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## July Birthdays

Gerry Wilkens	2nd
Jim Heath	2nd
Betty Farr	2nd
Betty Togikawa	5th
Betty Mercer	7th
Shirley Beheler	12th
Bob Limons	17th
Bob Muldoon	19th
Sarah Deckard	21st
Mary McGann	22nd
Geneva LaGrange	23rd
Emalou Schaffer	24th
Dottie Waters	25th
Diane Kaiman	26th
Fred Cline	28th
Carolyn Franzmann	30th

## Birthday Party

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



ALL ARE WELCOME!

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

## From the Desk of Jennifer Devitt, Executive Director



### Summary of June Apartment Chat

#### Severe Weather/Tornado Preparedness:

Jennifer reviewed what apartment residents should do in the event of severe weather and other emergency situations. If you were unable to attend the Chat, you can pick up a copy of the document entitled "Severe Weather/Tornado and Fire Emergency Preparedness" at the front desk. **\*\*Remember\*\*** that the #1 thing to do in the event of a weather emergency is to remain in your apartment away from windows. If you are not in your apartment, seek a safe area away from window, like The Commons or any other space on the Lower Level, the Second Floor Library, or an interior hallway. Do not use the elevator during any emergency situation.

#### NEW Endwright East:

Bell Trace is working with the community to help make the new Senior Center that is located in the mall (near Macy's) a success. This Senior Center is on a pilot program until the end of the year, and in order to keep the doors open, they are needing people to come and use the space and participate in the activities. This is an opportunity for you as residents to give suggestions to make the center successful. I understand that as Bell Trace residents, you have access to wonderful activities already provided to you on campus, so this will just be an additional way to get more involved in the community and be a voice for seniors on what events you would like to see there.

#### Silver Sneakers:

Reminder that we are a partner with the SilverSneakers program and we are asking that when you are visiting Alyssa in our Fitness Center, that you are signing in/out. Membership is what is going to continue to allow us to be partners so we appreciate the attendance!

#### Bistro Dining Room Chairs:

For the next few weeks we will have a few chairs in the Alcove that are for residents to "try". We will be taking a survey of what chair best fits the needs of our residents.

#### Door Codes:

The door code change will take effect on Monday, July 1. The new code was distributed to you in your internal mailboxes. Just a reminder that the *only* people that should have the door information is residents. Other guests will be asked to come through the Front Door.



# 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/eventd
- 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, July 10, 3:30—4:30 p.m.  
Private Dining Room

## The Importance of Hydration

Warmer weather is finally here, which means it's time to spend a few more hours soaking up the sun.

For seniors or your loved ones, however, it's more important than ever to stay hydrated in hot, dry weather. Dehydration happens when an individual loses more water than they take in. So those extra sweaty summer months can be dangerous for seniors who might already be dehydrated from medications or decreased thirst.

Here are 5 tips for seniors to stay hydrated this summer:

### 1. Fruits and Veggies

Summer might bring the heat, but it also brings some of the most delicious in-season and water-packed foods of the year.

Feel free to indulge in favorite summer-ripe cucumbers, oranges, plums and lettuces all summer long. The extra water content in these foods will help keep optimal hydration levels.

### 2. Mix it Up

Good hydration doesn't have to rely on water alone. Iced tea, home-made lemonade or even simply adding fruit to a bottle of water can make it easier (or at least tastier) to get more fluids.

Just be sure to avoid too many overly sweetened or caffeine-laden beverages, which could undo some hydration efforts.

### 3. Keep it With You

Sometimes the easiest way to get enough fluids is to make sure they are within easy reach. Keep a bottle of water next to the bed or a favorite chair, or carry one with you during the day to sip on between meals.

### 4. Summer Soups

Yes, soup can be delicious in the summer! Try soups that are best served cool or cold, or add seasonal veggies to keep things interesting.

### 5. Schedule It

Still having trouble staying hydrated? Why not add it as a short and easy activity throughout the day. For example, Set a timer or schedule an appointment in your phone every couple of hours. When the buzzer rings, take a long sip of a healthful beverage. Or, if you take a daily medicine, drink at least a few big gulps of water with each dose.

So "drink up!" healthfully this summer to beat the heat and stay on top of your hydration. Your body and health will thank you!

<https://www.theseniorlist.com/health/hydration/>

# 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

### Book Discussion Group

Sunday, July 21, 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, July 30, 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

## Tech Heroes are here to help!!!!

Sundays, 1:00—3:00 p.m., **Sunroom**

Our tech hero, Jenny Donegan, and her team of very capable young adults 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 hear updates about Bell Trace, ask questions, and express concerns on any subject of importance. Family members are always welcome.

