

BELL TRACE NEWSLETTER

Family-first Senior Living
from CarDon

June 2019

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June Birthdays

Bert Brantley	2nd
Bill Phillips	3rd
Nancy Doyle	4th
Avis McDaniel	10th
Jayne Hatton	11th
Jean Overbay	11th
Maryellen May	14th
Gingie Haley	14th
Harry Patton	16th
Jane Briley	20th
Rose Mahern	22nd
Johnnie Brantley	24th
Connie Viterisi	25th
June Lewis	25th
Gerry Morrison	26th
Ida Medlyn	27th
Bob McDaniel	28th

Birthday Party

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



ALL ARE WELCOME!

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

From the Desk of Jennifer Devitt, Executive Director



Balconies are on the schedule to be completed. The schedule (weather permitting) will be posted in the Mail Room. After the balconies are completed, we will schedule the windows to be washed.

Summary of the Apartment Chat: Our Fitness Center is now partners with Silver Sneakers. We are hoping that this brings in more members to our facility to utilize this great program. We have also restructured our membership costs, allowing us to be more competitive in the community. Just a reminder that the Fitness Center is available to all our residents to use at no cost to you! If you are a member of Silver Sneakers, we are asking that you sign in using the iPad located in the Fitness Center when you visit.

Paula Rice is our new Director of Housekeeping. Her office is located on the Lower Level, across from the restrooms. We will be introducing her in June at the Apartment Chat.

We are looking for some volunteers to sit at the Front Desk on Sundays to direct people if they should walk in. This will not include any other duties except for greeting people as they walk in the building. If you are interested, please see me.

Be on the look out for Social Security scam calls. This is a nationwide issue. These calls state that your SSN has been suspended because of suspicious activity or because it's been involved in a crime. Here's what to know:

- ◆ Your Social Security number is not about to be suspended. You don't have to verify your number to anyone who calls out of the blue. And your bank accounts are not about to be seized.
- ◆ SSA will never call to threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time.
- ◆ The real SSA number is 1-800-772-1213, but scammers are putting that number in the caller ID. If you're worried about what the caller says, hang up and call 1-800-772-1213 to speak to the real SSA. Even if the wait time is long, confirm with the real SSA before responding to one of these calls.
- ◆ Never give any part of your Social Security number, your bank account, or credit card number to anyone who contacts you. If you get one of these calls, tell the FTC at ftc.gov/complaint.

Thank you all who attended the Porch Party Cook out! We really appreciated your presence.

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, June 12, 3:30—4:30 p.m.

Podiatrist Visit

Preferred Podiatry

Dr. Ryan Jorgenson

Please bring your Medicare card with you.

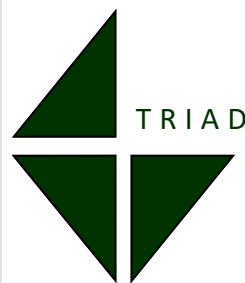
Please sign up for an appointment time in the Activity Book in the Mail Room. Assisted Living residents do not need to sign up for an appointment; they can see the doctor after breakfast in the Sunroom.

Tuesday, June 25, Sunroom

Assisted Living Residents: 8:30—10:00 a.m.

Independent Residents: 10:00 a.m.—12:00 p.m.

Pharmaceutical Round Up



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

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

No over-the-counter medicine can be collected.

Resident Services

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

Deep Listening

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

Book Discussion Group

Sunday, June 16, 2:00 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.

Tuesday, June 25, 1:30 p.m., The Commons

Religious Services

Church Services

Sundays, 4:00 p.m., Chapel
Fellowship follows in the Private Dining Room

Catholic Service

Fridays, 11:00 a.m., Chapel
Fellowship follows in the Private Dining Room

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Bible Study

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

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.

TECHHEROES
BRIDGING THE DIGITAL DIVIDE

Monthly Chats with Jennifer

Our monthly resident conversations are an opportunity to ask questions and express concerns on any subject of importance.

