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April Birthdays

Bill Stucky	2nd
Mary Belle Davis	4th
Bill Giffin	6th
Ed Grant	6th
Gerda Fletcher	6th
Mary Price	8th
Charlotte House	11th
Ellen Pettay	13th
Ruth Augustine	16th
Odette Shepherd	24th
Fran Weinberg	25th
Trudy Shaw	28th

Birthday Party

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



ALL ARE WELCOME!

Friday, April 12, 2:00 p.m.
The Commons

From the Desk of Jennifer Devitt, Executive Director



Summary of the March Apartment and Cottage Chats

- The door access code will change on Monday, April 1. The new code will be distributed to your in-house mailbox or via email. The door access code is only shared with residents and their families.
- We will be looking at updating the signage throughout the entire campus. It has been stated that it is often difficult when you aren't sure of the different entrances, where you should go if you are coming to the Senior Living Community or Health and Living.
- Flooring on the 3rd Floor will be updated in the next few months. Some residents have expressed some concerns with the current flooring that was put in throughout the building. I want to assure everyone that safety is very important when making decisions. They will be completing the 2nd Floor flooring by adding transition strips to make it easier when walking from the different surfaces. Resident concerns will be given the utmost consideration as plans move forward, and details will be shared as they are determined.
- Private Dining Room: It was discussed to possibly transform this space into more of an area to utilize for small groups, such as Scrabble, dominoes, cards, etc. Some residents expressed some concerns because the Private Dining Room is often reserved for special events and they don't want to lose that space. Jennifer has decided that we are going to focus on the Community Room and giving it a better ambiance for residents, staff, and the community to use prior to changing the Private Dining Room. Thank you again for your feedback.
- Daily Activity Sheets: Regardless of evening shift coverage, we will ensure that the daily activity sheets are placed on the table past the Front Desk for you in the evening.
- Dementia-Friendly community: We are gauging resident interest in learning more about the disease, how it affects people and their loved ones, as well as education specifically geared towards this topic. Please contact Jennifer Devitt for more information.
- Emergency Call System: Key points from this discussion:
 - Please utilize the pendant for EMERGENCY situations ONLY.
 - Staff are available 24/7 and will respond as quickly as possible (by only utilizing the pendant for emergencies, this will be easier).
 - "Staff" does not necessarily mean that it will be a nurse that responds to the emergency call. We have several other staff members that can assist in emergency situations to make sure our response can continue to be timely.

Resident Services

Lifespan Home Health at Bell Trace

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

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

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

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

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



Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:30—10:00 a.m.

2nd Floor Game Tables

Hearing Aid Checks and Cleaning

Wednesday, April 10, 3:30—4:30 p.m.

Give and Take Day

Tuesday, April 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.

Holidays and Celebrations

April Birthday Party

Friday, April 12, 2:00 p.m.

The Commons

*Please note that this month's Birthday Party is on the second Friday instead of the first Friday.



Easter Dinner

Sunday, April 21, 11:00 a.m.—1:30 p.m.

*Please make your reservations with Jacob before April 15.

Easter Sunday Service

Sunday, April 21, 4:00 p.m., Chapel

Resident Services

Resident Committee Meetings



Resident Council—All residents are welcome!

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

Hospitality Committee

We are looking for friendly residents who would like to welcome our newest residents and help make their transition a little easier.

Wednesday, April 17, 2:30 p.m.

Private Dining Room

Library Committee

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

Friday, April 19, 1:30 p.m., Library

Newcomers Meeting

This meeting is for all residents who have moved to Bell Trace within the past year and is a chance to get your questions answered and meet new people. Each month it is a little different, so please come often!

