	CU 517

# Creative Aging at Bell Trace

## Arts Programming

### Arts & Crafts

Mon. & Wed., 1:30—3:00 p.m., Arts Studio

In the studio this month we will continue with our Painting Van Gogh-ish exploration.

May 2: trip to IU MFA exhibit  
May 7 & 9: paint on canvas  
May 14 & 16: paint on canvas  
May 21 & 23: paint on canvas  
May 28: wrap up  
May 30: group review



### Fiber Arts

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

### Bloomington Peace Choir Practice

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

### Writing Group

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

### Ukulele Practice

Thursdays, 4:00—5:30 p.m., Sunroom  
On May 31, we will be in the Front Lobby.

### Mindful Movement Meditation

Tues. & Thurs. 10:15 a.m., Chapel

Exercise your imagination, feed your spirit, and relax your body.

### Chair Ballet

Saturday, May 12, 19, 26th. 1:30-2:30 p.m.  
The Commons



## JACKIE PHILLIPS GALLERY EXHIBIT

### “IN HARMONY WITH NATURE”

Watercolor landscapes and florals

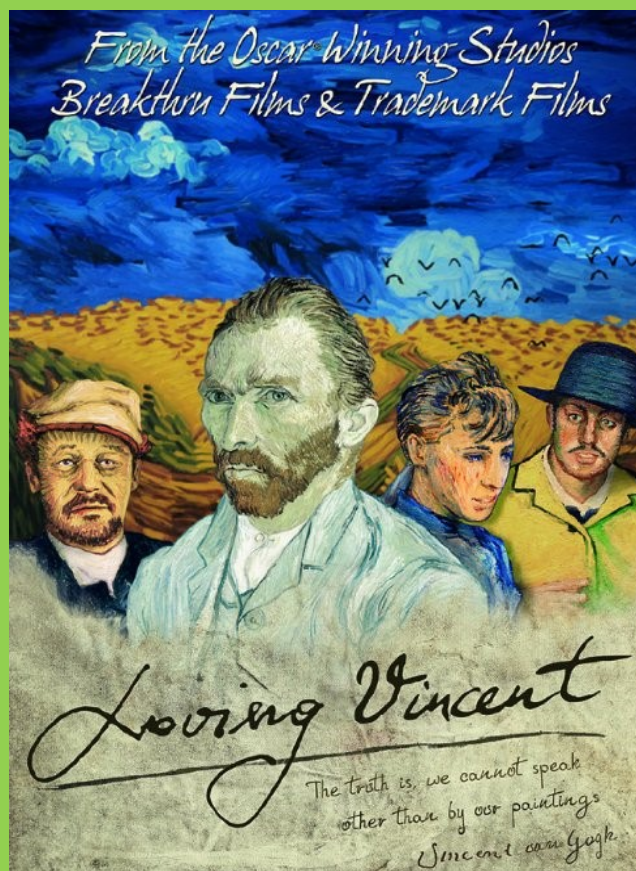
MAY 6 –31, 2018

### ARTIST’S RECEPTION

TUESDAY, MAY 8, 4—6 p.m.

### Bell Trace Gallery

800 North Bell Trace Circle  
Bloomington, IN 47408



**May 19, 7:00 p.m., The Commons**  
A story depicted in oil painted animation investigating Van Gogh’s final days.

# 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.

### "Star Wars Episode IV—A New Hope" (the original movie)

Saturday, May 5, 7:00 p.m., The Commons

The Imperial Forces—under orders from cruel Darth Vader (David Prowse)—hold Princess Leia (Carrie Fisher) hostage, in their efforts to quell the rebellion against the Galactic Empire. Luke Skywalker (Mark Hamill) and Han Solo (Harrison Ford), captain of the Millennium Falcon, work together with the companionable droid duo R2-D2 (Kenny Baker) and C-3PO (Anthony Daniels) to rescue the beautiful princess, help the Rebel Alliance, and restore freedom and justice to the Galaxy.

