

Bell Trace Newsletter

December 2018

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December Birthdays

Galina McLaws	4th
Jan Davis	5th
Wendell Frederick	13th
Charlie Adkins	14th
Doris Figel	15th
Mary Droste	16th
Bill Schofield	20th
Jean Rogers	23rd
Steve Morrissey	25th
Larry Ikerd	25th
Jackie Phillips	26th
Bob Fields	26th
Gates Agnew	28th
Lee Witt	29th
Jean Hammer	29th
Ken Shidler	30th

Birthday Party



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

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

ALL ARE WELCOME!

From the Desk of Joy Harter, Executive Director



Sentiments of the Season

As the festive hustle and bustle of the holiday season surrounds us in merriment, I like to devote quiet time to dwell on the many things for which I am grateful. With that in mind, the following quotes articulate best what I wish to express:



“We can only be said to be alive in those moments when our hearts are conscious of our treasures.” —Thornton Wilder

“Gratitude is the sign of noble souls.” —Aesop

“Nothing is more honorable than a grateful heart.”
—Lucius Annaeus Seneca

“I think these difficult times have helped me to understand better than before how infinitely rich and beautiful life is in every way, and that so many things that one goes around worrying about are of no importance whatsoever.” —Isak Dinesen, Danish author

“Gratitude is riches. Complaint is poverty.” —Doris Day

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”
—John F. Kennedy

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” —William Arthur Ward

I sincerely wish you and yours a delightful holiday season and may your hearts be filled with warmth, joy and gratitude in the coming year.

With Love,

Joy

Happy
Holidays!



Resident Services

Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:30—10:00 a.m.

2nd Floor Game Tables

Hearing Aid Checks & Cleaning

Wednesday, December 12, 3:30—4:30 p.m.

Private Dining Room

Give and Take Day

Tuesday, December 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.

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

Bible Study

Saturdays, 10:00 a.m., 3rd Floor Lounge

Sing Christmas Carols

Tuesday, December 25, 10:00 a.m., Chapel

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.

Because the month of December is so filled with other festive events, we will take a break from chats with month!! Chats will resume in January! As always, please see Joy with any concerns you need addressed.

Resident Committee Meetings

Resident Council—All residents are welcome!

Tuesday, December 4, 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, December 12, 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!

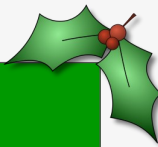
Tuesday, December 18, 1:30 p.m., The Commons

Library Committee

All residents are welcome and encouraged to help the committee decide on and shelve new acquisitions for the Bell Trace Library.

Friday, December 21, 1:30 p.m., Library

Resident Services



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.

Massage [\$]

Massages are available on Tuesdays (by appointment only). 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.

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, Jenny Donegan, and her team of Tech Heroes are here to fix it, or you can come learn how to use more features on your device.

Sundays, 1:00—3:00 p.m., 3rd Floor Lounge

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.



Monroe County Library Bookmobile

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.**

Wednesdays, 11:30 a.m.—12:00 p.m.
Front Portico

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.

First Financial Banking Services

Stephanie Warthan will not be able to make it to Bell Trace on Tuesday afternoons during the month of December. If you have any questions for her, you can reach her at 812-219-6594.

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).

Pet Visits 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. Visit with Kanika in the Front Lobby or find her in the hallways.

Tuesday, December 11, 3:00—4:00 p.m.

Friday, December 21, 2:30—3:30 p.m.