Tuesday, April 23, 1:30 p.m., The Commons

Religious Services

Church Services

Sundays, 4:00 p.m., Chapel

Fellowship follows in the Private Dining Room

Catholic Service

Fridays, 11:00 a.m., Chapel

Fellowship follows in the Private Dining Room

**Easter Confessions for Catholics will be held on Friday, April 5, at 10:30 a.m. in the Chapel.*

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Easter Sunday Church Service

Sunday, April 21, 4:00 p.m., Chapel

Bible Study

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

Monthly Chats with Jennifer

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, April 16, 3:30 p.m., The Commons

Cottage Chat

Tuesday, April 23, 10:00 a.m., The Commons

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

Book Discussion Group

Sunday, April 14, 2:00 p.m., Library

Deep Listening

Monday, April 15, 7:00—9:00 p.m., Sunroom



Tech Heroes are here to help!!!

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

Our tech hero, Jenny Donegan, will help troubleshoot your hand-held (portable) electronic device. She can also help you if you would like to learn about the features of your device or to learn new applications.



Please take a moment to make sure your cell phone is on **silent** when attending any events or activities, or eating in The Bistro.

Resident Services

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.

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 apartment on Fridays. The Bell Trace Front Desk will not hold your dry cleaning for you—you must deal directly with an employee from the dry cleaner.

A delivery charge will be added to your dry cleaning bill. Phone: 812-332-4300.

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 Wednesday through Friday from 9:00 a.m.—3:00 p.m. Stop in or call for an appointment. Phone: 812-332-2355 ext. 218.

On the Big Screen

Saturday Movie Matinee

"The Celts", Saturdays, 1:00 p.m., Chapel

Saturday Night at the Movies

"Stan and Ollie"

Laurel and Hardy, diminished by age, set out to reconnect with their adoring fans by touring variety halls in Britain in 1953. The shows become an instant hit, but Stan and Ollie can't quite shake the past as long-buried tension and Hardy's failing health start to threaten their precious partnership. Saturday, April 6, 7:00 p.m., The Commons

"The Hot Rock"

A man and his brother-in-law plan to steal a priceless diamond from the Brooklyn Museum. Helped by an expert getaway man and an explosives wizard, the daring duo steal the gem with a little assistance. However, almost as soon as they get their hands on the loot and prepare to transfer it to an African diplomat, they lose it.

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

"Charade"

After Regina (Audrey Hepburn) falls for the dashing Peter (Cary Grant) on a skiing holiday in the French Alps, she discovers upon her return home that her husband has been murdered. Soon, she and Peter are giving chase to three of her late husband's World War II cronies, who are after a quarter of a million dollars the quartet stole while behind enemy lines. Saturday, April 20, 7:00 p.m., The Commons

"Vice"

Governor George W Bush of Texas picks Dick Cheney, the CEO of Halliburton Co., to be his Republican running mate in the 2000 presidential election. No stranger to politics, Cheney's impressive résumé includes stints as White House chief of staff, House Minority Whip and defense secretary. When Bush wins by a narrow margin, Cheney begins to use his newfound power to help reshape the country and the world.

Saturday, April 27, 7:00 p.m., The Commons

Second Sunday Musical

"Easter Parade"

Sunday, April 14, 7:00 p.m., The Commons

Life Enrichment

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

Saturdays, 3:00—4:00 p.m., Community Room

Dominoes

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

Fridays, 2:30 p.m., Private Dining Room

Scrabble

Tuesdays, 1:00—2:00 p.m.

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

Game Night with IU APO Students

Play or learn how to play Euchre, or bring a board game of your choice to play.

Fridays, 6:30—8:00 p.m.



Welcome New Residents!

Jack & Marlene Peterson	Apt. 203
John Ryan	Apt. 354
Roy Shin	Apt. 224
Jim & Joyce McIntire	Apt. 356
Don & June Lewis	Apt. 304
Marikay Stultz	Apt. 312

Exercise Classes

Core Focus

Don't let the name fool you! This is a total-body workout. We will focus on all your muscles, with special consideration for muscles of the core. With a heavy focus on proper posture, form, and alignment when moving, this class will help you understand and improve your core strength—while giving you a workout!

