

Bell Trace Newsletter

November 2018

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From the Desk of Joy Harter, Executive Director

Happy 20th Anniversary Bell Trace Senior Living Community!



On November 2, Bell Trace will proudly celebrate 20 years of providing “inspired living and compassionate care” to the residents of the Bell Trace campus! We will celebrate this very special occasion with a pancake breakfast for all residents and staff in the morning, followed by a big anniversary celebration in the afternoon starting at 2:00 p.m. in The Commons. Long-time residents and staff will be recognized! It will definitely be a day to rejoice in “Living Well at the Bell!”

Have you ever wondered how Bell Trace was originally named? The first names proposed for our beautiful campus symbolized trees and peaceful country places. There were literally hundreds of names suggested and then rejected over several months! Finally, Donna Moore of CarDon and Associates was asked to choose the name. Donna selected the word BELL because during construction of our community, a bell was discovered boarded up in a cupola atop a previously existing building on the campus. The bell was very well preserved and now sits atop the garage that can be seen from the Bistro Dining Room. Donna was inspired to use the word TRACE because it emphasizes one of the most attractive features of our campus – the walking path. The dictionary defines “trace” as a path, reflecting the circular nature of life and an appropriate symbol for the vibrant Bell Trace community. We will ring the bell 20 times on November 2!

November Birthdays

3rd: Pat Riesenman
Kathleen Vernier
4th: Roberta Wysong
11th: Lou Atkinson
12th: Aleen Krebs
Annette Keefe
20th: Lorelle Sarchet
Rosemary Dever
22nd: Mid Blackburn
26th: Zelda Leslie
28th: Bernadette Boehmer
29th: Bill Beheler
30th: Mary Jane Compton
Winnie Aston

Bell Trace's 20th Anniversary Party



Join us in celebrating
20 years of Bell Trace!

Friday, November 2
2:00—4:00 p.m.
The Commons

ALL ARE WELCOME!



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 near the Assisted Living elevator on the 2nd floor at 10:00 a.m. and will return with a receipt between 2:00 and 3:00 p.m. (Tuesdays and Thursdays only).

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.

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

Summary of Food Chat

Over 50 residents attended the Food Chat on Saturday, October 20 at 3:00 p.m. Here are the highlights:

- Consideration is being given to replacing the carryout Styrofoam containers with a recyclable, reusable, and microwavable container that is more environmentally friendly. Philippe is exploring the costs.
- Now that we are not becoming licensed, the standard menu will stay the same! Several items on the standard menu that are unpopular and laborious to make will become items on the specials menu.
- The kitchen is increasing the amount of sauce on the spaghetti! If you don't get enough sauce on your pasta, please ask for more!
- Specials: Philippe talked about how specials are prepared in advance and in a set amount so if you come to the Bistro just before closing time, there's a chance that we may have run out of that special.
- There were questions about the function and purpose of the *Food Committee*. Residents aren't getting any feedback, so the suggestion was made to have a Suggestion Box for the Food Committee. **A slot within the IL in-house mailboxes will be labeled for Food Committee suggestions.**
- Could the regular knives and the steak knives be sharper? Philippe will explore options.
- Residents at the meeting were open to the idea of having different types of rolls with dinner rather than sliced bread. Don't worry, zucchini bread will be kept sliced and offered on Thursdays!
- Noise level in the Bistro was discussed. Can something be done about the glass top tables? Could we consider placemats? Cost of tablecloth replacements factors in if we remove the glass tabletops. All options will be discussed and reviewed in the interest of decreasing noise levels.
- Iceberg lettuce is gradually being replaced with green lettuce.
- Everyone agreed that the servers in the Bistro are the greatest...they are patient and kind! Kudos to all of the cooks for a job well done and to Annette for her baked items! And everybody loves our homemade soups, especially the tomato soup!

Resident Services

Resident Committee Meetings



Resident Council—All residents are welcome!

Tuesday, November 6, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee.

Friday, November 16, 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, November 21, 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, November 27, 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

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, November 20, 3:30 p.m., The Commons

Cottage Chat

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

Give and Take Day

Tuesday, November 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. 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.