### Cottage Chat

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

### Apartment Chat

Tuesday, July 23, 3:30 p.m., The Commons

### It's HOT!!

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



*Cleaning is hard work!*

## Resident Committee Meetings

### Resident Council—All residents are welcome!

Tuesday, July 2, 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, July 12, 1:30 p.m., Library

### Environmental Action 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.

Wednesday, July 17, 3:00 p.m., Community Room

# 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.

## Parking at Bell Trace



Residents are given a parking hang tag for their cars upon request. Please see Kris or Melissa to request one.

If you have a car but plan to park it for a week or more without driving it, please do not park in the **resident** or **disabled** spaces that are closest to the building, as these spots are intended for visitors and those residents who come and go often.

Please remind your family and friends that there is visitor parking on all sides of the building and to please reserve the spots marked "Resident" for the residents.

**RESIDENT  
PARKING  
ONLY**  
**PERMIT  
REQUIRED**

We appreciate your cooperation!

## Give and Take Day

Tuesday, July 2, 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



## FOCUS ON FITNESS:

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

### Equipment Focus: TIP BOARD

The Tip Board *is* in fact a board that tips. This piece of equipment is designed to help you train your balance and stabilization muscles. To use, follow the steps below:



1

Set up the Tip Board next to the Rotary Hip Machine so that you can use the bar to stabilize yourself.



2 Holding onto the stabilizing bar, step onto the Tip Board. Use the green tape to guide foot placement. Once on the board, shift your weight forward and backward to keep the board level. Hold on to steady yourself as you move. Try hovering your hands. Grab or hold on to the bar when necessary.



This is just ONE way to use this piece of equipment. If you have questions—or are searching for more variations—feel free to reach out!

-Alyssa

## 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

### Mindful Movement Meditation

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

### Balloon Volleyball

Thursdays, 1:15—2:15 p.m., Sunroom

### Chair Yoga Video

Wednesdays, 10:00 a.m., The Commons  
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, July 12, 1:00 p.m., Sunroom

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



PROUD  
PARTNER



Bell Trace is now a proud partner of *Silver Sneakers*! If you are a member and use the Fitness Center, please sign in on the iPad. See Alyssa for assistance.

# Life Enrichment

## Arts Programming

### Arts & Crafts

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

We wrapped up our print making with three dimensional collage work. This work will be up in the gallery for a couple of weeks. Check it out. Our artist have grown in leaps and bounds!

Now that we have made the jump into three dimensional thinking, in July we will start a new learning module working with clay. This is your opportunity to get involved in our studio work.

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

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. Come and participate or just come and watch. The point of this activity is to get outside! A beverage or snack of some sort will always be served.

Tuesday, July 2, - Carnival Games & Lemonade  
Tuesday, July 9, - Pawsitive Vibes Dog Grooming  
Tuesday, July 15, - Root Beer Floats  
Tuesday, July 23, - Yard Games & Grounding  
Tuesday, July 30, - Watermelon

If it is raining we will gather in the Sunroom for a game of balloon volleyball or a story-telling activity.

### Bocce Ball

Friday, 1:00—2:00, Sunroom Backyard

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.

**If you want to lift your spirit you have  
to ground your soul. That's why your  
sole is on the bottom of your feet!**





# Life Enrichment

## Special In-House Events

### Swing Time Big Band Performance

The Swing Time Jazz Band is composed of members of the Bloomington Community Band. Join them as they celebrate America with patriotic tunes!

Wednesday, July 3, 7:00 p.m., The Commons

### Pawsitive Vibes Dog Grooming

Megan Huseby, a certified dog groomer, will be on hand to perform any of the following services on your dog: nail trimming, ear cleaning, anal gland expression, brushing, and/or spot grooming. Please sign up in the Transportation Book in the Mail Room indicating the services you would like performed on your dog. A price list will also be included. Megan accepts cash or check. If you don't have a dog, come and visit with the dogs of Bell Trace!



### Dementia-Friendly Training

Please attend this informative session about dementia and how to interact with those who are dealing with its effects. The documentary "Alive Inside: A Story of Music and Memory" will be shown in the evening at 7:00 p.m.