Apartment Chat

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

Cottage Chat

Tuesday, June 25, 10:00 a.m., The Commons

Resident Committee Meetings

Resident Council—All residents are welcome!

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

Resident Volunteer Opportunities

Please sign up if you would like to be on a Bell Trace committee. The sign-up sheet is in the front of the Transportation Book in the Mail 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, June 14, 1:30 p.m., Library

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, June 19, 2:30 p.m.
Private Dining Room

Environmental Action Committee

As part of Earth Day activity this year, Bell Trace residents posted in the Mail Room information about what they do to protect the environment and what else they would like to see done. Some residents thought that a committee of Bell Trace residents should continue environmental efforts. The Resident Council in May voted to support the formation of an Environment Committee. The Committee will encourage activities of Bell Trace residents and management that support the environment. It will do so through learning about threats to the environment and what can be done to offset those threats, publicizing actions that residents are doing and want to do to help the environment, and encouraging Bell Trace and CarDon to make changes that will make the facility more environmentally responsible. If you have questions about the planned committee, you can call Harriet Pfister at 812-339-3364 or Roberta Wysong at 812-333-2451.



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 at Bell Trace on an as-needed basis. Please call Stephanie at 812-330-1250.

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.

Notes from the Front Desk

Resident Data Sheets

Do you know where your Resident Data Sheet is? If you live in an independent apartment, it should be located on the inside of the kitchen cabinet that has a red dot on the outside. This sheet is important because it lists contact information for your friends and family so that we can get in touch with them in the event of an emergency. It also should list all your current medications so that any first responders can quickly see what medicines you are taking.

Please double check that you have a Resident Data Sheet in your cabinet; if you don't have one or you need to update the information on it, please see Kris at the Front Desk.

Daily Schedules

Did you know that you can receive the daily schedules electronically? Bell Trace will email the next day's daily schedule to you so that you can plan your next day. If you would like to be on this list, please see Kris at the Front Desk.

Resident Parking Spaces

Please remind your friends, family members, and caregivers that they may not park in spots designated for residents. Non-residents may park in any available space that is not marked "resident".

Give and Take Day

Tuesday, June 4, 9:00 a.m.—3:00 p.m.
Community Room

Please do not bring undergarments or medication to Give and Take Day. This is not intended to be a place to get rid of everything in your apartment if you are moving or downsizing. Please only bring what you think others may like.

If you have items in good condition that you no longer need and want to get rid of, bring them down to Give and Take Day, or 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 Opportunity House or Goodwill. Coats, hats, and other winter attire will be taken to the homeless shelter.

Life Enrichment

Meet Our New Staff Members!

Brandy Gardner, PTA



The Therapy Department would like to introduce Brandy Gardner, Physical Therapy Assistant (PTA). She will be working with Cindy Berin in Therapy beginning June 17. Brandy has been a PTA for 17 years. She currently lives in Linton with her husband Jay and her therapy dog Sully. Brandy loves spending time with family. She has four children and six grandchildren, and another on the way! When Brandy isn't working as a therapist or spending time with family she loves to garden and has recently started working with stained glass. We are happy to have her join the Bell Trace Therapy staff!

Paula Rice, Environmental Services Dir.

Bell Trace welcomes Paula Rice, the new Environmental Services Director. Paula has worked in housekeeping for many years, in the residential, commercial, and construction sectors. A lifelong resident of Bloomington, Paula lives in the country with her four dogs (shepherds and Chihuahuas!) and enjoys gardening and has quite the green thumb with houseplants. She has six kids, ten grandkids, and one on the way! Paula's family founded and operated the original Swing-In Pizza for many years.



WELCOME TO THE TEAM!