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, and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags. **Glass may no longer be put in the recycling bins.** 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

Tech Heroes are here to help!!!!

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

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.

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.**

Special In-House Events

Musical Events

Arthur Tang Piano Performance

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

Dawn Evans' Students Piano Recital

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

Tom Wright Sings the Oldies

Monday, November 12, 7:00 p.m., The Commons

The Society of the Friends of Music (IU Jacobs School of Music Students Performance)

Wednesday, November 14, 7:00 p.m., The Commons

*Light refreshments will be served.

Doug Haise Plays Ragtime Music

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

Other Events

Lunch and Learn with Bell Trace Health and Living Therapy Department (reservations required)

Thursday, November 1, 11:30 a.m.—1:00 p.m.

The Commons

Mariann Chesney a.k.a. "The Jewelry Lady" [\$]

The Jewelry Lady returns in time to shop for the holidays. Check out her selection of costume jewelry at rock-bottom prices.

Wednesday, November 7, 1:00—3:00 p.m.

The Commons

Bingo with the Bloomington South Softball Team

Tuesday, November 13, 7:00 p.m.

Community Room

Pet Visit with Kanika

Kanika is a labrador/golden retriever mix therapy dog who visits schools, hospitals, and retirement communities to offer love and companionship to those who would benefit from it. If you would like Kanika to visit you in the Assisted Living hallway, please leave your door open. Otherwise, you can visit with her in the Front Lobby at the beginning or the end of her visit.

Friday, November 9, 1:30—2:30 p.m.

Friday, November 30, 1:30—2:30 p.m.

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.**

Holidays and Celebrations

Bell Trace's 20th Anniversary!

Friday, November 2

Pancake Breakfast: 8:30—10:00 a.m., Bistro

Ceremonial Bell Ringing: Noon

Celebration: 2:00—4:00 p.m., The Commons

Veterans Day

The Veteran's Day Service will be combined with the regular Sunday Church Service.

Sunday, November 11, 4:00

p.m., Chapel

Thanksgiving Dinner [\$17.50]

If you would like to eat Bell Trace's Thanksgiving Dinner, please make a reservation with Jacob Bruce no later than 5:00 p.m. on Saturday, November 17. The menu will be posted in the Lobby in November.



Life Enrichment

Discussions



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

Deep Listening

Mondays, November 5 and 19, 7:00—9:00 p.m.
Sunroom

Book Discussion Group

Sunday, November 18, 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., Chapel

Saturdays, 10:00—11:00 a.m., Community Room



Dominoes

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

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 and Wednesdays

1:00—4:00 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



There will be no housekeeping on
Thursday, November 22 (Thanksgiving
Day). Please see Heather if you have any
questions. Have a great Thanksgiving!

HOUSE-KEEPING



Creative Aging at Bell Trace

Arts Programming

Arts & Crafts

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

Week #1— origami turkey folding

Week #2— angel tree toppers

Week #3— angel tree toppers

Week #4— soap making

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.

In the first half hour the groups discusses the literary works of published authors. Then the last hour and half is dedicated to sharing the written work of participants in the group.

Ukulele Practice

Thursdays, 4:00—5:00 p.m., Sunroom

On November 29, we will be in the Front Lobby
Even if you don't play the uke, you are welcome to come and sing along.

Show tunes 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

Sing-a-long with Gladys

Thursday, 6:30—7:30 p.m. Front Lobby

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.



Celebrate the joy of paper folding during World Origami Days, held each year from October 24—November 11, a 2-1/2 week celebration of the international community of origami!.

Join us in making origami turkeys and gift boxes during the first week of November in the art studio on Mondays and Wednesdays.

October 24 was the birthday of Lillian Oppenheimer (1898-1992), who founded the first origami group in America. She was also one of the founders of the British Origami Society and Origami USA. A dynamic woman, she was delighted in the magic to be found in a piece of paper and wanted to share it with the world. November 11 is Origami Day in Japan where the paper crane has become a symbol of peace.



If you are interested in exploring this art form in more depth, please feel free to contact our own paper folding master Marlen Rust.

Marlen has been enjoying this art for many years, she attends conferences on the subject and facilitates workshops through out the year, and would be delighted to share her paper folding wisdom with anyone who is interested.

