

Bell Trace Newsletter

September 2018

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September Birthdays

John Minton	1st
Margaret Yarber	6th
Laura Campbell	7th
Dotti Riggins	8th
P.A. Mack	8th
Pauline Spulber	8th
Ann Burke	13th
Dick Dever	18th
Lyla Kimball	21st
Karen Stucky	22nd
Nellie Sue Jessup	25th
Marilyn Moore	26th
Marjorie Crosby	27th
Ken Pope	27th
John Crosby	28th
Janet Shipley	28th
Phyllis Mangun	29th
Betty Worley	30th

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



Friday, September 7, 2:00 p.m.
The Commons

ALL ARE WELCOME!

From the Desk of Joy Harter, Executive Director



Summary from the August Chats with Joy

Welcome New Residents! We have many new residents who have moved into Bell Trace in the past month. Please welcome the newest members to the Bell Trace family and introduce yourself!

Bloom Magazine 2-Page Advertorial: If you haven't seen the August/September issue of Bloom Magazine, check it out and see the 2-page advertorial on Bell Trace and "Living Well At The Bell!"

Balance Class and Fitness Center T-Shirts: Please see Alyssa Jackson, Fitness Center Manager, if you are interested in participating in the upcoming Balance Class at Bell Trace starting in mid-September. If you would like to purchase a Bell Trace Fitness Center t-shirt, see Alyssa for that as well!

What Happened to the Flag and the Flag Pole at the Front Entrance? Residents inquired at the Chat about the missing flag and flag pole! The flag pole was broken in a recent storm. We are in the process of replacing the flag pole. The flag is in safe keeping until the pole is replaced.

Licensure Process Update:

Chest X-Rays: If you would like to have your chest x-ray completed at Bell Trace, please make sure to add your name to the sign-up list that was circulated at the Chat. This list is now available at the Front Desk if you didn't attend the Chat and you want to add your name to the list. We will be scheduling a day in September where you will be able to sign-up for a 10-minute time slot to have your x-ray done here on campus. More information will be provided to you as plans are confirmed and the date is scheduled. If you have already obtained your chest x-ray on your own from your physician, please submit the printed report from the chest x-ray to Kris at the Front Desk.

Physicals: Many of you have already obtained/scheduled a physical from your physician. Thank you for doing so! We would like for everyone to have their physicals completed by his/her physician and the reports turned in by October 1 to the Front Desk. If you have any questions pertaining to physicals, please see Joy or Kellie.

Dietary Update: Joy announced some of the upcoming changes that will take place with the menu. There will be two featured "specials" at lunch and two featured "specials" at dinner. The daily lunch specials will be different than the daily dinner specials! Our menus will be approved by a registered dietitian who works with CarDon. Joy also announced that there will be separate resident meetings scheduled in the coming months to specifically discuss the changes being made in the Dining Room. All residents will be informed when these meetings are scheduled.

Please do not hesitate to contact Joy if you have any questions pertaining to the licensure process.

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).

MONTHLY CHATS WITH JOY

Our monthly resident conversations are an opportunity to ask questions and express concerns on any subject of importance. Family members are always welcome to attend.

Apartment Chat

Tuesday, September 18, 3:30 p.m., The Commons

Cottage Chat

Tuesday, September 25, 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.

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.

Monroe County Library Bookmobile

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.**

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, September 12, 3:30—4:30 p.m.
Private Dining Room

Pharmaceutical Round Up



A sheriff's deputy will collect your expired and unwanted prescription medications and sharps on a quarterly basis.

The next pick up is Wednesday, September 12 from 9:45—10:15 a.m. in the Front Lobby.

No over-the-counter medicine can be collected.

Resident Services

Resident Committee Meetings



Resident Council—All residents are welcome!

Tuesday, September 4, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee.

Friday, September 21, 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, September 19, 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, September 25, 1:30 p.m., The Commons

Religious Services

Church Services

Sundays, 4:00 p.m., Chapel

Fellowship follows in the Private Dining Room

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

Fellowship follows in the Private Dining Room

Welcome New Residents!

Jean Schwartz Apt. 155

Janet Shipley Apt. 324

Mary Conger Apt. 354

Jean Heinzen Apt. 260

Give and Take Day

Tuesday, September 4, 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 Community Room the morning of Give and Take Day (not before), and please do not bring undergarments or medication to Give and Take Day.