Life Enrichment

Special In-House Events

Musical Events

Bloomington Community Band

Monday, December 3, 7:00 p.m., The Commons

IU Singing Hoosiers

Tuesday, December 4, 7:00 p.m., The Commons

Sounds of Indiana Barbershop Chorus

Wednesday, December 5, 7:00 p.m., The Commons

Malissa Waterford's Students Piano Recital

Sunday, December 9, 2:00 p.m., The Commons

Music Makers Chorus

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

Brian Courtney's Music Students Sing Christmas Carols

Saturday, December 15, 2:00—2:15 p.m., Lobby

Christmas Carolers

Wednesday, December 12, 6:30 p.m., Lobby

Kids Can Sing Christmas Carols

Sunday, December 16, 1:00—1:30 p.m., Lobby

First Presbyterian Church Carolers

Sunday, December 16, 5:00 p.m., Lobby

The Temple-Tones Sing Christmas Carols

Tuesday, December 18, 11:00 a.m., The Commons

The Goodwill Girls Christmas Concert

Wednesday, December 19, 3:30 p.m., The Commons

Other Events

Indiana Limestone Talk by Amy Brier

In addition to learning about limestone, hear Amy talk about World War II limestone memorial she is creating.

Wednesday, December 5, 3:00 p.m.
The Commons

Winter Solstice Hot Chocolate Bar

Celebrate the official start of winter with a mug of hot chocolate! Marshmallows, sprinkles, and other toppings will be available.
Friday, December 21
2:00—3:00 p.m., Bistro Alcove



Please take a moment to make sure your cell phone is on silent when attending any of our special in-house events. Thank you.

Complimentary Gift Wrapping

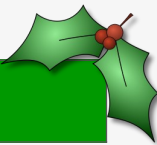
Let us do the wrapping for you! Bring your unwrapped presents down and we will wrap them for you. We welcome any resident volunteers who would like to help us wrap the presents.

Tuesday, December 11, 1:00 – 2:30 p.m.
Community Room

Tuesday, December 18, 10:00 – 11:30 a.m.
Community Room

Thursday, December 20, 2:00 – 3:00 p.m.
Community Room





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., 3rdFloor Lounge

Deep Listening

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

Lunch with Rabbi Besser [\$]

Tuesday, December 11, 11:30 a.m., Bistro

Book Discussion Group

Sunday, December 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., **Chapel** (temporarily)



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
12:30—3:30 p.m. Sunroom



There will be no housekeeping on
Christmas Day or New Year's Day. Please
see Heather if you have any questions.
Have a great holiday!

HOUSE-KEEPING



Please return your books



Please check your apartment for any Bell Trace library books that you may have forgotten to return. You may return them to the basket just inside the Library doors on the 2nd Floor.

Thank you!



Life Enrichment

Arts Programming



Arts & Crafts

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

We are crafting for the holidays during the month of December. We'll be making soap using the melt and pour method, origami gift boxes, and possibly a few other surprises.

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. If this is not something you would enjoy, then you are welcome to come at 2:30 p.m. when we share the written work of participants in the group.

Ukulele Practice

Thursdays, 4:00—5:00 p.m., Sunroom

Look for us in the Front Lobby on December 20 for a special holiday performance

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

Holiday Shopping at Bell Trace



**Friday, December 7, 10:00 a.m.—3:00 p.m.
In The Commons**

The WonderLab Gift Shop will be set up in The Commons for your shopping convenience. WonderLab staff will be available to help you find an age-appropriate gift for the youngsters in your life.



**Friday, December 14, 10:00 a.m.—3:00 p.m. In
The Commons**

This is an opportunity for you to find handmade gifts for that someone special who is hard to buy for.

If you have handmade items to sell, please see Melissa before Monday, December 10.

Poetry on Christmas Eve A Bell Trace Tradition

We gather in the Front Lobby to share favorite wintertime poetry and stories.

The program begins at 7:00 p.m.



A special guest appearance by Michael McColly, who will read "How the Grinch Stole Christmas"

BUILDING BETTER BALANCE CLASS

Running January 30 - April 24

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

To Balance Better, you must understand your body and the way it works.

Then you must practice the necessary skills. We will discuss and practice how the **BRAIN and BODY** is really a system of parts that allows us to be better and safer when needing stationary balance or when we are moving. 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 from 3:30 - 4:30 p.m.

Location: The Bell Trace Commons

Cost: \$80 Registration (A one-time charge)

Contact: Alyssa Jackson in the Fitness Center

Bell Trace Resident Registration Day: Wednesday, December 12th

Class will be filled on a first-come, first-served basis. If class does not fill by January 2nd, registration will be opened to the public.