On the Big Screen

On the Big Screen

Saturday Movie Matinee

"American History: Presidential Elections", Saturdays, 1:00 p.m., Chapel



Saturday Night at the Movies

"Best Exotic Marigold Hotel"

Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic—and less expensive—India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts.

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

"You've Got Mail"

Struggling boutique bookseller Kathleen Kelly (Meg Ryan) hates Joe Fox (Tom Hanks), the owner of a corporate Foxbooks chain store that just moved in across the street. When they meet online, however, they begin an intense and anonymous Internet romance, oblivious of each other's true identity. Eventually Joe learns that the enchanting woman he's involved with is actually his business rival. He must now struggle to reconcile his real-life dislike for her with the cyber love he's come to feel.

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

"The Big Chill"

A once close-knit gang of friends -- including an actor (JoBeth Williams), a doctor (Glenn Close) and her husband (Kevin Kline), a Vietnam veteran (William Hurt), and a journalist (Tom Berenger) -- meets for a weekend after the funeral of their much-envied friend Alex, who committed suicide. The friends spend the weekend confronting the personal truths, sacrifices and betrayals that have left them disenchanting. Each must contend with unresolved issues they have with Alex, and with one another.

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

Veterans Day Movie

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

Drafted into the military in 1941, Bell Trace resident Gene Shipp served nearly three decades in the U.S. Army and fought in three major wars — World War II, the Korean War and the Vietnam War. Being a black soldier before the U.S. Army desegregated its forces in 1948 was an uphill struggle. Hear about his experiences from growing up in the pre-civil rights South to serving in the U.S. Army to seeing the first black U.S. president serve.

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





Friday, November 2, 2018



Annual Pancake Breakfast

8:30—10:00 a.m.

Free for all the residents and staff in the Bell Trace Bistro.

Ceremonial Bell Ringing at 12:00 noon

We will ring the bell,
twenty times well,
to clearly say,
it's our anniversary day.

Special Anniversary Celebration

2:00—4:00 p.m.



COME ONE, COME ALL

Please join us for refreshments,
music, awards, trivia,
and a celebratory toast.

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

Balance Class [\$]

Tuesdays, 3:30—4:30 p.m., The Commons

Adaptable Yoga

Jennika Olson will lead the class in a *live* yoga class, suitable also for those who would rather stay seated. After the first session, she will tailor the program to fit the abilities of the participants.
Saturdays, 11:00 a.m., The Commons

Chair Ballet

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

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

*Please note there will be no Chair Ballet on Saturday, November 3.



Please do not eat or drink anything (other than water) in the Fitness Center.

The equipment can be damaged easily by compounds other than water and approved cleansers.

If you have any questions, please see Alyssa.
Thank you for your cooperation!



FOCUS ON FITNESS:

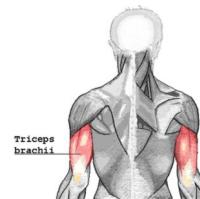
A monthly column by Bell Trace Fitness Center Director, Alyssa Jackson

This month, we are focusing on the Triceps Muscle.

Name: Triceps Brachii

Function: When contracted, the muscle helps to extend (straighten) the elbow joint. It works as an antagonist to the biceps muscle, meaning as the triceps contracts, the biceps relaxes, and vice versa.

Why Strengthen It: We use this muscle everyday when we pick things up, use our arms to help us stand up out of a chair, or get out of bed, etc.



How to Strengthen It: Resistance Band Triceps Extension

Stand with feet hip-width apart. Hold one end of the band, then place that hand across your chest. Grasping the other end with your free hand, bring it to your shoulder (as in a biceps curl). With control, straighten your arm downward against the tension toward your hip. Slowly move hand back up to shoulder. Do this for 12-15 reps. **Need a resistance band or help learning the move? Come see me in the Fitness Center!

“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.

"The Victorian Era: An Overview"

This class continues from last month.

6 Wednesdays, September 26—November 7

"Introduction to English Poetry"

This class continues from last month.

4 Thursdays, October 25—November 15

Ivy Tech Class [\$29]

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

"The American Revolution"

This class continues from last month.