Exercise Classes

Core Focus

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



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

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

Yoga with Yolanda

Wednesdays, 10:00—10:30 a.m., The Commons

Mindful Movement Meditation

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

Balloon Volleyball

Thursdays, 1:15—2:15 p.m., Sunroom

Chair Yoga Video

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. Sundays, 2:00—3:00 p.m., The Commons

Laughter Yoga with Heather Kinderthain

Laughter yoga is a practice involving prolonged voluntary laughter, and is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. It is done in groups with jokes and playfulness between participants. Forced laughter often turns into real and contagious laughter. Laughter has been shown to decrease cortisol, the body's stress hormone. When this hormone is elevated it can cause issues like high blood pressure, weight gain, and memory loss. It also increases endorphins, which lowers pain in the body. Laughter yoga has been shown to decrease cortisol and increase endorphins.

Friday, June 21, 1:00 p.m., Sunroom

Life Enrichment

Arts Programming

Arts & Crafts

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

Our work in the studio during the month of June will be about “Cleaning Out and Using Up.” We will be making greetings cards from all of the odds and ends and left over prints and water color paintings, and continue our exploration in print making.

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
A gathering of crafters and makers. Come share your hand work or just come 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. The first half hour we discuss 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.

Backyard Activities

Two O’Clock Tuesdays, 2:00 p.m., Sunroom

On Tuesday afternoons, if the weather permits, we will gather in the backyard for fresh air, good conversation, and a variety of outdoor activities. If the weather is not good we will gather in the Sunroom for a game of balloon volleyball or story-telling activity that is focused on a single topic, similar to the Timeline Project.

Walking Buddy Program

If you are a person who likes to walk outside when the weather is nice, then please come to the first **Two O’Clock Tuesday** gathering. We will discuss a summer walking program, and for those who intend to walk independently around the building or around the Trace, we hope that you will consider walking with a buddy for safety purposes. We can help match up people with similar interests and walking abilities.

Bocce Ball on Saturday

If you are interested in joining others in a casual game of Bocce Ball please talk to Lee Witt, Apt. #259 or Call: 812-340-3183.

Do You Remember?

Last November, limestone carver Amy Brier gave a presentation at Bell Trace about her work. She collected hand writing samples from several residents of words that she intended to use in a war memorial honoring the veterans of World War II in Scott County, Indiana.

Below is a picture of her finished work. The words were carved backwards into the limestone ball, which she calls a reliquary. When the ball is rolled around in a box of sand it leaves a raised embossed relief of the words.

The words that were carved on the reliquary came from stories told by the World War II veterans that are honored by the memorial.



Life Enrichment

Special In-House Events

Ice Cream Social

We will give you the ice cream, then you can add your favorite toppings! Stay for the Bloomington Community Band Concert afterward!

Monday, June 3, 6:30—7:00 p.m.

Bloomington Community Band Concert

Immediately following the Ice Cream Social.

Monday, June 3, 7:00 p.m.

Sing-Along with John Kogge on Guitar

Monday, June 17, 6:30 p.m., Front Lobby

Southern Indiana Alumni Panhellenic Gathering

Bell Trace residents who were in a sorority are invited to join this group in a short walk outside followed by a gathering in The Commons.

Wednesday, June 26, 7:00 p.m., The Commons

Cell Phone Etiquette Reminder

Please respect those around you and turn your cell phone ringer to either vibrate or silent when in the Bistro or at an activity or performance. If you must take an urgent phone call, please move to a hallway when speaking.



Memorial for Jay Farr

The family of Jay invites you to attend his memorial on Saturday, June 8 at 2:00 p.m. in the Commons. We will celebrate his life of 92 years devoted to our country, the environment and his family. Music by grandchildren, memories from friends and refreshments. We hope you can join us.



FOCUS ON FITNESS:

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

“What is that bird-cage-looking-thing in the middle?”

This a question I am asked a lot, and one I asked myself when I started in this position at Bell Trace. The cage, pictured below, is a very intriguing piece of equipment. Once I did my research, the cage became one of my favorite pieces to include in programming for clients, as well as myself.