Mondays and Fridays

10:00—10:45 a.m., The Commons

F.I.T. (Full-body Intentional Training)

Learn to be intentional with your training! Strengthen and train your whole body with focus and purpose! Find your “why” and apply your training to everyday life.

Mondays 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

Balloon Volleyball

Thursdays, 1:15—2:15 p.m., Sunroom

Chair Yoga Video

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

Help Choose the next Wednesday Exercise instructor!

The Activities Department would like your input on the new Wednesday Exercise instructor! In April, we will have three different instructors offering sample classes on Wednesdays. We invite you to attend the classes at 10:00 a.m. and fill out a feedback card following the class to help us make the decision!

Don't forget that as a Bell Trace resident, you have 24-hour access to our Fitness Center!

Life Enrichment

Arts Programming

Arts & Crafts

Mon. and Wed. 1:30—3:30 p.m. Arts Studio

Moving on from our focus on the color blue, we will begin to explore modern art in the post-war era. We will be working with Gelli print plates.

On Mondays, class will start in the Chapel where we will watch short arts-focused videos to help inform and inspire our work for the week (all are welcome).

Fiber Arts

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

Residents gather to share their crafts and to learn from each other. Some quilt and some knit; there are those who crochet and do cross-stitch.

All crafters are welcome. This is a great place to meet new people and just sit and chat.

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. The last hour is dedicated to sharing the written work of participants in the group.

Ukulele Practice

Thursdays, 4:00—5:00 p.m., Sunroom

All are welcome to join the fun and to sing along. We perform in the Front Lobby on the 4th Thursday of every month.

Sing-Along with Gladys

Wednesdays at 6:30 p.m., Front Lobby

Bloomington Peace Choir Practice

Tuesdays, 6:45—8:30 p.m., The Commons

All residents are welcome to join in or just listen!



Timeline Project

The years following World War II were characterized by enormous change and a new optimism. This month we are focusing on 1950–1975. Bring your stories and share your experiences.

Topics:

Week #1 - Technology Advancements

Week #2—Daily Living

Week #3—Public Policy & Commerce

Week #4—Leisure & Entertainment

BLUE EXPLORATION: Journey into Abstract Art

Gallery Exhibition

Opening Reception

Thursday, April 25 at 6:30 p.m.

Life Enrichment

Special In-House Events

Sun Huh (IU Jacobs School of Music) Violin Performance

Tuesday, April 2, 3:00 p.m., The Commons

Voter Registration Assistance

Representatives from the Monroe County Voter Registration Office will be on site to assist you in registering or changing your registration to vote, and requesting an absentee ballot. Bring your ID with you.

Thursday, April 4, 1:30—3:30 p.m., The Commons

"Change Your Brain, Improve Your Health" Talk by Dr. Jill Bolte Taylor

See the back page for more information on this event.

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

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.

Friday, April 5, 3:30—4:30 p.m.

Friday, April 19, 1:30—2:30 p.m.

IU Singing Hoosiers Performance

Monday, April 8, 7:00 p.m., The Commons

Mariann Chesney a.k.a. "The Jewelry Lady"

Mariann brings a nice selection of used costume jewelry at very reasonable prices!

Tuesday, April 9, 1:00—3:00 p.m.

Community Room

Malissa Waterford's Students Piano Recital

Sunday, April 14, 2:00 p.m., The Commons

Winner-Rivera Duo Cello and Piano Performance

Now in their 25th year of musical partnership, the Winner-Rivera Duo will present a program of chamber music for cello and piano. Works by Miklos Rozsa, Alexandre Glazunov, and a major work by Edvard Grieg will be performed. All who love music are invited to this special event.

Monday, April 15, 7:00 p.m.

IU Harp Ensemble Performance

Sunday, April 28, 1:30 p.m., The Commons

Bridget Parker's Students Piano Recital

Sunday, April 28, 3:30 p.m., The Commons



FOCUS ON FITNESS:

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

Group Exercise Benefits!