Have an assistive device? No worries! If you can comfortably use a cane or walker, you are able to register!



On the Big Screen

On the Big Screen

Saturday Movie Matinee

"History of Christmas", Saturdays, 1:00 p.m., Chapel

Saturday Night at the Movies

"Guess Who's Coming to Dinner"

When Joanna Drayton (Katharine Houghton), a free-thinking white woman, and black doctor John Prentice (Sidney Poitier) become engaged, they travel to San Francisco to meet her parents. Matt Drayton (Spencer Tracy) and his wife Christina (Katharine Hepburn) are wealthy liberals who must confront the latent racism the coming marriage arouses. Also attending the Draytons' dinner are Prentice's parents, who vehemently disapprove of the relationship.

Saturday, December 1, 7:00 p.m., The Commons

"RGB"

This riveting, surprisingly touching documentary reveals how the quiet, intense Ginsburg became one the most iconic Supreme Court justices in American history.

Saturday, December 8, 7:00 p.m., The Commons

"It's a Wonderful Life"

George Bailey has so many problems he is thinking about ending it all - and it's Christmas! As the angels discuss George, we see his life in flashback. As George is about to jump from a bridge, he ends up rescuing his guardian angel, Clarence - who then shows George what his town would have looked like if it hadn't been for all his good deeds over the years.

Saturday, December 15, 7:00 p.m., The Commons

"Miracle on 34th Street"

In this Christmas classic, an old man going by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.

Saturday, December 22, 7:00 p.m., The Commons

Second Sunday Musical

"White Christmas"

Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black!

Sunday, December 9, 7:00 p.m., The Commons





Exercise Classes

Advanced Exercise

Mondays, Wednesdays, and Fridays
10:00—10:45 a.m., The Commons

Intermediate Exercise

Mondays, Wednesdays, and Fridays
10:45—11:30 a.m., The Commons

Mindful Movement Meditation

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

Balance Class [\$]

Tuesdays, 3:30—4:30 p.m., The Commons

Chair Yoga Video

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

*There will be no live yoga in December but it will return in January!

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



The new year is a time to start fresh, and the Bell Trace Creative Team is hard at work revamping the Exercise classes!

More details will be given to you before the changes take place.

Change is a good thing!

FOCUS ON FITNESS:

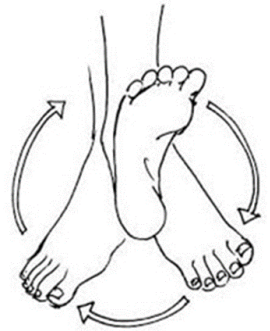
A monthly column by Bell Trace Fitness Center Director, Alyssa Jackson

This month, we are focusing on the ankle!

As you may already realize, our ankles are super important. Having good ankle strength and range of motion helps when driving a car, walking, pivoting, and maintain balance throughout the day. This month we will focus on a couple of movements you can do to help improve strength/range of motion in your ankles!

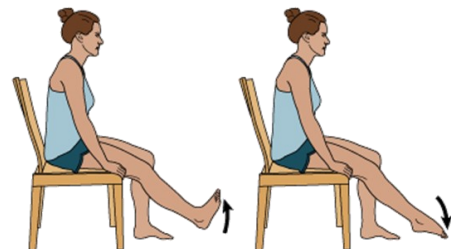
Ankle Circles

Sitting in a chair, lift one foot until it is slightly elevated off the ground. Rotate throughout your ankle joint. Imagine you are trying to do draw a big circle using your toes. Start with 10-15 seconds. Be sure to switch directions and repeat on the other foot.



Ankle Pumps

Also seated with a foot slightly elevated, flex your foot bringing the toes back toward you. After that, point your toes down toward the ground. During the second part, you should feel a stretch along the top of your foot. Repeat. This can be compared to pushing a gas pedal.



“Be Well at the Bell!”