6 Tuesdays, October 30—December 11

Coming in 2019 from The Bloomington Humanities Center

- Old Testament Survey
- The Beach Boys and Pet Sounds: How They Influenced the Beatles and Sgt. Pepper
- Henry V and Joan of Arc: The Hundred Years War, Part II
- Three great American Films: *Casablanca*, *The Godfather*, *Singin' in the Rain*
- Studies in Fascism and Authoritarianism
- The British Wars, Cromwell, and the Restoration: 1642—1660
- Great Disasters
- Chancellorsville and Gettysburg
- What is Time?
- Film Classics: German Expressionism
- Aeschylus: The Oresteia
- The Constitution of the United States: Selected Topics
- William Shakespeare's *King Lear*
- The Last Crusades (The Crusades, Part III)
- Jamie's Halloween Treat: The Supernatural in Life, Art, and Literature
- Goethe's *Faust* (Translation by Walter Kaufmann)
- The Coen Brothers: Four More Films

Science with Melissa—"Modern Marvels"

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

"Firefighting! The Arson Detectives"

This program from Modern Marvels: Firefighting! looks at the crime of intentionally setting fires. We follow investigators as they find evidence in the ashes left behind suspicious fires. Former A.T.F. head Richard Garner delves into the psychology of arsonists. Finally, we visit the California Criminalists Institute to learn how arson dogs are trained.

Thursday, November 1

"Codes"

Whenever a culture reaches a level of sophistication in literacy, science, and language, codes spring up spontaneously. As the social life of a community increases in complexity, the demands for private communication between two or more people inevitably lead to cryptology--a system of secret symbolic messages. Explore the rich history of communicating with secret symbols--from Egyptian hieroglyphics to Caesar's encrypted directives, from WWI and WWII codebreakers to cyberspace.

Thursday, November 8

"Nuclear Tech"

Nuclear research ranges from well-known applications, such as bombs and reactors, to little-known uses in medicine, food preparation, and radiation detection. It's also spawned ancillary technologies to store nuclear waste and clean up accidents. Despite the risk of use and abuse for destructive purposes, many scientists remain optimistic about what's next for the atom. In an explosive hour, we explore the atom in war and peace, and the latest in nuclear power generation, safety, and security.

Thursday, November 15

"Prosthetics"

From the earliest recorded account of an amputation and subsequent prosthesis in ancient Hindu writings, to a 16th-century fully articulated artificial hand controlled by an intricate geared mechanism, to today's use of plastics and space-age materials, we chronicle the long history of prosthetic devices.

Thursday, November 29

Out and 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.

NO SAME-DAY APPOINTMENTS WILL BE ADDED UNLESS IT IS A TRUE EMERGENCY!

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

Gray Brothers Cafeteria

Due to the popularity of this restaurant, we will go on two separate Wednesdays! Please only sign up for one trip.

Trip A, Wednesday, Nov. 7, Depart at 10:45 a.m.

Trip B, Wednesday, Nov. 14, Depart at 10:45 a.m.

Sofra Café

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

Big Woods Bloomington

Wednesday, November 28, Depart at 11:15 a.m.

Ice Cream Excursion

Bruster's Ice Cream

Use the last of your Bruster's coupons before they close for the season on November 11!

Monday, November 5, Depart at 1:15 p.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.

East Side Shopping (this includes Kroger north!)

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.

Artisan Guilds of Bloomington Holiday Art Show and Sale

Saturday, November 3, Depart at 10:00 a.m.

Bloomington Handmade Market—Holiday

Saturday, November 10, Depart at 10:00 a.m.

Bloomington Farmers' Market

Saturdays, November 10 & 17, Depart at 10:00 a.m.

J.C. Penney (Bedford) and Lunch at Golden Corral [\$]

Friday, November 16, Depart at 10:45 a.m.

Bloomington Holiday Market

Saturday, November 24, Depart at 10:30 a.m.

My Sister's Closet

Friday, November 30, Depart at 10:00 a.m.

Don't forget to fall back!

Daylight Savings Time ends on Sunday, November 4 at 2:00 a.m. Don't forget to **set your clocks back one hour** before you go to bed on Saturday night, November 3!