- **Dementia Informative Session**  
Thursday, July 11, 2:00 p.m., The Commons
- **"Alive Inside: A Story of Music and Memory"**  
Thursday, July 11, 7:00 p.m., The Commons

### The PBJs Perform Speakeasy Music

Wednesday, July 17, 3:30 p.m., The Commons

## Welcome New Residents!

Nancy Doyle	Apt. 105
Diane Kaiman	Apt. 174
Kevin Nalley	Apt. 252
Angeline Devitt	Apt. 356
Jan Branham	Apt. 253
Gene and Carol Fowler	Apt. 227
Joel Marsh	Apt. 352
Joan Remley	Apt. 273
John and Carolyn Franzmann	Apt. 314



## 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.**

**UPDATE! Single-use batteries (i.e. non-rechargeable, no lithium ion) can be disposed of in the regular trash. For more information, please see:**

<https://www.duracell.com/en-us/technology/battery-care-use-and-disposal/>

<https://www.energizer.com/responsibility/battery-recycling/how-to-recycle-batteries>



# Life Enrichment

## Lifelong Learning Classes

### Bloomington Humanities

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

#### "Film Classics: German Expressionism"

This class continues from last month.  
6 Wednesdays, June 12—July 17

#### "Aeschylus: The Oresteia"

This brilliant trilogy by Aeschylus is the only surviving trilogy of the Greek tragedies, and it represents the very best of Aeschylus' work. It tells the tale of Agamemnon, his death at the hands of his wife Clytemnestra and her lover, Clytemnestra's death at the hands of her son Orestes, and finally the intervention of the gods to end the cycle of personal vengeance and replace it with public, civic justice. The three plays are *Agamemnon*, *The Libation Bearers*, and *The Fumenides*. We will read Robert Fagles' translation and discuss each play.  
6 Tuesdays, July 9—August 13

#### "William Shakespeare's *King Lear*"

Considered by many to be Shakespeare's greatest tragedy, *King Lear* explores themes of arrogance, foolishness in age, ingratitude, and heartbreaking loneliness, sorrow, and rage in the midst of the unending storm of grief that often seems to constitute life. Is love powerful enough to redeem all this? Shakespeare ultimately leaves that answer to us.  
6 Thursdays, July 11—August 15

### 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.

**July topics will include: Weather patterns, severe storms, world climates, and global climate change.**

### 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 (Ind.)\*

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 (Ind.)\*

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 (Ind.)\*

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

### Euchre (Ind.)\*

Play this classically-Midwestern card game!

Thursdays, 1:00—3:00 p.m., 3rd Fl. Game Tables.

**\*Ind. after an activity indicates that it is an independently-run, resident-led activity (i.e. no staff member is there to facilitate it). You may always ask a staff member for assistance.**

## 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.





# 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.

### My Sister's Closet

Friday, July 5, 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, July 6 and 20, Depart at 10:00 a.m.

## Dining Out [\$]

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

### Lunch Excursions

#### **Arepas Venezuelan Gastropub**

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

#### **Sweet Grass Modern Southern Kitchen**

Wednesday, July 10, Depart at 11:00 a.m.

#### **Hinkle's Hamburgers**

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

#### **Bedrāk Café**

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

#### **Outback Steakhouse**

Wednesday, July 31, Depart at 11:00 a.m.

### Ice Cream Excursions

#### **Jiffy Treet**

Monday, July 29, Depart at 7:00 p.m.



## Do you have extra money to spend in The Bistro at the end of the month?

If you do, you may now share the wealth! If you would like to offer to buy a meal for a resident who has already spent his or her Bistro allowance, please post your name, apartment number, and phone number on the bulletin board in the Mail Room.



# Out and About

## Free Music Concerts

**Jamaal Baptiste and Descarga 5 (Jazz in July)** at Conrad Prebys Amphitheater (rain location—Marching Hundred Hall)  
Friday, July 5, Depart at 6:30 p.m.

**Summer Concert Band** at Conrad Prebys Amphitheater (rain location—The MAC)  
Wednesday, July 10, Depart at 6:30 p.m.

**Piano Academy—Gala Duet Recital** at Auer Hall  
Friday, July 12, Depart at 6:15 p.m.

**Amanda Gardier Quartet (Jazz in July)** at Conrad Prebys Amphitheater (rain location—Marching Hundred Hall)  
Friday, July 12, Depart at 6:15 p.m.

**Concerto Concert—featuring the Summer Philharmonic (USA International Harp Competition)** at The MAC  
Saturday, July 13, Depart at 6:30 p.m.