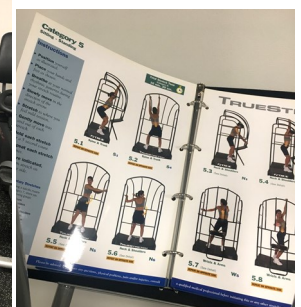
The cage is described on the company site as “the natural approach to flexibility training.” It allows for users to get a good, controlled stretch without needing to get on the floor or lean over other equipment.

Once you know it is for stretching, you may still feel a little lost on how to use it. Luckily, we have a handy booklet attached to give you guidance on where to place your arms, legs, etc.

So why is it important to stretch? Stretching can help keep muscles strong and healthy, and it also helps to maintain good range of motion, which can help improve the ease at which we perform everyday activities.

To check out this piece of equipment or learn how you can incorporate it into your current program, see me in the Fitness Center!

-Alyssa



Life Enrichment

Lifelong Learning Classes

Bloomington Humanities

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

"What is Time?"

This class continues from last month.

6 Tuesdays, May 7, 21, 28, and June 4, 18, 25

"Chancellorsville and Gettysburg"

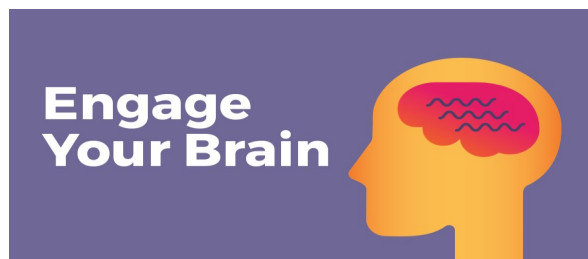
This class continues from last month.

6 Thursdays, May 2—June 20

"Film Classics: German Expressionism"

A class full of mystery, horror, and spectacles! We will explore six of the great classic films from the Germany of 1915—1930, a period characterized by the movement called German Expressionism. The films we will study are: *The Golem*, *Nosferatu*, *The Cabinet of Dr. Caligari*, *Metropolis*, *M*, and *The Blue Angel*.

6 Wednesdays, June 12—July 17



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.

June topics will include: Air pressure and wind; and weather patterns and severe storms.

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.

Games and Trivia

Trivia

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

Mondays, 1:00—1:30 p.m., Front Lobby

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

Bingo [\$]

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

Mondays, 3:00—4:15 p.m.

Community Room



Dominoes

The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill. If you don't know how to play—don't worry! One of our seasoned players will teach you.

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

Board Games

If you would like to play a board game, bring your game to the Community Room at the times below to find someone to play with you. Bell Trace also has full decks of cards and a variety of games that you may play, which are stored in the tall, double-door cabinet in the Community Room.

Tuesdays, 1:00—2:00 p.m.

Saturdays, 2:00—3:00 p.m.

Community Room



Mah Jongg

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

Mondays, 12:15—3:15 p.m., Sunroom

Wednesdays, 12:30—3:30 p.m. Sunroom

Do you need a Notary?

If so, call Bell Trace resident Doran May, Cottage 608, at 812-322-6530. No charge, and Doran will come to you!



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.

Bloomington Farmers' Market at Showers Plaza

Shop for fresh flowers and local produce, or visit the food stands and listen to the music!

Saturdays, June 8 and 22, Depart at 10:00 a.m.

Bloomington Handmade Market on the Courthouse Square

Saturday, June 8, Depart at 10:00 a.m.

Tuesday Market at 6th and Madison

Tuesdays, June 11 and 25, Depart at 5:00 p.m.

Monroe County History Center 38th Garage Sale at the Former RCA Warehouse

Saturday, June 15, Depart at 10:00 a.m.

Dining Out [\$]

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

Lunch Excursions

Lennie's

Wednesday, June 5, Depart at 11:00 a.m.

Red Lobster

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

Hendricksville Diner (formerly Rosie's Café)

Wednesday, June 19, Depart at 10:45 a.m.

SmokeWorks BBQ

Wednesday, June 26, Depart at 11:15 a.m.