Support Group

Parkinson's Support Group

Friday, September 28 1:30 p.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

Special In-House Events

Musical Events

Tom Wright Sings the Oldies

Monday, September 10, 7:00 p.m., The Commons

The Nightingales Musical Performance

Tuesday, September 18, 2:00 p.m., The Commons

Ariel Horowitz Violin Performance

Bell Trace is honored to have Ms. Horowitz perform here. A student of Ani Kavafian at the Yale School of Music, Ariel previously studied with Itzhak Perlman and Catherine Cho at The Juilliard School as an Arnold R. Deutsch/Dorothy DeLay Scholarship recipient. Prizewinner of the Stulberg, Klein and Grimaux, Juilliard, and Yale concerto and chamber music competitions, Ariel received the Salon De Virtuosi Career Grant in 2017.

Tuesday, September 18, 4:30 p.m., The Commons

Other Events

BOSMA Low-Vision Group

A representative from BOSMA, a not-for-profit organization will be at Bell Trace to discuss devices that can help those with diminished vision remain independent. There is no charge for the devices.

Wednesdays, September 5 and 19, 2:00 p.m.

The Commons

An Afternoon with the Tibetan Tashi Kyil Refugee Monks

Tuesday, September 11, 1:00—5:00 p.m.

The Commons

Travel Talk with Nancy Shidler—"Nepal and Mount Everest"

Join Nancy as she discusses her recent trip to Nepal where she climbed Mount Everest to the base camp.

Thursday, September 13, 1:00 p.m., The Commons

Volunteer Opportunities with the City of Bloomington Parks and Recreation Department

If you are interested in volunteering somewhere, you're invited to learn about the opportunities with the City Parks and Recreation Department.

Thursday, September 13, 3:00 p.m., The Commons

Special In-House Events (continued)

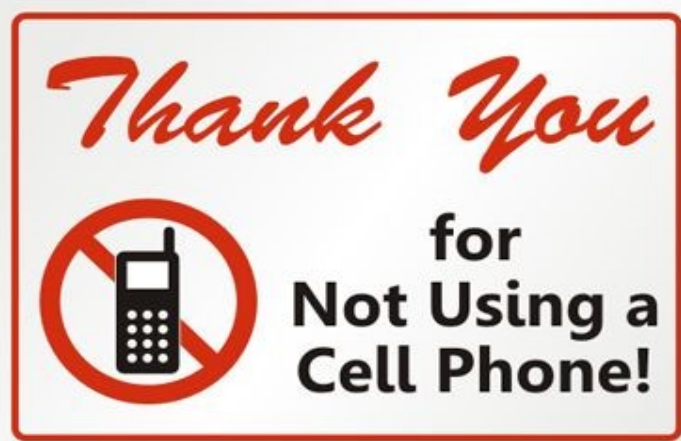
Virtual Reality Experience

A representative from the Monroe County Public Library will bring virtual reality equipment to Bell Trace for you to try it. You'll be able

to put on the virtual reality goggles and be immediately transported to whatever adventure you choose. In the past, the adventures have included scuba diving, hang gliding, flying through space, and riding a roller coaster.

Friday, September 28, 1:30—3:30 p.m.

The Commons



Tech Heroes are here to help!!!!



Technology support for your hand-held devices (i.e. smart phone, tablet, Kindle, laptop, etc.) is now available!

Jenny Donegan, and her team of Tech Heroes are at **Bell Trace every Sunday from 1:00—3:00 p.m. in the 3rd Floor Lounge.**

If you are having an issue with your device, the tech heroes are here to fix it, or you can come down learn how to use more features on your device.

Life Enrichment

Discussions



Word Talk

Back by request, bring a one word topic or issue that you would like to discuss and we will choose from the list which word we will talk about.

Tuesdays, 11:15 a.m.—12:00 p.m., Sunroom

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

Deep Listening

Mondays, September 3 and 17, 7:00—9:00 p.m.
Sunroom

Book Discussion Group

Sunday, September 16, 2:00 p.m., Library

Games and Trivia

Trivia

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

Mondays, 1:00—1:30 p.m., Front Lobby

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

Bingo [\$]

Each game is a nickel per card. There is a limit of three cards per game and the winner gets the pot!

Mondays, 3:00—4:15 p.m., Community Room



Dominoes

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

Mondays & Fridays, 2:00 p.m., Private Dining Room

Scrabble

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

Mah Jongg

Play this fun Chinese tile-based game. If you haven't played before, now's a great time to learn!