**Summer Concert Band** at Conrad Prebys Amphitheater (rain location —The MAC)  
Wednesday, July 17, Depart at 6:30 p.m.

**Summer String Acad—Gala Concert** at Auer Hall  
Friday, July 19, Depart at 5:30 p.m.

**Elena Escudero (Jazz in July)** at Conrad Prebys Amphitheater (rain location—Recital Hall)  
Friday, July 19, Depart at 6:30 p.m.

**Edward Auer Summer Piano Workshop—Concerto Concert** at Auer Hall  
Friday, July 19, Depart at 8:00 p.m.

**Edward Auer Summer Piano Workshop—Chamber Music** at Auer Hall  
Sunday, July 21, Depart at 3:30 p.m.

**Organ Academy—Opening Concert: Academic Faculty** at Auer Hall  
Monday, July 22, Depart at 7:30 p.m.

**Edward Auer Summer Piano Workshop—"An Evening with Polish Pianists"** at Auer Hall  
Wednesday, July 24, Depart at 7:30 p.m.

**Edward Auer Summer Piano Workshop—Workshop Faculty Final Recital** at Auer Hall  
Thursday, July 25, Depart at 7:30 p.m.

**Organ Academy—Closing Concert** at Auer Hall  
Friday, July 26, Depart at 6:15 p.m.

**Tucker Brothers (Jazz in July)** at Conrad Prebys Amphitheater (rain location—Recital Hall)  
Friday, July 26, Depart at 6:15 p.m.

## Summer Music 2019

Individual performance tickets are **\$12** or a Festival Pass is available. Call 812-855-7433 to purchase tickets. *All performances are in Auer Hall.*

**Atar Arad (viola) and Chih-Yi Chen (piano): "Ceci n'est pas un Bach"**  
Monday, July 1, Depart at 7:30 p.m.

**Weiss-Kaplan-Stumpf Trio (piano, violin, cello)**  
Tuesday, July 2, Depart at 7:30 p.m.

**Hans Boepple (piano)**  
Wednesday, July 3, Depart at 7:30 p.m.

**Peter Stumpf (cello) and Evelyne Brancart (piano)**  
Saturday, July 6, Depart at 7:30 p.m.

**Summer String Academy 35th Anniversary Celebration**  
Sunday, July 7, Depart at 3:30 p.m.

**Winston Choi (piano)**  
Sunday, July 7, Depart at 7:30 p.m.

**Edward Auer (piano) and Junghwa Moon Auer (piano)**  
Monday, July 8, Depart at 7:30 p.m.

**William Harvey (violin)**  
Tuesday, July 9, Depart at 7:30 p.m.

**Read Gainsford (piano)**  
Wednesday, July 10, Depart at 7:30 p.m.

**Festival Chamber Players**  
Saturday, July 13, Depart at 7:30 p.m.

**Richard Lin (violin) and Chih-Yi Chen (piano)**  
Sunday, July 14, Depart at 3:30 p.m.

**Verona Quartet with Erin Aldridge (viola) and Csaby Onczay (cello)**  
Monday, July 15, Depart at 7:30 p.m.

**THE THREE HERMITS by Stephen Paulus**  
Tuesday, July 16, Depart at 7:30 p.m.

**Beethoven Chamber Music Recital**  
Wednesday, July 17, Depart at 7:30 p.m.

# Out and About

## On the Stage

**Little Shop of Horrors** at the IU Theatre  
Wednesday, July 10, Depart at 6:30 p.m.

**Little Women** at the IU Theatre  
Wednesday, July 17, Depart at 6:30 p.m.

**New Musical workshop (*Sticks and Stones*, a new musical by Emily Goodson)** at the IU Theatre  
Tuesday, July 30, Depart at 6:45 p.m.

## Ticketed Music Concerts [\$]

**Laureate Recital featuring Remy van Kesteren (USA International Harp Competition)** at Auer Hall [\$25]  
Saturday, July 6, Depart at 6:30 p.m.

**Laureate Exchange Prize Recital featuring Lenka Petrovic (USA International Harp Competition)** at Auer Hall [\$25]  
Sunday, July 8, Depart at 12:30 p.m.

## Other Events

**James MC Yang—"In Memoriam: James MC Yang" Art Exhibition Reception** at VAULT at Gallery Mortgage.

Friday, July 12, Depart at 5:30 p.m.

**High Tea and Style Show** at St. Mark's United Methodist Church

A free-will offering to support Monroe County United Ministries and My Sister's Closet. The event is free, but R.S.V.P.s are required. Call Carolyn Collins at 812-339-3349

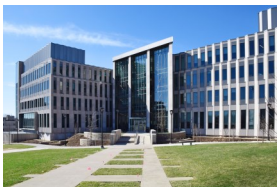
Wednesday, July 10, Depart at 1:30 p.m.