Have you attended group exercise classes? There are several benefits to group exercise, including:

- Motivation—from instructors and peers!
- Structure—at each class you are guaranteed a warm up, a balanced workout, and a cool down!
- Proper Form—you can be sure you are performing movements safely and correctly, with plenty of modifications and progressions available!
- Fun—classes give you the opportunity to have fun with the leaders and other residents!
- Variety—it is easy to get stuck in a rut with your workout plan. Our leaders strive to offer you different movements that will challenge and engage you week to week!

Attend Class for the chance to win a Prize Pack!

Attend group exercise classes this month!

Throughout the month, I will be present before and after random exercise classes. When I am there, fill out an entry slip to be entered to win a Fitness Center t-shirt, a free fitness assessment, and 50% off one month of personal training services! I won't be announcing which classes I will be there with the entry slips, so be sure to attend classes when you can! You can enter each time you attend a class that I'm there! One entry per class, per resident!



Life Enrichment

Lifelong Learning Classes

Bloomington Humanities

All Classes meet in the Chapel

"Studies in Fascism and Authoritarianism"

This class continues from last month.

6 Tuesdays, March 19—April 30

"Three Great American Films: *Casablanca*, *The Godfather*, *Singin' in the Rain*"

This class continues from last month.

6 Wednesdays, February 27, March 6—April 10

"Great Disasters"

Back by popular demand! Jamie Acres tells the stories of more of America's disasters, including the General Slocum, with emphasis on multiple causation, personal stories, and the choices that helped some survive.

6 Wednesdays, April 24—May 29

"The British Wars, Cromwell, and the Restoration: 1642—1660"

This class continues from last month.

6 Thursdays, March 7—April 18

History with Jack Moore

Mondays, 7:00—8:30 p.m., Chapel

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

This course will follow the evolution of Christianity from its Near Eastern origins through its development in Europe and then the world. The period after 1600 will get less detailed treatment because of the proliferation of Christian denominations and the expansion of Christianity throughout the globe. The final class will bring us to the present.

5 Mondays, April 29—May 27

Lifelong Learning Classes (continued)

Ivy Tech Lifelong Learning [\$29]

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

"The Space Race and the Cold War"

This class continues from last month.

6 Tuesdays, March 26—April 30

Science with Melissa

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

"Introduction to Earth Science"

Earth Science is an all-embracing term for the fields of science related to the planet Earth. It is a branch of planetary science (the study of planets). You can think of it as an "owners manual" for our planet.

April topics will include: Volcanoes and other igneous activity; mountain building and crustal deformation; geologic time; fossils and radioactive dating; and Earth's evolution through geologic time.

The class is not cumulative; therefore you may come to any or all sessions. And don't worry—there won't be any math in the course! Each week's topics will be included on the daily schedule.

TED Talk Fridays

Fridays, 2:30 p.m., The Commons

TED Talks are short, educational lectures covering all different topics—some fun, some serious. A discussion will take place following the lectures.

HELP US FIND A FEW GREAT NEW RESIDENTS!!!

There is no better way to let people know about what we do then to hear it straight from those that live here. Wouldn't it be wonderful to share your Bell Trace experience with someone you know? If you refer a friend or family member, you will give them the opportunity to discover the rewarding lifestyle at Bell Trace Senior Living Community.

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. Please be in the Front Lobby and ready to go at the departure time set by the driver.

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 in order to schedule your transportation.

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.

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.

JC Penney

Friday, April 19, Depart at 10:45 a.m.

We will stop for lunch first at Golden Corral.

Dining Out [\$]

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

Lunch Excursions

Gray Brothers Cafeteria

Wednesday, April 3, Depart at 10:45 a.m. (Grp. A)

Wednesday, April 10, Depart at 10:45 a.m. (Grp. B)

*Please sign up for only **one** week. If there is room on the Group B bus, those from Group A may go again.

