

Bell Trace Newsletter

October 2018

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October Birthdays

John Davis	4th
Ann Strong	6th
Dorothy Dotlich	6th
Joyce Carlile	8th
Mary Schumacher	10th
Ralph Gray	13th
Ruth Rusie	13th
Raisa Strelitzki	15th
Margie Temples	16th
Cory Kase	18th

Welcome New Residents!

Robert & Margaret Limons
Apt. 208

Bill Giffin Apt. 251

Happy Birthday!



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

Friday, October 5, 2:00 p.m.
The Commons

ALL ARE WELCOME!

From the Desk of Joy Harter, Executive Director



Summary from the September Chat with Joy

“Will Bell Trace still have Independent Living apartments even though the building will be licensed for Assisted Living?”

YES. Bell Trace will continue to offer Independent Living apartments. If you are currently living independently, you will continue living independently. Independent living will also be an option for future residents of Bell Trace. Independent Living at Bell Trace will not disappear.

“What is the difference between being an Assisted Living building and being a Licensed Residential building?” The answer to this question isn't entirely black and white as the terms “Assisted Living” and “Residential” are often used interchangeably in the State of Indiana. A Residential Care Facility is typically defined as a licensed facility that provides some health care services. The term “Assisted Living” frequently refers to facilities that may or may not be licensed. Bell Trace will provide Independent Living, Assisted Living, and we will be a licensed residential building.

“Are there other CarDon facilities that will be like Bell Trace? Are the other CarDon facilities licensed?”

CarDon communities that currently offer Assisted Living are all licensed residential buildings by the State of Indiana. Bell Trace will now be like the other CarDon communities in terms of having the same type of state license. However, Bell Trace will remain somewhat different from other CarDon communities in that we will continue to offer independent living apartments under the same roof as our assisted living apartments.

“How will the changes at Bell Trace impact my monthly rent?” This is an understandably important question on many people's minds. Be assured that as is the case every year, all Bell Trace residents will receive their annual Rate Increase letter on November 1, identifying any increase that will be in effect as of February 1, 2019. This year's annual rate letter will provide individualized information about any changes to your monthly fees as of 2/1/19. Thank you for your patience as these details are worked out and finalized.

“Can someone from CarDon please come and speak with the residents of Bell Trace about these changes and answer our questions?” Joy has shared this resident request with Jim Karner, a CarDon Regional Director of Operations. Joy will keep in communication with Jim about the possibility of scheduling such a meeting.

•As always, 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, October 16, 3:30 p.m., The Commons

Cottage Chat

Tuesday, October 23, 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.

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

Monday, October 15, 8:30—10:00 a.m., Sunroom

Independent Residents

Monday, October 15, 10:20 a.m.—12:00 p.m.

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.

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.

Holidays and Celebrations

October Birthday Party

We always have cupcakes, ice cream, balloons, and a song! All are invited! Friday, October 5, 2:00 p.m. The Commons



Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:30—10:00 a.m.

2nd Floor Game Tables

Hearing Aid Checks & Cleaning

Wednesday, October 10, 3:30—4:30 p.m.

Private Dining Room



Kids' Trick or Treating

Invite your kids, grandkids, and great-grandkids to trick or treat in the Bell Trace hallways! If you would like to have trick or treaters, please pick up a paper pumpkin from the Front Desk and tape it to your door.

Tuesday, October 30, 6:30—8:00 p.m.

Resident Services

Resident Committee Meetings



Resident Council—All residents are welcome!

Tuesday, October 2, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee.

Friday, October 19, 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, October 23, 1:30 p.m., The Commons

Hospitality Committee

Can you remember what a big adjustment it was for you when you first moved to Bell Trace? We are looking for friendly residents who would like to welcome our newest residents and help make their transition a little easier.

Wednesday, October 24, 2:30 p.m.

Private Dining Room

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

Give and Take Day

Tuesday, October 2, 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.



Former Resident Visit!