Mondays, 12:00—3:00 p.m.

Sunroom



Euchre and Board Games with APO Students

If you love to play euchre or if you would like to learn how to play euchre, the students are here for you! If you would rather play a different board game, bring that and you can play with them.

Fridays, 6:30—8:00 p.m., The Commons

Holidays and Celebrations

September Birthday Party

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

Friday, September 7, 2:00 p.m.
The Commons



Handicapped Parking Spaces

Please do not park your car long term in our handicapped spots.

These spots are for our visitors. Thank you.

Creative Aging at Bell Trace

Arts Programming

Arts & Crafts

Mondays and Wednesdays, 1:30—3:00 p.m.
Arts Studio

Week #1— mask making

Week #2— reinforcing and building mask

Week #3— decorating & painting inside of mask

Week #4— decorating & painting outside of mask

ISH Art Making Mentor Schedule

Grandview Elementary School, Depart at 3:30 p.m.
Tuesday, September 4, 18, 25, October 2

Templeton Elementary School, Depart at 3:30 p.m.
Wednesday, September 5, 19, 26, October 3

Fiber Arts

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

Writing Group

Thursdays, 2:00—4:00 p.m., 3rd Floor Lounge
This group is open to those interested in the literary arts. It is a safe place to share your writing or just listen and discuss the writing of others.

Ukulele Practice

Thursdays, 4:00—5:00 p.m., Sunroom
On September 27, we will be in the Front Lobby
Even if you don't play the uke, you are welcome to come and sing along.

Showtunes Sing-a-long

Tuesdays, 6:00—6:45 p.m., The Commons

Bloomington Peace Choir Practice

Tuesdays, 6:45—8:45 p.m., The Commons

Chair Ballet

Saturdays, 1:30—2:30 p.m., The Commons
Join Sarah Wroth from Ballet Department at Indiana University Jacob School of Music in an exercise class that mirrors a classical ballet workout.



Mask Making

Masks are a universal art form that has been used for centuries as a tool for storytelling. Masks are worn for performance, entertainment, disguise, concealment, or protection. Even the basic application of wearing lipstick is a form of ritual and masking.

During the month of September we will explore this ancient art form in depth. We will look at masks from around the world, discuss their cultural significance, and yes, even make a mask of our own!

If you are interested in making a mask, please sign up in the art room for a time slot when you can come down and have the basic structure of your mask made. If you are unsure about the process, please feel free to stop by the art room on Monday, September 3rd (Labor Day) to observe and then sign up.



Life Enrichment

On the Big Screen

Saturday Movie Matinee

"The British Monarchy" (through 9/15),
King William, Queen Mary, and Queen Anne, Saturday, September 1
Kings Named George, Saturday, September 8
Queen Victoria, Saturday, September 15
"American History" (9/22 and 9/29), Saturdays, 1:00 p.m., Chapel



Saturday Night at the Movies

"Tootsie"

New York actor Michael Dorsey (Dustin Hoffman) is a talented perfectionist who is so hard on himself and others that his agent (Sydney Pollack) can no longer find work for him. After a soap opera audition goes poorly, Michael reinvents himself as actress Dorothy Michaels and wins the part. What was supposed to be a short-lived role turns into a long-term contract, but when Michael falls for his castmate Julie (Jessica Lange), complications develop that could wreck everything.
Saturday, September 1, 7:00 p.m., The Commons

"The Lion in Winter"

It's Christmas 1183, and King Henry II (Peter O'Toole) is planning to announce his successor to the throne. The jockeying for the crown, though, is complex. Henry has three sons and wants his boy Prince John (Nigel Terry) to take over. Henry's wife, Queen Eleanor (Katharine Hepburn), has other ideas. She believes their son Prince Richard (Anthony Hopkins) should be king. As the family and various schemers gather for the holiday, each tries to make the indecisive king choose their option.
Saturday, September 8, 7:00 p.m., The Commons

"To Have and Have Not"

In Vichy France, fishing boat captain Harry (Humphrey Bogart) avoids getting involved in politics, refusing to smuggle French Resistance fighters into Martinique. But when a Resistance client is shot before he can pay, Harry agrees to help hotel owner Gerard (Marcel Dalio) smuggle two fighters to the island. Harry is further swayed by Slim (Lauren Bacall), a wandering American girl, and when the police take his friend Eddie (Walter Brennan) hostage, he is forced to fight for the Resistance.
Saturday, September 15, 7:00 p.m., The Commons