Sassafras Lunch and Tea Room (Greenwood)

Have lunch with us and experience a unique dining experience with linen napkins, chargers, stem ware and fancy tea cups. We also feature the L.S. Ayres chicken velvet soup!

Wednesday, April 17, Depart at 10:00 a.m.

O'Charley's

Wednesday, April 24, Depart at 10:45 a.m.

On the Stage [\$]

Vinegar Tom at the Wells-Metz Theatre

Tuesday, April 2, Depart at 6:45 p.m.

Réversible at the IU Auditorium

Wednesday, April 3, Depart at 7:00 p.m.

Mass at The MAC

Saturday, April 6, Depart at 6:45 p.m.

An Evening with Branford Marsalis at the IU Auditorium

Saturday, April 6, Depart at 7:15 p.m.

Bloomington Chamber Singers: 20th Century French Masterworks at St. Mark's UMC [\$20]

Saturday, April 13, Depart at 7:00 p.m.

Wonderful Town at the Ruth N. Halls Theatre

Tuesday, April 16, Depart at 7:00 p.m.

Jazz Celebration 2019: featuring special guest Vince Mendoza, conductor/composer/arranger at The MAC [\$10-15]

Saturday, April 20, Depart at 7:30 p.m.

Finding Neverland at the IU Auditorium

Wednesday, April 24, Depart at 7:00 p.m.

New Moves at the Wells-Metz Theatre

Friday, April 26, Depart at 7:00 p.m.

IU Singing Hoosiers—69th Anniversary Season Spring Concert at The MAC [\$10-25]

Saturday, April 27, Depart at 7:30 p.m.

Out and About

Free Music Events

Symphonic Band at Auer Hall
Tuesday, April 2, Depart at 7:30 p.m.

Chamber Orchestra at Auer Hall
Wednesday, April 3, Depart at 7:30 p.m.

Concert Band at Auer Hall
Saturday, April 6, Depart at 3:30 p.m.

Guitar Ensemble at Auer Hall
Saturday, April 6, Depart at 7:15 p.m.

**NOTUS Contemporary Vocal Ensemble—
"Collaborations: Music with Friends"** at Auer Hall
Tuesday, April 9, Depart at 7:30 p.m.

BEHIND THE SCORE: Anton Bruckner's Symphony No. 7 in E Major (Philharmonic Orchestra) at The MAC
Wednesday, April 10, Depart at 7:30 p.m.

Conductors Chorus at Auer Hall
Saturday, April 13, Depart at 3:30 p.m.

University Orchestra at The MAC
Sunday, April 14, Depart at 2:30 p.m.

Tom Walsh Jazz Ensemble at The MAC
Monday, April 15, Depart at 7:30 p.m.

All-Campus Band at The MAC
Tuesday, April 16, Depart at 7:30 p.m.

University Chorale and Conductors Orchestra at Auer Hall
Wednesday, April 17, Depart at 7:30 p.m.

Symphony Orchestra at The MAC
Wednesday, April 17, Depart at 7:30 p.m.

Spring Showcase, featuring the Big Red Basketball Band, Concert Band, Symphonic Band, Wind Ensemble at The MAC
Thursday, April 18, Depart at 7:30 p.m.

Ballet @ the BCT—The Choreography Project
Tuesday, April 23, Depart at 7:00 p.m.

Indiana University Children's Choir—Spring Concert at St. John the Apostle Catholic Church
Saturday, April 27, Depart at 12:30 p.m.

IU Sports



IU Baseball [\$5]
IU vs. Penn State
Saturday, April 6, Depart at 1:20 p.m.

IU vs. Evansville
Saturday, April 13, Depart at 1:20 p.m.

IU vs. Minnesota
Saturday, April 27, Depart at 1:20 p.m.

IU Softball [Free]
IU vs. Maryland
Sunday, April 14, Depart at 12:30 p.m.