### "The Post"

Saturday, May 12, 7:00 p.m., The Commons

Katharine Graham is the first female publisher of a major American newspaper -- The Washington Post. With help from editor Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom -- to help bring long-buried truths to light.

### "Loving Vincent"

Saturday, May 19, 7:00 p.m., The Commons

Loving Vincent is a stunning, fully painted animated feature, starring Douglas Booth and Oscar-nominated Saoirse Ronan and directed by Dorota Kobiela and Hugh Welchman. Loving Vincent explores the life and controversial death of Vincent Van Gogh, told by his paintings and by the characters that inhabit them. The intrigue unfolds through interviews with the characters closest to Vincent and through dramatic reconstructions of the events leading up to his death.

### Second Sunday Musical on the First Sunday

#### "Hello, Dolly!"

Sunday, May 6, 7:00 p.m., The Commons

In 1890s New York City, the bold and enchanting widow Dolly Levi (Barbra Streisand) is a socialite-turned-matchmaker. Her latest clients seeking assistance are the cantankerous "half-a-millionaire" Horace Vandergelder (Walter Matthau) and a young artist named Ambrose (Tommy Tune), who is in love with Horace's niece, Ermengarde (Joyce Ames). Dolly's scheming soon involves Horace's employees as well as a New York hatmaker, as she tries to cover up her own secret romantic designs.





## FOCUS ON FITNESS:

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

May is National Physical Fitness and Sport Month. To celebrate, we are adding a new Fitness-Focused Section to the monthly newsletter! Each month, I will focus on educating you on a fitness topic. We will cover broad topics, such as cardiovascular exercise and its benefits, as well as specific topics, such as what/where your hamstring muscles are and why you should keep them strong. I will also occasionally have GIVEAWAYS and CONTESTS, so keep your eye out for those!

To introduce the section, I will begin with some of the benefits of being physically active and working toward improving fitness. Did you know that being physically active can help you:

- ♦ Manage chronic diseases
- ♦ Reduce risk of physical disability and cognitive decline
- ♦ Perform activities of daily living with more ease by strengthening muscles, working on endurance, improving balance and joint range of motion.

**Note:** You don't have to spend hours in the gym to see benefits. There are many ways to be physically active. Walking, dancing, gardening, swimming, household chores, and participating in community activities are all ways you can be physically active. The best advice I can give you is to find something you enjoy doing, and get moving.

Ideally, you would eventually work up to 150 minutes of moderate-intensity activity per week, but start with trying to add 10 minutes each day! Take a lap around your floor, attend an exercise class, or come visit me in the Fitness Center and I will help identify when and how you can be more active!

## "Be Well at the Bell!"

## Holidays and Celebrations



### Mother's Day Brunch

Sunday, May 13

11:30 a.m. to 1:00 p.m.

#### Menu

**Shrimp Louis Appetizer**

**Prime Rib au jus**

**Creamy Potato Gratin**

**White Asparagus Medley**

**Fresh Berries Chocolate Tartlet**

**Price \$17.50**

**Please make your reservations  
with Stephanie Long by 1:00 p.m.  
on Tuesday May 8.**

### May Birthday Party

We always have cupcakes, ice cream, balloons, and a song! All are invited!

Friday, May 4, 2:00 p.m., The Commons

### Derby Day and Cinco de Mayo Bar

Let's celebrate both events in style! Wear your best hat (it could be a sombrero!) and order a mint julep or a margarita! We will have slips for you to choose the order of the top three horses and the winner will get a prize!

Saturday, May 5, 2:00—3:30 p.m., Bistro Alcove

### 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.



# Life Enrichment

## Lifelong Learning Classes

### Bloomington Humanities

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

#### "The Campaigns of Napoleon"

A military history of selected campaigns of the greatest general of the second millennium. Napoleon defeated every major power in Europe with the exception of Britain and Russia, and at its peak his empire stretched from the Atlantic shores of Spain to Moscow. The course will look at all aspects of military operations in the time of Napoleon and at his methods on the strategic, grand tactical, and tactical levels. We will examine campaigns and battles—and there will be quite a bit of background history about Napoleon and his times.