Out & About

IU Sports [\$]

IU Football

IU vs. Maryland

Saturday, November 10, Depart TBA

IU vs. Purdue

Saturday, November 24, Depart TBA

IU Men's Basketball

IU vs. University of Southern Indiana

Thursday, November 1, Depart at 6:00 p.m.

IU vs. Chicago State

Tuesday, November 6, Depart at 5:30 p.m.

IU vs. Montana State

Friday, November 9, Depart at 7:00 p.m.

IU vs. Marquette

Wednesday, November 14, Depart at 7:15 p.m.

IU vs. UT Arlington

Tuesday, November 20, Depart at 6:00 p.m.

IU vs. UC Davis

Friday, November 23, Depart at 6:00 p.m.

IU Women's Basketball

IU vs. Northwood

Friday, November 2, Depart at 6:30 p.m.

IU vs. Milwaukee

Wednesday, November 7, Depart at 6:30 p.m.

IU vs. North Florida

Sunday, November 18, Depart at 1:30 p.m.

IU vs. Florida

Wednesday, November 21, Depart at 1:30 p.m.

IU vs. Northern Illinois

Sunday, November 25, Depart at 1:30 p.m.

IU Volleyball

IU vs. Iowa

Friday, November 16, Depart at 6:45 p.m.

IU vs. Nebraska

Saturday, November 17, Depart at 6:45 p.m.

IU vs. Purdue

Wednesday, November 21, Depart at 6:45 p.m.

Free Musical Events

Guitar Ensemble at Auer Hall

Saturday, November 3, Depart at 7:30 p.m.

Jazz @ the BCT: Tom Walsh Jazz Ensemble at the Buskirk-Chumley Theatre

Monday, November 5, Depart at 7:30 p.m.

Wind Ensemble at The MAC

Tuesday, November 6, Depart at 7:30 p.m.

Symphony Orchestra at The MAC

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

Harp Ensemble at Auer Hall

Thursday, November 8, Depart at 7:30 p.m.

Conductors Orchestra at Auer Hall

Friday, November 9, Depart at 7:30 p.m.

Brass Choir—Veterans Day Concert at Auer Hall

Sunday, November 11, Depart at 4:30 p.m.

Faculty/Guest Recital and Symposium featuring the premiere of Emily Cooley and John Taggart's "Slow Song for Mark Rothko", with performances by Jorja Fleezanis, Stephen Wyczynski, members of the Minnesota Orchestra, and actor Stephen Yoakam at Auer Hall

Sunday, November 11, Depart at 7:30 p.m.

Band Showcase: Concert Band, Symphonic Band, Wind Ensemble, and Marching Hundred at The MAC

Tuesday, November 13, Depart at 7:30 p.m.

Conductors Chorus at Auer Hall

Wednesday, November 14, Depart at 7:15 p.m.

Emile Naoumoff and Roberto Plano, Piano four hand at Auer Hall

Friday, November 16, Depart at 7:30 p.m.

Sing for Joy Choir Practice at Gentry Park

Wednesday, November 28, Depart at 2:30 p.m.

"Star Cross'd Lovers—A Shakespearean Music Drama" by Don Freund at Auer Hall

Thursday, November 29, Depart at 7:30 p.m.

Out and About

On the Stage [\$]

Hansel and Gretel at The MAC
Saturday, November 3, Depart at 7:00 p.m.

Pippin at the IU Theatre
Tuesday, November 6, Depart at 7:00 p.m.

ELF The Broadway Musical at the IU Auditorium
Tuesday, November 13, Depart at 7:00 p.m.

Paid Musical Performances [\$]

"A Night of Dance" at Bloomington North H.S.
[\$8]
Performed by the Blgtn. Youth Philharmonic
Friday, November 2, Depart at 7:00 p.m.

Bloomington Chamber Singers—"Music from the Sistine Chapel" at St. Mark's UMC [\$]
Saturday, November 10, Depart at 7:00 p.m.

"War Requiem" by Benjamin Britten: A concert to mark the centenary of the end of World War I—Oratorio Chorus and Philharmonic Orchestra at The MAC [\$10]
Sunday, November 11, Depart at 2:30 p.m.