Life Enrichment

Lifelong Learning Classes

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 18

Coming Next Month:

Ivy Tech [\$29]

"The Hermit Kingdom: A History of North Korea"

Bloomington Humanities

"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"

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, December 6

"Limos"

Limousines have been stretched to greater and greater lengths--as has the notion of what can be done inside them! You can have a rolling disco in a stretched SUV, go for a rumble off-road in a monster truck limousine, or take a direct hit in an armored limo and still make your meeting. So, sit back, relax, and enjoy the ride of your life as we review the history of chauffeured limousines--from weddings, proms, and funerals to the ultimate adult playpen and the president's "Cadillac One".
Thursday, December 20

"Forensic Science—The Crime Fighter's Weapon"

This program traces the development of forensic science from its infancy to today as agents and investigators demonstrate powerful crime-solving tools such as DNA "fingerprinting" and fiber science and revisit notorious cases, from the ballistic evidence that led to the conviction of James Earl Ray to the tiny clues that put investigators of the Lockerbie disaster on the trail of Libyan terrorists.
Thursday, December 27

Science with Melissa will take a break in January, but beginning in February, Melissa will teach a course on Earth Science.

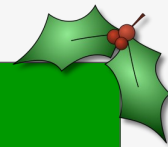
Stay Well *this* Winter with Simple Self-Care

1. Drink plenty of water.
2. Get moving.
3. Eat healthy whole foods.
4. Avoid refined sugar.
5. Get enough sleep.
6. Explore adaptogenic herbs.
7. Nourish your mind and spirit.



www.redfernfarms.com

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 ON TUESDAYS AND THURSDAYS 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.

If you have a medical appointment on a Monday, Wednesday, or Friday, please contact Amy Brough at 812-340-8474 to schedule a Personal Services Chauffeur to take you for an additional cost. Bell Trace Health and Living does not transport our residents to medical appointments unless the resident is in a wheelchair and is unable to transfer to the minivan.



Dining Out [\$]

Menus will be in the Transportation Book in the Mail Room when available. A minimum of four residents is required for lunch excursions.

Lunch Excursions

Cracker Barrel

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

Culver's

Wednesday, December 12, Depart at 11:15 a.m.

Lennie's

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

Applebee's

Wednesday, December 26, Depart at 11:15 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.

East Side Shopping (this includes Kroger north!)

1st and 3rd Mondays, Depart at 10:00 a.m.

Mondays, Depart at 1:30 p.m.

Wednesdays, Depart at 2:00 p.m.

West Side Shopping

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

Unitarian Universalist Church Holiday Art Fair and Bazaar

Saturday, December 1, Depart at 10:00 a.m.



Out and About

THE SPIRIT OF INDIANA | 24 sports ONE team

IU Sports [\$]

IU Men's Basketball

IU vs. Northwestern

Saturday, December 1, Depart at 12:00 p.m.

IU vs. Louisville

Saturday, December 8, Depart at 1:30 p.m.

IU vs. Central Arkansas

Wednesday, December 19, Depart at 6:00 p.m.

IU vs. Jacksonville

Saturday, December 22, Depart at 5:00 p.m.

IU Women's Basketball

IU vs. Butler

Wednesday, December 5, Depart at 6:30 p.m.

IU vs. Missouri State

Sunday, December 9, Depart at 11:30 a.m.

IU vs. Penn State

Monday, December 31, Depart at 6:30 p.m.

On the Stage [\$]

The Nutcracker at The MAC

Saturday, December 1, Depart at 7:00 p.m.

The Goat, or Who is Sylvia (Notes toward a definition of tragedy) at Wells-Metz Theatre

Tuesday, December 4, Depart at 6:45 p.m.

Beauty and the Beast at the Buskirk-Chumley Theatre

Saturday, December 15, Depart at 1:30 p.m.

Tuning In at Bloomington Playwrights Project Theatre [\$17]

Saturday, December 15, Depart at 6:45 p.m.

*Tickets are almost sold out, so please contact the theatre to make sure they have a ticket for you.

Free Musical Events

All-Campus Band at The MAC

Tuesday, December 4, Depart at 7:30 p.m.

Sing for Joy Choir Practice at Gentry Park

Wednesdays, December 5, 12, and 19 (Concert)

Depart at 2:30 p.m.