Tuesdays, May 8—June 26

#### "Hitchcock's Masterpieces"

A discussion group looking at four of Hitchcock's greatest films: Rear Window, North by Northwest, Vertigo, and Psycho. We will spend two evenings on each of these four films. This is a don't miss film study experience!

Wednesdays, May 30—July 25

#### "Six Great Disasters"

This class continues from last month.

Wednesdays, April 18—May 23

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

This class continues from last month.

Thursdays, April 12—May 24

### Special Class by Resident Jack Moore

#### "A History of Christianity (with Much Left Out)"

This course will follow the evolution of Christianity from its Near Eastern origins through its development in Europe and then the world. The period after 1600 will get less detailed treatment because of the proliferation of Christian denominations and the expansion of Christianity throughout the globe. The final class will deal with Vatican II and its world-wide ramifications.

Mondays, May 7—June 4, 7:00—8:30 p.m., Chapel

### Science with Melissa—"Modern Marvels"

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

#### "Pacific Coast Highway"

Thursday, May 3

#### "Prisons"

Thursday, May 10

#### "Polio Vaccine"

Thursday, May 17

#### "Nuts"

Thursday, May 24

#### "Transatlantic Cable—2500 Miles of Copper"

Thursday, May 31

## Special In-House Events

### Musical Events

#### Dawn Evans' Students Piano Recital

Saturday, May 5, 2:00 p.m., The Commons

#### Bridget Parkers' Students Voice and Violin Recital

Sunday, May 13, 5:30 p.m., The Commons

#### Winnie Cheung and Guest Piano/Violin Argentine Tango Music

Tuesday, May 15, 7:00 p.m., The Commons

#### Dana Clark's Students Piano Recital

Thursday, May 17, 1:00 p.m., The Commons

#### Malissa Waterford's Students Piano Recital

Sunday, May 20, 2:00 p.m., The Commons

#### Lary Eaton Guitar Sing-a-Long

Tuesday, May 22, 2:30 p.m., The Commons

#### Doug Haise Plays Ragtime Music

Wednesday, May 23, 1:30 p.m., The Commons

#### Bloomington Peace Choir Concert

Wednesday, May 23, 7:00 p.m., The Commons

#### Tom Wright Plays the Oldies

Monday, May 28, 7:00 p.m., The Commons

### Pet Visit with Kanika

Friday, May 11, 2:00—3:00 p.m., Lobby

# 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. This allows our driver to make the schedule such that everyone gets to their appointment on time.

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

#### Gray Brothers Cafeteria (Round 2)

Wednesday, May 2, Depart at 10:30 a.m.

#### Mother Bear's Pizza (West)

Wednesday, May 9, Depart at 11:15 a.m.

#### Scenic View Restaurant

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

#### McAlister's Deli

Wednesday, May 29, Depart at 11:15 a.m.

### Men's Lunch Excursion

#### Cloverleaf South

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

### Ladies' Breakfast Outing

#### Cracker Barrel

Friday, May 18, Depart at 8:30 a.m.

## IU Sports

### IU Baseball [\$5]

#### IU vs. Maryland

Saturday, May 19, Depart at 1:20 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. ***Because space is limited on the bus, please limit your purchases to only two (2) bags.***

### Banking

Mondays Depart at 9:00 a.m.

### East Side Shopping

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.

\*Please note that we will not offer west side shopping transportation on Monday, May 28 (Memorial Day).

### Bloomington Farmers' Market

Twice a month you will have the opportunity to visit the eclectic Bloomington Farmers' Market downtown at Showers Plaza. Peruse the fresh flowers and produce, visit the food trucks, listen to the live music, or just people watch!

Saturday, May 12 and 26, Depart at 10:00 a.m.

### Mays Greenhouse

Spring has sprung! Let's go get flowers for your deck or balcony! You can also go just to get out and look at the beautiful flowers on display.