Former resident Harmon Baldwin will be visiting Bell Trace on Sunday, October 7. If you would like to have lunch at his table in the Bistro at 12:15 p.m. that day, please contact Marie Barrick, Apartment 204, 812-339-2259. Reservations must be made by October 4. He will be excited to see all his friends!

Support Group

Parkinson's Support Group

Friday, October 26 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

The PBJs Play Hoagy Carmichael Tunes

Tuesday, October 16, 2:30 p.m., The Commons

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

Sunday, October 21, 2:00 p.m., The Commons

*Light refreshments will be served.

Gabe Bruner, Classical Piano Performance

Monday, October 29, 7:00 p.m., The Commons

Election Events

Voter Registration and Absentee Ballot Request

Representatives from the Voter Registration office will be on site to help you register to vote, to change your registration address, and to help you fill out a request for an absentee ballot.

Wednesday, October 3, 1:00—3:00 p.m.

The Commons

Candidate Forum

Every candidate that appears on the ballot for Bloomington Precinct 09 has been invited to attend. Each candidate will have a set amount of time to address the crowd. Once every candidate has spoken, you will then have a chance to speak with them one-on-one to have your individual questions answered. The slate of speakers will be announced on October 16.

Monday, October 22, 7:00 p.m., The Commons

Other Events

Lunch with Rabbi Besser [\$]

Tuesday, October 2, 11:30 a.m., Bistro

Wine Tasting and Voting

This is your opportunity to sample different kinds of red and white wines and vote for your favorites!

The winners of the red and white wines will be the ones served at Social Hour. Your vote matters!

Friday, October 5, 3:00 p.m., The Commons

BOSMA Low-Vision Group

Wednesday, October 10, 2:00 p.m., The Commons

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, October 19, 1:00—2:00 p.m.

Friday, October 26, 2:00—3:00 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.**

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.

Food Chat

Join Philippe and Joy to discuss anything related to the Bistro service or food.

Saturday, October 20, 3:00 p.m., The Commons

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, October 1 and 15, 7:00—9:00 p.m.
Sunroom

Book Discussion Group

Sunday, October 21, 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

Wednesdays, 6:30—7:30 p.m., The Commons



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



Be brave enough to
start a conversation
that matters

@DrNeilPender

Creative Aging at Bell Trace

Arts Programming

Arts & Crafts

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

Week #1— mask making review

Week #2— drawing & water color painting

Week #3— card making

Week #4— catch up on projects

ISH Art Making Exhibit

Wednesday, October 3, 5:30—7:00 pm
The Commons

We will display the work created by fourth graders at Templeton Elementary School.

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 October 25, 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 the Ballet Department at Indiana University Jacob School of Music in an exercise class that mirrors a classical ballet workout.

Please join us at
Bell Trace Senior Living Community
October 3 from 5:30—7:00 p.m.
for a celebration of intergenerational
art-making in libraries.



The Education Library, in partnership with the IU School of Education, coordinated an intergenerational art exchange between Templeton Elementary School fourth grade students, their caregivers, and Bell Trace residents.

Participants created and decorated clay vases, arranged flowers in them and then painted watercolor images of their arrangements. Bloomington High School North digital photography students visually documented the collaboration.



Life Enrichment

On the Big Screen

Saturday Movie Matinee

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

Saturday Night at the Movies

"Won't You Be My Neighbor"

For over 30 years, Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily into homes across America. In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion. There hadn't been anything like Mr. Rogers on television before and there hasn't been since. Come at 6:00 p.m. to celebrate Kurt Messick's birthday with cupcakes!

Saturday, October 6, 7:00 p.m., The Commons

"Steel Magnolias"

M'Lynn (Sally Field) is the mother of bride-to-be Shelby Eatenton (Julia Roberts), and as friend Truvy Jones (Dolly Parton) fixes the women's hair for the ceremony, they welcome a helping hand from aspiring beautician Annelle Dupuy Desoto (Daryl Hannah). Diabetic Shelby has a health scare, which is averted but doesn't bode well for her hopes of having children. Time passes, and the women and their friends encounter tragedy and good fortune, growing stronger and closer in the process.