"North by Northwest"

This classic suspense film finds New York City ad executive Roger O. Thornhill (Cary Grant) pursued by ruthless spy Phillip Vandamm (James Mason) after Thornhill is mistaken for a government agent. Hunted relentlessly by Vandamm's associates, the harried Thornhill ends up on a cross-country journey, meeting the beautiful and mysterious Eve Kendall (Eva Marie Saint) along the way. Soon Vandamm's henchmen close in on Thornhill, resulting in a number of iconic action sequences.
Saturday, September 22, 7:00 p.m., The Commons

Second Sunday Musical

"Victor/Victoria"

Victoria Grant (Julie Andrews), a down-and-out British soprano, struggles to find work in the nightclubs of 1930s Paris. While trying to scam a free meal, Grant meets cabaret performer Toddy (Robert Preston), who comes up with an idea that will change everything. Acting as her manager, Toddy bills Grant as a male female impersonator. When the nightclubs eat it up, the duo makes it big -- even a Chicago mobster (James Garner) is enamored with Grant. But keeping the truth a secret is no easy task.
Sunday, September 9, 7:00 p.m., The Commons

Life Enrichment

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 Meditation

Tuesdays and Thursdays, 10:15 a.m., Chapel

Chair Yoga

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

Chair Ballet

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

Join Sarah Wroth from the Ballet Department at Indiana University Jacob School of Music in an exercise class that mirrors a classical ballet workout.

“BUILDING BETTER BALANCE”

Beginning September 5, 2018

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.

When: Wednesdays, 3:30—4:30 p.m.

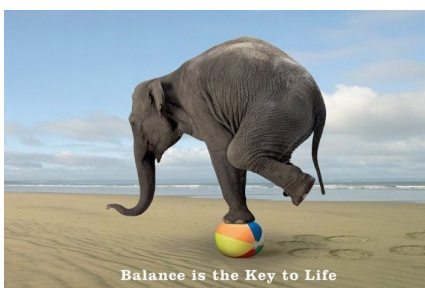
Location: Bell Trace Commons

Cost: \$80 registration (one-time fee)

Contact: Alyssa in the Fitness Center

**Spaces will be filled on a first-come, first-served basis.*

Instructor: Michelle Miller, M.S., from Indiana University, Department of Kinesiology and Indiana University students in training.



FOCUS ON FITNESS:

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

Why should you be active? This is the time of your life to sit back and relax, right? What benefits does exercise help? Check out this article from the National Institute on Aging:

Exercise and physical activity aren't just good for your mind and body, it can help you stay active and mobile as you age! Regularly including all 4 types of exercise will give you a wide range of real-life benefits.

Endurance activities help you:

- Keep up with your grandchildren during a trip to the park.
- Dance to your favorite songs at the next family wedding.
- Rake the yard and bag up the leaves.

Strength training will make it easier to:

- Lift your carry-on bag into the overhead bin of the airplane.
- Carry groceries in from the car.
- Pick up bags of mulch.

Balance exercises help you:

- Turn around quickly when you're on a walk and hear a bicycle bell behind you.
- Walk along a cobblestone path without losing your balance.
- Stand on tiptoe to reach something on a top shelf.

Flexibility exercises make it easier to:

- Bend down to tie your shoes.
- Look over your shoulder as you're backing out of the driveway.
- Stretch to clean hard to reach areas of the house.

Wondering how you can go about improving your health and fitness? Not sure where to begin training? See me in the fitness center to schedule a fitness assessment or learn how to use the equipment!

<https://go4life.nia.nih.gov/real-life-benefits-of-exercise-and-physical-activity/>

“Be Well at the Bell!”

Life Enrichment

Lifelong Learning Classes

Bloomington Humanities

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

"Shakespeare's *The Tempest*"

This class continues from last month.

6 Tuesdays, August 14—September 25 (class does not meet on September 4).

"America in World War I"

This class continues from last month.

6 Wednesdays, August 1—September 5

"Four Coen Brothers Films"

This class continues from last month.

6 Thursdays, August 30—October 4

"The Victorian Era: An Overview"

An overview of the culture, values, politics, economics, and social history of one of the most fascinating period in British history. The Victorian era saw the emergence of full-blooded capitalism and the reaction against it, the zenith of British imperialism, and a transition to a society filled with stark contrasts in values and behavior.