Dinner Excursion

Hilltop Family-Style Restaurant (Spencer)

Thursday, June 20, Depart at 5:00 p.m.

Ice Cream Excursions

The Chocolate Moose

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

Bruster's Real Ice Cream

Tuesday, June 24
Depart at 7:00 p.m.



Out and About

On the Stage

Twilight Turnout at The MAC

This free performance will feature a wide variety of dance styles and a Q&A on stage immediately afterward. It's the perfect opportunity to explore one of our country's finest arts—whether you are new to the ballet world or just looking for a fun way to spend a family outing date night, or self-indulgent evening!

Saturday, June 1, Depart at 6:00 p.m.

Ticketed Music Concerts [\$]

Verona Quartet at Auer Hall [\$12]

Wednesday, June 26, Depart at 7:30 p.m.

Festival Chamber Players at Auer Hall [\$12]

Friday, June 28, Depart at 7:30 p.m.

Summer Philharmonic at The MAC [\$12]

Saturday, June 29, Depart at 7:30 p.m.

Verona Quartet with Ilya Friedberg (piano) at Auer Hall [\$12]

Sunday, June 30, Depart at 3:30 p.m.



Welcome New Residents!

Donna Paull	Apt. 324
Margrethe O'Connor	Apt. 212
Bill Blessing	Apt. 362
Fred Cline	Apt. 156
Bill Newton	Apt. 354

Free Music Concerts

Mozart's *Così fan Tutte* at First United Church
Mozart's timeless, witty masterpiece presented in concert version in its entirety, sung in Italian with English subtitles projected. The casts are a fine blend of young professionals visiting from Ohio, Illinois, Missouri, Georgia, Pennsylvania, Massachusetts, New Jersey, Texas and California.
Saturday, June 1, Depart at 6:30 p.m.

Richard Martinez (saxophone); Tom Walsh (jazz saxophone) Faculty/Student Recital at Ford-Crawford Hall.

Sunday, June 9, Depart at 7:30 p.m.

Soma Quartet at Ford-Crawford Hall

Monday, June 10, Depart at 8:00 p.m.

Amanda Gardier (jazz saxophone); Otis Murphy (saxophone) Faculty/Student Recital at Ford-Crawford Hall

Wednesday, June 12, Depart at 8:00 p.m.

Summer Saxophone Academy—Staff Recital at Ford-Crawford Hall

Thursday, June 13, Depart at 8:00 p.m.

Summer Music Clinic: Finale Concert featuring the SMC Symphony Orchestra, Crimson Band, and Cream Band at The MAC

Saturday, June 22, Depart at 12:30 p.m.

Robert Plano (piano) at Auer Hall

Sunday, June 23, Depart at 7:30 p.m.

Jean-Louis Haguénauer (piano) at Auer Hall

Tuesday, June 25, Depart at 7:30 p.m.

Daniel Schene (piano) Guest Recital at Auer Hall

Sunday, June 30, Depart at 7:30 p.m.

It's HOT!!

Please help out your housekeepers by lowering your thermostat to 74° F or below on your scheduled cleaning day.

Cleaning is hard work!



Out and About

Day Trips [\$]

Eiteljorg Museum (Indianapolis) and Lunch at Shapiro's Deli [\$9 admission + lunch]

The Eiteljorg Museum of American Indians and Western Art has reworked many of their exhibits. The *New Western Art Galleries* have been re-imagined, along with two new exhibits; *A Sense of Beauty*, featuring contemporary and customary native art, and *Bringing Friends Together*, a collection of contemporary Hopi carvings. Your \$9.00 general admission fee will provide access to all of the exhibits at the Museum. Benches are plentiful for resting spots, and of course there is always that fabulous gift shop to explore at the end of your visit.

Friday, June 14, Depart at 10:00 a.m. (Expected return to Bell Trace is 4:00—4:30 p.m.)