Saturday, October 13, 7:00 p.m., The Commons

"Bull Durham"

In Durham, N.C., the Bulls minor league baseball team has one asset no other can claim: a poetry-loving groupie named Annie Savoy (Susan Sarandon). As the team's season begins, Annie selects brash new recruit Ebby Calvin Laloosh (Tim Robbins), whom she christens "Nuke," to inspire with the religion of baseball. Nuke also receives guidance from veteran player Crash Davis (Kevin Costner), who settles Nuke's erratic pitching and teaches him to follow the catcher's lead.

Saturday, October 20, 7:00 p.m., The Commons

Third Sunday Musical

"Camelot"

After the arranged marriage of Arthur (Richard Harris) and Guinevere (Vanessa Redgrave), the king gathers the noble knights of the realm to his Round Table. The dashing and stalwart Lancelot (Franco Nero) joins, but soon finds himself enraptured by the lovely Guinevere. When Arthur's illegitimate son, Mordred (David Hemmings), reappears in the kingdom and outs the secret lovers, Arthur finds himself trapped by his own rules into taking action against his wife and closest friend.

Sunday, October 14, 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

Balance Class [\$]

Tuesdays, 3:30—4:30 p.m., The Commons

Chair Yoga

Jennika Olson will lead the class in a **live** chair yoga class. 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, October 6.

Flu Shots

Wednesday, October 17

Time and location to be announced.

A representative from Kroger Pharmacy will be here to administer the flu shots. Please bring your Medicare card with you. You must sign up for a vaccine no later than October 10 so that the pharmacy knows how many vaccines to bring. The sign-up sheet is in the front of the Activity Book in the Mail Room.

Get the
FLU  **SHOT**
not the flu!

FOCUS ON FITNESS:

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

This month, we are focusing on a muscle in the upper back: The Rhomboid

Name: The Rhomboid Major & Minor Muscles

Function: The rhomboids are key muscles in the mid/upper back that squeeze the shoulder blades together and provide stability for the shoulders and neck. These muscles work with the trapezius muscles (which we will focus on next month) to perform this action.



Why Strengthen It: These muscles can help us keep or correct our posture. They are often neglected, which can cause poor posture in our upper back and neck. Strengthening these muscles will work to improve or maintain that posture and keep the neck supported.

How to Strengthen It: Seated Resistance Band Rows (*if you don't have a resistance band, we have some in the fitness center*).

- Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
- Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
- Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
- Breathe out slowly and pull both elbows back until your hands are at your hips.
- Hold position for 1 second.
- Breathe in as you slowly return your hands to the starting position.
- Repeat 10-15 times
- Rest; then repeat 10-15 more times.

**If this is too difficult, try moving one arm at a time!

Instructions and Images from: National Institute on Aging at NIH.



“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 Tempest"

This class continues from last month.
6 Tuesdays, August 14—October 2

"The Victorian Era: An Overview"

This class continues from last month.
6 Wednesdays, September 19—October 24

"Four Coen Brothers Films"

This class continues from last month.
6 Thursdays, August 30—October 11

"Jamie's Halloween Treat: Ghosts and the Supernatural in Stories and Art"

Don't miss this just-for-fun Halloween treat! Jamie Acres shares personal experiences of hard-to-explain phenomena and goes on to explore ghost stories and other supernatural happenings in literature, film, and art!
2 Tuesdays, October 23 and 30

"Introduction to English Poetry"

We will learn about the basic elements of poetry - rhyme, rhythm, scansion, line lengths and breaks, etc. - by reading, discussing and analyzing favorite poems from the time of Shakespeare to the present day. This will be a light, fun and lively class.
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.