6 Wednesdays, September 19—October 24

Ivy Tech Class [\$29]

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

"A Brief History of Japan"

In this lecture series we will explore the history of the island and people of Japan beginning with the founding myths and exploring the shogun era, rapid industrialization, and the military era of the world wars.

We continue into the post-war economic boom and bust that has given us a Japanese society that is in some ways similar and yet also very different than our American culture.

6 Tuesdays, September 11—October 16

Science with Melissa—"Modern Marvels"

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

"Famous Inventions that Changed the World"

Man's greatest invention may not have been fire or the wheel - but a toothbrush made of twigs. Learn about this and other life-changing inventions. Thursday, September 6

"The Fast Lane of Life"

Americans rely on drive-thru windows now more than ever. See the science behind them.

Thursday, September 13

"Silver Mines"

While silver has been used for decoration and ornament since ancient times, it was not until the discovery of the Comstock Lode near Virginia City, Nevada that it played an important role in the economy of a nation. MODERNMARVELS traces the remarkable story of this "mother lode" that spurred the development of vast improvements in mining technology and safety. Go beneath the earth to see firsthand the innovations in drilling, ventilation, drainage and processing that transformed the mining industry into a modern operation.

Thursday, September 20

"Balloons"

More than a century before the Wright Brothers, a Frenchman named Pilatre de Rozier took off on the first-ever manned flight. His vehicle was a hot air balloon designed by the Brothers Montgolfier. You'll go inside the cabin of a craft designed to tackle the Everest of ballooning--a non-stop circumnavigation of the globe. Examine the many uses balloons have been put to over the years, and hear from the designers and "pilots" who have dedicated their lives to riding the winds. And thrill to incredible footage of all types of balloons filling the air at rallies. Thursday, September 27



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 [\$]

Menus will be in the Transportation Book in the Mail Room when available.

Lunch Excursions

Aver's Gourmet Pizza Buffet

Wednesday, September 5, Depart at 11:15 a.m.

Red Lobster

Wednesday, September 12, Depart at 11:00 a.m.

Cloverleaf South

Wednesday, September 19, Depart at 11:15 a.m.

Olive Garden

Wednesday, September 26, Depart at 11:00 a.m.

Ladies' Breakfast Outing

Michael's Uptown Café

Friday, September 21, Depart at 8:30 a.m.

Ice Cream Excursions

The Chocolate Moose

Thursday, September 6, Depart at 7:00 p.m.

Other Outings [\$]

Bloomington Salt Cave (Spa) [\$17]

Friday, September 7, Depart at 10:30 a.m.

Picnic and Fishing at Lake Monroe [\$2]

Enjoy a picnic lunch by the lake, then go fishing, walk on the beach, or just relax by the water.

Friday, September 14, Depart at 11:00 a.m.

Corydon Capitol State Historic Site Tour and Lunch [\$4 + cost of lunch]

We will visit Indiana's first capital. Lunch will be at Frisch's Big Boy.

Friday, September 28, Depart at 9:30 a.m.

Shopping/Banking Transportation

Because space is limited on the bus, please limit your purchases to only two (2) bags.

Banking

Mondays Depart at 9:00 a.m.

*Please note there is no banking on Labor Day (9/3)

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

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

Bloomington Farmers' Market

Peruse the fresh flowers and produce, visit the food trucks, listen to the live music, or just people watch! We will visit the east side location every Wednesday. Saturdays, Sept. 1, 15, & 29, Depart at 10:00 a.m. Wednesdays, Depart at 9:00 a.m.

Fourth Street Festival of the Arts and Crafts

The annual Labor Day Weekend show, occurring when students and their visiting families return to Indiana University, is organized by local artists and hosts 120 artisans from across the country who offer their work to the public. In addition to excellent artwork there are music stages, Spoken Word stages, kids booth by Lotus and community booths for visitors to enjoy!

Sunday, September 2, Depart at 10:00 a.m.

Brown County Shopping

This is your chance to browse all the cute gift shops in Little Nashville. You'll have about 1.5 hours to check out all the stores.

Friday, September 21, Depart at 1:00 p.m.

Out and About

On the Stage [\$]

The Lion, the Witch, and the Wardrobe at the John Waldron Arts Center
Saturday, September 8, Depart at 12:30 p.m.