Tuesday, May 15, Depart at 10:00 a.m.

# Out and About



## On the Stage [\$]

**A Year with Frog and Toad** at The Waldron  
Saturday, May 12, Depart at 12:30 p.m.

**A Jungle Adventure** at The Buskirk-Chumley  
Saturday, May 26, Depart at 1:30 p.m.

## Paid Musical Events [\$]

**Bloomington Symphony Orchestra—  
Masterpiece—Intensity and Passion** at the  
Buskirk-Chumley Theatre [\$18]  
Sunday, May 20, Depart at 5:30 p.m.

## Free Musical Events

**Pre-College Harp Spring Recital** at Auer Hall  
Saturday, May 5, Depart at 1:30 p.m.

**Bloomington Bach Cantata Project, J.S. Bach—  
"Erfreut euch, ihr Herzen" BWV 66** at Auer Hall  
Saturday, May 19, Depart at 6:30 p.m.

## Coming in June

### Take me out to the ball game!

On Sunday, June 3, we will take a bus to the Indianapolis Indians baseball game at Victory Field! They already have a handicapped-accessible section of seats along the third-base line reserved for us. Tickets are \$16. Watch for the sign-up sheet in the Transportation Book in the Mail Room the third week of May.



## Other Events

**Reading with Kindergartners** at Unionville Elementary school

You'll be paired with kindergarten students from Dana Frederick's class and the students will read to you from their selection of books! Don't miss out on this rewarding intergenerational activity! Friday, May 4, Depart at 9:00 a.m.

### Transportation to the Polls

Bell Trace will provide transportation to your (Monroe County) polling site on Tuesday, May 8. Please sign up in the Transportation Book in the Mail Room and our driver, Larry, will call you to let you know what time he will be taking you.

### 50+ Expo at Twin Lakes Recreational Center

A large expo filled with a variety of exhibitors and free health screenings by local healthcare professionals; interactive activities celebrating Bloomington's Bicentennial; a quick-draw caricaturist; and other fun stuff!

Wednesday, May 9, Depart at 4:15 p.m.

### Gambling Excursion at French Lick Hotel and Casino [\$]

This trip is for serious gamblers! We will drive straight down to the casino, where you can buy your lunch and hit the slots or the tables. Non-gamblers are welcome as long as there is room on the bus. There will be a separate sightseeing tour of French Lick and West Baden Springs later in the summer.

Friday, May 11, Depart at 10:00 a.m.

*Expected return to Bell Trace is 4:00—4:30 p.m.*

### Wine Tasting at Oliver Winery [\$5 + purchases]

We will sit on the patio (weather permitting) and sample eight of Oliver's wines. The grounds are beautiful so even if you don't wish to do the wine tasting, come with us to enjoy the scenery.

Friday, May 18, Depart at 1:00 p.m.

### 1/2-Priced Milkshakes at Steak -n- Shake [\$]

We will go during Happy Hour when the shakes are half price!

Friday, May 25, Depart at 2:00 p.m.

# Special Events



## Join Us For Our Indy 500 Porch Party!

**When:** May 24, 11:30 a.m.—1:00 p.m.

**Where:** Bistro Dining Room and Patio

Bell Trace along with CarDon & Associates are teaming up with the Indianapolis Motor Speedway to celebrate the 102nd Running of the Indy 500 with a giant PORCH PARTY. All of our residents and staff are invited to join us for an outdoor cookout with lots of fun and festivities!



Founded in 1998, **My Sister's Closet** is a volunteer-run, non-profit organization that helps women gain economic independence by, among other things, providing help with resumé building and interview skills, as well as furnishing professional business attire for those women just starting out in the workplace.

*All profits go directly to **My Sister's Closet**.*

## Fundraising Fashion Show and Boutique

Thursday, June 7

11:30 a.m.—1:00 p.m. in  
*The Bell Trace Commons.*

*Tickets are available at the Front Desk for \$30. Lunch is included.*

Be sure to visit the boutique in The Gallery following the fashion show!