"A Brief History of Japan"

This class continues from last month.
6 Tuesdays, September 11—October 16

"The American Revolution"

Our American Revolution was very different than other revolutions such as the French or Russian. Why was our experience so unique and why is it still studied unlike any other? This lecture series will explore the major events both leading up to and during the revolution and reveal some of the special reasons why the Founding Fathers play such an important role in the United States today world.
6 Tuesdays, October 30—December 11

Science with Melissa—"Modern Marvels"

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

"The Potato"

It is among the most versatile, nutritious, and varied foodstuffs in the world. The potato is the ultimate comfort food. We'll travel from the potato's mysterious origins in the South American Andes to the ethnic enclaves of New York's lower east side for some tasty potato knishes. We'll discover a farmer of exotic potatoes: blue, green, pink, and dark purple varieties. We'll reveal how large-scale potato producers in Idaho and Pennsylvania slice, dice, freeze, and dehydrate millions of pounds of spuds annually. Potato vodka now scores near perfection in international tasting competitions.

Thursday, October 4

"Million Dollar Tech"

For millennia, luxury toys have functioned as flashy instruments to show off affluence, authority, and identity. Exclusivity, mechanical complexity, competition, and a desire for just plain fun have driven many kingly consumers to covet, create, and purchase outrageous items from Fabergé eggs to Ferrari Testarossas.

Thursday, October 11

"Traffic"

In less than a century, man has created a glut of traffic on our roadways, railways, airways and seaways—traffic that must be controlled, managed, and regulated. These structures were built to ease congestion and make travel easier, but humans keep expanding to fill the space made by existing routes. Are new high-tech intelligent transportation systems the solution?

Thursday, October 18

"Motion Picture"

This episode of Modern Marvels traces the birth of the motion picture back to its originator, Thomas Alva Edison, "The Wizard of Menlo Park", showcasing the technology that enabled Edison to capture motion for the first time on film.

Thursday, October 25

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

Opie Taylor's

Wednesday, October 3, Depart at 11:15 a.m.

Chambers Smorgasbord

Wednesday, October 10, Depart at 10:45 a.m.

China Star Buffet

Wednesday, October 17, Depart at 11:15 a.m.

Bloomington Sandwich Company

Wednesday, October 24, Depart at 11:15 a.m.

Zaharakos Ice Cream Parlor and Museum

Friday, October 26, Depart at 10:30 a.m.

Scotty's Brewhouse

Wednesday, October 31, Depart at 11:15 a.m.

Paid Musical Performances [\$]

Bloomington Symphony Orchestra—Made in America at the Buskirk-Chumley Theatre [\$18]

Saturday, October 13, Depart at 6:15 p.m.

Metropolitan Opera Live—"Samson et Dalila" at Showplace 11 [\$22]

Saturday, October 20, Depart at 12:30 p.m.

Metropolitan Opera Live—"La Fanciulla del West" at Showplace 11 [\$22]

Saturday, October 27, Depart at 12:30 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.

*Please note there is no banking on Columbus Day

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.

Bloomington Farmers' Market

Saturdays, October 13 and 27, Depart at 10:00 a.m.

Wednesdays, Depart at 9:00 a.m.

Edinburgh Premium Outlets and Lunch [\$]

Friday, October 19, Depart at 10:00 a.m.

Day Trips and Other Events

Festival on Fairfax at All Saints Orthodox Church [\$]
Saturday, October 6, Depart at 11:00 a.m.

Bloomington Creative Glass Center Grand Opening and Glass Pumpkin Preview

Saturday, October 6, Depart at 5:00 p.m.

Dillon Amish Country Tour (Montgomery, IN) [\$22]

Immerse yourself in the Amish culture as an Amish woman boards the Bell Trace bus and takes us to the different shops in their village, all the while answering your questions about the Amish culture. Lunch will be prepared especially for us in an Amish home.

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

Friday, October 12, Depart at 9:00 a.m.

Out and About

On the Stage [\$]

Sandi Patty in Concert at the Buskirk-Chumley
Friday, October 5, Depart at 6:45 p.m.