Harp Ensemble—"Christmas Harps" at Sherwood Oaks Christian Church

Wednesday, December 5, Depart at 5:45 p.m.

Concert Orchestra at The MAC

Wednesday, December 5, Depart at 7:30 p.m.

Guitar Academy—Fall Recital at Auer Hall

Sunday, December 16, Depart at 4:30 p.m.

Paid Musical Performances [\$]

Chimes of Christmas at the IU Auditorium

Saturday, December 1, Depart at 1:30 p.m.

Bloomington Symphony Orchestra: "Amahl and the Night Visitors" at the Waldron Arts Center

Sunday, December 9, Depart at 6:15 p.m.

Straight No Chaser at the IU Auditorium

Thursday, December 13, Depart at 7:30 p.m.

Bloomington Chamber Singers: "Messiah Sing-along, Part I" at St. Mark's UMC

Sunday, December 16, Depart at 2:30 p.m.

Indianapolis Symphony Orchestra: "Yuletide Celebration" at the Hilbert Circle Theatre

Sunday, December 23, Depart at 12:00 p.m.

*We will be attending the 2:00 p.m. show that day. Please purchase your ticket before your sign up for transportation.





Out and About

Other Events

UMW Cookie Shoppe at St. Mark's UMC [\$]
Saturday, December 1, Depart at 9:00 a.m.

St. Mark's Ladies Breakfast at St. Mark's UMC
Saturday, December 8, Depart at 9:00 a.m.
*Please sign up no later than Tuesday, December 4 so that we can give St. Mark's an accurate count.

Tour of Christmas Lights

Get onto the warm, *brand new* Bell Trace bus (that doesn't have a wrap over the windows!) and let our driver take you around the different neighborhoods to see how people have decorated for the holidays. We will also drive to Downtown Bloomington to see the famous Canopy of Lights. Monday, December 17, Depart at 7:00 p.m.
Thursday, December 20, Depart at 7:00 p.m.



Employee Appreciation Reception

Join the hourly employees in The Commons as they pick up their check from the Resident Council, cut from the Employee Appreciation Fund money donated by you, the Bell Trace residents!

It's a great time to meet the staff and mingle over cookies and coffee/tea.

Friday, December 7, 10:00—11:30 a.m.
The Commons

Special Theme Days

Door Decoration Day

Saturday, December 1

Decorate your door or ledge, then walk the hallways of Bell Trace to vote for your favorites by Monday, December 10 at 5:00 p.m.. Ballots will be distributed to your in-house mailboxes and the winners will be announced at the Resident Holiday Dinner Party on December 13.

Dress according to the theme days listed below!

Angel Day

Monday, December 17



Christmas Sweater Day

Tuesday, December 18



Candy Cane Day

Wednesday, December 19



Santa Claus Day

Thursday, December 20



Snowman/Snowflake Day

Friday, December 21



Reindeer Day

Saturday, December 22



Sparkle Day

Sunday, December 23



Jingle Day

Monday, December 24



Safety Reminder

Please remember that live trees/wreaths and candles are *not* permitted at Bell Trace.





HOLIDAY PARTY

ANNUAL RESIDENT HOLIDAY DINNER PARTY

Thursday, December 13

4:30—6:30 p.m. in The Commons

Reminder—This party is for residents only

The Bistro and A.L. Café will not be serving dinner; please join us at the party!

Entertainment

Hoosier Darling
and
a special appearance by
The Bell Tones



Christmas Day

Sing Christmas Carols, 10:00 a.m., Chapel

Christmas Dinner in The Bistro [\$17.50]

11:00 a.m.—1:30 p.m.

Please make a reservation with Jacob Bruce to guarantee a table.



Other Holiday Events

Hanukkah Menorah Candle Lighting

December 2—10, Sundown

Front Lobby



Poetry Reading:

How the Grinch Stole Christmas

Monday, December 24, 7:00 p.m. Front Lobby

New Year's Eve Champagne Toast

Monday, December 31, 3:00 p.m.

The Commons