The (R)evolution of Steve Jobs at The MAC
Saturday, September 15, Depart at 7:00 p.m.

Steve Martin & Martin Short at The IU Auditorium
Saturday, September 22, Depart at 7:30 p.m.

The Heiress at the IU Theatre
Tuesday, September 25, Depart at 7:00 p.m.

Connections (Fall Ballet) at The MAC
Saturday, September 29, Depart at 7:00 p.m.

IU Sports [\$]

IU Football

IU vs. Virginia

Saturday, September 8, Depart at 6:30 p.m.

IU vs. Ball State

Saturday, September 15, Depart at 11:00 a.m.

IU vs. Michigan State

Saturday, September 22, Depart TBA

IU Volleyball

IU vs. Northwestern

Friday, September 21, Depart at 6:45 p.m.

IU vs. Illinois

Sunday, September 23, Depart at 12:45 p.m.

IU vs. Minnesota

Saturday, September 29, Depart at 6:45 p.m.

IU Men's and Women's Basketball

Hoosier Hysteria at Simon-Skojdt Assembly Hall

A canned food donation is requested.

Saturday, September 29, Depart TBA



Free Musical Events

Concert Orchestra at The MAC
Wednesday, September 5, Depart at 7:30 p.m.

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

Chamber Orchestra at Auer Hall
Wednesday, September 12, Depart at 7:30 p.m.

Symphony Orchestra at The MAC
Sunday, September 16, Depart at 2:30 p.m.

Brent Wallarab Jazz Ensemble at The MAC
Monday, September 17, Depart at 7:30 p.m.

Concert Band and Symphonic Band at The MAC
Tuesday, September 18, Depart at 7:30 p.m.

University Orchestra at The MAC
Wednesday, September 19, Depart at 7:30 p.m.

Faculty Chamber Music Recital at Auer Hall
Sunday, September 23, Depart at 3:30 p.m.

John Raymond Jazz Ensemble at The MAC
Monday, September 24, Depart at 7:30 p.m.

Harmonic Brass Guest Recital at Auer Hall
Monday, September 24, Depart at 7:30 p.m.

Wind Ensemble at Auer Hall
Tuesday, September 25, Depart at 7:30 p.m.

Conductors Chorus at Auer Hall
Saturday, September 29, Depart at 3:30 p.m.

Concert Orchestra at The MAC
Sunday, September 30, Depart at 2:30 p.m.

Baroque Orchestra at Auer Hall
Sunday, September 30, Depart at 3:30 p.m.



JACOBS SCHOOL OF MUSIC

INDIANA UNIVERSITY
Bloomington



A Special Visit from the Monks of Tashi Kyil Monastery in India

Celebrating the Tibetan Cultural Center's 40th Anniversary

Tuesday, September 11, 2018

1:00 p.m.—5:00 p.m. in The Commons



Our afternoon with the monks will begin with a traditional **Tibetan dance performance**.

Residents are then invited to browse and shop at the **Happy Yak merchandise tables** and explore a variety of hands-on **art workshops** and learn about their significance to the Buddhists.

The afternoon will conclude with a demonstration of a traditional Buddhist chant and a **presentation about the Tash Kyil Monastery in Dehra Dun**

The Tibetan Mongolian Buddhist Cultural Center is truly one of Bloomington's greatest treasures. Founded in 1978 by Professor Thubten J. Norbu, the eldest brother of His Holiness the Dalai Lama, the center is one the oldest and most important Buddhist Centers in the United States. Professor Norbu, escaped Tibet in 1950 and, after being granted political asylum by President Harry Truman, became a professor of Tibetan Studies at Indiana University. Though he had been a high lama in Tibet, when he left his homeland he gave up his monastic vows and later married. Throughout his life he was a passionate advocate for his nation, helping publicize human-rights abuses in Tibet, campaigning for Tibetan independence, and educating people about his native culture and religious traditions. His vision for the Cultural Center was to ensure that the culture and religion of Tibet would not be forgotten. The heart of the cultural center is the Kumbum Chamtse Ling Interfaith Temple (*Chamtse Ling* means "Field of Compassion"). Members of eleven traditions helped consecrate the temple in 2003: Roman Catholic, Episcopalian, Methodist, Society of Friends, Bahai, Jewish, Hindu, Shinto, Sikh, Unitarian, and Native American. Muhammed Ali, a Muslim, was a special guest who co-hosted the ceremony with His Holiness the Dalai Lama.