Chicago at the IU Auditorium
Thursday, October 11, Depart at 7:30 p.m.

Dialogues of the Carmelites at The MAC
Saturday, October 13, Depart at 7:00 p.m.

Barbecue at the Wells-Metz Theatre
Tuesday, October 16, Depart at 6:45 p.m.

**Singing Hoosiers—69th Anniversary Season
Fall Concert** at the IU Auditorium
Saturday, October 20, Depart at 1:30 p.m.

Leipzig at the Waldron Rose Firebay
Thursday, October 25, Depart at 7:00 p.m.

Dennis James Hosts Halloween at the
IU Auditorium
Friday, October 26, Depart at 7:00 p.m.

The Christians at the Waldron Auditorium
Saturday, October 27, Depart at 1:30 p.m.

Monty Python's Spamalot at the IU Auditorium
Tuesday, October 30, Depart at 7:15 p.m.

IU Sports [\$]

IU Football

IU vs. Iowa
Saturday, October 13, Depart at 11:00 a.m.

IU vs. Penn State
Saturday, October 20, Depart TBA

IU Volleyball

IU vs. Rutgers
Saturday, October 13, Depart at 7:15 p.m.

IU vs. Ohio State
Friday, October 19, Depart at 6:45 p.m.

IU vs. Maryland
Saturday, October 21, Depart at 12:45 p.m.

IU vs. Michigan
Wednesday, October 31, Depart at 6:45 p.m.

Free Musical Events

Tom Walsh Jazz Ensemble at The MAC
Monday, October 1, Depart at 7:30 p.m.

University Singers at Auer Hall
Tuesday, October 2, Depart at 7:30 p.m.

Norman Krieger, Piano, Faculty Recital at Auer
Hall
Friday, October 12, Depart at 7:30 p.m.

Emile Naoumoff, Piano, Faculty Recital at Auer
Hall
Sunday, October 14, Depart at 3:30 p.m.

Brent Wallarab Jazz Ensemble at The MAC
Monday, October 15, Depart at 7:30 p.m.

Philharmonic Orchestra at The MAC
Wednesday, October 17, Depart at 7:15 p.m.

Faculty Chamber Music Recital at Auer Hall
Sunday, October 21, Depart at 3:30 p.m.

John Raymond Jazz Ensemble at The MAC
Monday, October 22, Depart at 7:30 p.m.

Symphonic Band at Auer Hall
Tuesday, October 23, Depart at 7:30 p.m.

University Orchestra at The MAC
Wednesday, October 24, Depart at 7:30 p.m.

**Nigel North, Lute—"Bach on the Lute" (Part 6
of 6): 'Lute works, Part Two'** at Auer Hall
Saturday, October 27, Depart at 3:30 p.m.

Alvaro Pierri, Guitar, Guest Recital at Auer Hall
Saturday, October 27, Depart at 7:30 p.m.

Emanuel Segre, Guitar, Guest Recital at Auer
Hall
Sunday, October 28, Depart at 7:30 p.m.

Concert Band at Auer Hall
Tuesday, October 30, Depart at 7:15 p.m.

Employee Spotlight



Meet Hairstylist Kara Mae Wisley

My name is Kara Mae Wisley, I am 19 years old. I am a hairstylist at Bell Trace Senior Living and in Bedford, Indiana, and I absolutely love my job and everything that it entails! I have the opportunity to help women and girls feel beautiful in their own skin and to love the way they look! It is something I am so very passionate about and enjoy every minute!

I am a contestant in the Miss Indiana USA Pageant this year, I had the privilege of competing last year and placed in the Top 10!

If I were to win Miss Indiana USA I would use my voice to raise awareness for suicide prevention and other causes for those without a voice. I love this pageant because it gives women the opportunity to grow and learn things about themselves, to build their confidence and to achieve their dreams! Thank you to all that have supported and encouraged me on this journey, you all mean so much to me!

Sincerely,

-Kara Mae Wisley