Bloomington Symphony Orchestra—"Holly Days—Celebrate the Season" at the Buskirk-Chumley Theatre [\$18]
Friday, November 23, Depart at 7:15 p.m.

Day Trips and Other Events

Louise Johnson's Memorial Service
Saturday, November 3, Depart at 9:15 a.m.

Wain Martin's Visitation
Sunday, November 4, Depart at 2:45 p.m.

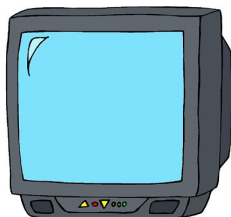
"Symbolism and Iconography of Headstones" Lecture at The Monroe County History Center
Dig deep into the symbolism and iconography of headstones with Lou Malcomb and the Monroe County History Center's Cemetery Committee. This presentation is a part of the Before I Die Festival Bloomington, where our community opens discussion on death and dying.
Sunday, November 4, Depart at 3:30 p.m.

Gambling Excursion at French Lick Casino [\$]

This trip is for gamblers! If you would like to ride along and not gamble, but visit the French Lick Hotel, please sign up in the stand-by section of the sign-up sheet.
Friday, November 9
Depart at 10:00 a.m.



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



The 3rd Floor Lounge has a TV and a DVD player that any resident or family member can use! The equipment is inside the armoire in the corner.

ALSO: There are vending machines with water, soft drinks, iced tea, juice, candy, chips/pretzels, cookies, donuts, popcorn, and more!

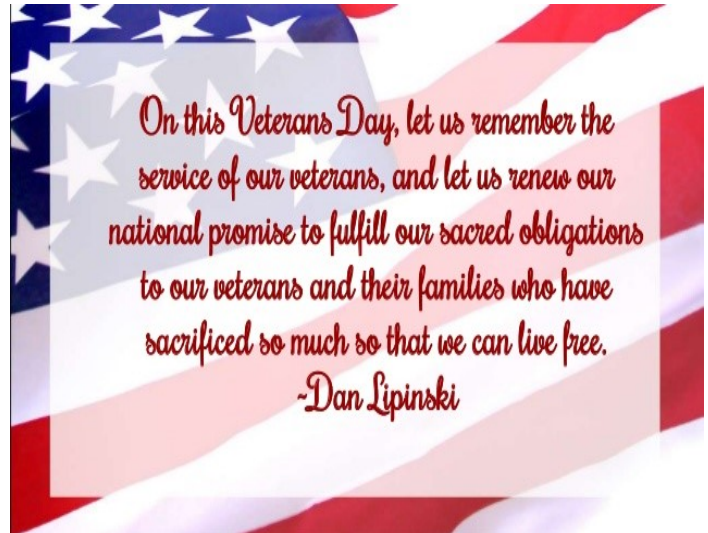
Vending items are located in the Employee Lounge on the Lower Level (across from the Housekeeping/Maintenance Office). Residents are welcome to walk in and use the vending machines! The machines take coins, dollars, and credit/debit cards.



Bell Trace Veterans

Thank you for your service!

Charlie Adkins	Army
Lou Atkinson	Army
Bill Beheler	Navy
Chuck Bonser	Air Force
Bert Brantley	Army
Mike Bush	Air Force
John Davis	Army
Larry Davis	Air Force
Dick Dever	Navy
Jay Farr	Army Air Corps
Oliver Feschyn	Air Force
Edward Grant	Navy
Jim Heath	Army
Larry Ikerd	Marine Corps
Bob Klausmeier	Army
John Langwasser	Army
Robert Limons	Army



John McCormick	Army & Reserves
Armel Meadows	Army Air Corps
Steve Morrissey	Navy
Bob Muldoon	Air Force
Bill Phillips	Army
Ken Pope	Army
Bill Portteus	Army
Bob Price	Marine Corps
Bill Schofield	Navy & Reserves
Dick Schutte	Army & Reserves
Bill Shetter	Army
Gene Shipp	Army
Bill Stucky	Air Force
Gene Weinberg	Army
Ralph Winstanley	Army