## 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!



## Day Trips [\$]



### Tour of Luddy Hall (Home of The School of Informatics, Computing, and Engineering)

In this natural light-filled building, you'll find three departments—computer science, information and library science, intelligent systems engineering—plus undergraduate and graduate advising, career services, administration offices, and several high-tech classrooms, labs, and makerspaces. Luddy Hall opened in 2018. It is named for donor and information technology pioneer Fred Luddy and his family. Luddy founded ServiceNow, which Forbes named the world's most innovative company in 2018.

Friday, July 12, Depart at 1:00 p.m.

### Batar Tea Room and Muscatatuk Wildlife Refuge

In addition to lunch, the quaint Batar Tea Room in Seymour has a shop with home décor, jewelry, teas/teapots, and a large bakery featuring William Dean Chocolates among cookies and other treat.

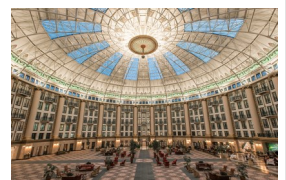
The Muscatatuk Wildlife Refuge has paved pathways, a Visitor Center, and a 4-mile auto tour where you can see wetlands, grasslands, and fishing ponds. You may also see blue herons, green herons, great egrets, young wood ducks, Canada geese, and maybe a river otter or a bald eagle.

Friday, July 19, Depart at 10:00 a.m. (Expected return to Bell Trace is 4:00—4:30 p.m.)

### West Baden Springs Hotel Lunch and Tour

Get an inside look at the West Baden Springs Hotel with tour guide Larry Taylor, who is a regular tour guide there AND a Bell Trace bus driver. You will eat lunch in the hotel, then tour the beautifully remodeled resort and learn the history of it and French Lick.

**NOTE:** This trip is for sightseers. Gamblers may sign up in the Gambling/Stand-by section of the sign-up sheet and may go only if there is room left on the bus. Friday, July 26, Depart at 9:30 a.m. (Expected return to Bell Trace is 3:00—3:30 p.m.)





# On the Big Screen

## On the Big Screen

### Saturday Movie Matinee

**"Liberty! The American Revolution"**, Saturdays, 1:00 p.m., Chapel

### Saturday Night at the Movies

7:00 p.m., The Commons

#### **"Fried Green Tomatoes"**

On one of trapped housewife Evelyn Couch's (Kathy Bates) Wednesday nursing home visits, she encounters Ninny Threadgoode (Jessica Tandy), a colorful old woman who brightens Evelyn's outlook by sharing tales from her past. As Ninny recounts the exploits of her free-spirited sister-in-law Ildgie (Mary Stuart Masterson), owner of a small Alabama café in the 1920s, and the bond Ildgie shared with her friend Ruth (Mary-Louise Parker), Evelyn gains the confidence to change her own life for the better. Saturday, July 6

#### **"Von Ryan's Express"**

World War II story about Allied prisoners who stage a mass breakout from an Italian POW camp, commandeer a train and head towards the Swiss border. As the Italian war effort collapses, the escapees are aided by their erstwhile captors, but when the Germans catch on, they set out to halt the escape with an armoured train and aerial attack. Saturday, July 13

#### **"Pillow Talk"**

Playboy songwriter Brad Allen's (Rock Hudson) succession of romances annoys his neighbor, interior designer Jan Morrow (Doris Day), who shares a telephone party line with him and hears all his breezy routines. After Jan unsuccessfully lodges a complaint against him, Brad sets about to seduce her in the guise of a sincere and upstanding Texas rancher. When mutual friend Jonathan (Tony Randall) discovers that his best friend is moving in on the girl he desires, however, sparks fly.

Saturday, July 20

#### **"Murder on the Orient Express" (2017)**

A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective -- Hercule Poirot -- arrives to interrogate all passengers and search for clues before the killer can strike again. Saturday, July 27

### Second Sunday Musical

#### **"1776"**

The nation's fathers harmonize their way through the founding of America in this musical adapted from a popular Broadway show. Colonial representatives gather in Philadelphia with the aim of establishing a set of governmental rules for the burgeoning United States. Benjamin Franklin (Howard da Silva) and John Adams (William Daniels) charge Thomas Jefferson (Ken Howard) with the work of writing a statement announcing the new country's emancipation from British rule.

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