54th Annual Gem—Mineral—Fossil—Show—Swap [Cost of purchases]

This annual event held at the Lawrence County Fairgrounds offers a wide variety of gems, jewelry, minerals, fossils, rocks, gifts, lapidary supplies, and rock hound and prospecting supplies. Even if you don't plan on purchasing anything, it's fun to see what the exhibitors have for sale—from the very inexpensive to jewelry and minerals that cost thousands of dollars!

Friday, June 21, Depart at 1:00 p.m. (Expected return to Bell Trace is 4:00—4:30 p.m.)

Willowfield Lavender Farm (Mooresville) and Lunch at Come N Git It (Martinsville) [Cost of lunch]

Willowfield Lavender Farm is an organic lavender farm with approximately 1,000 plants covering a four-acre field. The farm includes 28 acres, many of which are woodlands providing home to a variety of plants and animals. Lavender is one of the most beloved plants in the world. At the farm, you can enjoy a relaxing stroll in our fields as you experience the 'gift' of lavender, or you may purchase lavender iced teas and lavender shortbread cookies to enjoy while you sit and relax on the porch and enjoy the beauty of nature. You may browse the shop, roam the fields, or wander the paths—all for free! Peruse the menu for Come N Git It in the Transportation Book.



Friday, June 28, Depart at 10:30 a.m. (Expected return to Bell Trace is 3:00—3:30 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.

On the Big Screen

On the Big Screen

Saturday Movie Matinee

"American Revolution", Saturdays, 1:00 p.m., Chapel

Saturday Night at the Movies

7:00 p.m., The Commons

"Then Man Who Knew Too Much"

Dr. Ben McKenna (James Stewart) is on vacation with his wife (Doris Day) and son in Morocco when a chance encounter with a stranger sets their trip, and their lives, on a drastically different course. The stranger, killed in front of the family in the marketplace, reveals an assassination plot to the Americans. The couple's son is abducted in order to ensure the plot is kept secret, and suddenly the mother and father, with no help from the police, must figure out a way to get their child back.

Saturday, June 1

"Amadeus"

Wolfgang Amadeus Mozart is a remarkably talented young Viennese composer who unwittingly finds a fierce rival in the disciplined and determined Antonio Salieri. Resenting Mozart for both his hedonistic lifestyle and his undeniable talent, the religious Salieri is gradually consumed by his jealousy and becomes obsessed with Mozart's downfall, leading to a devious scheme that has dire consequences for both men.

Saturday, June 8

"12 Angry Men"

Following the closing arguments in a murder trial, the 12 members of the jury must deliberate, with a guilty verdict meaning death for the accused, an inner-city teen. As the dozen men try to reach a unanimous decision while sequestered in a room, one juror (Henry Fonda) casts considerable doubt on elements of the case. Personal issues and conflict threatens to derail the delicate process that will decide one boy's fate.

Saturday, June 15

"The Blind Side"

Michael Oher, a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in. The Tuohys eventually become Michael's legal guardians, transforming both his life and theirs. Michael's tremendous size and protective instincts make him a formidable force on the gridiron, and with help from his new family and devoted tutor, he realizes his potential as a student and football player.

Saturday, June 22

"Enemy at the Gates"

Vassili (Jude Law) is a young Russian sharpshooter who becomes a legend when a savvy police officer makes him the hero of his propaganda campaign. Their friendship is threatened when both men fall in love with a beautiful female soldier. As the battle for the city rages, Vassili faces the ultimate challenge when the Nazi command dispatches its most elite marksman (Ed Harris) to hunt down and kill the man who has become the hope of all Russia.

Saturday, June 29

Second Sunday Musical

"The Singing Nun"

A Belgian nun fond of making up her own songs, Sister Ann (Debbie Reynolds), pens a catchy tune for a sad young local boy. Surprisingly, the song, "Dominique," becomes a hit after the resourceful Father Clementi seeks the promotional assistance of music producer Robert Gerarde. Soon Sister Ann is a pop sensation, with the media attention and a potential long-term performing career leading her to question her spiritual vows.

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