IU vs. Rutgers
Friday, April 26, Depart at 5:30 p.m.

Other Events

ElectConnect: Candidate Forum at the Buskirk-Chumley Theatre
Each mayoral and city council candidate will discuss their platforms and participate in a moderated Q&A session.
Tuesday, April 2, Depart at 4:15 p.m.

Nature Sounds: Good Vibrations at Lower Cascades Park
Be immersed in the reverberations of nature as we dip into the use of vibrations, pitch, cadence and crescendo to communicate and to survive. Janiece Jaffe will demonstrate sound meditations using crystals, Tibetan bowls, and her voice.
Friday, April 12, Depart at 6:00 p.m.

Reading with Kindergartners
Join us as we travel to Unionville Elementary School where each resident will be paired up with a kindergartner, who will read to us! It's a truly uplifting and fulfilling experience to see the wonder in the young children's eyes as they discover the joy of reading.
Friday, April 26, Depart at 9:00 a.m.

Monroe County United Ministries Spring Luncheon and Auction at the Monroe County Convention Center [\$30]
Sunday, April 28, Depart at 11:15 a.m.

Bloomington Street Fair on Kirkwood Avenue
Enjoy music, food trucks, and vendors.
Sunday, April 28, Depart at 12:00 p.m.

Out and About

Day Trip

Tour of Monastery of the Immaculate Conception (Sisters of Saint Benedict) [\$3 + lunch]

The Monastery of the Immaculate Conception is a monastery in Ferdinand, Indiana. It is home to one of the largest communities of Benedictine women in the United States. It is located approximately fifteen minutes from St. Meinrad Archabbey.

The convent, locally known as "the Castle on the Hill", was founded in 1867 by nuns from the St. Walburg Monastery in Covington, Kentucky. The monastery operated a normal school early in its history, and placed on emphasis on teaching, with nuns traveling throughout the United States and the world in order to teach. Although the abbey faced declining numbers in the late 20th century, this trend has since reversed. The Sisters taught at the school they founded, first known as Academy Immaculate Conception and then as Marian Heights Academy. The school closed in the year 2000.



We will stop at Stoll's Lakeview Restaurant for lunch on the way to the Monastery.

Friday, April 12, Depart at 10:00 a.m.

**(Expected return to Bell Trace is 5:00—5:30 p.m.)*

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 not 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.



Happy Anniversary

On April 2, 2019, Bob and Peg Limons will have been married for 70 years!



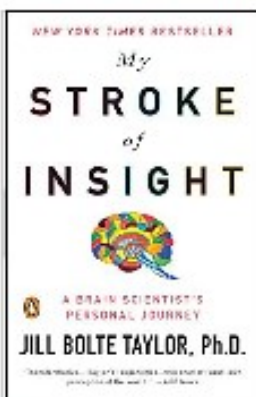
Congratulations and Happy 70th Anniversary, Bob and Peg!

Special In-House Event: Dr. Jill Bolte Taylor

Change Your Brain, Improve Your Health

**Bell Trace will host Dr. Jill Bolte Taylor
Friday, April 5, at 3:00 p.m., in The Commons**

Bell Trace Senior Living | 800 N. Bell Trace Circle | Bloomington, IN 47408



Dr. Jill Bolte Taylor, neuroanatomist, author of The New York Times best-selling memoir, *My Stroke of Insight: A Brain Scientist's Personal Journey*, and chosen by Time Magazine as one of the 100 Most Influential People in the world for 2008, will speak about brain plasticity and the Anat Baniel Method of NeuroMovement. The presentation will include an interactive session with Tessa Thompson, Bloomington's own NeuroMovement Practitioner.

The science of brain plasticity shows how, under the right conditions, the adult brain can also restructure itself in remarkable ways. Even the birth of new brain cells can occur in adults, as well as children, something believed impossible not too long ago.

"Please take responsibility for the energy you bring into this space."

— Jill Bolte Taylor